

ISSUE 34 FREE



ip1zine.com



WIN
loads of
festival
tickets!

come out of hiding!

UNI MATE / SUMMER CALENDAR / PET DEATHS / CHARITY CHIC

BeMMaD

Befriending and Mentoring
Making a Difference

Reach

ACHIEVED
Awarded by Youth Action Network
DURING 2008-11



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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Welcome

If your summer's normally a bummer, then it's time to sort it out! Follow our step-by-step guide to improving your months ahead...

1. Rain or shine, GO OUT! Don't stay in moping around the house in your pants like some weirdo.
2. Lose your paranoia. If you catch people sniggering at you behind your back – join in. You'll soon see the funny side.
3. Stroke dogs and cats that you find in the street. The love that domestic animals can give really can go a long way to making your summer less of a bummer.
4. Get fit and feel good. You can do this in a number of ways: Walk, run, cycle, offer yourself up as a piggyback taxi service to friends...

5. Smile at people in the street until they smile back at you. In some cases, this might take you all day, or worse, you may get arrested for being 'strange'. Either way, experiments have shown that a smiling face is more attractive, so your chances of pulling that special someone this summer should increase dramatically.
6. Fart occasionally in public. This really is down to individual taste, but I think we all know that the odd public fart here and there is very funny.
7. Enter our competition and win loads of free festival and event tickets for you and a guest (see page 10)
8. If all else fails, get involved in *IP1*, cos we always have a laugh!

Howard Freeman, Editor

Supported by



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May 2010

My Pet Death

My Pet Death

We promise this article is not promoting laughing at your lovely pets dying in tragic and unfortunate ways. Okay, well it is a bit, but only because sometimes animals do die in funny ways.

We found that when asked about pet death, many of you are quite sadistic and will happily giggle at an animal's misfortune, especially if it involves M&Ms or a naughty cousin.

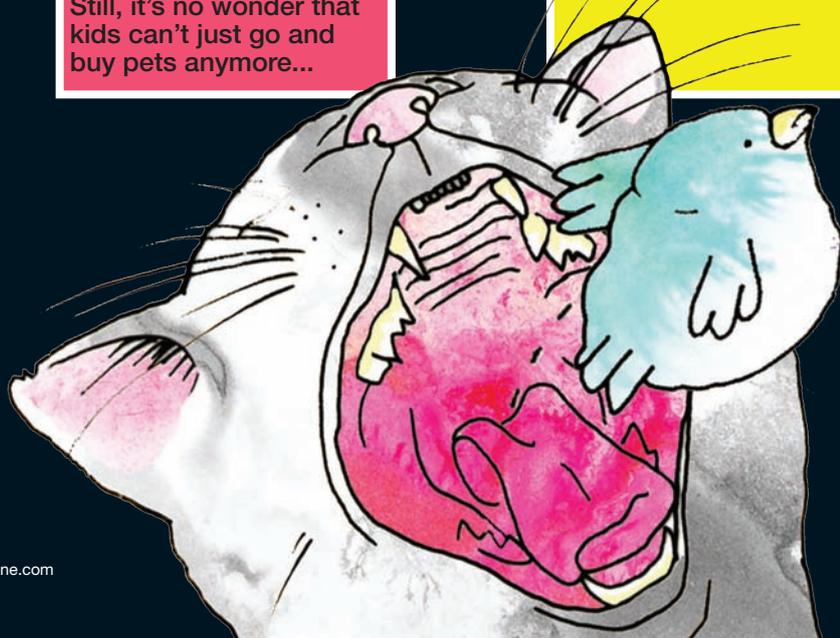
Perhaps you'll laugh along, or maybe you won't. Whatever you make of this article, please don't report us to the RSPCA – no animals were harmed in the making of My Pet Death! Still, it's no wonder that kids can't just go and buy pets anymore...

Final Fling

I named him Pete and he was the sweetest gerbil I'd ever seen. He was my surprise birthday gift. I was really chuffed, as my parents had never thought me responsible enough to look after anything before. My friends were desperate to see him; we all stampeded up to my room. He was rustling away inside his little wooden house. They stared bleakly. So that was when I decided to take Pete out. But upon disturbing him, he unexpectedly bit right through my finger. I yelped in pain and tried to pull him off but he wouldn't let go. We all screamed as I desperately swung my hand around like a propeller. As my panicked mum threw open the door, the gerbil spun off and rotated across the room. In synchronised fashion we cringed as Pete hit the wall. Perhaps I wasn't ready for him after all. **YM**

You Little Monkey

Household pets are a bit of a weird concept; they are an even weirder concept when they come in little packets through the post half dead and half alive, and then arise from semi zombie-dom when put in a little tub of water. Sea monkeys; I'm sure you remember them if you're a 90s kid. They came with the jelly shoes and the little slimy aliens and that weird bubblegum that was actually candy floss. So there I was, summer of 1999. We had family over and a little boy cousin of mine was poking about my room, upsetting the little slimy aliens, leaving the weird bubblegum that was actually candy floss on the radiator and laughing at my pink jelly shoes. I should have known better than to turn my back on him. Before I knew it, he was drinking, yes drinking my beloved micro-tadpoles "IT'S NOT A DRINK, IT'S NOT LIKE RIBENA. IT'S A PET... YOU BASICALLY JUST ATE MY CAT YOU ... YOU... YOU SAUSAGE!" **JG**



'I LISTENED TO HIM TWITTER AWAY, HE GOT A TOUR OF MY HOUSE FROM HIS PERCH ON MY FINGER, AND I WIPED HIS BUM (AND MY HOUSE) A LOT DUE TO THE INCESSANT CRAPPING.'

Feathered End

While pottering about the house, I came across a trembling, fluffy-feathered ball and a small kitten engaged in a ferocious staring contest. I decided to cut short their fun and quite possibly prevent unnecessary slaughter in the kitchen - the bird was tiny and scraggly, and would've been a nutritional disaster anyway - and took said small bird, or 'Jeff' as I knighted him, under my wing. We spent the day together. I listened to him twitter away, he got a tour of my house from his perch on my finger, and I wiped his bum (and my house) a lot due to the incessant crapping. I eventually decided to take our relationship to the next level and we progressed to the garden. He spread his wings, and with warm encouragement, soared from my guardianship... Straight into the path of renegade-maverick kitty, who savaged Jeff and promptly returned him to the kitchen. **JB**

Rainbow Fish

The family fish were colourful but idle little creatures that grazed aimlessly in their aquatic utopia next to the computer.

One day, while waiting an irritatingly long while for a webpage to load, I decided to turn my attention to them. Of course, they were no more exciting than my blank screen. So, possessed by boredom, I snatched the M&Ms packet next to me and began dropping them in. I guess I expected some form of entertainment from it - a subaqueous circus where they would juggle with the sweets before swallowing them whole or for them to evolve into neon super-fish from the concentrated sugar and colourings.

Unfortunately, the only result of my action was the water turning brown, and the fish, well...turning. **JC**

Hamster Homicide

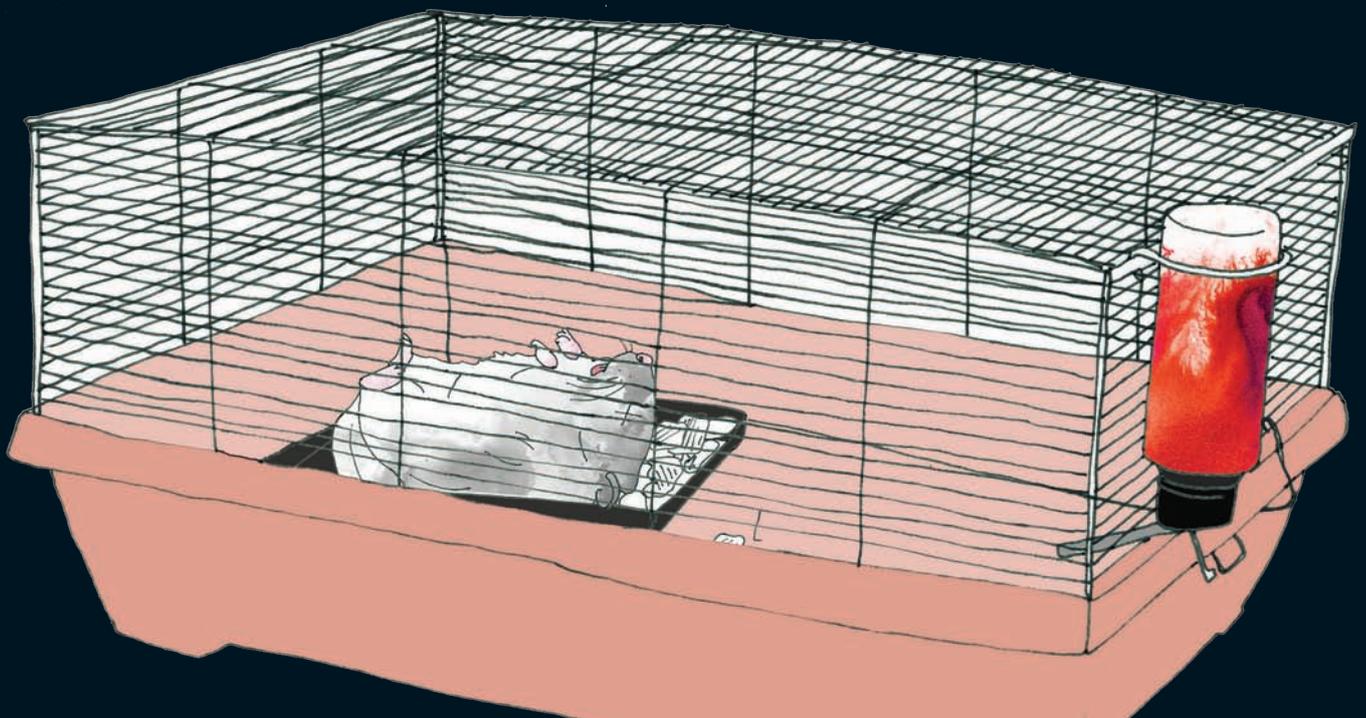
The circumstances surrounding Rocket's death were very suspicious.

It was a warm summer's day and I had left her cage under the shade of a bush so she could keep cool. She had plenty of food and water and there were no sightings of anything out of the ordinary.

After approximately two hours I came back to check on little Rocket, only to find her apparently unmolested body, dead, lying underneath the dropper of her water bottle. This may sound relatively normal; it's a fact universally acknowledged that sometimes hamsters die. What was less normal however - and led me to conclude that she was murdered - was her water bottle. The contents of which had turned completely red. I assumed it was blood but how had it got there? Rocket appeared unharmed and she had no known enemies.

Whilst I still remain in the dark about little Rocket's death, cases like this demonstrate a very real need for an animal murder division within the police force. **LK**

IT'S A FACT UNIVERSALLY
ACKNOWLEDGED THAT SOMETIMES
HAMSTERS DIE.



DON'T HAVE A SUMMER SUMMER! READ THE IP1 SUPER SUMMER CALENDAR

Welcome one and all to the IP1 summer calendar of dreams! Not just your usual listings, we've scoured the county for the best underground, alternative and super-damn-cool events, nights, parties and festivals happening near you in May, June and July. This should keep you from losing your cool and it's guaranteed to relieve your boredom this summer. So, take off your shades, mind the glare from the shiny paper and feast your eyes on what Suffolk has to offer you!



IP1 competition!

Win loads of tickets to Suffolk's best festivals and events (page 10)

Image: Amy Leggett



Sat 8 LowPass & Rapsploitation Presents... Foreign Beggars Ice Bar Ipswich

Two of Ipswich's finest promoters combine to bring you a bumper night of hip hop and dubstep. In a real coup Foreign Beggars headline with massed ranks of support from Millionaires by Morning, Nee-Hi, Pikey Esquire & Leon Rhymes, and the respective DJs of LowPass, Rapsploitation and Hush House. myspace.com/lowpasspromotions

Thurs 13 Rapsploitation Sessions Tanya Morgan & Bodega Brovas The Swan Ipswich

Scott at Rapsploitation works hard to bring you the best hip hop from around the globe and this gig is no exception. From the US of A, rap group Tanya Morgan and Dallas hip hop artists Bodega Brovas are ready to destroy the intimate setting of the Swan. Tanya Morgan has toured across the US, performing with the likes of De La Soul, Heiroglyphics, Wale and The Roots whilst Bodega Borvas are fresh from their UK tour - but still ready for more. myspace.com/rapsploitationsessions

Fri 14 & Sat 15 EDge 7.30pm Jerwood DanceHouse Ipswich

Ten exceptional dancers, three international artists and three up-and-coming choreographers. Live music, humour, flying tennis balls and the hidden secrets of a front garden. With innovative costumes and surprising choreography, these dancers will take your view of dance and turn it on its head. danceeast.co.uk

Sat 16 Robert Castellani 1pm Isaacs Ipswich

IP1 is proud that Robert Castellani is from Ipswich. A charismatic and annoyingly talented guitarist and performer, Robert can certainly wow a crowd with his deft fretboard skills. robertcastellani.com

Weds 19 Craft Night The Swan Ipswich

If you love making things, why not hang out with like-minded people knitting, drawing and sewing...it's the new rock 'n' roll!

