

ISSUE 32 FREE

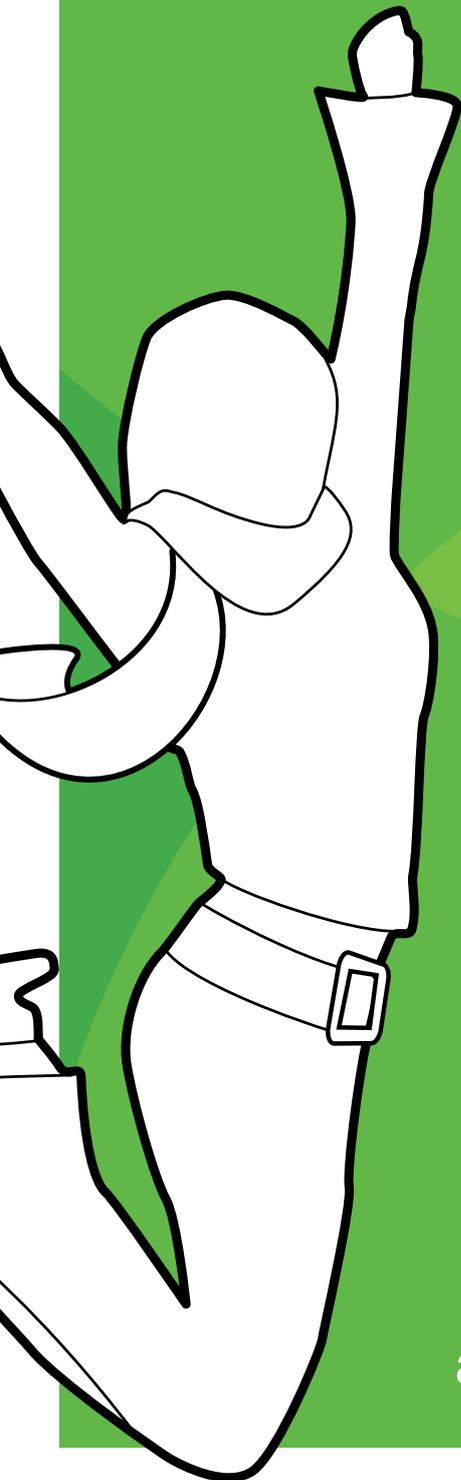
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Young
and
Beautiful

A WORLD APART / SAM PEET / TOM RUSSELL / FAUXCIALISING

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Contents

- 04 My Greatest Conquest
- 07 Young and Beautiful
- 12 Truth
- 14 Fauxcialising
- 16 Cheating in a Chatroom
- 18 Sam Peet
- 21 Look Who's Behind Us
- 22 Never Stop Learning
- 24 Tom Russell
- 26 A World Apart
- 30 Coffee Addict
- 31 Best of the ShowOff
- 32 Reviews



Welcome

IP1 has undergone a little facelift, giving it sharper lines and a more defined style. We hope you like the new look.

What's aesthetically pleasing to some people, however, is downright nasty and shabby to others. And, although we're confident you'll like what you see design-wise this issue, you may be turned on - or off - by what's on display in our feature article; *Young and Beautiful* on page 7. Personally, I like big burns and I cannot lie, but others think tattoos, piercings, fake tan, fake hair and some good, hard guns are the way to go.

Pop-punk progressives *A World Apart* also appreciate the sexy things in life like guns; and pictures of Haydn's biceps - and to a lesser extent Craig's - can be spotted alongside an interview with this awesome band on page 26.

The ever aesthetically charming Sam Peet gives you a guided tour of his illustration, collage and digital works on page 18; while performance poet and Ipswich's brightest new wordsmith, Tom Russell, proves that a thousand words paint a picture.

Nothing *faux*, just pretty, good stuff.

Howard Freeman Editor

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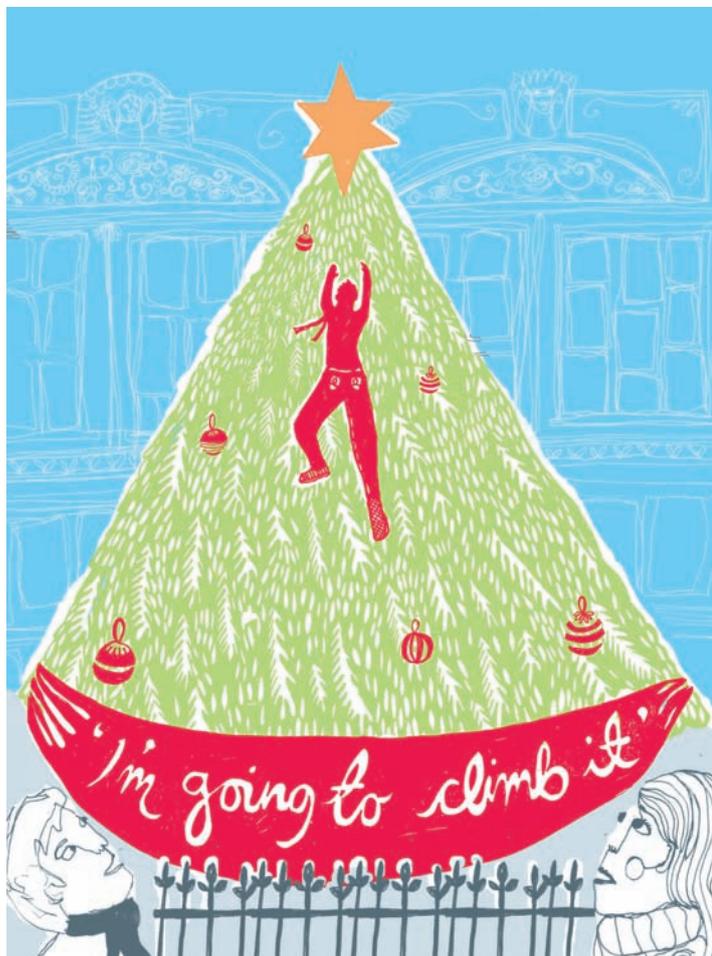
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MY GREATEST CONQUEST

From climbing Christmas trees to stirring soup in front of an audience, five *IP1* writers reveal their greatest conquests.



Fallen Angel

As my high-spirited friends and I stumbled onto the Cornhill we were met with the beautiful sight of the Evening Star Christmas Tree towering illuminated into the night's sky.

"I'm going to climb it," I declared.

I shot off at full sprint towards

the eight-foot high fence around the tree. Leaping with might and determination, I clawed my way over the barrier. My adrenalin spurred me on through the scratchy branches to the tree's centre, and like a forgotten angel I climbed the full trunk towards my rightful spot.

At the top I was at least 40 ft high.

My feat was met with widespread approval among the growing congregation of revellers observing my bizarre episode of heroic stupidity below. However, the voice I heard the loudest was that of my girlfriend, imploring with me to 'get down and stop being a knob.'

And this was the voice I listened to.

I dived from the top branch and body surfed my way down the outside of the tree, plopping out at the bottom, unscathed other than for a few scratches and prickly needles in my trousers.

Even the great Santa, in all his years, never achieved such dizzying heights. **HF**

Driving Testicles

A tiny trickle of perspiration rolled down my armpits. Clammy-handed, my butt cheeks fused into an indistinguishable sweaty mesh of clothing, seat and skin.

This was it!

I knew I could perform as well as any man. I knew how to give off the right signals and make the right moves. I'd been through the motions countless times, yet still my body felt alien to it.

"Take the second exit at the roundabout."

I followed every instruction he gave me.

"Ten points for old ladies and children."

I tried to forget everything I'd joked

about with friends.

Every time he moved his pen-hand, I tried to sneak a look at the giant, evil form on his lap that was begging to be filled with an eclectic assortment of epic failure.

But his hand hadn't moved for an age, and finally we were almost there...

I stopped on his instruction. In slow motion his salt and pepper moustache moved up and down as I heard the words I longed for:

"Congratulations, you've passed."

Backa the net! **EO**

All You Can Meat

It arrived on the table like a slate-grey tombstone, a thick, dense slab of impossibility. It was my Foreman, my Frazier, my *Rumble in the Jungle*, my *Thriller in Manila*. It was the biggest steak I'd seen, and we were going toe-to-toe.

The pre-fight stats matter: The villain weighed in at 1.5kg. That's 3.3 pounds of meat and bone, 52.8 ounces of defiance. It came with a free shot of cheap whisky and a washbowl. And a mint.

I asked for medium-rare. I got something half burnt, half barely dead. Sweating profusely, I worked away, bobbing and cutting furiously as my stomach cramped at the pain the villain relentlessly inflicted on my body.

But finally, after an hour and six minutes, I forced down the last forkful of fat, flesh and gristle, and

held my hands aloft in a punch-drunk daze while staring at the bloodied canvas below me. It was over.

For finishing the steak, I won a free steak.

I have never returned. **AT**

another takeaway pizza, or worst of all, 'get out more'. 'How dare they bite the hand that feeds,' I thought, as I locked myself away in a dark room and scoured Eastern Europe for the next young starlet that would help seal the European title that continued to allude me. Consumed by addiction, I simply

Stirring Performance

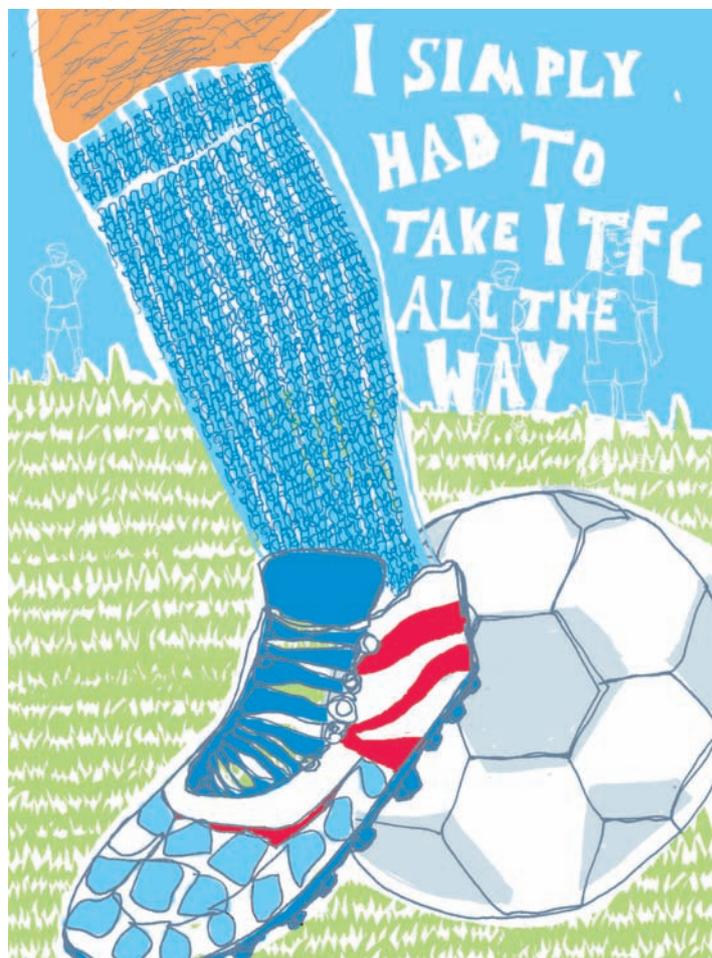
I stroked the skin gently, not wanting to embarrass myself by getting it wrong.

I had been brushing up on my skills for days in my bedroom but I still felt it was best to be tentative at first. I'd never done it for as much

of 'trading 4s' in public was weighing heavily on my mind.

In the lead up, I concentrated on 'stirring soup' for all I was worth and when the time came, I let go and gave it everything.

The audience seemed to think it



Those Were The Days

It started out as a bit of fun, a way to wile away the hours at uni. Pretend to be manager of Ipswich? Sure, sounds innocent enough, I thought. As I whizzed through 336 hours of gameplay in just over three weeks, *Football Manager*, the most addictive of PC games, came over all maternal; recommending that I change my underwear, order

had to take Ipswich Town all the way. As Danny Haynes powered in the winning goal against AC Milan in the 2015 Champions League Final, I sank to my knees, enraptured by an all-consuming relief. I'd beaten the game, I'd beaten the addiction – finally it was all over.

I was free. **NW**

money before, let alone in front of such a discerning audience.

It seemed to take an age before the rhythm settled down, but once we got going, the audience lapped it up!

