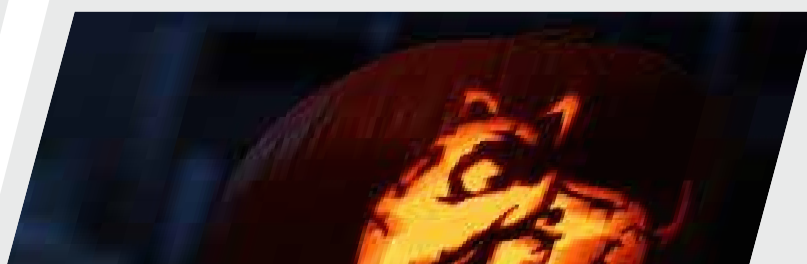


EU Settlement Scheme

Find out if you need to apply for your stay

Page 9



Eco-friendly Halloween

FREE

Take care of the environment

Page 24

October Issue 2019
Issue No. 279

YSEREN

seren.bangor.ac.uk
@SerenBangor

Bangor University Students' Union English Language Newspaper

Bangor Students March for Second Brexit Referendum



By **SINCLAIR DAVIS**

Bangor students marched with hundreds of thousands of protestors in London last Saturday. This is the fourth major London protest organised by People's Vote, a campaign group launched in April 2018 to advocate for a second Brexit referendum. A coach organised by the Bangor Students' Union left before dawn to reach the starting point of the march by mid-day.

"This was following on from us releasing our statement recently to show support for having a people's vote," said Mark Barrow, President of Undeb Bangor Students' Union.

"This is reflected through what students have been asking for and from what the voting pattern was amongst students, but also the demographic in Gwynedd as well, in Bangor."

Beside Barrow sat Harry Riley, the Students' Union Vice President for Education, and main organiser of the trip.

"A lot of our own current students did not get the chance to vote in 2016 as they were too young, so we believe that they should have their say," said Riley.

As the protest gathered, Parliament sat to cast votes on the Letwin amendment, which would obligate Boris Johnson to request an extension on voting

for his Brexit deal. This was in accordance with the Benn Act, legislation which set 19th October as the deadline for Boris to receive parliamentary approval or be forced to request a delay. The march began at Park Lane, and proceeded through Hyde Park, finishing in Parliament Square. Here, a stage had been erected for political speakers such as Mayor of London Sadiq Khan and Diane Abbott MP, alongside celebrities such as Patrick Stewart and Sandi Toksvig.

The Bangor coach was funded by For Our Future's Sake, a student-led campaign against Brexit, which donated over £1000. Both Barrow and Riley

voted Remain in the 2016 Brexit referendum.

"This coach was an opportunity for students in Bangor to show their political side- to give them an option or an opportunity to come down and show their support," said Barrow.

"I'm buzzing. It was really really good fun, great atmosphere, loads of people, it was brilliant- over a million people in the end," said Riley on the coach as it pulled out of London.

Speakers at the march said there would likely be more marches to come. Undeb Bangor Students' Union maintains an official position in favour of a second referendum.

**INSIDE:
INTERVIEWS
WITH
MARCHERS
PAGE 8**



**NO WORRIES | IT'S SIMPLE!
YOU KNOW IT MAKES SENSE!
COME HOME**

**Live in one of our
award winning student
villages next year**

NO PRE-PAYMENT*

Book online now!

WWW.BANGOR.AC.UK/MYROOM

FROZEN FEES*
*UNTIL END OF JANUARY



JOIN SEREN

YOUR NEW EDITORIAL TEAM FOR 2019/20

f FB GROUP: **Seren Members 2019/20**



OPPORTUNITIES WE OFFER:

FEATURE WRITING NEWS REPORTS
LIVE SPORT COVERAGE **WRITERS**
PHOTOGRAPHERS DESIGNERS
PROMOTEAM **PROOFREADERS**
BROADCAST JOURNALISM & MORE

CONTENTS

News	4-7
Front	8
Feature	9
International	10-11
Politics	12-13
Comment	14-15
Business	16-17
Campus Life	18-19
Union	20
Sabb Space	21
Science	22-23
Environment	24-25
History	26-27
Travel	28-29
Lifestyle	30-31
Food & Drink	32-33
Fashion	34-35
Social	36-37
Volunteering	38
Pontio	39
Arts & Culture	40-41
Books	42-43
Music	44-45
Film	46-47
TV	48-49
Games	50-51
Societies	52
MP Opinion	53
Sport	54-56



Alec Tudor Editor

editor@seren.bangor.ac.uk

One month passes, along with half the semester. We've been quite busy here at Seren, as this October has been full of events both here in Bangor and all across the UK.

The now three-year-old Brexit process has caused as much divide and controversy as uncertainty; uncertainty which many students, UK, EU, or International, feel. The headlines of this issue focus both on Brexit and on trying to ease off this anxiety. EU students will be pleased to find an interview about the Settlement Scheme, which brings answers to many of their questions.

However, Brexit is not the only thing you'll find here: from articles on science and the environment, to Halloween costume tips and tricks, and the newest film and game reviews, there is a lot you can read about should Brexit not bother you.

This issue is also the first one for many on our team: we have over 20 editors (alongside our proofing team and our writers and photographers) who have managed to learn the ropes and provide you with what you now are reading.

Whilst we have fully elected editorial team and committee now, we are always looking for members to join and be part of the newspaper. If you wish to write for any editor, contact them using email and you'll see your articles in print and online!

Finally: thank you for reading this issue.

Turn the page, and enjoy.

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

Seren is printed by Mortons.

SEREN TEAM

EDITORS

Editor - Alec Tudor
Deputy Editor - Sinclair Davis
News - Darby Higgins
Politics - Beth Thurlow
Comment - Abi Robinson
Business - Courtney McHugh
Science - Fergus Elliott
Environment - Samantha Newman
History - Manuel Trottmann
Travel - Holly Peckitt
Food & Drink - Catherine Maskrey
Lifestyle - Amelia Smith
Fashion - Tessa Ast
Arts & Culture - Siân Billington
International - Menna Jones
Social - Caroline Cartmill
Film - Michael Shiels
TV - James Tanner
Music - Stephen Owen
Books - Niamh O'Connell

Games - Tom Ewing
Creative Corner - Mrunmayi Sankhe
Sport - Tanya Riley

Write For Any Section!

Head to our website
for sub-Editor contact
details

www.seren.bangor.ac.uk

CONTRIBUTORS

Writers - Matthew Niemann, Chloe Brindley, Dr. Shuaib Nasser, Jake Edminston, L, Staci Jones, Scott Taylor, Megan husband, Lea Smailagich-Ilic, Sharon Padt, Olga Bialasik, Marion Tanguy, James Dumbleton, Rory Formstone Roberts

Head of Proofreading - Hanna North

Proofreaders - Alma Nordstrand, Olga Bialasik, Sophie Eleri, Jade Taylor, Samantha Tipton

Got A Story? Submit It!

Be a regular contributor for Seren or simply submit a single story. We're always looking for the news that matter to you.

Email: editor@seren.bangor.ac.uk

@SerenBangor
seren.bangor.ac.uk

News Editor - Darby Higgins
news@seren.bangor.ac.uk

NEWS

Bangor Professor appointed President Elect of the Incorporated Society of Musicians



Prof Chris Collins, Head of Bangor University's School of Music & Media, has been elected President Elect of the Incorporated Society of Musicians. He will be acting as a member of the Society's presidential trio until April 2020, when he steps into the role of President.

Prof Collins follows in the footsteps of another leading musician and Head of School, as composer Professor William Mathias undertook the same role in 1989-90.

The Incorporated Society of Musicians (ISM) is the UK's professional body for musicians and subject association for music. It plays an active role in promoting the importance of music and protecting the rights of those working in the music profession, and has over 9,000 members. Since 1882, they have been dedicated to promoting the importance of music and protecting the rights of those working in the music profession.

Prof Collins said:

"I'm very proud to be doing this at a time of unprecedented difficulties for music and the arts in the UK, including ongoing cuts to music education, debates around diversity and dignity, and changes to ways in which musicians receive revenues.

The ISM is without a doubt the most politically active of the music subject associations in the UK, and is in constant contact with parliamentarians."



Wales targets 5G leadership with Bangor University

Wales is set to become a global leader in 5G technology following the announcement of a new Digital Centre of Excellence in Bangor, supported by nearly £4m in EU funds.

The Digital Signal Processing (DSP) Centre of Excellence at Bangor University will provide highly specialised research into digital communication systems like mobile phones, WiFi hubs and modern manufacturing lines. Improvements in DSP are a cost-effective way of speeding up networks, dramatically improving the way that mobile phones, devices and network architecture work.

The DSP Centre of Excellence will look at ways to use existing fibre technology in the 5G network to improve

capacity, flexibility, functionality and services.

Counsel General and Brexit Minister Jeremy Miles, who is responsible for EU funding in Wales, said: "Fast, flexible, adaptable digital systems, tailored to the needs of the user, are essential in today's time-sensitive culture, and are vital to our nation's development as we continue to boost productivity in the Welsh economy.

"The DSP Centre of Excellence puts Wales at the very heart of innovation in this key economic sector, and positions Bangor University at the top of the ICT research industry. Collaboration between top academics from Wales and world-wide institutions, high profile international companies and Welsh and UK SMEs, will lead to

ground-breaking, world class research, resulting in cutting-edge solutions to advance the global 5G economy.

"EU funding continues to drive progress in R&D, science, infrastructure and skills in Wales, as well as promoting economic growth and creating new jobs. We've been clear that we want this funding to continue, to enable Wales to carry on leading research into new technology systems capable of running on low power, and to progress towards a more equal, more prosperous, and greener Wales."

In addition to the EU funding, Bangor University is leading the project by contributing £1,672,984 in funding, with additional funding of £349,262 from private sector partners.

Professor Iwan Davies, Bangor

University's Vice-Chancellor commented: "This is a fine example of the excellent research conducted at our University. It illustrates how research conducted by academics of international standing feeds into innovation and contributes to economic and social impact in our wider world. In particular, the DSP Centre puts research innovation and collaboration at its heart. With academic, international and Welsh partners, the DSP Centre has the potential to promote the creation of a "DSP Economic Zone" along the A55 to bring transformative economic benefits to North Wales."

How will Brexit affect your life as a student?

The public do not know much about what is going to happen after October 31st, but try not to worry as both staff and students at Bangor University are here to help. Bangor University highly values the contribution that all the staff and students make to both the University and the local community.

Professor Carol Tully, Pro Vice-Chancellor (Education and Student Experience), has previously said "We appreciate that for our EU staff, students and anyone who has a family member in the UK who is an EU citizen or who is here as a dependant of an EU citizen, that current ongoing discussions may

be causing stress and uncertainty."

Continuing, Tully has stated "We want you to continue to enjoy living, working and studying here at Bangor and as such we feel it is important to highlight to you a service which the Welsh Government is funding to provide advice and support to EU, EEA and Swiss citizens and their families in Wales, in relation to their immigration status in the UK and about applying to the EU Settlement Scheme."

Specifically, the Welsh Government are working closely with the education sector to assess and mitigate the potential impact of a no deal Brexit. According to the information provided,

educational institutions should not face any immediate impacts. In the longer-term, the Welsh Government have made it clear that the EU funding, which many of the Welsh colleges and universities have benefitted from, must be replaced in full after the UK leaves the EU to continue the strong record of building Wales' skills base and spreading opportunity.

To support Welsh Universities, the Welsh Government set up a Higher Education Brexit Working Group to provide advice about the implications of Brexit for the higher education sector in Wales. They have also provided extra funding to Higher Education Funding

for Wales (HEFCW) to help deal with the initial implications of EU transition

EU nationals who intend to study in Wales for the academic year 2019-20 will be eligible to pay the same tuition fees as Welsh students and will be eligible to receive loans or grants from Student Finance Wales. Students will be eligible to receive support until they finish their course.

If you are an EU student, you should speak to the University's student finance office to find out more information.



**LIVE IN ONE OF OUR
AWARD WINNING STUDENT
HALLS NEXT YEAR**

#LOVEHALLS



All inclusive living... with on-site gym and membership, laundrettes, weekly Campus Life events, award winning internet, 24 hour security, Mentor support & on-site maintenance **...and no hidden costs!**

- ▶ Choose the room you want
- ▶ Book a flat with your friends
- ▶ Returner only Halls
- ▶ Frozen fees until January 2020 – at 2019 prices!
- ▶ Only £1 pre-Payment

Book online from November 4th

WWW.BANGOR.AC.UK/MYROOM



**HALLS
OFFICE**

Royal College of Speech and Language Therapists honour three researchers from Bangor University

In a special award ceremony hosted by the Royal College of Speech and Language Therapists (RCSLT) at Nottingham during their annual conference this year, Delyth Prys, Dewi Bryn Jones and Stefan Ghazzali from the Language Technologies Unit, Canolfan Bedwyr, were presented with the Giving Voice Award.

The three, through their Lleisiwr

project, funded by the Welsh Government, had developed software to create personalized synthetic voices to help patients about to lose their own voices. The project enabled voice banking in Welsh and English so that a digital version of the voices could be built.

The judges were of the opinion that this could transform the lives of people with motor neuron disease or head and

neck cancer. They also praised the way the team had obtained National media coverage for the project, and brought the needs of people with speech, language and communication difficulties to the attention of the wider public.

The three were nominated by Rhian Wyn, a speech and language therapist at the Betsi Cadwaladr University Health Board.

Rhian explained: "Although voice banking services have been available for some time through the medium of English, we as speech and language therapists know that one is also needed in Welsh and that both languages are needed for these patients who speak Welsh".

She also said that the work had been filmed for an S4C television programme

called "Achub Llais John" (Rescuing John's Voice), following a patient who had had a laryngectomy and how she was given a personalized digital voice. She added: "It's been an honour to work with the team and nominate them for this award".

A history festival comes to town



David Starkey



Lucy Worsley

Credit Historic Royal Palaces, Bloomsbury, Ben Turner



David Olusoga

Leading historians David Starkey, Lucy Worsley, David Olusoga and Trevor Fishlock, seen regularly on our TV screens, will be joining experts from Bangor University and across the UK to participate in the first History Festival being held in Bangor on the 25th & 26th October 2019.

Bangor, with its historic Cathedral and surrounding landscape of industry, castles and country houses is an apt setting for this History Festival, which is designed as a community event, with exhibitions as well as book signing and sales opportunities.

Through stories of individuals, events and corporations, the programme, it is hoped, will reveal the interconnectivity of the four nations of the United Kingdom. Prof David Olusoga OBE, a BAFTA winning broadcaster, author and film-maker will start the Festival at 10am on Friday the 25th with a talk entitled Slavery, Empire and Historical Amnesia. Local historian, Dr Marian Gwyn, will follow with: "Wales and slavery - Re-knowing and Re-telling".

The slate from the quarries of Gwynedd 'Roofed the World' as the slogan says, and in the process transformed the landscape. the way of life

of many and made fortunes for a few. Experts involved in promoting the bid for UNESCO World Heritage status for this landscape will also tell us about the other global spin-offs that accrued from this industry. Not least, the very enjoyable heritage railways of today.

The Festival has narratives of Kings, Queens and soldiers; rebels, reformers and invaders. They have all left their mark on the national and international stage. John Keay from Argyll will describe how Everest, the highest mountain in the world, came to be named after a Welshman from Crickhowell. The Social Reformer, Robert Owen, of Newtown, who took his Utopian message to Scotland, the USA & Ireland, and founded the Co-operative movement, is the subject of the talk by Prof Chris Williams from Cork.

Yet another heart-warming story will be told by Trevor Fishlock about the philanthropy and courage of the shy and wealthy Davies sisters of Llandinam, who gifted a wonderful collection of paintings to the people of Wales.

A dark chapter in history is explored by Richard Suggett in 'The Witches of Wales'; the persecution of witches became a shared troubled history in 16th

& 17th century Britain.

The first Marquess of Anglesey, a hero of Waterloo, and his commemorative column, which has stood as a familiar landmark since 1860, are the subjects of a talk led by Lord Anglesey, the 8th Marquess of Anglesey.

A panel of experts will discuss the 'Welsh Princes: from Owain Gwynedd to Owen Glyndŵr' in the appropriate setting of Bangor Cathedral, since the first Owain was buried there in 1170 and the second burnt it down. Find out what the Welsh bards, as well as Shakespeare, had to say about it.

Prof David Starkey CBE, a constitutional historian and author of numerous books and presenter of television and radio programmes, will speak on the evening of the 25th about Henry VIII: The First Brexiteer? Drawing on his unique knowledge of the man and his reign, he will explore parallels with many of today's scenarios. Prof Starkey's talk and visit are eagerly awaited because of the strong Tudor connections with this part of North Wales. Henry's great grandfather hailed from Anglesey and many of his blood relatives would be prominent owners of land and country houses in these parts.

Audiences will also be able to hear about the latest research and work-in-progress as discoveries are made by Leona Huey and Dr Gary Robinson in the heart of Wales about internment camps from the Easter uprising of 1916, which transformed Irish history.

Edward I is a well-known 'hate figure' in these parts. His castles, built in the wake of his conquest of Wales, had many other dark sides, including the expulsion of the Jews from the kingdom of England in 1290. However, according to Prof Nathan Abrams, Jews later returned to Britain, as shown in the 19th century with the establishment of the highly successful jewellers, Wartski, first in Bangor and on to London. They, as we all know, made the wedding ring from Welsh gold for Prince William in 2011.

However, if you ever wanted to know 'What have the Normans ever done for us' come and find out from Dr Mark Hagger on Saturday the 26th.

The festival will close on Saturday the 26th October with an evening lecture by Lucy Worsley OBE on Queen Victoria – Daughter, Wife, Mother and Widow. She will invite us to look at what we think we know about Queen Victoria;

exploring the life, the palaces, and the rich colourful age of this woman who ruled a quarter of the globe. Lucy Worsley OBE is Joint Chief Curator Historic Royal Palaces and a presenter of historical programmes such as The First Georgians: The German King Who Made Britain, and Six Wives of Lucy Worsley. Simultaneously, Storr Museum will be exhibiting its Victorian collection: Queen Victoria's dress, a cap, a Welsh doll that was given to her during her visit and more.

The Festival, organised by Bangor University's School of History, Philosophy and Social Sciences is sponsored by Mrs Raj Jones, an Honorary Fellow of the University. She said: "The Festival should entertain, inform and enthuse all ages and people should come away thinking, now, I did not know that".

She added, "My wish is to make this an annual event. There could be no better setting for such an event than by the shores of the spectacular Menai Straits and in an area steeped in history".

Film Festival to showcase new filmmakers' short films



A film festival in partnership with Bangor University will host an afternoon showcasing new European short films by young film makers.

The screenings by the Wicked Wales Film Festival and British Film Institute Future Shorts will take place at Pontio next Wednesday 23rd, 1pm-5pm.

Screenings will include UK and international short films in documentary, fiction and animation. The event is open to both students and the public and free tickets are available here.

Attendees will also have the opportunity to choose the audience award winner for the Wicked Wales Festival.

The event will be introduced by Wicked Wales Film Festival Director Rhiannon Hughes MBE FRSA and Joanna Wright, Senior Lecturer in Film and Media at Bangor.

"It will be an invaluable experience for anyone with an interest or studying film, film production and performance to see short film work produced by young people nationally and internationally," Joanna Wright said.

Festival

Two film students from Bangor University, Lucija Pigl and Maria Fernanda Rodriguez Aguilar, have also been selected to take part in the Festival's Mythau project.

The project is a weeklong workshop where young filmmakers from different countries will come together for a week and work in North Wales to produce short films on the theme of myths.

The Mythau project is supported by Wicked Wales & Film Hub Wales and Off y Grid.

The University's film students have also had the opportunity to take part in other recent film festivals around the world.

Two recent Bangor graduates, Hannah Grimston and Jess Simms had an opportunity to travel to the Next Film Festival in Denmark, where their film was shortlisted for an award in the festival this summer.

Both the Wicked Wales Film Festival and the Next Film Festival are part of the International Youth Cinema Network.

Hannah Grimston and Jess Simms were also selected to take part in a week long talent camp, with speakers such as director Thomas Vinterberg.

Hannah and Jess produced a short documentary while they were there about the value of working internationally and their experience of the festival that will be shown at the Wicked Wales festival's international symposium next week.

Creative student records charity record

Aly Shields, a mature Bangor University student and carer from Llandudno, has launched a record in aid of PANS PANDAS UK, a charity which raises awareness of little known and understood conditions which often lead to misdiagnosis for the people concerned, and which supports them and their families.

Aly's song Warriors is available on iTunes and Google Play from 9th Oct, search for Warriors and PANS PANDAS UK.

PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal infection) describe a variety of neuro-psychiatric conditions such as OCD, tics and eating disorders which are triggered by a misdirected immune response which results in an inflammation of a child's brain. They can often go undiagnosed.

Aly describes how the condition affected her son:

"Almost nine years ago my son became seriously ill. I found the condition PANS PANDAS which fitted all his symptoms, printed off the information and gave them to a clinician who was caring for my son. The information was not acted on and at that time there was nowhere else to turn other than the United States, but I had no money for us to get there.

A year ago, I was told my son would remain on medication for the rest of his life. This was unacceptable so I began to research again, and during that research I found PANS PANDAS again, but this time there was an oasis in what was, yet again, our darkest hour; that oasis was PANS PANDAS UK. My son had been misdiagnosed for all these years when, all along, he had a treatable condition, and consequently he has missed out on all of his teenage years. He has watched all of his friends go off to University while he could barely leave the house.

The situation for Aly and her son has improved, and her son is on the road to recovery. She explains:

"With support from PANS PANDAS UK I have been empowered to prove my son's case and he is now receiving some treatment, will be having an operation and I have won NHS funding for him to see a specialist this month in London. The treatment began in June with full time antibiotics and by August he was able to spend a week sailing in the Irish Sea. This will be a long road to recovery as he was not correctly treated when he had the initial onset. I am now actively seeking families who may be affected by PANS PANDAS in Wales.

A student with disabilities herself, and a carer for her son, Aly applied her creative talents to writing the song at the request of Georgia Tuckey, the charity Chairperson, who knew of Aly's creative background both as a singer and in



using theatre to present and discuss difficult social issues with school children.

Aly says: "I wrote Warriors that day and sent an extremely rough recording of it to Georgia (Chair PPUK). She is exceptionally busy fighting for families and I didn't hear anything for two days and thought, 'It must be really awful'. Then she rang in tears and conveyed that the lyrics reflected how parents and children feel."

Georgia Tuckey, Chair, PANS PANDAS UK said:

"WARRIORS represents the experience of other families struggling to access the 'system' on behalf of their children as well as describing the tragedy of the symptoms. It bears great resonance for the families involved with caring for their children in such dire circumstances."

Aly continues: "The song is a parent speaking to their child and later the voice of the child. We have a children's choir from Holywell, called PhilsHarmonics, singing on the single along with a short piece of rap. This wonderful choir sang their hearts out at

the recording on behalf of children who are too [unwell] to have a voice.

"I have begged and borrowed! (but no stealing like in the song!) to get this record made. From borrowing a guitar to getting help from my Dad to put together a video of stills to accompany the song.

I approached Russ Hayes at Orange Studios in Penmaenmawr as he had come highly recommended, and they were not wrong, he has been amazing.

Explaining why she penned Warriors, she says:

"Of course, the charity needs funds to continue their work and we want the song to raise money, but raising awareness is crucial. Families have children with this condition, yet they do not have knowledge that PANS PANDAS exists, we need to reach out to them. Health professionals must be made aware of the devastating consequences of children, young people and young adults being misdiagnosed with a mental illness when they have a treatable physical condition. Also crucial is research into PANS PANDAS. As yet, there is very little research in the UK,

which is quite astonishing considering (in my opinion) that the implications of these conditions could change the direction of psychiatry and how certain mental health conditions are viewed. "

Aly is also channelling her creative energies into studying a degree in Creative and Professional writing at Bangor University. She also writes screenplays, and is using her and others' experiences of PANS and PANDAS as material, and would like to be a published writer.

She says of her University experience: "Although Bangor is the closest university to me, it was the most attractive option and choice of degree which includes screenwriting which I particularly wanted to study.

"I love the diversity of university and it has allowed me the opportunity to build a new life after having to give up my business to become a carer. In addition, I am so grateful for the support I have received, both as a carer and disabled student (Dyslexia and Fibromyalgia)."

Protestors plan another Bangor climate strike

Protestors will hold another day of action in Bangor on Friday 25th October to protest against the lack of action on the climate crisis.

The protest follows a global day of action on 20 September when adults

joined youth, taking part in protests all over the world.

The march will start from Main University Building, within the Main Arts Quad on College Road, at 12pm and finish next to the Bangor War

Memorial. Pavements and pedestrian areas will be used for the whole route.

Although this is a youth led movement, this march is open to anyone who demands urgent action in this climate crisis.

A protest organiser said: "Remember, this is a general strike! Adults, parents, teachers, university students in Bangor – you can all help us! Please share and help spread the word."

INTERVIEWS: Bangor's People's Vote Marchers



By SINCLAIR DAVIS

(See Front page for more info on the People's Vote march)

Osian, 22 (voted Remain in 2016)

Why are you marching for the People's Vote today?

The urgency of the matter. We're getting nearer to the 31st of October now and it looks like we're going to crash out without a deal or with a deal that was worse than Theresa May's. I think Brexit would be a disaster for Wales, and widely the UK as well.

How do you feel the march went?

I think it was very good- it was a good turnout. We had a good cross-section of society there. And also, even though I'm of a particular political party, we had lots of different representatives of different political parties, so that was good.

James, 22 (voted Leave in 2016)

Why are you marching for the People's Vote today?

I came out to the march because I believe that we should have a vote on the final terms of leaving the EU or remaining. I did vote Leave originally, three and half years ago. The circumstances have changed since and the government hasn't done any steps to actually have some form of Brexit which wouldn't be a complete disaster. I think, seeing as it's been that long, we should have a vote on the final terms.

How do you feel the march went?

I feel like it was ok. The weather wasn't great. A lot of speakers, a lot of good speakers. And a lot of positive energy.

Katie, 20 (too young to vote in 2016)

Why are you marching for the People's Vote today?

I was too young to vote in the last one, so I wanted my voice to be heard. As well as the fact that there was a vote today to show whether the Benn Act was actually valid, which showed it is, which means Boris Johnson must now put a three-month extension in. Otherwise, he can go to jail, which I think is beautiful. I like the idea of him in jail.

How do you feel the march went?

It was successful, there were loads of people. I think it beat the last record, which was one and half million. I think there was more than that there.

Amy, 32 (voted Remain in 2016)

Why are you marching for the People's Vote today?

I'm a student midwife, and there were already so many shortages in nursing anyways, and I read a statistic that in the last two years, the amount of EU nurses recruited has dropped down to 10% of the normal amount, so it has gone from 9000 to 900- which is disgusting. We need nurses and we need to be out there saying we are part of the EU, we need help, save our NHS.

How do you feel the march went?

It was brilliant. It's the first time we've come to a march like this but we feel so strongly about it that we came, and it has been amazing.

Lucia, 21 (European Citizen- could not vote in 2016)

Why are you marching for the People's Vote today?

I found a post on Facebook that said this is being organised and I thought it was a good initiative. I wanted to get involved in something like that, because I'm a European citizen- I don't have a say here, but still I wanted to be a part of it because it affects me.

How do you feel the march went?

I think it was pretty good. As other people said, it was a nice atmosphere, and it brought people together in a way.

Sian, 21 (too young to vote in 2016)

Why are you marching for the People's Vote today?

Fundamentally, I'm scared of Brexit because I'm scared that the British government will violate every single human right we are accorded by the Geneva convention and the European Court of Human Rights. If we get an extremely scary, populist leader, things could get bad. I am many minorities- things could get bad.

How do you feel the march went?

I think it was a really successful day where people were able to display their dissatisfaction with being ignored since the vote in 2016.

Christopher, 19 (too young to vote in 2016)

Why are you marching for the People's Vote today?

I think Brexit is going to ruin our country in all sorts of ways, and I wanted to stop it. Plus, I've been doing it for several months now, so it seemed like something I should do.

How do you feel the march went?

Very well indeed. There were a lot of people there, crammed up through Whitehall through most of it. And I think the passing of the Letwin amendment gave it a new lease on life.

Marian, 22 (European Citizen- could not vote in 2016)

Why are you marching for the People's Vote today?

We're French, so we wanted to feel what it is like for British people to be living Brexit and stuff. It was kind of historical. We wanted to see what it really meant to them.

How do you feel the march went?

I guess it went alright, in the sense that they were not too disappointed with the outcome. It was nice to see the joy of the crowd at one point- it was very nice to see. They were kind of happy- not the happiest it could have been.

[Interviewee's friend]: Some of them were really stressed before, anxious.

Yes, some were on the verge of crying, so it was nice to see the relief on their faces.

Thomas, 20 (European Citizen- could not vote in 2016)

Why are you marching for the People's Vote today?

It was very easy to get to- we just had to sign up, pay a five-pound bill. Also the fact that it was kind of a historical day, or was planned to be anyway with an important vote. Everybody in Britain is concerned by Brexit, either British people or international students. For British people, they're concerned because it's their country, but international students are also concerned because some might not even be able to come back next year if Brexit goes through with no deal.

How do you feel the march went?

It was pretty interesting how it went pretty different to what we've got back in France. People were very adamant about their cause, but also very nice about it. There wasn't any violence or anything as there might have been if it had gone on in France, for example. I'm happy about how it went through and how people reacted.

Vicky, 22 (voted Remain in 2016)

Why are you marching for the People's Vote today?

I think Brexit is a terrible decision. I had free transport to something that I feel quite strongly about and I probably couldn't have afforded to drive myself down here otherwise.

How do you feel the march went?

I thought it went really well. It was really nice atmosphere. It rained a bit which sucked, but everyone still kept going.

EU Settlement Scheme - Marcel Clusa INTERVIEW

by ALEC TUDOR

Marcel Clusa, from Barcelona, joined the International Student Support team in May 2016, but he has been working with International Student Services since 2013 as an Erasmus Officer at Barcelona University and as part of the International Admissions Team at Bangor University. He is a first point of contact for students accessing the Student Support services, and he deals with a number of immigration and welfare issues. He is also our Sustainability and Equality Champion.

It is a troubling time for university students in the UK. What is your advice for dealing with the stress and confusion caused by Brexit uncertainty?

What we did, for example, until now, is try to remind the students to keep informed. It is difficult to not get tangled in the whole thing. What we do in our office is work with what we've got, and don't get too tangled into it. Now, it's very easy to say, but obviously, we're all in the same boat. I had to apply for the settlement scheme myself. What we did is we signed up to do a pilot before it was open to the whole country and I tested my case, just to see what it's going to be like. At the moment, what we're focusing on is the EU settlement scheme, because we know that 100%, whatever happens, this is what the students will have to do. Whether they want to or not, we can give advice on what the advantages and disadvantages are. What we are suggesting, in terms of how difficult it may seem or how nerve-racking the whole situation can be, is to get a bit of control. We know what's definitely happening, so we are asking students to actually do this to feel better.

What would be happening to the Erasmus + Scheme?

We don't know. It will entirely depend on whether there is a deal or no deal. Unfortunately, there is not much we can say about that, because there are still talks about what's going to happen. So far, for this year, everything is continuing as it is, but we don't know if by the end of October there's going to be a 'No Deal'; we are not 100% sure what's going to happen with the January intake, because they will need to discuss whether there's funding available, etc.

For the students who are here already, nothing will change for them. Those who were given funding for the first semester, and then applied for the whole year - everything stays the same for everybody, Erasmus or non-Erasmus.

The changes will be after that, and I think it will be based on relationships with the country and whether there are different agreements between different countries.

What is your advice for students who haven't applied yet and are unsure how to?

Our message is very clear, and it is: apply. If you have been here for more than 6 months, you can apply for the EU Settlement Scheme, and that will give you the privilege to stay here with the same conditions that you've got now for 5 years. So, if you've been here for 3 years, and you're finishing your third year, we're suggesting that you especially apply, because that will give you 2 years where you can decide if you want to stay in the UK, and you can apply to the Set-



tlement Scheme for settled status and receive indefinite leave to remain.

If you don't do it and leave, and say in a year everything changes, you might be in a situation where you need a visa to come back and work.

So, now that they can do it, we're suggesting that everybody does it. If they decide to leave after their course and never come back, it doesn't change their nationality or anything. It's very positive, and free.

How would the University deal in the event of a deportation of Bangor EU student?

I think that's an over-exaggeration. What the Home Office has said, and all the official channels have said to all the Universities and everybody, is that no-one will be deported. What's going to happen is that after whichever date; if there's 'No Deal', end of 2020, if there's a deal, it will probably be further away; EU citizens will have to do that. It will be a requirement, the same way you need a National Insurance Number to work, you will have to have applied for the EU Settlement Scheme. It will be a condition.

Does this mean that if you don't want to apply, you will be kicked out? No. That doesn't mean that. There will be no deportations, and that's very clear. What's going to happen, is that for example, if you haven't applied, and there's 'No Deal', and by 2021 you haven't applied, you could be facing a situation where you would go to find a job, and they'll say 'Well, you haven't got the right documents; I'm sorry but

you cannot get this job.' So eventually, you will have to do it. That's why we are insisting that all students please do it; it's very positive, and there's no negative reality.

How would Brexit impact international students?

What we've seen not only in the EU but worldwide is that the concept of the UK as a country has slightly changed based on the feedback we've had in the past from students. They had expressed that maybe the UK doesn't seem as welcoming as they thought it would be. So that's kind of the message that has been launched after all this, whether this is true or not that goes to everybody. The message that other countries have also received is that it might not be as welcoming as they thought.

On the other side, we have seen students who have actually celebrated that it is happening, because they think they will have more equal opportunities when they go and look for jobs, for example. At the moment, international students might have a lower possibility of getting jobs when competing with EU citizens, because of visas. It could also be that in a few years there's a situation where overseas and EU citizens will all have to compete.

What about UK students?

The way it might impact them is if they want to have exchange programs abroad. If eventually, Brexit resolves in having less international students, that also impacts UK students, because having a university as diverse and plural as

Bangor is such an asset - it is beneficial for UK students to have people from all over the world in the same class.

What are some of the most useful sources students can consult in this situation?

They can have a look at the gov.uk website, but it tends to be quite heavy and difficult to follow. What we do at International Student Support is we are always open to answer questions. Students are more than welcome to come and see us, there's no appointment needed, so they can show up and we will help them with general questions about what's happening, what are the regulations, changes, etc, or with the application itself. We're going to start now helping students with the EU Settlement Scheme applications. If anyone has any questions about what to apply for, what documents do they need, or if they need a mobile phone that works - one of the main issues was that the app that the Home Office has designed doesn't work on all phones. For me, I had to try five different phones until I actually reached one that worked. If students cannot find a phone that works, they can come to our office and do it from here.

Is it necessary to have a phone to apply to the scheme?

It's a lot easier. You can do it through your computer, but that will mean you will have to go to an appointment to see someone to go through the application. At the moment, you can do it through the app, where you scan your password,

and with the camera you will take a picture of yourself, and it scans all the information that your password holds. Once I found the phone, it took me less than 10 minutes to do the whole application.

Should students see the EU Settlement Scheme in a more positive light?

Definitely. I think, due to the nature of my job, I see it as very easy. But I also understand why someone who's never really had to question their immigration status - even just the word 'immigration', and feeling a part of that 'immigration' office - it can make people feel uncomfortable. I don't like the word 'immigration', I think it's a bad word. Yes, it's unfortunately something we need to do, but it's nothing different from applying for your national insurance number. If you're applying for your pre-settled status and get rejected, which hasn't happened to date, then there's many ways that we could help in challenging that decision. What we are trying to explain is that it's not something that is life-threatening, it's quite the opposite; it's very beneficial for the students now. If they go through the process, they could potentially stay here in the UK forever without having to worry for visas. What we don't know is what's going to happen to people who are not in the UK, and after Brexit will want to come here. I think the worry should be set on people who maybe want to come here in two years to live and work. I'm from Barcelona, I've got family and friends who came to the UK to work for a summer - that might be more difficult.

@SerenBangor
seren.bangor.ac.uk

International Editor - Menna Jones
international@seren.bangor.ac.uk

INTERNATIONAL



International Students opinions on Brexit

By MENNA JONES

As this month's issue has a bit of a Brexit theme, due to it being the month that we are 'supposed' to leave the EU, I decided to put an international spin on things and ask some International students what their opinions were on the UK and Brexit at this current moment. I asked three questions:

1. 'How do you as an international student feel living in a country that is going through a big political change (i.e Brexit)? Did you feel anxious about moving to the UK because of it or do you feel neutral/not bothered by it?'
2. 'Do you have an opinion on Brexit?'
3. 'Are you worried about how Brexit will affect study abroad exchanges or relationships between your home country and the UK which could affect things like visas and the right to live/study here?'