Thurs 27 The Siege 6.30pm Sir John Mills Theatre Ipswich

Nabokov Theatre Company's *The Siege* is compelling, thrilling and dynamic. The piece is a rehearsed reading of acclaimed writer Jack Thorpe's new play. Thorpe's eye for human detail and intensely personal insight, makes him a

prominent voice in both British theatre and television. Much of his writing is a clashing masterpiece of human emotion and raw drama. pulsefringe.com

Fri 28 Sex Idiot 10pm New Wolsey Studio Ipswich

In 2009 Bryony had her first STI test and found out she had a very common sexual disease. Join her on a journey through her sexual past. pulsefringe.com

Fri 28 & Sat 29 Dance3 7.30pm Jerwood DanceHouse Ipswich

A triple bill of contemporary dance from Darren Ellis, Laïla Diallo and Mickael Marso Riviere. All three look good but we reckon Mickael's *Appel*, itself a trio, will be particularly stunning. Inspired in equal parts by capoeira and B-boying, it features awesome bansuri (flute) and tabla musicians and interactive hip hop choreography. pulsefringe.com

Sat 29 Moments of Encounter 3pm Cornhill Ipswich

Become part of this marketplace performance! Performers combine with passers-by to create an immersive, interactive work involving the spectators themselves as part of the theatrical frame and real-time performance. pulsefringe.com



Image above by Amedeo Castellani



Image below by Sam Barker



JUNE

Thurs 3 to Mon 14 Degree Show 2010 R Block UCS Ipswich

One of the most eagerly anticipated exhibitions of the summer. Three floors of visual creative work from computer games to fine art. See if you can spot the next big thing from Suffolk School of Arts and Humanities' pool of talent. ucs.ac.uk

Fri 4 Pubstep Cock & Pye Ipswich

Pubstep's back, coming like De La Soul with a magic number of outdoor raves this summer, with bass, beer and more people than one would reasonably imagine could fit in a pub garden. Featuring the region's best DJs and some from further afield, the music policy will be as diverse as ever yet underpinned by a constant of sub bass; think dubstep, garage, UK funky, jungle, reggae and more. Entertaining are local lads Zero1 and Ascend, resident Ham and East Anglia's premier bass bloggers Hush House. However, this year's first event in April was at capacity by 10pm – so arrive early to avoid disappointment. pubstep.tk

Fri 4 Ultrazang PJ McGinty's Ipswich

Ultrazang bands, DJs and circus acts will transform McGinty's pub into a festival scene for the night; with an immense stage of light, music and free-spirited people. There will be plenty of music inside and out, with artists such as Hobomolobo providing some quirky indie-rock and Dan Clark (aka DJ Embe) ripping records for the outdoor crowd. Also, keep an eye out for Monocular Marc performing extravagant displays with neon light and fire poi. myspace.com/ultrazang

Fri 4 I Love Bass Club Fire Ipswich

The world of dance music in Britain today is an exciting place; dubstep is crushing all in its path, infiltrating main rooms up and down the

country, UK funky is growing out of the ashes of UK garage while fusing with funky house and soca. Meanwhile, one end of the dubstep picks up what's left of garage and propels it into 2010 as future garage. Drum and bass maintains its position as the rave option *du jour*, but it's in with a fight. Confused? I'm not surprised, so get some clarity from I Love Bass at Club Fire. Covering all ends of the spectrum, for all those who love, like or are merely acquainted with bass. fire-ice.co.uk

Sat 5 UPROCK The Swan Ipswich

UPROCK continues its monthly residency playing an eclectic mix of indie, electronica, folk and hip hop to a very busy pub full of friendly people. Admission is free and the licence is until 1am. Go on you know you want to. uprocker.com

Sun 6 Stowfest Recreation Ground Stowmarket

This free all-dayer gets better with age. This year's line-up has Ipswich rockers Blacktop Harrison and Road to V winners Underline the Sky on the main stage. As well as music there's the cute Caravan Gallery where you can catch a mini exhibition entitled *Is Britain Great?* on board a retro caravan circa 1969. stowfest.co.uk

Fri 11 World Cup PALS Ipswich

Let's not forget the footie. As if you would. It's the World Cup this year and PALS will be showing each and every game in HD. Fantastic! South Africa v Mexico will never look so good. palsipswich.com

Fri 11 & 18 Into the Little Hill 8pm 63rd Aldeburgh Festival Snape

The festival is opened by George Benjamin's brilliant theatrical reworking of the Pied Piper tale, *Into the Little Hill*. The story tells of a morally bankrupt politician who, desperate to shore up a flagging public vote, promises to exterminate a town's plague of rats. A faceless stranger arrives and offers his services; but when The Mayor refuses to pay, his actions have terrible repercussions for the town's population. aldeburgh.co.uk

Fri 11 & Thurs 24 Ideals Ipswich

One of Ipswich's biggest success stories, Ideals are touring everywhere this summer and their home town has not been forgotten. The indie boys have been wowing us for the past few months with their very catchy songs *Lungs* and *Love Story*. We can't wait to see them live this summer! Venues TBC. myspace.com/idealstheband

Sun 20 Suffolk Pride Christchurch Park Ipswich

Suffolk Pride returns for another celebration of diversity, with an open outlook that encourages everyone to join together simply for a day out. After a flood of positive comments from last year's efforts, this free event offers an informal and animated day of live music, a community market and a dance tent! suffolkpride.co.uk

Fri 25 & Sat 26 An Education Ipswich Film Theatre

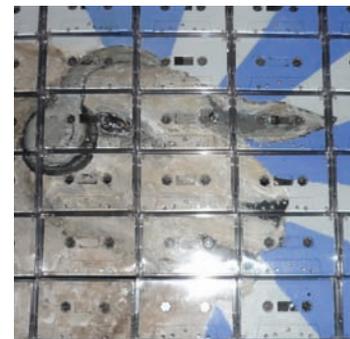
We're so happy that IFT is back up and running. Please show your support by taking in a film or two. We recommend *An Education* – a coming-of-age story about a teenage girl in 1960s suburban London. ifttrust.co.uk

Thurs 24 to Sat 26 BBC Blast Bury St Edmunds

If you're 13 to 19 and into art, fashion, music, games, writing, film, dance or drama you can share your creations with the world. Free BBC Blast workshops are happening in Bury St Edmunds; this is your opportunity to get your hands on industry standard kit and advice from the professionals. Boost your CV and take part. bbc.co.uk/blast/events

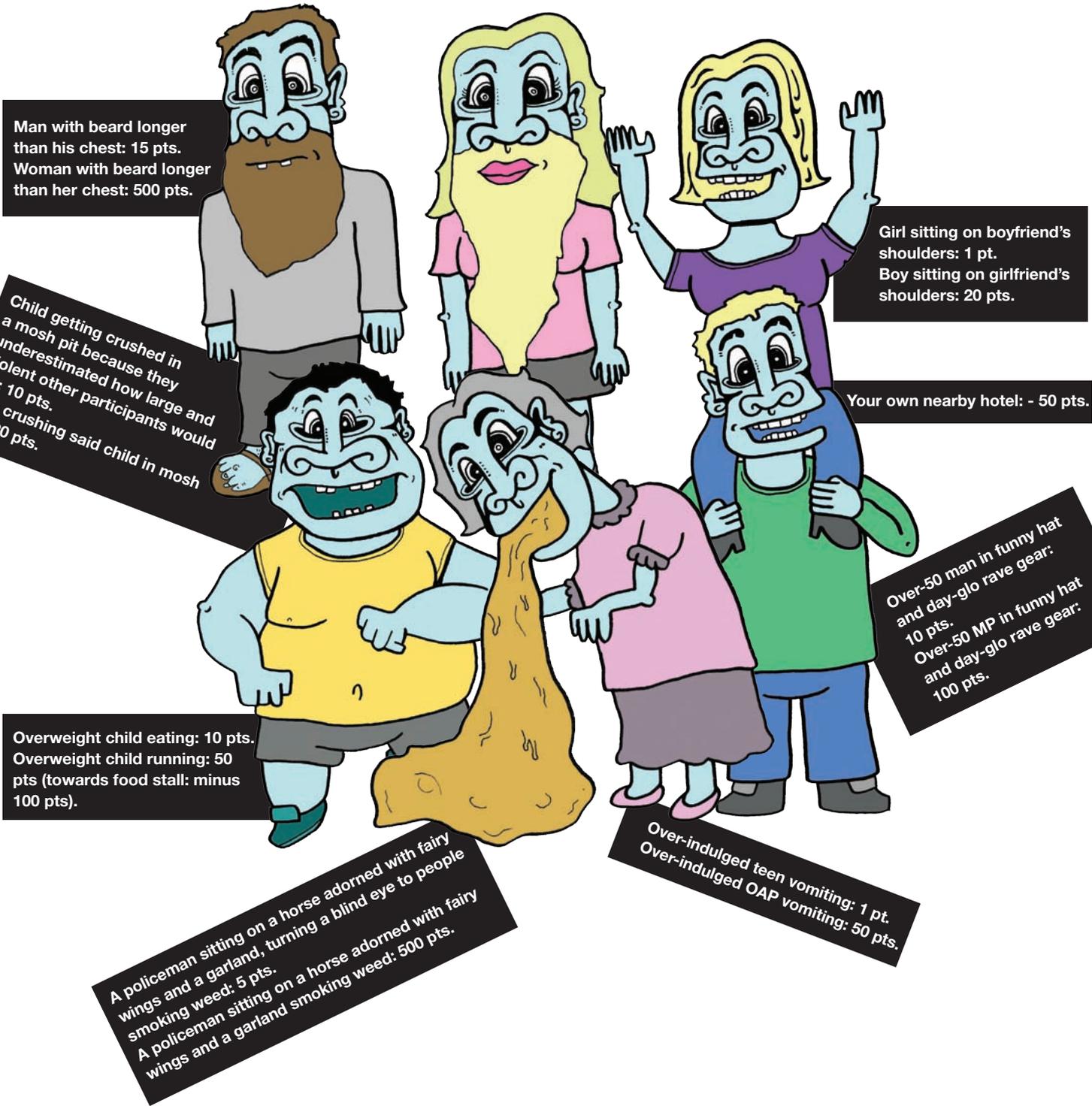
Sun 27 The Saints Summer Street Fair 10am-4pm Ipswich

Local artists and businesses show their wares on St Nicholas and St Peters streets for a day of shopping and entertainment. Stalls will be selling art, design, vintage and contemporary products and of course food! Look out for work by local artist and IP1 fave Lucy Selina Hall who will be selling her signature Critters as well as I Make Fun Stuff who will be promoting local craft artists. ip-art.com



I SPY

There are so many clichés to be seen at festivals these days that we thought why not make them into a fun I-Spy game. Yes, we think we have successfully created our own veritable laugh-o-rama!



Man with beard longer than his chest: 15 pts.
Woman with beard longer than her chest: 500 pts.

Girl sitting on boyfriend's shoulders: 1 pt.
Boy sitting on girlfriend's shoulders: 20 pts.

Child getting crushed in a mosh pit because they underestimated how large and violent other participants would be: 10 pts.
You crushing said child in mosh pit: 20 pts.

Your own nearby hotel: - 50 pts.

Over-50 man in funny hat and day-glo rave gear: 10 pts.
Over-50 MP in funny hat and day-glo rave gear: 100 pts.

Overweight child eating: 10 pts.
Overweight child running: 50 pts (towards food stall: minus 100 pts).

Over-indulged teen vomiting: 1 pt.
Over-indulged OAP vomiting: 50 pts.

A policeman sitting on a horse adorned with fairy wings and a garland, turning a blind eye to people smoking weed: 5 pts.
A policeman sitting on a horse adorned with fairy wings and a garland smoking weed: 500 pts.

