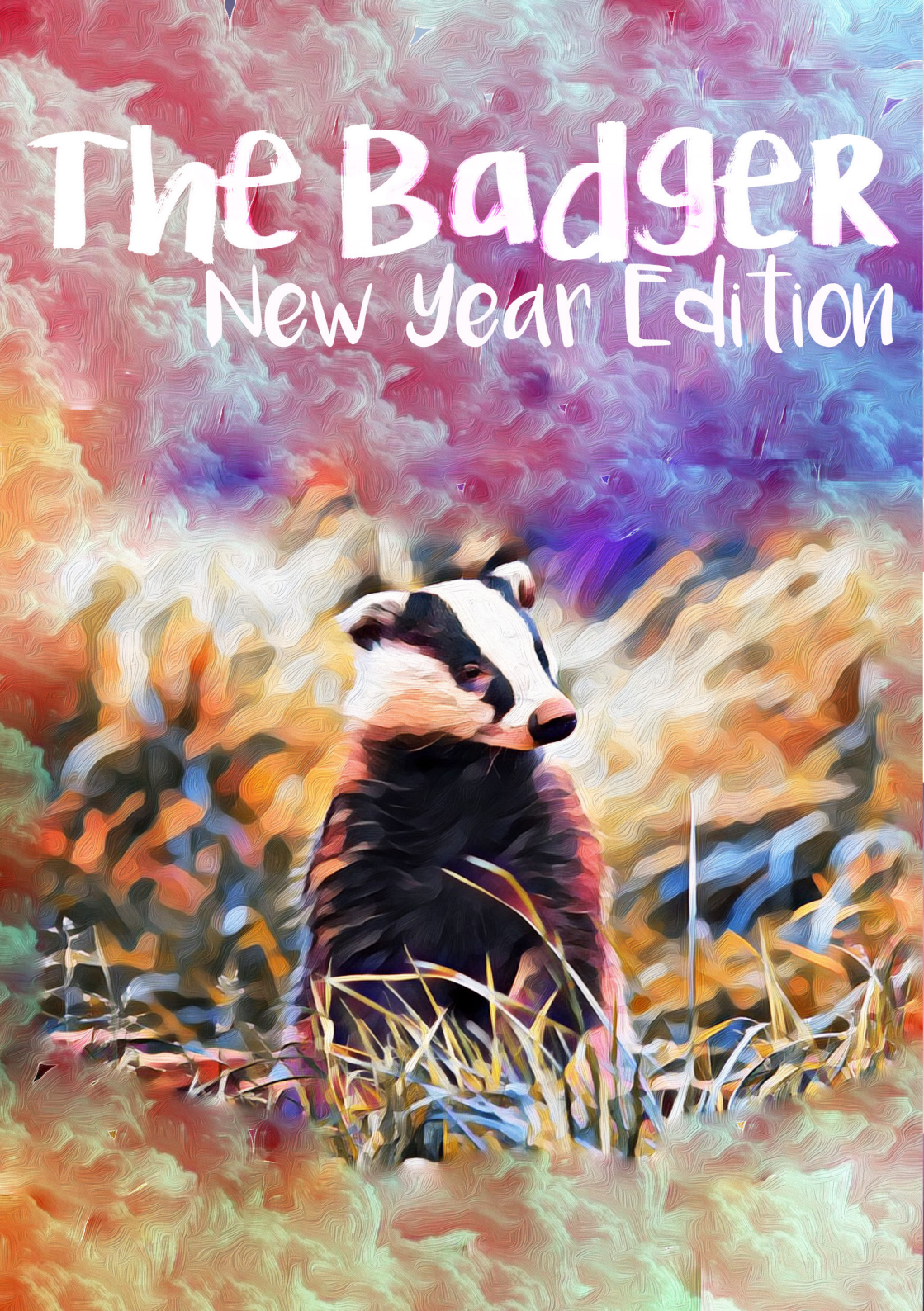


# The Badger

## New Year Edition



# editor's NOTE

We are always looking for fresh content and new ideas. Email your photography, blog posts, journal excerpts, poems and articles to [secretary@st-aidans.com](mailto:secretary@st-aidans.com)!

Welcome to the fourth edition of the Badger: The New Year Edition!