By the time the interval came around, everyone had relaxed, except me – the daunting prospect

was fine. I don't really know what I was worrying about! **JK**



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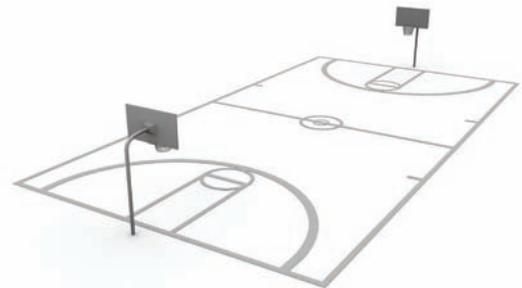


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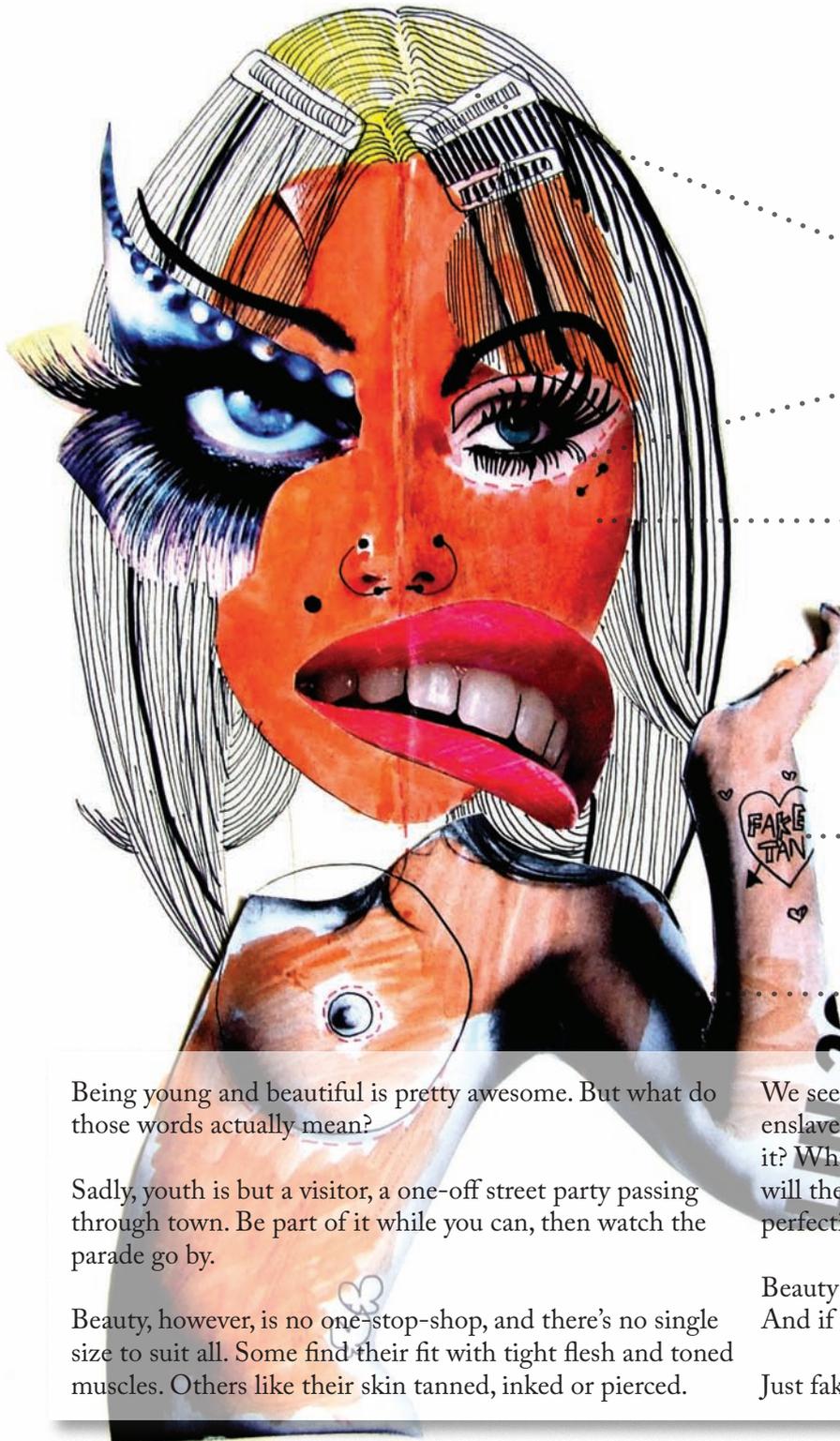
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Young and Beautiful

Six young people tell their stories



Make Me Fake
page 08

Totally Tangoed
page 09

Body Mods
page 10

Mr. Muscle
page 11

Being young and beautiful is pretty awesome. But what do those words actually mean?

Sadly, youth is but a visitor, a one-off street party passing through town. Be part of it while you can, then watch the parade go by.

Beauty, however, is no one-stop-shop, and there's no single size to suit all. Some find their fit with tight flesh and toned muscles. Others like their skin tanned, inked or pierced.

We see beauty in different places. But it can fixate and enslave us all. How far will some go to create the illusion of it? What lengths will they go to attain it? And what risks will they take to achieve their own personal perception of perfection?

Beauty: You can be born with it, train for it, even buy it. And if that doesn't work out?

Just fake it...



Make Me Fake

Amy Seabrook asks the question: Mirror, mirror on the wall, will fakery make me fairer than them all?



What is it about artificial beauty that appeals to so many girls? Does any of it actually improve their appearance, or do they just look like frauds?

I always thought that 'fake' looked cheap: Barbie doll hair, plastic nails, implausibly sized breasts. Whenever the term was used I always pictured Jordan or one of her double D-list disciples. Now, however, more and more 'normal' girls seem to be making increasing concessions to fakery – those little tweaks and adjustments that supposedly improve our appearance.

I have to admit that I am a fan of fake eyelashes. They give a glam look for a night out, which often makes me feel that little bit more dressed up. When I'm out, women often compliment me on them and ask if they're my real eyelashes. When I say 'no' and they ask me where they're from, I can't help but feel like a bit of a fraudster, embarrassed that I wear them to disguise the fact that I don't have naturally long lashes.

Then again, I suppose I only wear them from time to time. Some girls glue these lashes onto their eyelids every day. Some even go as far as transplanting hair follicles from their head and having them cosmetically sewn into their

eyelids. Extreme? Maybe. But it's a growing trend among young women as long, thick eyelashes have emerged as an accepted facet of beauty.

Then there's hair extensions. This growing trend in recent years, largely fuelled by WAGS and models, has led to young girls clipping in pieces of fake hair before they go to school and college each morning. Why do some girls spend so much money on maintaining fake hair instead of just waiting for their natural hair to grow?

In some cases wearing hair extensions can look awful.

with longer hair, and know it would take me years to grow it anywhere near this length."

She added, "I don't even think about the money or how long it takes to style, because I feel it's worth it. I don't even care that people know it's fake. I'd much rather wear fake hair every day and feel more attractive, than be unhappy with short, thin hair."

Hair and lashes aren't the only natural body parts girls fake. Every month my sister Chloe used to splash out around £30 at a small nail shop, sitting there in silence whilst a girl picked away at her nails and replaced them with bits

natural nails were much nicer than mine in the first place!

When I quizzed Chloe on why she continued to wear false nails for months through high school, she said, "At the time it seemed fashionable as so many other girls at my school were doing the same. At first, I thought they looked glamorous and attractive, until I had them done myself and felt the pain of them being ripped off.

"For me, it wasn't necessarily a confidence boost, it just made me feel that little bit more dressed up and mature. Nowadays, I much prefer just painting my nails in different colours and find fake nails seem to look a bit outdated and tacky, even though so many girls still wear them."

Cheap, obvious fakeness is not a good look. But, it seems the closer fakery comes to passing for natural beauty, the more acceptable it is.

Most beautifying techniques involve some level of artificiality, even simple makeup. Fake lashes and hair extensions are just, well, extensions of that.

Fakery gives us the power to control how others see us. It allows us to present the best versions of ourselves to the world. And isn't that essentially what we're all trying to do, every day?

"I thought they looked glamorous and attractive, until I had them done myself and felt the pain of them being ripped off."

However, when my friend Kershia started clipping them onto her hair, I was surprised at how many compliments she received. Some people had no idea her hair wasn't real and said they wished their hair would grow to that length.

When I asked Kershia why she spent so much time in the morning combing and straightening fake hair, she told me, "It just makes me feel so much more confident because I feel I look much better

of acrylic. At the time, the desired French manicure was intended to look glamorous, but in reality once the fakes were taken off, what was left underneath was anything but. Chloe's lovely nails had been replaced by short, weak ones that took months to repair.

I always used to wonder why she spent so much money on a dodgy manicure every month when the fake nails only looked nice for about a week afterwards, and her



Totally Tangoed

Amy Seabrook wonders why having a tan is such a must-have accessory.



the tan was applied all over and instantly I felt more confident and healthy-looking (if a little on the orange side). It was like a spray tan at a fraction of the cost – with no need for embarrassing paper knickers. Since that day, I haven't looked back.

People never comment on the fact that I often have a glowing just-got-back-from-holiday tan during a night out, while my skin is almost transparent the day after. If people don't notice my hideous, pale complexion, why do I spend

and attractiveness. This is why so many of us are tanning one way or another throughout the year. But why does having a tan, real or fake, make people feel healthier? The World Health Organisation states many people claim the use of sunbeds helps them relax and sustain a feeling of wellbeing. But is that my excuse for slapping on the 'tan in a bottle'?

As bizarre as it sounds, for some reason my outfit doesn't feel complete without fake tan. It's like an essential accessory – once I

of skin cancer. Sunbeds carry other potentially serious health risks such as skin-ageing and eye damage, which most young people simply don't think about.

Kayleigh says, "I've never been told the health risks by a member of staff, and I've used a number of tanning salons in Ipswich. When I visit them it just doesn't cross my mind."

Can legislation and health recommendations overcome our cultural infatuation with attaining darker, bronzed skin either through exposing ourselves in a salon, on holiday, or standing in a booth for a few minutes?

Unfortunately, I don't think so. Kayleigh tells me, "As so many people use sunbeds nowadays I don't care that people know my tan isn't real. Even though I use sunbeds a couple of times a week, I still apply bottled fake tan if I go on a night out."

"In all honesty I just love being tanned and the confidence it gives me, so I really don't care about the recommendations or what people think."

"Even though I use sunbeds a couple of times a week, I still apply bottled fake tan if I go on a night out."

hours of my life applying an orange façade and hiding stained bed sheets? Is it a confidence thing?

My friend Kayleigh from Ipswich has been using sunbeds since she was just 16-years-old, and says that the confidence boost a tan gives her is the only reason she finds herself visiting tanning shops on her lunch break. She says, "I feel so much better if I have a slight tan all year round. I think it makes me look a lot healthier and reduces spots and blemishes, giving me clearer skin."

It seems that tanned, dark skin is now seen as indicative of health

noticed how much better I looked with tanned legs, I couldn't bare to be seen with them pale. Is that pathetic? Maybe, but it doesn't stop me using it. Kayleigh said it was the same for her with sunbeds – once you notice the change, you don't want your tan to fade, so why let it?

However, this attitude is leading to girls as young as 12 to regularly use sunbeds. This is concerning as the International Agency for Research on Cancer (IARC) recently reclassified sunbeds to the highest cancer risk category alongside cigarettes and asbestos. The problem is not just the risk

More and more people are ignoring the short-term social consequences of tanning creams and the long-term health consequences of sunbeds.

As a freckly, pale-skinned person, I find it very hard to tan naturally. I could spend eight hours a day for two solid weeks in the sun by a pool in Spain and still come home with a paler complexion than half my friends.

I'm stuck. I'd love a natural tan that lasts all year round, but I know that's never going to happen. My skin type is the most vulnerable, so I've always been advised never to use sunbeds. It would be too dangerous. And expensive.

So, I turned to tanning creams.

First I tried the gradual 'build up your tan overnight' creams that you couldn't possibly wear during the day because of the musty smell. Every night I would go to bed covered in fake tan, only to wake up in the morning with streaky lines, hand prints and lovely orange stains all over my bed sheets. After a few weeks of doing this I thought: What's the point?

Then one day I was introduced to wash-off tan and everything changed. Before every night out,



Body Mods

Kizzy Barrow speaks to a couple of fully committed body modifiers to discover their perceptions of beauty.

person's facial features and makes them look that little bit different from the next generic person."

Zoe, 22, is a piercer for *Freedom Tattooz* in Ipswich. Covered with inked decoration, she's seen the tattoo/piercing world from both sides of the needle. Her first forays into piercing were decidedly more pragmatic than Ben's, however. She explains, "It wasn't so much what would look good or what would suit me, but a combination of what I was allowed to get and what I could afford – there's no denying it, it's quite expensive!"

Zoe admits she's pleased with the effect she's created. "I've kept my jewellery quite small around my mouth in particular," she says,

She adds, "For me it's just about adding to my collection. When I first started getting tattooed, I got them purely because I thought the images themselves were beautiful."

I want Zoe and Ben to be more specific about the kinds of piercings they find attractive. Ben ventures, "On women, single or multiple lip rings can look good. On guys, I really like piercings that are usually seen on women, something like a *Monroe*, *Anti-eyebrow* or cheeks. On both sexes, unusual piercings are always good."

Zoe has a few different types of piercings in mind. "I particularly like the way large tunnels look on girls – anything above 15mm I always think looks pretty damn cool."

"I particularly like the way large tunnels look on girls – anything above 15mm I always think looks pretty damn cool."

"because I want the focus to be predominantly on my face and the piercings to be noticed as an afterthought."

I wonder if Zoe thinks her tattoos enhance her natural beauty? She explains it's largely due to personal choice. "Some people believe that specifically placed tattoos, in terms of femininity, accentuate the wearer's natural shape and make them feel more sexual," she says. "For others I think it's just the image of tattooed skin that is attractive, regardless of placement or style."

I quiz Ben and Zoe on whether they think many people consider piercings less 'acceptable' than tattoos. Zoe is adamant that the answer is yes. "This is a mind-set I've never quite been able to understand when tattoos are oh-so permanent yet piercings can come and go," she says. "I think that perhaps piercing represents a more sadistic or ritualistic side of body modification, like tongue-splitting and stretching."

Ben agrees, but focuses more on how he feels attitudes to piercing have changed. He reckons it's now



far more accepted in day-to-day life, explaining, "People are less judgemental about how you look now, and care more about the person you are. I am accepted by everyone on my rounds."

I finish up by asking them both if they feel their piercings and tattoos define them, or if they consider them transitory. I also wonder if they've ever been alienated by their alternative image? Ben claims, "My piercings are part of me. They make me. I get piercings because I believe that they should already be there, like they are natural."