JULY

Thurs 1 Dorkbot Anglia 8pm-10pm Town Hall Ipswich

David Chatting, co-founder of the Curiosity Collective, introduces the first Dorkbot Anglia event in Ipswich. An evening of talks with 'people doing strange things with electricity' in the Anglian area. Taking part are: Pixelh8 / Matthew C. Applegate, Tim Hunkin and John Bowers. There will also be an open slot called 'Opendork' for anyone attending who wishes to talk about their work.
dorkbot.org/dorkbotanglia

Fri 2 SUPER CHIP TUNE SAMBA BAND 11am-3pm Town Hall Ipswich

Pixelh8 has created what is basically a massive multiplayer alternative to the drums in *Rock Band* but on portable consoles – in this case the Nintendo DS or DSi. You can take part for free in this four hour workshop that teaches the basics of chip tune technology and software, rehearsing with a group to create a percussion-filled labyrinth of seminal grooves, and then a performance at the end of the day. The end-goal is to take the travelling band of DS and DSi samba drummers to Music Day in Christchurch Park and perform in front of friends and family, end up on YouTube and possibly even grace a spot on the local news for a brief second. ip-art.com

Fri 2 to Sun 4 Swanfest The Swan Ipswich

Swanfest's line-up includes a huge range of great local talent; Friday will feature Millionaires By Morning, the seven-piece hip-hop/funk group and crowd favourite at the Rapsplottation nights, bringing their own brand of informal charisma to open the show. Joining them will be 50s rock 'n' rollers The B. Goodes, a feel-good and seminal take of the Beach Boys era that automatically denote summer's arrival. And the atmospheric, multi-instrumental

These Ghosts, who recently gained coverage on Radio Suffolk for their imbricating melodies and sensual riffs. Saturday will feature an as yet unnamed headliner, plus Neil Innes' satirical genius, the keyboard stylings of Benjamin Bloom, *IP1* favourites Gay Keyring and the funky anti-bureaucracy of MEN. Sunday winds down with the restrained emotion of Elephant.
myspace.com/theswan_ipswich
ip-art.com

Fri 2 Permission to Rock 7.30pm St Nicholas Centre Ipswich

This popular event has been running for the last seven years and has become *the* place for local young bands to showcase their music. Most band members are 18 and under, so for many it will be their first experience of playing live to an audience! A night not to be missed by budding musicians and rock fans alike, the event welcomes all genres of rock. Whether it's heavy metal or a more blues Kamchatka-esque style that interests you, the evening will be filled with a great vibe and passionate new bands. ip-art.com

Fri 2 Tony Ryder (The BeatThiefs) & Mick B Zing Wine Bar Ipswich

For a feel-good club atmosphere you need the hedonistic sounds of Tony Ryder and Mick B. These guys are doing really well on the club scene; take advantage of the fact that you can see them live in Ipswich. zingwinebar.com

Wed 7 Nearly Naked Chef 7.30pm Corn Exchange Ipswich

Hardeep Singh Kohli won rave reviews for this comedy / cooking show at the Edinburgh Fringe. You could win a ticket to see him by entering our competition. ip-art.com

Thurs 15 to Sun 18 Latitude Festival Henham Park Southwold

Latitude will once again descend like silk upon Henham Park, bringing the eccentricities and eclectic impetus that induce so many to bounce through its gates. With a line-up featuring Florence + the Machine, whose rise from toilet zero to festival hero has gained her numerous awards in 2009/10, the ascending New Yorkers Vampire

Weekend with fresh 2010 material, and Belle & Sebastian with their jovially retro folk-indie, it's a feel-good festival that slides onto summer like a brand new sock. BBC Suffolk Introducing will be taking three local bands to the festival, which is great news for local music. The dexterous duo Rodrigo y Gabriela will also be making an appearance, as well as comedy from the likes of Marcus Brigstocke (who'll presumably be discussing Pac-Man in corduroy), Kevin Bridges, and the slow one from Father Ted, Ardal O'Hanlon. There'll also be the usual poetry, cabaret and literature, and even ready-made tents if you're feeling lethargic.

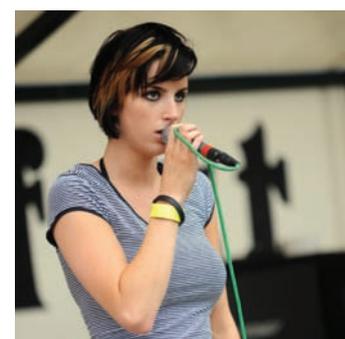
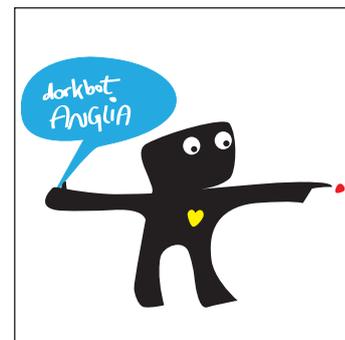
latitudefestival.co.uk

Sun 18 Bury Skate JAM 12pm-7pm The Skate Park Bury St Edmunds

East Anglia's biggest Skate Jam including BMX, Skate, Inline, DJs and graffiti artists. Plus there's loads of free giveaways from all the best skate companies. Info from June @ hardcorehobbieshq.com

Fri 30 to Sun 1 Aug Hachfest Mutimer's Meadow Hacheston

BBC Suffolk Introducing is taking over the stage on Sat 31 from 2pm and showcasing an amazing line-up of local talent. Voodoo Browne, the Ipswich MC will feature; his witty take on hip hop moves away from stereotypical traits of the genre and his performance style is slick and professional. Voodoo creates an appealing and catchy sound whether you like rap or not. The Waxing Captors give us a somewhat hardcore take on Scissor Sisters, experimental and ballsy. The Umbrella Assassins return with their raw punk pub rock, full of disillusionment. They are set to fend off the faint-hearted; their guitar sounds like a menopausal tiger's warning growl! Also featuring are the hard rocking Ten City Nation, the lazy Sunday afternoon sound of The Great Shakes, and the acoustic hybridism of J G Harding. Headliners are confirmed as The Beat, Gideon Cunn and Audioporn. hachfest.co.uk



IP1 COMPETITION

Want to win tickets to all the best Suffolk festivals and events this summer?

This fantastic prize includes tickets for the **PULSE festival, Hachfest, Ip-art events including Swanfest, Nearly Naked Chef, To Be Frank, Much Ado About Nothing** and many more. Plus you'll get a Swanfest goody bag and two pints of Guinness or soft drink courtesy of PJ McGinty's pub!



Phew!

To enter go to ip1zine.com/competition

The winner will be selected at random. Competition closes on May 21, 2010.

63RD ALDEBURGH FESTIVAL

11-27 June 2010



Friday 11 & Friday 18 June 8pm

Into the Little Hill

A uniquely entertaining and unforgettable double bill of music theatre: Berio's darkly comic *Recital I* alongside George Benjamin's *Into the Little Hill*, which has garnered rave reviews.

Tickets £10 – £22 Under 27s half price

Sunday 13 June 12 noon

Open Air

If you've always wanted to play a garden implement, here's your chance: spades, trellises, pots, hose-pipes all welcome! Join us on Aldeburgh Beach, between the Lookout Towers. **Free, no ticket required**

Monday 21 June 11am

Films: Tales of Music and the Brain

Documentaries of Ravel and of the transformative effects of music on those with neurological disorders. **Tickets £5**

Saturday 26 June 7.30pm

Ensemble Intercontemporain and Boulez

Simply the best that New Music has to offer, with 20th-century music legend, Pierre Boulez.

Tickets £10 – £22 Under 27s half price

For more information and tickets, please call 01728 687110, or visit www.aldeburgh.co.uk

PERMISSION TO... ROCK

...AND ROLL
AND FUNK
AND PUNK
AND INDIE
AND METAL

FRIDAY 2 JULY 2010
ST. NICHOLAS CENTRE, IPSWICH
AT 7.30PM

SEVENTH PTR HEAVEN - THE BEST OF LOCAL YOUNG BANDS

TICKETS £5

AVAILABLE FROM THE IPSWICH ENTERTAINMENTS BOX OFFICE
T: 01473 433100 OR VISIT WWW.IP-ART.CO.UK

For further information contact
The Co-op Education Centre, 11 Fore Street, Ipswich
T. 01473 280316 E. education@eastofengland.coop

www.thesteamboat.co.uk

EMAIL: val@thesteamboat.co.uk

TEL & FAX: 01473 601902

78 NEW CUT WEST, IPSWICH



LIVING MADNESS!!

LIVE MUSIC AND



Dance3 - a triple bill from the new wave of dancemakers
Friday 28 and Saturday 29 May, 7.30pm, Jerwood DanceHouse

Sticks and Bones, devised, choreographed and performed by
Darren Ellis

Between the Shingle and the Dune by Laila Diallo,
in collaboration with Theo Clinkard

Appel by French choreographer and hip hop artist
Mickael Marso Riviere

A Blank Canvas, foyer installation by DanceEast Associate Artist
Heather Eddington

This triple bill forms part of the annual PULSE Fringe Festival,
hosted by The New Wolsey Theatre

Tickets: £14 (£6 under 18s and students)
Box Office: 01473 295230 www.danceeast.co.uk

DanceEast | Jerwood DanceHouse | Foundry Lane | Ipswich | Suffolk | IP4 1DJ

Live Local Loud

Returning to Mutimer's Meadow, Hacheston
just off the A12 near Wickam Market
to raise money for local charities

Bands include **THE DEAT** and **AUDIOPORN**
with many more still to be announced!

Showcasing local talent with introducing...

Keep an eye on www.hachfest.co.uk
for ticket details



Hachfest

FRI 30TH JULY - SUN 1ST AUGUST



St Elizabeth
Hospice



EVERYONE LOVES A QUITTER

Nick Williamson loved smoking but not enough to form a long-term relationship with it. Now single, he finds he has more space to breathe.

I'm not going to lie. Straight off the bat I want to say that I loved smoking, I miss it nearly every day. As soon as I see a friend light up one of those hellish little cancer demons I feel like grabbing it from their lips and legging it, coughing and spluttering all the way home, or at least until I run out of breath.

I was 13 when I had my first cigarette, it was horrible, I didn't finish it and it made my knees weak and my head spin. Why would I try it again? Simple, it's cool. Or at least some people consider it to be. All the older kids I knew did it and a lot of my friends were just starting – why would I want to be the one who got left out, to leave myself open to segregation? Peer pressure was my downfall to seven years of smoking and rollies were my death stick of choice, unfiltered, fresh-smelling and cheap. The art of rolling a cigarette became part of my smoking experience, I had it down to a record speed with my technique. Rolling is like riding a bike, you never forget.

The first time I tried my hand at quitting was in college. I went through the NHS quit line and got set up on prescription nicotine patches. You put them on every morning and ten minutes later your arm starts to feel weak from the nicotine being pumped into your system. The patch itches for about an hour, but after the initial annoyances it begins to work, your cravings actually feel reduced and apart from the slight fishy smell the patch has to offer, everything's fine.

Right up until you see a friend smoke.

Suddenly your mind flips and you start to rationalise smoking: 'Why am I quitting now, I can afford it, I'll quit when someone else does' or 'I feel fine, I'll quit next time I'm ill.' First mistake: Willpower is the only thing that you can rely on to quit smoking. Patches, gum, inhalers, these are all crutches that people put too much emphasis on. Quitting is hard, and you will only quit if you actually want to, fact. That's the reason so many people don't, they think that one day there will be a magic cure, a pill or injection which takes away the addiction. And if this doesn't happen, they will all smoke themselves to the grave.

Nine months ago I finally made the conscious effort to quit cold turkey. I was on 30 cigarettes a day and was starting to experience breathing

problems. I was working as a labourer and smoking was all around me. When I started coughing and wheezing a lot, I became paranoid that something was going wrong inside me. I had X-rays and heart scans which luckily came back negative, but the realisation that I could be the one who gets cancer hit me hard. I saw it as an early warning sign, to get out while I was still breathing on my own.

It's been a hard process, the first two weeks being the worst. I had never realised how many parts of my life involved smoking. Walking to the shops, after a meal, meeting a mate. Worst of all, though, was going to the pub. The smoking ban turned all the non-smokers in our group from righteous complainers about their health, to coat-watching table

“I will forever walk into corner shops and mouth ‘I love you’ under my breath to the back shelf of death. But that's what happens when you smoke. So don't start.”

guardians. It also managed to encourage chain-smoking outside. As a result of that, we ex-smokers have been caught between a smelly and a lonely place. The ban itself was a good idea – my choice to smoke (and it is a choice) shouldn't be imposed on other people's freedom to breathe fresh air and not smell like an ashtray.

Putting aside having to look after coats, I'm glad I've quit. My skin looks cleaner, I don't cough all the time and my lungs feel lighter. My mind is more focused on keeping my body healthy, and that mindset has also been transferred to my diet and exercise routine. I'm no longer hung up on what might be going wrong inside me. I'm more focused on having fun while I'm healthy.

I will always be addicted to nicotine, it's something that all ex-smokers have to deal with. I will forever walk into corner shops and mouth 'I love you' under my breath to the back shelf of death. But that's what happens when you smoke. So don't start.

“As soon as I see a friend light up one of those hellish little cancer demons I feel like grabbing it from their lips and legging it, coughing and spluttering all the way home, or at least until I run out of breath.”

Smoking kills 50% of its long-term users. Which means if Nick had carried on smoking there would have been a very strong chance that it would have killed him.

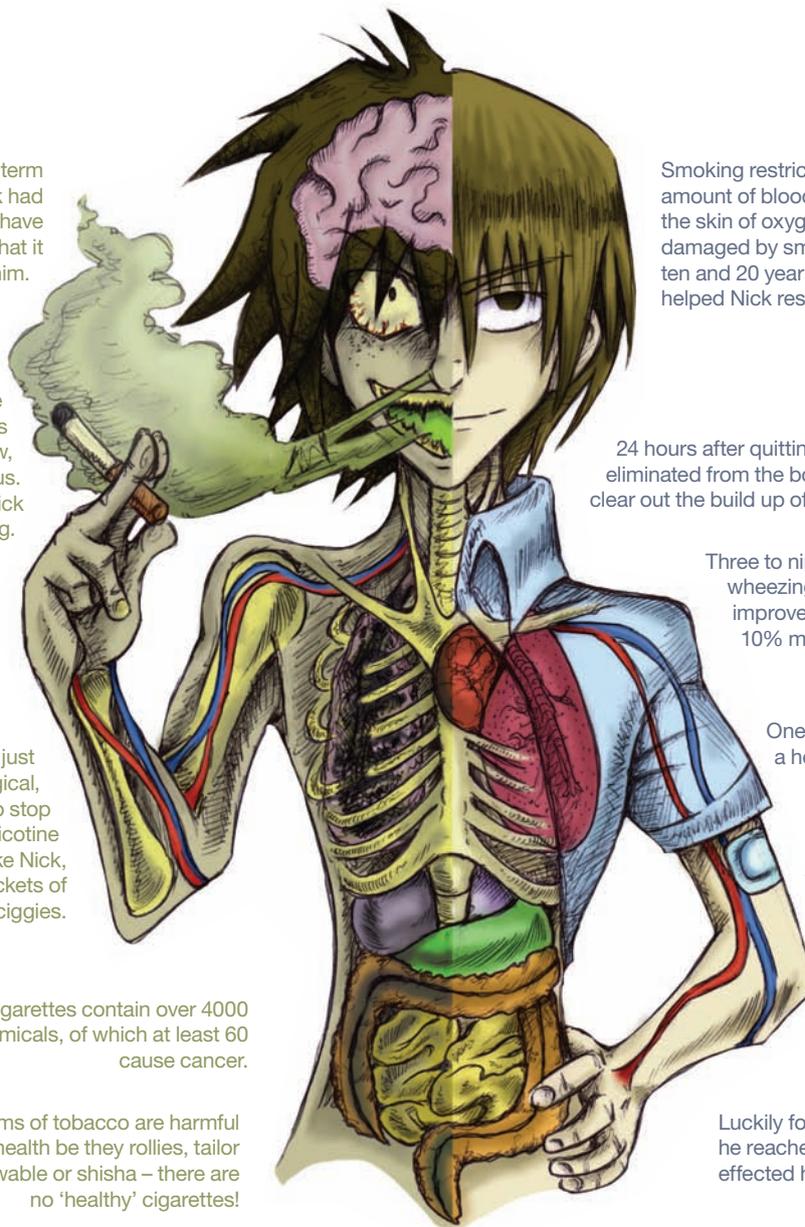
Smokers experience breathing problems because smoking causes their airways to become swollen, narrow, and filled with sticky mucus. Yuck! This explains why Nick suffered from wheezing.

Smoking causes 90% of lung cancers.

Smoking addiction is not just physical but also psychological, meaning people trying to stop smoking with the aid of a nicotine patch will still crave, or like Nick, mutter sweet nothings to packets of ciggies.

Cigarettes contain over 4000 chemicals, of which at least 60 cause cancer.

All forms of tobacco are harmful to your health be they rollies, tailor made, chewable or shisha – there are no ‘healthy’ cigarettes!



Smoking restricts blood vessels, it reduces the amount of blood flowing to the skin, depleting the skin of oxygen and essential nutrients. Skin damaged by smoke can make you look between ten and 20 years older! Quitting the fags has helped Nick restore his youthful glow.

24 hours after quitting carbon monoxide is eliminated from the body and the lungs start to clear out the build up of tar.

Three to nine months after quitting coughs, wheezing and breathing problems improve as the lungs have room for up to 10% more oxygen.

One year after quitting the risk of a heart attack is halved.

A nicotine patch helps reduce cravings by replacing the nicotine in your system. Unfortunately though, like Nick you might find that you smell a bit fishy and start itching like a dog.

Luckily for Nick, by quitting before he reached 35, smoking will not have effected his life expectancy.

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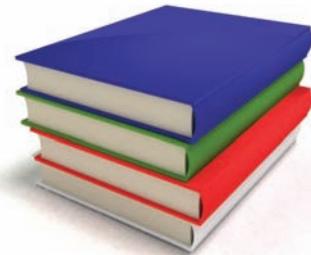
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Think about your threads!



Would you ever
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For Suffolk's sake,
don't do it to your
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Keep clothing out of landfill.
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Charity Shop

Armed with the good looks and style that momma gave 'em, *IP1* put eagle-eyed fashionistas **Taylor Hackett** and **Jeni Gibbs** to the test: Scour Ipswich's charity shops and come up with the best-looking and most on-trend ensemble for under £20.

What the judges said:

Jeni's outfit is original with some nice vintage touches. The boots were an especially good buy and very much on-trend right now. We also like the customised necklace which is actually a coaster on a chain!

"Something which I have no problem finding in charity shops is bags; there are always good bags in charity shops. Always. I found a really good red leather one this time with a nice gold-y clasp."



Jeni's carrier bag

Red Leather Bag, £5.40, Sue Ryder Care
Boots, £7, Cancer Research
Glittery Top, £3, Cancer Research
Dress, £2, St Elizabeth's Hospice
Necklace, 50p, YMCA
Total: £17.90



"I was quite lucky to find these boots in Cancer Research. Your best bet when it comes to shoes is to visit charity shops regularly and keep your eyes peeled like a ripe lemon. That way, when you see a pair you like you can snap them up sharpish."



"The best thing about charity shops is finding those really special one-off pieces like a 20s sequin jacket nestled amongst all the corduroy trousers, or a really, really nice velvet dress you thought you'd never find. Recycling is officially fashionable, and at the end of the day, it's guilt free shopping."

Chic

What the judges said:

We love the pearls and oversized clutch bag, these are classic pieces which never go out of style. The denim shorts are very in right now, we think they would be even better with a rough cut off edge. Get those scissors out!

“My eyes instantly drift to a pair of black buckle boots with a chunky heel. I check the size and I’m in luck – I try them on and they’re a perfect fit. A giveaway at just £4.99, these would probably go for £75 in Topshop.”



Taylor's carrier bag

Stretchy Rose Vest,
£1.49, Salvation Army
M&S Denim Shorts,
£1.99, Salvation Army
Black Buckle Boots,
£4.99, Age Concern
Straw Clutch Bag,
£2.50, Sense
Pearls, 50p, Sense
Total: £11.47



“I come across a gorgeous straw clutch bag and quickly look inside to see where it’s from. I see a Salisbury’s label, and I instantly know I’ve struck vintage. I nab it for £2.50 and walk out of Sense feeling rather smug.”



“It’s time we revived our love of vintage and second-hand clothes and I don’t mean those pre-ripped jeans you can get from H&M with a ‘vintage-look’ label on them. Charity shops are cheaper, often much better quality, eco-friendly and ridiculously ethical as all your lovely money goes to charity.”



“Charity shops are an 80s revival haven”

Taylor on trend

So what's in this spring/summer? What should we be keeping our eyes open for to stay on-trend this season? And can up-to-date pieces really be found in our local charity shops? It's simple, really. Here's a quick guide to help you on your way.

Jungle. Yes, you heard me right. No, I'm not suggesting you dress like you've just come out of a Tarzan movie (though this would be entertaining.) Think tribal. Adopt your jungle spirit and look for clashing tribal patterns and prints, chunky, beaded accessories and khaki T-shirts. Think beads and weaves. Think Aztec prints. Think 'Africa' and you can't go wrong. To find these pieces in charity shops, look behind the counter at the jewellery. Tons of chunky beads are donated all the time, and if you have a good hunt through you may find that you track down some really special pieces.

Romantic. This trend is very simple, very easy to pull off and very, very girly. However, if you're not a typical 'girly girl', don't be scared to mix this trend up a bit. If you're used to wearing skinnies and flats, just incorporate a little bit of this trend – a blouse teamed with skinny jeans or a set of pearls with a simple T-shirt. If you do want to go all out, get hunting for chiffon, ruffles, bows, romantic blouses, pastels, pearls, lace, nude shades and florals. Phew... This trend is extravagant, over the top and lots and lots of fun. If you're a little wary of being too OTT, mix it up with washed-out denim. Pearls are everywhere in charity shops, and the lovely thing is, most of them will be genuinely vintage. Make sure you're on the look out for nudes, pastels and florals. For example, I recently found a gorgeous floral top in a nude shade of pink. Bingo. Two trends in one, and all for

£3.50. I also managed to grab a Laura Ashley, ankle skimming T-shirt dress covered with dainty, white flowers. I took it home, got scissor happy and bam: A mini, floral T-shirt dress. The trends are there; you just need to keep those peepers peeled.

Safari. Don't panic. A trip to Kenya is not essential to work this trend. Get looking for caramel and toffee tones, earthy colours and high waist, tailored trousers and shorts. If you're going high waist, don't forget to tuck that top in for a perfect silhouette. Mix with chunky beads, wedges and chunky waist belts to polish this look perfectly. Accessories wise, hunt about for satchels. Keep those eyes open for anything khaki, and make sure your legs are bare to get this look down to a tee. Chunky waist belts are quite easy to find in charity shops, as are khaki pieces. Don't forget to check the men's section for oversized, caramel/toffee/khaki shirts. Now for satchels. Charity shops are a satchel treasure chest, as these bags seem to be donated in their dozens. Most satchels will be black but if you can find beige/caramel/brown ones, even better.

The Boyfriend Look. Calling all tomboys; this is your trend. The 'Boyfriend Look' is officially in. Think oversized shirts/cardigans teamed with skinny jeans. Obviously, check the men's section first. You can always find a small yet oversized check shirt or chunky men's cardigan. To keep the look slightly girly, mix with denim shorts and wedged heels. Oversized blazers are your friends. To make sure you don't completely drown that figure, accessorise with a chunky waist belt. Pearls will instantly feminise this look if you want to avoid looking too much like a bloke and, as mentioned before, charity shops are *the* place for vintage pearls. This trend is perfect for tomboys trying to take a step in a more feminine direction, but are not quite sure how to do it without going 'girly' overload.

Back to the 80s. Yep. 80s has been in for a while now. And guess what? Charity shops are an 80s revival haven. A goldmine for trophy jackets, geometric prints, shoulder pads, oversized bows and even - if you're lucky - the odd leotard. Now, with this trend, you need to tread carefully. Avoid Lady Gaga overload by keeping it simple. Hunt for 80s shapes; sharp 80s silhouettes, body-con, padded shoulders and draped jackets/oversized blazers. For accessories, keep a look out for clutches, statement necklaces and extravagant, vintage brooches to pin on that blazer.



Jeni's tips for charity shop beginners

1. Start small: if you're not sure where to start, begin looking at scarves, brooches, necklaces etc. All these things are often donated by old people so they're usually very good quality and have a nice 'vintage-y' feeling. A lot of them can look quite high street, but they're usually a hell of a lot cheaper!
2. A thing to look for in charity shops is good fabrics; you can usually tell just by feeling them but look for things like silk, leather and cashmere in the label.
3. If you're not quite sure and it's not too expensive buy it anyway, it's going to a good cause and you can always re-donate it.
4. TRY THINGS ON. Things that may look a bit iffy on the hanger can look amazing on. This is especially true of second-hand clothes.
5. Please don't buy second hand underwear. Ever.

How to customise charity shop clothes

Keep an open, creative mind. You might find a skirt with a really nice print that's ankle grazing. Don't worry. Buy it and then just cut the hem up with some scissors to as short as you want it. Don't worry about making it look neat, it can still look pretty good with a raw edge.

Change the buttons. You can buy really good big, gold buttons from craft shops. Buy a bunch of them and whack them on any cardigans and jackets you get. It's surprising how much of a difference just the buttons can make. Little fake pearl ones look good on the softer fabrics you get on cardigans.

Dye clothes. Buy T-shirts, shirts and dresses and dye them any colour you want. Clothes dye is usually pretty cheap too. This works best if you're going from a light colour to a darker one. Tie-dye, ripping and splattering bleach on things can look good too.

Replace the laces. Try lacing your shoes with thin ribbons.

Scrunch everything up with safety pins. So easy to do. Ruche up the shoulders or pull in an oversized shirt. If you buy gold ones it doesn't matter if they show a bit because they're so nice and shiny.

Belt it. A shapeless dress can instantly look better if you put a big waist belt over it.

“Things that may look a bit iffy on the hanger can look amazing on. This is especially true of second-hand clothes.”

Erdem Misirlioglu

With much of his childhood spent mastering Beatles' classics on an electric keyboard, Erdem Misirlioglu was always one step ahead of his peers happy to bash out *Chopsticks* from an early age. Now, with the life of a concert pianist firmly in his sights, the ex-Northgate student and BBC Young Musician of the Year finalist speaks to Laura Mathias about hard-drinking, hard-practising and just how hard playing classical is over pop.

Why did you start playing the piano?

I never used to do it for any reason other than fun. Playing something fast and exciting, that was what was appealing.

How much do you practice each day?

It depends how busy I am, but if I average five or six

“THERE’S ALWAYS TIME TO GO GET A DRINK. I THINK I’VE SPENT AS MUCH TIME IN THE PUB THIS TERM AS THE PRACTICE ROOM!”

hours a day, that’s pretty good. But there’s always time to go get a drink. I think I’ve spent as much time in the pub this term as the practice room! Actually, I feel like a drink improves my playing, either that or it makes me think I’m playing better!

Do you compose your own stuff or concentrate on mastering the classics?

I actually studied composition for five years, so I’ve done quite a bit of that. I don’t do so much of it now as I spend a lot of time playing other people’s music, but I’m sure I’ll write more music in the future. I think every musician kind of has that urge.

What’s the plan after your degree?

It’s very unusual for music students to just do an undergraduate degree. I might be in the education system for six, seven, even eight years.

Sounds like a lot of hard work.

Some people are lucky, they just have a massive talent and don’t have to work particularly hard, but I think most people that get there in the end have, at some point, worked very hard.

How did your role in BBC Young Musician of the Year come about?

I was 17 and my piano teacher at the time mentioned it...we were laughing about it but then a week before the deadline he was like ‘give it a go’, so I thought ‘why not?’ And as I progressed through each round, I thought I better take it more seriously, and I got quite far.

Quite far? You were a grand-finalist! Come on, you must know you’re good?

Well, I try to tell myself I’m terrible... I’m harsh on myself, that’s the reason I work hard.

You’ve played to some pretty huge audiences, including the BBC televised audience of 1.2 million. Ever suffer from stage fright?

I think anybody would be lying to say they don’t feel anything before going out for an important performance, but I think you can use that energy in a good way.

The way you talk about learning classical music seems very intense.

Well yeah, it’s deep stuff. Commercial music is designed to please the masses who aren’t educated in music. By no means am I saying it’s not good music, for what it does it’s perfect, but I think it would be frustrating to just play simple things. Learning classical pieces is a long process.

Do you think more young people should be encouraged to play classical?

I think just play what makes you feel good. When I started I wasn’t playing Mozart, Beethoven or anything like that. I think if I had

“I’M A MAN OF TRADITION; I LIKE TO WEAR THE TAILS AND LOOK THE PART.”

I may have been put off. But I would definitely encourage people to explore classical music.

Do you dress up for concerts?

It depends. Whenever I do a concerto, I’m a man of tradition; I like to wear the tails and look the part.

Have you set yourself a goal for the future?

I’ve set myself plenty of goals! I set myself goals every week and I’ve got long-term goals for when I reach 30...there’s a certain repertoire I want to get through before I start building my career.

Looks like you’re going to be glued to the piano for the next few years, then?

Yeah, but you can’t just lock yourself in a practice room. I don’t think that’d make for an interesting musician, or person. I think the interesting, more-rounded you are as a person, the more you have to say through the medium of music.

Nicely put. Finally, on a much more serious note, ever tripped over and fallen face first into the piano during a performance?

[laughs] No, I’ve been lucky. But I did hear a story about this girl at a festival...she had a loud chord to start with and missed the keys, followed through and smashed her face!



EXCLUSIVE! CLASSICAL CLOSETS CONFESS ALL!



Though many of us profess to know nothing about classical music, you can guarantee we all recognise particular classical pieces. Whether from a film, game, or maybe just that rather catchy advert that's been stuck in your head all day – somewhere, you'll have heard, maybe even liked, a classical track. But do any of us willingly, regularly listen to classical music, and if so, are we brave enough to admit it?

Absent Kid and Classic FM listener; Kerri-Ann Butcher

"I actually really love classical music. I often listen to Classic FM when I'm driving! I've played the trumpet since the age of around seven, so grew up playing in orchestras and jazz bands. It's a lot different from the music we play as a band, but I have a very broad taste in music it would seem!"

myspace.com/absentkid

World's largest collector of Gay Keyrings and Ave Maria fan; Chris Francis

Local experimental musician Chris, recalls a piano piece he "learnt at a young age" as Beethoven's *Moonlight Sonata*. "To say I butcher it would be a compliment! The first time I heard the piece was on the *Earthworm Jim* video game. That's what's amazing about classical scores, people hear them all the time without acknowledging it and when it is played to them again they recognise it, though they may not be able to recall the composer

or song name." Chris concludes by telling me his favourite piece would have to be *Ave Maria*. "I don't usually like vocal/chamber classical music but it's such a powerful song."

ip1zine.com/showoff/profile/404

Singer/songwriter and fan of classical (when she's in the mood); Lisa Ambrose

Lisa says she listens to classical music "from time to time" but admits, as with any genre of music, you "have to be in the mood for it". When it comes to inspiration for her own music however, the local songstress insists, "Classical music can be very good for any kind of musician...as it sets off the imagination when you listen to it, giving you a story with no words."

ip1zine.com/showoff/profile/370

Virtuous seeker of Ideals and Yo-Yo Ma student; Ben Ward

Unlike the other musicians I spoke to, Ben tells me he listens to classical "quite a lot" and doesn't hold back when explaining how emotively effectual the genre can be: "I love the way a piece of classical music can convey such strong emotion... in a way that rock music can't compare to. Be it a full orchestra or a solo piece, the genius of the composition and the way classical music flows so seamlessly, astounds me. One of my

favourite examples of this is Yo Yo Ma's *Bach – Cello Suite No. 1 in G Major*. It's just one man and a cello and is one of the most moving songs I have ever heard."

ip1zine.com/showoff/profile/441

MC Truth a.k.a. Scott French, who pans for gold in the rivers of classical

It certainly seems local MC, Truth, appreciates the genre as he stresses, "a piece of classical music usually has a lot more musical elements to it". In fact, Truth even goes as far to say, "Classical music is my third favourite kind of music, after porn soundtracks and elevator music". Unfortunately, before I get a chance to truly revel in this unexpected confession, Truth assures me he is in fact joking about his unusual musical tastes, and it dawns on me just how terrible I am at deducing sarcasm via email! But he does tell me, "As a hip hop fan, and a maker of hip hop music I'm

automatically encouraged to look at older music to understand the foundations of current music and to look for samples... I've literally listened to four hours of classical music for just two seconds of sound."

ip1zine.com/showoff/profile/118

Millionaire by Morning and appreciator of classical soundtracks; Sam Holdsworth

Though professing he occasionally listens to composers like Bach, who most of us instinctively associate with the genre, MBM band member, Sam, says that classical music isn't all about looking to the past. "Recently I've been listening to a load of soundtracks for indie films by the composer John Zorn. I also like contemporary composers John Barry (Bond soundtracks) and Yasunori Mitsuda (video games)".

myspace.com/millionairesbymorning



UNI MATE

Is uni all it's cracked up to be? Halls-of-residence sage **Alex Palmer** found the cracks were everywhere.



University! Three years of drinking, sex, parties, drinking sex-parties, sexy party drinks and... What was I saying? Oh yeah. You make loads of friends, wonderful memories, and you emerge with great qualifications with the world at your feet. What could possibly go wrong?

Uh...a lot.

If you get caught up in the whole 'Mate! Uni!' frenzy that takes up most of sixth form, it's easy not to think about what you're actually doing. You're leaving everything you've ever known to go live with a bunch of strangers in a faraway place. If you also consider that your main purpose there is to work your arse off, as well as the astronomical loans you'll take out to pay for it, it's quite a commitment. You have to be 100% sure you're prepared to make it, otherwise you might end up me.

My hideous story begins on results day last year. I was up horribly early to catch my grades on the UCAS website, and I was eager to see if I'd failed at life.

And I had!

Well, enough to ensure I didn't get into my first choice university anyway. I was, however, offered a placement by my backup choice. This was a place I knew nothing about, and I think only chose because I heard you could smoke in the halls. But I decided to accept the offer anyway, because I'm a moron. 'It'll all work out, right?' I reasoned. 'It's uni!'

And that was it. One summer later, I found myself traversing the barren English wastelands to this university I'd apparently deemed

suitable. I won't name it, of course, out of respect for their reputation (read: fear of assassins). Anyway, having been to just one open day, I remembered literally nothing about the place before I arrived. However, I was still optimistic. Uni, mate. Uni.

As a new student, I was promptly directed to what I can only describe as the 'Registration

“Eventually, after several weeks of this crap, I just gave up. I was tired, disillusioned, and I needed to leave before I started gnawing my own limbs off”

Pit'. This was a ramshackle collection of tents, each with an enormous queue of people spewing out. There were a few second-years on hand 'helping out' (which apparently just meant 'talking amongst themselves') and a particularly sadistic one informed me that I'd have to visit all these tents, in order to "effectively complete the registration process". Awesome. I spent roughly half of my lifespan there, filling out forms, collecting forms to fill out later, shaking hands, and filling out more forms. It was like a bureaucrat's wet dream.

Finally, they let me go. I found my way to the halls-of-residence, and went to check out my flat.

As I ambled into the kitchen, I discovered my new flatmates were already there, talking about...uni, mate. They turned to face this awkward, lanky creature who had just intruded, and we sized each other up. Well, I sized them up. They were probably just wondering who I was and why I was staring at them.

First thing I noticed was that they were all male. Not exactly what I was hoping for. They were all essentially the same person as well; so they've blended together in my mind as one gel-encrusted, gym-frequenting personality vacuum. I call it the 'Lad Collective'.

After an awkward moment of silence, this testosterone-heavy entity introduced itself, giving its names as things like 'Blokey McBlokington', and 'Carlsberg Punchstuff'. It also informed me that two of its individual head-nodes were studying Paramedic Science, and three were doing Physiotherapy. I was slightly confused as to why either of those required academic degrees, but more concerned with the fact that I was doing English (or so I thought. More on that later). How did this happen? I was expecting my flatmates to be doing different courses to me, but not the same as each other. I'd only just arrived, and I already felt alienated.

That evening, I got invited to a flat party. I was a tad perplexed as to how that was happening, since nobody knew anyone yet, but I went with it. However, I quickly found that student parties were not my idea of a good time. I had dubstep (which is the worst thing in the history of...ever. But that's a whole 'nother article) pounding obnoxiously into my brain, and I was surrounded by studenty



people, wearing chequered studenty shirts and sporting studenty fringes, buzzing around like smug little horseflies. They were incredibly pleased with themselves simply for being there, and I couldn't relate to any of them. The conversations I overheard were depressing. Everybody just talked at each other, rather than to. For example:

"Yeah mate, this party's sick. Bare got with that fit girl over there*."

"Yeah mate, wasted as, to be fair. Drunk a whole bottle of vod, didn't I?"

"..."

"Yeah mate. Bare got with that fit girl over there."

*They talk like that because it's 'ironic'. Not because they're actually idiots or anything. Not that at all.

Then they'd just move on and repeat themselves to someone else. They were trendy little automatons, programmed to say stereotypical catchphrases and fuel themselves with supermarket vodka. I felt suffocated, so I spent most of the time I was there being, well, not there. I found myself an inviting wall outside and leaned against it, deciding cigarettes would be preferable company.

Fun Fact: If you insert the image of me smoking alone into various scenes, you'll have a neat little portfolio of my university social life.

Right. So far, I didn't like my flatmates (or anyone else) and the social scene was a few

sugars short of my cup of tea. There was one bar/nightclub on campus, and that was it. The so-called town it was attached to was so dead I was surprised it even had running water. One more for the list of things I should've checked before going. All my hopes now rested on the quality of the academic life.

So, being told I couldn't actually do the course I'd applied for wasn't the best start. Yeah, apparently, when UCAS assured me I was doing an English degree, it was just joking around. Haha! Good one, UCAS!

"I was surrounded by studenty people, wearing chequered studenty shirts and sporting studenty fringes, buzzing around like smug little horseflies."

No, it turned out that I, along with the other Humanities (that's English, Media, and anything else that doesn't really benefit the world) students, had merely applied for a 'Humanities Degree'. We'd have to choose individual 'modules' from a range of subjects, in order to create "a customised and wide-ranging learning experience." Surprisingly, I didn't want a customised and wide-ranging learning experience. I wanted to do the degree I'd frickin' applied for.

On top of this, I was then faced with two grinding weeks of unnecessary 'induction

lectures', which covered everything from plagiarism warnings to 'study skills', apparently in case any of us had never been to school before. By the time the term finally started, I was already fed up. And things did not get better from there.

The university had admitted about 50 times the number of students it could actually handle, so unless you happened to be Jean-Claude Van Damme, it wasn't easy getting seats in lectures. Everything was so overcrowded that the professors simply couldn't teach properly. Nobody got the attention they needed, and we rarely found out anything we needed to know because of the faulty (and/or evil) computer systems controlling everything. Good lord, if they roped me into taking a course I despised, they could at least have organised it properly.

Eventually, after several weeks of this crap, I just gave up. I was tired, disillusioned, and I needed to leave before I started gnawing my own limbs off or something. At this point, I didn't even care about the impact it might have on my future. I just wanted to get the hell out of there as fast as I could.

So, to summarise: If you take the university decision too lightly, you might easily end up doing a course you hate, in a place you hate, surrounded by people you hate. It won't all magically work out just because it's 'uni, mate'. I learned that the hard way, but you don't have to. Just be careful where and what you apply for, and make sure you know everything you need to before you accept a placement. Otherwise, you'll take nothing away from the experience except a large debt and a crushing sense of failure. Have a nice day!

DEBATE 101: IS UNI WORTH IT?

University is a lot like spending three years in Vegas: It'll be a hell of a ride, but you'll leave broke, with uncertain prospects and a daunting future. So, is the expense worth it? Is the social life really that great? And do universities even care about you anyway, or do they just like hoovering up your money? *IP1* put the questions to veteran and prospective education gamblers Rosie, 23, Tom, 26, Shaz, 18 and Alex, 19.

Okay, who has been to university and who is planning on going?

Tom: I went to Brunel University, and then Suffolk College/UEA.

Rosie: I have been to uni at the UCA Farnham, Surrey.

Alex: I went to Hertfordshire for a while.

Shaz: I want to go to uni this September.

What did you find disappointing about higher education?

Tom: I was expecting an intellectual paradise – cerebral dinners round the professor's house. But it wasn't like that. They had too many students. The university was a business that just cared about money.

Rosie: I agree, they were more concerned about keeping students in to make money.

Alex: I was expecting at least a few people I could relate to in some way. But it was just skinny jeans and dubstep.

Tom: Everyone at my uni went home at the weekend because 80% were from the local area!

Are some people misled about university in any way? Do they end up studying courses they are just not suited for?

Tom: The course I did was too broad. By the

end you had learnt a lot about everything, none of which was really useful to specialise in and impress an employer.

Rosie: I actually did animation at uni and was on a course that was very broad. I wished I had gone onto a course that was a bit more specialist, but starting big makes you realise what you want a bit more.

Alex: A lot of people go because it's all anybody talks about during sixth form. It's easy to feel like there isn't really anything else on offer. Even the teachers don't shut up about it.

“I'm feeling pressurised to go to uni, when really I'm not sure if I even need a degree”

So lots of people go to uni just because they are expected to? Just because everyone else goes?

Shaz: I agree that I'm feeling pressurised to go to uni, when really I'm not sure if I even need a degree. I feel everyone who stayed on at our school was kinda forced into uni.

Tom: There were a lot of students on my course who seemed very lazy and not passionate about the subject, which spoilt it.

Rosie: Yep, you get a mix of people going for

the sake of it and then some that actually put the effort in.

Tom: I was expecting people there to be really interested in the subject they were learning. Instead it just gave me a strange contempt for the whole thing.

Alex: Most courses involve a lot of discussion in seminars and stuff, so if there are people there who aren't interested then it won't create a very good atmosphere.

Rosie: I know people that just picked courses because they liked the idea of the uni lifestyle and went for courses that were non-specific because they didn't really know what they wanted.

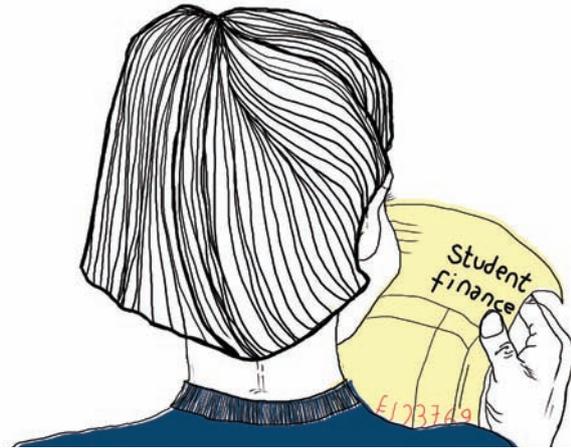
Alex: If you don't know what you want, you might be able to figure it out by going off to uni and trying stuff out, but it could just as easily be a very expensive waste of time.

Do you feel like university doesn't prepare you for life post-studying either socially or employment-wise?

Shaz: I think uni, despite the costs, is seen as just the next step. People who are scared to go out into the real world and settle down with a permanent job will take uni as the easier option to 'buy some time'.

Rosie: I definitely finished uni and went: 'What now?' Lots of my mates felt the same way.

Tom: Well, I did a year in industry for this



reason. The academic style is different from the real world style.

Alex: Guess that's where you find out if getting the degree was worth it or not.

Tom: Socially, it is a good stepping stone.

Rosie: Gaining as much work experience as you can is the way forward. A degree doesn't mean a lot if you can't prove you can use it in the industry.

“Gaining as much work experience as you can is the way forward. A degree doesn't mean a lot if you can't prove you can use it in the industry.”

Are students just seen as 'consumers' by universities and could you really benefit from not bothering to go?

Alex: They see students as fat bags of cash.

Rosie: I know someone who went to uni, quit, and then got a job after freelancing his IT skills. It depends on the job area.

Alex: It's like anything else. They try to sell you

a 'lifestyle', by having current students prance about on Open Days going on about how awesome it is.

Rosie: There's a mix between actually training up people who want to learn and those who the uni need for funds to be able to run the whole show. Young people should only go if they think it will actually benefit their careers in the future and give them a great experience, not just to have good time and end up in a lot of debt and confusion for the sake of it.

What advice would you give to a 17-year-old who was weighing up whether to go to university or not?

Tom: It depends on that 17-year-old. Did they enjoy school? Are they just scared to get a job? Are they already teaching themselves about the subject they want to study?

Alex: If they have a clear idea of what they want to do with their life, and they know their chosen course will help them, then they should go for it.

Rosie: I would say think really hard about what course you want to take. Research it. Actually talk to a few people who have been to uni, if you can, and decide if it's best for you. Go to have a good time and enjoy yourself, but realise you're gonna be heavily in debt in the end so make the most of the time you're in your course and out of it!

Shaz: I'm not really thinking about money. As far as I'm concerned, worrying about debt comes afterwards.

Alex: Most people feel like that I think. Buy now, pay later.

Tom: A degree doesn't mean a job, so they should study if they want to study about a subject not because it will somehow get them a fatter pay cheque. Also the university environment is probably the best environment there is to socialise in, assuming you live in halls.

“Young people should only go if they think it will actually benefit their careers...not just to have a good time and end up in a lot of debt and confusion for the sake of it.”

Rosie: Go somewhere where you see yourself being happy. Don't go just to follow the crowd or to stay with your friends because you end up going your own way anyway.

Shaz: Despite all the stress and hassle and costs, I am really excited!

amiclear?

SUFFOLK
CHLAMYDIA
SCREENING
PROGRAMME



BE CLEAR

IN YOUR MIND

HAVE AN ANNUAL TEST

Chlamydia is the most common sexually transmitted infection. It's invisible. It's serious. It's spreading.

If you are 16-24 and have had sex...

...you need a chlamydia test



**FOR A FREE TESTING KIT
TEXT KIT TO 84010**
INCLUDE YOUR NAME, ADDRESS, AGE + SEX



NHS
Suffolk

Chlamydia
worth talking about

nhs.uk/worhtalkingabout

For further information or to
request a kit online go to:

www.amiclear.com

Disclaimer: All information that you give us is confidential and we will not tell anyone else about your personal information. We do keep all your details on a secure database and we do have to provide reports on the number of young people that have been screened, but you would not be identified by name. All kits are delivered under plain packaging.

Chlamydia Diary

It's estimated that one in 12 sexually active young people may have chlamydia. *IP1's Secret Reporter* takes the DIY test.

For most blokes, the thought of a 'urethral swab' test is about as appealing as a swift kick to the nuts. If you Google the procedure, medical forums will do very little to reassure you that it's going to be fun. Basically they stick a long, thin cotton-bud down your knob and rustle up some bacteria to analyse. There are a multitude of horror stories where the process is described with reference to some kind of medieval torture (possibly with a rusty nail). Anyway, if you ever get a full STI check you will probably have the pleasure of finding out what it's really like then.

March 1

Fortunately, I've been reassured by my editor that nothing will go up my penis if I want a chlamydia test, so in light of recent (and much boasted about) infidelities, I decide to uncross my legs and text for a DIY chlamydia kit.

March 5

After a remarkably short four-day wait, a small grey package arrives. Printed on the outside are the words "Private and Confidential". This clearly isn't a letter from the bank telling me the new rate of interest I'm on has earned me £0.03 this year. In fact it's my chlamydia kit, so I open the package for some light breakfast reading. Mum laughs nervously and dad looks disapproving. Just like my editor promised, no unpleasant swabs are required, just a bog standard urine sample. I've already taken a piss this morning, so with perfect unconcern I cast the kit to one side. (A week or so drifts by while I forget all about it... I return to my usual routine of not shagging anyone and the test slips further towards the outer reaches of my 'to do' list).



March 16

I've been proud of my personal hygiene this week. I've showered almost every day and only gone to bed without brushing my teeth twice; I was drunk both times so I'm not sure that it counts. Nevertheless, I wake up in the morning with an itchy penis and it puts a right downer on an otherwise pleasant day in Ipswich.

In the evening I Google "itchy penis". A Yahoo answer recommends immediate circumcision. Other sources suggest I might just need to wash. Chlamydia is also an outside bet. I try washing first and Canasten cream second but having narrowly avoided circumcision once already in my early life, I give this option a miss.

March 17

It turns out that 65% of chlamydia cases are amongst under-25s who have unprotected sex. This puts me right in the danger zone, so I



resurrect the idea of the test. Reading the instructions while becoming increasingly desperate to piss is an issue. "I expected a bigger pot. The pot looks bigger in the diagram; maybe I should piss in that Lucozade bottle and then transfer it? No, hang on, the pipette's not long enough; it *must* be this one!" The instructions are a bit of a nightmare as some of the information on the leaflet is conflicting, but the convenience of not having to book a doctor's appointment more than makes up for it.

The same day I send the pot of piss off in the post. I'm surprised to find myself actually a little nervous. Not about the disease, which you can cure with antibiotics, but about the possibility of informing somebody else that they might have chlamydia. I have a look online to see if there are any tips on conveying this information tactfully. Perhaps some kind of one-liner would do the trick? As it turns out, I'm brought straight back to the NHS website that is apparently offering help and advice on this subject; very handy indeed.

March 26

A week or so later and a text pops up saying, "This time your test showed no signs of chlamydia". I'm actually very relieved and glad I took the test. It was all free, discreet and very convenient. My penis still itches but my conscience is clean. Perhaps I should take the circumcision after all.

amiclear.com

ENDANGERED SPECIES: ON THIN ICE



Dodging sharks is part and parcel of professional life, but as **Simon Newton** discovers, Game Design is on thicker ice than most industries right now.

It is no secret that playing video games these days is a massive global pastime, which is now socially acceptable for absolutely everyone. Their cultural standing has gone past even coolness to ubiquity. The spotty teen stereotype faded some time ago; now your Granny's on the Wii-Fit before she goes to bridge club, and the local bobby challenges passing children to games of *Mario Kart DS* over Wi-Fi. Happily, the UK is at the very forefront of Game Design. The two most recent blockbusters *Grand Theft Auto IV* and *Call Of Duty: Modern Warfare 2* (the biggest selling entertainment products in the last two years) were created by predominantly UK-based design houses. Suffolk being the beating heart of creativity that it is, we are not short of our own games designers. Roger Creyke, currently in his final year of a Bsc in Computer Games Programming at UCS and employed as a designer in the entertainment industry, showed me his work-in-progress Nintendo DS game, *Endangered Species: On Thin Ice*, created as final coursework in conjunction with students on his course.

In a nutshell *Endangered Species* is a top-down platformer in which you control a super-cute little penguin, hop and slide from iceberg to iceberg, eat a fish for energy and dodge sharks lurking ready to munch you for lunch. It has an intuitive control system that combines the DS D-Pad to walk (or waddle?) and Stylus to 'sling' Mr.Penguin across the water. It is a fairly stern dexterous challenge, and as Roger assured me I would, I spent five minutes falling in the water before getting the hang of it and getting quite involved in the fate of Mr. Penguin. It's good accessible fun, even in this prototype stage. I would give it a C++!

More than just a jolly lark however, when finished it will be an educational game, teaching kids about climate change. Roger explains how he relishes this challenge, as most current educational games miss the point somewhat with too blatant an emphasis on 'education' rather than

'game.' "There's a big thing at the moment about how educational games can be good learning tools but they haven't really hit it yet. In that they call them educational games and then give them to a kid – that's not how you teach a kid; they don't want to play educational games, you basically have to trick them. You need to make a good game before you can make a good educational game. By asking a software developer to make a game rather than a game developer they underestimate how much goes into the design – in terms of making it fun and keeping the player interested."

Endangered Species is made for the DS as a 'homebrew' game – Roger explains this means exactly what you might think it does. "Generally you need consent and the official game-building software to make games for Nintendo, particularly to publish, but there are other ways to make them. You can get the software for free, as some very clever people have reverse-engineered the system, worked out how it ticks and created a 'library,' basically some code that you can then build upon. Very similar to the official software; only used by people in their bedrooms." Very impressive all round, not least when he tells me that to create this game

“*Endangered Species* is a top-down platformer in which you control a super-cute little penguin, hop and slide from iceberg to iceberg, eat a fish for energy and dodge sharks lurking ready to munch you for lunch.”



it required him and his three co-designers to write new software, from scratch, on which to build the levels of this game.

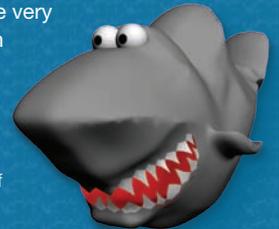
Roger and his team's plans for the game go further than just being a dissident educational tool. They plan to take it mainstream with a port over to the iPhone when complete. With Apple's policy of free uploading and profit-sharing to the App Store, it can be taken to a wide audience and, if popular enough, even make money. This free-for-all attitude makes for exciting times, and Roger points to things having come full circle. "It's huge at the moment. 15 years ago any one person could make a game in their room, now games for Xbox etc take hundreds of people all working together. But with the iPhone one person can make a game - tiny little games but still full games - and distribute it worldwide, essentially for free. The only downside, of course, is with no quality control you get a lot of crap on there."

The potential for careers in Game Design in the UK right now, unsurprisingly, is pretty wide. As the traditional media industries take a battering, Game Design is up there in the top few fastest growing industry sectors. Supporting that industry are university courses, like the one that Roger attends at UCS. What sets UCS' Computer Games Programming course apart though, is its emphasis on making complete games, which is what *Endangered Species: On Thin Ice* is, as opposed to other courses which are more art and design oriented.

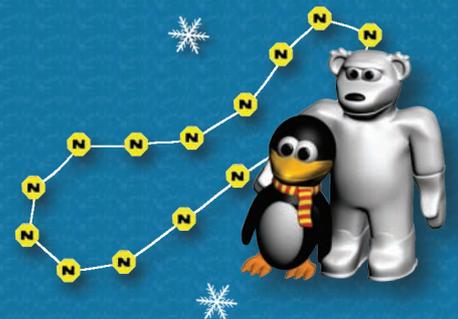
As examples of large British employers, Roger points to Rockstar Games, publishers of the legendary *GTA* series, Sony Cambridge who created the PS3 and PSP hit *Little Big Planet*. There's also Rare Ltd., producers of a string of classics on the N64 like *Goldeneye*, *Banjo-Kazooi* and *Diddy Kong Racing*, who are now developing *Project Natal* - a motion sensitive camera system allowing the player to control a game purely

with the movements of their body, which in Roger's words is going to be "massive." He says the potential is out there for those with the dedication. "It's a very tough job; there can be a lot of stress and people can lose their love of it. You have to be at work an hour before start and an hour after close. But if you learn those skills they are very transferable to other industries. A designer can go and work for a bank for example. I wouldn't, but you could."

Endangered Species and other games and mods produced by students can be played at UCS' School of Arts and Humanities *Degree Show 2010*, June 3 - 14.



“ You need to make a good game before you can make a good educational game. ”



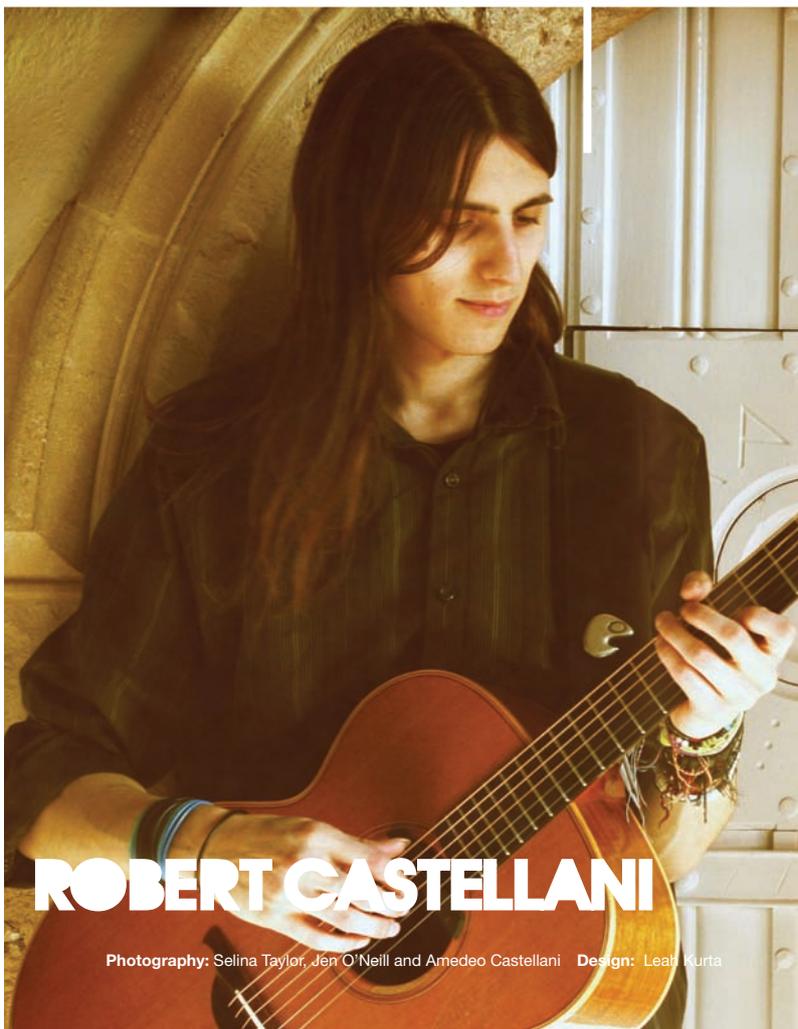
GAY KEYRING



IDEALS



ROBERT CASTELLANI



Gay Keyring

How excited is *IP1* about Gay Keyring?

Very.

With the potential to blow up in a big way, Gay Keyring are the most innovative nutters we've heard in a long while. So much better when they rap - and in need of vocal collaborators far more than samples - GK's underlying brilliance is in their compositions, which push the boundaries and exude a dedication to originality and a pursuit of excellence seldom found in local 'garage' productions.

Lyricaly, they are also mighty. Soul-bearingly honest, gratuitously offensive and often hilarious, GK convey what is essential in good rap: no bullshit. Unfortunately, they too often shy away from adding vocals to their tracks, which really is stupid of them, we think. Despite being great to listen to instrumentally, it's vocals and the ensuing narratives that elevate tracks like *s.dot rock* and *Brute With A Lisp*, and leave enormously catchy hooks such as *Hypotanoose* bereft of direction and in danger of becoming merely background live music, or worse still, advert scores.

Their beats complete the package, and allude to the notion that under the right circumstances and with the baddest sound system you've ever heard, GK would tear up any major venue in the land. Praise indeed.

With the name Gay Keyring, this highly intelligent duo could easily be dismissed as a joke band; a novelty without substance. Most certainly, this would be the biggest failed judgment you could make of Ipswich's most exciting artists right now.

Catch them at the only gig they have named this summer: Swanfest on July 3, where hopefully, with the evening slot they deserve, they might just come alive, and take the whole of the Swan with them. **HF**

Chris from GK says, "We will be playing the illustrious Swanfest again this summer. There will also be a string of EPs that are currently being worked on - I don't want to use the word "concept" but they have a plan or progression to them. Some tracks will be ready for download from our MySpace and Facebook."

ip1zine.com/showoff/profile/404

Robert Castellani

Rob goes about his music with a conviction to crush musical barriers, conventions and expectations, within which there is grounded an appreciation and emulation of a range of music genres and musical history. He is all about the layering of components and creating harmonies that invigorate the listening experience.

Starting off as a young guitar virtuoso on the electric, Rob moved into the acoustic finger style playing influenced by notable players such as Michael Hedges and Eric Roche. An informal and unpretentious player, Rob demonstrates a level of talent that devitrifies audience's eyes in appreciation of his almost hypnotic style of playing. Expertly covering intricate pieces from Eric Roche and the Prelude from Bach's *Cello Suite No. 1* by tuning his guitar like a cello and memorising a myriad of notes off by heart, his solo shows are as much a tribute to his influences as they are a display of his own considerable skill.

His own compositions - *Church Bells*, inspired by bells at Aldeburgh, which blossoms into a piece that does no less than innervate, and *Song for Eric*, a tribute to Eric Roche that is both an audible and visual euphony - are just as impressive as many recent finger style artists' work; a fact which Rob humbly refuses to accept.

Castellani's playing is en par with a lava flow; there is a transcending beauty found in something that is, at the same time, so violently powerful. His album of covers has been released recently, in which he collaborates with Anna Pancaldi to create a salubrious sound, demonstrating that this man can certainly pluck any kind of string he wishes.

You can see him at a whole host of gigs in Ipswich and Hadleigh this summer, any of which will be good. **JB**

Robert Castellani says, "I'm playing lots of gigs with Anna Pancaldi at some of the regular venues for us like Crabtrees and The Spread Eagle, where we'll be promoting our latest EP called *Covers*. I'm also completing my solo EP, due out in the next couple of months."

ip1zine.com/showoff/profile/438

Ideals

Emerging from the ashes of their former band (It's A Trap) smarter, slicker and sounding better than ever, this year has already seen Ideals blast onto the national indie scene with their LUNGS TOUR and the full force of Intruder records behind them. Definitive 'ones to watch' this summer, the Holbrook boys are playing two unmissable Ipswich gigs in June, the first of which on June 11 will form part of their LOVE SONG TOUR, the second on June 24 of their INTRUDER TOUR, where they will co-headline with fellow Intruder rockers, I Remember Tapes.

Their LUNGS and LOVE SONG tours share their names with Ideals' incredible new releases for 2010. Both tracks have been going down exceedingly well on stage and online, including over 250 plays in two weeks on ip1zine.com. Such high standards do *Lungs* and *Love Song* now set, that the question really needs asking: Are Ideals the greatest band ever to have come out of Ipswich?

If you want to check out more of the band's music, *These Seasons* is definitely a good track to go for. It's one of those songs to play towards the end of a summer festival when it all starts to calm down as the sun sets - something good for the soul, we think.

