



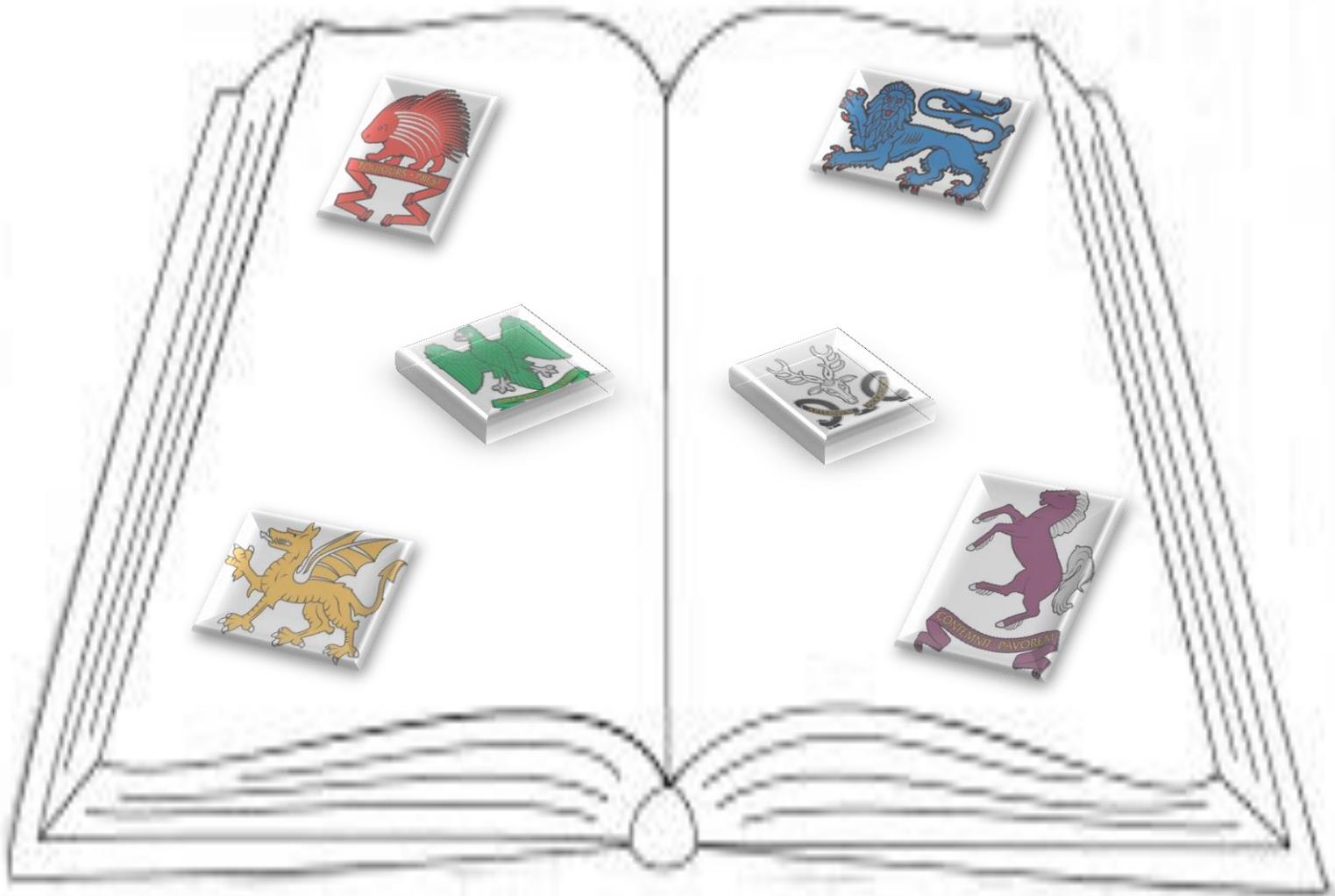
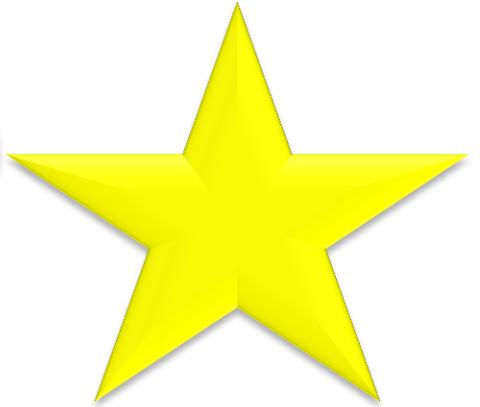
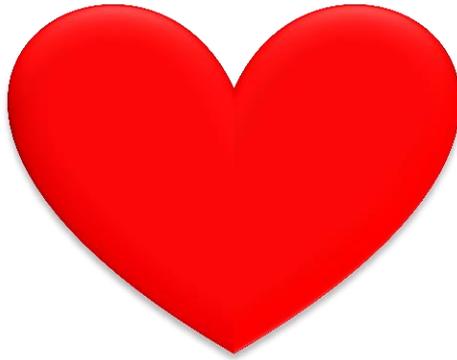
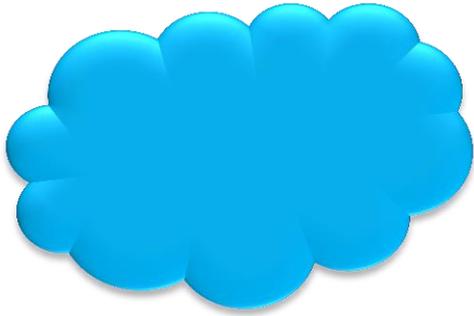
love the journey