I hope you all had a lovely Christmas break and were able to spend some quality time with family and friends. At the end of week 2, I hope that you have all settled back in and are enjoying being back at Durham.

First of all, I would like to say a BIG thank you to everyone who contributed to this edition of the Badger. This issue features a wide selection of good-reads, looking backwards at the year behind us and forwards to fun-filled opportunities ahead.

Next Edition will be our Valentine's Edition - a great opportunity for all manner of odes, confessions and college-marriage proposals. Please look out for my content call!

That's all from me for now. Enjoy your Epiphany terms! Until the next issue. . .!

Ben xoxo





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# 3 THINGS we should leave IN 2017

January 1st 2018 marked the first day that millennials started turning 18 years old - some are currently studying at this university. You've come back to Durham for 2nd term and little has changed: Aidan's makes its natural migration to Lloyds every Wednesday, B and C Curve remain just as curvey as they always have been, and the parquet flooring continues to wow. But let's not get too comfortable too quickly; let's not put on our rose-tinted glasses just yet. I'm sure that we can all agree that there are several things 2017 can keep to its merry self, I've compiled the Top 3.

## 1. DISTASTEFUL GOSSIP

Now you don't need to have seen Paris is Burning to know that 'reading is fundamental', but there is a marked difference between throwing shade and being rude. Hate breeds hate. Negativity is contagious. Malicious rumours, mocking insults and mean comments have an ugly effect on yourself, the people you are gossiping with and possibly on those whom you are gossiping about. Let's leave nastiness in 2017 and instead learn the art of reading. Reading is well thought-out, succinctly put together and eloquently executed. For example, say you wanted to imply that someone was not looking their best today, instead of saying 'Ew.', you could say to them, 'You know, there's an app on your phone that makes you look ugly. It's called a camera.' A read is a critique shrouded by humour. It is not unkind, instead it encourages growth. Reading can equally be used as a means of defence. If people are curious how you can live with yourself after all those awful things you've done, you might find yourself saying 'How do I sleep at night? Ask your husband.' Channel that passion, that need to talk about the affairs of others into sassy quips and metaphors. Consider it an exercise of self-refinement: because being mean is just too easy.



## 2. The fluorescent puffer jacket

I mean they're made from down. Are you against wearing animal fur? Then you might want to reconsider that clump of coloured bin-bags that you call a coat. For a jacket to be sewn together, 'down' is needed. Down is made from duck and





goose feathers, but not those that might have by chance fallen on the floor, instead the feathers are plucked right out of them. The ducks and geese are alive during the process and are simply put back into cages after plucking, allowing for them to regrow their feathers only to be plucked again. The animals are plucked as many as 3-4 times a year. Now, while it is true that some of the more expensive puffer jacket brands have come out to say that they do not 'live-pluck' ducks and geese, it is instead the case that they kill the animals first. However, there is hope. Do not freak out unnecessarily.

There are many high-street brands which have come out to say that they will never use down for their products (such as Primark, Topshop and the online store ASOS). By all means continue wearing your puffer jacket, but please be mindful when buying clothes in the future as to whether or not animals were harmed needlessly in the creation of the product.

### 3. NOISY NEIGHBOURS

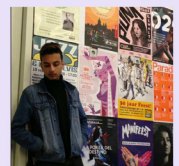
Whether you're living in a student house or still living at Aidan's, noise pollution will have affected your life in one form or another. Whether you're plagued by a noisy gamer, who thinks it's acceptable to scream at 14 year-olds about Minecraft at 2am, or by people with loud sex-lives, peace and silence seem miles away. We are all noise-offenders.



Whether it is our absent-minded humming, the way we close doors slightly too forcibly, or our tendency to move heavily around our rooms, 'dancing', we have all committed several noise sins even today. Let us be mindful of our communal living spaces, let us remember that no wall is fully sound-proofed. It's common-sense, really.

