

The College Voice

January 2015



The
Ladies' College
Guernsey

In association with

Specsavers

Founder: Miranda Griffin

Editor: Lucy Mancini

Team: Natalia Tanser,

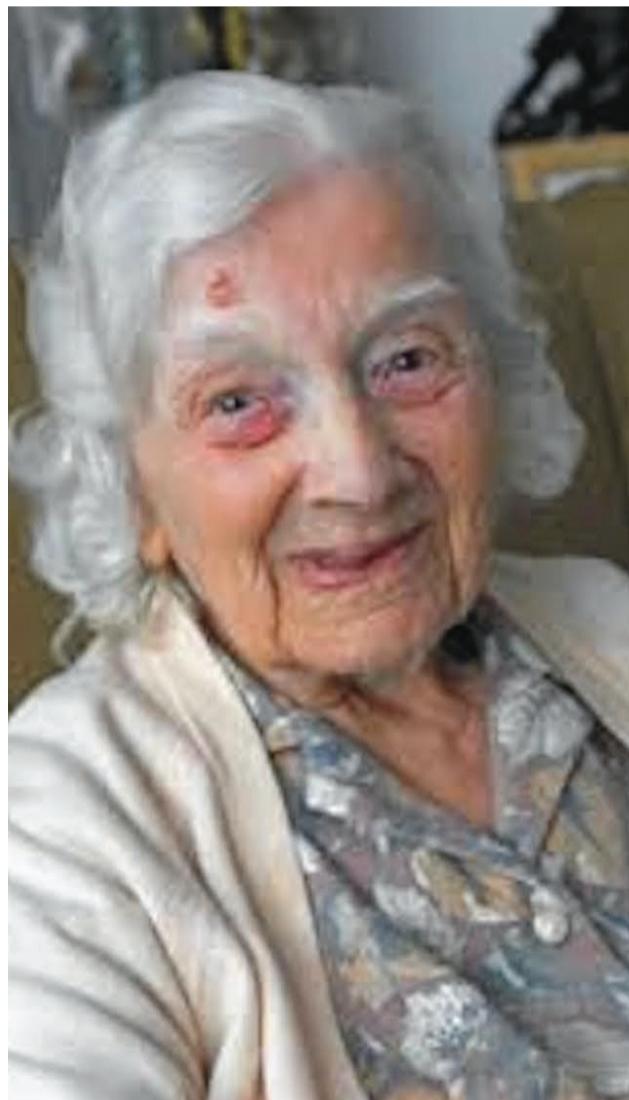
The Oldest Briton and How to Live Longer!

By Natalia Tanser

Following the death of Ethel Lang, Gladys Hooper aged 112, has now inherited the title of 'The Oldest Person in Britain', which is certainly something fantastic to celebrate! Although she did reply with "Oh, that's

quite nice"....! Well, seeing as Gladys thought that she was only the 'Oldest person on the Isle of Wight', being crowned the 'Oldest Living Briton' clearly came as a surprise to her! But thankfully, she's still in great shape, as her son describes her as "still having all her marbles".

So this got me thinking, who are the other people in the world who have



Gladys Hooper, at age 105!

lived or who are still living to such an old age? And more importantly, what are their secrets to a longer life?

Well, interestingly, the majority of people who lived past 100 are female, so do genes have anything to do with longevity?

Well, Gladys Hooper certainly doesn't think genes have anything to do with it! She is convinced that keeping busy is the secret to longevity. A retired concert pianist and founder of one of the first UK hire car companies, Gladys believes that charitable deeds and not going beyond limits are the key components to a happy, healthy and long life. This has been backed up by the 'World's Oldest Living Person' Misao Okawa, who famously said: "You have to learn how to relax".

I'm sure you'll all be glad to hear that Stella Nardari-Vecchiato, from Italy, lived to the fabulous age of 113, and was well known amongst her relatives for her love of coffee, chocolate and biscuits. So for all those chocoholics, chocolate could in fact be beneficial to your lifespan...wonderful!

The oldest known living person in the world, was Jeanne Calment, from France, who lived to the ripe old age of 122! Living in Arles, France for her entire life may have been the secret to her long life, but no one can say for sure. She was certainly always filled with energy; at 85 she took up fencing and famously, rode her bike until her 100th birthday. She claimed her long life was due to her diet rich in port wine, olive oil, eating nearly 1 kilogram of chocolate a week and, finally, being calm.