College

Column

Liverpool College



Liverpool College

House Competition League Table

# Term 4 Results

**1<sup>st</sup> - Howson's**

**2<sup>nd</sup> – Brook's**

**3<sup>rd</sup> – School**

**4<sup>th</sup> – Selwyn's**

**5<sup>th</sup> – Howard's**

**6<sup>th</sup> – Butler's**

## Raising Money for the Alzheimer's Society

I've never been athletic. As a child, to be polite, I was never naturally gifted at Physical Education. Sure, I'd give it my best shot and put in 100% no matter what, but I was never praised for my limited, and quite frankly, laughable abilities and skills. As a result, for the first 26 years of my existence, I never really exercised. The notion of exercising filled me with a sense of dread. I'd make excuses, feel self-conscious and opt for being a couch potato instead. Now, exactly one year after successfully completing my first 5K run, I am preparing myself for the Liverpool Rock and Roll Half Marathon 2019.

Running has not come easy to me. The first time I attempted to run around Sefton Park with Miss Shaw and Miss Knoop, I complained loudly and frequently nonstop. There have been times over the past year when I've found running painful. At times, it's just been too difficult. Sometimes I have been incapable to motivate myself to run for an hour and a half after a long day at work.

However, despite my aches and pains, and moans and groans, taking up running has been one of the most rewarding decisions I have ever made. Last year, I signed up for my first run because I was the heaviest, in terms of weight, I have ever been. I now sign up for runs because running has become a hobby. Over the past year I have signed up for and have completed 5K, 10K and even 15K runs. The Half Marathon will be my biggest challenge so far: 21K.



In December, my Nan suddenly and unexpectedly passed away. My Grandparents (Bud and Nan) were, and still are, my role models. I was very close with them both and think about them every day. My Granddad, Bud (he adopted this nickname from birth when his sister asked "Where's my little buddy?" instead of "Where's my little brother?") passed away in 2011 after a long battle with Vascular Dementia. I am struggling to come to terms with the fact that I will never see my beloved Grandparents again. Therefore, I have decided to put a positive spin on a negative situation by raising money for charity in both honour and loving memory of my Grandparents. Next year I will raise money for the hospital that looked after my Nan in December of last year. This year I am raising money for the Alzheimer's Society in loving memory of my Granddad: Bud.

Bud was a fantastic man, a wonderful father, dedicated husband and legendary grandfather. He had an infectious sense of humour, a kind and warm nature and a smile permanently on his face. He was an avid Liverpool Football Club supporter and loved playing and watching golf and snooker. Bud was a huge part of my childhood. He had a great imagination and in retrospect he clearly helped direct me on my path

to becoming an English teacher; he constantly read to me and with me from an early age, in addition to regularly buying me books, magazines and comics.



Throughout my teenage years, Bud battled with Vascular Dementia, a form of Alzheimer's. Alzheimer's is a cruel disease. Bud, such a gentle and caring individual, did not deserve to suffer from such an unforgiving illness. Although his memory was not the same, he was still the same man I loved, respected and looked up to. I wish he was here now so I could thank him for always supporting, helping and guiding me. Bud passed away on March 8<sup>th</sup> 2011. He was 80 years old.