Now of course, there are many, many things that 2017 should keep to itself, that did not quite make our countdown. Honourable mentions go to 'Despacito', 'Roadman Shaq' and anyone who would not even scrape a 40% if 'keeping a toilet clean' was a module.

by HAROON FAQIR & BEN GEORGE



# 2017

## wasn't That bad

It's easy to despair when reflecting on 2017, kicking off with with the apprehension of Trump's inauguration in January, there was a continuous fear from both sides of the ponds with terrorist attacks including the Las Vegas Strip Shooting and the Manchester bombing. Throughout this, signs that mother nature was taking her revenge became even more apparent with hurricanes, earthquakes and floods causing havoc internationally. Nevertheless, 2017 was also a year of hope with both technological and social advancements both internationally and within Durham, so here are some of the best moments to remind you that maybe, just maybe, 2017 wasn't that bad.

Israeli scientists announced a new treatment for ALS, utilising the money made from the notorious Ice Bucket Challenge and Costa Rica has set a new renewable record, running on electricity produced by renewable sources for 300 days since the start of January. These new technological developments bring hope for the upcoming years with the possibility of saving our planet and our people.

Australia's legalisation of gay marriage. Yet another positive development for the LGBTQ+ community, as the country has finally accepted that love is love, regardless of gender. This brings expectations for even more developed nations to embrace this equality in 2018 and hopefully this trend will continue to expand globally.

Prince Harry got engaged to Meghan Markle. The easy acceptance of a woman belonging to a different background than the typical princess was a refreshing sight to see and highlighted the changing perspectives of society.

Protests brought us promise for change. Within Durham there was the counter protesters outweighing the anti refugees 300 to 40, whilst internationally 2 million people attended the 2017 Women's March and thousands gathered at various airports in protest against Trump's Muslim ban. These protests emphasised the desire for change and challenged the notion that "millennials don't care"

From a more Aidan's centric perspective, there have been so many successful formals and Soccom events last year. We've also been blessed with a beautiful naked calendar from communities, a flawless SHAG week from welfare and an hilarious panto from Katerina Theodoridis and Ed Cook.





# PalatinalPS 2

An ode to Durham's week on the slopes

Met and surpassed all expectations and hopes

Horse drawn carriages in a winter dreamland

Slopes, après to Le Yak: your day was planned

Excessive consumption of bread and cheese

And drunkenly skiing into trees

Competitions, games and slopes for all

Orange was the new black on the Swiss Wall

Regrettable decisions by many not to fly back

Gloating to friends before you even unpack

Sadness to leave Avoriaz behind you

Only the comfort of new stash to get us through

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by Saya Taneja





# Advice TO MY FRESHER self

As 2018 begins and second term gets underway, it's a time of reflection, revaluation, and – for some of us – grim determination not to repeat our mistakes of last year. I'm saying nothing. With all this in mind, for you first and second years, here are some words of wisdom from an old, decrepit third year (and special guests) about what we would say to our fresher selves. Wholesome!!

## 1. You don't have to be okay

I personally felt pretty all over the place in first year. Having to take care of yourself yet simultaneously living in a kind of weird boarding school set up is one of the strangest scenarios you'll ever find yourself in - so if you're not enjoying Freshers as much as everyone else seems to be, then



you're probably not alone. Don't get swept along and feel that you have to subscribe to a party lifestyle or pretend you're feeling great if you're not. Take a deep breath, focus on yourself and take some time to work out what you want to do and how you want to spend your time here. Sure, you may only need 40% to pass, but if you want to take a night off from Lloyds and do some reading then fair enough! You do you! Prioritising your mental and physical health is also nothing to be ashamed of by any stretch of the imagination – being branded 'sensible' may seem like the greatest form of censure possible in your first year

## 2. appreciate what you have



Not to be the harbinger of doom, but first year is probably the peak of your uni social life. Friends are everywhere – in the kitchens, in the dining hall, even in the D House Showers! (Believe me, I know). Enjoy the fact that your best friends live a TWO SECOND WALK from

you and see them often. Definitely from personal experience, the friendships I made in first year have only grown stronger throughout the years and have also helped me through really tough times. To summarise: keep your mates close – these will be the people who help you throw the slugs out of the back door when you live out.