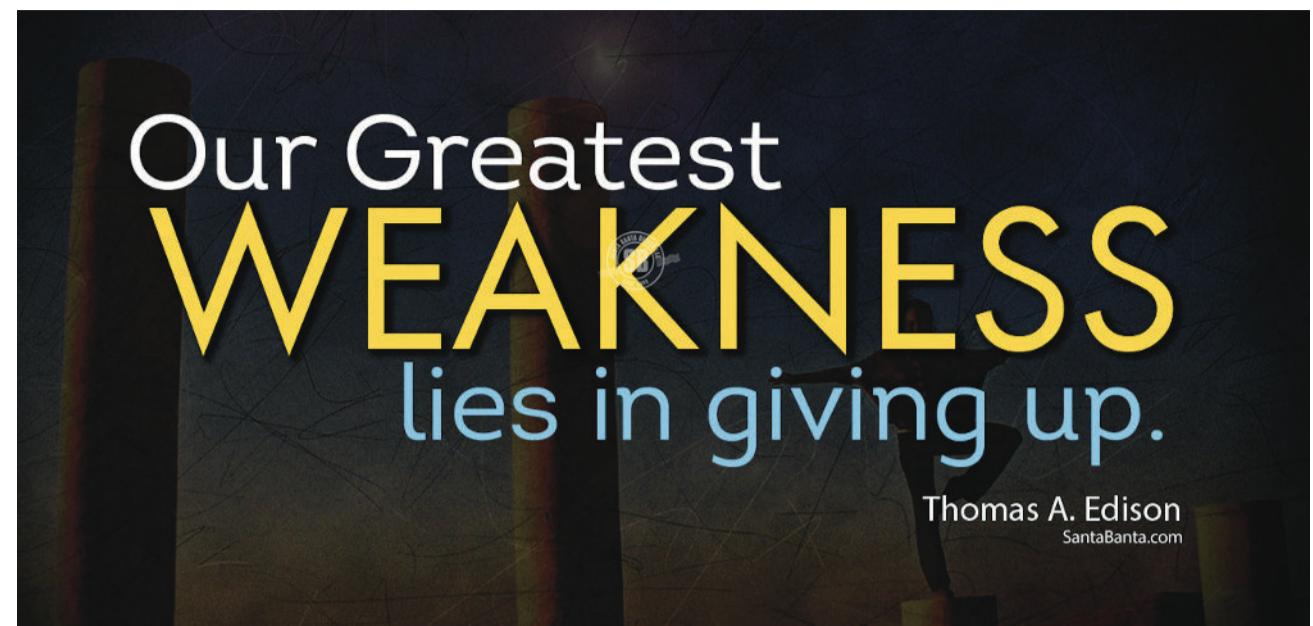
So, there are some of the secrets that people believe are necessary to live past 100. Who knows, maybe one of you reading this will be holding the title of 'Supercentenarian' one day!

New Years Resolutions

By Amelia Ayres

Top 10 New Year's Resolutions:

- To lose weight
- To get organised
- To spend less and save more
- To enjoy life to the fullest
- To stay fit and healthy
- To learn something exciting
- To quit smoking
- To help others with their dreams
- To fall in love
- To spend more time with family



45 % of us make New Year's resolutions, but only 8% will successfully keep them! If you want to be part of the minority that successfully achieve their resolutions you must choose a realistic goal. If you take time to consider what you personally need to improve on, you will greatly increase your chance of success. It is essential to pick only one new resolution as this means you can focus on one positive change in your behaviour or routine. Break your goal into a series of small, measurable steps and keep your family and friends updated on your success. They could provide you with useful support, encouragement and determination not to fail! But remember, you don't need a New Year to make positive changes in your lifestyle.



January Challenges

By Lucy Mancini

In keeping with the theme of New Year's Resolutions, some new crazes this year have been Dry January and Veganuary!

Dry January is a popular and conventional challenge that people across the nation are attempting this January. The charity are encouraging people to kick start their year by sustaining from having any alcohol until February 2015. It will make you feel better, save you money, and even improve your skin and sleep!

On top of that you'll be raising money for a very worthy cause. By being sponsored to undertake Dry January, you are raising money for the charity Alcohol Concern to help

website (<https://registration.dryjanuary.org.uk/>) to show your support!

Additionally, people are taking part in Veganuary this year. Going vegan, even if it is just for the month of January, protects animals, is the easiest and most effective way to help our planet, and completely boosts our health and nutrition!

Even if you aren't prepared to take the plunge yourself, you are able to show your support by donating (<http://www.veganuary.com/donate>). The charity help reduce the suffering of farm animals as they are often overlooked. For many, their love for animals is the main catalyst for becoming vegan and, although many are concerned with the ethical issues surrounding testing on ani-

mals, farm animals are the most abused.

reduces the chance of developing Type 2 Diabetes!



The website set up for Veganuary is a fantastic resource if you are interested in taking on a new lifestyle. It answers the myths and questions often surrounding veganism and provides you with vital facts that you need to know in order to maintain your optimum health while undertaking the challenge! It also has an amazing archive of exciting and delicious vegan recipes and even a list of restaurants you can easily eat out at.



raise awareness about the dangers of alcohol misuse and you can help make a real difference.

Although many of us are obviously unable to take part, we are still able to show our support and donate and not to mention encourage others to take part and start their year the healthy way! Just simply visit their

website (<https://registration.dryjanuary.org.uk/>) to show your support!

The second main reason why people switch to a diet free of any animal products is for their health. There is a lot of controversy over the health benefits of a vegan diet but it has been proven to lower cholesterol and blood pressure and significantly

You'd be surprised at who else out there is vegan, just take a look at their website! Hollywood heavyweight Samuel L Jackson went vegan in August 2013, and had already lost 40 pounds in weight by the following April.

Jackson is signed up to a nine movie deal with Marvel; reinforcing his cult hero status by playing Colonel Nick Fury. His response when asked why he'd gone vegan? "Just trying to live forever. Trying to finish out my Marvel deal."

What challenges are you going to tackle this year?

Creative Writing!

Rainforests

*By Savannah
Corlett*

The senseless destruction of life
This makes people frown
Causing global warming
The rainforest's being cut down.

With their axes they chop at the trees
Just to make a new town
With the trees goes the oxygen
The Rainforest's being cut down.

The animals are dying
Their homes are being chopped down
Dying to extinction
The rainforest's being cut down.

The life from within is drained
The animals become one's dinner
The rainforest's being cut down.

The new towns form

And the families move in
Like bees in a swarm
The rainforest's being cut down.

No-one stops for a thought
Of just how much damage has been caused
By building this new town in a second



As the rainforests become much thinner

Guernsey - the focal point of Specsavers

specsavers.co.uk



Music in 2015

By Lucy Merton being cut down.

Bring on the bands!

2014 brought us a fantastic year of music and we can only expect the same for 2015. Here are some up and coming acts to look out for this year!

Vampire Weekend

Grimes

Jungle

St Vincent

Jake Bugg

Royal Blood

Foals

Florence + The Machine

Skrillex

CHVRCHES

Disclosure

The Black Keys

The 1975

The Horrors

Foster the People

Bombay Bicycle Club

Metronomy

A changing industry?

When was the last time you physically bought a CD? Research has shown that we are increasingly streaming our music on websites like Spotify or downloading it online rather than buying albums on the high street. Apple signalled this shift by buying Dr Dre's Beats company in October 2014 for £1.75bn!



Some artists are celebrating this change. For instance, Ed Sheeran believes that he owes his career to Spotify. However some artists, Beyoncé and Taylor Swift to name a few, withheld their music from streaming sites this year. Despite this protest, many believe that websites like Spotify will soon be a major feature of the music industry.

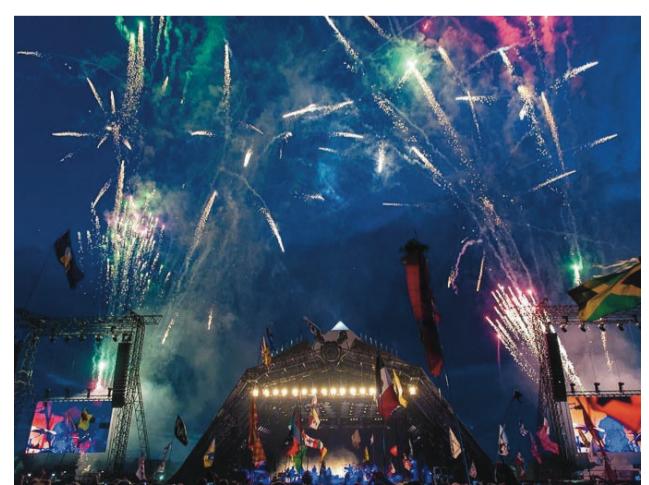
Don't miss out!

2015 is going to be a fantastic year for music. Ed Sheeran, AC/DC and Foo Fighters are a few acts that will be performing at Wembley alone this year.

All you Directioners and Swifties reading this will be excited to hear that One Direction and Taylor Swift are touring this year, although it may be a little late to get tickets (I happen to know of two very cool sixth formers who managed to bag tickets for one of the One Direction gigs, apparently you're never too old for One Direction!)

A number of artists are hoping to release new albums this year. Most notably, Coldplay with their last album *A Head Full of Dreams*, Bob Dylan with his album of "uncovers" and the long-awaited return of Rihanna.