He adds, "I don't follow trends, I just think of a piercing I like, or maybe see one on somebody I walk past, and immediately think that I have to have it!"

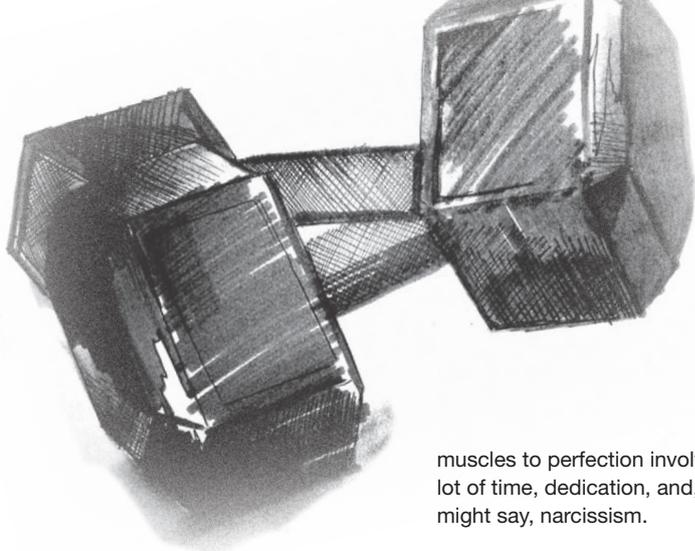
Zoe considers the idea of being rejected due to her image. "It depends whether people are intentionally trying to alienate me," she says. "I don't feel threatened by people who have a different idea of aesthetic beauty; after all, live and let live."

But she warns, "If someone is going out of their way to make a comment about my appearance, then I will retaliate. Because it's my right to look how I want."

We are often spoon-fed our perceptions of beauty through the conventional media, but you don't have to look far to see that alternative cultures place a completely different emphasis on what is aesthetically attractive. The number of tattoo and piercing websites and magazines that appear alongside mainstream publications show how these vibrant sub-cultures are thriving, and how traditional attitudes to them are warming.

Ben, from Woodbridge, works as a postman in a retirement village. It's not the introduction you'd expect to someone with distinctly non-conformist attitudes to body image, although he was something of a late convert to the pierced look. "I didn't get my first piercing until I was 21, which seems very late!" he tells me.

Ben has only dabbled with tattoos, sporting just three in total. However, he can currently claim more than 30 piercings over his body. I won't go into the inventory here, but they really are all over his body. I ask what parts of the body he thinks are complimented or accentuated by piercings. "I love lip rings as they do make the lips look so much more beautiful," he says. "I love nose rings, too. I guess this is because it adds to a



Mr. Muscle

Do girls like guns? Gemma Kappala-Ramsamy works out if working out really looks good on a man.



It's obvious that Johnny works out. He's not busting out of his clothes like The Incredible Hulk or anything, but his burly arms and toned physique, showcased subtly by a T-shirt and jeans, speak volumes.

The 19-year-old has been weightlifting for a year, motivated by a desire to ditch the beer belly and stop his mates teasing him. Leaving Felixstowe behind to start uni had a lot to do with it as well – “You know, a lot happens at university, [it's] a big change in life, so I wanted to get in better condition for it,” he says with a grin, blinking his blue eyes nervously.

Once he started, he found he enjoyed pumping iron so much he didn't want to stop. Now he works out three times a week. Even if he gives the gym a miss, he'll still train with free weights at home. “Cause you like it, you can push yourself to do it, so you get more out of it,” he explains.

Makeup can be wiped off and piercings can be removed, but weightlifting can bring about changes to the body that are both tangible and permanent. This differentiates it from many of the other things people do to improve their looks.

But unlike tattoos or plastic surgery, lifting weights is a labour of love. Sculpting individual

muscles to perfection involves a lot of time, dedication, and, some might say, narcissism.

“I see a lot of people there [at the gym] by themselves, positioning themselves in front of the mirror,” he laughs, before admitting he does it as well. “I do stretch out in front of the mirror, so I know what I'm doing.” No need to be so defensive, Johnny...

Turning flab into muscle involves straining until the tiny fibres inside the tissue tear, which can be achieved by lifting and moving weights of varying sizes or using the forbidding machines you've probably seen down the business end of your local gym.

Once training is over, scar tissue grows over the tears to repair

“Admittedly I have started wearing vest tops – before I couldn't pull it off, but now...!”

them, and that's what makes the muscle bigger. If this process of tearing and healing is repeated over a period of time, weightlifters end up fitter, stronger and bigger – more Adonis than Average Joe.

In general, weightlifting is acknowledged to be a man's game. Having bulging biceps, thunder-thighs and a six-pack is associated with masculine stereotypes. So, a beefy physique can imply physical power, toughness, capability and attractiveness; but equally it can make people come across as aggressive, intimidating meatheads.

Johnny barely seems to register the drawbacks. “I'm not a girly boy, I'm more on the macho side of things,” he states proudly, comparing his spartan bathroom shelf (he only uses a shaver, aftershave and deodorant, if you wanted to know) to those of his more beauty product-conscious friends.

If anything, he channels the laddish culture that comes with lifting weights to his advantage. He tends to go to the gym with a group of friends, and the banter and rivalry make training fun. “It's definitely good to have a bit of competition, so you're, sort of, staring at each other, trying to outdo each other.”

He says he has always had a bigger build, but when I ask him exactly why he chose to follow the

gleaming, rock-hard pecs, but that's clearly where we differ.

Last year Johnny was able to lift 40kg, and now he's bench-pressing 120kg. In the future he hopes to double that. “My aim is to get a lot of muscle, to get quite huge; to look a lot better to the opposite sex; and generally [to have] a feel-good attitude,” he says cheerfully.

He tells me that his new look has made it easier to meet girls. “Women do go for the big arms!” he says with relish. “I do get chatted to a lot more. You feel good and you've more confidence, so you can get out there.” He's keen to stress that although weightlifting has improved his appearance, it has also made him feel better about himself, and it's these effects combined that have made the difference.

However, he would never touch steroids to reach his goals. “I prefer natural growth,” he says. “Steroids give the appearance [of strength] but in the end they do more harm than good.”

It's obvious that Johnny is enjoying the new lease of life his weightlifting has given him.

“Admittedly I have started wearing vest tops – before I couldn't pull it off, but now...!”

Truth

□□ I'm no philosopher
or preacher. I just
put words together
over a dose of
boom baps □□

To paraphrase *The Big Lebowski*, sometimes there's a man for his time and place. For Ipswich in the late Noughties, it's possible Scott French, aka Truth, is that man. This ubiquitous hip hop MC, DJ and promoter [of the *Rapsploitation Sessions* nights] recently – some might say finally – brought out his awesome debut full-length, *Procrastinat(K)ing*, which was produced by, well, everybody. **Andrew Tipp** caught up with the sometime beat-maker to discuss writing music on the toilet, science experiments gone wrong, mythical sea creatures and whether or not Truth is 'out there'...

Hiya Truth

'Sup man. How you doing?

I'm okay. Hey, your music. I've listened to it. It's good. But how are you getting it out there?

I've never been concerned with getting it out there to be honest. I'm pretty selfish. I make everything for my own entertainment, really. I have no intention of selling my music. There's no motivation for me to do that when the worldwide spell caster's there.

OK... So, it's all about Myspace and gigging at the moment? And the aim is to satisfy yourself but we're all welcome to come along for the ride?

Yeah, come along for the ride, no fare, no insurance. I've got a few gigs coming up - a couple solo, a couple with my new band Millionaires by Morning - but I haven't been giggin' for a bit. It's mostly forums, Facebook and blogs.

I see. This being a music-orientated interview, it simply wouldn't be proper if we didn't somehow liken you to other musicians. In the spirit of this, if some demented Nazi-type scientist fused two musicians in some horrifying, twisted experiment to musically resemble you, which two would they be?

Wow, good question.

Thank you.

Lemme marinate on it... I got to check my iTunes for this.

Of course. While you're at it, tell me why *The X-Files* went rubbish.

Aye, I don't know man, I never really watched *X-Files* because in primary school some kids wanted to choreograph a dance to *Spaceman* for PE class or something. I don't know who they thought they was, but I wasn't for it!

Understandable. *Babylon Zoo* were shit.

I'm not sure what two artists [would make me], but I'd love to see a duck billed platypus combined with a dragon/raccoon crossbreed hybrid.

Are we talking about the head of a dragon with the body of a raccoon or the head of a raccoon with the body of a dragon?

Naw, sorry I didn't explain it. I figured a raccoon/dragon crossbreed would already exist, and then you would breed that crossbreed with a duck billed platypus to get the fully-fledged hybrid.

No, I'm afraid that's a step too far. Creating that abomination would be playing God.

Hell yeah, man! If people are allowed to play Santa at shopping centres, I'm good to play God.

Well, I suppose that was Josef Mengele's excuse... You know, we should probably talk about some of your music. I really like your track *Take Time*. The sample is great. What's your creative process?

Thank you very much. *Take Time* is produced by Sivey, who's incredible. It varies, I write most of my music walking around with my iPod on, or a lot of the time when on the toilet. I'm not gonna get graphic; I'm just being honest! Or sometimes I get the beat and just mumble out the rhythms/flow/patterns and it gradually turns into words. It varies, though. I don't write a whole lot.

I also really like the song *Sideview*, where you reference Ipswichian legend Jimmy Green. Could you explain for our readers who he is and why he is important to the local scene?

Jimmy Green is the only dude with the disco blonde fro in Ipswich. The guy's the best hip hop DJ in town and also makes dope beats! We're supposed to be doing an album but I am severely unproductive and long with writing! He's important to the local scene because Ipswich needs the funk.

As does everybody. You seem to take your time getting your music from conception to recording. Is this because you're not worried about making money from music? Or are you just lazy?

I make music when I feel like making music. I do it for enjoyment, so if I don't feel like making it, nothing gets done. I got a great reaction to *Procrastinat(K)ing*, so I'mma try doing something more cohesive for the next one. I just gotta find the time and inspiration.

Right. Moving on, some of the themes of your songs take on some social issues. Do

you have any strong views you want to get into your tunes?

We're all social commentators in some respect. I guess I just try and squeeze it into 16 bars, but I don't speak about anything that you wouldn't speak about down the pub or at your friend's. I just to put a spin on everything. I'm no philosopher or preacher. I just put words together over a dose of boom baps.

Quite. What's your attitude to music and paying for stuff? Are you cool with illegal downloading/file sharing?

I'm not mad at illegal downloading; I get most of my stuff that way. It's gained me access to so much dope music and great artists that I would have never heard of if I hadn't bootlegged it. I can't afford to pay for all the music I wanna check out, so I guess I've kind of justified it to myself in the sense that I believe the artists would rather have people check out their music without paying than not check it out at all.

Yeah. Hey, I've just bought *Mega Shark vs. Giant Octopus* on DVD. I haven't watched it yet. Who do you think has the edge in that battle?

Is that the film by the same guys that done *Napoleon Dynamite*? And Eagle vs. something?

Eagle vs. Shark is a cool New Zealand indie film. It's a quirky love story, whereas *Mega Shark vs. Giant Octopus* is about an amazing prehistoric shark fighting an implausibly humungous octopus.

Either way, *Mega Shark* would win it all day. 'Mega' implies some kind of super talent, whereas 'Giant Octopus' is just a bit armsy, all elbows.

Hmm. I'm not sure if octopi have elbows... But, yes, I'm certain if we ran this one on Bravo's *Deadliest Warrior* simulator, *Mega Shark* would win at least 67% of the time. From the top of the key for three...

Thanks. I think. Finally, in an entirely unforeseen closing question, when is the last time you didn't tell the whole truth, Truth?

Sorry man, my memory is bad. I lie a lot to be honest.

Fauxcialising

Nick Woolnough has got a new iMoan.

Here's a bombshell: 67% of the global online community use social networking sites. So, two from every three people who use the internet are tweeting, trading picture comments or taking part in pointless quizzes such as 'find out your porn-star name' or 'which character out of an obscure eighties American sitcom are you most like?'

To put all this simple maths into starker perspective, let's look a little closer to home. Say for example that your brother claims he is 'too cool' for all that Facebook nonsense. Then that means that there's every chance your 78-year-old Nan could be tweeting about her achievements at her needlepoint crafts club, while your nerdy cousin could be scouring Myspace for girls in a vain attempt to lose his virginity.

However, your cousin's first foray into stalking is not the pressing matter here. What I'm trying to make clear is that social networking is consuming the world's population. I, alone (barring some guy who beat me to it and posted the definition on the Urban Dictionary) have christened this trend *fauxcialising*.

Much like faux-leather or faux-fur, fauxcialising is an imitation of the real deal. Ironically, despite being a poor man's version of the simple art of socialising, fauxcialising is very much a habit of the more wealthy and fortunate.

Now I'm no mug; I know that the way in which we communicate and socialise has been altering for decades, and that social networking has been all the rage since Myspace enraptured the teenage population just after the millennium. But lately it's come to my attention that there is no longer any way of escaping social

networking and worse still, escaping from the people who fauxcialise obsessively.

