



Would you believe that we are already over half-way through this academic year? I'm in a strong state of denial and intend to stay there until May. I hope the first half of term has gone well for you! All I can say is:

Keep going! If this were a 10km race, we are probably at the 6km point. Remember that amongst all the work and exams, it is important to spend looking at pictures of your favourite animals.

For our fifth and final Badger of this term, we have put together a collection of feel-good articles surrounding the themes of love, Vale tines and, of course, badgers. Thank you to everyone who contributed!

Summative season is what you make of it. I would recommend setting yourself realistic daily tasks and ensuring a healthy balance of work and exercise. If at any point it is all getting too much, do use one of the many support systems that we have at Durham: Welfare, the University Counselling System, Nightline - to name but a few. Organise fun activities with friends to have little things to look forward to.

Happy reading! See you at the start of next term!!

Ben xoxo

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Valentine's Day Recipes

Valentine's Day. The day of love and treating your significant other. The day rolls around and you realise others more organised than yourself have meant Spags is fully booked. You realise that one too many Lloyd's Wednesdays is making your bank account look rather empty. Solution: cook at home. It's a win-win as your disorganisation will give the appearance of romanticism.



Cocktail: Blood Orange Paloma Ingredients:

- 60ml tequila (optional for non-alcoholic alternative)
- 1 tbs lime juice
- 170ml blood orange San Pellegrino
- Ice
- Pinch of salt
- 1 blood orange

Instructions:

- 1. Mix together tequila, lime juice, and blood orange soda and pour over ice.
- 2. Sprinkle in a pinch of salt and use slices of blood orange for a garnish!

Starter: Baked brie with cranberry and pecans

Ingredients

- 1 wheel of brie
- 170g fresh or frozen cranberries
- 40g chopped toasted pecans
- 40g runny honey
- 1 tablespoon butter
- 1 tsp chopped fresh rosemary
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp fresh lime juice



Instructions

- 1. Preheat oven to 170 degrees Celsius
- 2. Place cranberries, maple syrup, butter, rosemary and salt and pepper in a saucepan. Bring to a boil over medium heat. Boil for 3-5 minutes or until syrupy. Remove from heat and stir in lime juice.
- 3. Bake brie for 15 minutes or until soft. Carefully transfer brie to serving dish.
- 4. Pour cranberry mixture over brie and garnish with chopped pecans. Serve immediately with fresh baguette.



Main: Pijon herb crusted rack of lamb Ingredients

- 1 rack of lamb with 8 chops
- Salt and pepper
- 100g panko breadcrumbs
- 1 tsp lemon zest
- 1 tbs minced fresh mint
- 1 tbs minced fresh parsley
- 1 tsp minced fresh rosemary
- 3 tbs extra virgin olive oil
- 1 heaping tablespoon Dijon mustard

Instructions:

- 1. Preheat the oven to 180 degrees Celsius.
- 2. Trim the majority of the fat cap off the top of the lamb, then season on both sides with salt and pepper. Heat vegetable oil in a large skillet over high heat, then sear the lamb until browned on all sides.
- 3. In the meantime, combine breadcrumbs, lemon zest, mint, parsley,

rosemary, salt, and pepper in a bowl. Drizzle olive oil over top, then mix until breadcrumbs are thoroughly coated.

- 4. Remove the lamb from the pan and set on a baking sheet. Spread the Dijon mustard over the top in an even coating, then press the breadcrumb mixture on top. Gently pat the breadcrumbs down so that they stick and form a crust.
- 5. Roast on the top rack of the oven until the lamb reaches an internal temperature of 130 degrees for medium-rare. If the breadcrumbs are not browned by the time the meat is done, you can broil it until golden. Be sure to watch closely, as it can easily burn.

6. Remove from the oven and allow to rest for 5-10 minutes. Carefully cut into double chops - you will lose some breadcrumbs in the process but that's okay. Arrange on plates and top with any remaining breadcrumbs. Serve with mashed potatoes, vegetables, or other appropriate sides.