In loving memory of Bud, I decided to sign up for the Liverpool Rock and Roll Half Marathon. The race is on Sunday May 26<sup>th</sup>. So far I have raised £340 on my Just Giving fundraising page for the Alzheimer's Society. If you would like to make a donation, which would be extremely appreciated, you can do so by following this link provided.

<https://www.justgiving.com/fundraising/mrtfarnan>

To further raise both money and awareness for the Alzheimer's Society, I decided to ask Mr Broekman and Mrs Cassidy for their permission to make this term's house competition based around charity. As a result, I designed the "Guess the sweets to win the jar of treats" competition. In the first week of guesses and donations I was overwhelmed by the generosity shown by pupils and staff as £196 was effortlessly raised. Thank you to everyone that has participated in this house competition. All of your donations are going towards such a worthy cause: the Alzheimer's Society.

It has been a very emotional time for yours truly recently. It's been hard not to think about Bud and wish that he was here. I know he'd have thoroughly enjoyed Liverpool's title bid and that he would be excited to attend not only my wedding in summer, but my brother's wedding as well! I just wish that I had one more opportunity to thank him for the impact he had on my life. That's why I'm running: to pay tribute and homage to the best person I ever met – my Granddad, Bud.

# How to deal with



## How to spot it:

1. No time for relaxation or pleasurable activities.
2. Prone to accidents, forgetfulness.
3. Increased reliance on alcohol, smoking, caffeine, recreational or illegal drugs.
4. Becoming a workaholic.
5. Poor time management and/or poor standards of work.
6. Absenteeism.
7. Self neglect/change in appearance.
8. Social withdrawal.



## What is it caused by?

The situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on you can be stressful.

### Examples include:

- Mental illness. Growing up, teenagers experience new external and internal struggles that can be emotionally overwhelming.
- Peer pressure.
- Pressure to succeed academically.
- Uncertainty about the future.
- Parental pressure.
- Technology.

## So what is it?

### According to the NHS stress is:

**Stress** is the feeling of being under too much mental or emotional pressure. Pressure turns into **stress** when you feel unable to cope. People have different ways of reacting to **stress**, so a situation that feels **stressful** to one person may be motivating to someone else.

## So how can I deal with it?

**Be active** - Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.

**Take control** - There's a solution to any problem and the act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

**Connect with people** - A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way.

**Accept the things you can't change** - Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

## *A Whole Load Of Artists That I Religiously Listen To*

### *1. Declan McKenna*

Aside from my own sister, I literally do not know anyone who listens to his music religiously, but unrightfully so because he's an AMAZING human being (listen to him now). His album is called "What Do You Think About The Car?" and my all-time favourite songs from the album are:

- ✚ Humongous
- ✚ The Kids Don't Wanna Come Home
- ✚ Mind
- ✚ Make Me Your Queen
- ✚ I Am Everyone Else
- ✚ Why Do You Feel So Down?
- ✚ Paracetamol
- ✚ Listen To Your Friends

Also, other iconic family favourite *tunes* consist of:

- ✚ Basic
- ✚ Brew
- ✚ Don't Change
- ✚ In Blue (his newest song for a movie soundtrack – IT MADE ME CRY!)

If you were wondering, this is basically the entirety of the album.

If I could write more about this fabulous man, I would but I probably have to move on to the next person so I can't.

LISTEN TO HIM! HE'S AMAZING



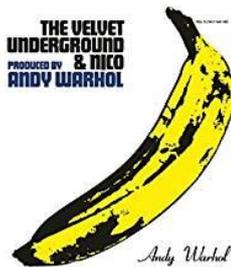
### *2. The Velvet Underground*

I honestly don't think that I can really describe how adorable they are in actual human words because they are one of the best bands ever. My favourite album

from them is 'The Velvet Underground and Nico' because it has the best songs on it, consisting of:

- ✚ Sunday Morning (a favourite)
- ✚ Femme fatal (another favourite)
- ✚ I'll Be Your Mirror
- ✚ I'm Waiting For The Man

I also really like 'After Hours' and 'Who Loves The Sun' from them; they are both probably my other favourite songs from them.  
Again, LISTEN TO THEM NOW (please).