As good live as they are on record, you really would have to be a great big numpty not to support this truly great local band. Buy their singles, wear their T-shirts and watch them live with pride. **DB/HF**

Ben from Ideals says, "Over the summer we will be releasing two brand new singles, the first is *Lungs*, due for release in May. The second single, *Love Song*, will be released in July. We will be doing a string of UK tours to gain exposure and help build our fan base. One is with our new label and management, Intruder Records, who have set up the tour for us. The tour will be going to Scotland, which is very exciting for us as it will be our first gig outside of England and for some of us our first visit to Scotland. We're also planning to play a few festivals along the way, as well as recording a few more songs set for release in the autumn."

ip1zine.com/showoff/profile/441

ip1zine.com/showoff

60 new users have signed up to the ShowOff in the last three months. That's five newbies a week! With all that traffic, comes loads of new Images, Film, Music and Writing. Here's just a snippet of some of the best work uploaded recently. Wanna have your work reviewed in *IP1*? Log on and upload now at ip1zine.com

Five Minutes of You

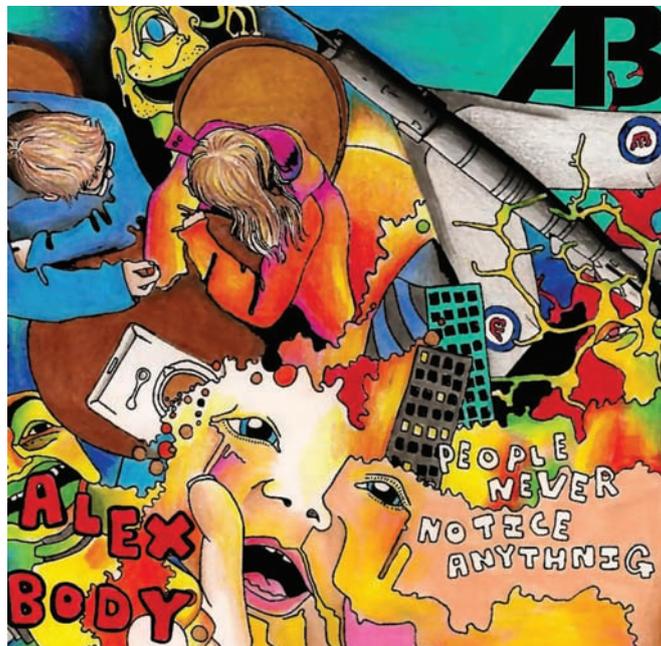
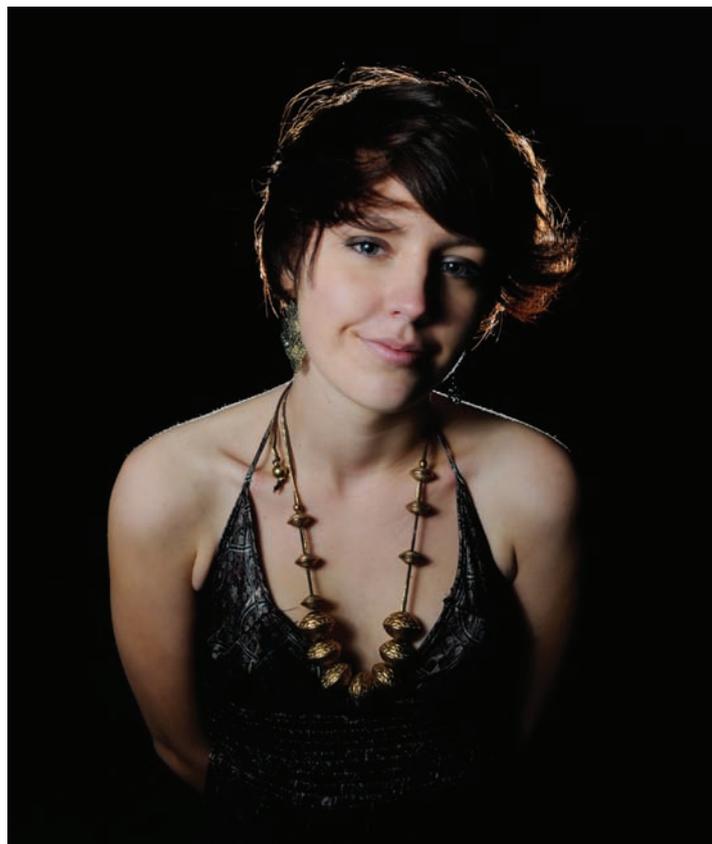
Alex Body

Top end, 70s influenced, power-pop that illustrates there are local musicians willing to write and perform pop songs different from the usual NME ilk. With a production style resembling The Who circa '71 and vocals remarkably similar to David Bowie in *Heroes*, which is far from a defamatory comment, *Five Minutes of You* is a revitalising song with a killer chorus. Alex claims the track is "about the best thing in the world". Does he mean sex? Unlikely. Blokes tend not to sing about lasting five minutes in bed! No, Alex Body is merely as adept at the art of flattery as he is at the art of songwriting. The fantastic *Five Minutes of You* features on Alex's new album, *People Never Notice Anything*, out now. **CF**

What do other ShowOffs say?

"I like this. The intro really gets you tapping your feet." (Emmanuel)

ip1zine.com/showoff/media/2247



Laura Norman

Christopher Algar

Laura Norman has been lit with a degree of technical ability that you would expect from an established professional photographer, yet Chris is really now starting out in the field. The image shows Chris' ability to use more than one light source and balance light to stunning effect; dragging the model from darkness into the viewer's gaze. Backlighting helps illuminate the subject and propel her into the centre. With some subtle post-production to soften skin tones and bring out the eyes, Chris has created a fantastic piece of professional portrait photography. **AL**

What do other ShowOffs say?

"love this x" (Jen O'Neill)

ip1zine.com/showoff/media/2259

STOW-KID
Joel



Ever wondered what the next stage of human evolution might be? Ever contemplated how our surroundings and habits will affect us in the future? Joel's creation *STOW-KID* presents a frightful image of the future. A future of black and white; of transfixed, glazed-over (yet surprisingly sweet) eyes; a future where we subsist purely on gargantuan milkshakes composed of a lard-like substance. The target of this bold illustration is consumerism, and those corrupted by it. *STOW-KID* is not just an attack on the world we live in, but a warning, designed to show people the great affect that small changes can have on their lives. **MG**

What do other Showoffs say?

"I want to be stow kid!" (Tommy Human)

ip1zine.com/showoff/media/2172

Still Life (1 of 5)
M.Y Films



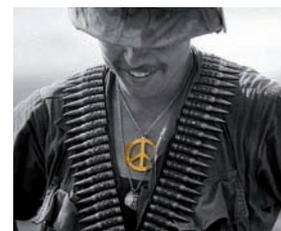
Still Life is a short documentary, which tells the story of four reformed, but imprisoned, drug addicts. Filmed at HMP Wayland's drug rehabilitation unit, and the first video project in British prison history to be left totally in the hands of inmates, it attempts to show the reality of drug addiction and to act as a deterrent, and it achieves those goals with interest. Unwaveringly brutal in its descriptions of the absurdity, depravity and destruction caused by drug addiction, you get a sense of the director's real affection towards his subjects. Told in a talking-heads style, with reconstructed scenes and subtle effects expertly fleshing out each anecdote, *Still Life* is a disturbing, funny and hopeful film. Excellent. **SN**

What do other ShowOffs say?

"Hard hitting stuff! good editing and music too" (Cellar Door)

ip1zine.com/showoff/media/2304

Nightmares Feat
V.I.C.E and
Ebony Martin
Cellar Door



Nightmares presents the listener with raw underground production not heard often enough in modern hip hop, which suggests the artist is more interested in a progressive form of genre and sound. The track incorporates a loosely played piano riff, narrative rapping and ambient sounding drums to represent this unfamiliar style that's most commonly heard in MF Doom's early work.

Previously, Cellar Door had created instrumental music that achieved its purpose although never realised its potential. However, this newest effort loses all mediocre pretence and introduces a fresh style almost certainly shaped by collaboration with other artists. **CF**

What do other ShowOffs say?

"This is really cool, the vocals remind me of Faithless." (Leah)

ip1zine.com/showoff/media/2209

Falling
Cutters Choice
feat. Laurie Webb



Hypnotic, stripped down drum and bass with sharp, dry percussion and heavily influenced psy-trance synthesisers, Cutters Choice has manufactured a superb, high-octane dance track. If *Falling* was played in any dance club it would be considered a classic floor filler and could slot into any popular DJ's set of the same genre. With production values similar to great producers like Infected Mushroom or Goldie and a natural atmospheric, almost ethereal, vocal in Laurie Webb, this track could easily cement Cutters Choice status on the DJ circuit, while also rejuvenating the music scene. Out now on Rave Style-e records. **CF**

What do other ShowOffs say?

"Sweet beats. If you ever want to do re-mixes or collaborative work message me." (Frisky Dingo)

ip1zine.com/showoff/media/2188

*That sometimes soothing sometimes intensely irritating fat sound from the feathered f**k on the fence*
Trevormcdevor



I warn you that reading Trevormcdevor's poem *That sometimes soothing sometimes intensely irritating fat sound from the feathered f**k on the fence*, may forever change the route you walk through town, if you dare to leave the house at all. Trevormcdevor lures us into a world of sinister and malevolent creatures, which "Formulate plans to make us fall". As the creatures begin battle on humankind, we are reminded in a satirical swipe of the futility of war. Trevormcdevor's poem is characterised by sharp, comic imagery punctuated with spells of trenchant wordplay; imagine Hitchcock's classic *The Birds* on laughing gas. **MG**

What do other ShowOffs say?

"Very funny but with some interesting and dark undertones to your imagery." (Laura)

ip1zine.com/showoff/media/2320

Asleep In Your Palm
Tinny Buffnell



Asleep In Your Palm is an oddly dark and seductive story about a relationship between two insecure, dependent individuals. One half of the couple relies on physical attraction and sensual acts to avoid a verbal or emotional connection, possibly, as the story subtly suggests, because of past partners. The other person is represented as a saviour and romantic, but as the passages continue their intentions have an insincerity to them, which creates an ambiguity around their behaviour. The events described in Tinny's writing sketch an intriguing picture that will leave the reader entertained and fascinated. **CF**

What do other ShowOffs say?

"Your poetry is very romantic and your beard is splendid." (Howard)

ip1zine.com/showoff/media/2280



LYING ADDICT

Lying: a vice as old as time. It's even in the bible: "Thou shalt not bear false witness". Whether it's a dodgy journalist or a horny Bill Clinton, some humans seem to have a tendency to lie. But what compels us to deceive each other and what could we possibly get from it? **Marcell Grant** talked to a bonafide liar about this phenomenon. Honestly, he did!

FACT(?) FILE:

Name: John Smith **Age:** 92

Lives: With Kate Moss in her £8 Million London residence

Addict since: Birth

Hello.

Bonjour.

Ahhh, vous parlez français, où avez-vous appris? (Ah, you speak French, where did you learn?)

Oui, je suis dix-sept, les carottes. (Yes, I'm seventeen, carrots.)

Okay, moving on, how long have you been a liar?

Right from the womb. I was an exceptionally clever child.

Possible?

Yes, as a foetus, I would often trick my mother into thinking she was going into labour. It caused her terrible stress, but she deserved it because of the crap she fed me.

That's horrible. What can you possibly get from all this deception?

It gives me a sense of superiority; I am a man of mystery, like Austin Powers or Batman.

Ah, I see. So, all this sprouted from a latent sense of inferiority?

No, what I meant was; it just proves how stupid everyone is. I can say almost anything and people will believe it.

Did you ever consider that people just aren't interested?

It wouldn't make sense; I was extremely popular at high school and continue to have many close personal friends.

Black lies or white lies?

It's very typical for an untrained liar such as yourself to make such a crude distinction. The truth is, when I do it, lying is an art. I have told a rainbow of lies, including terracotta ones.

Worst lie, then?

I managed to convince my entire school that my form tutor was, well, slightly dodgy. Resulting in an instant sacking and a criminal record.

Wow! What impact has lying had on your

career aspirations?

None. Firstly, I never get caught out. Secondly, as a semi-professional footballer, I have little to worry about career-wise.

What team do you play for? I thought that your particular skill set would be better suited to politics.

Erm... Wolfies.

That's quite a journey every day. Do you mean Wolves?

No.

Has your love for lying been in any way influenced by Machiavelli?

Yeah, definitely.

How exactly?

Well, I love their first album, really insightful.

Surely all this lying is going to alienate you from those who love you: family, and friends?

I'm a maverick orphan; I need no-one.

Do you think you will ever stop creating such a tangled web of lies?

Honestly, yes.

Is that the truth?

You can't handle the truth!

Oh, we've descended into quoting Tom Cruise films, real mature.

He happens to be my favourite actor.

I see, which film of his is your favourite?

Drop Gun is a particular favourite.

Any favourite liars who've served as inspiration?

Let me see... Pinocchio, The Boy Who Cried Wolf, Hitler, that wolf from *Little Red Riding Hood* – dressing up as a grandmother, classic!

Let's wrap up. Do you read IP1 regularly?

Yes, every week.

You do know it's published on a quarterly basis?

Of course, I just, you know, I'm a slow reader.

Hmm... Nice shoes by the way, real leather I suppose?

Yes, Italian hand-made leather, the best money can buy. Gucci himself sent them to me.

Right... Although, something is bugging me; you being a self-confessed liar, why should I believe you told the truth about being a liar in the first place?

(The heel of John's shoe detaches as he makes for the door).



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