Pudding: 4 ingredient molten Nutella lava cakes



Ingredients

- 1 large egg + 1 egg yolk
- 2 tbsp granulated white sugar
- 100g Nutella spread
- 2 tbsp all-purpose flour

Ingredients

- 1. Preheat oven to 425F. Beat together egg, egg yolk and sugar for about 3 minutes until egg mixture more than doubles in volume and thickens.
- 2. Thoroughly grease and flour the insides of two (4 oz) ramekins with butter and remove excess flour.
- 3. Add Nutella to a large mixing bowl. Warm in microwave for approximately 30-50 seconds. Add in egg mixture and flour. Using a spatula, gently fold egg and flour into the Nutella until ingredients are mixed and batter is smooth and uniform.
- 4. Pour batter evenly into the two ramekins. Place ramekins on a baking sheet and bake for approximately 11 minutes. The top of the cakes should be just cooked but the middle of the cake is not completely set.
- 5. Let cake cool in ramekins for about 3 minutes. Use a spatula and run around the edges of the cake to loosen the cake. Place your dessert plate, inverted, on top of ramekin. Very carefully and quickly, turn it over and gently tap the upside-down ramekin to ensure cake has popped into plate. Lift up ramekin.
- 6. Serve with fruit, ice cream, chocolate sauce, etc.

by Saya Taneja



A Foodie's guide to THE NORTH East



For the burger babe - We all know somebody who absolutely LOVES burgers, they probably cringe at the thought of the Urban Oven and endlessly rant about the devastating lack of McDonalds within Durham. The best place to satisfy their needs

would have to be Fat Hippo, a local favourite with everything from a veggie option to a 4 x 4. If you want to level up your date, take them to the Underground restaurant in Newcastle for an ultra cool vibe. I do have to warn you though, be prepared to sit there with sauce around your mouth as knife and fork are truly frowned upon.

For the noodle lover - They probably skip half their college meals for ramen and have definitely found a way to cook them in the Billy B (Get a pot version and ask for hot water at the cafe). The best local option is the very authentic Golden Pearl on North Road, but Viet Cafe in Newcastle has a comprehensive vegan menu for all those plant based babes. These



are a great option for those who are on a budget or want a more relaxed atmosphere, but for a more romantic environment which you can dress up for, Zen across from the SU is definitely worth it but can get quite pricy.



For veggie cutie - Locally, chain like Zizzi's and Bill's provide lovely vegan options, but to truly treat your date, I can't recommend the Grumpy Panda in Newcastle enough. The diner atmosphere coupled with an adventurous menu (the mac and cheese burger is dreamy) is the perfect date spot and I can promise that even meat eaters won't be disappointed with the selection of alternatives.



For the seafood sweetie – To build upon those fish and chip Fridays that have been experienced in first year, take your date to Newcastle to truly experience some delicious treats. Loch Fyne offers a wide range of options for a more formal evening, whilst The Craster is a homely pub widely known for its crab soup. Either option has

freshly caught seafood but keep in mind that you may be smelling slightly fishy afterwards so if you fancy a smooch, save yourself and your date by bringing along some mints.

For the fancy pants - They splash out on a Morrison home delivery and live with the motto of "treat yourself", they appreciate good food and a nice environment so if you have the means, treat them to a lovely evening. In town, Cellar Door uses seasonal produce and has a refined menu but if you venture out to Silk Room in Newcastle, you will



be treated with beautiful dishes in the most romantic setting. If you are veggie you may struggle to find an option on the meat filled menus so call in advance and check.

by Alice Williams



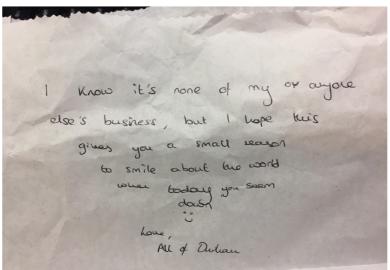
Believe in the kindness of Strangers

I've been having personal difficulties lately, as second term is riddled with Summatives, and with Valentine's Day stress and all, life can get very bleak in rainy Durham. So I wanted to share something magical which happened to me on the day after Valentine's Day, with hope to encourage people to be kind to one another.