I had 7 responses although only 6 for

the other two questions. For question 1, most of the respondents seemed to currently have a neutral and unconcerned outlook, with one of the respondents having quite a positive outlook saying that "I am not bothered in the slightest as I am confident that we will all be fine in the end." However, some respondents said that they were equally anxious and not at the same time, with one student from Spain saying, "I wasn't anxious when I moved here, and I don't feel anxious now although I am a bit worried". Another respondent from Ireland said that rather than being anxious, "I'm annoyed about Brexit as there are going to be many changes in my country". Others expressed their concerns about the long-term ramifications of Brexit with one respondent saying, "I am concerned for the time after university because I eventually want a job in the UK".

When asked about their opinions on

Brexit, many of them said they didn't have an opinion, or they were against it with one respondent saying they thought it was "a circus show", with another saying they initially supported leave but the long proceedings had made them change their mind. When asked the final question, many said that they were not worried as they had a plan or knew what to do in regard to Visa issues, with one Spanish respondent hoping that "as British people use my country as a playground, it makes me feel like Spain and the UK will have a good relationship after Brexit".

In order to shine some light on the last issue, I did some research into how Study Abroad exchanges will be protected after Brexit. The University says that "There is uncertainty about the availability of Erasmus+ funding to UK universities after the UK leaves the EU. Erasmus+ funding may no longer be available to students taking part in

study or work placements in European countries after the UK leaves the EU". So I did some more digging to try and find some specific dates and I found a bit more information on the European Commission website. They said, "on 19th March 2019, the Council and Parliament adopted a Regulation to avoid the disruption of Erasmus+ learning mobility activities involving the United Kingdom in the event that the UK leaves the EU without a deal ("no-deal scenario")."

On the website, it says that this regulation "will apply until all Erasmus+ learning mobility activities that started before the date on which the UK leaves the European Union have been completed." So, there does not seem to be a concrete plan or dates for the future of Erasmus schemes but, hopefully, we will be able to find out more as Brexit progresses. If you want to find out more information, then check out the European Commission's website!



Country Spotlight: The Philippines

By MENNA JONES

On Wednesday, the 9th of October, I went to the Filipino society where we were given a presentation by one of the committee members (Janneal) on the Philippines' current president Rodrigo Duterte and whether he is 'Saint or Satan'. After we learnt a lot about the current problems/situation in the Philippines (some of the issues we touched on were the high levels of street crime and problems with drugs), we then debated about what Duterte had done or is doing to combat these issues and how he compares to past presidents. We looked at some positive things he had done, like offering rice to Kidawapan farmers in Mindanao as terrorism had deeply affected them, and he has given P250,000 each to war veterans and widows of soldiers to give them support. Duterte has also been trying to improve the economy by implementing a scheme called Build, Build, Build and making connections with businesses in other countries and inviting them to invest in the country.

However, we also discussed some things that he has done which have been questionable. One of the big issues was extrajudicial killings relating to Duterte's 'War on Drugs' campaign. This has violated human rights due to the fact that many people (estimates vary, but the official number of accounted deaths, from government data, is 5,104 to the figure of 20,000 between July, 2016 to January, 2019) have been killed, many of whom having been killed without trial, or by vigilante killings. These have not been investigated due to the fact that they align with Duterte's drug campaign. Another controversial matter that we discussed about Duterte is his opposition and threats to critics including women's and human rights groups and the UN. One such example is from July this year, when Iceland led a United Nations resolution calling for an investigation into his drugs campaign. Duterte then responded to this in a speech a day later saying, "What is the problem of Iceland? It's just ice" and "You can understand no crime. There is no policeman either, and they just go about eating ice".



Photo by NilsMlcknbck (CC BY-SA 4.0)

Eurovision Bulletin!

By MENNA JONES

This will be a monthly column dedicated to Eurovision updates for anyone interested in the contest (like me) and other affiliated contests! This month, we have some news from Belgium and Spain. On the 30th of September, the Flemish broadcaster VRT announced that they would internally select their artist who would represent them in next year's contest in Rotterdam. On the 1st October, it was revealed in daily talk show 'Vandaag' on VRT that the Belgian group

Hooverphonic would represent the country in next year's contest. Hooverphonic is a long-established band formed in 1995 but have gone through many line-up changes throughout the years with the current members being: Alex Callier, Raymond Geerts and Luka Cruysberghs. Hopefully, they can improve and break Belgium's two-year non-qualification streak! A couple of days later, on October 5th, the Spanish broadcaster RTVE confirmed that they had internally selected artist Blas Cantó

to represent them at next year's contest. Blas is 27 and a popular Spanish artist who has already tried to represent Spain in 2011 with the band Auryn, but just missed out on going to Düsseldorf as they came second in the national final. Here's hoping that Blas can also improve Spain's place next year after the 22nd place the country got at the contest this year.

If you would like to contribute anything to this section please email me at international@seren.bangor.ac.uk!

QUALITY HOMES IN BANGOR

**NOW
VIEWING
2020 / 21**

**first
LIVING
BANGOR**

TO LET

Visit our office:
35 Holyhead Road

Houses

Apartments

Self-Contained Studios

Firstlivingbangor.com
01248 354 786



@SerenBangor
seren.bangor.ac.uk

Politics Editor - Beth Thurlow
politics@seren.bangor.ac.uk

POLITICS



BREXIT: a short summary around a now long-standing debate

by BETH THURLOW

With Brexit only a matter of days away, the UK has fallen under a blanket of uncertainty with the temporary termination of parliament leaving the nation unsure of its future, here's a recap of what we do know.

What is the Brexit deal?

The deal consisted of a withdrawal agreement - which set out the terms for the 'divorce' process. There was also a political declaration - which outlined the future relationship between the UK and EU.

The withdrawal agreement covered a range of things including:

- the rights of EU citizens in the UK and British citizens in the EU

- how much money the UK was to pay the EU (widely thought to be £39bn)

- the backstop for the Irish border

Why did Parliament reject the Brexit deal?

The main sticking point for many Conservative and DUP MPs was the backstop. Currently, there are no border posts or physical barriers between

Northern Ireland and the Republic of Ireland. The backstop is designed to ensure that this continues after the UK leaves the EU. This would allow the continuation of trade within Ireland and then the rest of the UK. The backstop would only be needed if a permanent solution to avoid border checks could not be found. If it was needed, the backstop would keep the UK in a close trading relationship with the EU to avoid checks altogether. But many MPs were critical. They said if the backstop was used, the UK could be trapped in it for years. This would leave the UK stuck in the EU's customs union, preventing the country from striking trade deals with other countries. Their opposition eventually led to Theresa May's resignation.

What deal does Boris Johnson want?

Prime Minister Boris Johnson, who took over from Mrs May, says the EU must remove the backstop from the deal.

Under his plan, Northern Ireland would stay in the European single market for goods but leave the customs

union. This would mean new customs checks, most of which, Mr Johnson insists, could be done electronically and away from the border to limit disruptions. The EU is considering the plan, but has previously rejected a technology-led approach to customs declarations in a bid to increase employability and to allow for more thorough checks on customs and border control.

If the plan is rejected, Mr Johnson says the UK will leave on the 31st of October anyway, as agreed.

Will a no-deal Brexit cause disruption?

If the UK leaves the customs union and single market on the 31st of October, then the EU will start carrying out checks on British goods. This could lead to delays at ports, such as Dover. Some fear that this could lead to traffic bottlenecks, disrupting supply routes and damaging the economy. These possible disruptions are likely to have a knock on effect as thousands of people will be affected.

If the pound falls sharply in response

to no deal and there are significant delays at ports, like Dover, it could affect the price and availability of some foods. There are also concerns over potential shortages of medicines.

Mr Johnson has tried to calm such fears by announcing an extra £2.1bn of funding to prepare for a possible no-deal outcome. However, many still share fear that this will be inadequate to subsidise the fall out of a no deal Brexit.

Many Brexit supporters say it is hard to accurately predict what will happen or believe any economic disruption will be short-term and minor. But most economists and business groups believe no deal would lead to economic harm.

For example, the Office for Budget Responsibility - which provides independent analysis of the UK's public finances - believes a no-deal Brexit would cause a UK recession, which would be harder to recover from compared to previous economic uncertainty faced by the UK.

IN TOUCH
THE PROFESSIONAL NETWORK.

InTouch: Brexit Survey

By INTOUCH PROFESSIONAL NETWORKS

Less than 1 in 5 business leaders back leaving the EU without a deal.

A new survey by professional network In Touch finds that top executives believe a no-deal Brexit would have a negative impact on the economy.

Almost 500 board level professionals from sectors including IT, Finance and Technology took part in the survey.

Top business leaders working across a range of UK business sectors believe that leaving the EU without a deal would stifle growth and have a negative impact on UK plc, according to the findings of a new study.

Almost 500 directors took part in a survey by elite business network In Touch, with less than one in five (17.9 per cent) saying they were in favour of the UK leaving the EU without a deal.

More than half (52 per cent) stressed the importance of Prime Minister Boris Johnson securing some form of deal before the current October 31 deadline. Meanwhile, 27 per cent were concerned that there wasn't enough time left to agree a deal that worked for both sides.

Although the majority of those surveyed (70 per cent) stated that they had carried out risk assessments on the potential impact of Brexit, almost half (49 per cent) still expressed serious concerns about the outcome it would have on their businesses.

When asked about future growth, most business leaders (38 per cent) predicted that their organisation's growth would stagnate in light of Brexit. However, 22 per cent felt leaving the EU could see untapped opportunities for growth.

The vast majority of directors (64 per cent) voted remain in the 2016 EU referendum compared to 22 per cent of Leave voters.

And despite all the political twists and turns over the past three years, a total of 88 per cent said they would still stick by their original voting decision.

Oliver Tarpey, Head of Marketing at In Touch said: "With the current Brexit deadline fast approaching, our findings have shown that there is a strong preference from business leaders across a range of industries to secure a deal in the ongoing negotiations.

"There's still a lot of uncertainty about what will happen, and we likely will not see any change for quite some time. However, it is vital that the government acknowledge there are serious concerns from many business leaders, as evidenced in our member survey, that a No Deal Brexit could negatively impact the UK economy."



THE BACKSTOP: Could Northern Ireland be cut off?

By BETH THURLOW

A key part of the Brexit negotiations has been the border that separates Northern Ireland and the Republic of Ireland. The border is a matter of great political, security and diplomatic sensitivity in Ireland. Therefore, the UK and EU agreed that, whatever happens as a result of Brexit, there should be no new physical checks or infrastructure at the frontier. This is where the controversial “backstop” comes in.

Why might the backstop be needed? At present, goods and services are traded between the two jurisdictions with few restrictions. That is because the UK and Ireland are part of the EU’s single market and customs union, so products do not need to be inspected for customs or standards. But after Brexit, all that could change - the two parts of Ireland could be in different customs and regulatory regimes, which could mean products being checked at the border. The preference of both sides is to prevent this happening through a deep and comprehensive trade deal. However, the UK’s ambition to leave the customs union and the single market, could make that very difficult, and if both sides couldn’t reach agreement on a deal to keep the border as open as it is now - that’s where the backstop would come in.

So how might it work? There are several options:
A Northern Ireland only backstop? This is what the EU originally proposed. It would involve Northern Ireland alone remaining in the EU’s single market and customs union, leaving Great

Britain (England, Scotland and Wales) free to strike trade deals. But the DUP - a Northern Ireland unionist party that propped up Theresa May’s minority Conservative government - objected to this. It said it would see Northern Ireland treated differently and could threaten the union. Boris Johnson has also specifically ruled this out.

A UK-wide backstop?
After the DUP’s objections, Mrs May agreed to a backstop involving the whole of the UK retaining a very close relationship with the EU - staying in the customs union - for an indefinite period. It would also see Northern Ireland staying even more closely tied to some rules of the EU single market. These arrangements would apply unless and until both the EU and UK agree they are no longer necessary. The backstop would not apply if the UK left the EU without a deal, but the potential problems with the border would remain.

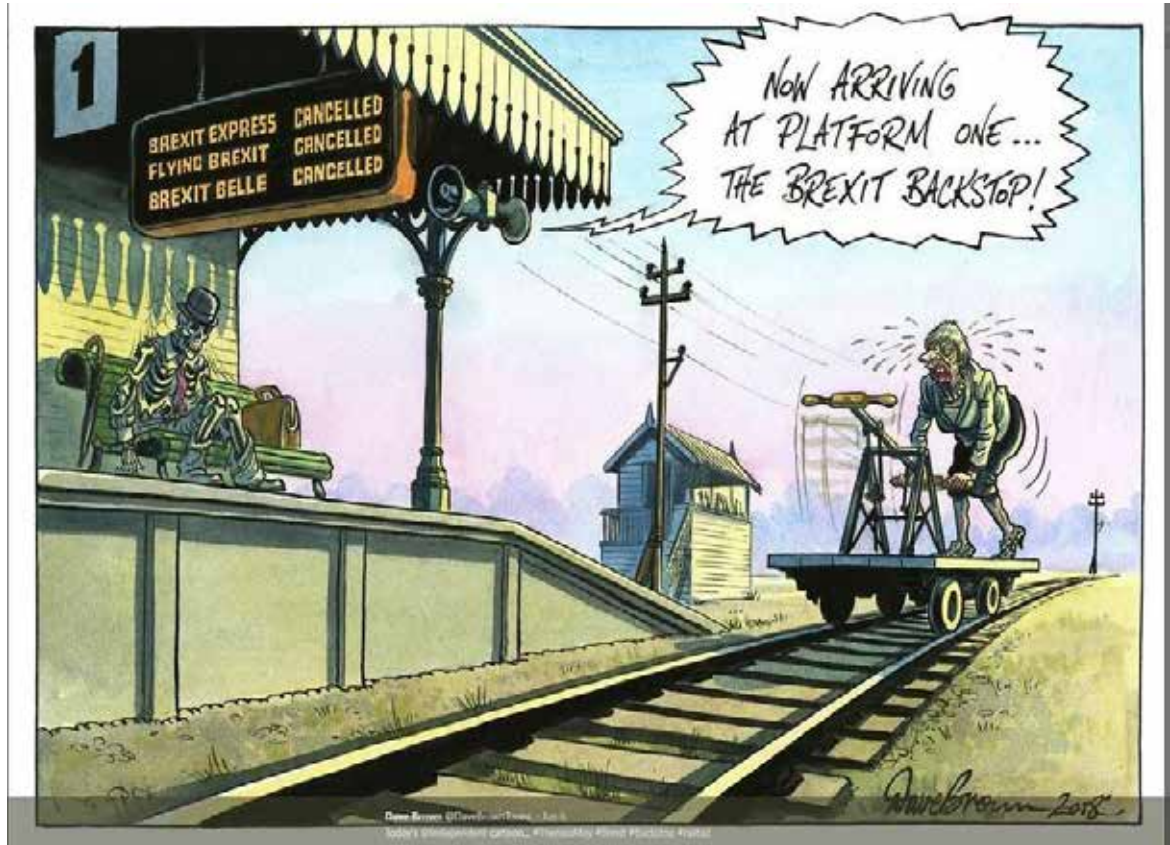
The backstop plan was agreed by UK-EU negotiators and formed part of Theresa May’s withdrawal agreement in November 2018 (often referred to as the Brexit “divorce deal”). It sparked a backlash from many Conservative MPs (and the DUP) at Westminster and several of her own ministers resigned in protest. They feared that the backstop would be used to permanently trap the UK in the EU customs union, preventing the country from striking its own trade deals. Ultimately, her deal was voted down three times, leading to her resignation.

An alternative plan?
Prime Minister Boris Johnson says

he is committed to “getting rid” of the backstop, describing it as “anti-democratic”. His government has instead proposed the idea of a ‘single regulatory zone’ on the island of Ireland. That would mean Northern Ireland continuing to follow EU rules on animal health, food safety and manufactured goods.

It would effectively mean a new regulatory border in the Irish Sea with checks and controls at ports, while this may create future employment opportunities, it is likely to cause several disruptions. The DUP say they can accept this as long as there is a role for the Northern Ireland Assembly to give ongoing consent to these arrangements. On customs, the UK has said that Northern Ireland must leave the EU customs union. However, the Prime Minister believes checks at the Irish frontier can be avoided by instead having customs processes mainly at company premises. The EU is sceptical about this and the latest negotiations have focused largely on customs and border regulations. Alternative arrangements

Many Brexit supporters say what are known as “alternative arrangements” could be used to avoid checks at the border. The phrase is normally used to refer to technical or technological solutions. These include things like trusted traders’ schemes and using GPS to track lorries. The EU has committed to working on alternative arrangements but has said no systems which could solve the border problem are currently “operational.”



Brexit Jargon Buster

‘No Deal’ - also referred to as an ‘unorderly Brexit’ or a ‘clean break Brexit’, it entails an exit from the EU without an agreement and with a more immediate and stronger impact on the UK economy

Boris Deal - also referred to as an ‘orderly Brexit’, the Prime Minister’s new deal with the EU removes the controversial Northern Ireland backstop, with a transition period lasting until the end of 2020

Northern Ireland Backstop - a protocol by which Northern Ireland will adhere to some EU regulations in order to maintain the Irish border as free as possible due to the Good Friday Agreement

Article 50 - the article by which a member state is allowed to leave the EU; it allows for a withdrawal agreement to be negotiated for two years, with the member allowed to ask for extensions to the negotiation period

Second Referendum - proposed by several MPs and supported by several protests, a Second Referendum on Brexit would result in either revoking Article 50 and therefore remaining in the EU, or in resuming Britain’s exit from the EU

Sources: BBC News, Fullfact, European Parliament

ON A LESS SCARY NOTE...

Anglesey Lighthouse replaced with foghorn called travesty by MP



By BETH THURLOW

The stunning Penmon landmark’s bell has rung everyday since 1922, but lighthouse owners are looking to replace the bell with a ‘souless’ foghorn.

The hazard warning signal at Trwyn Du lighthouse in Penmon is currently under threat. This comes as operators at Trinity House say the bell is no longer reliable for mariners, and a new device would be “simpler to monitor and maintain”. The current fog signal at the lighthouse, built in 1838, strikes in all weather conditions, but the new one would only sound in periods of low visibility. Trinity House say the range has been de-tuned to make it “more appropriate” for the warning it needs to provide. Once installed, it would only operate when needed - during periods of poor visibility and would be silent for the rest of the time. This could potentially be better for surrounding residents.

Now, Anglesey MP Albert Owen has weighed in, urging Trinity House to

“listen to locals and non-locals’ voices” who are “deeply upset” with their plans

“The island’s tourism industry is rapidly growing, people from all over the world visit here and we must protect our beauty spots along with their traditional attractions,” he said.

Penmon is such a peaceful, tranquil place and the soft tones of the bell which rings roughly every thirty seconds, complements the area’s natural ambiance to make visiting Penmon a special experience.

“With its iconic lighthouse and bell amazing vistas and the excellent café that provides refreshments to all, it’s no wonder why so many people flock here every year,” said Owen.

Many locals are now worried that without the lighthouse’s iconic bell tourists will lose out on an important part of the historic landmark.

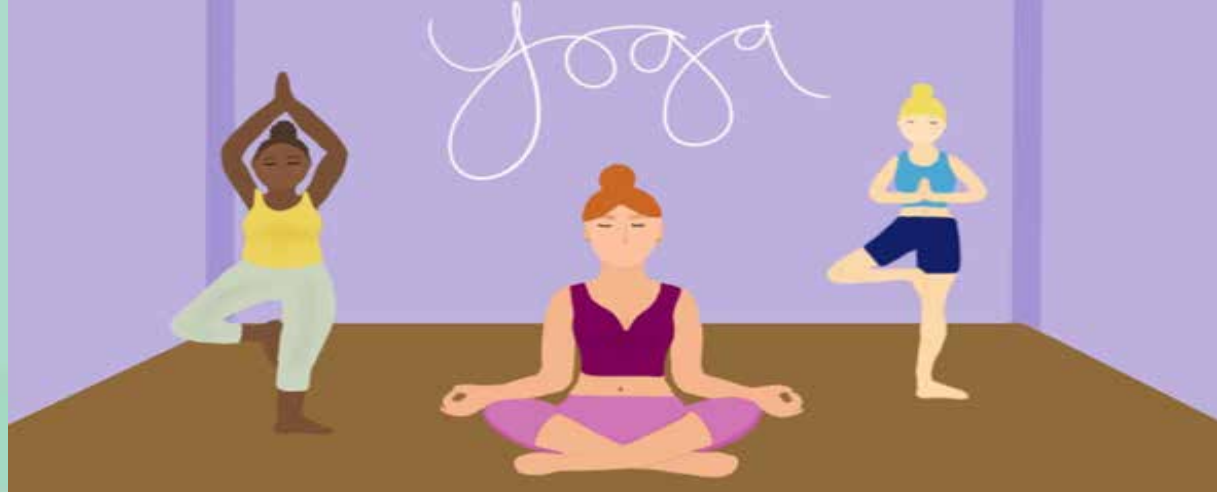
A Facebook campaign called “Save the Trwyn Du Lighthouse Bell” has also been launched by locals, who hope to save the iconic sound.

@SerenBangor
seren.bangor.ac.uk

Comment Editor - Abi Robinson
comment@seren.bangor.ac.uk

COMMENT

Be Mindful This Month: YOGA



by **ABI ROSE ROBINSON**

It's a Thursday evening and the day has left me feeling a little worse for wear. Third year is about to begin and I'm starting to feel the pressure of what this year will ask of me. My phone rings and I've been informed of a cancellation and a free space in the yoga class I was on the waiting list for, "Go on then," I say, "I'll do it."

A month later and my five o'clock yoga slots have become my saving grace. I am not only grateful for the physical benefits: increased flexibility (I can finally touch my toes!), improved energy (naps are taken less frequently) and a better digestion but yoga has also helped me to manage

stress and reconnect with what's important - my own well-being!

As a woman who suffers from excruciating menstrual cramps my body seizes up and my natural coping mechanism is to hold my breath through the pain. Yoga has taught me to use my breath as a powerful tool and breathe regularly through each muscle spasm as this helps relax your torso and pelvic muscles. A regular flow of breath means a regular supply of oxygen to the brain which is essential for a relaxed state. Yoga has also taught me that reconnecting your thoughts with your breath is a meditative tool that forces you to escape

the busy 'thought traffic' in your head and simply become an observer of it instead. You are focusing on the now and not on the busyness of your day.

If you feel as though your limbs have become a little limp and you're dragging your feet through endless hangovers and painful lectures, I urge you to set aside half an hour or even as little as ten minutes to stretch, breathe and be mindful through some yoga postures. You can create your own yoga routine or you can even watch a Youtube video. If you prefer to be amongst a group of like-minded people and excel in a gym class like

myself, Canolfan Brailsford gym hold yoga classes every Monday (6pm-7pm), Wednesday (7pm-8:30pm) and Thursday (5pm-6pm).

I am aware that yoga has a stigma attached to it as being a more 'feminine' activity however it is crucially beneficial to men and women who partake in rigorous sport activity and fancy a good stretch after a demanding week on their muscles.

My last yoga class happened to be on World Mental Health Day and the instructor taught us a very simple pose: to lift your head and chest up towards the sky as we sometimes tend to walk a little slumped and

heavy hearted'. Lift your heart up towards the sky and exude pride through your posture. You are opening your chest and 'opening your heart' to those around you. You automatically feel lighter. I've made it a little tradition after every yoga session that I do to thank myself for taking the time out of my day to focus time and energy on the improvement of my own well-being. If you already practice yoga or would like to start, I recommend that you include this in your routine also.

And remember: the only two things you need for a good yoga body is a) a body and b) to do some yoga!

FAST FASHION!

by **COURTNEY MCHUGH**

Online retailers have taken the fashion industry by storm in recent years. Less people shop at high street stores and opt for the easy, accessible option of e-tailers. Brands such as Pretty Little Thing,

Boohoo and Nasty Gal are some of the most popular brands at the moment - churning out tens of thousands of items per day for their customers. Fast fashion is defined as 'inexpensive clothing produced rapidly by mass-market retailers in response to the latest trend'.

According to a survey conducted by Fashion Retail Academy, 73% of people aged between 18-24 believe that social media influencers have at least partly caused a rise in fast fashion. Just typing 'Pretty Little Thing haul' into the search bar on YouTube will produce thousands of pieces of content from creators; most of whom call themselves influencers and some

of whom are sponsored and/or gifted items by the company. With all the temptation and influence of influencers on YouTube and Instagram, the younger generation cave into e-tailer advertisements and purchase clothes more regularly than they would do if online retail wasn't as accessible as it is.

The influence of social media personalities cannot be wholly blamed for the rise of fast fashion; it is the brands themselves who are mostly to blame. They produce their items at a cheap cost which allows the company to sell their clothes for a reasonably affordable price whilst still gaining a profit.

Their advertisements encourage consumers to buy clothes every time a new trend is created. As the market is growing for affordable items, the environment is negatively impacted. Business Insider has stated that "on av-

erage, people bought 60% more garments in 2014 than they did in 2000.' Nearly five years later, the online retail market is booming - yet the clothes are being kept for less time and end up in landfills. (Btw, if you don't want your clothes, just give them to charity - never bin them!)

So, when you are looking for new clothes, why not try second-hand? In Bangor, there are a range of charity shops on the High Street as well as a vintage shop called Lookachu located on Holyhead Road. I'd also highly recommend using Depop, an app available on iPhone and Androids, which describes itself as a place where 'the world's creatives come to buy, sell and discover the most inspiring and unique things. It has been predicted, according to MarketingWeek, that due to the success of second-hand fashion platforms such as Depop, the second-hand fashion sector may overtake fast fashion within a decade.





Where Do We Go From Here?

by MATTHEW NIEMANN

Brexit has been a long standing issue for many of us, casting somewhat of a shadow over the majority of our University experiences, especially for international students and those from a EU who are unsure of where Brexit would place them within our society. Would they be allowed to remain and finish their courses, would they be expelled from the courses and returned to where they originated from?

The University has made clear at they stand behind the students and are happy to provide assistance where it is requested, easing many students minds somewhat at ease. However, the complicated issue of a deal vs a no deal still places many students,

both international as well as British citizens, in an anxious position. Three years since the referendum and we are still attempting to organise a deal with the EU to honour the vote of the referendum. A recent survey conducted by YouGov shows clear public favour for a second referendum on the final deal, allowing the people to be the final deciding votes, not MP's with 52% favouring a referendum compared to 23% wishing MP's to finalise it. With this surge in public support for a second referendum on the deal with the EU, it is important to consider the facts and the issues that either option pose to all of us.

Boris Johnson, MP, has stated within the commons and in the

press many times that he is seeking to get a deal and has recently stepped up the negotiations remaining in the EU himself to do so. At the time of writing this article, he has successfully proposed a deal to the EU member states but has unfortunately been rejected on the basis of the Irish border, leaving the UK with no deal as of yet and leaving parliament with 28 days to finalise one. Boris has made it clear he would not wish to ask for an extension but many would question his ability to deny parliament after the 'Brexit Act' was passed, enforcing in law that the PM must seek an extension to prevent the UK crashing out the

EU. Once and if a deal is reached, putting the vote to the people will

satisfy public opinion but will present many issues.

Should the UK vote for a no deal, this would, of course, cause a steep rise in food prices as stated by Operation Yellowhammer, directly affecting all students, who tend to have the lowest income of any generation. The documents also state that the north-east will be the hardest hit by the exit from the EU. Leaving with a deal may be the best course of action as it honours the 2016 referendum and reduces the damage that Brexit will cause to the UK economy (this is my personal opinion as a remain voter). The biggest damage, however, may be done in the process of voting to remain within the EU. I myself am a Remainer, but I recog-

nise that there is a large amount of the population that democratically voted to leave, and by holding a second referendum that would overrule their vote 3 years ago, unreputable damage will be done to the trust that people have in our parliamentary system. Parliament is the seat of power in the UK and runs on tradition and trust with the public. Overruling the 2016 results could do serious damage to this institution, putting a large portion of the public off our democracy for a long time. The question is therefore; which option minimises the damage of Brexit?

World Mental Health Day: Let's Talk About It

by CHLOE BRINDLEY

In the wake of World Mental Health Day on the 10th of October, now is as good a time as any for us to take a step back and have a look at our own personal mental health. Although there is still a long way to go in terms of tackling the stigma of mental health and mental health-based conversations, we are fortunate to be living in a time where communication around the topic of mental health is encouraged and ever increasing. But it often seems though the mental health of others comes before our own. This is, of course, a positive demonstration of humanity and empathy; however, why does our own mental health often suffer for the sake of helping others? And why do we not actively check-in with ourselves?

Now that we have access to resources such as the internet, and, particularly as students, we have access to an abundance of research relating to these topics, we per-

haps have more knowledge than generations before us about the importance of maintaining good mental health. Our mental health is just as important as our physical health and yet is not always maintained in the same way. But perhaps this is because as we grow up we learn about maintaining a healthy balanced diet and the importance of physical exercise, but there are few conversations in educational settings about how we can look after our minds.

Having studied my undergraduate degree in psychology, coming to university really opened my eyes to what mental health really is and how important it is to maintain it. Family and friends always tell us to "look after ourselves" but it wasn't until I gained my independence at University that I realised how important taking care of yourself mentally and physically really is. And although it is positive for us to experience this when we move away

from home and gain an understanding of how we should be treating ourselves with the same respect we do others, for some, the pressures of living independently and managing a full-time University course becomes too much.

However, knowing where to go and what to do when these feelings hit can be daunting, University can be a very lonely place, but surrounding yourself with people that you can communicate with about your experiences and feelings is something that is so important. The University provides some amazing services and events for mental health support throughout the year but having an immediate contact or way to offload is equally as important. Building up support networks of friends and family and finding people that you can really trust can make such a difference.

Being responsible for our own mental health is something that

seems to be so important, with the self-care movement on social media; counselling services; events (destressful); and maintaining healthy and happy relationships are so important in maintaining student mental health.



@SerenBangor
seren.bangor.ac.uk

Business Editor - Courtney McHugh
business@seren.bangor.ac.uk

BUSINESS

Socially irresponsible Boohoo ad banned



By COURTNEY MCHUGH

Advertising and advertisement(s) are described by the Advertising Standards Authority (ASA) as:

"Any message, the content of which is controlled directly or indirectly by the advertiser, expressed in any language and communicated in any medium with the intent to influence the choice, opinion or behaviour of those to whom it is addressed."

Many clothing brands such as Boohoo, Pretty Little Thing and Nasty Gal are largely based upon their online presence. Boohoo has garnered 6.1 million followers on Instagram and 495.2k on Twitter and uses social media daily to promote new clothing items and collaborations. The social media assistants often comment upon news (i.e. Meghan and Harry's Royal Wedding, Love Island drama etc).

To keep in the know with their customers, they mimic consumer behaviour. Often, you will see on Boohoo's various social network sites a vast number of tweets that its targeted consumers consider relatable. For example, the social media assistants at Boohoo quoted a tweet by @KruegerXVI who stated, "Last born siblings are by far the

most annoying people on earth" with the caption 'THE TRUTH *eyes emoji, laughing face emoji* Tag them below!'. The post gained 1,346 comments and helps the retailer to engage with their consumers as they appear relatable and 'one of us'.

For that reason, it is not surprising to see that Boohoo released an advertisement with the words 'Send Nudes' slapped in front of a model wearing nude-hued clothes. 'Send Nudes' is an expression used to request sexually explicit photographs and also became a meme online in more recent years. Boohoo played upon the meme for 'relatability'; however, this did not sit well with the ASA. This is not the first time Boohoo have gone against ASA as they have been caught advertising misleading time-limited sales before too. Not only did the phrase 'send nudes' feature on the poster, created solely for email advertisement, the social media staff at Boohoo made a terrible mistake as they chose the same phrase as the subject line with no further context, which ASA described as potentially "disconcerting for some recipients, particularly those who might have personal experience of being asked to 'send nudes'".

The emailed advertisement was frowned upon by the ASA as it made light of "a potentially harmful social trend" and has been regarded as socially irresponsible by the ASA. Although the word 'nude' is a word that is often used in the fashion industry, the ASA argued that the phrase had a double meaning that members of the public could take in different ways. On one hand, the advertisement states to send 'nude' clothes, yet it could easily be misinterpreted as a request for sexual photos.

ASA's worries lay in the idea that users of Boohoo's website and/or emailing service could see the advertisement and it could negatively influence them. Boohoo's website however, does state that users should be at least 18 years of age to use their service. ASA ruled that teenagers use the service to appear 'slightly older' and thus could see the advertisement.

Boohoo accepted ASA's ruling and said they will "ensure that advertising is socially responsible" in the future.

Bangor Business School Events: November



By COURTNEY MCHUGH

Bangor Business School offers a range of undergraduate courses in Business Studies, Banking, Economics, Finance, Accounting, Management and Marketing. The newly awarded Business School has been recognised for its commitment to gender equality for both staff and students by the Athena SWAN Charter. Bangor's Business School often hosts events including workshops, employability events and guest lectures that their students can attend for FREE.

Over the academic year, I will detail the events held by Bangor Business School for the upcoming month in this section. In November, Bangor Business School will only be hosting one event; but it is an interesting one!

On Wednesday 6th November 2019, between 15:00 and 16:00, Bangor Business School will be hosting an event titled "Making up ideal recruits: graduate recruitment, professional socialisation and subjectivity at Big 4 firms" in Hen Goleg 1.12 on College Road. This event

will be a guest lecture presented by Dr Florian Gebreiter who is currently a Senior Lecturer in Accounting at The University of Birmingham's Business School. His principle research is based around 'accounting and accountability as well as the accounting profession and the issues relating to recruitment, social mobility and professional socialisation'.

The guest lecturer gained his BSc at the University of Manchester, his MA at Warwick Business School and, finally, his PhD at the London School of Economics. His work has been featured in several accounting journals and his latest work will be discussed in the lecture.

This lecture aims to answer questions for soon-to-be graduates and careers after university.

If you would like to ask more questions, contact **Dr Ayan Orujov** - a.orujov@bangor.ac.uk



COURTNEY MCHUGH

Business Editor

business@seren.bangor.ac.uk



Hi there, and welcome to one of Seren's new sections - the Business Section. I am so happy to be the first Business Editor here at Seren, after being involved here since my first year! Last year I was the editor of the Lifestyle Section and I had so much fun. As a Master's student studying International Media and Management, I was interested in the Business section. Business news is continual and there is never nothing to report on - and don't get me started on the plethora of business news at the moment surrounding the all-dreaded event known as Brexit. Businesses are

on the brunt end of Brexit; so there is a lot of issues to report on in the business world!

I want my section to feature local and national businesses; if a local business wants to feature in this section; please contact me!

I would love to have more writers for this section so please get in touch if you have any ideas!

The low-down of business in Bangor



By COURTNEY MCHUGH

Every time I come back to Bangor, something happens (a new shop appears or a beloved one closes). It was disappointing to return as a student to see the amount of businesses that had closed over the summer, leaving empty boarded up buildings in their wake. With the excessive amount of 'To Let' signs appearing on the High Street, will we see new businesses in the upcoming months/years?

Every student in Bangor can agree that we have a lack of takeaways in our city, so I was surprised to learn that Papa John's is in talks to open a takeaway in Bangor after submitting their plans to Gwynedd Council. The proposed place for the new store would be on College Road and would take over the TY Lettings unit. They have included in the planning statement that it will be beneficial to the wider retail area because it will make use of a vacant building and create an additional active frontage with activity during both the day and evening, it will therefore increase the footfall within the area. It would be nice to have another brand, like Dominos, in Upper

Bangor rather than Lower Bangor but how would Papa John's thrive on College Road? Just off of College Road is Holyhead Road which is full to the brim with local takeaways such as Pizza House and Bella Bella; both of those offering pizza and undoubtedly more options than Papa John's will be able to. Yet, they are at an advantage – a long, hard day of lectures on College Road would have me daydreaming about my tea, and I would be easily tempted to grab a pizza as I walk past on my way home.

Farmfoods – do most people even know there is a Farmfoods in Bangor? There is, and it's tucked away behind the golden arches of McDonalds on Caernarfon Road. The site is due to go to auction on October 23rd at a guide price of £875-900k. Unfortunately, due to the distance of Farmfoods to the student hub in Bangor, its business seems to have dwindled.

Aldi applied for a new store in Bangor in May this year to relocate from Garth Road to Caernarfon Road, by the Britannia Shopping Centre. Aldi have reassured the council that their departure will not have a negative impact on

the "healthy and viable" city centre. A spokesman for Aldi has stated that the new store will provide Bangor's residents with "a greater level of parking, and a high-quality, modern store".

Varsity Pub on the High Street has new management, after the previous manager did not update the pub's food hygiene rating to a 4 after their most recent assessment. The new management is Arkdene Ltd. and they have nothing to do with previous management.

Whilst lots of chains and companies are swapping locations or closing, a few staple places have popped up over the summer. **Wood Fired Shack** has opened near Bangor Cathedral which currently holds a 4.0 rating on TripAdvisor based on 22 reviews. Reviews describe the food as 'authentic' and 'located nicely in the City Centre'. People who have visited also hoped to see a menu expansion as their menu is limited as Wood Fired Shack is a start-up company. Hopefully, it is here to stay!

The business environment in Bangor continually develops, changes and expands; I will keep you updated!