### 3. Mac De Marco

I think that we all know that I had to add in the indie guy of the hour: Mac De Marco. He's that guy that you probably all have heard of but never bothered to listen to (such as people like Mr Farnan who procrastinate instead of using their common sense to listen to him) because he's that really weird dude who looks about 59 years of age going on 60 (by the way he's 29) and I know I'm meant to be complimenting his music or whatever in this section but it's just so hard when you don't get the facts out the way –

However.

Mac De Marco is probably the first indie artist I've ever listened to, maybe aside from Declan McKenna, and I can guarantee that he's my favourite artist of all time. His songs are great; frankly they have really nice meanings to them. I really liked his album 'Salad Days' because it had some really good songs on it, for example:

- ✚ Salad Days (yes, the actual song Salad Days)
- ✚ Treat Her Better
- ✚ Let My Baby Stay
- ✚ Brother

Mac honestly needs more recognition for what he does. In my opinion he's great. The only problem is the fact that not many people I know like his kind of indie music (which is a shame) but I'm kind of obsessed. His song 'My Kind Of Woman' is definitely his most popular, but one of my favourites. Overall, this was one of the longest sections for a reason – *listen to him*.

#### 4. FEET

Okay, so I might not listen to these guys as much as everyone else, but they're still a favourite. Also I know what the majority of people reading this are thinking – *another* weird indie band. Trust me – they're worth listening to. They're quite odd – one moment they're really chilled out and the next you can have a really angry jam out session listening to 'Petty Thieving'. Speaking of, my favourite songs from them are:

- ✚ Petty Thieving (iconic)
- ✚ Elevator
- ✚ English Weather

These guys are pretty damn iconic – I only really found out about them because they were the opening act for Declan McKenna's concert (best day of my life) and I've been hooked ever since. Point being, they are the 3<sup>rd</sup> best indie dudes I've listened to (after Declan). Highly recommend.



## 2018 Music Review

Album: M A N I A

Artist: Fall Out Boy

Release: 19<sup>th</sup> January 2018

Rating: 6/10

My Favourite Song: Stay Frosty Royal Milk Tea (Track 1)

This certainly isn't their best album at all. I don't really know what else to say about it to be honest.



Album: Eat The Elephant

Artist: A Perfect Circle

Release: 20<sup>th</sup> April 2018

Rating: 7/10

My Favourite Song: The Doomed (Track 4)

I really like a few of the songs on this album. personally I prefer Tool to A Perfect Circle but I still really like this album.

I went to see them in Manchester in November and they were very good.

Album: Tranquillity Base Hotel + Casino

Artist: Arctic Monkeys

Release Date: 11<sup>th</sup> May 2018

Rating: 10/10 (or should I say 4 stars out of 5?)

My Favourite Song: Batphone (Track 10)

I absolutely love the Arctics and this album, however it is very different from the other albums and for this reason lots of people don't like it.

I went to see them in September and they were amazing.

It is supposed to be a concept album about a luxury hotel at Tranquillity Base, the location of the 1969 moon landing.



Album: Pray For The Wicked

Artist: Panic! At The Disco

Release Date: 22<sup>nd</sup> June 2018

Rating: 8/10 (but we miss Ryan and the eyeliner)

My Favourite Song: The Overpass (Track 8)

The album that brought you 'High Hopes' and other hits, and attracted many new fans to the 'band'. Personally I like their older stuff from before they split up in 2009 (Ryan Ross, guitarist and main songwriter and Jon Walker, bassist left the band during the tour for their second album Pretty. Odd. and Spencer Smith, drummer left in 2013ish after their fourth album Too Weird To Live, To Rare To Die, Brendon's super alone can relate). I think it is a very good combination of songs and they all go together very well. (Listen to the first album it's their best.)

Album: Palo Santo  
Artist: Years & Years  
Release Date: 6<sup>th</sup> July 2018  
Rating: 8/10

My Favourite Song: Sanctify (Track 1)

My amount of brain cells is insufficient to be able to write about this album but it's proper good.