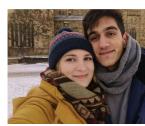
It was 5pm and I was on Level 2 of the Billy B, working on my dissertation, when due to a series of events I started crying and ran to the bathroom. When I came back to my seat, a boy came up to me, left a brown paper bag on my desk and said 'This is yours'. I was confused – didn't remember leaving a bag anywhere – so I had a look inside and there was a muffin and a note in it. I immediately turned my head up to catch the stranger but he was gone. I don't remember his face or even what he was wearing. The note said 'I know it's none of my or anyone else's business, but I hope this gives you a small reason to smile about the world when today you seem down. Love, all of Durham'.

I don't know if I'll ever find out who this person or people were, but it made me feel so warm that someone saw me crying and took the time to do this for me. This person probably knew nothing about me but seeing me in distress made them do an act of kindness that we so seldom see these days. We don't usually notice people around us, but this person noticed me, and it showed me how kind humans can be to one another, even with the smallest of gestures.

Send a muffin. Send a note. Be kind to those around you.



by Katerina Theodoridis



EMBRACING BEING Alone ON VAIENTINE'S DAY

To all my fellow single pringles out there, Valentine's Day may feel like the worst holiday of the year; not just the day but also the one-month build up after people have finished talking about what they did over the break. In reality, it's just like any another day. But if Valentine's Day feels like a hard slap in the face after you'd just gotten over your January blues, it might be time to uppercut these commercial expectations and embrace being alone by showing yourself some TLC.

Treat yourself:

This issue is probably being published at the best time for me to say this: make the most of the supermarket offers and "treat yo self" to some chocolate, flowers or even a meal deal. If your wallet's had more success on their New Year's resolutions than you and is looking noticeably slimmer, there are plenty of



ways to make yourself feel special without spending a penny. Take a break from your phone (and the numerous couple grams clogging up your feed) and wind down with a good book or a classic film (I'd recommend a horror flick as it'll make you forget what day it is in no time).



Live your best life:
After you feel renewed and like your own #1 fan, take some time to think about how you can live your best life, and be your best self. After all, self-love is the easiest way to up your confidence and motivation to kick ass! No one's got your back more than yourself. Whatever your goals are, whether they may be to make it out of bed every day or to take over the Tri-State Area

while a spy platypus is trying to sabotage your every effort, they become easier to meet if you believe in yourself and your abilities.

Channel your inspirations:

Your academic advisor may have shaken their head and laughed when you told them you were thinking of pursuing a career in finger painting after completing your BSc. But who are they to stop you? This is your one life (unless you have concrete evidence reincarnation is real), so do what makes you happy. Don't be afraid to pursue your creative or quirky interests, and to put your own well-being (including mental health) first.

As the saying goes, if you are lonely when you are alone, you are in bad company. When someone asks you what you did this Valentine's Day, why not laugh in their face and their miserable and really ineffective attempt to make you jealous of their adorable relationship...



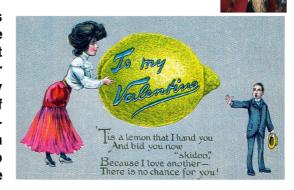
by ERIN BARRETT





Happy valentine's Day, I Hate You by Becky Mingard

If you're one of the happy couples celebrating Valentine's, or you've taken the bold move to ask our that person you've been crushing on for months, then I hope that the happy day has been filled with the kind of happiness that makes your flatmates want to vomit. I, for one, am a strong supporter of romance, so long as it maintains a comfortable distance from me.



But after the roses have been doled out and the lovers have all left for their candlelit dinners, what is there left for the rest of us: the bitter, lonely souls? My answer is this: Vinegar Valentines.

What are Vinegar Valentines, I hear you ask? Well, it turns out that our dignified Victorian ancestors may have been endowed with more pettiness than we give them credit for. From the 1840's onwards, not only were traditional romantic Valentine's cards available, but you could also buy Vinegar Valentines: anonymous postcards with insulting poems and illustrations to express your hatred or disdain. Cards were usually targeted, with options available accusing the receiver of anything from baldness or ugliness, to greed and idiocy. To add insult to injury, the receiver was also forced to pay for the card at delivery. What better way to ruin the day of your enemy?