No-deal Brexit: Gaps in the strategy could create loopholes for organised crime



By COURTNEY MCHUGH

What is a no-deal Brexit, I hear you say? A no-deal Brexit can be simply explained as the withdrawal of the United Kingdom from the European Union (EU) without a withdrawal agreement. Following the June 2016 referendum in which the UK voted in favour of leaving the EU (51.9% of participating voters voted to leave), it was formally announced that the country would withdraw from the EU. The two-year process was meant to culminate in the withdrawal of the UK from the EU by the 29th March 2019. Brexit has faced many issues from the day the results were announced and has continued to cause problems throughout the process. The UK parliament has voted against the withdrawal agreement three times causing an extension to be granted twice. Quite obviously, we didn't leave the EU on the agreed date and consequently, the withdrawal is set to take place on the 31st of October 2019. Is it just a coincidence that this day also happens to be Halloween? Two scary events in one day, aren't we lucky?

The National Audit Office (NAO) has revealed that the new border control systems, created by Brexit, can be used in order to commit fraud and smuggle

goods. It has been claimed that the government and its departments were not prepared for the risks that could happen in the event of a no-deal Brexit. With less than one week to go until the United Kingdom departs from the EU, it still seems that the government are in the dark surrounding a no-deal Brexit outcome. The NAO have stated that "it is impossible to know exactly what would happen at the [UK] border in the event of a no-deal Brexit". The NAO are trying to simplify import processes and are also trying to secure additional freight capacity in order to help business with exportation.

The head of the NAO, Gareth Davies, has said that "despite their efforts, significant risks remain which may have consequences for the public and businesses."

Update: it seems as if a no-deal Brexit is off the cards as current Prime Minister Boris Johnson has secured a deal with EU leaders (see article below). (Dated 21/10/19)

This month's round up:

Leaving: Farmfoods
Moving: Aldi
New In: Wood Fired Shack
Planned Arrivals: Papa John's



The revised Brexit Plan: Does it benefit businesses?

By COURTNEY MCHUGH

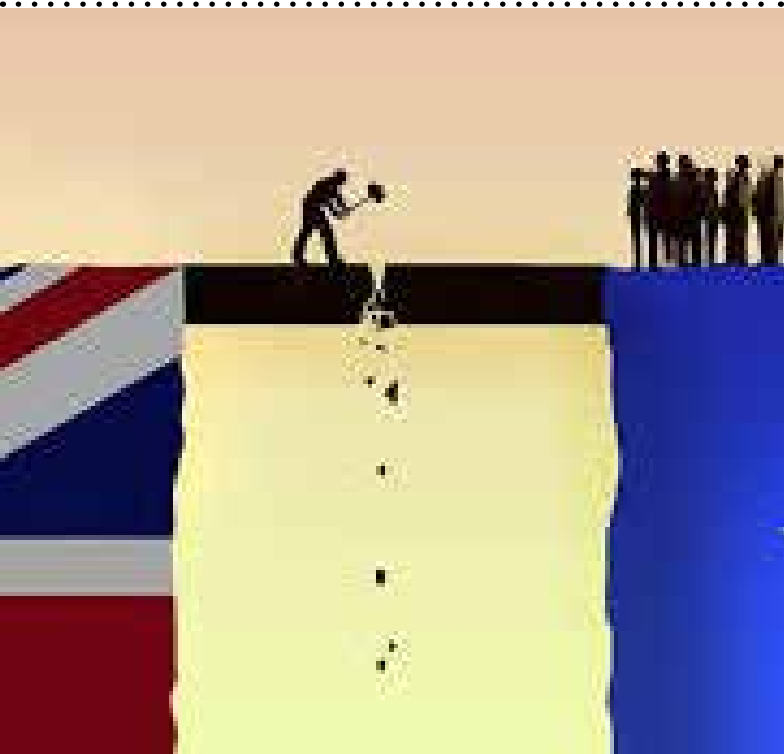
As of 17th October 2019, a revised Brexit deal has been agreed to by the UK and EU. Both sides have agreed that they want to avoid return of a 'hard border' between Northern Ireland and the Republic of Ireland. A hard border is a border between countries that is strongly controlled and protected by officials which raises several issues, including major disruption towards tourism. It has been extremely challenging to come up with a solution that both sides agree on, but they have finally come to a conclusion. The revised plan replaces Theresa May's deal and the controversial Irish backstop plan that featured in it, but other than that, the plan is very similar. The deal has decided that the whole of the UK will leave the EU customs union and the UK will be able to strike

trade deals with several other countries after Brexit. The border between Northern Ireland (who will be leaving the EU) and the Republic of Ireland (who are staying in the EU) will be a legal customs border. As well as this, it has been agreed that duty tax won't automatically have to be paid on goods coming into Northern Ireland from Great Britain. Duty shall only be paid on 'at risk' goods, a list of which will be created by a joint committee made up of UK and EU representatives.

As the last week of Brexit looms, most news websites are providing rolling coverage of business and economics news surrounding the long-awaited event. The Institute for Government has stated that ministers will not be able to support all firms that will be hit if the UK issues a no-deal Brexit. The Institute for Government

issued a report that warns that businesses could suffer the same downfall as Thomas Cook as "A no-deal Brexit will present a uniquely challenging environment" whereby it will be difficult to support all businesses in the UK.

British businesses have expressed concerns that new Prime Minister Boris Johnson's Brexit deal could leave the industry worse off than Theresa May's previous agreement with the EU would have. Despite the fact that businesses have been in favour of creating a withdrawal agreement to avoid a no-deal Brexit, both deals made by consecutive Prime Ministers have fell flat with business owners. Due to the fact that Johnson's revised deal is still very similar to May's, bar the 'Irish backstop plan', his agreement is "either the same or worse than the March deal".



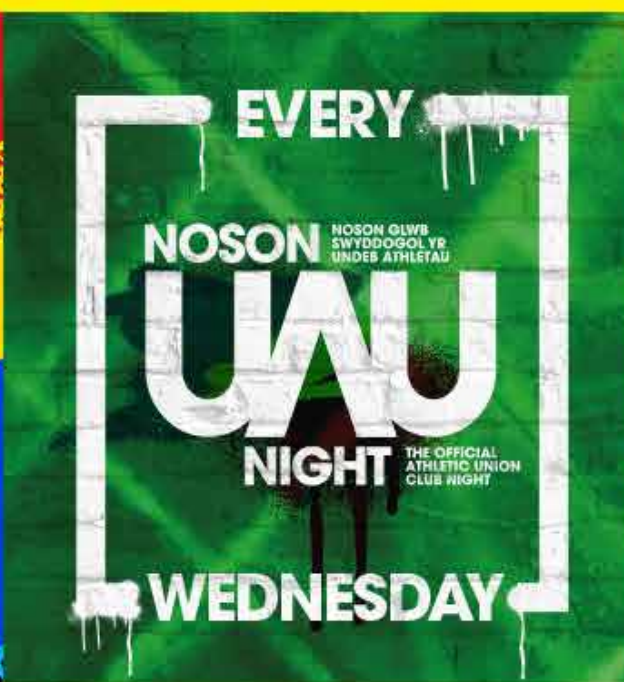
CAMPUS LIFE SELECT WRIST BAND

FREE ENTRY
EVERY WEEK,
EVERY MONTH,
ALL YEAR
BEFORE 12.30AM



SIMPLY WEAR YOUR WRIST BAND FOR...

FREE ENTRY TO...



OFFER ONLY VALID ON MONDAYS,
WEDNESDAY AND SATURDAYS.

Academi
BANGORACADEMI.CO.UK



Campus Life: October News

Hi Everyone, we hope you have all settled in well to life at Bangor University and are making the most of our fantastic free events. Throughout September and October we have been busy trying to meet you all and visiting your flats, be sure to come out of your rooms and say hello if you hear one of the team stopping by!

In September some of you battled with the elements to reach the summit of Mount Snowdon whilst hundreds of others took advantage of our free food events! We bought you top tips on how to deal with stress and anxiety and how to make your money stretch which featured a delicious taste test! We also celebrated fantastic talent from our Bangor students at

the first Open Mic Night, be sure not to miss the last one of the year on the 29th November. October has been all about Waste Awareness and making sure we spread the word far and wide over what can and can't be recycled. If you are ever in doubt just head here - <http://planet.cymru/en/recycle/>. We had our first big trip of the year

to Bounce Below and as you can see above everyone loved it! We still have our huge Halloween collaboration event with the International Department to come and heaps more opportunities to grab a free meal. Applications to join the amazing Residential Life team go live on November 4th so make sure you look out for all the info and join us on the

7th November in Cledwyn Room 3 in Main Arts for our drop in recruitment session. We have had a record breaking start to the year and are looking forward to the rest of the year!



Here are my three highlights from October:

Open Mic Night

We had so much talent on display at our Open Mic Night from poetry reading to someone playing the pan pipes! It was a great atmosphere.

Inter Halls Sports Tournament

The first event for the tournament was dodgeball which I had never played before but it was great fun! I'm really looking forward to the volleyball next semester.

Family Fortunes



We had some really funny answers from some of the students and everyone enjoyed George's attempts at the sound effects from the show. It was a really great night!

Featured Campus Life Coordinator Rhys

Hello Everyone! I'm Rhys and I'm in my third year studying Computer Information Systems. I'm from Llanbedr in southern Snowdonia and speak Welsh fluently, so feel free to chat to me in whatever language you're most comfortable with.

Campus Life is a great way to meet loads of new interesting people and really make the most out of your time in Halls. I look forward to meeting you all over the coming year!

DOWNLOAD
OUR FREE
CAMPUS LIFE
APP TO KEEP
UP TO DATE
WITH EVERYTHING
GOING ON!



Events to look out for...

Hot Chocolate and Bonfire Night Walk
Tuesday 5th November
Meet outside Ffridd or St Mary's Halls Reception 6pm
Meet the Campus Life Crew at your nearest halls' office for a free hot chocolate, before walking down together to the town fireworks display.

CLiCs on a Couch
Monday 4th November
Check out our Facebook Page for info on where to find the team!
Come and meet the Campus Life Coordinators to get the low down on all this week's events and let us know what events you would like to see on the next calendar.

How to Save a Life
Tuesday 29th October
Acapela 11am – 12pm, 12-1pm or 2-3pm
Together with the British Heart Foundation, we are providing free training on how to perform CPR and what to do in a life-threatening situation. Email campuslife@bangor.ac.uk to book you place. Sessions are running 11-12, 12-1 or 2-3pm.

UNION

27 POSITIONS. 27 VOICES.

UNDEBBANGOR.COM/UBC

UNDEB

UBC Council

Undeb Bangor Council
With the Undeb Bangor Council (UBC) Elections having come to a close, it's time to meet your Councillors! They've started in their new roles and have already attended their first Undeb Bangor Council meeting.

There are 27 UBC positions, and each position represents a part of the student body. Every student is welcome at the UBC meeting, so if you're interested in meeting your Councillors face to face and seeing some of the stuff they'll

be working on over the coming year, come to the next UBC meeting on the 14th November at 18.00. You can find information about UBC on the Undeb Bangor website, undebbangor.com/UBC

Mental Health Drop ins

The Mental Health Advice Drop In Sessions don't require an appointment. As the Drop In is so well attended we offer a brief chat after the session where we will offer you a further appointment or signpost you to other appropriate resources or services. There will be Connect@Bangor Volunteers to

offer support whilst you wait to see a Mental Health Adviser. The advisors are at Undeb Bangor, 4th Floor, Pontio every Wednesday during the term between 2.00pm and 3.30pm. This could be for you if ...

- You want to have an initial chat with a Mental Health Adviser

- You want to find out about support available
- You are concerned about increasing levels of anxiety / exam or study stress
- You are losing sleep due to worrying
- You have concerns about a friend or housemate



Official Opening of the new Treborth 3G Pitch

It was the official opening of the new 3G Pitch down in Treborth Yesterday (October 16). Undeb Bangor has been an integral part of the campaigning for the new 3G Pitch and this means an end to cancelled fixtures due to water logged fields.

Henry Williams, VP for Sport at Undeb Bangor who was part of the official opening of the pitch said "This is something the student body is incredibly excited about and I look forward to a full season of fixtures to be played on this new pitch. In the past, we'd had

to cancel a number of our fixtures due to issues with the old grass pitches but the technology behind this artificial grass means that we can host matches all year round with ease."



Course Rep Week

The new course reps have started, they've attended their course rep training and the first Course Rep Council of the year was held on October 16th! Course Reps are here to represent you. You can go to your Course Reps with issues you have about your course and they can bring it up in Course Rep Council with the aim of bringing about change. In the first Course Rep Council of the year, the main topic was Course Rep Week; a week to highlight Course Reps, the work they do and their importance in bringing about change in your course. Course Rep Week is a student led week and the Course Reps will be bringing a whole host of events to your schools, it takes place between the 11th and 15th of November. Look out for information about the events coming to your School/College, these

events will vary from stalls with information to cheese and wine nights. As well as all the student led events, Undeb Bangor will be hosting Course Rep Dragon's Den once again. Course Rep Dragon's Den will take place Wednesday 13th November at 14.00 in PL2, Pontio and it's a chance for Course Reps to pitch their ideas on how they would improve the student experience in your school. The winners will get £300 to make their idea a reality. If you have an idea and you're not a Course Rep, why don't you go to your Course Rep with your idea and ask them to present it. Although Course Reps are the ones that can present, anyone is welcome to come and watch and give their support. Look out for more information about Course Rep week on UndebBangor.com.

UNDEB BANGOR

“GOT AN IDEA?”

- ✓ **PASSED IDEAS**
- ✓ **Free access to microwaves**
- ✓ **Online submission only for assignments**
- ✓ **10p discount on hot drinks with reusable cups**
- ✓ **The right to submit work through the medium of Welsh**

IMPROVE YOUR UNI EXPERIENCE BY SUBMITTING YOUR IDEA AT

www.UndebBangor.com/IDEAS

'Your Ideas' have ensure that the student population have benefited from such initiatives as:

- Free access to microwaves
- Online submission only for assignments
- 10p discount on hot drnk with reusable cups
- The right to submit work through the medium of Welsh

These initiatives were once ideas in someone's heads, and they decided to act upon those ideas and submitted them to the 'Your Ideas' section on the Undeb Bangor website; undebbangor.com.

com/yourideas

If you have a great idea that would benefit the student population why don't you share your idea today. What happens to the idea after you've submitted? Once submitted, the idea will be assessed by the team at Undeb Bangor (to ensure it's not the same as someone else's idea). Once passed, all the ideas sit on page where other students can come along and up-vote or down-vote the ideas. The ideas with the most up-votes go to UBC to be debated, if they pass in UBC they will become Undeb Bangor policy.

YOUR SABBATICAL OFFICER UPDATE



Mark Barrow
President of Undeb Bangor
mark.barrow@undebbangor.com

Muhammad Firdaus
VP Societies & Volunteering
muhammad.firdaus@undebbangor.com

Henry Williams
VP Sport / AU
henry.williams@undebbangor.com

Lleucu Myrddin
UMCB President
lleucu.myrddin@undebbangor.com

Harry Riley
VP for Education
harry.riley@undebbangor.com

How are we already in October?
Hi everyone. I felt like now was a good time to update you on what I have been working on over the past couple of months, and what I am working on for later in the semester. Everyone in the Students' Union has been very busy over the past few weeks, so finding the time to reflect on what you've actually been working on can be quite difficult!

I also cannot believe that we're now in October! It doesn't seem two minutes since the summer, when everything seemed really quiet, and now, all of a sudden, welcome week has been and gone!

Also, I am continuing to enjoy working with the rest of the Sabb team. Everyone is so motivated to make a positive impact within their different areas. It really is a pleasure to be a part of.

Wider engagement with the student body

One of my priorities, which has developed into a Sabbatical team priority, is around letting you know what the Students' Union is working on, and to ensure you're aware of what you can get involved in. This was in my manifesto, and I'm pleased to say that it is being actioned upon. With the help of my colleague, Conor, we have put together an engagement plan, whereby all the Sabb team go into lectures, besides into libraries and different communal areas, to provide you with regular updates. I'm sure you'll be starting to see a lot more of us!

This idea stemmed from feedback we've had in the past that we don't go out and speak to students enough. I completely agree that it is never enough to just put something on social media, or just send an email. We also have to be out and about, letting you know what we do, and equally letting you know what you are able to get involved in.

There will be many more ideas and projects coming to fruition, throughout the year, so stay tuned for updates! Please don't hesitate to get in touch with me at mark.barrow@undebbangor.com, or by ringing 01248 388001.

Many thanks,
Mark Barrow
Undeb Bangor President, 2019-20

Building Momentum
Every Sabbatical Officer has a different personality, you can probably tell just by looking at the other articles on this page! One of the biggest mistakes a Sabb can make is to try and be somebody they're not – whether it is in projecting an image, or in attempting to adopt a working style that doesn't suit them. This was a mistake I made in the first half of my first term as a Sabb: To try to conform to the idea that I had to be a 'politician' and not 'myself'. But when you run for election, and people vote for you, they ultimately vote for you... because you're you!

That's really just a roundabout way of saying that, unlike the Dwarves in Lord of the Rings, I am not a natural sprinter. I wasn't a sprinter when I was an infantryman (in a past life, before Bangor – I was young, once, too!), I never could do it, and I still can't do it now. Slow and steady, that's me.

And that's what I tell myself when I find myself falling behind schedule and trying to catch up after a spot of illness earlier this month, and a week of insomnia after that left me unable to know if I was coming or going. I'm better now, though – do not ever let anybody, even yourself, tell you that sleep isn't important! Get more of it!

I had intended to spend the first two weeks of October getting the Wholesome Bangor and Have Faith campaigns properly planned out. I'll have to get on them before the end of October, now, and perhaps launch them before Christmas.

But I am not disheartened – because I am not a sprinter. I run the marathon. And I promise you – though it may feel like it's passing by too quickly, the academic year is not over yet. The momentum builds!

It's been a very busy start for the Athletic Union. We are now 3 weeks in to the BUCS season, so please ensure all students wishing to participate are registered to BUCSplay (the app). Last week we saw the official opening of the Treborth 3G pitch also! This is already proving to be a huge addition to the student sporting facilities, putting us on the map with other top universities. I am pleased to see the successful start to the AU Sports Therapy Clinic, bookable by any AU member. The Clinic offers a FREE 30 minute assessment/treatment every Friday from 9:30 – 13:30. To book, please email kathryn.hughes@undebbangor.com on the Monday of the week you wish to get an appointment. Make sure you tune in every Friday to catch the latest episode of our new miniseries 'AU Head 2 Head', where you will see myself take on the AU Sports Assistant, Richard, every week in a different sporting challenge! This will form the fun part of the new structure of club development the AU is adopting, whereby club committees will formally meet with the AU multiple times throughout the year, as well as myself and Richard coming down to training sessions to see what more the AU can do to support the student groups!

A great start to the year, keep doing what you're doing!

Henry
#Greenandgold

Su'mae bawb!
I hope that you've all settled back into your routines by now, and that our first year students have settled in to the Bangor life. It's been a great couple of weeks and time's flying by very quickly so I do hope that you all feel involved in some of the busy student life that's happening around Bangor at the moment.

We had a very busy week during Wythnos Shwmae Su'mae last week, which was designated to encourage staff and students around the University to use the language, even just to say 'Shwame' (hello) to show that everyone can get involved with the Welsh language to some extent. UMCB's Welsh Learner's Society were busy with their events throughout the week, but don't worry if you missed them as they'll have plenty more events happening over the next year so do keep an eye out on their social media. I should note at this point that they're a society who supports Welsh Learners and the events that they organize are to encourage the Learners to practice using the language and gain more confidence in doing so, not providing actual Welsh lessons. However, if you wish to learn some Welsh then I'd be more than happy to point you to the right direction, just get in touch!

That's it for now, but do come and talk to me if there's anything I can do to help you regarding the Welsh language and culture. Diolch!

I can't believe it's almost Halloween ready, the year is flying by! I hope everyone is settling in OK! To start things on the Education side of the role we just elected all of our course reps and there's almost 300 of them! This is so important in making sure the student voice is heard.

We've also just had our first Undeb Bangor Council! There were quite a few ideas passed which were already on the agenda which is great so I'll be working on those over the next few months, most notably accessibility to drink water and looking at the cost of laundry in halls.

Last weekend I also managed to see funding of £1250 from For Our Future Sake to take 47 of us down to London for the People's Vote march. We had a fantastic time with over 1 million people attending. We sold out super quickly too which just goes to show the feeling amongst students here at Bangor.

It was Waste Awareness Week a couple of weeks ago too which was really successful, I was out and about telling everyone about how to recycle properly and the new council fines. In addition to this I've been working hard on improving sustainability at the University and one small win is that plastic cups will no longer be used at Main Arts anymore and we're creating a new Undeb Procurement Policy for serendipity and Undeb as a whole.

I'm really enjoying my time so far and just know if you've got any ideas or suggestions you can come to me!

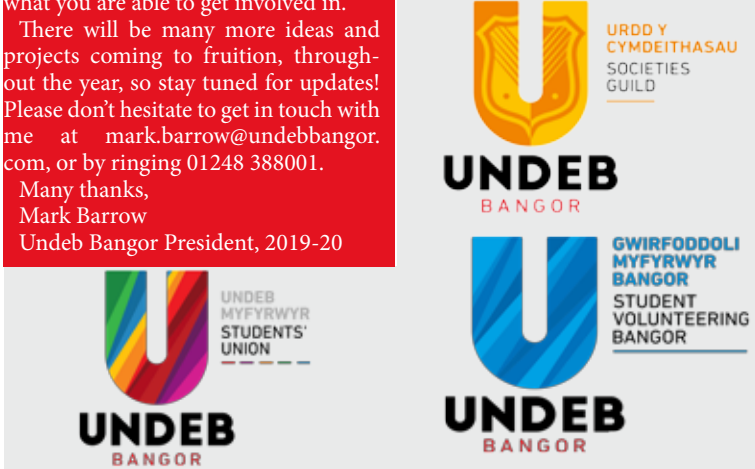


What is a Sabb?

Sabbs are your Sabbatical Officers; students who have chosen to take a year out and have been elected in a cross-campus ballot to run your Students' Union and represent you.

What does a Sabb do?

Sabbs make sure that the Students' Union is run by students for students so that everything the Union does is geared towards your wants and needs during your time at Bangor University. Sabbs ensure that students are properly represented in the University, the local community and beyond. Here in Bangor we have five Sabbs, responsible for the SU as a whole, each with their own remit and area of responsibility. If you'd like to get in contact with one of the Sabbs, their contact details are above, as well as a brief outline of what their role entails.



Any questions?
Come and see us!

Undeb Bangor
4th Floor
Pontio

@SerenBangor
seren.bangor.ac.uk

Science Editor - Fergus Elliott
science@seren.bangor.ac.uk

SCIENCE

Season of mists, mellow fruitfulness...and asthma



By DR. SHUAIB NASSER

A word of warning to asthmatic, first-year students and their friends: autumn can be a dangerous time for those with the condition. Just as many students fall prey to 'freshers' flu' in their first week as they are exposed to new germs, asthma sufferers can also be exposed to new triggers which can bring about a potentially serious attack.

Letting people know that you suffer from asthma can be difficult, but it's important. In the early days of university, it's easy to forget the self-care rituals of home life. Routines such as not using a preventer inhaler as prescribed, combined with sleeping less, not eating well and potentially catching a cold, can all contribute to asthma symptoms. Informing lecturers, new friends, even your hallway neighbour, about your asthma, means they can help in an emergency.

According to Asthma UK, young people with the condition are most likely to have uncontrolled asthma and least likely to get life-saving basic care. 18-34 were the least likely to have a personalised asthma action plan, with only 26% saying they used one. They were also the age group least likely to attend their annual asthma review, with only 64% doing so.

A new environment, plus exposure to allergic asthma triggers such as house dust mites and mould spores and the change in season, means that students with allergic asthma are at high risk of hospital admission if their asthma isn't managed properly.

Of the 5.4 million asthma sufferers in the UK, 50% of adults and 90% of children have allergic triggers. This makes allergic asthma the commonest form of the condition, responsible for roughly 1 in 3 asthma attacks. Yet despite the fact that allergy testing could help asthmatics manage their triggers and potentially save lives, new research has shown that over three million with the condition have never been tested.

Specific IgE testing to identify al-

lergens are recommended by NICE guidelines as soon as a formal asthma diagnosis has been made. Over 50% of people who took part in the research said they did not know what triggered their asthma, however 97% believed that understanding their asthma triggers would help them to manage their condition. 90% of those who had been tested believed this was the case.

For asthma sufferers, taking steps to manage their exposure to allergic triggers can be as simple as washing sheets at a higher temperature to kill dust mites and vacuuming regularly. Choosing accommodation with limited carpeting, keeping living areas well ventilated and wiping surfaces to prevent a build-up of mould is also key. Mould spores flourish in warm, damp environments and house dust mites are commonly found in common living areas like sitting rooms and bedrooms.

A better knowledge of asthma triggers could save lives. Dr Shuaib Nasser, Consultant in the Department of Allergy, Cambridge University Hospitals NHS Foundation Trust, states, "We know that triggers can be identified for many people with asthma – the attacks don't come out of the blue." Known triggers include grass pollen, pet dander, food allergy, dust mites, fungal spores. Dr Nasser emphasises that "allergen testing is widely available and should be offered to everyone where allergy is likely to trigger asthma attacks."

Asthma is a serious condition. Every ten seconds, someone in the UK has an asthma attack and around three people everyday die as a result. Studies earlier this year have shown that over 1 million asthma sufferers could be using their inhalers incorrectly due to poor information and a horrifying 1 in 11 people don't believe asthma can kill. Allergy testing, attending an annual review and making use of a personalised asthma action plan is vital, particularly as new students move away from home for the first time and are particularly vulnerable.



By FERGUS ELLIOTT

As winter approaches, some of us will have noted a few more spiders around our homes. Tabloids will advise keeping windows closed and warn of 'invasions', but there's no need to worry; most of the spiders you'll see have been with you their whole lives.

House spiders (the variety most of us see around our homes) are most visible between late summer and early autumn. Far from being an invasion, this is the time of year that males head out to try and find a mate. In fact, these romance-seeking individuals account for 80% of the spiders you'll see. Most of the year they will live inside wall cavities, in lofts or in garages, but the search for love brings them into contact with

inevitably less than welcoming humans. But you're not doing them a favour by throwing them outside.

Most house spiders will spend their entire lives in or around the building in which they hatched, with as few as 5% of spiders found indoors having come from outside. Spiders are cold blooded and not able to regulate their body temperature as we and other mammals do. This means that they are also not able to cope with a wide range of temperatures; indoor species would quickly die outdoors and vice versa.

So why else would spiders not want to come in? Indoors is a surprisingly poor environment for most spiders with a constant climate and poor food and water supplies. This means that spiders

from outdoors are unlikely to be pinning to come in. The antifreeze in their blood means that these species can live in temperatures down to -5°C and are perfectly happy to spend the winter outdoors.

Although the lack of threat from an invasion may be reassuring to some, others will not like the idea of sharing their home with arachnids year-round. Fortunately, these wandering males in search of a partner should quickly return to their hiding spaces once the colder temperatures of winter make them more sluggish and inactive.

So the next time you see a spider scurrying across the floor, bear in mind that it probably has other things on its mind other than giving you a fright.

Zebra stripes the latest in cow fashion



By FERGUS ELLIOTT

Cows painted with zebra-like stripes could become a common sight as research indicates that it may be a cheap and environmentally friendly way to prevent fly bites.

Insect bites are a significant problem for the livestock industry, causing distress and health issues to cattle. When cows feel particularly under attack from biting flies, they will herd close together for protection which increases the risks of overheating and trampling. Traditionally this problem has been tackled

using pesticides, but those are harmful both to the environment as well as the cows and any humans eating them.

A team working in Japan recently experimented with painting cows with black and white stripes in an attempt to find an alternative solution. Similar to a phenomenon observed with zebras, the striped pattern interfered with the flies' vision, leaving them unable to judge distances and come in for a landing on the cow's back. The team inspected the cows periodically for flies as well

as keeping a record of the number of 'fly-repelling behaviours' such as tail flicking and leg stamps. They noted a greater than 50% reduction in the number of fly bites and a 20% reduction in fly-repelling behaviours.

Interestingly, the technique can also be applied to humans, with experiments showing that striped body paint offered protection against horse fly bites. So maybe there's a reason to wear that 'stylish' zebra print top after all...

Photo by KOIJIMA et al./PLOS ONE (CC BY 4.0)



A noisy case of scrambled eggs

By JAKE EDMINSTON

Would you believe it if I told you that the world's tropical coral reefs are pretty noisy places to live? Whether it be the distinctive nibbling and crunching of a hungry parrotfish or the hustle and bustle of snapping shrimp going about their daily routine. Gone are the days of Jacques Cousteau's stories from 'The Silent World'. By now, far more is known about the intricate and often fragile soundscape that exists below the waves, and perhaps more pertinently, how we humans are now adding noise of our own.

We now know that human noise dis-

turbance can disrupt the daily goings on in coral reef communities, influencing fish behaviour and even making the difference between life and death. Scientists have been documenting this noisy and some-what overlooked source of pollution for some time and it now seems as though the consequences stretch further than you might initially think.

In a unique piece of research, scientists from James Cook University in Australia have found that boat noise negatively impacts baby fish egg development, increasing their heart rates and consequently draining precious energy

reserves. The paper (published this year in Marine Pollution Bulletin) focuses on two types of tropical coral reef fish; the Spiny Chromis (pictured) and the Cinnamon Clownfish, both of which are a common sight on the Great Barrier Reef.

Boat noise tracks were collected at varying distances away from a coral reef community and were played along with ambient reef noise in regular 5 minute intervals. Heart rate and volume of egg reserves (yolk) was then measured through time to see for any noise related adverse effects.

The results indicate that both fish spe-

cies experience a 10% increase in heart rate when in a noisy environment! Further to this, it turned out that Spiny Chromis experience a reduction of 13% in their yolk sac size and even hatch at a greater size than their ambient developing peers.

The scientists suspect that embryos which developed in noisy environments, experienced a heightened level of metabolic stress. Thus, causing these fish to munch through their limited reserves at a much faster rate than they otherwise would have. This all means that these disadvantaged fishes would have reduced available food reserves

when they hatch which could have negative implications on their long term survival.

Scientists have now begun to speculate as to how far reaching the long term or delayed consequences of this slow start in life would be. Meaning, it remains to be seen if these unfortunate fishes could recover to live happy reefy lives but this could certainly be another potentially sinister effect of an increasingly busy and noisy seascape.vvv

Photo by JAKE EDMINSTON

Radioactive kittens could save the world



By FERGUS ELLIOTT

Nuclear power has great potential to provide clean energy but poses a few problems: such as what to do with the radioactive waste material which will remain dangerous for at least the next 10,000 years.

Several governments have already been building facilities to deal with this issue. Most of these involve filling underground caverns with waste and sealing them with concrete once full. But this leads to another question: how should we warn future generations of the dangers we've left beneath the earth? And should we?

Communicating with people 10,000 years from now is no easy feat. Human writing was only devised 5,000 years, and it's safe to say that most of us don't understand books written just 1,000 years ago. A range of possible solutions have been suggested over the years, from future proof signs, artificial moons, fields of concrete thorns and even glowing cats.

The idea of "ray cats" leans on the long history of feline cohabitation with hu-

mans, and the assumption that we will continue to find cats just as cute far into the future. These ray cats would be genetically modified to physically react to radiation by changing colour or glowing, before being released around the waste storage sites. At the same time, myths and stories of ray cats indicating danger would need to enter popular culture and be passed down through generations. Even if a future society had no understanding of radiation or the dangers associated with it, a simple message of "if your cat is glowing, you should probably move" should hopefully persist. Even though the cats are yet to become a reality, the second task has already begun with websites selling ray cat merchandise, as well as various stories and short films aiming to get the message into popular culture.

Other proposed ideas have been similarly unusual. An artificial moon with a warning inscribed on its surface could ensure that the message would never be forgotten, or plants with warning information encoded into their DNA could

be planted around the storage sites. Perhaps the most outlandish is establishing a religious body known as "The Atomic Priesthood" who would be charged with ensuring the safety of the sites and punishing those who trespass.

However, the most widely accepted method for marking these sites so far is also the most unremarkable: covering up the entrance to the site and leaving it as it is. Leaving any noteworthy features on the surface would encourage others to investigate what lies beneath in the future, and by leaving the landscape unnoteworthy the likelihood of anyone digging deep enough to uncover our waste would be very low.

As strange as these ideas sound, when the first radioactive waste storage site is sealed, a good decision will have to be made on if and how to mark its presence. So perhaps sooner rather than later, you'll be able to own a glowing cat of your own.

Ants the new #1?



By FERGUS ELLIOTT

Ants possess an incredible ability to cooperate for the good of their colony, but can this go too far? One species of ant has created a 'megacolony' which spans the globe and is rivalled only by humans in number.

The Argentine Ant is unremarkable as an individual, at only 2-3mm long and not possessing painful stingers nor strong mandibles. However, in their native area they face fierce competition from larger ants and as such have evolved to be extremely aggressive, working together to swarm over and overwhelm their enemies.

In their native range their aggression is kept in check by similarly ferocious ant species all competing for the same resources. The advent of human shipping has however introduced these small ants from South America to North America, Europe, and parts of Asia and Australasia. In these new lands the ants are unchallenged and seriously disrupt the ecosystem. They wipe out most native ant species, taking their nests as their own. They eat such a wide variety of prey that some species disappear entirely from the ant's ter-

ritories and cause major disruption to agriculture by farming aphids on crops, killing the aphid's predators.

Argentine ants have an almost unique ability to expand their colony by sending out a queen and a small number of worker ants in order to establish new satellite colonies. This new colony maintains contact with the first, cooperating and sharing resources.

When researchers introduced Argentine ants from colonies from the Mediterranean, California and Japan, they acted as if they were close relatives, not showing any aggression towards each other. The researchers concluded that all these ants belonged to one massive global colony, with a presence on almost every continent. By giving these ants passage back and forth across the globe via shipping, we are helping to ensure that their genetic makeup remains uniform enough to remain as one colony.

This 'megacolony' is now the largest society on Earth, larger than even human society. With ants outnumbering humans 1,250,000 individuals to 1, can we still consider ourselves the planet's top species?

@SerenBangor
seren.bangor.ac.uk

Environment Editor - Samantha Newman
environment@seren.bangor.ac.uk

ENVIRONMENT

Brexit and Climate Change



Hi, I'm Samantha, Seren's new Environment editor for 2019/2020. I'm currently studying Law, but my previous undergrad was in environmental science and human geography. I am particularly interested in both urban and rural sustainability in the context of larger global processes such as globalization, and how sustainability interacts with and relates to more local processes that continue to shape and influence behaviour, culture, politics, markets and the world more broadly.

I'll keep you up to date with new environmental efforts both at home in Bangor and abroad, as well as give advice on how we can each do our part to reduce our environmental footprint. I know Bangor uni is full of students passionate about the environment, so if you want to contribute or if there is something in particular you want to learn more about please send me an email at environment@seren.bangor.ac.uk for a chance to appear in future issues!



By SAMANTHA NEWMAN

When faced with the potential of a hard Brexit, climate change may be the least of everyone's worries. Despite this, it is important to consider what the potential implications of a hard Brexit are to climate change. The UK has been at the forefront of campaigning efforts to steer the EU towards a greener future, pledging to reduce emissions during the EU's Paris Agreement pledge, and tipping the EU member states towards more ambitious goals to mitigate climate change.

One of the main criticisms of the UK remaining in the EU is the restrictive regulations that UK companies have to adhere to. There is the risk that with Brexit, the recently reshuffled parliament

may take the opportunity to reduce the environmental protections in place as part of a broader scheme of deregulation. This could be done in an attempt to give the economy a competitive advantage in such a turbulent time by reducing restrictions for companies or as part of trade deals with countries like the United States. Criticized as being a 'race to the bottom' and a 'bonfire of regulations,' these efforts, if successful, would most likely have devastating consequences on the environment, especially considering that the potential increase in carbon emissions could push us closer to the point of no return on climate change.

It is difficult to argue in-favour of environmental regulation when faced

with the threat of economic decline. How can the greater good be the priority when potential advantages could be gained in the short term by cutting climate regulation? The overall sustainability of the UK and the preservation of the UK's status as a global leader, setting the standards for environmental protection, need to be considered whenever deregulation is hailed as the only option available to parliament.

Despite these risks, all hope is not lost. An uptake in climate-based strikes, non-violent direct action, media attention and general awareness surrounding the climate crisis shows that UK citizens care about the environment. As demonstrated by the strikes here in Bangor, the younger generations are

not keeping quiet about the pressing need to adequately respond to climate change and mitigate the effects that are already being seen worldwide. An adequate response to climate change requires, at a minimum, an increase in the accountability for corporations and governments for their contributions to climate change, the spread of knowledge and awareness of the problem and the impacts of climate change, and inspiring future change. Given enough support, and if we continue to hold them accountable, the UK domestic climate policy will continue to adhere to the climate goals they have pledged and will not reduce existing climate protection as it aligns with the general fervour of the public.