### 3. Be a NERD

This is definitely NOT me suggesting that you get out your “geek” glasses from Year 8 and start saying things like ‘teehee :3’, but, being a bit keen can go a long way. Despite considering myself a subversive and cool individual, above the bureaucracy and enthusiasm that college seemed to symbolise in first year, here I am, nearly 21, cheerily tapping away at this Badger article that will probably be vastly underappreciated by the college community! But why am I doing it? Because it’s a rewarding experience. Had I not decided to get involved and Frep, I wouldn’t have met my college husband (and probably future husband too, considering the way things are going), I wouldn’t be in my amazing, five star, show stopping band, and I wouldn’t have some hilarious memories to look back on. So don’t take a back seat and watch your precious youth go sailing by as you stare into the black mirror of your laptop screen in between Netflix episodes! The more you put into things the more you get out of them (you will realise this cliché to be true as you hurtle towards retirement, as I am).



by ISABEL WATKINS





# FIVE WOMEN TO FOLLOW ON INSTAGRAM FOR daily INSPO

## by ERIN BARRETT



“New year, new me,” I said on January 1st... and then proceeded to lay in bed on my phone for hours on end every day the following week. New Year’s resolutions are usually all about improving yourself, both inside and out; so, why do we find them so hard to keep? According to recent research, it takes 66 days to form a habit. That’s a little over two months. “But I can’t eat healthily for more than three days straight!” “And I don’t have time get my daily watercolour practice in when I have to get ready to go to Lloyds.” I hear you. To aid your habit-forming in the next few weeks, here are some lovely ladies to follow on Instagram for some daily inspo to keep you motivated, or at least make those hours of scrolling worth it.

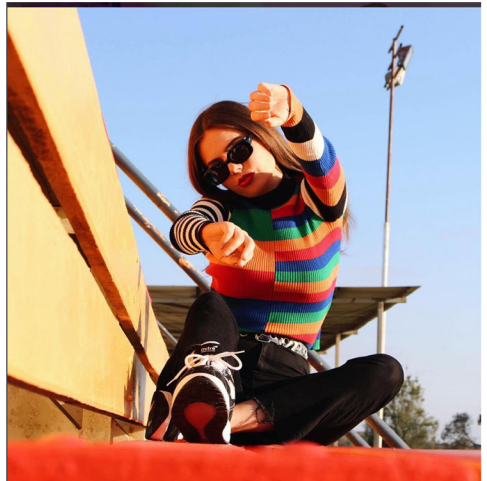


AMANDLA STENBERG  
@AMANDLASTENBERG

Told yourself you’d be more up-to-date on politics and form opinions this year? You might know her as Rue from The Hunger Games, or from her recent major film Everything, Everything, but did you know Amandla was named “Feminist of the Year” in 2015 by the Ms. Foundation for Women? She uses Instagram to showcase her wavy style and major hair inspiration alongside her outspoken commentary on politics and feminism.

KATIE O  
@STEALTHESpotlight

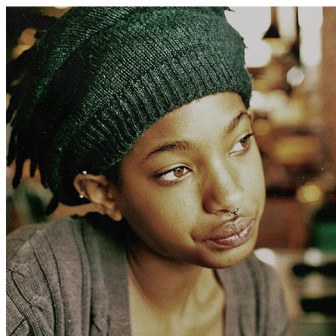
Looking to re-vamping your wardrobe? This Australian fashion blogger can show you how. Not only will her photos bring a pop of colour to your feed, Katie also has a YouTube channel with content ranging from thrifting tips to 90’s inspired lookbooks (yes, Freaks and Geeks makes an appearance).





## Lauren Toyota @hotforfood

Committed to getting healthy this year? Lauren from hotforfood is an advocate for making vegan food fun. Check out her profile for drool-worthy photos of vegan comfort food to inspire you if you're trying to go vegan but can't think of anything to make for dinner besides salads.



## Willow Smith @willowSmith

Are you haunted in your dreams by the guitar you got for Christmas but haven't learned how to play? For some major musical inspiration, check out Willow's Instagram. You might have heard her song Whip My Hair back in 2010 (which was undeniably a banger), but Willow's transformed her style and has two albums on Spotify at the age of 17.



## Nastasia @dametraveler

Missed out on a gap yah and wanting to find yourself through travel this summer? @dametraveler is an Instagram page curated by Nastasia (@nastasiasspassport), featuring some of the world's most spectacular sights to put down on your travel bucket list. She even has a blog (dametraveler.com) where she posts detailed travel guides and tips from her own experience.