To demonstrate the pettiness these cards displayed, here are a couple of the poems that were sent:

Snake of a Valentine

'I'm not attracted by your glitter For well I know how very bitter My life would be, if I should take You for my spouse, a rattlesnake. Oh no, I'd not accept the ring, Or evermore 'twould prove a sting.

You Are a Nerve Destroyer

When a pig's getting slaughtered, the noise it makes

Is sweeter by far than your trills and your shakes;

And the howling of cats in the backyard at night,

Compared with your singing's a dream of delight.

Write You Down an Ass? 'Tis Done Sir

Oh what a pretty Valentine
And so like you, friend of mine
For everyone say you're an ass
And other donkeys quite surpass

The popularity of Vinegar Valentines through the end of the 18th century: by 1905, 25,000 Valentine's Cards had to be confiscated by the Post Office in the city of San Francisco alone because they were considered too rude to deliver. So where did this petty trend disappear to? Well, it simply faded slowly during the 19th century as cards declined in lieu of roses and dinner dates, with the last Vinegar Valentines recorded in the 1970s.

As amusing as the lives of petty Victorians may be, perhaps this is a trend best left in the past. There's enough hate in the world today to sustain an entire population of internet trolls, without adding to it on. As much of a cynic as I may be, I won't bemoan the rest of the world a day to focus on love.



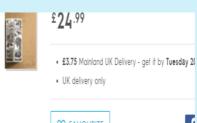
QUESTIONABLE VALENTINES GIFTS

Ah yes, the season of love has decided to rear its ugly head once more. No doubt your insta feed was flooded with soppy, 'my world' posts or adorable, not bitter, Galentines dates. No matter your personal opinions on the day of love, there is no denying that there is something refreshing about seeing so many acts of kindness and celebrations of love, especially in a society which put an angry orange wotsit in charge of nuclear codes (no red roses for you, hun). However, soppiness can go in strange directions- they do say love can make you do crazy things! Now I would like to invite you to join me in a deep dive into three of the strangest valentine's gifts being marketed at loved up couples:

It's the 12th of Feb, you're in a state of panic so you reach for your computer and head straight to ww-

w.notonthehighstreet.com, after all, it is the home of thoughtful gifts. You're feel-





ing confident, reminiscing about your first date: a trip to Greggs where you locked eyes over a steak bake and romantically brushed away those pesky flaky pastry crumbs from his Tommy Hilfiger fleece. You want to capture that magic once more but this time make it more '~personal~ you know?' Student loan at the ready and in a click of a button you've just ordered a £25 pasty to be delivered to the plodge... let's hope they like meat and potato.





I think we have established, this site is a hotbed for niche gifts. This one is clearly marketed to a very specific audience- the MasterChef audience- not celebrity MasterChef but Average Joe MasterChef- definition of niche.

My question is; how does this work? It says there is free delivery (always a perk), does this mean Mat turns up to your door in a box and takes you 'foraging' in the back garden you've been neglecting for years? "What's

this?" he exclaims as he enthusiastically grabs onto something buried deep in the ground. "oh... that's a sock.." you reply embarrassed, turns out it was the sock that fell off the washing line a few months back and you've been looking for its pair ever since. Mat doesn't add it to his beloved wicker basket. Is Mat just lonely? Using his foraging as a way to get a date? This is all too much.



Finally, we have one of my favourites, '24 Compliments For You' is the perfect example of a panic gift.

For £16, you can get 24 pieces of tissue paper in

a bag. Written on each is a complement like 'you look so beautiful' (cute) or 'I bet you make babies smile'- sorry what? How weird is that, who has ever said that to anyone as an expression of love? Also, how are you supposed to use this gift? Is the gift giver supposed to pick one out and say it to the gift receiver? That's just awkward, they're complimenting you from tissue paper drawn from a bag! The sad thing in all of this is that it was sold out. Shame.

Gift giving can be hard, but at least we all now know www.notonthehighstreet.com has got our back when it comes to unique presents. It's the thought that counts...right?





Valetine's: The Musical

Valentine's Day may be passed, but in the spirit of everyone who gets on their high horses about the "made-up" "commercial" holiday, here is a ranking of some of the most romantic songs, so you truly can express your love every day to that special someone.