AN ECO-FRIENDLY HALLOWEEN



By SAMANTHA NEWMAN

At first glance, Halloween and being environmentally conscious do not seem to go hand in hand. We buy socially relevant costumes new each year, meant to be worn once, then they sit in the back of our closets until we finally get rid of them. Individually wrapped Halloween candy is given out and consumed in excess; after all, that's the spirit of Halloween. Now, I'm not suggesting that we curtail our chocolate and candy intake. There are just a few things that we can do to make our Halloween festivities a little bit greener.

When it comes to Halloween costumes, you can make DIY costumes from clothes you already own, or clothes found in vintage and charity shops. Reusing clothing instead of purchasing is extremely beneficial for the environment, as slowing the cycle of consumerism could have huge impacts

on reducing your water, carbon, and waste footprint. If you do decide to buy a new costume, think about donating it when Halloween is over, so someone can enjoy it next season.

When considering what candy to purchase, it is important to remember that the individual candy wrappers cannot be recycled, and most likely will just end up in landfill waste. These wrappers are often too small to be sorted by the machines used in recycling plants, and to add to this they are often made of a combination of materials such as plastic, foil and paper that requires separation at the material level. If you are looking to buy candy to give out to trick-or-treaters, consider buying candy packaged in paper. Being more eco-friendly around Halloween can be as simple as being more aware and making better choices.

CLIMATE CHANGE: CRISIS ON A LOCAL AND INTERNATIONAL SCALE



By MEGAN HUSBAND, LEA SMILAGICH-ILIC, SHARON PADT AND OLGA BIALASIK

As I'm sure you're aware of by now, climate change is causing a global emergency. This does not just affect the environment and the world: it is a human rights issue. Climate change affects food production and access to food, causes natural disasters that claim thousands of lives and destroys as many homes, and makes sea levels rise, which also displaces thousands of people. It is resulting in fundamental rights such as shelter, food, and clean water being denied to millions of people across the world. Millions of people across the world are standing up for our rights in this climate crisis.

These detrimental effects are not only occurring in the developing countries of the world, but here in Wales as well,

where cities on the coast are most vulnerable. Citizens are bound to be relocated because climate change reverses the suitability of certain locations to support human habitation, often with no replacement or refunds in place. An example of this is Aberystwyth, where, in 2014, buildings were advised to evacuate due to tidal waves that flooded the promenade. Farmers are also challenged as waves are more frequent and storms are getting stronger and endangering their homes near the sea.

In 1997, Friends of the Earth Cymru estimated that the sea level would rise twenty centimetres, meaning that whenever there is a storm, marginal areas near the sea will flood more frequently. Agriculture was reported

to be affected as well by the news platform LifeGate in 2018, due to a warmer climate which would interfere with the growth of healthy natural products.

This situation will only worsen, with excessive rain in autumn and higher temperatures during the whole year. However, preventing climate change from getting worse is still a possibility. To accomplish this, there needs to be an understanding and motivation to help by people in our society on a micro and macro level. The Wales Council for Voluntary Action (www.wcva.org.uk) provides information on how you can contribute to the climate crisis happening in Wales.

GLOBAL MOVEMENT SPOTLIGHT: THE TINY HOUSE MOVEMENT



An examination of the emerging tiny house movement as a sustainable option for reducing one’s ecological footprint.

By SAMANTHA NEWMAN

Sustainability practices have been at the forefront of both global and local efforts to mitigate the negative effects of globalization, urbanization, resource exploitation, and climate change. Understanding its unique characteristics and approaches is essential to utilizing it successfully to implement improvement efforts at any scale. Environmental sustainability can be understood as a method of using a resource so that the resource is not depleted or permanently damaged, so that ecological balance can be maintained. Understanding the concept of sustainability is aided by looking at how it is incorporated in the practices, methods, and designs of larger movements. One such movement is degrowth and the tiny house movement.

Tiny houses are one campaign to improve the sustainability of communities by reducing the ecological footprint of the populace. It is considered sustainable due to the fact that it involves reducing

energy and resource use, and results in significantly fewer greenhouse gas emissions. While many consider sustainability to be focused on altering the methods and practices of both resource extraction and management, it also involves reducing resource demand overall. Demand for non-renewable energy sources increases the incentive to exploit those resources and therefore could potentially influence corporations to use unsustainable methods to meet demand and make a profit. The tiny house movement can also be accompanied by the implementation of micro-grids and other renewable energy sources to further reduce the pressure on fossil fuels.

The degrowth movement has emerged as a social and political response to rapid urbanization, and the associated concentration of people within cities. It posits that this high density does not allow for a sustainable use of resources, as it results in the reallocation of resources

from communities outside cities, which may be increasingly vulnerable, to meet the needs of those in growing cities. Especially given the concentration of wealth, the government supports this redirection of resources to cities, arguing it is necessary in a successful capitalist society. Degrowth, an anti-capitalist movement, instead focuses on not only a reduction in density, but also a rejection of consumerist culture. Participating in consumerism, while seemingly meaningless, actually perpetuates deep social and economic inequality across the globe, made possible by globalization and transnationalism.

With any discussion of alternative solutions there must be a consideration of potential challenges or problems with this model. The tiny house movement has been criticized for being a product of the very consumerist culture that it seeks to address, romanticizing the reality of tiny house living, and perpetuating neoliberalist rhetoric

of freedom-through-consumption. The commodification of environmental sustainability has grown with the increase in media attention and global support for environmentally friendly policies, practices, and culture in response to climate change. Living in a tiny house brings the owner closer to the sometimes difficult reality of living simply, such as bridging the current disconnect between people and their garbage. Another potential limitation of this movement is the often transient participation, such that a person may choose to live in a tiny house to save money until they can afford a larger house. Thus, this may be another form of accumulation, defeating the benefits espoused by this style of living.

In conclusion, “tiny houses can be collective, albeit relatively elite strategies that promote awareness of and responses to environmental challenges” (Carfagna et al., 2014).

Reference

Carfagna, L. B., Dubbois, E. A., Fitzmaurice, C., Ouimette, M. Y., Schor, J., Willis, M., & Laidley, T. (2014). An emerging eco-habitus: The reconfiguration of high cultural capital practices among ethical consumers. *Journal of Consumer Culture*, 14, 1–21.

ACTIVIST OF THE MONTH: AUTUMN PELTIER

By MEGAN HUSBAND, LEA SMAILAGICH-ILIC, SHARON PADT AND OLGA BIALASIK

Autumn Peltier, 15, is one of many young activists experiencing what has been branded ‘climate anxiety’ and deciding to speak up about it. As an Anishinaabe member of the Wikwemikong First Nation from Ontario, Canada, Peltier has brought awareness to the effects of this crisis on indigenous communities, whose voices are often drowned out by those of more privileged activists.

Her fight for water protection, inspired by her aunt Josephine Mandamin, began at age 8 when she realised that not everybody in Canada had access to clean water the way she did growing up. Many First Nation communities have boil water advisories which inform them whether their water supply might be contaminated, and therefore lead to illnesses like typhoid, cholera and dysentery upon drinking, and even cancers caused by toxins passed through fish. This exploitation of natural resources threatens indigenous people in particu-

lar, as the destruction of their sacred water and ancestral lands leads not only to physical death, but also cultural genocide by severing their relationship with the earth.

Peltier, however, is not ready to give up. In 2016 at a meeting of the Assembly of First Nations, she confronted Prime Minister Justin Trudeau about his support for pipeline projects that endanger her people’s communities. This year, she was named Chief Water Commissioner by the Anishinabek Nation and later addressed the world leaders at the UN for the second time, saying, “Canada is not a third world country, but here in my country, the indigenous people live in third world conditions.”

She was also nominated for the International Children’s Peace Prize in September, an achievement that, in celebrating her efforts, proves her title of ‘water warrior’ is an apt one.

For more information on climate change, visit www.amnesty.org.uk



IN BRIEF

Reducing Your Plastic Waste

Topic: Wrapping Up Your Lunch

By PATRYCJA BIALECKA

Going on a trip or packing for your day at school or university? Step away from that cling film and single-use plastic bags. Did you know that in the UK alone, enough cling film is used up each year to wrap around the Earth 30 times! And every second 160,000 plastic bags are used around the world. This has seriously got to stop because it’s so easy to convert to zero waste.

Here are some ways you can wrap your lunch guilt-free:

Easy way = Use tinfoil. Did you know you can wash tinfoil, put it in a dishwasher and reuse it? Tin foil may still only have a few uses till it gets disposed but at least it can be recycled and it’s a great alternative if you’re starting out zero waste and can’t afford alternatives. Tinfoil is widely available and usually found in recyclable packaging. When you’re done with it, scrunch it up till you accumulate about a tennis-ball size of foil which is big enough to be recycled. It’s that easy.

Great way = Buy beeswax wraps. These are better than tinfoil as they can be reused many times. They are more pricey so if you want to cut down costs follow onto the next step to make your own. But if you’re feeling lazy, there are plenty of shops and online stores which sell these. One that I use often to buy inexpensive zero waste products is Boobalou but there are many others to suit your price range. You can even join Facebook groups of zero-waste enthusiasts who will answer questions and give you tips on how to overcome any plastic issues you come across.

Hardcore way = Make your own beeswax wraps. This can be a cheaper alternative to buying them. All you need is some material cut into the shape you want. You can get these from scraps you have lying around, or buy material from charity shops like pillow cases. Cotton materials are preferred but you can use most basic fabrics. Your final ingredient is beeswax of course. You can buy it cheap from Amazon or your local healthcare store. The best option is to buy little beads, but an even cheaper alternative is to buy a whole bar and then grate it down. All you do is:

1. Cut your material to size - preferably with pinking shears to prevent fraying
2. Place it on a baking mat
3. Sprinkle evenly with your beeswax
4. Put in the oven for about 5-10 min until it’s all melted
5. Spread the beeswax over the entire piece of material
6. Leave it out to dry and then use it to wrap up your sandwiches, snacks and salad bowls.

@SerenBangor
seren.bangor.ac.uk

History Editor - Manuel Trottmann
history@seren.bangor.ac.uk

HISTORY

Writing slates – tablets of the 19th Century

Writing slates appear unspectacular and boring. But the small black tablet was an important factor in the educational reforms of the 19th century: The medium of the Enlightenment.

by MANUEL TROTTMANN

In the 19th century, Welsh industry was heavily relying on slate extraction. Wales became the world's most important supplier of slate. What appears like a rather unspectacular material has had a major influence not only on the Welsh landscape, which was changed through slate extraction, but also on modern education systems.

Years ago – before notebooks and tablets made their way into the classroom – writing slates were the common medium for writing in schools. Unlike the majority of the people who would probably consider it an object of nostalgia at most, the German historian Heinrich Bosse attributes slate tablets an important role in modern history of education. He considers it the groundbreaking medium of the educational reforms of late 18th and early 19th century which lead to the Prussian education system – a system that has influenced both schools and nation-building all over Europe.

Before those reforms, writing and reading were taught separately. Being able to read did not necessarily mean being able to write too. Writing was taught in the sense of a purely manual skill through the following three steps: dictating, rewriting and correcting. A phrase was written by the teacher, then copied by the student and finally corrected by the teacher again. If mistakes

occurred, the student was punished – with strokes. Students had to learn entire text patterns by heart.

This type of learning was solely mechanical and rather brainless, like a kind of calligraphic exercise. As a result, students did not learn how to bring their own words to paper because they did not know the meaning behind the activity they were doing. All they were able to do was recreate signs they had been shown and the writing skills of most people (even the schoolmaster) did not go beyond the ability to write one's own name.

Around 1800 this changed: Writing and reading should no longer be acts of copying and learning by heart. Students should learn the relation between letters and their sounds. They should be able to read and write words they have never come across before.

Why did the introduction of writing slates play such an important role in this process? Simply speaking, writing on slates was a lot easier than on paper with feather and ink. So, the students had to focus less on the manual challenges of writing. Instead, they could concentrate on its intellectual aspect: bringing their own thoughts to paper. Additionally, the students could easily wipe out mistakes and correct themselves once the teacher had pointed out a mistake. Writing slates were not

meant to replace paper and feather. They rather served as introductory medium because they were reusable – and thus cheaper – and easier to handle.

Bringing own thoughts to text instead of copying foreign thought and self-correction instead of external correction – the reforms followed the ideals of the Enlightenment period. Sapere aude: Starting with the simple ability to express oneself in written form, this became a basic element of modern education. The modern citizen was expected to be a critically thinking and active member of the state. One should contribute to the progress of society by continually educating oneself further. The basis for that was a high literacy rate as knowledge was stored in written form.

In this sense, writing slates contributed their part to the transition from estates-based societies into modern liberal societies. Inequalities, however, were not automatically eliminated. A huge gap between well-educated and uneducated citizens remained. But instead of nobility, education became a crucial criterion in the class system of modern societies.

In 19th century Prussia, education became a governmental task. State schools replaced the variety of private, religious and cooperative schools. Curricula were standardised and teachers



Credits: Petr Adam Dohnálek (CC BY-SA 3.0 CZ)

received a state education.

For some scholars, the individual and their freedom of thought was central to state education. The new type of writing classes contributed to this notion by enabling students to write down their own thoughts and by letting them develop a personal handwriting. Because they learned the meaning behind a sign, an exact copy of the teacher's version of a letter or a word was no longer necessary. This left room for individuality.

For others, the schools should play an important role in the process of nation-building. Standardisation of education entailed standardisation of language

and repression of dialects in order to create official national languages.

The Prussian model later on spread to other European countries where it led to the institutionalisation of education and was often closely connected to the building of modern nation-states. In Britain, for example, education became compulsory with the Elementary Education Act 1880.

Therefore I say to you: “Let Europe arise!”

70 years before the Brexit referendum, Winston Churchill called for the unity of Europe

by MANUEL TROTTMANN

It's the 19th September 1946. Noise level rises as Winston Churchill steps up to the podium of the assembly hall at the University of Zurich. “I wish to speak to you today about the tragedy of Europe”, he begins his speech. “What is the plight to which Europe has been reduced? Some of the smaller states have indeed made a good recovery, but over wide areas a vast quivering mass of tormented, hungry, care-worn and bewildered human beings gape at the ruins of their cities and homes, and scan the dark horizons for the approach of some new peril, tyranny or terror.”

In the aftermath of the Second World War a new world order has emerged. In the West, the United States has finally proven themselves as the new superpower. In the East, the Soviet Union are increasing their influence.

Europe, meanwhile, lies in ruins. How can the old continent recover from the terror and brutality it had experienced throughout the previous years? What is needed to create peace between the European nations and to reconstitute the old strength of Europe?

According to Winston Churchill, the solution is the recreation of the European family. He speaks of a notion

which has already appeared before the World War: “We must build a kind of United States of Europe.” In such a project, smaller and economically weaker countries would count as much as the larger European countries.

What causes uproar is his suggestion that the first step towards a European family must be the reconciliation of France and Germany: “There can be no revival of Europe without a spiritually great France and a spiritually great Germany.” Those two countries should take the lead of the United Europe together. Of course, the idea of Germany regaining power causes worry throughout Europe.

Nowadays, the difficult relationship between Britain and the European Union often makes one forget that it was Britain's iconic wartime Prime Minister who put a lot of effort into the project of uniting Europe. The fact that Winston Churchill – symbol of a strong and independent Britain – drove the European project forward is often recalled by those who oppose Brexit. However, those parties in favour of leaving the Union have often cited Churchill's words of the 1946 speech as well. In fact, the speech lets room for interpretation

about the role of Britain in Churchill's notion of Europe. Did he want Britain to be part of it or not?

The way he praises Europe as “the home of all the great parent races of the western world” suggests that he definitely considered Britain to be a part of this hub of the universe. Contrarily, several passages strongly suggest that in the Churchillian world view, Europe was the continental parts only. The United States of Europe should be another huge entity coexisting and even cooperating with the British Commonwealth: “Great Britain, the British Commonwealth of Nations, mighty American and I trust Soviet Russia – for then indeed all would be well – must be the friends and sponsors of the New Europe.”

Those passages indicate that although forging European Unity, Winston Churchill did probably not consider Britain to be a part of Europe. But those were different times. Already one year after his speech in Zurich, India was an independent country and the British Empire began to disintegrate. How would Winston Churchill have voted in 2016? We do not know.



Credit: Yousuf Karsh. Library and Archives Canada, e010751643 (CC BY 2.0)

Places to Visit with Historical Interests

by STACI JONES

North Wales is a place rich in culture. Every summer, we have a food festival and every October there is a fun fair in Menai Bridge. Aside from these enticing activities there are many places of cultural interest.

Side note –The majority of the castles in Wales were part of Edward I's campaign to conquer North Wales and also the majority were a part of the Owain Glyndwr Rebellion.

Caernarfon Castle
Caernarfon Castle is a UNESCO World Heritage site, that has recently been used as a film location for season 3 of The Crown. It was used as King Edward I of England's administrative centre of North Wales until it was sacked in 1294 during a rebellion led by Madog Ap Llywelyn. The castle was besieged again during the Glyndŵr Rising during 1400-1415 led by Owain Glyndŵr. During the English Civil War, the Castle was held by Royalists and was besieged on three occasions by the Parliamentary forces, the Castle was surrendered in 1646 by John Byron, 1st Baron Byron. In 1911 Caernarfon Castle played host to the investiture of The Prince of Wales, Prince Edward, then again in 1969 for the investiture of Prince Charles.

Beaumaris Castle, Anglesey
Beaumaris Castle is an incomplete 13th Century Castle that was built during Edward I's Campaign to conquer North Wales. In 1403 the Castle was captured during the Glyndŵr Rising as was reclaimed by English forces in 1405. However, the reason the Castle was never completed was due to funds being redirected to fund King Edward's Scottish Campaign and never being reinvested. Beaumaris Castle played a strategic role during the English Civil War, reason being that it controlled the route between the King's bases in Ireland and England. Thomas Bulkeley (the Bulkeley family have been involved in the management of the Castle for centuries) spent an estimated £3,000 improving the Castle's defences, and held it for the king until it was surrendered by Colonel Richard Bulkeley in 1646. In 1648 Royalist reoccupied the Castle only to surrender again in October that year.

In 1807 the Caste was bought from the crown by Lord Thomas Bulkeley for a sum of £735. In 1832 it played host

to the National Eisteddfod Festival and has been subject of many paintings over the years.

Cricceth Castle
Cricceth Castle was built by Llywelyn the Great and captured by Edward I in 1283. The style of this castle differs from other native Welsh strongholds. One of the biggest differences is that this Castle was built with a gatehouse in its inner ward and has twin D-shape towers which in turn are protected by a gate and Portcullis. Cricceth Castle was used as a prison until it was captured by Welsh forces during the Rebellion of Owain Glydwr. The Castle was then torn down and set alight. If you look closely, there is still evidence of scorch marks on the stonework!

Harlech Castle
Harlech castle is by far the most interesting. Situated on top of a rock and close to the Irish Sea. If you look across the sea and in the distance, Harlech Castle can also be seen from the Cadwaladers Ice Cream Parlour in Cricceth.

This Castle was built in the 13th century between 1282-89 and had an eventful history. Whilst the Castle withstood the siege of Madog ap Llywelyn in 1295, it was captured during the rebellion of Owain Glyndwr in 1404 and was used as his headquarters and residence. During the War of the Roses in the 15th Century, the Castle was held by Lancastrian forces for seven years before they were forced to surrender to the Yorkists in 1468. This siege has been remembered in the song Men of Harlech. During the English Civil War, the Castle was held by the Royalists until it fell to the Parliamentary forces in 1647. Harlech Castle was the last Royalist stronghold to surrender during the Civil War. After if fell to the Parliamentarians, it was ordered that the Castle be destroyed, however, that was only partially carried out.

Penrhyn Castle
Penrhyn Castle is in reality a country house. The current structure was built between 1822-37 for George Hay Dawkins-Pennant who inherited the Penryn estate from his cousin, the 1st Baron Penryn. Penrhyn Castle has links to the Jamaican Slave Trade as the 1st Baron Penrhyn had inherited his fortune through the trade but also through

the local slate quarries. The Castle does not only boast a picturesque countryside view where The Menai Straits, Snowdonia Mountains and Puffin Island are visible, but it also has a wonderful art collection, with collections by artists such as Canaletto and Rembrandt. The Castle gardens are also a sight to behold, featuring a walled garden and woodland walks.

Plas Newydd
Plas Newydd is a Grade I listed country house in Llanfairpwllgwyngyll-gogerychwyrndrobwllllantysiliogogoch, - the village with the longest name in both the United Kingdom and the world. The house has its origin in the 15th century and has since been owned by the Griffiths Family, Baylys Family and the Paget Family. The house is also the country seat of the Marquises of Anglesey. One of the most notable Marquis of Anglesey is Henry William Paget. Due to his heroics during the Battle of Waterloo he was given the title 1st Marquis of Anglesey. There is an infamous anecdote attached to Henry William Paget and the Battle of Waterloo, where he lost his right leg in a cannon blast. I recommend that you visit Plas Newydd to learn about this anecdote and the exchange between Henry William Paget and Admiral Nelson.

One of the most unique and interesting features of Plas Newydd is the Rex Whistler painting. It is a Trompe-l'oeil seascape painting that has a lot of personal features to the Paget family and hidden joke gems. This painting fills the whole wall of the dining room. It is a really unique room, especially as the ceiling design itself is painted to a mirrored design to match the seascape. Rex Whistler himself died during World War I in Normandy when a mortar bomb exploded next to him as he was climbing down from his tank that had become tangled in a felled telegraph wire.

Plas Newydd also has an extensive parkland and garden on the side of the Menai Straits. It really is a beautiful site and highly recommended.



Caernarfon Castle



Beaumaris Castle



Plas Newydd



Cricceth Castle



Penrhyn Castle

TRAVEL



Hello again, your travel editor Holly Peckitt here! L.M. Montgomery said in her classic book *Anne of Green Gables* "I'm so glad that we live in a world where there are Octobers." The world is turning an array of warm reds, rusty oranges and there's an undeniable chill in the air. 'Tis the season of changes, both meteorologically and socially.

As we prepare for Halloween on October 31st, Brexit dawns upon us. The following weeks are going to progressively grow in chaos as the political events happening here in the U.K. unfold. You'll find in the section this month a little update on the impact Brexit is going to have on travel in and out of the country, as well as wanderlust filled writings to wrap up your October. For most students, reading week will be kicking off by the time this issue is released, so remember to take a much-needed break from assignments and get exploring. It's the most beautiful season to do so (and the cheapest), so make the most of it!

As always, if you've got an article for us or have been somewhere great recently, don't hesitate to email us at travel@seren.bangor.ac.uk, and you could be featured right here on this spread!



How Will Brexit Affect Your Travel?

by Holly Peckitt

So it's approaching. The deadline for the Brexit negotiations is Thursday 31st of Halloween... trick or treat?! We can avoid it for as long as we want but it'll have a profound effect on every walk of life. Are we prepared? Not at all. But we're swimming in information and guidelines for travel after we leave the European Union, so settle down and enjoy these friendly guidelines on how to survive travelling the world after Halloween.

Full disclosure: We know that a lot of the media is churning out convoluted articles in an attempt to explain what's going on, so we hope this is a lot clearer than anything else you've seen... fingers crossed.

Will Flights and Ferries Still Go Ahead?: For those flying, if a deal is made, then flights will continue as normal, contrasting to a no-deal Brexit, in which contingency legislation will be put in place, meaning that - at least between Britain and the EU - flights and ferries will grind to a halt.

Passports for UK Nationals? Aside from when travelling to Ireland, the government have recommended that those travelling to the EU should have at least six months of validity left on their passports.

Travelling to Ireland: The same rules that are in place now will still apply after Brexit. This also applies when it comes to the Irish Sea crossing between Holyhead and Dublin.

If not, sorry but it's time to whip out the student loan and get a new one... Be warned though, even if you have six months left, if your passport is nearly ten years old, sorry but you too will need to get a new one.

Health Insurance? EHICs (European Health Insurance Cards) are still being debated by the EU and the UK governments, but for now, sadly all we know is that if you're travelling to the EU it's best to get cover from health insurance. Better to be safe than sorry!

Obviously there are more things to keep in mind that are typical of travel, but these are some extra bits to keep you covered in this hideous time of uncertainty. Please also remember that with every hour circumstances and politics are changing, and as much as we wish for this information to at least hold still for a minute, with Brexit this is never the case. If you want further information, take a look at the government's website and the BBC for the clearest (although still complicated) guidelines. Good luck, and safe travelling.



Environmental Travelling, A la Greta Thunberg

by Holly Peckitt

We do not need cars to get to places. And if we do, we do not need our own.

Of course, there are plenty of bonuses to being able to drive (including picking up a Chinese takeaway with your housemates), and at some point, most of us probably will. But as students with discounts left, right, and centre, there are more ways to travel both environmentally and economically.

Greta Thunberg's aged wisdom beyond her years speaks this message time and time again. The environmental oracle even sailed in a small boat across the Atlantic Ocean to avoid the cost of carbon emissions. Thunberg has had one heck of a year, leaving many of us fighting back on the plastic, and changing our attitudes to nature, but if here's one thing that fails to slow down any time soon, it's the need for fast travel and instant arrivals.

A few months ago, Emma Thompson (*Sense and Sensibility*, *Harry Potter*, and *Love Actually*) once again

openly declared herself an environmentalist in joining the London branch of Extinction Rebellion's protests. Of course, a high-profile woman can provide publicity and thus turn the heads of her audiences, stating 'We should all fly less, the future of this planet is at stake and that's perhaps more important than our own reputations.' However, in a constantly thirsty society with the urge to have their throats cleansed with wealth, Thompson later gasped with horror at the suggestion that if she must fly, then why not travel in economy class. This is yet another example of the hypocrisy we face as a society in which those who have the largest carbon footprints are simultaneously campaigning for the rest of the world to not follow in those exact footsteps. Between the Strikes for Climate Change and student petitions, which, fingers crossed, are working (!), there is still more we can do, starting with how we travel.

We can't always avoid airplanes, but when possible, we should.

Of course, airplanes were invented out of necessity, and are highly beneficial to our lives, especially if you're an international student needing to get home for the summer. For those of us who live closer however, there are plenty of alternatives. Flights from Holyhead/Manchester to Ireland may be short but certainly pack a punch when it comes to carbon emissions. If heading to Ireland, consider taking the ferry across. It may be 4 hours of unbalanced nausea but it's worth it at the end. The same could be applied to mainland Europe, with ferries leaving for Scandinavia from the North East and Yorkshire and the Humber, and in Dover those for France and beyond. It's a small change that can radically reduce your carbon footprint in the end!

For further afield, this may take a lot longer. As previously mentioned, Greta Thunberg recently sailed from Britain to New York, with a total of 14 days from coast to coast. Obviously, this is risky, especially if done in a tiny

sail-boat Thunberg-style, but plenty of ships continue to pass between Europe and the Americas. Boat travel is not something contained to the past. This may be an arduous journey, but it affords any passenger some of the most incredible scenery and experiences.

Public Transport is Your Friend:

Yes, it can be overcrowded, delayed, and often a bit erratic here in Britain, but public transport is a fantastic alternative to driving your own car. Most train lines and coach services offer large discounts to students, and with split ticketing, you can get from A to B for a fraction of your petrol money! Bus, coach, train, all have the potential to be pricey, but when done right and in advance, public transport can not only save you a few pounds, but contribute to saving the planet too.

Of course, there are places where other transportation is best, in which case there are eco options.



But on a day to day basis our carbon footprints can be reduced massively if we just say no to a car or a taxi, and instead take the more scenic route through life. Fantastic exercise and wonderful for your mental health, stick some music on and walk, you're saving the planet by doing so!

"My Actions Don't Count."

They do. We all fall victim to this mindset or other. If every person believed, in whatever situation, that their actions didn't matter, then nothing would ever change. If people didn't vote or fight for their beliefs, then nothing changes. The same applies here.

We're all complicit in this; now it's down to you to change your impact.



Walkabout: Lincoln

by Holly Peckitt

If you're new to the U.K., you might be a little surprised at how impatient we all are with travel times. Our country may be small, but to the British brain, 3 hours from Manchester to Edinburgh is a long time. When you have friends scattered across the country, you learn to become a little... creative with the locations of your reunions. The distance between my friend in Norfolk and me in Manchester is hard to navigate, so taking a leap of faith we decided to meet halfway in Lincoln,

the loveliest (and for those of you who are avid instagrammers), most photogenic little corner of the East Midlands.

A Roman fort in AD48, Lincoln has a long, windy history, encapsulating many of the key moments in British history within its layers of architecture and cobblestones. Upon arriving, you cannot help but delight in the sepia-washed tones of the city, with high street stores at the base, and a frenzy of history in their Cathedral Quarter.

Granted, like any high street, each is a mirror of every other one in the country, but the usual assortments of fast fashion and chain coffee shops aside, this is where you should go.

Like many cities, Lincoln as you might have guessed is divided up into quarters based on what is housed there. The best, however, is worth a whole day's visit in itself, as the Cathedral Quarter is so rich in beauty and British history that it's a surprise that anyone actually ever leaves.

The journey upwards is steep (yes, the hill is literally called Steep Hill) so be sure to have comfy shoes on and a good bottle of water - you'll need it.

Nonetheless, the top of the hill is worth the scramble for the incredible scenery across Lincoln, Lincolnshire and, of course, the Quarter itself. Whether you're religious or not, or follow a different religion to Christianity, for the architecture alone, Lincoln Cathedral is a must to visit.

Looking rather reminiscent of Notre Dame, the Cathedral has stood for nearly a millennium, and probably looks just as good as it did back in the 1100s. If you want to be stunned into silence by high ceilings and stained glass windows, or just because you fancy pretending you're at Hogwarts, even a peek inside the doorway of Lincoln Cathedral is essential to any traveller.

Now on to more pop cultural references with the Lincoln Castle and Prison. If, like I, you appreciate an evening spent watching Downton Abbey, then this'll be instantly recognisable as the prison holding a certain character. It's a simultaneously chilling and exquisite place to visit, and whilst it doesn't hold a candle to any of the castles here in North Wales, it is an excellent representation of how history has stood and survived perils in England throughout the past thousand years.

After all that history, there's still Steep Hill to journey down. To make it a little less arduous, take a peek at some of the independent quirky shops that Lincoln has to offer, including several antiquarian book shops, and - even if this is the sole selling point to you - a Babushka doll shop. You're welcome.

Where to eat: Pimento is the original all-vegetarian cafe in Lincoln and it's no wonder so many people rave about it on TripAdvisor. Quaint and wholly furnished to a niche audience of horse lovers, this old converted stable is a quiet yet homely cafe, filled with incredible eats, and lovely service. Their greek ciabattas are worth laying your life down for, and, the icing on the cake, are the resident dogs wandering about. Vegetarian or not, this simply caters to the idea of good, simple food in a beautiful atmosphere; perfect for a rest after climbing the walls of Lincoln's medieval castle.

Getting there: A little tricky, as unfortunately there are no direct trains, but it's worth the long journey. A train to Manchester will get you halfway, and from there another change at Sheffield all of this though can come at a reduced price with a 16-25 Railcard (I promise this is not advertising, it just saves so much money.) Once you've arrived everywhere is accessible by foot! That is, except for Steep Hill... brace yourselves for that one!



Halloween Hauntings Near You!

by Holly Peckitt

It's that time of year once again where pumpkins begin to appear outside of houses and Bangor bleeds eerie tints of black, orange, and purple. Sadly, Halloween falls in reading week for the majority of students so Bangor may be even more desolate than usual, but for those of you who want to seize the season of Halloween beyond October 31st, here are some hauntings you can explore in and around Bangor! Get ready for ghosts, witches, and some chilling frights. Please note that even if you're a sceptic like me, these places will still leave you with goosebumps...

Aberconwy House, Conwy

Tucked away on the corner of Conwy high street lies the medieval house of Aberconwy. Originally the house of a 14th century merchant, the quaint building has survived throughout centuries of tumultuous history within Conwy's city walls, as have its ghosts. Though nothing is confirmed, rumour has it that whilst in the house,

a strange scent of perfume will fill any new visitors nostrils - something so distinguished and pungent that it is never smelt beyond its walls.

According to guides and workers of the National Trust (who now own Aberconwy House), this is the perfume of a former resident, who now wanders its halls. Of course, this alone isn't proof enough, but combined with the strange happenings within the house and the low pressure and sickness many visitors speak of after leaving the building, we cannot help but wonder if there's more to this than first meets the eye.

Beaumaris Gaol

The proof is in the pudding with Beaumaris Gaol, being known as one of the most infamous locations visited on the U.K tv series Most Haunted. Behind the rainbow-coloured houses and seaweed-covered shore is the now unused Beaumaris Gaol.

If you're looking for something a little more creepy whilst on Anglesey, this is certainly the place to visit. Now open to the public, the gaol highlights the lives of prisoners in the 1800s, most notably one wrongly accused Richard Rowlands. Prior to his execution here for murdering his father in law, Rowlands placed a curse upon the prison, leaving a chill in the air, and strange happenings throughout Beaumaris.

Bodelwyddan Castle

Situated in Denbighshire, Bangor is less than an hour away from this beautiful castle. Throughout the past century, several paranormal investigations have taken place, all detecting the presence of ghosts and unsettled spirits. As described by Visit Wales, these figures are a "lady in Victorian dress, a soldier, shadowy figures, and a lady in a blue dress", meaning there are plenty of opportunities to have a ghostly encounter.



If you're wanting to take your Halloween to another level, the Castle also offers private paranormal night investigations and ghost hunts. A warning though, as the future of Bodelwyddan Castle is unclear due to the selling of the estate, this may be your last opportunity to visit this haunted castle before it shuts its doors.

Penrhyn Castle

Returning to Bangor after our perilous ghost tour, on the outskirts of the city lies Penrhyn Castle. A Victorian castle, Penrhyn holds a different history to many of the castles built by Edward I throughout North Wales, Penrhyn holds a different history to many of the castles built by Edward I throughout North Wales, as noticeable through its stunning red ivy coat and unique stonework.

Nonetheless, this too is unsurprisingly suspected to be haunted. Throughout the latter half of October the National Trust-run Penrhyn are running daily explorations of the castle centered around the ghosts inhabiting its walls. Regardless of National Trust membership possession, this event is free to all the public, and dogs are welcome too - what's not to love?

These are just a handful of the spooky sights in and around Bangor and North Wales, though. There's plenty more within reach by public transport, just remember to stay safe, and not to brea into any abandoned buildings, no matter how creepy they are. Happy Halloween!

LIFESTYLE

Advice on Living
with Flatmates

By SCOTT TAYLOR

As we know, moving to university can be daunting. One of the most terrifying aspects of it is that you are living in a new area, in a new flat with people you probably don't know at all. This can be a great experience, and living with so many people of a similar age will allow you to truly learn who you are and make the most out of your time at university. That said, it can also be difficult to live with so many new people who will come from different backgrounds, so here are a few tips to help you settle in and learn how to adapt to your new living conditions!

Firstly, the most important thing about living with flatmates is that you need to show respect to each other. Not everyone will have the same upbringing as you and they will all come from different walks of life so make sure you take this into consideration in how you treat them! Try to understand their culture or religion or personal beliefs, and just treat them as you wish to be treated. Don't play music too loud. Try your best to not wake them up when you are coming home from a night out. Just try your hardest to not cause them any problems and they will try their best to make sure they cause you none. By respecting each other and your own personal space, you will be far comfier and at ease in your new home even if you are all strangers at first.

Secondly, you need to make sure you all work together as a flat. Living together will need everyone in the flat to pull their weight and work as a team. Make sure you clean up after yourselves in the kitchen and don't leave things out or where they don't belong. It only takes a few minutes to maintain your own mess, and it helps keep your flat clean and a nicer place to be! If your kitchen or flat starts to become too messy or unorganised, it can lead to tensions in the flat very easily. Your kitchen and living space are the same thing in a flat and so it may serve as the main place you all socialise, and if it isn't maintained you won't be able to utilise it as the social space that it is.

Lastly, you want to make sure that you all help look out for each other. University is a tough and difficult time for everyone, no matter how much fun you have. It is stressful and sometimes people may find themselves needing a helping hand. Make sure to keep up to date with your flatmates and friends, as it doesn't take much to help them through the more tiring and trying times. Ask how they are, go for a meal, go out somewhere, or even ask if they just want to watch a film. This is a group effort and we are all in it together. If you look out for your flatmates, they will look out for you. Living in a flat isn't always easy, but it will be one of the greatest times of your life, so why not try and make sure that it's as great for the others you live with as it is for you.



Different Approaches to Anti-ageing Skincare

By AMELIA SMITH

I have often found that anti-ageing skincare is directed to us as a method of repair, but how about we look after our skin earlier in life through alternative methods? There are so many products for sale that present themselves as the answer to old, wrinkled and damaged skin, that it can be quite daunting to find what's right for you. Let's maintain our skin, instead of one day realising your skin is not as young, fresh and vibrant as it used to be. Your lifestyle is the biggest contributor to the appearance of your skin. Ensuring you have a consistent amount of quality sleep, eating the correct amount of fruit and veg every day and carrying out frequent exercise is likely to enhance your skin. Another important part of your skin-

care is drinking plenty of water each day. Small changes in this direction can dramatically improve your skin. A healthy lifestyle equals healthy skin!