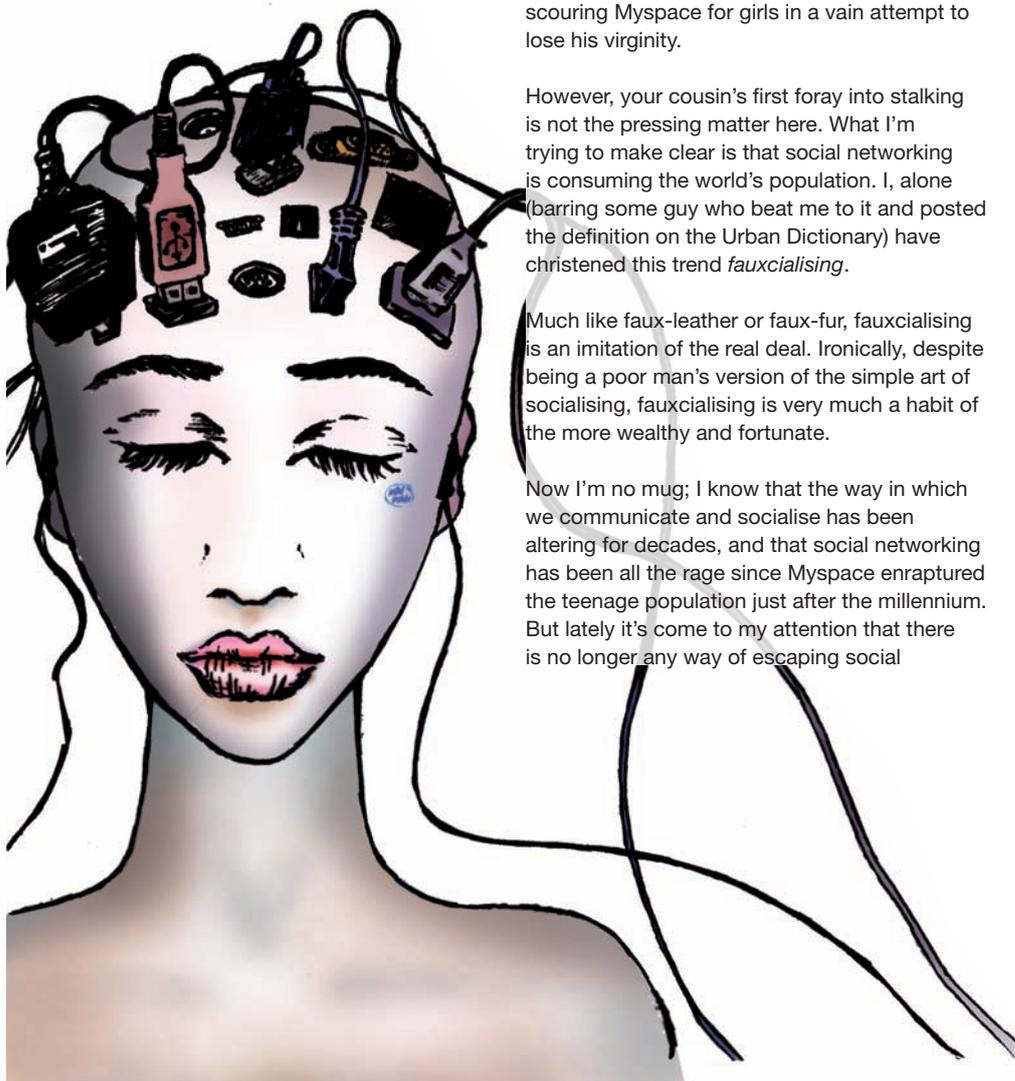
Time and distance used to be natural barriers to friendship – for instance your parents will undoubtedly have lost contact with many of their former classmates and colleagues. All it took was one change of address and number and you became un-contactable.

In my own case, a year after graduation, as I slowly and naturally slide out of contact with my old friends, I am never completely detached from the people that I actually give two tosses about. I keep the people I care about close and the rest are tossed one-by-one onto the friendship scrapheap. It's perhaps a little crude, but I make no apologies for it. For there comes a time when you have to accept that as nice a person as you may be, you simply can't keep in contact with everyone you've ever met for the rest of your life – it'd be exhausting. People drift apart. Lives change, priorities shift; everyone moves on.

But Facebook just keeps throwing it back in your, well, face. The more persistent ones who just won't give up on your friendship bombard you with 'how are you's and invite you to every single stupid event in their home town, be it a sheep-shearing contest or a sponsored dog walk. They spread themselves thinly, never really engaging with people; only ever scratching their surface. It's pointless.

This is the shift that infuriates me, as there will never be a substitute for spending time in the company of one another. Without those shared moments, the bonds and camaraderie will never remain. Relationships inevitably become altered, colder and ever-so-slightly artificial.

All this fauxcialising is cultivating a new strain of sterile, futile friendships that consist merely of empty updates on one another's lives. And all that was *before* the sodding iPhone!





Ahh, the iPhone, in all its shimmering, kudos-ridden glory. With this year's must have gadget in your hand, you can even fauxcialise while you socialise:

James is having an ace night out with the lads in Norwich

Seriously, why? It can't be that ace if you're sitting twiddling about on your iPhone updating your Facebook status now can it? And if all your mates are out with you then who exactly is supposed to be reading it, or more importantly, care? Or is it just an empty boast; an attempt to glorify yourself to your mass of Facebook 'friends' or Twitter 'followers' as some sort of hard-partying socialite?

I simply don't get it. The iPhone, with its endless networking and communicative devices, features and applications, has actually made its owners more anti-social than ever. My teeth grind like Tony Hawk on a high rail whenever a friend pulls out his Apple gadget down the pub, usually because I'm well aware that it spells the immediate end to any humorously farfetched debate we may have been having. Out comes the iPhone, on comes Google, out spouts the answer to our great unanswered question, and there goes the fun. No longer can we exaggerate to the point where we rumour complete nonsense into fact, collectively tease the gullible one with misinformation, or sit in frustrated silence as we strain every sinew to remember the name of the St Lucia international who made one substitute appearance for Ipswich Town in 1996.

They're just over-convenient. Whatever happened to life's little unsolved mysteries? Now with GPS, you'll never have one of those great summer road trips where you end up completely lost. And the *Shazam* application guarantees you'll never be left wondering what that song you just heard in HMV was called.

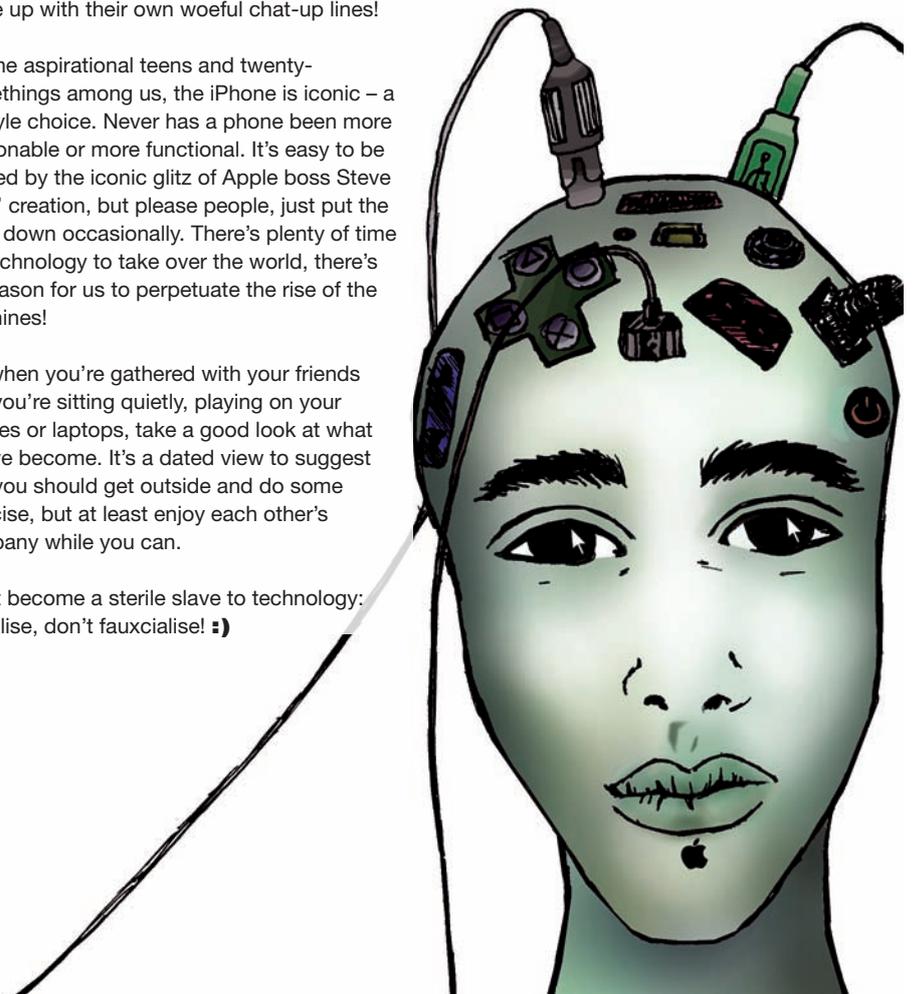
Now, I can see how this may seem like a rather absurd objection to a piece of technology that is clearly incredibly useful. But in an age when many of us spend the entire day in front of a computer screen to earn a wage, we are allowing an even smaller screen to take over our free time as well. Our reliance on technology is encapsulated perfectly by the iPhone, as is our increasing idleness. Now the iPhone generation don't even work out how to split a taxi fare themselves, create their own fart noises or come up with their own woeful chat-up lines!

For the aspirational teens and twenty-somethings among us, the iPhone is iconic – a lifestyle choice. Never has a phone been more fashionable or more functional. It's easy to be wowed by the iconic glitz of Apple boss Steve Jobs' creation, but please people, just put the thing down occasionally. There's plenty of time for technology to take over the world, there's no reason for us to perpetuate the rise of the machines!

So, when you're gathered with your friends and you're sitting quietly, playing on your phones or laptops, take a good look at what you've become. It's a dated view to suggest that you should get outside and do some exercise, but at least enjoy each other's company while you can.

Don't become a sterile slave to technology: socialise, don't fauxcialise! ☺

“Out comes the iPhone, on comes Google, out spouts the answer to our great unanswered question, and there goes the fun”



CHEATING IN A CHATROOM

If you cheat on the other players at *Monopoly*, you'll quickly find yourself on Park Lane in a newly built hotel, or on Oxford Street with a wad of pink 500s. All of a sudden, you're a winner. But if you cheat on your partner, it's a whole other ball game. Well, dice game. Actually, there is no dice. Because this is just an analogy. Except this time, you're a loser. The game's over, and there are no get-out-of-jail-free cards. But what constitutes cheating these days? Have the rules of the game changed? Can you 'Facecheat'? **Andrew Tipp** brought together a hardened, young troop of players to find out...

Name: No_2_Tweet_Cheat

Age: 19

Cheating

credentials: Girl guilty of minor offences. Twice wounded by carnal betrayal.

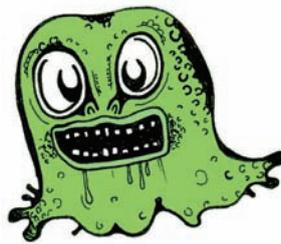


Name: Mizz_cheeeetahhh_69

Age: 19

Cheating

credentials: She's been both perpetrator and victim of lustful deception.



Name: [MAYbe_trubble_aHEAD]

Age: 17

Cheating

credentials: She likes to role-play, though claims that might not count on 'Cheatbook'.



Name: BOYS>DON'T>CRY

Age: 25

Cheating credentials: He's a long-term investor in love, assuming it's not early days in a relationship.



Name: Beehindma_bak_sheez_INDIA_SACK

Age: 26

Cheating credentials: Lad who's been cheated on 1.5 times. Can quote wise sage Morgan Freeman.



First off, what does cheating actually mean to you?

Beehindma_bak_sheez_INDIA_SACK: For me cheating is being involved with someone else if you're in a relationship. It can be different things, especially physical! I think a lot of women would say it could be emotional, though.

BOYS>DON'T>CRY: I personally think it's a physical thing. Is that a typical male attitude towards it? That women are more worried if you love someone?

[MAYbe_trubble_aHEAD]: Some men are over-protective and would consider talking to other guys as cheating. But then there's talking to other guys and *talking* to other guys.

If the physical aspect is important, how far is 'too far'?

No_2_Tweet_Cheat: Fucking is too far.

BOYS>DON'T>CRY: I would even say that kissing is too far, but that's more of a grey area. It's more about why someone would put themselves into a situation where they could kiss someone else.

Beehindma_bak_sheez_INDIA_SACK: Kissing is definitely cheating, too. Just a lower form.

No_2_Tweet_Cheat: Personally, I would say that in some cases kissing is permissible, but it's all about the situation and pre-agreed boundaries.

BOYS>DON'T>CRY: I've met a lot of girls who seem to hold on to a current relationship while starting a new one. If it doesn't work out they can fall back onto the current boyfriend because it's 'safe'.

[MAYbe_trubble_aHEAD]: I know I wouldn't get out of one boat until I was safely in a new one!

Beehindma_bak_sheez_INDIA_SACK: Yeah, but isn't that a bit greedy?

What about non-physical cheating? Does some contact online or through social media (Twitter, Myspace, Facebook, etc.) count as cheating?

No_2_Tweet_Cheat: I think it's all about intent.

BOYS>DON'T>CRY: Intent is nine-tenths of the law. Well, with cheating, anyway...

[MAYbe_trubble_aHEAD]: I think it's even harder to draw the line when it comes to internet and stuff, because you can role-play online with someone, but does that count if you haven't actually done anything in real life?

No_2_Tweet_Cheat: If you can have a relationship over the internet, you can deffo cheat over the internet.

Is some cheating more acceptable than others?

Mizz_cheeeetahhh_69: It always depends on

the person and relationship.

No_2_Tweet_Cheat: It does depend, but I don't really think cheating is ever okay.

[MAYbe_trubble_aHEAD]: You can definitely cheat without meaning to. I know I'm easily led by others, and might latch on to someone without meaning to hurt anyone. Without realising.