1. All Star – Smash Mouth

This iconic song is from none other than the Shrek soundtrack - definitely the sort of feel good message you want to be giving to your beloved. The concept of breaking free from society's restraints and understanding the power of the individual demonstrates Renaissance ideology, also proving your mettle as an academic - what more could bae want?

2. One Pirection - History

As this song was recorded after Zayn had left the band, it might leave an unsavoury taste in your bethrothed's mouth. However, Harry Styles begging with increasing desperation for you to reconsider the life you used to share ("You and me got a whole lot of history / So don't let it go we could make some more") could bring a tear to the eye of even the stoniest music critics. A true relic.





3. Prake ft. Nicki Minaj - Make Me Proud

Although Drake's nice guy persona can often be patronising and annoying, on this early track with Nicki, his tone does appear to be genuine. He encourages his love interest in her endeavours and admires her commitment to succeeding ("Weekend in Miami tryna study by the pool / Couple things due but you always get it done"). There's nothing more romantic than showing your boo that you want them to flourish in their aspirations, and wish them all the best - especially when "all these [redacted] wanna waste your time".



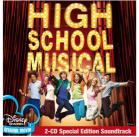
REDNEX 4. The Rednex - Cotton Lye Joe

"Where did you come from, where did you go?" Although the overwhelming theme of this song is tragedy, with the eponymous "Cotton Eye Joe" scuppering the narrator's chance at marriage, the message is clear, and serious. There is much conjecture among academic circles that "Cotton Eye Joe" is a euphemism for a Sexually Transmitted Disease. By playing this song to your lover, you can start an important conversation about practising safe sex and getting tested.

5. Hugh Jackman - Who Am !? Les Mis Sound Track

Much like "All Star", "Who Am I?" also interrogates notions of selfhood, considering Existentialist themes. Playing this song to your romantic interest is the perfect way to let them know that you're a mayor with a past, whose conscience and passion for justice is stronger than your desire to start over (even if all you did was steal some bread).





6. Ryan & Sharpay - What Ive Been

Despite the fact that Ryan and Sharpay are siblings, and therefore haven't been searching for each other all their lives, this is still a great feel good tune (and infinitely better than boring Gabriella and Troy's slowed down version). You and bae will have hours of fun practising

7. The Pussycat Polls – Pont Cha

Again, love is not always about romance. While the message of "Don't Cha" isn't exactly what could be considered feminist (there's no need to undermine other women in order to prove your own worth), "Don't Cha" is a reminder about the importance of self-love. Even if your crush can't see what a "freak" you are (as they are too busy with their girlfriend, in the case of this song) don't let that affect your self-esteem, and remember that you are deserving of love - it comes from within!





By ISabel Watkin

Aidan's Takeover

The final weekend of January saw all eyes turn to the King of the Hill, as Aidan's started its sports takeover. The Sports and Societies Committee gained access to the Team Durham social media accounts to cover all of the action and our teams didn't disappoint, producing a string of outstanding performances, including four victories over rivals Van Mildert.



The Women's Rugby team got the weekend off to the perfect start, easing-past Van Mildert 22-5 at Maiden Castle. Their success was a sign of things to come, as our talented teams flourished across these two days of competition, as they have done all year.

The takeover provided the platform for those of all abilities to showcase their talents, as epitomised by our Men's E and F Football teams, both of which secured impressive victories in their Division 6 fixtures. The F team have surpassed all expectations this campaign to sit top of the table, courtesy of seven wins from their eight outings.

Equally impressive was our Ultimate Frisbee A team's crushing 10-2 victory over Van Mildert A, giving them a valuable three points in the incredibly close Premiership.

Our Indoor Cricket A team rounded off the day in thrilling fashion, edging past Ustinov A by 3 runs. However, since the start of the indoor cricket league at the turn of the year the team has been in scintillating form, picking up maximum points in all of their fixtures, so this result did not come as a surprise.

Sunday saw the spotlight shift to the Men's Football A team, one our most outstanding teams this year. They showed no signs of relenting in their quest for promotion, goals from Henry Popiolek, James Sloan and Ciaran Adamson securing a 3-1 win over Van Mildert B. Whilst the As have been terrific in Division 1, maintaining an unbeaten record, it is their cup form that has been most eye-catching. Although Collingwood A halted their progress at the semi-final stage of the Floodlit Cup, their upcoming Football Trophy quarter-final tie against Ustinov A appears very winnable and could inspire a run to the final.