## BONUS: GURIS Talk @GURISTalk

Founded by Adwoa Aboah, a model and activist, Gurls Talk is a safe space for girls to share and listen without any judgement or stigma. @gurlstalk is the perfect account if you're just looking to have a motivating quote to get you out of your bed and to your 9 am lecture to tackle the gender pay gap, or the gym to kick some butt (#this-girlcan)!





# YOUR POCKET guide TO UNDERSTANDING LOCALS

Still adjusting to the strange world that is the North East? Find yourself confused as to why people look at you funny when you rhyme grass with arse? Fear no more, here is your complete guide from a local pretending to pass as a student.

 **GREGGS**

**1** Always keep in mind that the local dialect is very speedy - zone out for 2 seconds and you've missed vital information about how much your steak bake costs. Do not be alarmed if you find yourself having to throw in a '...pardon?' at least 3 times in one conversation.

## Canny.

If someone says you're 'canny', don't take offense, it's actually the equivalent of being called a 'good chap'. 10 points if someone calls you a 'canny bairn' as this means you have been given the honourable status of being 'a good kid'.

**2**

**3** Being in Durham means you are living in a city that is slap bang in the middle of one of the most heated footballing rivalries in Britain. For years the Sunderland vs Newcastle Derby has been a problematic event with one man getting so angry at a Sunderland victor, he punched a police horse (Justice for Bud). A person from Newcastle is known as a 'Geordie', and someone from Sunderland is known as a 'Mackem'. It might be confusing to tell the difference, but try to avoid shouting 'OMG, you're a Geordie!' to someone who might not actually be one, we don't want you ending up like Bud...





4

One of the most versatile phrases found in the local vocabulary has to be 'Ha'way'. Often spelled 'Ho'way' by Geordies, it is used mainly as a synonym for the phrase 'come on'.

Example 1: 'Ha'way man I cannit believe ya got kicked out of klute'

Example 2: 'Ha'way man we're gonna be late'

Example 3: 'Ha'way the lads'



5

Some of you might hail from the tropical temperatures of London, so if this is the case, I hope you have packed your favourite thermal long johns as a Northern winter can be a cruel mistress. However, you will quickly learn that here, the temperature does not ruin a locals' good time or outfit. It is time to embrace the chill, ditch the parker on a night out, accept your fate and just use your gravy and chips to keep you warm – they are all you need now.



Don't worry, things get better nearer summer and it sometimes gets warm enough for ice cream, bringing us to our final phrase: 'Monkey's blood'. Put the phone down, no need to call PETA, no monkeys were harmed in the making of Monkey's blood...it's just strawberry sauce. So when the unassuming old ice cream man in market square looks you dead in the eye and asks if you would like Monkey's blood, don't run, say yes with enthusiasm and obviously ask for a flake.

6

by EMILY HARRISON



# HOW TO:

## SURVIVE THE JANUARY FREEZE

by Calum Maclean



Coats and scarves are one thing in defeating the freeze but they will only get you so far. The way to truly crush the cold is by using the power of your imagination and going to a warm, happy place. A place in your mind where you can go when your nose is running and your toes are blue. So, sit back, relax, close your eyes and imagine that very place that I'm about to describe. You're sitting in a rubber doughnut on a lazy river in a water park, in Australia, bobbing along. You've got your 'Team DU Smexy' budgie smugglers on. The sun is warm but not too hot on your skin and your feet dangle carelessly in the water. The only sound you can hear is the water lapping against the rubber doughnut and the soothing Australian chatter, "yeh mate proper ruined me, smacked me balls so hard I thought I was about to cough em back up". Well, maybe not that soothing but at least the waters warm. Bit too warm actually. Hang on, is that...is that man pissing in the lazy river? He is. He's not even in it, he's standing on the bank pissing in. Surely this can't be allowed. Oh thank goodness for that. A park employee has spotted the man and come over. Well he should sort him out. Uh oh. Oh deary me. Not one to be outdone, the water-park park employee who you thought was there to apprehend the offender then does a shit in the lazy river. That's just outrageous. Not even a clean break. A shark then jumps into the lazy river and severs the arteries in both of your legs, we are in Australia after all. And to cap it all off, the same park employee gives you a verbal warning for bleeding whilst on a ride. Ah well, it was a nice idea but actually it's probably best that you just wear a hat.