The summer will be here in a flash so make sure you have your sights set on that perfect festival for you. Reading festival in August is always a favourite with Guernsey teenagers. Great for music, camping and party lovers everywhere! Jersey Live is another great option. Having attended for the last two years, I can safely say that a great time is guaranteed. Glastonbury Festival is an obvious choice. Taking place in June, Glastonbury is one of Britain's biggest and most loved music festivals. It's definitely on my bucket list!



The College Chef



Whether it's for a lazy Sunday brunch or sneaky breakfast-for-dinner, this deliciously healthy recipe will definitely satisfy all your pancake cravings!

INGREDIENTS

For the Pancakes:

70g (2¾oz/½ cup) buckwheat flour
70g (2¾oz/½ cup) rice flour
1 tsp baking powder
½ tsp Himalayan pink salt
300ml (½ pint/scant 1¼ cups) Brown Rice Milk
1 tbsp lemon juice
1 tbsp sunflower oil, plus extra for greasing
1 tbsp rice syrup

For the Compote:

200g (7oz/generous ¾ cup) blackberries rinsed and drained
2 tsp water
1tbsp honey

METHOD

1/ Place the buckwheat flour, rice flour, baking powder and salt in a large bowl and mix well.

2/ Place the milk, lemon juice, sun-

flower oil and rice syrup in another bowl and mix well, then stir into the dry ingredients and mix gently until just combined, being careful not to overmix.

3/ Wipe a frying pan lightly with oil and heat over a medium heat. Place a poachette ring or pastry ring in the pan and ladle in 1 tablespoon of the pancake mixture. Cook until air bubbles start to appear on the surface of the pancake. Do not turn until this point.

4/ Remove the mould, turn the pancake and cook for about 1 minute on the other side, until set. Repeat until all the mixture is used and cooked.

5/ Serve in a stack, layered with the compote (see below) a sprinkling of blueberries and soya yogurt, or with fresh fruit and agave syrup to accompany.

6/ To make the compote, place the ingredients in a pan over a low heat. Simmer for 10 minutes, stirring occasionally until the berries are lovely and soft. Blend the compote until smooth and drizzle over your pancakes.

Agony Aunt

Dear Agony Aunt,

My best friend and I have started having a lot of arguments recently and I hate it, we both get very upset! Do you know what we can do about all this? Is there a way to stop fighting? LThanks for your help!

From Always Fighting

Dear Always Fighting,

It's a natural part of growing up to have conflicts with your best friends! After all you have to spend a lot of time with each other every day at school, so don't get too stressed over little fights. The important thing is knowing how to resolve the argument. I suggest that when you start to become annoyed with one another, try taking a little break to cool down any tension before getting into a bigger fight. If you don't think that this will work, think about the things you fight about, and what you can both do to avoid the situation altogether. I understand how important and valuable a friendship can be, so you just have to try a little harder to make it work.

Good Luck!

Agony Aunt

Email agonyauntvoice@gmail.com if you want any advice from our Agony Aunt!

Where's Amy?



Pet of the month!

Lottie Parks' new kitten!

Quote of the Month:
"Success is liking yourself, liking what you do, and liking how you do

JANUARY

AUSTRALIA DAY	BLIZZARD	FOOTBALL	FREEZE
HIBERNATION	ICICLE	I HAVE A DREAM	MITTENS
NEW YEARS DAY	NORTH POLE	PENGUIN	RESOLUTION
SCARF	SKIING	SNOWFLAKE	SNOWMAN
SUPER BOWL			

O	E	N	Y	J	F	R	H	E	G	W	P	D	S	M
Y	F	Q	O	X	N	R	X	M	H	X	P	X	N	A
V	W	C	K	I	S	O	A	I	N	V	J	X	E	E
N	T	D	U	H	T	U	R	C	Y	F	E	Y	T	R
Y	A	D	A	I	L	A	R	T	S	U	A	Z	T	D
S	N	O	W	M	A	N	N	U	H	D	S	I	I	A
N	F	W	J	E	E	R	P	R	S	P	C	L	M	E
O	R	O	K	A	Q	E	L	R	E	I	O	P	Y	V
W	E	S	W	K	R	N	A	L	C	B	G	L	B	A
F	E	H	R	B	I	E	Y	L	A	Q	I	V	E	H
L	Z	T	O	U	Y	W	E	P	B	B	Z	H	V	I
A	E	W	G	W	R	E	S	O	L	U	T	I	O	N
K	L	N	E	D	R	A	Z	Z	I	L	B	O	Z	I
E	E	N	G	N	I	I	K	S	F	C	Q	I	O	R
P	T	W	L	B	M	B	X	W	S	P	U	Y	T	F



The
world
is our
ocean

specsavers.co.uk

Specsavers®