The Men's Rugby A team produced a top performance on takeover weekend, inflicting Van Mildert A's first league defeat of the season in a 29-17 win. They are another side on the hunt for silverware, having reached the semi-finals of the Floodlit Cup thanks to a 17-12 triumph against Grey A last week. They will be seeking revenge when they meet Collingwood A in the last four, having narrowly been edged out 13-12 by the Premiership leaders earlier in the season.

Our Netball B team continued their remarkable campaign, thrashing St. Hild & St. Bede C 21-3 in a one-sided contest. They are still yet to lose a game in Division 2 and have impressively only conceded 45 goals in their nine fixtures.

Our Women's Squash side have struggled to find consistency in the Premiership this year, however a crushing 4-1 defeat of Collingwood B showed signs of progress and is encouraging for the remainder of the season.

In Table Tennis, the Bs have been our stand-out performers this season, as emphasised by their dominant performance on takeover weekend, easing past Josephine Butler C 7-2. They currently sit joint-top of Division 1, with six wins out of seven.



Finally, our Volleyball team continued their strong start to the season, defeating St. Cuthbert's by two sets to one. Although still in the early stages of the season, they have shown exciting signs, having picked up three wins in four games.

The takeover weekend was a massive success for Aidan's, with our array of brilliant sporting individuals and teams stepping to the fore and producing some memorable displays. To keep up to date with all the latest Aidan's sport news, check out the 'St. Aidan's Sports and Societies' Facebook page.

by Archie Hodgson











SIGNS YOUR VAIENTINE'S DATE MIGHT HAVE ACTUALLY BEEN A BADGER.

We've all been there. A lovely romantic dinner in Nando's, you're laughing, you're having a good time, you're getting on. But then you go back to their house only to realise, after they've taken off their clothes and glasses, that they are in fact an actual badger.

Not that there's anything wrong with being a badger, but it always makes you see your partner in a different light when you realise they are a short-legged omnivore in the family Mustelidae. Here are 8 tell-tale signs so you can avoid those awkward questions and niggling doubts.

1 - Heightened sense of smell

Badgers have acute olfactory sense (to make up for their poor eyesight). Could your date instantly tell what perfume you were wearing, or which Lynx body spray you were using? Chances are they are in fact a badger.

2 - Living underground

Badgers live in burrows called setts. When you went back to your date's place, was it damp, dirty and dark? If yes then they might be a badger, or it might be student accommodation.

3 - Black and white hair

Badgers famously have black and white hair. If your date had black and white hair there may be cause for suspicion. They may of course still be a human, with dyed ombre hair, or that salt and pepper haired daddy look going.

4 - Sharp claws

Check those scratch marks on your back. How deep are they?

5 - Culling

Was your date complaining about farmers trying to shoot them? Did you leave with a little more bovine tuberculosis than you arrived with? Badgers are being culled by farmers for their supposed link to diseases in cows. If this sounds like it could be your date, they're a confirmed badger,

6 - Nocturnal

Badgers are known for being nocturnal. But then again so are students.

7 - No hands

Badgers, like many mammals, have 4 feet. Was your date reluctant to pick up a knife and fork? Did they eat by plunging themselves face first into their plate? They might be a badger. Or indeed any other 4 legged animal, like a pangolin or a salamander.

8 - Linguistic skills

Badgers can not speak English (citation needed), or indeed any language. Badgers communicated using a few different calls. Did you feel like your date wasn't really listening to you? Did you have to carry the conversation most of the time? Even if they are a human that's still not a good sign.

by Ed Cook







21

SOME ODES TO AidaN'S

Roses are red
Friendship is a bond
Serve me fishcakes again
And they're going in the pond.

Roses are red
Lions should run free
It seems Lloyds is more important
Than a degree.

Roses are red
A spade is a tool
With all this practice
I thought I'd be better at pool.

Roses are red
Another word for smile is grin
Don't you just hate it
When there's a stick in your bin.

Roses are red How many more Last year there were faeces On the B-Curve floor by calum Maclean