Mizz_cheeeetahhh_69: I think cheating would be an immature way to cope with an imperfect

Mizz_cheeeetahhh_69: I'm guilty of it. I've also been a victim of it.

Beehindma_bak_sheez_INDA_SACK: I've been cheated on one-and-a-half times! I was in a relationship for four months and it happened. The other time I was only kind of 'seeing' her. So for her it wasn't cheating, but for me it was. BIIIIATCH!

No_2_Tweet_Cheat: I've been fuck-cheated on twice. It hurts regardless of how long you've been together.

that's it. The account is closed just like that. Or at least, there's a massive withdrawal.

[MAYbe_trubble_aHEAD]: Nice comparison.

Mizz_cheeeetahhh_69: Yeah, I agree with that.

No_2_Tweet_Cheat: I'd say it's a massive withdrawal that goes over your overdraft limit and will plague you for the rest of your credit history.

BOYZ>DON'T>CRY: I remember when I was 14,

At any stage people can get addicted to cheating – the rush of it, getting away with it.

boy/girlfriend. The mature way would be to talk about it.

Is cheating worse early or late on in a relationship?

BOYS>DON'T>CRY: Cheating early on is less of a big deal in my opinion. I wouldn't say it's cheating early on.

No_2_Tweet_Cheat: Yeah, but it's a bad sign, really.

Mizz_cheeeetahhh_69: At any stage people can get addicted to cheating – the rush of it, getting away with it. I had a friend who was a serial cheater. If her boyfriend didn't text her, she would go out and kiss someone else just to try and get back at him.

Beehindma_bak_sheez_INDA_SACK: Yeah, that's a bit sad thought isn't it?

[MAYbe_trubble_aHEAD]: It adds some excitement to their lives, I guess.

BOYS>DON'T>CRY: Isn't that what they say about serial killers?

No_2_Tweet_Cheat: If you need to risk someone else's feelings for excitement, it doesn't say much for you as a person.

Will anyone own up to either cheating or being cheated on?

BOYS>DON'T>CRY: Yeah, I've been cheated on.

No_2_Tweet_Cheat: I've kiss-cheated, very early on.

[MAYbe_trubble_aHEAD]: I'm...semi-guilty...

Can relationships ever survive after cheating?

No_2_Tweet_Cheat: I think in very particular situations your relationship can survive.

Mizz_cheeeetahhh_69: So much trust is lost, though.

[MAYbe_trubble_aHEAD]: I think if the person owns up willingly and tells you how they feel, and that it's all over with the other person, then - providing they aren't lying - it's possible to recover what was lost.

Beehindma_bak_sheez_INDA_SACK: Yeah, relationships can be fixed, but it always leaves that big question, doesn't it?

[MAYbe_trubble_aHEAD]: Indeed. If someone cheated on me I know I'd always be scared that they'd do it again, as you'd know they have it in them.

Mizz_cheeeetahhh_69: Once a cheater always a cheater, I've heard.

BOYZ>DON'T>CRY: Having forgiven cheating in the past, I don't think I would forgive any more. Things never felt the same afterwards.

No_2_Tweet_Cheat: There would be no trust, even if they owned up.

BOYZ>DON'T>CRY: I think trust is like a savings account. Over the weeks, months and years you make hundreds of little deposits, watch it grow and think of all the wonderful things you could do with it. But if you cheat,

a bank tried to get me to sign up with them by giving me a free camera and CD.

Mizz_cheeeetahhh_69: Which CD?

BOYS>DON'T>CRY: I think it was a 'hits' compilation.

Beehindma_bak_sheez_INDA_SACK: Now That's What I Call Cheating!

Finally, why do you think people cheat?

Mizz_cheeeetahhh_69: Cheating happens because people aren't morally perfect.

No_2_Tweet_Cheat: I disagree, you don't have to be perfect not to cheat. Morally or otherwise, if you're cheating it's not a nice thing to do. As long as you class what you do as cheating, it's wrong.

Beehindma_bak_sheez_INDA_SACK: Morgan Freeman once told me that there are no perfect men in this world. Only perfect intentions.

Mizz_cheeeetahhh_69: Morgan Freeman told you?

Beehindma_bak_sheez_INDA_SACK: Actually it was in *Robin Hood: Prince of Thieves*, but you get the idea. Hey, maybe cheating will always be inevitable, like profound Kevin Costner films?

No_2_Tweet_Cheat: Okay, yeah, generally there will always be people who cheat. But that doesn't ever make it right. Or acceptable.

Sam Peet

Illustration, collage and digital works

An aspiring illustrator/designer now living and working in Brixton, Sam Peet hails from deepest, rural Suffolk in a place called Nettlestead just outside Ipswich. After finishing his Foundation in Art and Design at Suffolk College, he completed his Illustration degree at Cambridge School of Art. Sam likes drawing, collaging and digitizing. He enjoys all aspects of contemporary art but finds most inspiration in the abstract found in society, music, film and life in general.

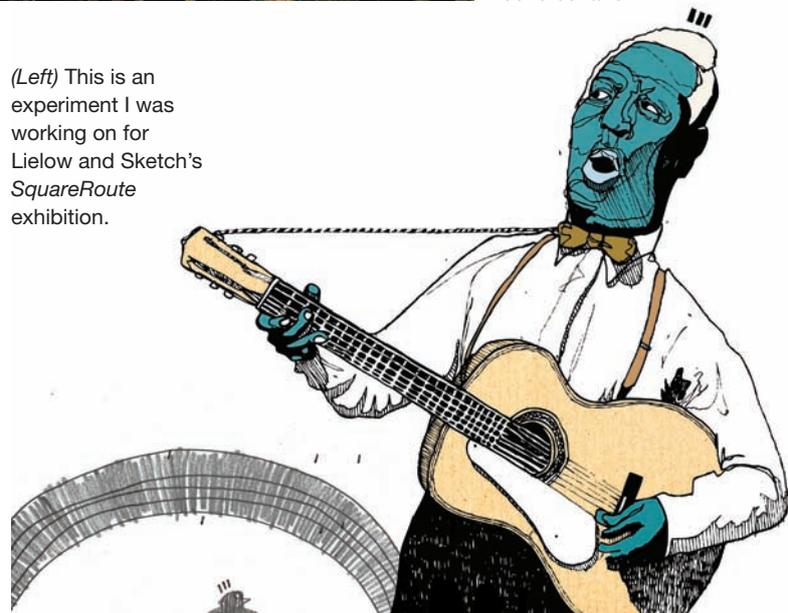
ip1zine.com/showoff/profile/92
sampeet.com



(Left) This is a page from a picture book I came up with called *I Had The Strangest Dream*. The story was derived from dream interpretation theories, so I read quite a lot of strange things about sleep, but I managed to come up with a linear narrative still based on the abstract visual metaphors I'd devised. But essentially, it's about an Eskimo who has to fight the darkness that tries to engulf its snow covered land.



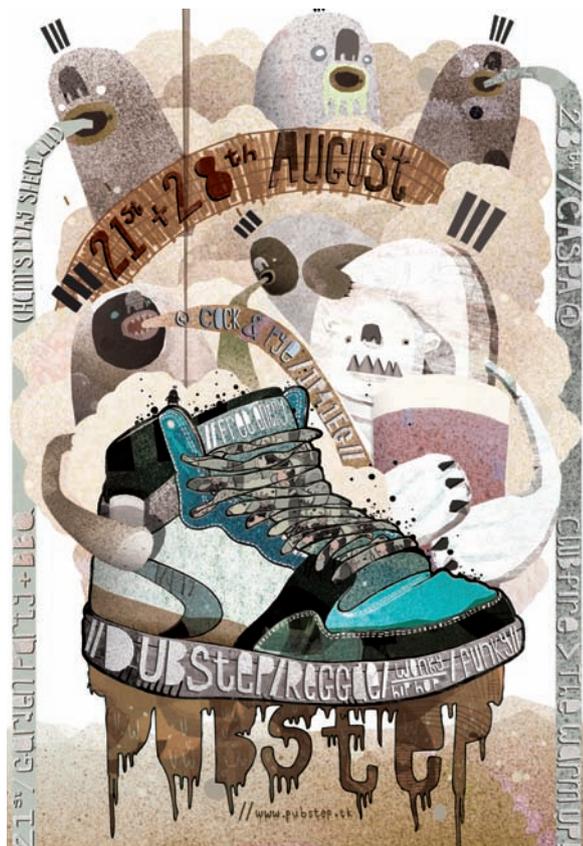
(Left) This is an experiment I was working on for Lielow and Sketch's *SquareRoute* exhibition.



(Right) This image is in response to me moving to London recently, and to the film *Black Cat White Cat* by Emir Kusturica. It is another piece I worked on for the *SquareRoute* exhibition that took place in October at the Graham and Oldham Artists Gallery, Ipswich; organised by the legends that are Mister Millerchip and Chris Nunn.



(Right) This is a poster I came up with for a new night in Ipswich called *PubStep*, which is organised and run by DJ Ham aka Josh Smith. This image was going back to my digital collage method of working, with drawing and texture.



(Left) This was initially designed as a concept for a range of flyers for my friend's techno night back in Cambridge, but the night stopped running. I liked how the image turned out. The image is called *Grow*.

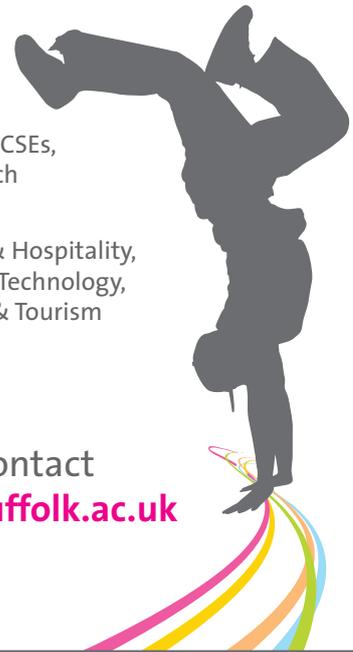
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To find out more come along to our open event
Wednesday 18 November, 4.30pm – 8.00pm or contact
our Information Team on **01473 382211** or **info@suffolk.ac.uk**
www.suffolk.ac.uk



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25 Feb 10

Hilary Owers & Tracey Johnson, Cuckoo Farm Studios, Essex

25 March 10

Isabella Pitisci & Laura Potter, Key Arts, Ipswich

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£8 for all 6 or £2.50 per session. Pay on the night.

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Drinks and nibbles available!



Look who's behind us

This issue, we reveal and thank our supporters, without whom you would not be reading your copy of *IP1* right now.

The loudest voice for youth culture in Suffolk; *IP1* draws ideas, styles and inspiration from young people across the county.

IP1 uniquely represents both its readers and contributors; providing an open door to anyone aged 16-25 wanting to get involved as a writer, photographer, illustrator or designer.

Whilst fully committed to the publication of a quality and groundbreaking product, *IP1*'s bigger aim is the representation of local, young people and the celebration of their opinions, interests and talents. It's what keeps us fresh, and focussed.

Once found only in the cool spots of Ipswich, *IP1* now extends far and wide to Felixstowe,

Bury St Edmunds, and via a countywide network of schools and colleges – ensuring we reach young people everywhere.

As we continue to grow, we owe thanks to those organisations that recognize the value of our work by providing us with the means to continue publishing our amazing magazine.



v is the national charity for youth volunteering. They fund the provision of voluntary opportunities for young people aged 16-25 all over the country, from gardening or climate change opportunities to media opportunities.

v awarded *IP1* with a big grant in 2008 to provide volunteering opportunities for young people living in Suffolk until 2011. **v** is *IP1*'s biggest funder, without whom we'd be out on the street without a home, gunvnr. They power everything, from our quarterly production cycle to Suffolk's biggest arts and magazine website (ip1zine.com). Without **v**, the essential arts and culture network that is *IP1* simply wouldn't exist, and you'd be forgiven for thinking you live under a rock.

vinspired.com



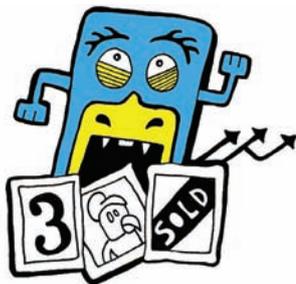
Port Community Fund
Port Community Fund give grants to projects which benefit the community living in and around the Felixstowe port area.

Port Community Fund awarded *IP1* with a grant to print and distribute magazines in Felixstowe – meaning young people in the area can get their mitts on *IP1*, while finding out about our volunteering placements and website. Support from Port Community Fund also enables *IP1* to scour the charming seaside town for promising young artists to showcase, like Tasha Kowalski, Felixstowe's resident contemporary dancer, who we featured in issue 31.

portcommunityfund.co.uk

(Right) Laura Clare's photography, as seen in *Monster Road Trip*, issue 31.

(Below) Tommy Steward's illustration, which featured in *Reviews*, issue 31.



The Suffolk Foundation
The Suffolk Foundation is a grant giving organisation that supports local community groups and projects that make a genuine

difference to the lives of Suffolk people (see, *IP1* makes a genuine difference to your life!)

The Suffolk Foundation contributes to the printing, distribution and promotional costs of *IP1*. Without their help, copies of *IP1* would not be available in schools, libraries or anywhere in Bury St. Edmunds, which frankly doesn't bear thinking about! The knock-on effect of all this is that more people get to know about *IP1* and get involved in the magazine – people like illustrator Tommy Steward or photographer Laura Clare.

suffolkfoundation.org.uk



Learning disabilities are as diverse and interesting as the people who have them, from severe autism to mild forms of dyslexia. But what do young people with learning disabilities really get up to? The truth is, their experiences and opinions could easily be those of any young person in Suffolk.

Mark, 22, has been single all his life. Is he shy? “No,” he jokes, “I’m looking for a girlfriend, there just aren’t enough women in Ipswich!” Mark is yet to jump into the joys of Ipswich nightlife (although that may be where all the girls are hiding!) “It’s just too rough,” he tells me. “People always start on you.” Mark wasn’t encouraged by a visit to The Cricketers – the Neanderthal smashing of glasses and shouting, which may prove an essential part of a night out for some, was for him, hard to bear.

Instead, Mark occupies himself with watching and playing football, and feels at home at football grounds where the staff are “always helpful.” He is also involved in several volunteer projects including the distribution of *IP1*!

Mark has a ‘non-specific’ learning disability. Sometimes it takes him a little while to gather his ideas and articulate them, but this has no effect on the quality of them! His learning difficulty also means that he likes his own space; “I worry about people [in town] getting in the way...and people trying to sell me stuff.”

Despite the lack of girls and the persistence of certain salesmen in town, there is nowhere in the world he would rather live.

Wayne, 23, hasn’t been particularly lucky in love either. His first (and last) date, he tells me, wasn’t the best experience. Forced into it from the outset by a girl – “I didn’t want to go” – Wayne spent an uncomfortable evening wishing

he was somewhere else. To make matters worse, his parents tagged along. Imagine trying to get cosy with a girl with your Mum watching from a neighbouring table! Needless to say, he won’t be dating again for a while. “It put me off for life!”

At the weekend, Wayne enjoys a break from his parents by going out for a meal at the Royal George with friends. Accompanied by a helper, any problems are soon resolved and it’s usually a great evening out.

Wayne’s ‘non-specific’ learning disability means that sometimes he needs things repeated or explained in a different way. Despite this, he’s very opinionated and passionate about his ideas and always has something interesting to talk about.

More than anything, Wayne loves meeting new people. A valuable opportunity to do so was taken away from him when he found himself rejected from an IT course at a college. No explanation was given to him or his parents. Left feeling embarrassed and angry with the college, Wayne didn’t let this stand in the way of his desire to make new friends and learn new things. Now learning new skills with the Papworth Trust – an organisation dedicated to helping young adults with learning disabilities achieve their goals through training – Wayne has grown in confidence. “I really feel like I am able to say what I think here.”

Stacy, 16, has big dreams of becoming a chef. Currently studying at Otley College, she is learning new skills to achieve this ambition every day. “I’m always cooking at home.” She tells me. “I like helping around the house, like doing the washing up and clearing up. The other day I helped my Mum move out.”

Stacy has a mild learning disability and ADD (Attention-Deficit Disorder), which means she may find certain aspects of college life harder than other people. She doesn’t like to pay attention to one thing for a long time, instead finding it more enjoyable to be doing something active. “I find college a bit difficult. Getting there on time is hard.” Luckily, this doesn’t get in the way of her social life and Stacy finds she fits in well with the rest of her year group. In her spare time, Stacy can be found at her friends houses; shopping, swimming, or at home on her laptop listening to Michael Jackson! When going out with her family, Stacy’s only problem is that she sometimes finds it difficult to understand the staff. “Sometimes I can’t understand people properly, I need it to be explained.”

Always ambitious and enthusiastic – “What I worry about most is staying on at college too

long” – Stacy can’t wait to advance into her future.

Nicholas, 17, can’t wait until his next birthday. “When I’m 18 I’m definitely going out in town!” he enthuses. With a wide group of friends and a “laid back” attitude, he’s setting himself up for a good night. “I get on with most people I meet.”

However, Nicholas’s social life hasn’t always been so easy. “In the past I’ve had problems; I didn’t like going out at all because I felt like people rejected me. I was taken out of my social group in a way.”

Today, people accept Nicholas for who he is. This change has come about, he tells me, through changes he has made within himself, rather than in the opinions of others. “I still have my own morals and values within my friendship group, but I’m a lot more trustworthy towards my friends now. They trust me and I trust them; we don’t have any problems.”

Last year, Nicholas found himself feeling something more than friendship for a girl in his year at school, but unfortunately it didn’t work out. “I’d rather have her as a friend than not have her in my life at all.”

His carefree attitude extends into his school life. “I don’t let anything bother me now.” More confident than ever, he is steadily improving his drama skills at Farlingaye Sixth Form and hopes to apply to university to take his favourite subject further. Nicholas can’t find a lot to complain about these days. “Well, I find my family annoying sometimes!”

So, having a learning disability certainly doesn’t prevent you from having a full, albeit sometimes confusing, sometimes embarrassing adolescence in Ipswich. Don’t be surprised to find this lot down the pub on Friday. Well, maybe not Mark...



Never Stop Learning.



“ When I’m 18 I’m **definitely** going
out in town! ”

TOM RUSSELL

With his occasionally random, often hilarious and always charming style of performance poetry, 19-year-old Tom Russell is a rarity on the local arts scene.

Provoking only the morally-retarded, Tom Russell invariably wins audiences over with his intelligent comedy and heartwarming honesty. Stylistically, his poems can conform to a hip hop-esque structure (plenty of rhyming couplets) but are often derestricted through a use of half-rhyme and irregular line length, making them, in short, free verse social commentary.

Tom is not influenced by [any] poets, instead he cites music artists such as Pulp and The Streets as guiding forces because “they talk about real-life and situations that I can relate to.” In turn, Tom’s verse offers us a lucid insight into local youth culture as it portrays real-life situations that his [young and local] audiences relate to:

*I knew it was coming
I could see the end
When you put him above me
As your ‘top friend’
(The Emo Breakup)*

Unbelievably, Tom started writing poetry as a joke, and seems to have only continued writing because the response he got back encouraged him to think seriously about his work as ‘legitimate’ poetry. “I used to hang around with a lot of art students and I can’t paint, so when they were showing off their creations and getting praise, I felt like I wanted to get in on it. I wrote some poems as a joke but people liked them!”

Tom has performed locally with several other artists including John Roe and Attila the Stockbroker who he describes as “...the Paul McCartneys of the [local] poetry scene, except they’re not being sucked dry by their wives.”

His first gig was at The Railway pub in Ipswich supporting his band The Hat Brothers – the night ended with Tom almost getting banned from the venue after repeating the word ‘fuck’

36 times. But usually “local gigs go down well because I reference people and moments that the crowd all know about.” The hilariously pathetic IP4 Gangster springs to mind:

*You’re about as hard as microwaved butter
You’re about as bling as a penny in the gutter
(IP4 Gangster)*

Tom’s liking for needle-sharp, poignant and often ironic portrayals of relationships and situations might not be understood by all of his audience, but this is definitely part of his appeal as an artist. His performances often come across detached from the mainstream live poetry ‘scene’ as it’s very easy to see him as a person to connect with when he’s on stage, rather than an intellectual with the lofty title of ‘Poet’.

There’s been an increase in poets adopting the performance poetry style recently, but on the up-and-coming local poetry scene, Tom is definitely the one to look up.

I massively enjoy Tom’s set, and I’m really looking forward to his new work and seeing the direction he takes. A lot of people disparage performance poetry in favour of classical or more traditionally formatted verse, or even just plain don’t like listening to people trying to convey a message without music. I think Tom manages to circumnavigate this prejudice with poems that relate directly or broadly to his audiences, and the attitude with which he performs them.

Tom is now developing his work away from literal themes to something much more abstract and has told me about two of the projects he is currently involved in. “I’m writing a book with my friend about men, on the same lines as *Men Are From Mars*..., which explains all the stupid things men do. And a kind of fractured novel, told from the perspectives of twelve different people.”

It seems the lofty title of ‘Poet’ might well be Tom’s destiny: “I’m branching out”, he says, “starting to get less literal and going for a more conceptual approach, keeping the same subject matter but going about it in a different way. I want it to be more complex, I want to push myself.”

ip1zine.com/showoff/profile/334

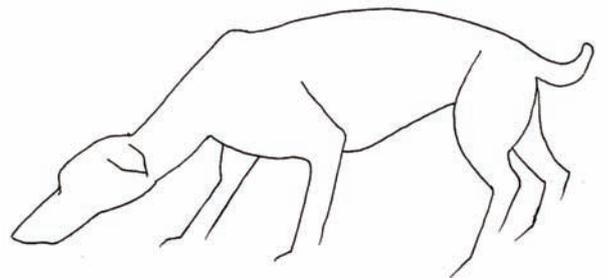


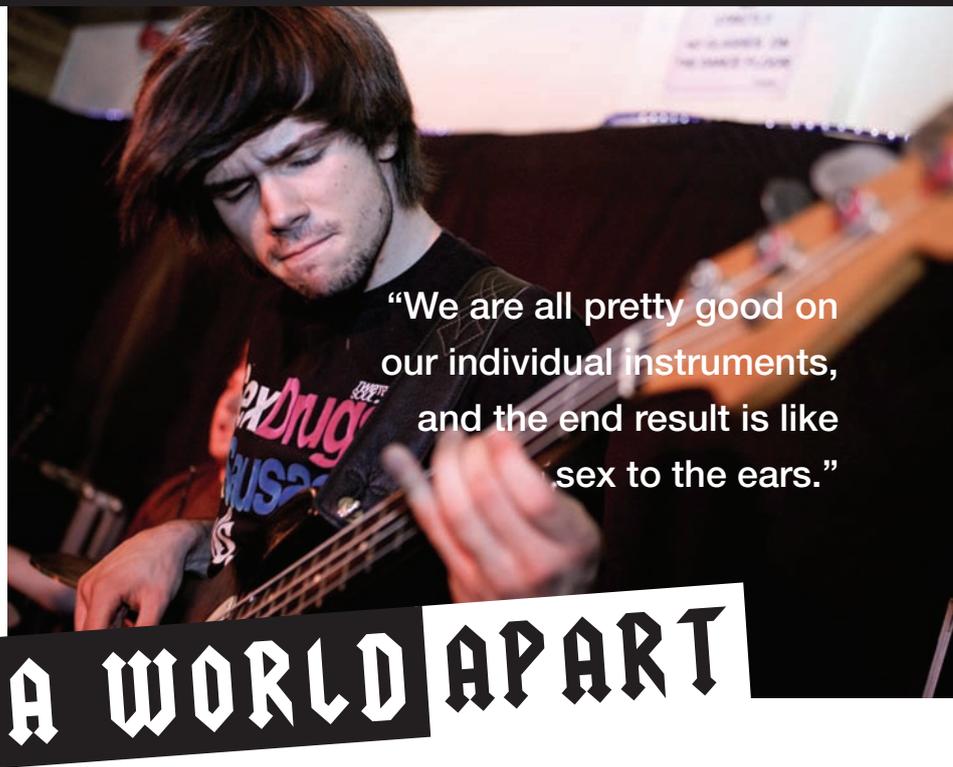
OH DARLING, I WILL SNAP YOUR PRETTY HEAD IN TWO

A poem by Tom Russell

She is a fickle mistress.
The kind of girl that takes everything you know about women
and twists it.
She teases, she pouts
She rages, she shouts
and she never, ever puts out.
She is the illusion of an angel trapped in the mind of a slut
Locked in the body of a virgin and kept tightly shut.
She's long lost the key
washed away in a history
of broken hearts and crippled punters.
But she let me overcome her.
She caught my eye and strutted out of the night, over
to me, a two bit hack with demons on my back,
a back-alley drifter with an attitude to match
who watches the world too lazy to react.
But she saw something in that.
I was the third option, the Liberal Democrats,
the gamble that might pay off.
Neither a Brixton rude-boy nor a Mayfair Toff,
the middle ground she'd often dreamt of
but more often than not had never come across.
She asked me what I know
so I told her and what I couldn't tell I showed
riding on the ebb and bouncing off the flow,
the constant traveller with nowhere to go.
Like the sniffer dog that follows its nose,
trust your instinct and your fortune follows.
I showed her the nooks and crannies
the roads and alleys
the greasy spoons and hippy ralleys
directionless routes and schemes with no planning
where London ends
and the beginning of LDN.
The bourgeoisie with their Mercedes Benz
the proletariat to whom money isn't the end.
I showed her family, I showed her friends,
I taught her clarity, I helped her mend.
She looked at everything I'd shown her, eyes bright,
arm-in-arm I held her tight
and she wasn't the same
she'd somehow changed.
The box was unlocked
the layers peeled off
the manipulative virgin and the masochistic slut
took their final bow to leave,

leaving me standing with the Angel beneath.
She looked up at me
kissed me softly on the cheek
and for the first time she spoke to me clearly.
'You showed me your world and everything in it,
I can never thank you enough, it was wonderful to witness'.
And with that, she turned and skipped off into the morning
and although my journey with her was over
her journey with herself was only just beginning.





“We are all pretty good on our individual instruments, and the end result is like sex to the ears.”

A WORLD APART

Just when you thought no-one would save us from all the polite, sexless stylings of Topshop indie, along come A World Apart to destroy the competition. Their debut EP *Through Knots and Old Scars* is a progressive, visceral and daring effort, serving up a barrage of rumbling bass-lines and melodic guitars, pummeling kick-snare and heartfelt vocals, all melded perfectly into an energetic swathe of epic creativity. **Daniel Harvey** met up with the band to discuss Custard Creams, dodging the punk-pop bandwagon, jamming in car parks, and playing to a crowd of four...

Hi guys. So, what inspired you to make music together?

Haydn: We all made music as individuals and came together as a result. We all have a mutual love of music.

Steph: We are all pretty good on our individual instruments, and the end result is like sex to the ears.

Indeed! What bands are you really into right now?

Haydn: Coheed and Cambria.

Ben: Saosin.

Steph: Probably a bit of Enter Shikari

Craig: (Laughs) Hmm, I don't know... I listen to so much!

Ben: You've been listening to a lot of Dance Gavin Dance.

Craig: Yeah! Let's say Dance Gavin Dance!

Cool. What's your ultimate direction for the band?

Craig: Personally? To play to bigger audiences.

Haydn: Yeah, obviously we want to try and be big. We want to try and let everyone know who we are.

Craig: We want more people to enjoy our music!

Haydn: We would like to play in bigger places so we get more money so we can make more music and keep doing it. You can't make music without funding. If you can make a living out of it, that's more than you can ask for.

Craig: We would like to spend a month in a recording studio and have that much time to record and to get things together.

Haydn: We want the time to get as creative as

we can, as we are more creative than we can sort of let on at the moment because it is hard to show it.

Have you thought of doing covers?

Haydn: Doing covers doesn't reflect ourselves as a band. We're going around trying to be original. When it comes to covers you're sort of selling yourself out, really, in more commercial terms.

Ashton: People would remember you as the geezer who did a cover of a different band, not for the individuality of your own music. We'd sort of see ourselves as a bunch of wedding singers if we reduced ourselves to covers.

Okay. So how would you describe the music scene in Ipswich?

Ben: There's, like, some really good bands, but nothing is really happening here. There's the lack of venues...

Haydn: There's a load of small venues but no decent bigger venues. We need one key venue.

Ashton: I was hoping when they were constructing the university that they were going to make a big venue there and they could feature bigger bands there as well, like one-main viewing point.

Craig: Well, we've got some big ones like the Corn Exchange and the Regent but they're all council owned and they look to put 'safe' stuff on. Ash recently played the Regent. Very safe. They don't want to take any risks on extending their views within music.

Haydn: Yeah, exactly. If you're a different sort of band you don't get the chance to be heard.



Ben: We've got some pretty good friends around the Ipswich music scene, though, but they're all into the same kind of thing.

What are your favourite local venues, then?

Ben: The Steamboat is always a cool place to play, as it's where we have grown up watching bands from around Ipswich. It's my favourite place to play.

Steph: We did a gig at The Swan that was pretty good... No, actually it was pretty fantastic!

Craig: I will have to agree, The Swan was great.

Okay, now the other way around – what's been your least favourite venue?

Steph: Most probably QJAM!

Craig: (Laughs) QJAM! No-one came. No-one, man!

Steph: I brought two people and Craig brought two people.

Craig: The person who put the gig on didn't turn up and the person who put the gig on also didn't promote it. So he/she didn't even tell people that the gig was on! When we got there there were two other touring bands...one of which came from Wales or somewhere, didn't they?

Steph: Yeah, one of them is quite big.

Craig: Yes, quite. And they were rather annoyed that no-one showed up on the night.

What has been your biggest challenge as a band?

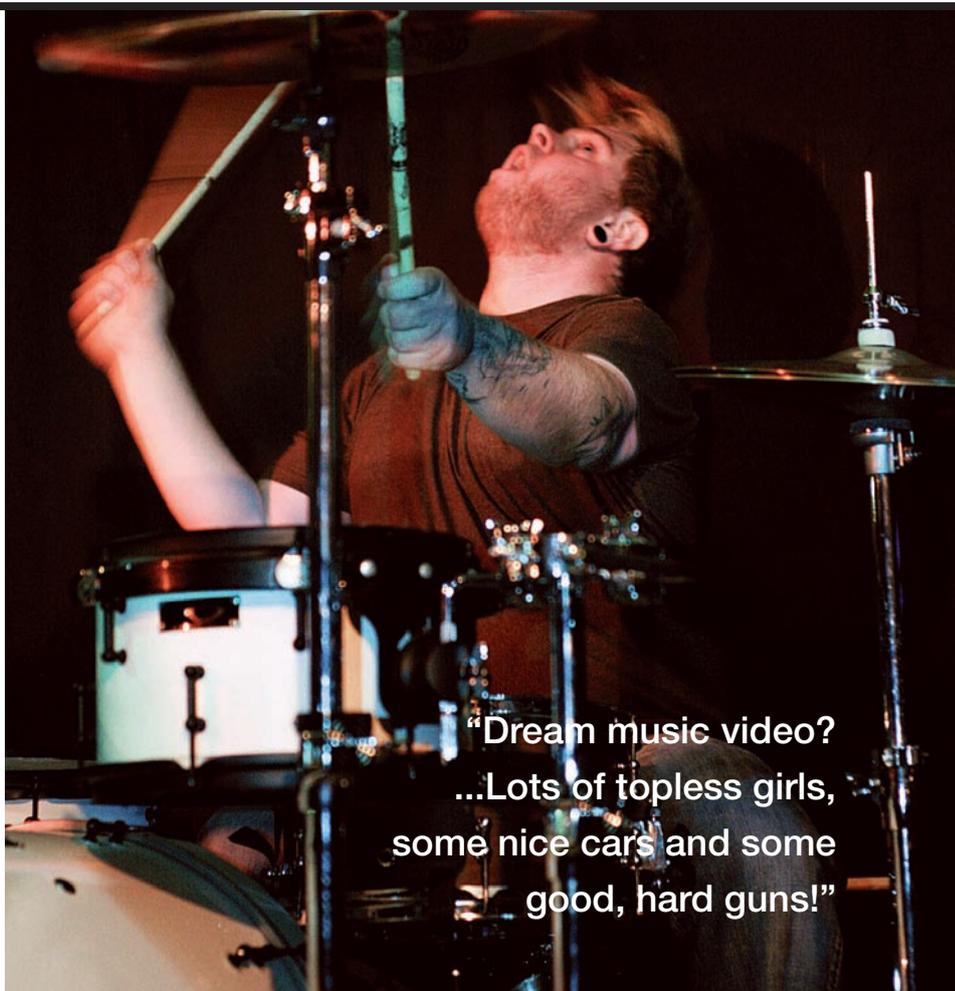
Ashton: The others putting up with me, probably.

Ben: (Laughs) I think the biggest challenge to me is different: Being unique compared to other bands.

Haydn: I think it's sticking to it! Sometimes you just think, 'I'm going to join the majority by playing hardcore punk-pop music', but it's about not hopping onto the bandwagon, not being a rebel to your type of music, not going into the crowds of continuous punk-pop. It's about being daring with music making. I think we are all proud of what we do and we will continue doing it.

Craig: I enjoy listening to it, but I'm pretty sure there will be some other people who like it as well.

Haydn: Yeah exactly, if we are all happy with



**“Dream music video?
...Lots of topless girls,
some nice cars and some
good, hard guns!”**

it, there must be somebody... We're all from the age where people are cocooned in various music genres so we do have some insight into what people are into.

I like your Blue Peter style music video *Glorious DIY Video*. If you had the budget, what would be your dream music video?

Steph: Lots of topless girls, some nice cars and some good, hard guns!

Ben: I always like watching live montage videos from bands.

Craig: So, if we could rig up a huge stadium of people with nice expensive gear, we would.

There's another video where you seem to be doing acoustic sessions in a Tesco car park...

Ashton: Yes, that was back in the day. I live over the road from Tesco and just cruised over there and had a bit of a mess-around jamming session. That's how we wrote one of them; we actually finished a song off in the car park just being experimental when it came to jamming. That was good fun.

What advice would you give me if I started a band?

Craig: I think practice helps; we practice twice a week and it speeds things up a hell of a lot. If you're practicing once a week that's brilliant, but if you're practicing about once a fortnight or once a month you tend to forget things between practices.

Steph: The other thing to do is research for gigs so when you turn up you know what's going on, like sharing gear and stuff.

Finally, Custard Creams or Bourbons?

Ashton: Bourbons for me.

Ben: It's got to be the Bourbons.

Craig: The Custard Creams of dreams!

Steph: (Laughs) No, Bourbons because they're longer and can get to the bottom of your tea like an extended finger.

What is Chlamydia?

- * Chlamydia is the most common sexually transmitted infection
- * Chlamydia is invisible
- * Chlamydia is serious
- * Chlamydia is spreading
- * You won't know whether you have it unless you take a test

"If my partner has it does it mean he has been sleeping around?"

Abi

"It doesn't hurt to get tested?"

Jake

How do I get a test?

- * **Text** KIT with your name, full address, age and sex to **84010**
- * **Email** suffolkcco@nhs.net with your name, address and age
- * **Ring** the Suffolk Chlamydia Screening office on **01473 275228** to request a kit
- * **Go** to the website www.amiclear.com to find a screening site near you
- * **Visit** your GP or community reproductive health clinic

www.amiclear.com

For more information about STIs visit www.playingsafely.co.uk or ring for free confidential information and advice on: 0800 567 123



BeMMaD

Befriending and Mentoring
Making a Difference



Maybe you don't know it yet, but somebody out there wants what you have.

BeMMaD works with young people across Suffolk aged 16-25 to excite encourage and enable you to act on the issues that affect your life. Our first question of you is what skills, interests and experiences do you enjoy using and how can you use them to benefit another person.

We have examples and suggestions of past and current mentoring and befriending projects but we don't want to tell you of those. We are looking for fresh and exciting ideas. Any skill or experience you have can be used to benefit another person. Knowing how to use it is the challenge. The BeMMaD team will support you and your ideas to have a positive impact on your community.

We don't expect you to give away your precious skills, time and effort without benefit for you. This is an opportunity to learn about yourself and what your current skills and experience is worth. Meet new people or work with friends. Gain experience in a new area of work and have a story to tell. Preparation is available as an accredited training course with recognition from "v", the national youth volunteering charity.

If you have an idea or would like more information please contact the BeMMaD staff for an informal chat.

Email - info@bemmad.co.uk
Tel - 01473 408062
Web - www.bemmad.co.uk
Facebook - BeMMaD in Suffolk

vinvolvedproject

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COFFEE ADDICT

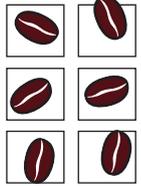


Coffee Loyalty Card

Name: Laura

Age: 16

What's been your lowest point with your addiction? *I was in a queue for three hours once and really needed a coffee, so when the man in front of me left half a cup on the fencing, I quickly downed it... He was disgusted!*



You know you're a coffee addict when... You have loyalty cards to every coffee shop in town... You need to add coffee to your food, e.g. custard, ice cream, toast... Your friends actually buy you coffee as birthday and Christmas presents.

Ok, Laura, I've heard you're a proper caffeine junkie. How much coffee do you actually drink in an average day?

I'd say an average day is about eight or nine cups.

And what's a bad day?

A bad day is...about 15 plus.

Motherflipper! Aren't you worried about all the health consequences? I can't imagine it's good for the heart?

Yes! I'm growing increasingly worried. People keep telling me I'll have a heart attack.

You don't seem to be heeding their advice. I see a distinctive lack of heed. How did you get into instant coffee, anyway? What was the attraction? Why do you prefer it to the real stuff?

Instant coffee is always in my cupboards at home. It's so easily accessible and quick to make when I need it. It's also much cheaper than beans, which is a bonus when you get through as much as I do.

Beans? You eat a lot of Heinz?

Like coffee beans!

Ahh...okay! Hey, have you got any coffee drinking icons? Lots of cool people on TV and in movies drink coffee. It's like cinematic shorthand to show they are cool. Like cops, or party people.

Erm... I see a lot of pictures of Ben Affleck with an iced black coffee from Starbucks. Good choice, I'd say.

What, Ben Affleck? That's debateable. What is your preferred coffee brand, or do you just consume anything you can get your hands on?

I got some Whittard pre-packed espresso coffee as a birthday present that had a good kick to it, but anything will do if I need it!

I see... Regarding the drug itself, what's the strength of the product on the street right now? I've been hearing shit is weak all over town.

Tesco do a rating of '1 - 5', with '5' being the strongest. That's what I'd go for, but my dad is trying to reduce my intake and often sneaks a '3' into the trolley, annoyingly.

Good man. How do you fit your addiction around your days? Or does it fuel your days?

It definitely fuels my days. I need three cups before I can even comprehend getting dressed in the morning. If I'm out, I take a flask with me, because if I can't get hold of coffee there's a chance someone could get hurt.

That's some heavy user signs right there! I suppose there must be benefits to being caffeinated-up all day. What are the downsides?

It keeps me buzzy and alert, so much so I can study for three hours straight before needing a break, but you do get energy crashes, at which point I tend to reach for the next coffee! I'm always told too much caffeine raises your blood pressure and increases the acidity in your stomach. I get really stressy if I haven't had enough coffee.

Have you moved onto harder drugs, like pills?

Pills?

Like ProPlus. Have you given up on the pretence that caffeine serves any social or refreshment purpose?

I like the taste and smell of coffee, so when I tried caffeine pills they just didn't do it for me. In a way it was like having *Nicorette* gum instead of a cigarette. I'll take any opportunity to get a coffee, so if I'm out with friends I'll say, 'Shall we get a drink and have a chat?', which translates as, 'Hurry up and sit down so I can order my espresso!'

Yeah, you've definitely got a problem. Any degenerate stories with your coffee fuelled lifestyle, e.g. staying up all night doing coursework while high?

All the time! I'm not very well organised, and I can't tell you how many times coffee has saved the day when it comes to getting work in on time.

Have you tried giving up? Going cold turkey? If you have, what were the results?

I tried to give up at the beginning of the Summer, but by the end of the first day I had an awful headache and I could barley keep my eyes open! It just wasn't worth it! I'll have to make it my New Year's resolution.

Hmm... I'll see you in Costa the morning after New Year's Day then. Mine's a latté...