Album: Trench  
Artist: Twenty One Pilots  
Release Date: 5<sup>th</sup> October 2018  
Rating: 9/10

My Favourite Song: Jumpsuit (Track 1)

It's a concept album which explores mental health, suicide and doubt, themes heavily featured in their previous albums, framed in the metaphorical city of Dema and the surrounding valley known as 'Trench'. When compared to the other albums, it seems different from the older stuff, but it's that amazing that you don't actually care. It's my favourite of their albums and it's not as depressing as the other album because Tyler got married and has a wife now and is happy.

Album: Villains  
Artist: Queens Of The Stone Age  
Release Date: 25<sup>th</sup> August 2017 (I know this is from 2017 but I ran out of albums from 2018)  
Rating: 9/10

My Favourite Song: The Evil Has Landed (Track 8)

I really love this album. It only has 9 songs but they're all like 6 minutes long. All the songs are quality. Can't beat the first album though.



## Top 10 songs of the 2000's

In no particular order because all these songs are great.

1. "Sugar we're goin' down"  
By Fall Out Boy  
From their 2<sup>nd</sup> Album "From Under The Cork Tree"  
Singer: Patrick Stump  
Drummer: Andy Hurly  
Bass: Pete Wentz  
Guitar: Joe Trohman  
Released 2005



2. "Mr Brightside"  
By The Killers  
From their album "Hot Fuss"  
Released 2004



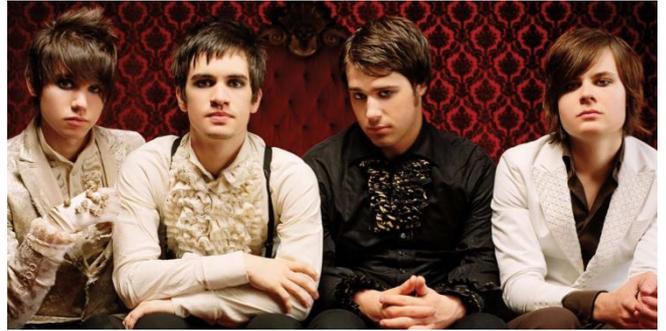
3. "Misery Business"  
By Paramore  
From their album "Riot"  
Released 2007



4. "I'm Not Okay (I Promise)"  
By My Chemical Romance  
From their 2<sup>nd</sup> album "Three Cheers  
For sweet revenge"  
Released 2004  
Singer: Gerard Way  
Drummer: Matt  
Guitar: Ray Toro and Frank Iero  
Bass: Mikey Way



5. "I Write Sins Not Tragedies"  
By Panic! At The Disco.  
From their 1<sup>st</sup> album "A fever  
You Can't Sweat Out"  
Released: 2005



6. "Dear Maria, Count Me In"  
By All Time Low  
From their album "So  
Wrong It's Right."  
Released: 2007



7. "Sk8er Boi"  
By Avril Lavigne  
From her album: "Let Go"  
Released: 2002



8. "Boulevard of Broken Dreams"  
By Green Day  
From their album "American Idiot"  
Released: 2005  
This was the most played song of 2005.



9. "Welcome to the Black Parade"

By My Chemical Romance

From their album "The

Black Parade"

Released: 2006



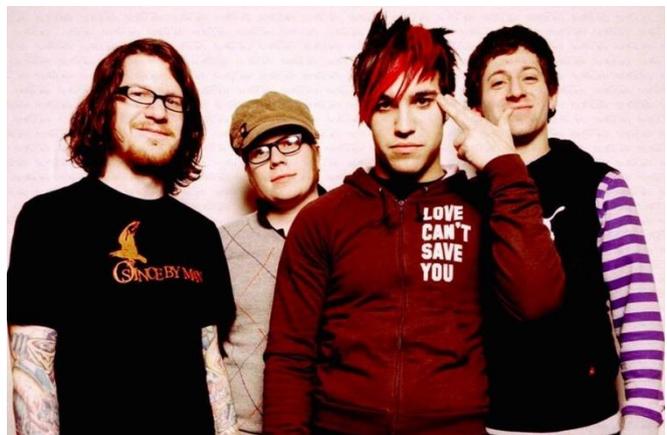
10. "Dance, Dance"

By Fall Out Boy

From their album "From

Under The Cork Tree"

Released: 2005



## The Umbrella Academy Review



On the 14<sup>th</sup> September 2007 Gerard Way released the 1<sup>st</sup> comic book. On The 15<sup>th</sup> February 2019, after 2 more novels came out, Netflix released The Umbrella Academy TV.