An important factor people often forget about is the need to protect your skin from the sun. UV damage from radiation can damage your skin cells. To combat this potential harm to your skin, you should always use sun cream which is at least SPF 15, in order to provide a protective barrier from the sun's rays.

People who smoke can look 5-10 years older than non-smokers because cigarettes' harmful ingredients can negatively affect complexion and skin elasticity. Along with other serious health issues, smoking can blemish your skin. Clogged pores and black-

heads are commonly caused by make-up when you keep it on for too long or fail to remove it properly. You should always ensure you have clean skin before use. To lift off make-up, take time in finding an effective remover.

Furthermore, in this day and age, it is important to consider the environment when buying skincare products. Find an eco-friendly brand that creates natural products as these are also likely to contain less harmful compositions. Researching anti-ageing products could help you to achieve the effects that you have been looking for, rather than hoping for the best when you buy too many products that you're unlikely to use. They can cost a fortune when with a little bit of time and effort you

could have found the skincare routine that is truly beneficial to you, and at the same time is an affordable price.

Make-up removers, moisturisers, scrubs and masks are all essential items for any skincare routine. After use, your skin feels clean and fresh, and this can contribute to a more positive attitude to your day, and you can go to bed feeling rejuvenated which can help you have a better night's sleep. Provide a boost to your self-esteem and use a combined mix of a healthy lifestyle and useful skincare products to work towards healthier-looking skin, and therefore a more confident you.

Humanities Notebook: Goodbye Broken Fences

By RORY FORMSTONE ROBERTS

I remember a time when children would run down the road into the local park and spend hours not caring about the time or who they played with. Some would run through the gate as others jumped the hedges, but if you were lucky enough to live near the broken fences you could squeeze through to get to the sanctuary of wonder. The sun beating down on their skin as they absorb the warmth from it and the energy from others. A million different games played, some new and some old; captivating the imagination of all that are included. The park filled with joy and laughter that echoes out to the furthest reaches and hooks more children in. Scraped knees and broken nails were the true representations of a wild day's adventures as the intrepid

explorers return to their parents with hoarse voices.

Is this true now?

I walk through villages and towns and see parks pristine with new chrome poles to anchor the swings into place. With not a single wood chip out of place underneath the merry-go-round. All the broken fences are fixed, and the marks of bumps and grazes are removed. Do children play in parks anymore? These hollow structures hold old memories of children living a childhood without fear and worry but are now polished and cultivated to be clean.

Two reasons can hold true to this development of life. One being that times have changed, and children of the world today are driven by other means of entertainment, such as vid-

eo games and technology. The youth of today are not brought up the same way anymore. This is not bad, but also this is not good. Without the individual development of social skills that are built through the prehistoric ways of growth, some can lack the ability to progress. But it can be argued that children are progressing in ways that are fitting to the world's development. They are becoming more in-tune with what the future holds; so why should we stop this?

Two, the world has become a much scarier place and humanity has become encapsulated by the negativity of it. Do you see children walking freely down the road towards parks in as much force as previous years? The world has become something so much more and not always in a good light.

More kidnapping, attacks and theft is happening which results in the closing of people's minds to the positivity present within the world. Parents are gradually becoming more withdrawn to the idea of child-led development in the ever-expanding world, and to be honest... can you blame them?

I see the world expanding in such a diverse way whilst shedding the skin of the previous lives lived, but I think it is vital to remember where we have come from. We cannot enter the future without learning from our past and absorbing the experiences that encompass all. Maybe it's okay that times are changing, and that the past is a rose-tinted blur of memories, but we need to remember the broken fences. Not forever, but for now; goodbye broken fences.



Staying Fit at University

By AMELIA SMITH

Unfortunately, during their university years, it is not uncommon that young people can put on a few pounds. This can be because of drinking, a bad diet or just not getting enough exercise. This article aims to offer students some advice on keeping fit whilst at university.

In Bangor, most of the university buildings are close together, so we walk nearly everywhere. We are blessed with a few lovely hills, and even though this may not seem like much, walking around is a great starting point when looking to get fitter.

Another big part of staying healthy is eating well. It is tempting to get takeaways and eat snack food, but this can be an expensive habit to keep up. Making a meal plan for each week can give you some structure and means you don't take ages shopping or deciding what you want to eat. The best way to make your meals

healthier is cooking from scratch, as it allows you to know where your food has come from, and if done right, your meals will be much cheaper.

Make sure you get enough sleep and watch your alcohol intake, as these can not only affect your weight but also your concentration levels, which are vital if you want to do well on your course. This is not to say you shouldn't have some fun nights out - just take care of yourself!

If you are living in halls, access to the Canolfan Brailsford gym on the Ffriddoedd site is free - you just need to attend an induction session. The gym itself is well-equipped with treadmills, rowing machines, bikes and loads more great fitness machines. You can also book onto the different classes they offer, like Pilates, Boxercise or Spinning.

The gym in St.Mary's is also free, and it includes cross trainers, treadmills

and bikes as well as a water rower and a variety of resistance machines. Make the most of these facilities!

If you are not living in halls, but you want to become a member of a gym, there's the two already mentioned on our accommodation sites, but there's also a number of gyms in lower Bangor too. Find what's right for you by comparing location, facilities and price. To join, the common way is to simply apply online or head to their reception and ask for more information. You can find opening hours on their website.

You can also join any number of sports clubs that Bangor offers - you don't have to be an athlete to be in a team. Just taking part with the goal of doing exercise every week is a great step towards a healthier you, and the best thing is, they're all free! If you missed out at Serendipity, take a look at the Undeb Bangor website's list of sports available.

How Volunteering Can Help Your Mental Health

By AMELIA SMITH

Volunteering can provide many benefits to both your mental and physical health and is a method widely used to combat depression. Helping others has actually been proven to benefit your mental health, partly because it can counteract the effects of stress, anger and anxiety while improving your emotional wellbeing! A valuable experience, it can give you confidence and it's a great addition to your CV.

Last year I carried out a beach clean with a friend of mine that was incredibly satisfying. Not only was I helping clear our wonderful beaches from plastic and rubbish, but I was exercising, socialising and seeing more of what surrounds the place I live. By the end of the day, I could visibly see the difference I had made, plus I enjoyed the day chatting!

Social interaction and group activities usually see benefits that are the most positive, as they create happy environments where new friendships can be made. In addition to working with others, having a task or purpose in one's day to day life helps to build a rounder sense of self and satisfaction with doing something for the greater good.

Working with pets and other animals has also been shown to improve your mood and help reduce stress and anxiety. There are a number of charities like Cats Protection and the Snowdonia Animal Sanctuary, who have teamed up with Bangor University's Dog Walking Society, and they take volunteers! If you just take a look at their websites and sign yourself up for some of their volunteering opportunities, you'll be on your way to a calmer you!

Arguably one of the quickest ways into volunteering for a charity and raising money is through working in charity shops. This is a good experience for gaining future retail work and is great for your CV as it shows you're giving up your time for a good cause. However, it's also great for personal development, as you will be socialising with people from different backgrounds, learning new skills and working for a worthy purpose.

Every time you volunteer, you can add it to the points for your Bangor Employability Award (BEA)! This is an optional programme you can complete at university, that records all the extra-curricular activities or work experience you do. Volunteering is a great boost to your employability, alongside personal development, and it can be acknowledged here, as well as on your CV.

We are lucky that our university offers countless volunteering opportunities and societies for us to join. If you missed out at serendipity there is another event in February specifically for volunteering, you can visit the Bangor SU in Pontio to enquire, or you can even go online to search options for volunteering.

Remember: Doing good does you good!



Wanting to open your mind and expand your horizons? Visit

www.humanitiesnotebook.weebly.com

to read all the articles.

STUDENT HOUSING OFFICE



WWW.BANGORSTUDENTPAD.CO.UK

Accommodation for 2019/20

While it's still early to be thinking about accommodation for next year, don't forget that there is an oversupply of accommodation in Bangor.

It's a tenants' market, so whether you decide to stay in Halls, or look for a house via the University listings on Studentpad, make sure you've made the right choice for you! Don't forget to choose your housemates just as carefully, as this can be just as important as the house.

Studentpad is the only place to find privately rented student housing registered with Bangor University, and our service is free to all Bangor University students.

Why use Bangor Studentpad?

- New properties added daily!
- Impartial advice and support
- Extensive choice of properties
- All our landlords have committed to our Conditions of Registration

For more information, visit www.bangorstudentpad.co.uk or pop in to see us in Neuadd Rathbone, College Road.



Undeb Bangor Recommends Studentpad

"The Students' Union fully recommends that all students utilise Studentpad, when looking for a property. It offers a free, reliable service, fully equipped with relevant advice and support. You can also be reassured that landlords are compliant with necessary regulations.

"Next month, we will be launching our Don't Panic housing campaign, in partnership with the Student Housing office. This will spread an important message that it is vital for students to have a thorough look around before signing a contract, and that students don't sign up to the first property they see. It will also spread the message that Studentpad is the most reliable service for students to us."



@SerenBangor
seren.bangor.ac.uk

Food & Drink Editor- Catherine Maskrey
food@seren.bangor.ac.uk

FOOD & DRINK

How to eat well and save money

By CATHERINE MASKREY

One thing every student hates is trying to figure out how to budget, no matter their nationality. It's something that you've probably never had to worry about before. So how do you budget? Here are my top ten tips for eating well and saving money.



1. When doing your weekly shop, only get what you really need. That way less food goes off and it costs you less. Less money spent on food shopping, means there's more to spend when you go out. To help you figure out what kinds of food to buy, I've included a healthy eating diagram that I use myself.

2. Batch cook your meals. It might not sound particularly nice, but it can be a real lifesaver when you're in a rush or running out of food to eat. If you make four portions of the same meal instead of one, put three in some tubs and freeze them ready to eat later on. It's basically a home cooked ready meal as all you need to do when you come to eat it is pop it in the microwave.

3. Branded foods cost more. If you buy unbranded food, you can end up saving quite a bit on your food shopping. I only recommend buying branded food if you have specific food allergies. The temptation is hard to resist but quite often the unbranded food can taste better, if not just as good, and can last longer than branded. Take Grower's Harvest, a brand only seen in Tesco. It's a lot cheaper than a brand like Tilda's, so the quality can't possibly be the same right? Well yes and no; no in that it isn't the same quality but yes because the quality of Grower's Harvest rice surpasses the

quality of Tilda's and only costs 45p (at present).

4. Ordering in. Most people like to only order in for themselves but if you order in as a group, you're a lot more likely to get to the free delivery mark. Just because you order food together doesn't mean you actually have to sit and eat together. Plus, if you order an excess of food you can just freeze whatever doesn't get eaten and have it another day. Don't forget to use your discount codes.

5. Don't be afraid to do the shopping as a house or flat. You all pick out what you need, and pay your share, then collect any potential coupons to share between you. The more coupons you have, the less actual money you spend in the long run.

6. If you're off for a night out and you know you'll be drinking, arrange to do pre-drinks beforehand. You'll spend less money and you can actually hear what people are saying. Also, eat a proper meal before you go, if you start the night full, you're a lot less likely to buy more food while you're out and less likely to overdrink.

7. If you happen to only use cash, invest in a piggy bank. Every time you go out and spend money, try to bring at least a pound home in change. Store it in your piggy bank and soon you'll have a proper emergency fund going. In a couple of weeks, that

emergency fund could turn out to be a real lifesaver when it comes to getting ready for the holidays.

8. Campus Life - if you check the Campus Life event calendar, you'll soon see that they have quite a few regular free food sessions and lessons on how to cook different types of food. Whichever one you decide to do, it's a win/win for you as you not only meet new people but you also either don't have to cook that night or you learn different recipes to make so you're not just eating the same meals over and over again.

9. Get reusable cups. They can be used for any type of drink, you're not likely to spill it down yourself, and most places now do a 10-20p discount on any hot drink you buy if you ask them to put in your reusable cup.

10. Re-use leftovers the next day. Ok let's say you made hunters chicken yesterday and you did an excess of potatoes, per say, today they could go with some sausages and beans for example. This way of doing things not only saves time but also it lowers the amount of food that's just sitting there waiting to be eaten or chucked out because it went off. All you'll need to do is add a bit more seasoning and chuck it in the microwave while you sort out the rest of the meal.



Pub and takeaway of the month

By CATHERINE MASKREY

This month they have been chosen by myself, but for the next issue I will have a poll up and running on Facebook where you can vote for your favourites.

This issue's takeaway of the month is Domino's. They offer a wide variety of pizzas and sides that cater to people with a wide range of dietary require-

ments including vegans, vegetarians and those with food allergies. Furthermore, they have offers on for most of the year and a really good delivery service. There is also the opportunity to order in branch as well. The quality of Bangor Domino's equals the quality of all Domino's restaurants around the UK and the restaurant itself is cleaned

regularly.

When it comes to drinking in Bangor, we all have our favourite places to go; a local, shall we say. Somewhere with decent prices, a good range of drinks and quality food. This issue's pub of the month fits that description perfectly. The pub of the month is The Castle/Y Castell, located opposite

the Cathedral. It's a student friendly establishment with all round great quality food and drinks at low prices. They even sponsor some of the AU teams. For only £1 you get their student saver card, which comes with the normal deals on the student saver menu and quite a few extras as well, starting with a free fish and chips, free

profiteroles, a free hot drink, 2 for 1 on gin and tonic/lemonade and a free red bull. The Castle also has a range of decent quality vegan and vegetarian food available if you ask for the vegan menu.

Reviews

By CATHERINE MASKREY

I've been at Bangor for a few weeks now and you probably think you've found all the best deals. In this monthly section I will be reviewing places to eat, drink and do your weekly shop here in Bangor starting with the ones on Ffriddoedd.



Bar Uno

Let's start on a positive note with Bar Uno. As a regular customer at Bar Uno, I'd give it a four star review; it's a nice friendly place that does good quality food with excellent service. There's free entertainment every Thursday with the Karaoke night they host weekly, and the deals can be pretty good, e.g. £2 pints during matches.

Lidl

Lidl supermarket, 5 stars. The second you walk into any Lidl the first thing you smell is the freshly baked products made on site. Everything they sell there is really cheap, and the quality exceeds that of the European trading standards. The fact that they are a German supermarket means that they sell food from nearly every continent. Lidl even has a customer accessible bathroom.

Aldi

Aldi, 4 stars. Lidl and Aldi are practically the same except Aldi is slightly more expensive and has no fresh bakery on site. To my knowledge there is also no customer toilet on site.

Siop

Shop/Siop has, unfortunately, only earned a 2 and a half star review so far. While they have excellent service and are pretty good for the inedible things you might need to pick up quickly, the pre-packaged food has been sold the day of/the day after its sell by date. Time saver? yes. Money saver? no.

Morrisons

Morrisons is the local supermarket. I'm sure everyone on Ffridd has been down quite a few times by now. I think that it's earned a 3 star review. There's good prices, good overall quality and an excellent range. However, if you buy the Morrisons saver bread it tends to go off fast and is really dry.

McDonalds

McDonalds. I'd have to give it a 3 star review. Its good quality food and service yet the food came out lukewarm as though it had been made before I got there and ordered it. There was also a 20 minute wait for my food when there were very few people around and half of them got there after I did.

Continental food stores

By CATHERINE MASKREY

One particularly unique thing about Bangor is the wide range of continental food stores. I don't think that I have ever seen this many in a small town before. When I went in, they all seemed to be fairly priced, if you think otherwise please let me know. While I can't say anything about the overall quality of their products, I do think that they are perfect for international students wanting a taste of home. The ones I've seen include the T2 Oriental food store, the Oriental Grocery food store, Al Baraka Foods Ltd. and Zam Zam food. I suggest looking up what countries they sell food from before going in though.

Yorkshire's finest soup and scran

By JAMES DUMPLETON

The year was 1758 and the place was Yorkshire. The birds were chirping and the sun was shining in the clear blue sky. To most people, this was another normal day in the blessed land of England. However, unlike any other day, this was the start of one of the greatest companies known to alcoholics all over the land! The Tadcaster brewery was founded and started production of their mediocre lagers and ales. It was not until 1824 when our lord and saviour John Smith was birthed from good ale stock. The phrase "Only ordinary by name" was never so absolute. Skip to 1852 and a young 21-year-old John Smith bought the Tadcaster brewery and started his mystical adventure to perfect the finest of lagers and ales. To achieve this pipe dream, he had to consult the Old One, Budd the Wiser, on brewing techniques and

teachings. John Smith was taught by the Old One for 100 years in Budd the Wiser's astral dimension. While in the astral dimension, John Smith was subjugated to endless horrors of inferior beings called Stel-la and Car-Lsberg. After his long and arduous endeavours he finally achieved his aspiration to create the finest ale the world has ever seen (the man is a bloody genius). From my perspective as an impoverished member of the working class from the Thatcher era, I absolutely believe that John Smith's ale, nay his dream, was to make a world whereby families adhere to the laws of the church and god. I remember my first taste of John Smith's Yorkshire ale when I was 6 years old and working in the mines. My foreman came over and was handing out scrans and sup to the other miners when he suddenly

turned to me and offered a quick swig from his hipflask. After that first swig I was hooked on to the smooth texture and caramel taste, along with the strong aroma of summer fruits. I would henceforth often frequent local taverns to acquire the nectar of the gods; however, I was only but a 6 year old miner and my monthly pay of 1 shilling and 6 pence was not enough to purchase such a lovely can. As I grew older and stepped up the corporate ladder, I could now purchase John Smith's finest ale for myself and in my humble opinion, the best scrans to accompany the finest ale would be a ciggy bap, not something as posh as Silk Cuts but something that the poorer people in society would smoke, like Pall Mall or Amber leaf.

cove Party Island

£££ Party Every Monday

Carribean Party Every Wednesday
2-4-1 Cocktails

The Place for Live Music and Events In Bangor

Located just off the ASDA roundabout.
38 Sackville Road
LL57 1LD



Check out our social media to keep up to date on all of our events!

 Cove Party Island
 @covebangor

@SerenBangor
seren.bangor.ac.uk

Fashion Editor - Tessa Ast
fashion@seren.bangor.ac.uk

FASHION



Tessa Ast
Fashion Editor

Coming to Bangor from beautiful Cologne, Germany, I am pleased to be able to share my perspectives as your new Fashion Editor from now on. I am a second year Creative Studies and English Language student.

I greatly enjoy expressing myself and making things, be that through arts'n'crafts, cooking, poetry, make-up or, of course, fashion. My focus in this section will be on body positivity, questioning beauty standards, DIY accessories and vintage/second-hand fashion.

If you are interested in writing an article for this section or have any other input, please hit me up at fashion@seren.bangor.ac.uk!

“If you can love me, you can love yourself” – Lizzo and the Importance of Self-Love

by TESSA AST

I still remember the very first time I saw the cover picture of Lizzo's 2019 album “Cuz I Love You”. It shows the lady in question sitting – nude – in front of a dark background, with her shiny black hair hugging her figure. From the photography itself (sultry warm lighting, making her skin glow) to the pose and her hard-to-read, may I say mysterious, expression: this picture is very sexy. But that is, of course, not the reason anyone would think twice about it; many album covers are quite racy.

No, it is sexy in a way that is seldom afforded to women of her size. In a world where seeing a so-called “plus-size” model (read: probably of average weight or a little “curvier”) on an advertisement for jeans, underwear or – god forbid – food has become quite the daily and mundane occurrence, seeing a fat WOC so unapologetically being portrayed as sensual, confident and desirable, still isn't.

I am obviously not the first to notice this. Ever since Lizzo started making waves she has been celebrated as the new face of body positivity by fans and outlets around the world. Working in one of the industries that arguably scrutinises the appearance of female artists the most, Lizzo has managed to carve out a place for herself. She continues to blow away fans with amazing, shiny, flamboyant stage outfits and props (think the giant inflatable butt at the VMAs) and videos of her enthusiastically playing the flute on stage have gone viral a number of times. Hell, even the Obamas put her hit-single “Juice” on their 2019 Summer Playlist.

Now it's easy to get distracted amidst all those flashy visuals and events, but it is important to take a look at what Lizzo is really trying to say and what she stands for. The lyrics to her album “Cuz I Love You” and her music before that illustrate a picture of a confident woman who knows what she wants,

and who is able to put up boundaries when she needs to (look no further than her anti-fuckboy ballad “Jerome”). Lizzo shows us that independence and having high standards is, ultimately, worth it. Her confidence in herself and her own worth is evident in most of the tracks as well, but her message of love of all different kinds of people doesn't stop there. Both in “Better in Color” and in “Boys” she celebrates diversity of stature and type in men, partners and people in general.

Lizzo isn't oblivious to the position she has taken in the body positivity movement either, nor is she unfamiliar with its nuances. In a recent interview with KEXP she said: “I don't know the future of self love. I don't know the future of body positivity. [...] I don't want to be so much attached to it as much as I want to rep it and represent it and be parallel with it and help it”

She is right. Body Positivity is having its moment in the public eye right now

but it's hard to tell whether this is going to affect major changes in the way that different body shapes and people are represented and treated in the future.

“I can't wake up one day and not be a woman. I can't wake up one day and not be fat,” Lizzo told Teen Vogue. It is refreshing to see a pop star acknowledge that self love takes a lot of work and is not all about having a spa day or “treating yourself” (a.k.a. spending money) or tagging your Instagram pictures #bodyposi. It takes self reflection, time and energy but it is so incredibly worth it, especially when the world seems to not love you back.

Lizzo said it best herself: “I don't think loving yourself is a choice. I think that it's a decision that has to be made for survival [...] Do you want to live? 'Cause this is who you're gonna be for the rest of your life. Or are you gonna just have a life of emptiness, self-hatred and self-loathing? And I chose to live, so I had to accept myself.” (NBC).



Last Minute Halloween Costumes

by TESSA AST

Halloween is getting closer by the minute and not everyone is into planning elaborate, time and money consuming costumes. Fret not, friends! Simply try one of these low-effort Halloween costumes!

Greaser

If you have a leather jacket, jeans, some hair gel/pomade and a comb, you're all set to be a T-Bird and turn Halloween into a real Summer Night

(bonus points if you can actually sing). On a similar note, if you switch the leather jacket for a red bomber and adopt a face of perpetual aloofness, you could make a pretty good James Dean.

Queen of Hearts

Fans of classic literature (or any of the film adaptations) will rejoice when they see you dressed up as the evil Queen of Hearts from Alice's Adventures in Wonderland. All you really need is a black/

white/red outfit with playing cards attached to it, a crown and a heart-shaped lipstick look.

Miss/Mister Universe

Throw your hair into some adorable space buns, paint some stars on your face and/or put on your spiciest outfit (a NASA shirt works great as well) – and top it off with a DIY Miss/Mister Universe sash for this punny last minute costume.

The Bachelor/The Bachelorette

With a sexy dress or suit and a bouquet of roses to hand out, you'll be breaking hearts all night!

Pennywise

The more make-up adept can try their hand at recreating Pennywise's look from the IT reboot. Key are the dark eyes, white skin and red lines going from the lips up to the forehead.

of course.

Not ready!

If you're truly living the procrastination spirit on Halloween, you could throw on a bathrobe, slippers, a towel for your hair and do only half of your makeup and nails. When someone asks what you are, you can then simply proclaim “Oh, I'm not ready!”

Add some flair to your autumn outfits with pins

DIY idea: Make your own spooky pins!

by **TESSA AST**

Pins add flair to any boring outfit. Here's how you can make your own cute pins to spice up your wardrobe!

1

Materials

For this DIY you will need:

- air-drying modelling clay (easily found at The Works)
- acrylic paint and brushes
- small scissors or a precision knife
- cardboard (optional)
- pin backings (easily found on Amazon or just hit me up and I'll give you some)
- glue

2

Sketch the shape of your desired pins on a piece of cardboard and cut them out. I went with a cat head, a ghost and a pumpkin shape. If you want to mold the clay by hand, just do that and skip to step 5.

3

Now knead and roll out the clay until it is quite thin, then press the cardboard cutouts into the clay.

4

The cardboard should have created an outline that you can then use to cut out the shapes.

5

Wait for the clay to dry completely. Depending on the thickness of the clay, this can take up to two days. If you're impatient like me you can also carefully bake the clay on medium heat and for no more than 15 minutes at a time.

6

Now for the fun part! Paint your clay creations however you like. I went with more of a cute look, because I am soft. I also added a layer of clear nail polish to give them a nice shine.

7

Wait until the paint is dry and attach the pin backing with your glue of choice. I used super glue and am quite pleased with the results.

8

Once the glue is dry you can finally wear your newest, self-made accessories! Go wild!

While temperatures are dropping and we begin to get cozy in sweaters and coats, it's easy to lose a little flair and for our outfits to get simpler (shout out to those of you who are still rocking mini dresses while clubbing; I do not understand you but I love you).

There is an easy way to combat this and to spice up your winter wardrobe: accessorize with pins! Whether it be cool vintage finds or one of the many cleverly designed pins on Etsy or other online stores, pins and buttons are sure to bring some life to your attire. In fact, there is an entire community of small-businesses and indie designers catering to every aesthetic and pop culture reference you can think of.

Where to buy

Here are some of our favourite online shops to buy pins from:



© blackwandashop

blackwandashop

If you're into pastel everything when it comes to your pins, try shopping at blackwandashop.com. Apart from pins, they also make a lot of other cute stuff, like necklaces and rosettes. Also, their Game of Thrones inspired pin collection is *chef's kiss*.



© Cosmic Mermaid Pins

Cosmic Mermaid Pins

Ranging from adorable to sinister, this Irish-based company creates gorgeous pins, many of them inspired by Ghibli movies or video games. Find at cosmicmermaidpins.bigcartel.com

Nerdpins

This L.A. based shop specializes in enamel pins that double as movie and pop culture references. From Walter Sobchak from The Big Lebowski to the Banana Stand from Arrested Development – every film and TV show buff will find something to their liking here. Find at NERDPINS.NET



© Nerdpins

and IRL.

The Gentleman: on your collar

Just put one pin on each side of your buttoned up collar and look extra nice and put together.

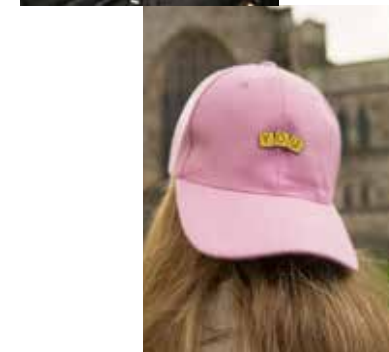
The Gallery: on a belt

If you have a bunch of pins that you want to display, simply put them in the empty holes of your belt, preferably somewhat spaced apart.

The Lady: on a purse

Any purse or bag will look that much nicer and fancier if you just add a little extra to it. Bonus points if you combine a vintage purse with a cool, modern pin.

Modeled by the wonderful Emma Cavaleri.



Punky Pins

Admittedly a somewhat larger company than the other ones, Punky Pins is based in the UK and offers a vast array of fun enamel pins, patches and stickers. I was introduced to this company when they collaborated with one of my favourite illustrators, Mel Stringer, and can attest for the quality of the design and material. Also, please look at their new Halloween Collection! Find at punkypins.co.uk

How to style

Now that you have an idea of the countless amazing pins money can buy you, you might be wondering how exactly you want to wear them. Well, we've got you covered with these classic and creative ways to wear them:

The Classic: on a denim jacket

You know it and we know it – pins will always look super chill on a good denim jacket.

The Art Student: on a beret

Show your artistic side by adding your favourite pin to an adorable beret. Actually if you throw in a brush and palette, this might as well be a costume, too.

The Punk: on a leather jacket

Honestly, there's nothing cooler than a leather jacket with a million pins on it. Be careful, though – pins will permanently damage leather so maybe look for a second-hand jacket in lieu of a new one.

The e-Girl: on a snapback

Adding one (or many) pins to a solid-colour cap or snapback will exponentially increase your cuteness factor, so you can be the trendiest girl on the web

@SerenBangor
seren.bangor.ac.uk

Social Editor - Caroline Cartmill
social@seren.bangor.ac.uk

SOCIAL



Hi, and welcome to the new social section of Seren.

Moving away to university is hard work when you're a girly girl. You've most likely had to leave your trusted hairdresser, nail technician and beauty therapist behind, and you're now thinking, where do I go now? The first step is moving on because yes, you may have had your eyebrows shaped by the same lady for the past six years, but realistically you can't sit and wait for the next university holiday to come around before getting your brows done. It isn't easy finding somewhere new for all your beauty needs, so every month I'm going to do a little review of where I've tried for nails/hair/brows to tell you what I thought.

I'll also be spilling the tea on all things love, sex and situationships (with a little help from my friends of course), because even though I'm no expert, I've had enough dating disasters to be able to provide some stories for you all.

I'd like to write about what you want to read, so email any requests to socialpage@seren.bangor.ac.uk

Happy reading

Caroline xoxo



Spotting The Signs You're in a Situationship



And what to do about it

by CAROLINE CARTMILL

• Have you been dating someone for weeks, or even months without having a conversation about what your relationship status is?

• Or, have you had the conversation already, but agreed to keep it exclusive without being in a relationship?

• Do they show you inconsistent amounts of attention, being all over you for 24 hours then ghosting you for 3 days?

• Do you have no pictures together, and you're nowhere to be seen on their social media?

• Have you never met their friends and family, and noticed they have no interest in meeting yours?

• Do you never make future plans, and everything seems to be 'in the moment' or spontaneous?

• Can they make you feel insecure and not good enough?

It sounds like you've found yourself in a 'situationship', which Cosmopolitan Magazine describe as 'relationships with no label on them'. Situationships may include FWB, people who are dating without calling each other boyfriend/girlfriend, and also people who are in the early stages of a proper relationship.

The main benefit of a situationship is that there are no rules- anything goes.

You don't technically have any loyalty to this person, so if you decide to end it, then it's probably going to be less awkward and traumatic than breaking up with a girlfriend/boyfriend. You also don't have to experience the anxiety of having to meet their family for the first time or be there plus-one for weddings or events.

The negative side is that it's extremely easy for the relationship to become unbalanced and one-sided. You may end up feeling like you're the one putting in all the effort, and they're just having their cake and eating it. Similar to FWB, situationships often end when one person develops stronger feelings than the other person, or one person ends up getting into a relationship with someone else.

My tip is: have the conversation about what you both want out of the relationship at the very beginning. That way, you have the option to back out of it before you get too many feelings or become emotionally invested in the other person. There is nothing worse than dating someone, enjoying their company and thinking you want to eventually be in a relationship with them, for them to then tell you they're not after anything serious right now. If you'd have had the conversation on

date one or two, then the whole situation and potential heartbreak could have been avoided.

A lot of the time, a person will literally tell the other person that they don't want a relationship, and that they just want to keep things casual. The biggest mistake you can make is believing you will be able to change that person, and make them want to be in a relationship with you. Its usually us girls who think we have the power to do that to a guy. We are only going to hurt ourselves in the long run if we think the guy that we're seeing will change his way to be with us. Yes, feelings can change- but the chances are they won't. Boys are much simpler than girls after all, and if they say they don't want to be with you, then they probably don't.

Two of my favourite Youtubers, Emma Tamsin and Breeny Lee have both done videos about situationships, and what to do if you're in one. They're both amazing at speaking the truth and giving advice based on their own relationship experiences, so if you're looking for something new to watch, then I'd definitely recommend their channels.

Me, myself and I

By L

Hey my loves,
L here. This month's column topic will be all about myself, shock horror. Well, where do I start? Without revealing my true identity, because you know, everyone loves a mystery, a couple things you'll learn about me to begin with is that I'm one of the ultimate party go-ers in Bangor, although I like to think I have some sort of self-control when saying no to a night out, the reality is I really don't. Relatable, right? We all have that one friend that turns into a motivational speaker when they hear doubt in your voice regarding a night out, but we live for the nights we can't remember with the people we'll never forget.

Another thing you may notice about me is that I have a passion for fashion and love mixing up different looks depending on my mood, although, sometimes I do look back on some outfits and think 'What on earth was I thinking?!' But, in the words of my Grandmother 'L, if you're not going to wear that when you're 20 then when will you wear it?' So if you're looking for a sign, whether you're still thinking about that satin top in the Topshop window or if you're thinking of splurging out on those winter boots, then here it is. This is the sign. But seriously don't take any chances with the Topshop in Bangor, if you want it get it, act fast!

In the words of Oscar Wilde, 'One can never be overdressed or overeducated' never a truer word spoken, am I right? Don't be afraid of standing out of the crowd. This brings me onto my next point, being educated. I'd like to think I'm an intellectual individual with blonde hair, because there is nothing better or sexier than being smart. Nobody can take that away from you nor will it ever leave you. So if you're currently debating sending that 'you up?' text to the boy you know isn't good for you instead of reaching that deadline, switch off your phone and put your head into your laptop instead of his legs, you're degree won't leave you but the chances are he will. Empowered women, empower women, which brings me onto my next point; the power of women supporting each other. When women support each other incredible things happen and that is something which should definitely be encouraged and promoted in today's society. This is something that's influenced me as a person as I recently became involved in pageantry and modelling, however that's enough revealing for today my loves, until next time....

xoxo L



Chlamydia on Campus

by CAROLINE CARTMILL

According to a survey by Fresh Student Living, 25% of first year university students will catch an STI. Furthermore, they reported that out of the students asked, 40% of students felt the sex education they received was 'just average' while 27% said it was 'poor'. I spoke to Kelly Harris from Brook Cymru, a sexual health oriented charity, to give Seren readers more information on the subject.

What trends do you see about young people having sex at university? When young people go to university, they often experience a sense of liberation about their self-identity, age, self and also readiness to have sex.

What advice would you give to students having sex at university, possibly for the first time? My first piece of advice would be about consent. Make sure you are ready, willing and happy to engage in any form of sexual behavior, and ensure the other person is too. Secondly, make sure you are making these decisions not under the influence of drugs and alcohol. Thirdly, make sure you're feeling safe and not in danger. Finally, use contraception to prevent yourself getting an STI or unwanted pregnancy.

What are the general trends about STIs contracted by students? Chlamydia is consistently the most common STI in 18-25 year olds, however

research has shown a rise in the cases of gonorrhea, syphilis and genital herpes. Syphilis in particular is a rising concern, as it's not a very present STI, however if it's left untreated then it will spread to other parts of the body and is highly infectious.

What contraceptives would you recommend for students? The only contraceptive that can protect you from both an STI and pregnancy is a condom. This can be the male or female condom. I would advise students become familiar with condoms and how to use them, before having sex. Currently on shop shelves there are a lot more 'useless' condoms, which are sold cheaply. The reason they are cheap is because they are often not tested, and therefore not guaranteed to protect you from STIs and pregnancy. On our website there is more guidance, but basically you need to look out for things such as the condoms sell-by date, the European Kite mark on the back which confirms it is tested, and how to dispose of a condom correctly.

Putting on a condom correctly is important, so why not make it part of foreplay? If you do something like accidentally put it on backwards first time, then it's ineffective as the pre-cum on the condom will enter the female.

Female condoms are less popular, however we recommend them, because as research out there shows, the illegal act of stealthing is a real issue. Female condoms give females ownership and control in protecting themselves from STIs and pregnancy. The

female condoms can also be inserted up to two hours before sex, and as the end is a twistable rubber ring, it's really similar to inserting a tampon. Females also have the option of other contraceptives to condoms such as the contraceptive pill and injection, the implant and IUD, which will all prevent pregnancy, however not STIs.

How often should students get STI checks? It totally depends on your sex practice. However, Brook recommends you get yourself checked after each time you have unprotected sex, because many STIs, such as chlamydia, don't show symptoms straight away and can be left unnoticed for years.

Why is healthy sex important? Brook is a sex positive charity, and we believe sex should be a pleasurable experience. Telling a young person that sex will make them get pregnant or catch an STI is not what we do. We endorse people talking to their partners about sex, contraception, and consent, as this makes sex more enjoyable.

The nearest Brook clinic to Bangor is Liverpool, and the Brook website has a huge amount of information and resources accessible to students, including free e-learning modules on things such as contraception and porn.

You can get condoms in most shops and clinics, and the closest GUM clinic to Bangor is Ysbyty Gwynedd, open on Mondays and Wednesdays for drop-ins, or Fridays by appointment only.



Salon Review: Bangor Nails

by CAROLINE CARTMILL

Where: Bangor Nails (on the High Street)

Treatment: Acrylic nails (infills)

Price: £18

Length of time: 45 minutes

It was my hairdresser who suggested I tried Bangor Nails when I needed my acrylics redone. But looking at the outside of the shop, I really wasn't sure what to think. The shop looks shabby and tired (despite only being open a few months), and the interiors are not much better with its holey walls and bright orange paint

Despite my initial feelings of panic when I arrived, I was swiftly seen too by one of the technicians and he began working on my nails.