Best of the ShowOff

ip1zine.com/showoff

Images



The Band
Gemma Correll

What's this then?

An eye-catching and fun mural for the Amersham Arms pub in New Cross.

What we say

A merry mural of musical creatures strikingly captured in red, black and white by internationally acclaimed artist and kooky/cute Ipswich lass Gemma Correll. You'll have to go all the way to London to see it, though. Or hop on to our website.

What they say

The Band in three words?

Happy. Musical. Creatures.

Inspiration?

My inspiration for *The Band* was simply a love of animals and a love of music combined. If I were a band member I would be a ukelele-playing pug!

ip1zine.com/showoff/media/1226

Writing



The River
Andy Tipp

What's this then?

Andy Tipp's tale of a river that proves to be both a killer and a lifesaver.

What we say

The River is splendidly constructed, going full circle before ending with a rewarding conclusion that many readers in their twenties will certainly find solace in. Laced with elegant prose and vibrant description, it's a charming and engaging read.

What they say

The River in three words?

Quarter. Life. Crisis.

Inspiration?

It's based loosely on factual stuff, but basically is as much in keeping with real history as a Tarantino film, i.e. it's set during real events but what happens is all down to a writer going on a self-important journey of indulgence...

ip1zine.com/showoff/media/1166

Music



Just stay over there
Jedi

What's this then?

Some explosive new grime straight outta IP14 (that's Stowmarket if you were wondering).

What we say

Stowmarket emcee Jedi certainly doesn't hold back on the track *Just stay over there*. But look past the aggressive lyrics and it's easy to appreciate the quick-fire rhymes and spits, confidently delivered over some boisterous, bad-boy beats.

What they say

Just stay over there in three words?

Big. Catchy. Heavy!

Inspiration?

My inspiration for the song was other emcees: I got the idea to vocal that particular beat from Ice Kid, and the lyrics, I was inspired by previous comments people have made about me or maybe judged me before they knew me.

ip1zine.com/showoff/media/1220

Film



London 2012 TV Advert
Robbie McWilliams

What's this then?

UCS graduate Robbie McWilliams giving the Tube a glowing reference with his promo vid.

What we say

The advert is stylistically spot on, combining two recognisable themes to create a slick and well executed short. McWilliams demonstrates his ability to produce iconic imagery, and his uncluttered and effective work marks him out from others.

What they say

London 2012 TV Advert in three words?

Simple, effective and to-the-point.

Inspiration?

It came to my attention that I had never seen a TV advert for the tube and that with the 2012 Olympics coming up, the London Underground is going to have to promote itself as being the fastest and most convenient way to travel during the games.

ip1zine.com/showoff/media/1302

REVIEWS

With the late addition of *Harvest at Jimmy's*, Suffolk now boasts three festivals on the national map worthy of nominations at the UK Festival Awards 2009. We review each event and make our predictions about which will bring home the mud-splattered silverware this year.



Festinho
Kentwell Hall, Long Melford
September 4-6, 2009

UK Festival Awards 2009 nominations: Best Small Festival, Best Toilets, Family Festival Award, The Grass Roots Festival Award.

Summary: A haven of bohemian marvels during the day with workshops, live performers and organised pillow fights, and by night a surreal, pulsating wonderland of eerie lighting

schemes in the magical Looking Glass Woods. I felt the live music side was a slight let-down, however, if you're looking to discover fresh, folksy talent, this is definitely the place to do it.

Highlights: The saucy and vocally mind-blowing talents of cabaret performer Gracie was a must-see, as was the fantastic Music from the Penguin Café who really made my Sunday with their strangely infectious yet quirky set.

Will it win? Powered by v volunteers and with every penny going to help Brazilian street kids, the labour of love that is *Festinho* is definitely a worthy contender for The Grass Roots Festival Award. **CH**

Latitude
Henham Park, Southwold
July 16-19, 2009

UK Festival Awards 2009 nominations: Best Small Festival, Best Toilets, Family Festival Award.

Summary: This is the festival that has something for (nearly) everybody, but what it lacks is any of the noisy, manic drunkenness and filth that makes music-festivaling primal and exciting. Cultured it may be - it certainly has its moments - but I think I prefer *Download*.

Highlights: The glittertastic Guilty Pleasures, which moonwalks you right through to kebab hour (known here as falafel hour) and the impossibly brash but utterly charming Australian comic, Brendon Burns.

Will it win? No, because there isn't a 'Best Middle Class Festival' award. **JK**

Harvest at Jimmy's
Jimmy's Farm, Ipswich
September 12-13, 2009

UK Festival Awards 2009 nominations: Best New Festival, Best Small Festival, Best Toilets, Family Festival Award.

Summary: Queue for a poo, queue for a brew, all day long; queue, queue, queue. Actually, round here people 'coo', but that's by the by. The point is Jimmy raises fine pigs, which taste amazing roasted, shoved in a bun and swilled down with a pint of *Aspall's*. At the end of the day, all the queuing is forgotten and Jimmy is forgiven because his festival is more special than a Gloucester Old Spot (rare breed pig).

Highlights: Finally getting to the toilet after clenching my butt cheeks for 20 minutes, and marvelling at the indie pop brilliance that is Athlete under a cold, starry night's sky.

Will it win? Like I say, once I actually got to the toilet it was amazing, so I reckon that *Jimmy's* stands a fair chance of sweeping the Best Toilets award. **HF**

UK Festival Award 2009 Winners will be revealed November 19.
festivalawards.com





When I Stand On The Moon
Hollywood Film Theatre, Ipswich
September 17, 2009

Setting aside the low budget and unpolished version, Mark Fisher has composed a film with a charm that impressed.

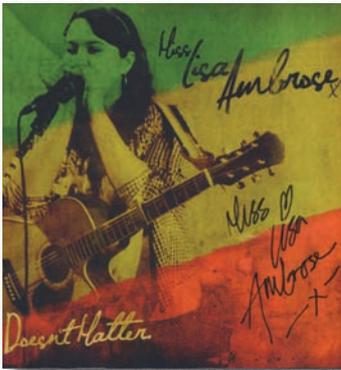
The story goes: a young boy in his bedroom is missing his brother, who passed away earlier that year. After his mother confirms that his sibling is never coming back, we enter the realm of niche fantasy.

Said brother, Ryan, surprises us all by returning for one more 'midnight snack hour'; a treasured childhood memory, like the one relating to the title of the film: the brothers had

always day-dreamed that they could play baseball on the moon. I found this incredibly powerful because, although Ryan is now gone, he's the one achieving their past dream. This is a warm theme running throughout; a childlike hope can help us approach any hardship.

The film is gloriously 80s, wonderfully cliché and daringly American. I'd love to share its magic – with anyone! **NF**

ip1zine.com/showoff/profile/348

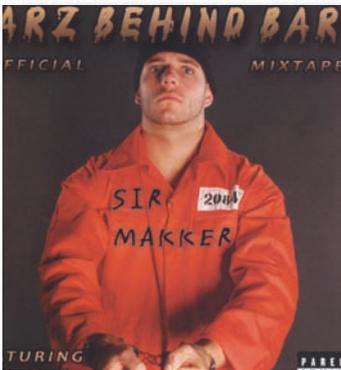


Doesn't Matter
Lisa Ambrose

'Quirky', overtly feminized, floaty dress music for girls seems to be a common route for the modern female singer/songwriter. It is a polar opposite of emasculated, pompous and epically unsubtle rock for boys, and sometimes it is all very well. The best exponents even manage not to completely alienate the opposite sex (see Regina Spektor and Incubus as two respective examples). Sometimes though, it's refreshing when an artist comes along and takes away the more bogus elements of a genre and strips it back to the good songwriting that ought to be at its heart. Lisa Ambrose, a 19-year-old singer/songwriter from Suffolk, has done just that with her debut release. Gone is the

affected singing style that has recently plagued the style and in its place a genuinely good vocal ability with excellent tone. The guitar work is simple and well executed and it serves the traditional lyricism brilliantly. Her skill of presenting a good piece of songwriting completely unembellished is best displayed on title track *Doesn't Matter* and this is continued throughout the album. It's an accomplished set of songs, uncompromisingly simple and very listenable. **JK**

myspace.com/misslisaambrose



Barz Behind Barz
Sir Makker

Three square meals a day, a rent-free roof over your head, time to think and a chance to meet new people at the provided exercise facilities – these are just some of the appealing features that draw in the capacity crowd all year round to stay at Her Majesty's establishments. Also, it provides an opportunity for upcoming rappers to write their seminal albums. Sir Makker, one third of Ipswich's most-respected grime crew Gully Regiment, is the latest artist to undertake this challenge and has chronicled his times spent in his HMP cell in *Barz Behind Barz*.

With hardly any features over the 16 tracks, this is Makker's most personal release to date, and it's on the most personal of tracks *Dear Mum* where he displays his abilities best. Makker is one of the area's most talented emcees, able to adjust effortlessly to different musical styles and subjects, as proven on this time capsule. **SF**

myspace.com/sirmakker





Akil the MC @ Rapsloitation Sessions
The Swan, Ipswich
September 24, 2009

Akil? From Jurassic 5? One of the best hip-hop groups ever? In my town? Holy shit! I'm there!

Having seen J5 before and knowing they put on a show nothing short of killer, I was excited to see what the solo Akil had up his sleeve for a sold out Swan.

The support act was supposed to be Sonny Jim from Birmingham. Unfortunately he got a flat tyre on the way down so couldn't make it. But waiting in the wings was our favourite local rap superstar and *Rapsloitation* main man, Truth, who got an already pumped crowd hotted up with songs from his superb *Procrastinat(K)ing* album.

Then Akil came out. I've never heard anybody get such a response just by saying 'Hello Ipswich!' Akil's solo material went down extremely well, and he definitely got the response he wanted.

He also performed a few J5 classics like *What's Golden*, *A Day At The Races* and possibly J5's best know track *Concrete Schoolyard*, which I know all of the fans in there were 100% loving. Most impressively, he really got the audience involved in his set, beckoning all the emcees in the pub onto the stage to join him for a song or two. Then he invited all the women onto the stage to join him for a dance on his last couple of songs (the sly devil). This turned into maybe four or five more songs as Akil soaked up every second of the good vibes that the audience gave him.

Overall this night was possibly a front-runner for the best *Rapsloitation Sessions* to date. Sold out, amazing atmosphere, and outstanding performances from both Akil and Truth. **SB**

rapsloitationsessions.wordpress.com



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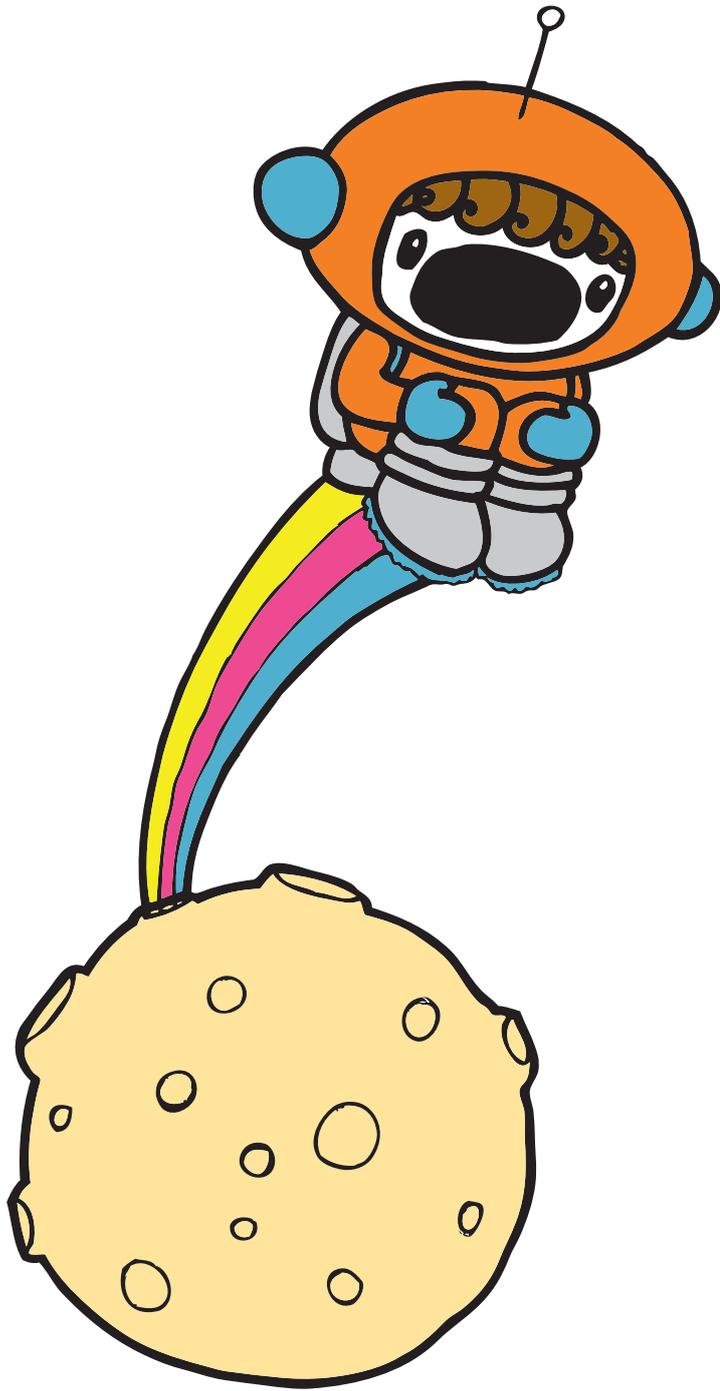
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