If you haven't finished watching it then you probably shouldn't read the rest.

One day 43 children were born but at the start of the day all 43 women were not pregnant. Sir Reginald Hargreeves adopted 7 of the children. 6 of the children had powers. But it wasn't until later on in the series that we discovered the 7<sup>th</sup> child has powers. The 5<sup>th</sup> child got stuck in the future and was there for years. When he came

back he said that in 8 days the apocalypse will start and they need to get the whole academy together to prevent it. But the day before he came back Mr Hargreeves- their adopted father died. In the end they don't stop the apocalypse but all of the kids travel back in time to try and make sure it never happened.

Number 1 (Luther) - Luther is super strong.

Number 2 (Diego) – Diego can throw knives with great accuracy.

Number 3 (Alison) – When she says the words “I heard a rumour” the person will then believe or do whatever she said.

Number 4 (Klaus) – Klaus can see dead and Klaus speak to them. He can do it to his full ability when he is sober and he only gets sober at the end of the show.

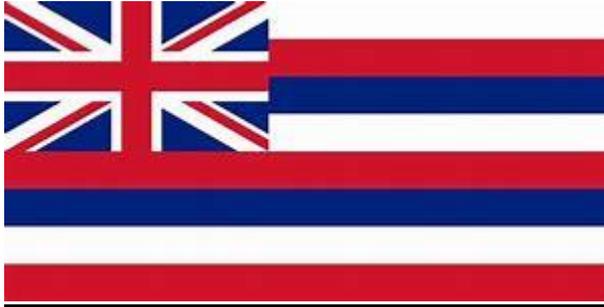
Number 5 (he has no proper name) – He can time travel and teleport.

Number 6 (Ben) – Ben is dead. I don't know how to describe his powers but here's a picture of him.

Number 7 (Vanya) – We don't discover that Vanya has powers till about half way through the show. Vanya is the most powerful character. I don't know how to describe her powers but she powerful when she plays her violin.

I think it is a very good show. It leaves lots of questions for the next series. I don't how much it is like the comic books. They said that they were going to make season 2 I've been so excited.

FLAG QUIZ - (None are country flags and aren't all are modern.) Hand in your answers to Mr Farnan for a PPC point.



Answer:



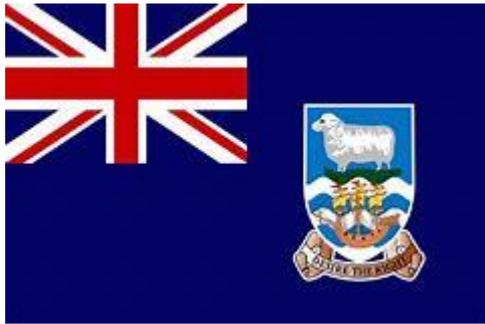
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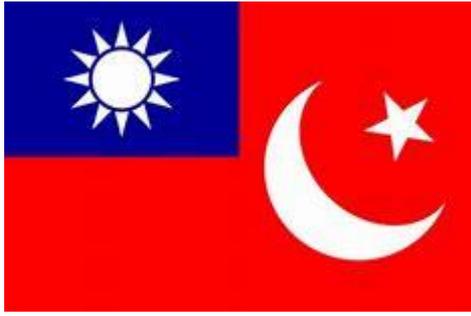
Answer:



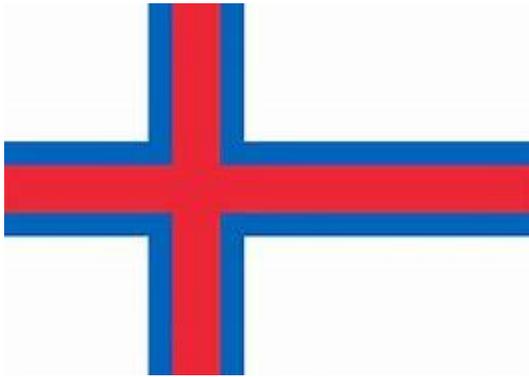
Answer:



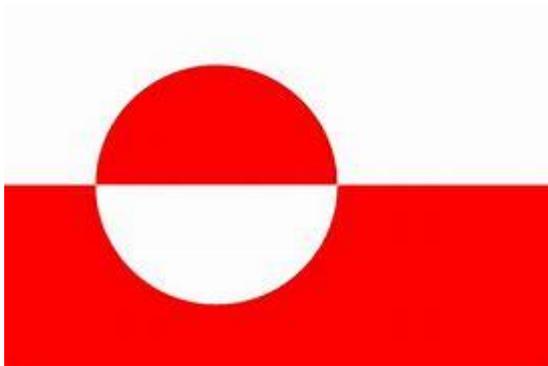
Answer:



Answer:



Answer:



Answer:



Answer:

# Guess the football players from these clues

Hand in your answers to Mr Farnan for a PPC point.