I'm not going to lie, at shops like these you can't expect to have the 'salon experience'. You won't be offered a cup of tea and a lotus biscuit, and they'll be no gossip magazines to read while you wait, however what you will get is a quick and speedy service at a low price. It is a shame that there is no point's card or customer loyalty schemes at Bangor Nails, however the same treatment could have easily cost £30 at another salon.

I was pleasantly surprised with the quality of the service as I've already

had the nails for two weeks and there's been no breakages or chips. The staff are skilled and efficient at doing different shapes and designs, and they have a huge selection of different colours and polishes. You can pay an extra £10 for gel polish on top of the acrylic, but in my opinion it isn't worth it as the normal paint has lasted really well on mine.

Would I return? Yes. Would I recommend to a friend? Yes.

The Students Going Sober This October

by CAROLINE CARTMILL

Sober October - a full month of no alcohol. No drunken nights out in Academi and Cube, no pints in the pub, and no prosecco with the girls before going out on a Saturday night? It may sound shocking, but according to a survey by The National Union of Students in 2018, 21% of students say they don't drink (never or have stopped drinking) whilst at university.

The survey also revealed the divide in the different drinking habits of students, focusing on students' behaviour towards, attitudes to, and perceptions of alcohol use, and revealed that out of the 2,215 Higher Education students surveyed, 70% think that students drink alcohol to fit in with their peers, and 60% of those who say it can be difficult not to drink too much (38% overall) say it's because alcohol helps them to relax / socialise.

The benefits of not drinking alcohol for a month are plentiful. Better skin, sleeping better, saving money and weight loss are just a few. However, I wanted to find out how easy giving up alcohol is for students, as alcohol is still seen as such a huge factor in the student lifestyle, and a vital part of our socialising.

We all act different after a drink, whether we like it or not, and for me it just gives me that extra layer of confidence. My friends and I will drink prosecco before going out, and if anything we're more giddy and hyper than actually drunk. Usually I save my alcohol calories for the weekend and rarely drink during the week, making me one of the 52% of binge drinking women in the UK (source drinkaware.co.uk). This month, I experimented by going to Academi on a night out without drinking alcohol, to see what my experience would be like. The main difference going out to Academi sober was that I noticed things more. I felt the stickiness of the floor on

my brand new heels, I felt the hands of boys sliding onto my bum whilst I danced, I felt the sweaty humidity in the air, and I experienced the pure annoyance of every single person in the world asking "why aren't you drinking?", "let's get a shot", "one drink won't hurt". The benefits of the night were that I barely any money and consumed very few calories on the night as I had no temptation to get a Bella Bella at the end, however I did feel like I was on a complete different level to my friends, which stopped me enjoying the night as much.

After my Academi experience, I also have great admiration for those students who like me usually drink alcohol, but decided to give it up for a whole month this October. I spoke to undergraduate student Luke*, who told me more about his Sober October experience.

What made you decide to take part in Sober October this year? I decided to do Sober October because I thought that anymore drinking would put my kidneys out of action for a long time.

What has been the best part? The best parts are definitely how clear my head and body is. No hungover weekends for me!

What has been the hardest part? The worst bit is 100% not being able to watch the football with a pint of golden nectar in my hand.

I know you're quite the party animal normally, so how has it affected your social life and nights out? It hasn't affected me too badly on that front. I'm constantly drunk on life anyway so I'm still heading out and having a ball. I must admit I get tired a lot sooner than the rest of my mates!

If you're feeling inspired to take a break from drinking and challenge yourself for a month, Dry January is only round the corner!



Beth welwch chi nesaf? What will you see next?

COMEDY CLUB CLWB COMEDIK
WWW.PONTIO.CO.UK

THURSDAY 7 NOVEMBER NOS IAU 7 TACHWEDD

GORDON SOUTHERN
"Razor sharp wit and outrageous imagination" - Evening Standard
"Hugely talented" - The Mail
"Worth the admission price alone" - The Arts

SIÂN DOCKSEY
"Joy and bewilderment in equal measure" - The Guardian
"Siân Docksey has got her weird in order" - Evening Standard
"I ain't ever seen anything quite like this" - Evening Standard

ROSS SMITH
"Laugh-out loud gags and more subtle jokes that are cleverly set" - Evening Standard
"Witty jokes and brilliant anecdotes" - Evening Standard
"Very funny and original" - Evening Standard

TICKETS - TOCYNNAU £10.50 / £8.50
BOX OFFICE 01248 38 28 28
CHILDRN LANGUAGE EVENT
MEDI AUSTRALIAN & NEW ZEALAND
15+

Ockham's Razor a gynhyrchir gan Turtle Key Arts yn cyflwyno
Ockham's Razor produced by Turtle Key Arts present

This Time

Theatr Bryn Terfel

8 & 9 Tachwedd, 7pm
£15 | £13 gostyngiadau

8 & 9 November, 7pm
£15 | £13 concessions

+ Gweithdy Syrcas
10:30am Sadwrn
9 Tachwedd

+ Circus Workshop
10:30am Saturday
9 November

ROSTRA yn cyflwyno/presents

12TH NIGHT OR WHAT YOU WILL

Theatr Bryn Terfel

13 & 14 Tachwedd, 7pm
£7 | £6 myfyrwyr a dan 18

13 & 14 November, 7pm
£7 | £6 students and under 18

Pontio ac UMCB yn cyflwyno Pontio + UMCB presents

Gig H a'r Band + Kim Hon

Theatr Bryn Terfel

Sadwrn 16 Tachwedd, 8pm
£12 tan 31 Hydref, £15 1 Tachwedd ymlaen

Saturday 16 November, 8pm
£12 until 31 October, £15 1 November onwards

Thespianage Comedy Back in Bangor

Stiwdio Mawrth 19 Tachwedd, 8pm
£10.50 | £8.50 gostyngiadau

Studio Tuesday 19 November, 8pm
£10.50 | £8.50 concessions

SINEMA CINEMA PONTIO BANGOR

PIGION TACHWEDD NOVEMBER PICKS

Judy
25 Hydref - 6 Tachwedd
25 October - 6 November

Doctor Sleep
22-27 Tachwedd
22-27 November

Sorry We Missed You
15 - 21 Tachwedd
15-21 November

£7.50
£6.50 dros 60 / £6 myfyrwr
£5.50 plentyn (dan 18 oed)

£7.50
£6.50 over60 / £6 student
£5.50 child (under 18)

Cofiwch y gostyngiadau arbennig i fyfyrwyr!
Check out the student discounts on special events!



01248 38 28 28
www.pontio.co.uk



Connect@Bangor

Connect@Bangor is a student-led volunteering group where we help students who are waiting for counselling services and need an ear to listen to. We're normally available on Wednesdays 1-3pm in the SU (fourth floor of Pontio) and we'll be seated around the sofas and chatting to people who are waiting to see a mental health advisor. On a side note, if you are in need of someone to accompany you to a new club or society, which you want to try out but are shy

to go to on your own, we offer a 1-on-1 buddy system. A volunteer will accompany you for the event until you are comfortable and more confident to continue it on your own (or if you want to drop it, it's up to you). We're also linked to another volunteering project, Walk&Talk, where volunteers bring students to explore the sights in Bangor and really just chat as they walk (as the name implies). If you ever want someone to chat with or just want to go for a walk and see Roman

Camp (there are people who have been here for a while and have yet to know where it is, so it's worth knowing and going), join them every Wednesday and Friday 4-5pm on the ground floor of Pontio outside the revolving doors. We've been remodelled and redefined this past summer and we hope to bring about a change for the better in student mental health in the university this coming year.



Opinion:

Brexit: Ending Chapter of a Tale of Missed Opportunities

By MARION TANGUY; TREASURER OF EUROPEAN HORIZONS

The United Kingdom (UK) is expected to leave the European Union (EU) on October 31st, more than three years after the 2016 referendum, and more than 6 months late on the original date of exit. The chaotic process of leaving the EU has been the perfect reflection of what Britain's relations with the EU have always been: unsure, reluctant and a long series of missed opportunities for the country.

There is not any great secret about it; the UK has never been really enthusiastic about the European projects. When continental European countries turned to each other for political and economic support, the UK would turn to the United States or the Commonwealth. The most powerful example of that distance can be found in the speech given by Winston Churchill, when prime minister, at the University of Zurich in 1946. In his speech, Churchill talked about the importance of France and Germany working hand in hand and suggested

the creation of a European federation, 'the United States of Europe'. But Britain was never included in those plans. How ironic that Churchill would advise his fellow Europeans to come together as a federation without including his own country, yet European in its own right.

Therefore, it was not a surprise when, in 1950, the UK refused to join France, Italy, Germany, Luxembourg, Belgium and the Netherlands in the discussions to create what would become the European Coal and Steel Community and, much later, the EU. Once again, Britain's priority lied in maintaining and solidifying relations with the US and the Commonwealth, rather than joining our European neighbours in their effort to rebuild a better Europe.

This was the first misstep for the UK. A part of analysts which have worked on the subject consider that, at that time, Britain 'missed the boat', according to the words of Miriam Camps, and consider more globally the Brit-

ish foreign policy of the time to be a failure. Such a position is quite understandable when looking at the consequences: by refusing to join the negotiations, the UK forfeited a chance to be a founding member of what would become the EU and forfeited with it the advantages that come with such a position. A quick look at the French-German couple 60 years ago and today speaks enough to that.

The situation of Britain was even more fragilized when, realizing that it was becoming isolated on the world stage, London changed its mind about the European project and tried to join. Twice, Britain's membership application was vetoed by French president Charles de Gaulle, who did not believe that the UK intended to seriously partake in the European project.

Thus, one can argue that the future of Britain in the EU was already compromised before even entering the Union. The fact that the country managed to obtain a special treatment

from Brussels did not help either. On the contrary, it only accentuated the marginalization that the UK was already suffering from – which was in many ways self-induced. Where it could have decided to fully believe in the European project and taken the lead, Britain decided once again to opt for a timid approach.

However, some changes in this reluctant attitude were perceptible over the years, with the UK getting more and more involved. When London assumed the presidency of the Council of the EU in 1999, it got involved in the preparation of the new currency, the euro, and changed its position regarding a European defense policy. In 2007, as part of poll on who should assume the political leadership in Europe, the option of France, Germany and the UK as leaders arrived second, approved by 18% of the respondents.

One could have thought from that evolution that Britain had finally made a choice, the choice of Europe, and that it would in the future be fully

invested in leading Europe to where it wanted it to go. But it was not the case and London backpedaled totally when Cameron's coalition government came to power, bringing with him a wave of Euroscepticism, leading, in the end, to Brexit.

Brexit is the perfect crystallization of all that was and is wrong with Britain's position towards Brussels. Britain wants to be part of the game, but not too much. Britain wants to have money but refuses to give in exchange. Britain wants to be involved but wants to keep its independence. Once again, as it has been the case so many times over the years, the UK could have seen Brexit as the perfect opportunity to finally take the lead in Europe, impose themselves in Brussels, and shape Europe, just like Gordon Brown suggested in his Remain campaign video, 'Lead not Leave'. But once again, it missed the opportunity.

@SerenBangor
seren.bangor.ac.uk

Arts & Culture Editor: Siân Billington
arts@seren.bangor.ac.uk

ARTS & CULTURE



What's Up With All These Live-Action Disney Remakes?

By SIÂN BILLINGTON

2019's been a big year for the Walt Disney Company, releasing five live-action remakes of their animated classics within nine months. Although Disney has been releasing live-action remakes of their content since 1994's *The Jungle Book*, this recent trend arguably kicked off with 2014's *Maleficent*, with the company re-hashing their classics for a newer audience. But there's a bigger question here, especially in an age where animation is gaining respect as an art form: "but why?"

Well, to answer that question, we must go back a long time ago, in a kingdom far, far away...

America, 1984. Michael Eisner is the President and CEO of Paramount Pictures, and gives this speech:

"The pursuit of making money is the only reason to make movies. We have no obligation to make history. We have no obligation to make art. We have no obligation to make a statement. Our obligation is to make money, and to make money, it may be important to make history. To make money, it may be important to make art, or some significant statement. To

make money, it may be important to win the Academy Award, for it might mean another ten million dollars at the box office."

Shortly after, Eisner leaves Paramount to become the CEO of the Disney Company, a job he would retain until 2005, overseeing both the Disney Renaissance of 1989-1998 and the eventual destruction of the traditional 2D animation department.

Eisner implemented his philosophy to the Disney Company primarily through the production of direct-to-video animated sequels, prequels and mid-quels of established Disney properties, which are debatably, the prequels themselves of the live-action remakes.

Current CEO of Disney, Bob Iger, is for all intents and purposes an apprentice of Eisner's, and also adheres to the philosophy that making money is vastly more important than making art.

Now, this is not to say that the company's philosophy has never been to make money - Walt Disney, after all, was a ferocious capitalist - but this is a shift from the earliest

incarnation of the company and its artistic values. Even Walt himself was known to express disappointment at being unable to produce such great works as the movie adaptation of *To Kill A Mockingbird* after a private screening of the film in his home, remarking: "Now that's the kind of movie I wish I could make."

But despite this, the current trend in Disney movies seems to be this: take a property, find something people don't like about it, and make an entire movie addressing it. This was the sweet spot that Eisner never quite hit; it wasn't enough to create additional content for the original movies - in order for people to accept that the remakes were something other than a shameless cash-grab, you need to say something about the movies you are remaking.

Why else would the 2019 *Dumbo* end with Danny Devito running a 1940's cruelty-free circus after all his animals are returned to their natural habitats? And they cut out the BEST PART of the original movie (Pink Elephants on Parade) because it's 'problematic' to show a baby elephant get-

ting drunk and tripping some pink elephant monstrosities?

But the most egregious example of Disney using wokeness for fun and profit is 2017's *Beauty and the Beast*, which seems to exist only to counteract every single piece of internet criticism ever lodged against the original movie by making a boring piece of slog with a dash of neoliberal #GirlPower that makes you long for the sweet release of death.

But more so than the forced girl power elements that seem only to be there to refute the internet accusations of Belle having Stockholm syndrome, is that the company seems to want to widen its demographic - but in the stupidest way possible.

You see, the queer community has always really, really, loved the Disney company, especially the villains, and Disney has no idea how to feel about this. Much like Disney's attitude towards women, the company sees the queer community as an extremely valuable source of income, but also a massive liability - because if they're too nice, they lose markets all over the world from countries who don't

want to allow content 'encouraging/endorsing homosexuality'.

Which is why the first confirmed queer character in any Disney property is 2017's *LeFou*, played by Josh Gad.

In a movie with Sir Ian McKellen, Disney decided to make the buffoon sidekick character played by Olaf from *Frozen* its first ever example of queer representation. Waiting for Jack Whitehall in *Tiger Cruise* might have been more worth it.

But overall, the film grossed more than a billion dollars worldwide, teaching Disney that lazy fedora-tips to Hollywood's version of progressivism is fundamentally going to make them more money than any form of risky original product. If anything, it's more profitable, as not only are you increasing the prestige of the Disney brand, you are increasing what Disney internally refers to as 'brand integrity'. And you can get away with creating a ninety-minute advert for the Broadway show of *Aladdin* starring Will Smith.

Major theatres end contracts with fossil fuel companies

By SIÂN BILLINGTON

The National Theatre will end its sponsorship deal with the fossil fuel company Shell, after announced plans to accelerate the theatre's plans to be carbon neutral. This follows the Royal Shakespeare Company's end of its partnership with oil giant BP after harsh criticism and a student protest earlier in the month. Despite BP sponsoring a programme that subsidises tickets to sixteen to twenty five year olds, school students threatened to boycott the company if they did not end their partnership immediately. Shell previously sponsored an annual youth theatre festival at the National and has been a partner since 1995. When asked about the end of the contract, which will be finalised

in June 2020, a spokesperson for Shell said: "The heightened awareness of climate change that we have seen over recent months is a good thing. As a company, we agree that urgent action is needed. What will really accelerate change is effective policy, investment in technology innovation and deployment, and changing customer behaviour. "As we move to a lower-carbon future, we are committed to playing our part, by addressing our own emissions and helping customers to reduce theirs – because we all have a role to play." Climate campaigners also welcome the changes made with these theatre corporate sponsorships. Green-

peace spokespersons said of the Shell/National: "This week the world of big oil sponsorships has seen more break-ups than an episode of Love Island. The curtains are coming down fast on this long-running farce where the joke is ultimately on all of us. "As the impacts of the climate emergency play out all around the world, the reputational damage of being associated with the industry fuelling the problem far outweighs any financial benefit. It's time for oil giants to get the moral of the story, ditch a business model that's destroying our world, and shift to renewable energy." That is not to say that all of these "break-ups" have been amicable.

BP defended its sponsorship of the RSC, and criticised the absolutism of the protestors. "Over the past eight years our sponsorship has enabled 80,000 young people to see RSC performances at reduced rates... The increasing polarisation of debate, and attempts to exclude companies committed to making real progress, is exactly what is not needed." These events also follow the resignation of Sir Mark Rylance as an associate artist of the RSC, saying he would not "wish to be associated with BP and more than I would and arms dealer [or] tobacco salesman."



Fleabag NT Live re-view:

An outrageously funny, filthy and forthright tragicomedy for our times

By JAMES TANNER

Amongst the latest offerings from the West End's National Theatre, one that promised to send audiences into fits of laughter was the unashamedly honest Fleabag, brought to Bangor's very own Pontio cinema and broadcast live nationwide on 12th September, followed by two encore screenings on 29th September and 5th October. For those who are not already familiar with the hit BBC comedy of the same name, its creator Phoebe Waller-Bridge showcases her extraordinary talent through her own original screenplay, while also acting out the one-woman show in an innovative dramatic monologue directed by Vicky Jones. Having adored the TV series (which I would also thoroughly recommend) it was interesting to watch the source of its inspiration acted out on stage, purely for the immersive quality brought to the audience in the company of Waller-Bridge's solo performance alone.

Achieving sold out performances across London and New York, it's not surprising why this show remains immensely popular since its first showing in 2013. From the opening interview scene, Phoebe captures a twenty-something woman's desperate struggle to keep herself above water through whatever means possible. Because of her raw, brutal honesty the audience is allowed full access into her mind and emotions, keeping things real and intimate but at the same time nothing is premeditated. While certain well-timed lines prompt spontaneous bouts of laughter, this allowed elements of tragedy to poignantly follow. And that's what exposes us to the fluctuations of human drama - we search for something to relate to our own lives. This is a tour de force that covers life, love, family, friendships, sex, work and death, and upon reaching the end of this performance, I felt like there was something truly rewarding as well as satisfying in watching a stage play, encouraging me to see more in the future. The only thing that left me with a weight on my heart was discovering it to be over too soon, but at least I can return to the TV series in the meantime.



Death Culture Around the World

By SIÂN BILLINGTON

As spooky season is here, let's take a look at what happens and the traditions in the rest of the world!

Mexico: Día De Los Muertos

The Mexican Day of the Dead is celebrated over the 1st and 2nd of November, when it is believed the wall between the living and the dead is thinnest. Families keep vigil over the graves, and make altars and leave gifts like a special bread called pan de muerto.

Interestingly, there is also a parade in Mexico City, as seen in the James Bond movie Spectre, but the scene wasn't inspired by a pre-existing parade - the city council decided to start one because of the popularity of the movie scene.

Indonesia: Ma'nene

Practiced by followers of the Aluk to Dolo religion in the lowlands of Indonesia, families mummify their dead in the home (often a period of years), and the skin is tanned into leather using tea leaves and bark. During the ma'nene, the bodies are exhumed, washed and cleaned, and

re-dressed before finally being put back in the tomb.

Poland: Dzień Zaduszny

On the first of November, All Saints Day, families go and visit the graves of members who have passed. The next day, Dzień Zaduszny, is celebrated by a special mass dedicated to dead friends and relatives. It is accompanied by a day off school, and has its origins in pagan practices.

Japan: Kotsuage

Post-cremation, Japanese families use chopsticks to collect the fragmented skeleton of their loved one, starting with the feet, and work their way up to the skull, placing the bones into an urn.

Bolivia: Ñatitas

In La Paz, semi-mummified human skulls called ñatitas are used in a similar way to saints - emblems of and prayed to for specific blessings. There are ñatitas for debt help, protection, and health - and they are reportedly discovered by their locations appearing to people in dreams.

@SerenBangor
seren.bangor.ac.uk

Books Editor - Niamh O'Connell
books@seren.bangor.ac.uk

BOOKS

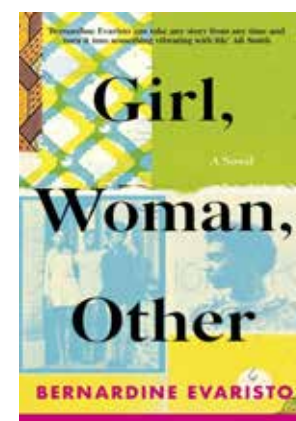


Hello everyone! My name is Niamh and I am the editor for the books section this year. I am a third year Sociology student who hopes to go into journalism in the future. I am originally from just outside of Manchester and I love to read and write.

When I'm not doing university work or reading, I am usually doing crafting of some sort, playing DnD/Pokemon or watching those cheesy romantic films on Netflix. And I am almost always drinking coffee.

I have loved reading books from a very young age, and would talk someone's ear off for hours about the latest book I read and loved and would encourage them to read it too. Now I have the chance to do that in writing form. I would like to tell you my favourite books, but that is a long list that is ever growing.

If you would like to write for this section, be it a review, recommendations or if you simply want to get in touch, you can email me at books@seren.bangor.ac.uk.



The Booker prize 2019 is a tie

By NIAMH O'CONNELL

On October 14th 2019, the winner of the annual Booker Prize was announced with the shocking twist that it would be shared with two authors instead of one. Winners of the award were Canadian novelist Margaret Atwood for *The Testaments* (a companion novel for *The Handmaid's Tale*) and British author Bernardine Evaristo for the book *Girl, Woman, Other*. First established in 1959, within the 50 years that this prize has been awarded, it has only been shared twice before, in 1974 and later in 1992. However, after the second time, the rules for the Booker Prize were changed so

only one author could win, making this year's decision truly remarkable. The judges said that after five hours of debate over the six books that had made the shortlist, they came to an impasse where neither book could be chosen as the single winner. On their website the Chair of this year's judges, Peter Florence, stated that "In the room today we talked for five hours about books we love. Two novels we cannot compromise on. They are both phenomenal books that will delight readers and will resonate for ages to come." The prize money of £50,000 will be split between both winners 50/50. Other books that were on

the shortlist for the winner were; *An Orchestra of Minorities* by Chigozie Obioma; *Ducks Newburyport* by Lucy Ellman; *Quichotte* by Salman Rushdie; and *10 Minutes 38 Seconds* in this *Strange World* by Elif Shafak.

About the books

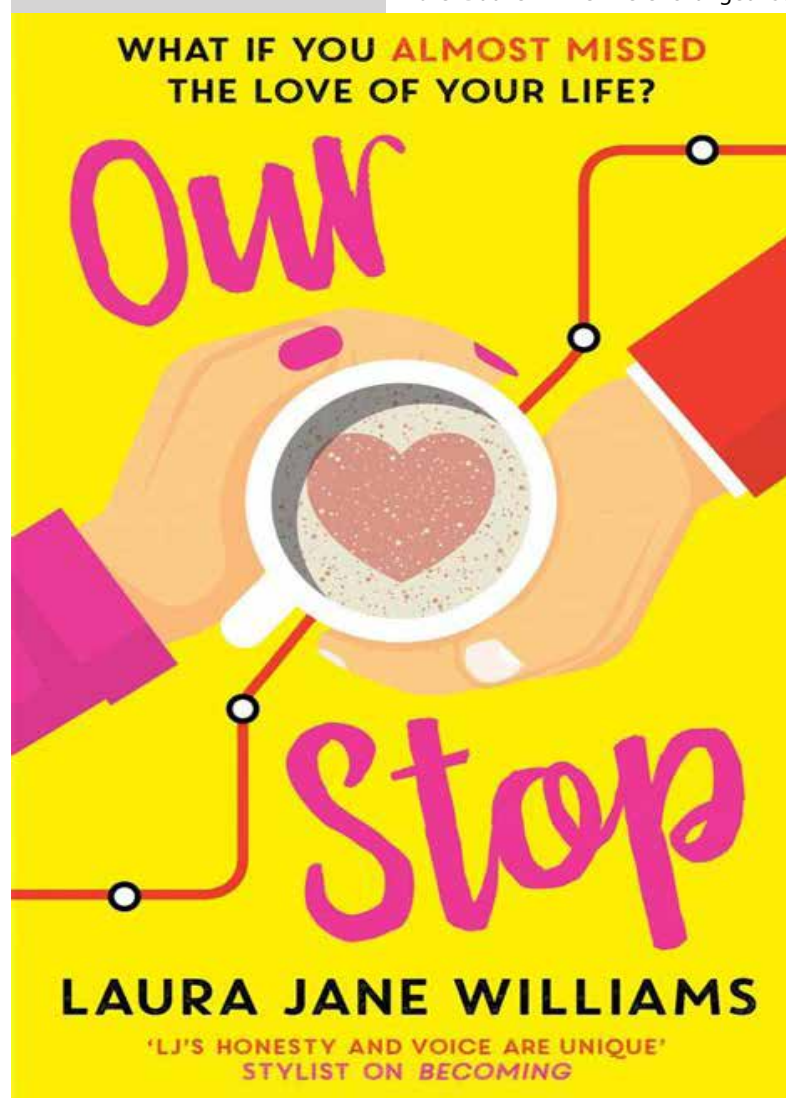
The Testaments by Margaret Atwood.

In this brilliant sequel/companion novel for the highly acclaimed *The Handmaid's Tale* author Margaret Atwood returns and answers all the questions from the first book that readers have had for decades. With *The Testament's* the wait is over. Atwood picks up fifteen years after the

first book, with three different narrators all from Gilead.

Girl, Woman, Other by Bernardine Evaristo

Evaristo returns with her eighth novel, *Girl, Woman Other* which follows the lives and twelve very different characters. Mostly women, black and British this book tells their stories of family, friends and lovers, across the country and through the years. Teeming with life and crackling with energy this book is a love letter to modern Britain and black womanhood.



Our Stop Review



By NIAMH O'CONNELL

This sweet rom-com is a soon to be classic just like the 80's and 90's movies that it has been inspired by. This book plays into the classic tropes of a rom-com but still manages to remain witty and truly authentic. The story follows Nadia, who after a breakup is on the track for *The New Routine To Change Her Life* - which involves catching the train on time at 7:30 (well, except for when she oversleeps) - and Daniel who really does get the train at 7:30 every morning and who has had a crush on Nadia ever since he first saw her. Being too shy to approach her, he decides to send in a message for her in the morning paper's 'missed connections' section to grab her attention. Wanting to know who her secret admirer is, the two start to send messages back and forth, but just like in real life, things never go according to plan and the two keep missing each other, unable to meet...

While the book may be a bit slow for some people, I believe that this pace overall benefits the character development and storytelling. The book's writing is witty and light and therefore

it helps provide more weight to its emotional scenes. While it may be riddled with coincidences, the romance is well-written and makes sense for the characters, who are both relatable and lovable; while they fit the 'opposites attract' trope, they are also similar where it counts so you understand why they would be the perfect fit for each other.

And while the book may have a great romance, the protagonists' relationship with the supporting cast is great as well. Characters such as Emma and Daniel's mother go through their own development, which is vital to the story and it helps further the development of our main protagonists. However, while the development of side characters is beneficial, sometimes it can be quite distracting from our main love plot and can feel a bit jarring and unfit for the overall story. This unfortunately made the book drop down a little from being a five star read, but it was not too much of an issue to make me dislike it all together.

For me this book was an instant favourite and would be for many fans

of classic rom-coms. It is a great summer read as it is set during the sunny season, but can also be a nice read for the whole year round. If you are in a reading slump, this book is the perfect choice to help you get out of it. However, even if you feel you are too busy to sit down and give this a go, it is well worth listening to the audiobook instead. The audiobook puts to use the talents of Carrie Hope Fletcher and Felix Scott as narrators of Nadia's and Daniel's points of view, respectively, and both performances provide even more depth and personality to the protagonists. If you are a fan of films such as *When Harry Met Sally* or *You've Got Mail*, this is the perfect read.

"To the cute girl with the coffee stains on her dress. I'm the guy who's always standing near the doors... Drink sometime?" - Laura Jane Williams

Give it a listen

By NIAMH O'CONNELL

Bookish podcasts to listen to when you want to hear thoughts on everything book related. Sometimes after you read a book the one thing you want to do is discuss it, or maybe you like to see discussions of anything book related, including the writing process. However, sometimes finding the people you want to discuss these things with can be difficult, as the people you know may not be as avid in their reading as you. So, to help solve that issue here are a few podcast suggestions that are perfect for this situation.

88 cups of tea
This podcast is for those who are interested in the different types of writing processes, and for those who are creative writers themselves looking for guidance in their storytelling process. This podcast creates a connection with the writing community. With interviews and discussions with many different authors, typically young adult authors, this podcast is a great listen for those who would like to write their own book someday.

Annotated
In this podcast you can find the hosts studying different aspects of books, reading, and language. Previous episodes have been focused on the 2018 Nobel crisis in literature, Agatha Christie's mysterious disappearance, and how Shakespeare was saved. This podcast is a great listen for those who love to learn more about the community, its creators and everything in-between.

All the books
This biweekly podcast is great for those who love to keep up to date with the newest releases. Run by the editors of the site Bookriot, All the books is a great podcast where the discussions are all about the hot and highly anticipated releases of the month. Other episodes see the hosts go back to some of their favourite books. They also have episodes opening the discussion to its listeners by having the host answer listeners' questions.

YA cafe
This podcast is great for fans of Young Adult books. The podcast is a round table discussion of a new title in young adult literature. The chat is joined by readers, teachers, librarians, authors, and media critics to provide many points of view on the new title. And if you haven't read the discussed book by the time the episode is out, there is no need to worry, as the first half of the episode is spoiler-free.

Spooky book recommendations

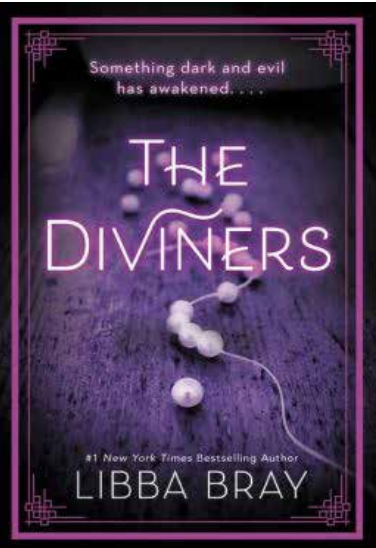
By NIAMH O'CONNELL

It is that time of year where the shops are decked out with giant bags of sweets, cobwebs are used as dressing for the windows, and everyone is getting dressed up, Scary or not. Halloween is a very atmospheric time of year, and in your free time you might be able to find time to read a

book. Maybe around Halloween you already have chosen what books you want to read, however if you are looking for something new, or maybe you

always want to hear about new books, here are five books that fit the spooky season. While these books can also be read all year round, Halloween and

the autumn months are the perfect time to pick up and start one of these five reads.



The Diviners by Libba Bray

This young adult fantasy series has a great atmosphere that is the right fit if you are a fan of the Harry Potter series. Set in the roaring 1920's, the book follows our protagonist Evie O'Neill who has been exiled from her hometown and sent to stay in New York City, filled with speakeasies, Ziegfeld girls and rakish pickpockets - and she couldn't be more excited! The only issue is that she has to stay with her Uncle Will who has an unhealthy obsession with the occult. This obsession makes Evie worry that her uncle will discover her darkest secret: her supernatural power. But when the police find a murdered girl who has been branded with a cryptic symbol and Will is called to the scene, she realises she may be able to use her gift to help catch this young girl's killer. As Evie jumps in headfirst into a murder mystery, other stories in the city start to unfold. And something evil has awakened. Everything about this book makes it the perfect spooky read for the season: the mystery, the setting and its characters. If you want a good scare this is the book for you.

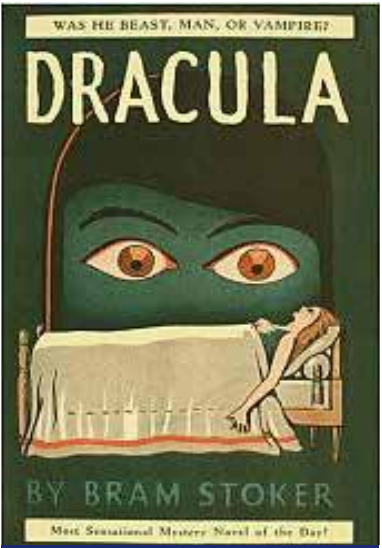
Average Goodreads score: 3.97/5



Stalking Jack The Ripper by Kerri Maniscalco

If the murder mystery vibe is more your thing, this historical fiction novel is the perfect read for you. Stalking Jack the Ripper follows seventeen-year-old Audrey Rose Wadsworth, a lord's daughter with wealth and privilege set out before her, but who leads a double life. Against her father's wishes, Audrey secretly has an apprenticeship with her uncle to study the gruesome practice of forensic medicine in his laboratory. When she works on a string of corpses that have been gruesomely killed, it leads her into the investigation of a cruel serial killer and her search for answers brings her close to her own sheltered world. Full of shocking twists and turns and a story inspired by the famous Ripper's murders, this creepy horror novel is a great read to get you in the mood for Halloween.

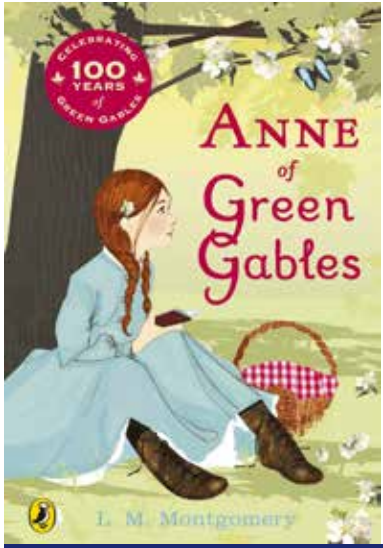
Average Goodreads score: 4.02/5



Dracula by Bram Stoker

One of the classics of horror, Dracula is the perfect read if you want a classic vampire story just in time for Halloween, one which has inspired so many of our favourite vampire and monster stories. The story is told through letters, diary entries and newspaper clippings, and begins with Jonathan Harker who visits Transylvania to help Count Dracula purchase a house in London, and makes horrifying discoveries in his client's castle. Not long after, many disturbing incidents unfold in the English town of Whitby after a ship comes ashore with its crew missing, leading to a battle of wills between the vampire hunter Van Helsing and Dracula himself. In this classic masterpiece of the horror genre, Bram Stoker creates the perfect read for this season.

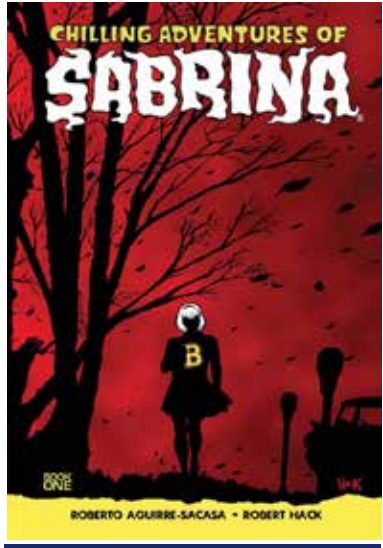
Average Goodreads score: 4/5 stars



Anne of Green Gables by L. M. Montgomery

While this book may be an unusual fit for these recommendations, it has been included for those who cannot stand anything spooky or scary but still want a nice, endearing read for the autumn season. Anne of Green Gables does just that. This book follows Anne Shirley, an orphan who has been sent to the Green Gables farmhouse and immediately wants to stay forever. But the Cuthberts asked for a boy to help with farmwork, and not a young girl with fiery red hair and a temper to match. Anne, with her imagination and easy way with words, is unlike everyone else, and it is not long until the Cuthberts can't imagine Green Gables without Anne. This book is comfortable, wholesome, and suitable for any age.

Average Goodreads score: 4.25/5



Chilling Adventures of Sabrina, Volume 1: The Crucible by Roberto Aguirre-Sacasa (writer), Robert Hack (artist)

Fan of the Netflix TV series? Or just enjoy a good graphic novel? This is the read for you. On the eve of Sabrina Spellman's sixteenth birthday, the young girl finds herself having to make a difficult decision: a choice between an unearthly destiny and her mortal boyfriend Harvey. However, an enemy from her family's past, known as Madam Satan, has now arrived in Greendale with her own deadly agenda. This graphic novel has the horror and creepiness expected from this type of story, and the artwork is perfect. So if you want a quick read for Halloween, this graphic novel could be it.

Average Goodreads score: 3.98/5

@SerenBangor
seren.bangor.ac.uk

Music Editor - Stephen Owen
music@seren.bangor.ac.uk

MUSIC



The Rebirth of British Jazz

By STEPHEN OWEN

For many of 20th Century music's earliest forms, integration into the modern music scene hasn't been too difficult. Classical music still rings through the ears of many movie goers, with pieces from Hans Zimmer or Alan Silvestri still captivating, alongside more modern innovators like the minimalists such as Phillip Glass or John Cage. The blues still has millions of listeners, whether in the streamlined yet hugely popular albums of someone like John Mayer or Joe Bonamassa, or in the bluesy alternative rock sound of the White Stripes. This influence, even arguably through the integration of soul and R&B into popular music, runs even deeper. Jazz, however, has seemed to sit in relative obscurity. Being unable to captivate or set a scene in the way an orchestra does, nor capture emo-

tions as succinctly as the blues since the death of the genre's greatest innovators, it hasn't really managed to capture new audiences. Jazz fusion's uncompromisingly strange complexity was never going to become a highly popular trend, whilst most traditional forms of jazz no longer hold the same cultural weight they did during the first half of the 20th Century. Arguably, this is changing in Britain at least, within a thriving and vibrant music scene emanating from London. Centring around a fairly small group of artists, they are refitting jazz within the contexts of popular music, allowing hip-hop, R&B, electronica and punk to sit alongside the key changes and off-kilter melodies often found in jazz. When discussing this scene, there are a number of key records and musicians to discuss. Perhaps the most important person to mention within this

movement is the saxophonist Shabaka Hutchings (above). Having worked on a number of projects, Hutchings found fame with both the sneering anger of 2018's *Your Queen Is A Reptile* from Sons of Kemet, and the calmer, more introspective sound of *The Comet Is Coming*. Sons of Kemet burst with anger about racial injustice and how little the British establishment represents them, taking in hip-hop alongside their raw, energetic and streamlined form of jazz. *The Comet Is Coming*, on the other hand, consists of a synth player, Hutchings and a drummer, allowing washy electronic textures to go alongside Hutchings' aggressive spurts of saxophone. He also has a project named *Melt Yourself Down* that takes the angular aggression to another level, sounding reminiscent of post-punk.

Another artist with similarly genre-

bending intentions is Ezra Collective. Their debut full length album *You Can't Steal My Joy* manages to blend an often technical jazz-fusion sound with a whole range of different genres. The noir R&B of *Reason in Disguise* features the sombre vocals of Jorja Smith, whilst the disgruntled *What Am I To Do?* features rapper Loyle Carner. Alongside these are tracks that take in samba rhythms, what I think is a streamlined version of legendary afrobeat artist Fela Kuti's *Shakara* in conjunction with afrobeat collective KOKOROKO and reggae grooves. Far from seeming isolated and remote, these artists in particular have connected with Western and non-Western music, interconnecting jazz in a way that is far more accessible and welcoming. The performances of Sons of Kemet and Ezra Collective at the last Glastonbury festival were a

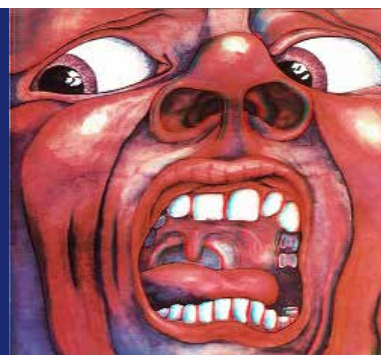
superb symbol of this; vibrant, energetic and thrilling throughout. 2018's *We Out Here* compilation features most of the musicians from this small scene playing previously unreleased songs. Everything from the moody and leering *Black Mask*, *Black Skin* of Hutchings to the vibrant bombast of KOKOROKO's *Abusey Junction*, the compilation shows off a huge range of artists in their slightly less streamlined, but still highly gripping form. Whilst jazz has arguably stalled a little since the deaths of musicians like Miles Davis and John Coltrane, there is a rebirth of jazz into a more mainstream music scene. Whether you have listened to much jazz or not, I would urge you to listen to at least one of the artists mentioned above. You may find the music not as incomprehensible or daunting as you may have thought.

In The Court of King Crimson

By STEPHEN OWEN

For all that progressive rock burnt out fairly spectacularly in the late 70's, only really recovering in any meaningful way three decades later, there was one band who weathered the storm of punk and new-wave, even to a degree of enveloping themselves in the fringes of it. That band was King Crimson. Pretty much dictated by founding member and guitarist Robert Fripp, KC managed to have a career that was still successful and boundary-pushing post-1979, releasing stellar and innovative albums up until 2003. The new-wave inspired *Discipline* from 1981 or the alternative metal sound of *Thrak* during the 90's were among a whole range of successful experiments, along with Fripp's own contributions on landmark albums like *Heroes* and *Scary Monsters (And Super Creeps)* by David Bowie or *Talking Heads' Fear of Music*. This month sees the anniversary of two of their earlier albums. their 1969 debut *In the*

Court of the Crimson King and their 1974 album *Red*. The early albums of the London-based band were albums which straddled the now established musical forms of jazz, blues and rock with psychedelia, classical arrangements and proto-metal sounds. The proto-metal sound couldn't be heard more clearly on *Court's* opener and King Crimson's most well-known song due to its sampling on Kanye West's *Power*; 21st Century *Schizoid Man*. Opening with its devastating chorus riff, the song's aggressive vocals from bassist Greg Lake and buzzsaw guitar from Fripp created a song that, in the same year as *Black Sabbath* were releasing their debut album, sounded similarly menacing and imposing. Aside from this first wave of brutal energy, the rest of the album was more atmospheric, relying more on the washy beauty of instruments like the Mellotron, a keyboard that simulates stringed instruments. Songs like the dark title track and the dramatic and



measured *Epitaph* have a tension and sense of scale that wasn't present in the music of *Yes* or *Pink Floyd* for a couple more years.

By *Red*, a formula had certainly developed in King Crimson's music, but *Red* was by far the most riotous and unstable version of this sound. For every song in *Court* there is a far heavier equivalent found on *Red*. *I Talk To The Wind's* soft psychedelic influences can be found *Red's* *Fallen Angel* until the bizarre time signature change in the chorus that comes with a hugely angular and backwards-sounding riff from Fripp, arguably his signature. *Schizoid Man* has its match with the instrumental title track that opens *Red*, with a number of crushingly atonal riffs coming alongside a menacing, dark atmosphere. Similarly, the jazzy improvisation found in *Moonchild* has its own utterly unstable cousin in *Providence*. The peak of *Red* though can be found in the final track *Starless*, in which Fripp creates a lead

Pixies - Beneath The Eyrie

By STEPHEN OWEN

As a band that has inspired a huge amount of the most popular rock music of the last 3 decades, from grunge to the second wave of American indie rock, Pixies have a lot to celebrate even in their first two albums. Surfer Rosa and Doolittle are some of the most dynamic, catchy and bizarre records of the 1980's, and whilst their return somewhat unsurprisingly hasn't led to anything as startling as either of those albums, their latest album *Beneath the Eyrie* marks another interesting shift for the band. Taking a more gothic sound on this album, whilst Pixies certainly still retain much of the zany ideas and huge choruses present on their early music, there is an eeriness present throughout that certainly makes it stand out within their discography. Tracks like *Silver Bullet*, *Bird of Prey* and, most obviously, opener *In the Arms of Mrs. Mark of Cain* have a darker atmosphere that augments the Pixies sound fairly effectively. Long Rider's heavy use of reverb on

Black Francis' vocals and the droning guitars of *Mrs. Mark of Cain* may not be as suffocating as some of The Cure's most miserable albums, nor the twisted rock n' roll of *Bird of Prey* as cartoonishly evil as similar material from Nick Cave, but it certainly has its own charm. Otherwise, two of the singles off this album, *On Graveyard Hill* and *Catfish Kate*, are typically Pixies. With their catchy choruses and their quieter more subdued verses they recall songs like *Wave of Mutilation* off their older material. *St. Nazaire*, on the other hand, is the closest the band comes to the shouty freak out tracks that were scattered in their older material and previous album *Head Carrier*. The track sounds like an utterly deranged take on the blues before erupting into a wall of distortion in its chorus. Pixies continue to make quirky and intriguing alternative rock that, whilst not having quite the immediacy found in their early work, is still a pretty worthwhile and entertaining listen.

LIVE REVIEW: Ara Deg Festival

By **STEPHEN OWEN**

After a career straddling the Brit-pop and Psychedelic Revival movements with his band Suffry Animals, North Wales local Gruff Rhys has continued to delve into a huge range of different sounds and cultures, culminating with the creation of the Bethesda-based Ara Deg festival in support of his new album, Pangl. Whilst I personally only attended the final night of a 4-day festival that also included art popper Aldous Harding and electronic experimenters Bitw along with art installations and more, the final night Neuadd Ogwen seemed to be the perfect summary of an event that only only an artist like Gruff Rhys could curate coherently. The first of three acts was the vocalist for psychedelic pop artists The Coral; Bill Ryder-Jones. His reverberant, piano-led nautic ballads contrasted with the warm, intimate persona of the singer-songwriter. Promoting a stripped-back re-recording of his more dream-pop and psychedelia influenced al-

bum Yawn, Jones stripped down the arrangements even further, taking out any ambient textures heard in the album mix to leave just the piano and his fragile yet emotive voice. Something that was also to the credit of the audience surrounding this festival was how even a support act to Gruff Rhys was able to take requests from the audience, highlighting how effectively the festival was curated for both local and international talent. The beautifully sparse sound of Ryder-Jones stood in contrast however, to the next act, Muzi. Hailing from Durban, South Africa, Muzi's mixes hip-hop, electronic music and more traditional South African music into a frenetic and catchy blend. There was an irresistible energy and joy to his performances, which straddled between mixes of songs like Earth, Wind and Fire's September, songs from his 2018 album Afrovision, and recent album Zeno. With Muzi having also produced Pangl, he also contributed backing vocals in the headline set, a performance that combined the per-

cussive energy of Muzi with both the cultural connection in the form of a setlist largely sang in Welsh. The first half of Gruff Rhys' set was a number of songs from Pangl, an album that melded psychedelia, folk, traditional African music and electronica into a vibrant symbol of political protest. The acoustic guitar playing of Gruff Rhys melded with bongo drums, keyboards and splashes of electric guitar which, alongside the production of Muzi, created an album that sounds simultaneously grounded in place and utterly surreal. The second half, however, saw Gruff Rhys picking songs from his large back catalogue and in a comically impromptu moment singing Gwahoddiaid, a traditional Welsh folk song, during the encore. All in all, the final night of Ara Deg can only be described as a beautifully engineered fusion of cultures, musical styles and moods into a gig that was as striking as it was fun and humorous.

Angel Olsen : All Mirrors



By **SCOTT TAYLOR**

All Mirrors is the fourth album by American singer and songwriter Angel Olsen, and it is important to note that this album is not just an evolution. For this record, she recruits the help of a small orchestra, with instruments like violins, cellos, violas and bones to help give her backing throughout the record. The opening track 'Lark' is a spectacular opener, using the orchestra and Olsen's voice to build suspense until the track reaches a spectacular climax. There is nothing about this record that feels rushed, and no song feels like it's simply been added to help extend the run time to make enough tracks for an album. They're all very independent as tracks that make their own statements and impact upon you as a listener, yet they are also very interconnected and create a beautiful experience. This album is mostly slow, stripped back and melancholic, but it is a great testament to the ability of Olsen that it never feels like, too slow or tiring. It differs greatly from her previous work, but Olsen has a great way of reinventing herself in every new album, and this is by far her most impressive album to date.

The use of synthesizers alongside an orchestra create a perfect blend of classical and electronic sounds, which help to emphasise Olsen's voice whilst also being very beautiful and at times moving. The track 'Spring' is one of the tracks that stands out on this album and that is impressive given the level that each song on this album is on. It has amazing vocals and instrumentation, and provides a great change of pace for the record. The other songs that seem to be worthy of individual note are the tracks 'Endgame' and 'Chance', which close the album in that order. They are both haunting and 'Chance' especially will stick with you for many days after listening. All Mirrors is an album which is nearly perfect in how it comes together. The vocals are by far the greatest part of this record, however they are only as poignant and incredible thanks to the great lyrics that Olsen provides alongside the superb instrumentation. This album is one of the greatest I have heard this year, and I feel will be a record we look back on with great respect for a long time to come.



Featured Albums

Iggy Pop : Free

When discussing those who sat on the fringes of rock, Iggy Pop has few equals. From the rampant, drug-infested chaos of his band, The Stooges, to the sobering darkness of debut solo album The Idiot, Pop is among the most unique and inventive musicians of the 1970's. His last solo album Post Pop Depression, a collaboration with Queens Of The Stone Age's Josh Homme and Arctic Monkeys drummer Matt Helders, showed an artist capable of blending effectively into modern alternative rock as well. Free is another intriguing step for Pop, enlisting the help of ambient artist Sarah Noveller and jazz trumpeter Leron Thomas, something that on the surface is comparable to his late friend David Bowie's Blackstar. Free is an

odd project, one that seems just as happy to indulge in washy Blackstar-aping ambience as slinky, post-punk inspired tracks in the style of his much-celebrated Lust For Life. Sonali absolutely fits the former category, with a drum-machine like backbeat, washes of noise from Noveller and sudden interventions from Thomas that make this probably the best of the ambient material on this album. This is followed with James Bond, a comically romantic, slow-building rock song, and Dirty Sanchez, an obnoxious screed against pornography that to my mind is one of the more questionable things Pop has ever released. James Bond is one of the better songs on this album, with its repeated bassline being built off to its rapturous ending. Otherwise, there is a tribute to Velvet Under-

ground singer Lou Reed in a recital of one of his poems in We Are The People, which is predictably grim but fairly arresting. The very sparse Glow In The Dark, one that features an extended outro that unlike much of the instrumentation on Free, stands out in a good way. That is, at the end of the day, the main thing that stops Free from being quite as successful of an experiment for Pop as other forays. It hinges far too much on his grizzled vocals, with the textures provided by Noveller and Thomas lacking the kind of inventive melodies that the backing musicians of, for instance, Blackstar provided so expertly. This being said however, Free is certainly an interesting listen that sees Iggy Pop, with mixed results, still willing to experiment.

Alexander Tucker : Guild of the Asbestos Weaver

One artist I personally hadn't heard prior to the last month was Alexander Tucker. As a member of the electronic collective Grumbling Fur, Tucker has spent the last decade mixing electronic and acoustic sounds and his 11th album does certainly sound accomplished in this regard at least. Guild of the Asbestos Weaver is a droning, relentless take on synth-pop, held together by Tucker's beautifully sombre vocal style. This really isn't better summed up than by the opener, and only single, Energy Alphas. You are immediately greeted with a thick synth bassline and Tucker's increasingly urgent vocals pushing the song on. The song epitomises the sound of this album, akin to a far slower and more unsettling LCD Soundsystem or Gary Numan. This formula is subtly toyed with on every other song, with Artificial Origin having driving, thunderous percussion before breaking beautifully into a groove towards the song's

end, and the viola and acoustic guitars that appear in Montag and the long closer Cryonic, respectively. The slow build up in the introduction of Cryonic is hauntingly beautiful, having Tucker's vocals emerge slowly into the song, heavily filtered to sound even more sorrowful than before. The last track is more of a soundscape than anything else, with Tucker's vocals being smeared in such a way as to make many of the lyrics difficult to distinguish, creating a surprisingly ethereal and ambient end to the album. Whilst Guild certainly doesn't provide for a heavily varied experience, the execution of what is a fairly simple concept is impressive, making for music that is able to float around you or focus you with an arresting melody. It does stand out to me as one of the biggest surprises of the year thus far, a beautifully melodic piece of synth-pop that is able to take in folk and ambient influences with ease.

Upcoming / New

- Battles - Juice B Crypts (18th October)
- Foals - Everything Not Saved Will Be Lost Part 2 (18th October)
- Sufjan Stevens & Timo Andres - The Decalogue (18th October)
- Rob Halford - Celestial (18th October)
- Desert Sessions - Desert Sessions Vol. 11 & 12 (25th October)
- Swans - leaving. meaning. (25th October)
- Neil Young & Crazy Horse - Colorado (25th October)
- Kanye West - Jesus Is King (25th October, allegedly)
- Jeff Lynne's ELO - From Out Of Nowhere (25th October)
- TR/ST - The Destroyer 2 (1st November)
- Beck - Hyperspace (22nd November)
- Leonard Cohen - Thanks For The Dance (22nd November)

@SerenBangor
seren.bangor.ac.uk

Film Editor - Michael Shiels
film@seren.bangor.ac.uk

FILM

AD ASTRA

7/10

By MICHAEL SHIELS

Upon leaving the cinema following the screening of *Ad Astra* I did something I wouldn't normally do which was sit in my car for about half an hour and really think hard about what I'd just witnessed. Having seen the film multiple times, I'm unsure whether it's a cerebral science fiction masterpiece, or just a plot hole ridden, style over substance shambolic mess.

Let's first talk about the positives: Brad Pitt. Pitt is phenomenal in this movie, despite having an emotionally closed book of a character. He portrays Roy McBride in a way that subtly lets us know the man's internal struggle through use of mere facial expressions and expository narration.

The basic limited plot of the film follows McBride as he's sent on a mission to try and find his father who disappeared in the outer regions of the solar system several years earlier.

Despite these narrative limitations this picture is incredibly atmospheric, the score coupled with the incredible cinematography and effects helps create a world that paints a bleak but realistic picture of the future of humanity where space travel is routine and disputed. There is a fantastic action scene on the moon as McBride and his fellow military personnel have to fend off attacks of savaging lunar pirates.

I might sound like a bit of a hypocrite considering my disdain for 2001: A Space Odyssey for being style over substance and having no real story, however unlike that so-called classic *Ad Astra* actually has intriguing characters that you want to route for. After a lot of thought I really do have to conclude that I greatly enjoyed the film but can understand how people might not like it.

CLASSIC BRITISH WAR FILMS: DO THEY STILL HOLD UP?



By MICHAEL SHIELS

With the looming prospect of Brexit overshadowing daily life at the minute, us at Seren along with the majority of informative news outlets up and down with the country are naturally spending a vast majority of time discussing this big issue that will affect us all. In fact, this issue is going to be heavily influenced by the whole political climate as we hurtle towards a no deal Brexit, and unlike another unstoppable cataclysm in the form of the asteroid from *Armageddon*, we unfortunately do not have the luxury of sending in Bruce Willis to save the day. Although the film section has little to do with politics and current affairs, I thought that for this issue I would try and fly the flag a little by talking in depth about some great British films and contributions to cinema. There are lots of ways this could be done as Britain has brought an incredible array of talent both in front and behind the camera to the industry ever since the inception of the medium all those decades ago. However, there is one specific sub-genre which has always championed the plucky British underdog spirit in face of adversity, and this is the dying breed of classic war movies. This type of film is very near and dear to my heart as it was growing up watching classic pictures such as the *Battle of Britain*, *The Great Escape* and

Zulu that really installed my love of film and helped inspire me to want to write about it. So, in this section I'll be looking at and discussing a select few of my favourites.

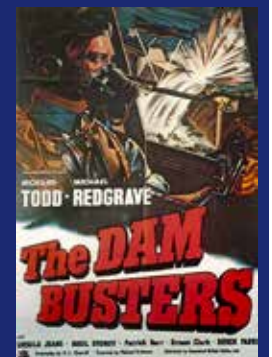
So, without further ado let's jump straight in with the afore mentioned *Zulu*, a 1964 action packed epic retelling the 19th century Battle of Rorke's Drift where 150 British soldiers held off an onslaught from 4000 Zulu Warriors. Blacklisted director Cy Enfield along with star and producer Stanley Baker brought us a masterclass in intense action and an impending sense of doom that was facing the real life characters the film was portraying. This along with John Barry's iconic score really helped cement the films lasting status amongst one of the best war films ever made, and is still shown repeatedly on television over 50 years later. Unlike many of its contemporaries I believe *Zulu* still resonates with us today due to the fact that it has great characters and handles its subject matter with incredible respect when you take into account that it was released in the 60's, only 3 years apart from Mickey Rooney's portrayal of an Asian man in *Breakfast at Tiffany's*. Michael Caine and Stanley Baker are incredible in the lead roles as they explore the different types of leaders and men John Chard and Gonville Bromhead were, and how they came

together in the face of adversity.

One aspect often seen in these types of films is the ingenuity and intelligence of the plucky Brit to turn the odds in their favour. Perhaps best identified by Bartlett and his X organisation in *The Great Escape*, or the sneaky stealth missions in the likes of *The Guns of Navarone* and *Bridge on the River Kwai*. However, the one that best shows this aspect of the genre is the film that follows the struggles of Barnes Wallis as he toiled away with the invention of the bouncing bomb in 1955's beautiful black and white tale of *The Dam Busters*. An incredibly accurate (perhaps too accurate in the case of Gibson's dog) portrayal of the real-life events that brought about the attempted destruction of Germany's great dams, the in-flight photography and special effects in the action scenes had a huge inspiration on *Star Wars*, and latterly massive event films such as *Independence Day*. However, it's the build up of trial and error and simple engineering genius that enabled the mission that this film is best remembered for, and Sir Michael Redgrave's portrayal of the quiet thoughtful genius Wallace, and his subdued moral quandary about the cost of life his invention may have caused. If you can get over the fact that you're watching a black and white, slow paced story I highly recommend

checking out this underrated incredible war movie.

Finally, we will look at what is perhaps the most famous movie regarding the British underdog spirit in the face of great adversity is of course the Guy Hamilton epic ensemble portraying the events of the Battle of Britain, in the imaginatively named *Battle of Britain* (1969). From Laurence Olivier, to Michael Caine, Robert Shaw, Ian McShane, and the earlier mentioned Michael Redgrave, this film contains what is perhaps the best ensemble cast of the most talented acting talent Britain and Ireland has produced in the 20th century. Not only that but Hamilton's immense skill at honing impressive action set pieces is demonstrated in the ground breaking dogfight scenes that still look better than anything produced by modern CGI. Once again, an incredible score cements the epic feel of the picture as it captures the true Rocky-esque story of a nation down on their knees rising up to fight off the might of the German war machine. As is the case with all these films despite us all knowing the outcome, the excellent talent of the director and his crew create a sense of dread and tension throughout that greatens the impact of the eventual triumph.



FARMAGEDDON: A SHAUN THE SHEEP MOVIE

10/10

By MICHAEL SHIELS

Another great British institution in the filmmaking world is the world renowned Aardman Animation Studios based out of Bristol. Just like the portrayal of the plucky inventive Brit in the classic war films, Aardman has slowly built a name for itself over the past few decades by their incredible attention to detail and top-quality filmmaking. Since their first feature length effort in 2000 with *'Chicken Run'*, they have released 7 more films, but every single one of them has been a top-quality joy to watch. Unlike any other animation studio (including the gold standard of Pixar), Aardman is the only studio that has never made a bad film according to myself and the vast majority of critics around the world. The latest

film from the studio is their first ever feature length sequel, *Farmageddon: A Shaun the Sheep Movie*. Later on in this section will be a review of this new film, but firstly we have to talk about its predecessor.

Without beating around the bush, *Shaun the Sheep* (2015) is my favourite animated movie of all time, beating out a lot of stiff competition from the giants of the industry such as Dreamworks and of course Disney. Without a single word of dialogue throughout its entire runtime, the filmmakers created fully realised characters who struck an emotional bond with the audience just through the use of clever sound work and impeccable stop motion animation work. Not only was it a heartfelt story full of well-developed

characters, but above all this the film is on another planet when it comes to humour. Having seen it numerous times with numerous sceptical friends I cannot recall a single one who didn't regale in laughter throughout. It specifically played well to British humour with some great slapstick moments, as well as a number of running gags throughout the film which all worked tremendously. This was a film I could genuinely find no fault with at all; it's a perfect blend of family fun and you can have an amazing time watching it whether you be 4 or 54. I've always believed that the best kids films also work when watched as an adult and by that standard *Shaun the Sheep* ticks all the boxes. You can therefore imagine my excitement when I found

out earlier this year that a sequel would finally be hitting our screens...

So, let's talk about *Farmageddon*, a sequel four years in the making. After all the hype I'd built up for myself I thought it'd be incredibly hard for the product to live up to the expectation, thankfully it was a delightful experience that almost (but not quite) matched the first film in terms of quality and entertainment. The basic premise of the film follows Shaun and the gang attempting to help an extremely cute lost alien find a way back home, whilst evading the sinister attempts of a Men in Black style villain throughout. Throughout the entire runtime I had a smile on my face and uncontrollably laughed repeatedly as joke after joke was thrown

at the audience, with each creating a phenomenal response amongst the entire audience. Slapstick done well is a joy to watch, especially when seen in the context of a silent picture, and once again the creative team at Aardman absolutely nailed this. Moreover, the writers clearly had an amazing appreciation of the sci-fi genre, as they cleverly spoofed moments from classic films such as *Alien* and 2001. Once again, this film aimed at children is hilarious for anyone of any age and I cannot recommend it highly enough, without using hyperbole I can safely say that this is not only the best animated film of the year so far but also by far the best comedy, and dare I say it, possibly my overall favourite www of 2019.

SEREN'S SPOOKY SEASON

The Editors Top 5 Horror Films

October time means one big holiday, and that holiday is of course Halloween; and with Halloween of course comes horror films. Now I have to admit that I'm not a big fan of the horror genre in general, but when a great one hits it really resonates with me, and the slight re-

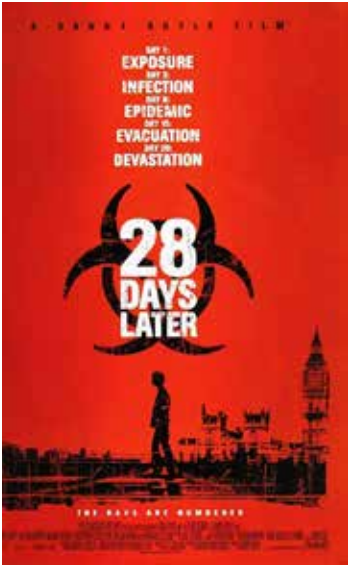
naissance of the genre in the past few years has been a great addition to the industry as a whole. In celebration of the genre I will be counting down my top 5 favourite horror films of all time in descending order from number five down to the greatest. These are not necessarily the greatest five hor-

ror films ever made, but just the ones that resonate most with myself, if you would like to submit your own lists, please feel free to contact me and they could make an appearance in the next issue. I must also point out that I have never been a fan of the simple slasher films, or the trend of mov-

ies that seem only based on showing us torture porn; there is nothing entertaining to me about a bunch of badly acting teenagers getting slowly picked off in grotesque ways by someone in a silly mask. One honourable mention in this section has to go to the Exorcist as it is by far the scariest

film I've ever seen, however as I've never actually been able to finish it I can't justify putting it on the list.

By **MICHAEL SHIELS**



28 DAYS LATER:

Marking back to the earlier section, this list kicks off with the phenomenal low budget British zombie film directed by one of Bangor University's own Danny Boyle. This film did for zombie flicks what Batman Begins did for comic book films. By taking a concept that had become silly and instead making a gritty 'what if this actually happened in the real world' approach to a zombie outbreak allowed Boyle to create an even greater feel of dread and terror. Moreover, he created fleshed out characters that we really can form a bond with as an audience, and they make their desperate flee north for survival all the more gripping. If you haven't seen this I highly recommend you check it out, because as Danny Boyle made a fantastic little film that had a massive impact on the genre going forward in the 21st Century.

FILMS OPENING SOON

- 25/10/19: Armageddon: A Shaun the Sheep Movie, Official Secrets, Maleficent: Mistress of Evil, Zombieland: Double Tap



THE SHINING:

Unless your names Stephen King or you've probably seen The Shining and thought to yourself that this is a masterpiece in suspenseful psychological horror, as Jack Torrance slowly unravels in the halls of the Overlook Hotel. Legendary filmmaker Stanley Kubrick butchered the source material he was using, but in doing so I felt he made a better film as a consequence. The sense of unease and creepiness he creates in the way the Overlook is designed, lit and shot is apparent from the off, and only increases as the plot plays out. This twinned with one of the all-time great deranged performances by the axe wielding legendary actor Jack Nicholson really makes The Shining one of the greatest horrors of all time, furthermore the simple fact that most of you will have more likely seen parodies of this picture in lesser films shows just how great of a lasting legacy it has had on the industry.

FILMS OPENING SOON

- 25/10/19: Terminator: Dark Fate, The Addams Family (2019), The Beach Bum.
- 01/11/19: Doctor Sleep, After the Wedding,



THE SILENCE OF THE LAMBS:

Now I know the main objection many will have about The Silence of the Lambs' inclusion on this list is the fact that a vast number of people will not consider it a horror movie per say, and would have it more under the banner of a dramatic thriller. Perhaps there is good logic to this train of thought considering I didn't consider the likes of Seven for this list, even though it is pretty horrific in its own right. However, I couldn't do a section on my favourite scary movies and not mention it, when I first watched this film I was shaken for days and it still freaks me out now. Despite being on screen for hardly any time at all Anthony Hopkins' Oscar winning performance as Hannibal Lector is what cemented this film into popular culture as a classic forever more, but it's not only this that makes it a great film as everything comes together to form this creepy unsettling mystery that Jodie Foster has to uncover. It is hard to say anything about Silence of the Lambs that hasn't already been said, as it is considered by many to be one of the greatest films ever made, and frankly it is so please do give it a watch if you've never seen it.

FILMS OPENING SOON

- 19/12/19: Star Wars Episode IX: The Rise of Skywalker
- Tickets are already on sale to buy for opening night.



GET OUT:

The most recent entry on this list is the film that's quality shocked me the most when I first saw it, unlike most on this list I had the luxury of seeing Get Out in cinemas when it was first released so it hadn't yet garnered the glowing reputation that these other classics had. Moreover a psychological horror film made by one half of a famous comedy duo and starring a bloke I vaguely remembered from playing a side character in Johnny English Reborn hardly screams great movie at you on paper, thankfully however this was a classic case of how you should never judge a book by its cover as Get Out is an immense watch. I've used the word 'creepy' a lot in this review and it is perhaps most applicable in this case as director Jordan Peele instantly creates a setting, and group of characters that instantly unnerve you as an audience and keep you on the edge of your seats. Going beyond the fact that it's a great horror with a fantastic plot, you cannot talk about this movie without commenting on how it is used to act as a big feature length metaphor for the inequality and underlying racism in America over the years and still existing today, and how it uses its warped plot to express this underlying theme phenomenally as it brought home a massively positive critical response as well as accolades galore in the awards season.



ALIEN:

What can I really say about Ridley Scott's 1979 classic science fiction horror Alien that hasn't been said hundreds of times before by hundreds of others? We all know that it revolutionised the genre and led to countless movies inspired by its events in the decades after it was released, furthermore the fact that its parodied so often (the chest buster scene even showed up in the earlier mentioned Shaun the Sheep Farmageddon) shows the lasting cultural impact it has had on society as a whole, not just the horror genre. "In space no one can hear you scream" is the famous tagline from the famous poster, but the tense claustrophobic grotty interior halls of the Nostromo is what creates the real terror. This and the entire look of the bleak world in which the story is set help cement Alien's position as one of the most recognisable and influential movies in history, and the special effects and creature design of Giger helped create one of the most recognisable alien villains in history. Tension and fearful anticipation for what could happen next are in my opinion what makes the best horror films, and I strongly believe that Alien is the most tense film ever made; it will have you gripping the sides of your chair as you shudder to think what might be lurking around the next corner. Even though numerous poor sequels (and one amazing one) have somewhat tarnished the series' reputation the first film is still an incredible piece of scary cinema, and my favourite horror to date.

@SerenBangor
seren.bangor.ac.uk

TV Editor - James Tanner
tv@seren.bangor.ac.uk

TV



Hi! I'm James, Seren's new TV editor for 2019/20. I'm a third year English Literature with Creative Writing student, and in the time when I'm not studying you can find me chatting the afternoon away about my current favourite music and books in a café or taking long walks exploring Bangor's stunning local area. I'll be keeping you up to speed with all the latest shows that have got people talking as well as some great recommendations for

students, whether you're relaxing on your own or having a chill night in with friends! It's easy to feel lost in the current political climate of Brexit, so here are some shows you can watch anytime, anywhere if you feel the urge for a bit of escapism.

Also, if you'd like to share about a TV show that you've recently loved (or hated) contributions are welcome! Feel free to drop me an email at tv@seren.bangor.ac.uk for the chance of being featured in future issues, and happy reading/viewing!



Throwback to the 90s: *Friends* turns 25

The hit 90s TV show recently celebrated its 25th anniversary, and I'm sure many of us can't believe it's been that long. After running for an impressive 10 series, and touching the hearts of fans old and new, this hugely popular and appealing series has become embedded in popular culture, including its catchy theme tune and that group picture on the sofa. Go on, you could even recreate that with your flatmates, halls-style...



Catching up with the times: BBC iPlayer to change 30-day availability to a year

After reported petitions to Ofcom earlier this year, as of August 2019 BBC iPlayer has finally been given approval to increase the availability of its programmes from 30 days to a year, in the hope of matching viewers' growing expectations. This comes as a result of competition with streaming services such as Netflix and Amazon Prime which require a subscription fee to access a wide range of programming. Since its original set up in 2007, BBC iPlayer

has primarily remained a catch-up device, but in order to satisfy their audiences they have had to reconsider making the device a faster and more reliable service. You may have already noticed some of these changes being introduced, with a selection of drama, comedy and documentary box sets currently featuring on the platform with 12-month availability. And with the upcoming launch of Britbox, a joint venture between BBC studios and ITV set for a UK release in late

Telford takes over Wales Comic Con

Several stars of the small and big screen will be heading to the Wales Comic Con, re-branded as 'Telford Takeover' on Saturday 7th and Sunday 8th December. This event has potential to attract many fans across Wales and the Midlands, after relocating from Wrexham Gldywr University to the International Centre in Telford, 34 miles away. The reason for changing location is to provide a newer, bigger venue that will offer a more worthwhile experience for visitors. The bi-annual event last held in April will hopefully attract more people to visit and boost the town's reputation as a result. Several Doctor Who stars, including David Tennant and Matt Smith will attend on the Saturday, while *Poldark* and The Hobbit star Aidan Turner will attend on the Sunday, amongst a host of other familiar faces all giving autograph sessions. As this is being held in my hometown, a splash of celebrity should be very exciting!



Autumn Student Picks

by James Tanner

Calling up all students! What could be more comforting as the leaves fall and we enter darker nights than curling up with a hot drink and a new favourite show? But never fear, we've got you covered with a selection of binge-worthy shows that you can obsess over with your friends...



Sci-fi : *Stranger Things* Series 1-3 Netflix

Ok, I was a latecomer to watching this show properly, having only dipped in on the first series a couple of years ago. But this show has just the right ingredients to keep you hooked and watching. Creepily atmospheric, well-paced with rounded characters that pay homage to an era a lot of us readers won't be old enough to remember (1998 baby over here), this is nostalgic, addictive fun perfect for getting into the spooky mood at this time of year. You'll laugh, cry and maybe even be hiding behind your pillow with this one, so go check it out...

Liked this? Try... *Black Mirror*, also on Netflix.

Book to screen: *Pride and Prejudice* BBC iPlayer/Netflix

If you feel in need of something less dark and violent to watch, have no fear. This is surely up there as one of the best TV adaptations, and before you judge a book by its cover it's not long and boring at all! Jane Austen's lively tale of first impressions will immerse you in the surprisingly relatable story of the opinionated Elizabeth Bennet, who is slighted by the proud Mr Darcy, meaning it's not exactly love at first sight. Sound familiar? One of the first truly modern romantic comedies that sparked an ongoing obsession known as 'Austen-mania', it inspired audiences in 1995 and was one of the most-watched moments in British television that year. Andrew Davies' faithful screenplay of Austen's text and the blossoming chemistry between Colin Firth and Jennifer Ehle is truly a match made in heaven which you can enjoy for six excellent episodes. A turning point for British drama, not only for that infamous lake scene.

Liked this? Try... *Sanditon*, an adaptation of Jane Austen's unfinished novel, available on the ITV hub.



Crime/Thriller: *Killing Eve* Series 1 & 2 BBC iPlayer

Deliciously inventive and darkly alluring, there really isn't any other TV show like this intriguing thriller created by the genius that is Phoebe Waller-Bridge. Sandra Oh is the MI5 security officer obsessed with a dangerous assassin (Jodie Comer in a mesmerising Emmy-award winning performance), who both find themselves drawn into a dangerous game of cat and mouse as they become entangled in a dark web of secret networks and thrilling crimes. Just like a slice of chocolate cake, each episode will leave you hungry for more. A third series is currently being filmed, so you'll have to wait a little longer to find out what happens after series 2.

Liked this? Try... *Fleabag*, written and starring Phoebe Waller-Bridge, also available on BBC iPlayer.

Period Fantasy: *Carnival Row* Amazon Prime

An all new crime fantasy drama starring Orlando Bloom (Lord of the Rings, Pirates of the Caribbean) and Cara Delevingne was recently released by Amazon Prime and has already become a huge hit. Ambitious and gorgeous to look at, this series is set in a dark and twisted neo-Victorian world, inhabited by faeries and monsters with plenty of murder and romance thrown in. What could be more intriguing? All eight episodes are available to binge-watch now.

Liked this? Try... *Ripper Street*, also on Amazon Prime Video.



Comedy: *Gavin and Stacey* Series 1-3 BBC iPlayer

Arguably one of the best comedies to come from British TV, you just can't go wrong in the company of Smithy, Nessa and crew that we all love so dearly. There's something so authentically relatable about this series - I think it should form part of a staple TV diet, as its depiction of family and friendship squabbles, as well as its iconic one-liners, leave me with a warm tingly feeling inside. So, if you've got a mate that hasn't experienced this absolute gem yet or you just fancy watching it again, make sure you do before the Christmas special arrives in December. Lush!

Liked this? Try... *Miranda*, also on BBC iPlayer and Netflix.

REVIEW:

PEAKY BLINDERS

by JAMES TANNER

Undoubtedly one of the most hotly anticipated TV shows kick-started this year's prime-time Autumn schedule, and I for one rejoiced when the two-year wait was over (so much that I even applied for tickets to see the world premiere - spoiler alert, I didn't get them). Coming from the Midlands myself and having been an avid watcher of the series since we first saw the alluring Tommy Shelby (the insanely talented and electrifying Cillian Murphy) enter our screens on a pure white horse, the popularity of this show has only increased worldwide, placing Birmingham as a bigger tourist attraction on

the map. But as the gangster family saga sees the Shelbys reach new heights in politics and business, they must also face a growing threat as the rise of fascism begins to spread.

It's October 1929, and the Wall Street Crash has sent shock waves across businesses worldwide, and Shelby Co. Ltd hasn't been spared. Enter Oswald Mosley, a new foe devilishly played by Sam Claflin (The Hunger Games, Me Before You) and the arena is set as Tommy is torn between his personal demons, home life and the political scope he has laid out for himself as an MP. There are several moments where we are left alone with Tommy Shelby - a sepulchral, almost

angel-like being who has the blood of innumerable people on his hands, but one remains on his conscience...

The heavy focus on politics, particularly the feature of a real-life figure, could even be relevant to the current climate of today in its depiction of public leaders and the uncertainty of the near future. Of course, this doesn't detract from making the drama any less compelling, as creator Steven Knight promises the return of the familiar characters we've come to know and love. Despite its notoriety for being unashamedly violent, which largely contributes to its cult status consisting of Peaky Blinders outfits, pubs and even festivals, I did find this series to be focused on the characters' internal

psychology, particularly that of Tommy and Arthur. Another strength is its slick blend of fiction and reality, allowing the viewer to be immersed into this exciting world without making it a history lesson. Expect there to be new power struggles, explosive cliffhangers and a cracking soundtrack, but as the Peaky Blinders face the pressures of the modern world, the real question we are faced with is this: can they survive and for how long?

To catch up, all six episodes of Peaky Blinders Series 5 are available on BBC iPlayer, and if you haven't started already, Series 1-5 is available to watch now over on Netflix. What are you waiting for?

COMING SOON:
NOVEMBER 2019 ISSUE

BAKE OFF FINALE

HIS DARK MATERIALS

THE RETURN OF
NETFLIX'S THE CROWN

AND MORE...



Review: The Great British Bake Off

by JAMES TANNER

We're over three-quarters through the baking competition, and you know what that means. It's reached the stage where there's no room in the tent for forgetting your eggs and putting your bakes in the oven at the wrong temperature. As the beloved TV show celebrates its tenth year of gracing our screens, it's interesting to see just how much it has evolved in that time. Despite the opening episode drawing in an average viewing figure of 5.6 million, which was lower than recent years, the classic ingredients of light-

hearted innuendos and jaw-dropping (for better or worse) content from the tent still delivers without fail. So far, Bake Off has mostly remained within the traditional areas such as biscuits, bread and pastry, while also introducing new themes such as dairy and the 1920s, which could either play to the contestants' strengths or be their ultimate nemesis. You may also have noticed this year's bunch are rather young (seven being under 30), but that's not to say talent isn't there. Personal favourites for me who have sadly left have been spooky Helena,

always bringing in some personal style to the show with her Halloween themed creations (if only she'd made it to festival week!) and the cheery Michael, who, despite not having the best of starts after slicing several fingers, fought through with a helping hand and broad smile on his face.

A select few of the baker's dozen who have been coming out on top include four-time star baker Steph, 28, from Cheshire, Alice, 28, from Essex and David, 36, from Yorkshire who all have a flair for intricately decorated and well-executed bakes. It's been

especially tough for those we've had to say goodbye to, with Henry and Michael being the most recent bakers to hang up their apron. However, this year the show seems to follow an agenda which considers entertainment as well as skill, where some contestants are undeservedly being sent home. With reality TV being the dominant genre of choice consumed by viewers, the judges may consider more than just who excelled or failed. For example, in certain weeks, bakers like Rosie have come extremely close to leaving, while the tough decision

was made to send two bakers home in week 5. There's no denying the judges have raised the bar higher, but it goes without saying that bakers have their highs and lows, and the outcome is unpredictable before going into the tent. With only four left on the show to impress Paul and Prue, it's every baker for themselves as we get closer to the final.

You can catch up with the series so far on All 4 or stay tuned with live episodes Tuesdays at 8pm on Channel 4.

@SerenBangor
seren.bangor.ac.uk

Games Editor - Tom Ewing
games@seren.bangor.ac.uk

GAMES



By TOMOS EWING

Greetings all, and welcome to the Games section. It's October and spooky season is upon us once more, meaning that plenty of you students will be eager to partake in the festivities. In this month's publication I've included some news about the gaming world and what kind of stories have been floating around the internet and beyond. Before we get into the gaming news, I just wanted to give a shout to the Hobbies Network Pub Crawl on October 25th: a costume contest will be a part of the evening, so make sure to wow with your outfits. This is also a good opportunity to get creative and cosplay, as well as make new friends and engage with different groups, so don't be shy. Hope to see some of you there!

Blizzard Controversy

Blizzard has caused a massive controversy this month by suspending a professional Hearthstone player after he showed support for the ongoing protests in Hong Kong. Chung 'Blitzchung' Ng Wai spoke up at the end of a livestream, shouting 'Liberate Hong Kong! Revolution of our age!' and wearing a mask which has been banned by Hong Kong authorities. Blizzard Taiwan Officials suspended Blitzchung and rescinded all of his prize money from the tournament. As a result of this, people have begun the #BoycottBlizzard hashtag in an attempt to raise awareness both for Blitzchung to be unsuspended as well as bringing attention to the Hong Kong protests. r/Blizzard over on Reddit has been shut down out of outrage at Blizzard's decision, and the company has been attempting to avoid any more controversy by removing comments off of any news stories discussing Blitzchung's suspension. Some of the developers themselves have even walked out in protest of Blizzard's decision.

PlayStation 5 Officially Announced

The PlayStation 5 was officially announced on the 8th of October via PlayStation's official twitter account, and is geared for a holiday 2020 release. Sony boasted the PS5's brand new specifications and features, stating that the console will have the capacity to run games with up to 8K resolution and packs a powerful 120hz refresh rate. PS5 will contain an AMD Ryzen 7nm Zen 2 eight-core CPU as well as a Radeon Navi GPU (essentially, it's gonna be heckin' powerful). Other features include PSVR support, 3D audio, ray tracing support, as well as an SSD that demonstrates ridiculously quick loading times. Game installation will be mandatory, however players will have the freedom to choose what content they want to install. For example, if you only want to install the Multiplayer for a PS5 title and keep the Campaign off of your hard drive, you will be more than able to do so, or even install the full game and then de-install the campaign once you've beaten it to save some space. Backwards compatibility is another confirmed feature for the console, but unfortunately for fans of PlayStation 1, 2 and 3, only PS4 games are confirmed to be playable on the PS5 as of now. One more cool thing: the PS5 controllers (most likely going to be called the DualShock-5's but don't hold me to that) will feature haptic feedback instead of vibration which give the player a greater sense of what's happening to them on their game. For example, crashing into a wall on a racing game will feel completely different to getting shot at in an fps game. They will also feature adaptive triggers which allows players to tweak the sensitivity of the triggers, meaning shooting a bow won't feel the same as driving on a bumpy road.

Limited-Edition PlayStation 4 Consoles

New limited edition PlayStation 4 consoles will be releasing this year, although three of them will be available for purchase exclusively from Japan. Sony teamed up with ATLUS to reveal three limited-edition Persona 5: The Royal PS4 Consoles and Dualshock 4's. One will be a white PS4 Pro with a design inspired by the game's protagonist, Joker, the other two will be limited edition PS4 Slim designs, one jet black with another Joker-inspired design, and the other being glacier white with a Morgana-inspired design. The Persona PS4 Pro will cost around 44,980 yen (approximately £330) while PS4 designs will cost around 39,980 yen (approximately £293) for 1TB of hard drive space and 34,980 yen (approximately £257) for 500GB. If you don't fancy forking out the money for these consoles, or you own a PS4 Slim/Pro already, you can buy the design top covers to put on your existing PS4 consoles for around 4000 yen (approximately £29), as well as the limited edition controllers for 7480 yen each (approximately £55). These will all be available on October 31st alongside the Japanese release of the game, and it will be available worldwide in early 2020.

Alternatively, there is one more design releasing as well, inspired by the upcoming Hideo Kojima game Death Stranding. The console comes in a Glacier White design with black handprints on the top panel, and the middle strip of the PS4 Pro is black with "Death Stranding" written across it in gold. Also, the controller will be designed after an in-game device called a "baby-pod" This PS4 Pro console will be available everywhere, won't be as difficult to get your hands on as the Persona ones, and will retail for £379.99. Death Stranding will be releasing on November 8th 2019 as a PS4 exclusive.

No More Loot Boxes for Call of Duty

On October 17th, Activision released a blog post revealing that they will be taking a new approach to post-launch content with Call of Duty: Modern Warfare, specifically that they will be ditching the controversial supply drop system in favour of a battle pass. Activision stated that they are introducing a "a new Battle Pass system, not a loot box system" and that all functional gameplay elements like weapons and attachments will be earned simply by playing the game. It seems Activision and Infinity Ward took a page out of Fortnite's book, introducing a Battle Pass with both free and premium tiers, as well as the ability to earn CoD Points (Call of Duty's virtual currency) by leveling up through the battle pass. Gamers are weary, however, as they made a similar promise for Treyarch's Call of Duty: Black Ops 4, which had one of the most hated microtransaction models of any Call of Duty title.

Call of Duty: Mobile a Huge Success

Call of Duty: Mobile saw an incredibly successful launch, reaching over 100 million downloads in only one week, beating competitors Fortnite Mobile (22.5 million downloads on iOS) and PUBG Mobile (28 million downloads on mobile in one week), and becoming the most successful mobile launch in mobile gaming history. Sensor Tower stated that iOS users made up 55.7% of those downloads as well as 53% of the \$17.7 million revenue made from in-game purchases and microtransactions. Call of Duty: Mobile is also looking to re-implement controller support after it was quickly removed post-launch.

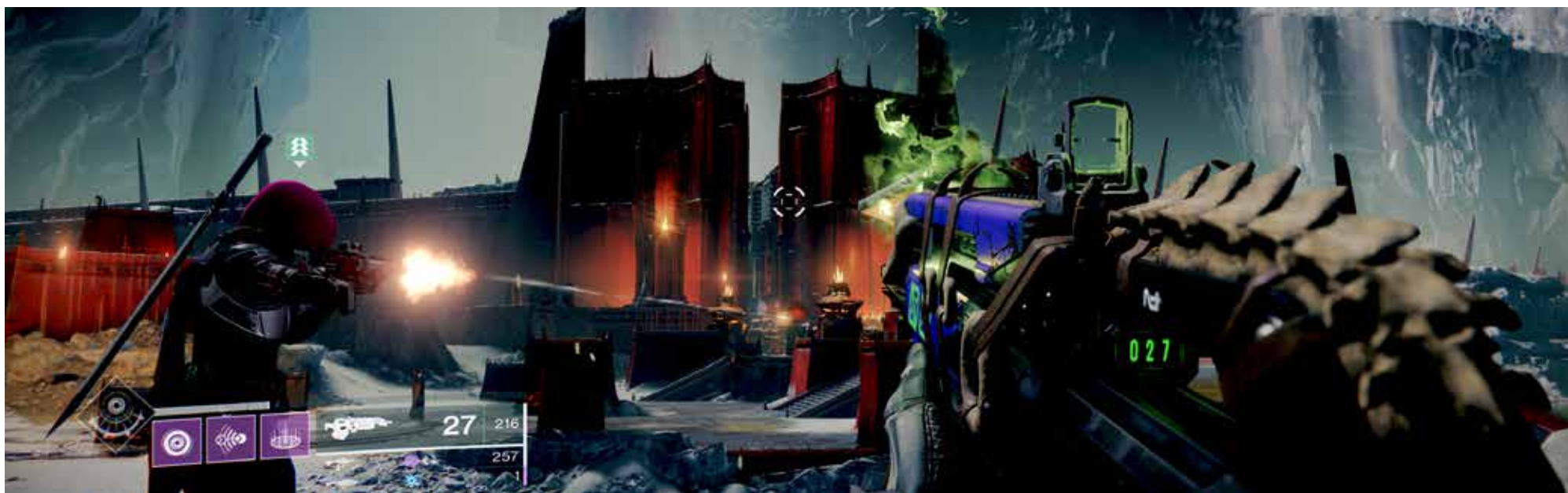
Avengers Game Post-Launch Plans

Crystal Dynamics have stated that the core length of their Marvel's Avengers story mode campaign will be comparable to that of their Tomb Raider games, roughly 10 to 12 hours for the main campaign then edging on an estimated 30 hours for total completion including side quests and other activities. However, Crystal Dynamics have also stated that they aren't putting a definitive time frame on the campaign as they plan to add more to the story after the game's release. It is also speculated that The Avengers will see more characters introduced post-launch: the launch cast of characters will consist of Iron Man, Captain America, Thor, Hulk, and Black Widow, with Ms. Marvel also being confirmed as the sixth playable character in the game.

Google Reveals More Limitations for Stadia

Google has revealed a few limitations that will affect the platform at launch. Firstly, the Stadia wireless controller will only be able to be used wirelessly if you use it alongside a Chromecast Ultra dongle for your TV: if you don't own one, you will have to use the Stadia controller with a USB-C cable. This seems to be a bit of a downside to the Stadia, as it was originally marketed as being able to move seamlessly between devices.

Secondly, Stadia will only be able to be used with a Wi-Fi connection, meaning you won't be able to stream games via mobile networks and 3G, 4G or 5G connections. This means that the best place to play Google Stadia will be at home on your television. Google Stadia will be available on November 19th for Founders Editions, and will cost £119 and then £9.99 per month from then on.



By TOMOS EWING

So Destiny 2 entered its third year of content with the Shadowkeep expansion, and after two years, Shadowkeep feels much more in line with what I expect from Bungie. This expansion takes us back to the Moon, which was a featured location in the first game, and faces us off with a new enemy that has been mentioned throughout Destiny's life cycle; The Darkness. The battle between darkness and light is a bit cliché, but since Destiny's superpowers come from a source called the Light, facing the Darkness seems like a scary feat.

The main campaign is nothing we haven't seen before in terms of gameplay, but the story is intriguing and is continuing to be expanded upon throughout the weeks since launch.

Shadowkeep reunites the Guardians with Eris Morn, an ex-hunter who became corrupted by a race of enemies called the Hive and has since been investigating them. The main plot revolves around a new enemy found on the Moon, which is revealed to be the Darkness, but it is not as straightforward as it seems. The Darkness takes the form of past enemies in this expansion, and this race of enemies manifest as the Guardian (your player's) past traumas and nightmares. For returning players, we face the enemies we've previously fought and put back in the ring for a rematch, while new players learn more about these intimidating foes. This makes the campaign a nice experience that blends nostalgia and familiarity with fresh encounters that don't just make Shadowkeep feel like a purely copy-and-paste experience.

There are plenty of new changes too that are overwhelmingly positive and add much more customisation and personalisation to your Guardian: one of my favourite additions to Shadowkeep is the Armour 2.0 system which brings a slew of customisation options into play. Each armour piece now contains ten levels or points which are taken up by armour mods, which take various amounts of points when applied to the armour piece. The mods add perks to each armour piece, such as faster reloading for sniper rifles or faster cooldown for abilities like grenades. The introduction of this system allows for players to form character builds and loadouts based around the three classes of characters (Hunters, Warlocks and Titans). I adore this system because not only are you making your Guardian that much more powerful, but also the character builds you

create reflect your personality in your Guardian, making the Guardian feel like an extension of yourself rather than a character in a game.

The range of activities offered in this expansion are extremely diverse and offer brand new activities that appeal to different people based on the activities they enjoy. PvP players get access to new modes and maps, as well as the return of the Iron Banner; a PvP competitive event that comes around for one week every month, where players can earn themed gear and weapons. I would have liked to see Iron Banner's formula changed from the current 'fight for control of three flags' type of game mode and to have seen something unique. Another fan favourite mode titled Trials of the Nine is still on hold despite not being in the game for over a year and a half, and many are wondering when, if ever, it

will return. PvE players get access to new Nightfall strikes as well as regular Strikes, and Shadowkeep introduces Nightmare Hunts in which you face previous enemies like Crota, the Son of Oryx, or Dominus Ghaul, head of the Cabal Red Legion who was the main antagonist of the vanilla Destiny 2 campaign. Bungie also released a new Raid titled The Garden of Salvation, which is fun and easy to do compared to the other raids, which may have been done so that new players aren't as intimidated by the immense difficulty of the raids.

Overall, Destiny 2: Shadowkeep is one of the best expansions to Destiny 2 so far, and it seems that Destiny 2 may finally be getting closer to the greatness of the original game.



By TOMOS EWING

When the battle royale hype picked up around two years ago, with games like PlayerUnknown's Battlegrounds on the market and becoming immensely popular, it made sense that many companies would board that hype-train and ride it all the way into Profit City; some did it well, and some did it poorly. One particular case of a company that did this incredibly well was Epic Games, who you may know as the developers of the original Gears of War games, and their game Fortnite. Fortnite exploded onto the scene in July of 2017 and was an instant hit, quickly becoming one of the most well-known games in video game history. The player count eventually rose to the hundred-millions

and Epic Games' battle royale mode became the new biggest worldwide phenomenon, with big brands and names collaborating with the game; Nike, Marshmello, Borderlands, Batman, etc. all running exclusive content in the game via skins and other microtransactions. Because Fortnite is free to play, Epic gets all their revenue from microtransactions and during 2018, Epic Games generated over \$2.4 billion from Fortnite alone.

Now however, Fortnite has entered its second chapter with a clean slate: a new map called Apollo has been added instead of the previous map, with new areas and terrain to explore as well as some returning favourites such as Pleasant Park, Salty Springs and Retail Row. Upon entering Apollo for the first time, the entire map will be discoloured and locations will be

nameless, meaning players will have to explore the map to discover new locations. This feature gave players an advantage when Chapter 2 first went live, as no-one had any indications of where to land, what the locations were, etc., but as time goes on this will become a detriment to any new players that enter the map, as they will have no idea where to go, whereas people who have been playing Fortnite since the beginning will already have a strong idea of the best locations to land to get the best loot, putting those new players at a disadvantage.

One of my favourite new changes to Fortnite Chapter 2 is the complete graphics overhaul: the graphics have been significantly improved compared to Fortnite Chapter 1, with the terrain of Apollo appearing a vibrant

and luscious green, and improved textures across the board including trees, foliage and water. The characters and skins have also been overhauled, meaning that all the cosmetic items that players have purchased have been re-textured and improved. What makes the graphics overhaul so impressive to me is that Epic Games were able to improve all graphical aspects of the game while keeping that classic and unique Fortnite style that the game is known for.

The new gameplay mechanics bring a lot of positive changes to the game after a few months of negative updates to the game. It feels a lot like Fortnite first felt like at launch with some classic gameplay while also incorporating new elements, especially to water combat, that are fun and enjoyable, such as swimming and fish-

ing, as well as bouncing on lily pads and driving boats. Swimming is such a nice addition to the game as previously water could only be walked on, but these new gameplay changes change the flow of the game without being obnoxious and intrusive, and instead compliments the new style of gameplay.

Fortnite Chapter 2 really does feel like a new chapter for the game, not just because of the improved graphics but because it feels both familiar to players like me who first picked up the game in 2017 while also bringing elements to it that feel fresh and new. This truly feels like a fresh start as well as Epic Games trying to go back to their roots with Fortnite.

MuSoc shaves for Movember!

Bangor University Music Society have a number of events upcoming this semester! One of the bigger events involves some of our committee members and society members taking part in the charity movement Movember this November! On the 1st of November, we will be livestreaming the big shave on our Facebook page and on the 27th of November, some members of our committee will be getting their legs waxed by society members who donate to the charity.

Also in November, MuSoc will be taking a trip down to The Wirral after being invited by St Andrew's United Reformed Church for an evening of music concert. Our choir will be performing a number of pieces and we will also be forming instrumental ensembles to perform chamber style pieces. For updates on this upcoming concert, keep an eye on our Facebook Page. We are proud to be representing Bangor at this exciting event!

Our society is made up of an orchestra and a choir. Both ensembles are non-auditioned so as long as you can read sheet music and play an orchestral instrument or sing, you are welcome to join! We have an exciting repertoire this year and the aim of our rehearsals is just to have fun. For more information on our rehearsals, our society or how to join, contact our Chairperson, Becca, at chair@bumusoc.co.uk

Follow our society pages on social media for the latest news and updates:

Website: bumusoc.co.uk
Facebook: Bangor University Music Society
Twitter: @BUMusoc
Instagram: @BUMusoc



Calling all students! Hi there, and welcome to Bangor's Literature Society! We have weekly meet-ups every Wednesday at 6:30 pm in the Greek Room, Main Arts, where we offer a relaxed space for students to meet up and socialise in a variety of different events. These include the book-dating styled "Look for a book" (held bi-weekly), as well as literary themed games and quiz nights to name but a few. You don't have to study English literature or be an avid reader to join, as 'literature' is a glorious inheritance open for all, meaning everyone is welcome. So come along, bring your friends and join in the bookish fun! Also, you can find us on Facebook: 'Bangor LitSoc', or follow us on Instagram/Twitter: @bangorlit-soc for updates about our upcoming events!

UniBrass Needs You!



UniBrass, the world's only inter-university brass band competition will be returning to Bangor on the 8th February 2020 and we are looking for people interested in volunteering for the contest! In 2019, the UniBrass Contest hosted 21 bands, 767 participants and an audience of 11,500 across two venues and an online livestream.

Volunteering with UniBrass is a fun and exciting experience where you will be working behind the scenes, making the contest run smoothly and successfully. On the day, there will be a number of different and unique roles available for our volunteers. There are a number of benefits volunteering with UniBrass; your work will be recognised through the University's BEA points system and you will get a FREE t-shirt!

If you're interested in volunteering with us, sign up with you interest here:

<http://bit.ly/unibrassvol>
(filling out this form does not make a commitment either way about volunteering, however it allows us to contact you with further information when we start recruiting volunteers)

If you want to find out more information email our Volunteer Coordinator at: volunteering@unibrass.co.uk

Find out more about UniBrass and keep updated by:

Visit our Website: unibrass.co.uk
Like us on Facebook: UniBrass
Follow us on Twitter and Instagram



Enactus Bangor

Enactus is the world's largest experiential learning platform dedicated to creating a better world while developing the next generation of entrepreneurial leaders and social innovators. It is a student-led organisation investing in 72,000 students who are either entrepreneurial, values-driven social innovators and/or keen to positively impact the lives of others or themselves. With support and guidance from educators and business leaders; teams of students from across 1730 campuses conduct a needs assessment in their community to identify potential solutions to

complex issues and implement community impact projects. This results in communities benefiting from collaboration and fresh innovation.

Also, students gain valuable experience to advance their personal and professional lives. For example, Enactus Bangor inspired members of the team to tackle the issue of food waste through the project - Hungry Dragons. This involved the collecting of Supermarket foodwaste that is about to reach its best before date, to be reintroduced back into the local community by increasing its shelf-life, through making preserves like jams,

chutneys and pickles. The focus here is to create projects that are not only sustainable but also contribute to positively impacting lives, and thus, create a better world for us all.

With a head for business and a heart for the world, we live our values of integrity, passion, innovation and collaboration.

Do you wish to join the team in creating a better, more sustainable world?

Email enactusbangor0@gmail.com for further information and queries.

Bangor Jazz Party!



Bangor University Lindy Hop Society and Bangor University Concert Band proudly invite you to take part in our event!

When is it? - Friday, December 13th 7pm until 11pm.
Where is it? - Powis Hall (Main Arts Building, Bangor University).

At 7.30 we will have an open Jazz dance class, so that you can learn some basic moves and make the most of the wonderful live music throughout the evening.

Whether you are a complete beginner or an experienced hopper, then come along and have fun!

Bangor University Concert Band will be playing live jazz music to which you can dance the rest of the night away, or sit and listen if your feet are too tired: it's sure to be a brilliant evening!

Stay connected through our Facebook pages to hear more updates about the event:

Tickets will be available on the door:
Bangor Students and Staff: £5
Others: £7

Hope to see you there!

Storm FM Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:00							
11:00-12:00						Jake & Barnaby (Jake Kilov & Barnaby Omar)	
12:00-13:00							
13:00-14:00			Rangor Arts Show (Chris Johnson)				The Church Show (Joe Barnes)
14:00-15:00							The Z-Files (Zach Wait)
15:00-16:00							
16:00-17:00			The Black Hole (Laura Bafaletse)		Undeb Hour (VP Socs)		Eurowave (Menna Jones)
17:00-18:00			Confusing Life Show (Dylan Hundleby)				
18:00-19:00			Little Talks (Liam Quentin, Charlie, Alysia)	Radio UMCB (Welsh)			
19:00-20:00	Recovery Hour (Kira Carmichael)				The Ambient Music BF Wish Line		
20:00-21:00	This Week in History (Finlay Tyson)				Seren on Storm		
21:00-22:00		Pretentious Music (Tom Bennett)	? (Rhys & Stephen)		Our Hands Don't Work	Pretentious Music (Tom Bennett)	Tunes & Chats (Alysha Khan)
22:00-23:00	DJ Jumbled (Quentin Lucas)	Breeze FM (Jake Waller)	Past your bedtime (Scott Taylor)	Sonnet Night (Charlie Mannion)	DJ Soc	Emily Harris (Emily Harris)	Fancy Dress Party (Kira Carmichael)
23:00-00:00							
00:00-01:00					The Owl's Nest (Jake Kilov)		

OPINION: Stopping Boris' Brexit Limbo

EU Citizens cannot be kept in limbo any longer



**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.

The Brexit saga has been a nightmare for many of us who had always assumed before the referendum, perhaps naively, that we had a settled status within the European Union.

by **HYWEL WILLIAMS MP**

The Brexit saga has been a nightmare for many of us who had always assumed before the referendum, perhaps naively, that we had a settled status within the European Union. On trade, he right to live and work, to love and bring up a family anywhere in the EU. On fundamental rights as workers and fundamental standards on our environment. On peace within our continent and our positive influence throughout the world. There would be no change - other than for the better. How wrong we all were.

Day in, day out Boris Johnson continues to push hard for Brexit, despite all the evidence that it will wreak havoc on the economy of Wales and the UK as a whole. Last week, he tried to railroad one of the most significant pieces of legislation - the Withdrawal Agreement Bill - through Parliament in just three days, giving parliament just hours

of notice to scrutinise hundreds of pages of dense legislation and explanatory notes.

For comparison, less time was proposed for the Brexit debate on the future of the UK than was devoted to the Wild Animals in Circuses Act. This passed (quite rightly - I was one of its supporters) after 11 days of scrutiny. This bill would affect the 65 million people in the UK, and would have a significant effect for the 3 million EU citizens living here.

After Parliament rejected the Government's timetable, the Withdrawal Agreement now exists in limbo, and that is entirely a consequence of the Government's tricks and mendacity.

Being in 'limbo' though has been the reality for three years for those 3 million EU citizens, 80,000 of whom live in Wales. People who have honoured us by choosing to live with us, have chosen to contribute to our society, to become as us.

Despite being promised that their status would not change as a result of the vote to leave, they had no certainty that they would be able even to remain in their own homes.

Instead, Johnson and his Government, under the European Union Settlement Scheme, have given these EU nationals a short time period to apply for residency status within the UK or face being deemed illegal residents.

To make matters worse, this application process has not been made user friendly in any sense. There is an app for this process, but until recently, this app was only available on Android. A beta version of the app has finally been made available for iOS, but only the most recent versions. If you have anything older than an iPhone 8, you're out of luck.

Documents can be taken to ID scanning centres as part of the European Union Settlement Scheme and locations can be scarce. In Wales only four

such centres exist. Through parliamentary questions last week, I found out that three of these centres charge applicants £14 for the privilege of applying to stay in their own home.

For us in Bangor, the nearest is in Chester. Indeed, there are no centres at all for EU citizens in north Wales. That is truly scandalous.

The necessary accommodations for this scheme to be successful have not been met either. Neither the technological barriers nor the language barriers have been addressed. And as of September, only about 1.5 million EU nationals have had their applications concluded. And only 29,000 of these applications came from Wales.

Older people and those in poverty are most affected by the technology jungle as they struggle to access and decipher it. For many older EU nationals, some of which have lived here for decades, they must wonder why they must apply for residence at all.

From 2000 to 2011 EU nationals put and extra £20 billion into the UK economy over what they took out, benefiting businesses, industry and public services. And there is a special significance for Bangor and all other universities, with so many of our staff and students coming from the EU 27.

We would all be poorer in every sense should this scheme continue. This is one real consequence of the glib slogan 'get Brexit done'.

For the next stage of the Withdrawal Agreement Bill, I'm backing an amendment that would give all EU citizens currently living in the UK the right of permanent residence and would make sure that every person who is entitled to settled status has the same rights.

That is just a short-term fix. The best way to avoid these problems and secure a truly better future for us all is to avoid Brexit altogether.

SerenBangor
ren.bangor.ac.uk
Sport Editor - Tanya Riley
ort@seren.bangor.ac.uk

SPORT

What's On!

November

Wednesday 13th
AU Movember
Academi

Saturday 16th
AU Dodgeball Tournament
Brailsford

Sunday 17th
Bangor Karate Union
Welsh Open - Llandudno Jct

Wednesday 20th
Volleyball - Round 2 Match
Hall 2, Brailsford

Monday 25th
This Girl Can! Week
Self Defence
6-7pm, Studio 3, Brailsford

Thursday 26th
Evenings - Bangor Snow
Chill Factor

Every Sunday - AU Circuits
Brailsford, check AU page for times

Want to feature your sessions, fundraisers, matches in this section then contact me on

ort@seren.bangor.ac.uk

By TANYA RILEY



We are quite a small group of around 15 guys. These individuals make up our team, and compete in BUCS tier 2. Due to a few logistical problems, we didn't do as well as we hoped last year. However, we have full confidence in winning the league, a good cup run and improving on our 14-3 varsity win when it comes round again. We are completely student-run, drawing on our futsal and football experience to create a blend of tactics, which work extremely effectively in implementing our counter attacking style of play. Furthermore, futsal takes a significant amount of commitment as we compete on Sundays, always multiple matches in a day and only at home once every year. Despite initially not being familiar with many faces, we team up with football for socials and fundraisers such as our Movember campaign and Fancy Dress 5 Aside tournament. The guys that play futsal display what it really means to represent the AU and the university.



Judo, which means "The Gentle Way", is a Japanese martial art, which emphasizes the principle of maximum efficiency in order to allow opponents to be thrown using the least amount of physical strength necessary. As one of the most popular sports worldwide (15 million practitioners), judo is both intellectually stimulating and an awesome cardio workout, and can be enjoyed by anyone, regardless of age, gender, or fitness level. Beginners are more than welcome, and we try to maintain at any time, a friendly atmosphere and create a safe place where stress, fear or anxiety are not accepted.



Your Clubs

We are 35 girls that make up three competitive and one development teams. Two of our competitive teams play in BUCS and the other competitive team plays in a local league on Monday nights.

Our first team have had three promotions in a row, our second team has a strong team who are striving for promotion this year after narrowly missing out last season, and our third team have already won 2 out of 2 games, which means they're already on their way to the promotion they deserve in the North West Wales local league. We hold FeBRary every year which raises hundreds of pounds for Breast Cancer Care and Breast Cancer Support. This involves organising many fundraising events across the month of February. We have already had a fundraiser in Academi to raise funds for our club so we can buy more essential equipment. The fundraiser doubled the amount of money the club got in their grant from the AU.

Match Report

Chester 1st 30 - 45 Bangor 1st

Firsts played away against Chester 1st to kick off the new season in a higher league. They started well and gained an early 2 goal lead in the first quarter. The players got their flow in the second quarter with Jasmin Williams and Hayley Hughes working the circle edge and Charlotte Fraser supporting down the court. The hard work in the second half paid off, with interceptions from kaylee Brooker and Steff Oliver-Smith in defence and a strong attacking zone putting the pressure on Chester. By the final quarter it was clear Bangor were pulling away with some fantastic shots from Emily Greenhalgh and Francesca Woodley, to finish with a win at 30-45. Overall a great game from everyone and a flying start into the new season.



New Club Alert!

We are Bangor University Shooting Club. The club was founded in the hopes of getting more students into shooting so that they can have the opportunity to get into and enjoy this unique sport. Also, with the kind of skill that is abundant here at Bangor, we will compete as well in friendly matches with other university teams, in the British Universities

and Colleges Sport Competitions and in Varsity at the end of the year. We have started the year with a bang; we go rifle shooting every Wednesday between 6:30-7pm at the local rifle range and Shotgun shooting every month. We are also strong on the social side of things as well, having a social most weeks; allowing us to unwind and bond more.

Taking part in the Club is a great way to meet some amazing people and have a good time. Learning to use guns responsibly; we shoot recreationally, against paper targets and clay pigeons. If you want to have a go, then don't be afraid to get in touch with us; via the facebook page or email the Captain and Founder at fnc18hdj@bangor.ac.uk.



Special Shout Outs



Wonderful news for Bas Andre, rowing club captain, on securing a full rowing scholarship at the University of Tulsa!

Congratulations to Tiegwen Powney for being selected as part of the England Rounders Team!



Community Engagement

On the 5th October 2019, for the second year, Bangor Karate Union took part in the Pontio Fun Palace. This national campaign aims to promote activities (such as karate), arts, crafts and science to children. Our team of black belts were given an hour to teach a group of children the basics of karate! After an energetic warm up, the children were taught how to punch, kick and kiai! This was followed by learning a basic kata and some

advanced kata demonstrations from the black belts. The end of the session took the form of a competition where the children performed their kata for each other. The group with the loudest kiais was deemed the winner! Come find out more about how you can be part of this amazing club. Training times Wednesday 2-5pm, Academi and Saturday 10-noon, Normal Site, Gym 2.

Meet the Squash Club

Squash is a sport played indoors on a court with four walls, using a small rubber ball the size of a ping-pong ball and is generally played between two players. But, Squash is more than just a fun, addictive, fast-paced racket sport – it's an entire community of like-minded people determined to improve not only their sporting skills but also fitness and mental well-being, and (according to Forbes) is the world's healthiest sport!

Every single member of the Bangor University Squash Club is determined, focused and well-disciplined. We pride ourselves on being all-inclusive and providing a friendly environment so that everyone feels comfortable when stepping on the court; whether an utter squash ninja or complete beginner. We have all the equipment and facilities you will need to get involved, plus great coaches and experienced players to help develop your Squash skills. So now is your chance to give it a go. And here's the best part: it's all FREE!

Squash is a game of the mind as well as the body, and is a great way to let off steam during stressful times like exam periods. It allows your brain to switch over to something completely disconnected from uni work, but is still stimulating and active, providing players with a very healthy mentality. Once you get involved in the sport you will quickly realise that there are so many different components, and you won't want to stop until you've hit a sleek down-the-wall drive or a shot from the back wall!

Some people only see squash as a one-player game that requires nothing but physical endurance... but it is so much more than that. There is so much training and preparation that happens off court to enable a player to react fast enough so they can plan their next shot and ensure they hit the ball as they intended. During a match, these decisions must be made within a few milliseconds, but that in itself makes the game more exciting, and every player will improve in this area with time, practice, patience and experience. It may look like quite a simple game, but if it were simple it would be boring.

You will see an improvement in leaps and bounds within your first weeks of playing Squash, and the feeling of achievement is so great you feel you



could run the world!

The saying "the more you put in, the more you'll get out" really holds true for Squash, as it does in all other walks of life. Everyone should give this sport a go, as we don't believe there's another game that requires the same level of strategy, fitness or mental strength, nor is as rewarding or stimulating than Squash. We look forward to seeing you With commitment and persistence, you can run the world!

Written by the Squash Committee.
Please send enquiries to Jess Fox (Club Captain) on osuf4@bangor.ac.uk.

Training Times -
Monday 16:45 - 18:00 and Saturday 16:00 - 18:00, all at Brailsford courts, plus matches and socials on Wednesdays that all are welcome to come to.



Savings of *£420.00* for the year
(per line)

SEE PAGE 11...

FREE
Fibre Broadband
For all 12-Month contracts 2020/2021