1. I have played with both Lionel Messi and Cristiano Ronaldo at club and international level. My team is based in Turin.
2. The first European club I played for was Basel after signing from Al Mokawloon. I have since then become the African Footballer of the year.
3. I only played for one club in my long career. I have won one World Cup and I was a striker in my Roman side.
4. I have played the most games in Premier League history.
5. I am one of three to have lifted the World Cup as a player and a manager. My side has won the World Cup twice.
6. I am the highest scoring Liberian in European football history.
7. I am Liverpool's only ever Zimbabwean player.

## Random and Useless but Fun Facts

The human brain named itself.

Cats sleep for roughly 70% of their lives.

A man once pretended to be footballer George Weah's cousin and signed for Southampton. He was subbed on for his debut and taken off 15 minutes later because he was so bad.

The world's longest film runs for a total of ten days. It is called *Modern Times Forever*.

William Shakespeare died on his birthday.  
How theatrical!

You multiply in size more in the first nine months than in the rest of your life.

Lionel Messi and Cristiano Ronaldo were born 869 days apart: the same as their children Thiago and Cristiano Junior.



# FIFA 19 Game review



## Journey

The Journey is a story-based mode that was introduced in *FIFA 17*. You follow Alex Hunter and his close friends in their gripping rise to football stardom. As there have been two seasons of the story, Alex Hunter has changed clubs multiple times, meeting new people along the way.



## FIFA Ultimate Team

FIFA Ultimate Team (commonly called FUT) is a mode in FIFA. It enables you build teams using any players from all the leagues to play offline and online to win coins to buy better players or packs which contain random players.



## Pro clubs

Pro Club is a special mode in FIFA which was integrated in 2011. Throughout the years it became more and more popular as you can create an online persona called a "Virtual Pro" and play as him and earn accomplishments to boost your "virtual pro" stats.



## Guess the character:

\_\_\_\_\_Smash!!

It's a me \_\_\_\_\_

Your Friendly Neighbourhood \_\_\_\_\_

Thor's hammer: \_\_\_\_\_

\*Snap\*: \_\_\_\_\_

I'm gonna catch 'em all: \_\_\_\_\_

Top of the morning to ya laddies this is \_\_\_\_\_

Stayin' alive: \_\_\_\_\_

Get out of my swamp: \_\_\_\_\_

I am your father: \_\_\_\_\_

Hakuna matata: \_\_\_\_\_ & \_\_\_\_\_

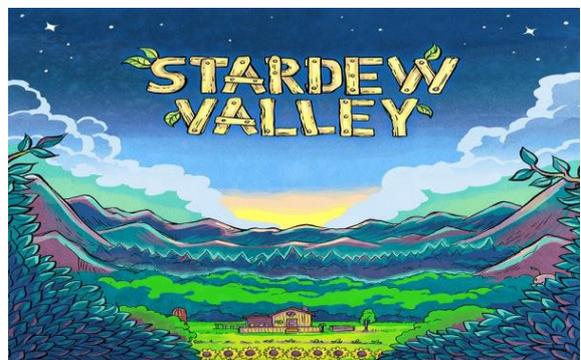
I had a dream: \_\_\_\_\_

\_\_\_\_\_ is coming to town

## 5 Relaxing Games to Play When You're Stressed

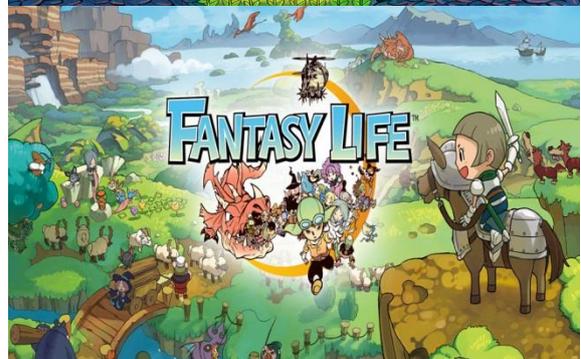
### 1) Stardew Valley 10/10 Steam

Stardew Valley is a farming simulation Role-playing game which is mainly about creating a farm and exploring land and making friends.



### 2) Fantasy Life 8/10 IGN

Fantasy life is an adventure game about attempting to get a Goddess back to her father while still following your dreams at becoming the best at your job.



### 3) Deltarune 8.7/10 IMDb

Deltarune is an adventure game about how a young child falls into a pit which ends them up with a school bully, a mature prince and an immature prince and their goal is to escape.



### 4) Undertale 10/10 Steam

UNDERTALE IS ANOTHER ADVENTURE GAME ABOUT TRYING TO ESCAPE THE UNDERGROUND WHILE MAKING FRIENDS ON THE WAY.



### 5) Mario and Luigi Dream Team 9/10 Argos

Mario and Luigi Dream Team Brothers is another adventure game which is about Mario and Luigi trying to save an island from falling asleep for eternity.



# Football Quiz



**Did you complete this challenging football quiz? If you complete this quiz, hand it in to Mr Farnan in G16 for a PPC point!**

- 1) Which newly promoted team did Manchester City beat 5-0 away from home in September 2018?**
  
- 2) Goalkeeper Kepa Arrizabalaga joined Chelsea from which club?**
  
- 3) How many FA Cup winners' medals did Ryan Giggs collect as a Manchester United player?**  
a) 2 b) 3 c) 4
  
- 4) Which striker scored the first hat-trick of the 2018/19 Premier League season against Huddersfield Town?**
  
- 5) SportPesa sponsor the shirts of which Premier League club?**
  
- 6) Which football club are known as The Cottagers?**

## Relegation Zone

This is a little quiz testing your Premier League knowledge. If you complete all questions, hand in to Mr Farnan in G16 for a PPC Point.

1. In the 17/18 season which Premiership teams were relegated?
2. This season which team is bottom of the table (20<sup>th</sup>)?
3. In 17/18 who came bottom of the Premier League?
4. Last season Man City came 1<sup>st</sup> but who came 2<sup>nd</sup>?
5. Which team gifted Man City the title by beating Man United 1-0?
6. Who won the 15/16 season?
7. Who won the 11/12 season?
8. When was the Premier League founded?

## Guess the Company

I'm Lovin' It

.....

Finger Lickin' Good

.....

Eat Fresh

.....

Have a Break, Have a

.....

Taste the Rainbow

.....

What's the Worst That Could Happen?

.....

Never Knowingly Undersold

.....

Just Do It

.....

Don't be Evil

.....

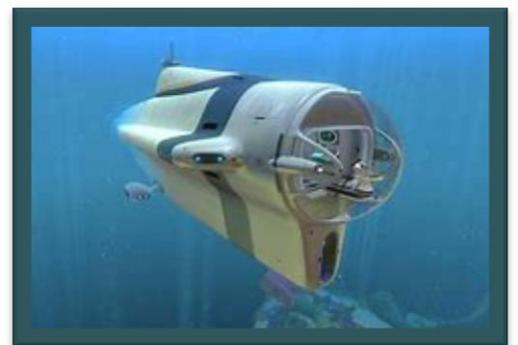
## Honest Review of Subnautica

In my opinion Subnautica is a great game for those who like a challenge and a few jump scares. With its stunning wildlife and alien life form Subnautica always has something new to explore. But you can't just venture to the bottom of the ocean with just a wet suit and snorkel. The game requires you to gather materials to fabricate tools, gear and even submarines. The game will have you hooked for a long time.



There are many places to discover and explore such as the Safe Shallows, Grassy Plateaus, Jelly Mushroom Cave, Kelp Forest, Mountain Island, Floating Island, Mushroom Forest, Grand Reef and Crash Zone. These are just what I have found so far; in total there are over 30 biomes in Subnautica. But you might be wondering what the point of all of these biomes is except that they look nice. Well the game isn't just about exploration but also escaping. At the start of the game you see a cut scene of you in an escape pod and your ship blowing up into a million pieces.

Here is what you can start with vs. what you will eventually have!



Name as many  
prehistoric creatures  
as you can:

