

# RE: SUS

magazine

issue 1

oct 08



How to make the most out of uni

Halloween Party Tips

Review of Edinburgh Film Festival

Welcome Week Photos

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# Editorial



Welcome to the first 08-09 edition of RE:SUS, your student magazine.

Compiled by students, RE:SUS comes out 5 times a year and hopes to provide you with some light relief between lectures!

This issue includes updates from your student officers, a review of Edinburgh Film Festival, tips on how to celebrate Halloween, and some great pictures from Welcome Week!

As well as our regular sections, we also have some brand new features for you to check out - make sure you read the comment pages!

All of our articles (and more) can be found online;

[www.solentsu.co.uk/resus](http://www.solentsu.co.uk/resus)

*Hayley*  
Editor in Chief

If you would like to contribute to RE:SUS magazine, please email: [sucommunications@solent.ac.uk](mailto:sucommunications@solent.ac.uk)

[www.solentsu.co.uk/resus](http://www.solentsu.co.uk/resus)

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Christopher Atwelle-Hughes, Lorna Bennett, Samantha Booth, Emily Brown, Stephen Burford, Emma Davies, James Davies, Louise Drake, Tiffany Evans, Vikki Hancock, Joe Jennese, Dan Jones, Nicola Lombardi, Hannah Mahoney, Andy Marshall, Gemma Nash, Adam Parker, Hollie Parsons, Dan Prendie, Cherry Pullinger, Vicky Purcell, Khamisi McKenzie, Jamie Skey



**Chris**  
**Union President**  
T. 023 8038 6656  
E. supresident@solent.ac.uk



**Hayley**  
**VP Communications**  
T. 023 8038 6666  
E. sucommunications@solent.ac.uk



**Jess**  
**VP Activities**  
T. 023 8038 6652  
E. suactivities@solent.ac.uk



**Stuart**  
**VP Student Support**  
T. 023 8038 6665  
E. susupport@solent.ac.uk

"We're here to represent and support you throughout your time at Solent."



# Note from the President

## Hello Students

Firstly I would like to take this opportunity to welcome all new students and returning students to Southampton Solent University Students' Union.

For those of you who haven't had the opportunity to meet me so far, I have studied Criminology at Solent for the last three years, have been part of the rugby team throughout this time and worked in the SU for two years.

My role as President in the Students' Union is a very diverse one. Dealing with democratic issues, I provide a level of representation for the student body to both University communities and also local residents. I also play a large part in Student Union recruitment and financial planning for the future.

The Students' Union has experienced a fantastic start to the new academic year with a huge rise in participation over the Welcome period. All reports indicate that these opening events were a huge success and we all really hope that you enjoyed them. This has ticked the first box on my manifesto list. Another issue that I have committed myself to is the widening of opportunities to all students to participate in our University community, as well as retaining the support of the students who have already taken an active role.

I feel a large part of our success in the SU is due to the extensive support we gain from a wide range of volunteers. The Angels this year were excellent as were the SU Exec officers; the events wouldn't have been possible without the hours they put in. So a massive personal thank you from me.

On a final note I would like to wish you all the best possible success with your year ahead at the University. If you would like to talk to me about any issues you might have with student life, please feel free to visit me at anytime. If time is pressing, drop me an e mail at [supresident@solent.ac.uk](mailto:supresident@solent.ac.uk)

*Chris*

## How to Make the Most out of University

By Cherry Pullinger

**It's been said countless times before that University is the best time of any student's life, so why sit back and waste it? Get out there and get involved in making the most out of your time at Uni.**

### Make Friends

Making friends is all about plucking up courage and just going for it! Welcome week isn't the only time you have to make new friends, striking up a conversation with people while waiting for a class or while waiting for your washing back in halls, is a great opportunity to get chatting to someone. You could have so many things in common and may end up making a friend for life!

### Get involved in events

The Student Union will hold many fun events for their students to attend so don't sit in your room watching TV like a bore, make the most of your time and attend as many events as possible. Who can possibly turn down drinking and dancing? The same goes for nights out with friends. It's good to let your hair down once in a while.



### Join a Club or Society

If you have a keen interest in something, why not join a club or society where you can share your interest with other students? Joining a club or society is a brilliant way to meet new people and there's bound to be something to suit you. If not, you can go about setting up your own society (See page 40).

You can also get involved with the University radio station; Sin Radio, or even this magazine. Not only will you make a ton of friends but it will look very impressive on your CV too.

### Attend Lectures

As if anyone likes 9am starts on a Monday morning - but remember - that's what you signed up for, so making the most of your education is a must as it could secure you a job in the career path of your choice!

# Students Against Depression

## Depression hits students in first term

**The beginning of university has been recognised as a key time when students may be more vulnerable to depression**

As the new term commences, new and returning students will enjoy freshers celebrations and the new freedoms that University living brings – however, moving away from home and the stresses of the student lifestyle can contribute to a downward spiral for some.

More students than ever are seeking help for depression and being away from home and from familiar support networks such as friends and family can cause some to feel isolated. Money worries also weigh heavy on the minds of many students and the typical student lifestyle of late nights, heavy drinking and possible lack of exercise – can all increase vulnerability to depression.

There are organisations out there, that can help you cope throughout the year, such as Students Against Depression, which communicates stories of student sufferers online and offers a three-step guide on how to get help.

If you, or someone you know is suffering, there are warning signs that you may start to notice.

### The Warning Signs

- 1) Persistently sad, anxious, empty or generally low mood
- 2) Loss of interest
- 3) Lethargy or decreased energy
- 4) Irregular sleep or change in sleep pattern
- 5) Appetite or weight changes
- 6) Increased tearfulness
- 7) Restlessness
- 8) Poor concentration and difficulty making decisions
- 9) Hopelessness and pessimism
- 10) Feelings of helplessness
- 11) Feelings of worthlessness or guilt
- 12) Thoughts of death or suicide

**For more information visit**

[studentsagainstdepression.org](http://studentsagainstdepression.org)



Issued by The Charlie Waller Memorial Trust



## Student Support

[www.solentsu.co.uk/advicecentre](http://www.solentsu.co.uk/advicecentre)



**First of all I would just like to say welcome to all you new students starting here at Solent University, I hope you have been enjoying the first few weeks at University, I know I have.**

I am your Vice President Student Support Officer and I work in the Students' Union Advice Centre. For those new students who don't know, the Students' Union Advice Centre is on the ground floor of the Students Union building.

The Advice Centre deals with all the issues that students face during their time here at Solent University. As your elected Student Support officer I deal primarily with any issues surrounding the academic aspect of your student lives. These may include problems relating to examinations, appeals, academic misconduct (e. g plagiarism or collusion), progression to the next stage of your course and transferring courses. If you are affected by any of these issues, it is important to seek advice from us.

We have an independent advisor who can help you with welfare issues. This includes, health, personal wellbeing and housing advice. For many of you First Years this will be a valuable service, as this year many of you are living in the private sector within Southampton.

Here at the Student's Union we are **independent** from the University itself. All information is confidential and nothing is shared with any other agencies without your permission.

This year we ran the **Student Safety Programme** in the University's Andrews building outside of the Resource Centre. This covered important issues not only for those of you who are new to the city but

returners as well. Members of Hampshire Police Service, Hampshire Fire and Rescue and Hampshire Ambulance Service , together with a Health & Safety Gas Promo and information on self defence were all available. If you missed any of this, please pop in and we can help you find the information you want.

We also host a **Police Drop-In Service**, where students can have the opportunity to discuss issues with PCSO's (Police Community Support Officers) from the local area. This service runs on a Monday afternoon between 3pm- 4pm and can address any problems you have concerning personal safety or community matters.

As Student Support Officer I also deal with course representatives. **Course Reps** are a valuable part of university life, their role is to give the Students' Union and University feedback on their courses academic experiences. Every course should have a course rep for each year of study, they are there for you. If you are interested in being a course rep please contact your course leader.

Later in the academic year we will be holding a clinic where we invite you to join the **Bone Marrow Register**, this is just one of the many campaigns where your input is invaluable. Other campaigns include World Aids Day, Breast Cancer awareness and drink safety. Feel free to come forward with suggestion for what you feel should be brought to students' attention.

**Stuart Ward - Vice President Student Support**

[susupport@solent.ac.uk](mailto:susupport@solent.ac.uk)

**023 8038 6652**

## you can't put a price on education

By Gemma Nash

When I was 14, I knew I wanted to do something involving writing. Eventually I discovered journalism. Then I discovered a way of increasing my chances of actually getting there was by going to University. Unfortunately, what I didn't know was that what came as part of the package deal was a fist full of debt that I probably wasn't going to be getting out of until I was 30!

When I looked into it, I also discovered that all education was free, yes, free, before September 1998. Now, ten years on, tuition fees have inflated to £3,145 a year in most places, totalling up to a bank crippling £9435 for an adult just out of Uni, I may as well do my degree online, which I can get at roughly £1800, although there was a nice little message in brackets after saying 'reserves the rights to increase tuition fees in the future'.

So why exactly are we paying roughly £9300 to attain a degree just so I can be charged higher tax when I am earning the salary I'm worked so hard for? Why, if you're a student studying in Scotland, do you get free tuition, as in no fees at all, just what you occur through maintenance loans? And, why exactly am I paying this amount of money to better myself when there are people getting at least this amount money a year in benefits?! So many questions, so

little time! Now in 2008, the NUS estimate that the cost of being a student was £13,135. For anyone studying in London, it was around £15,214 an extra £2,079 just for studying in the big city.

Back in 1997, during the time in which Blair was running for Prime Minister, he was asked, "Will Labour introduce tuition fees for higher education?" His answer? "Labour has no plans to introduce tuition fees for Higher Education". Hmm, my ever-increasing university bill seems to scream differently!

I don't like to think about what consequences and repercussions I'll face when I finish my degree in 2010, and with the current state of the economy today anyway, I can't imagine I'll find it any easier at least trying to take out any kind of loan to get me on my feet with roughly 20K strapped to me. The current tax payer is currently asking themselves why they are having to pay out of their own pocket just to get a student through University, my answer would be, hey, take it up with the government, I just wanna be the best at what I can do so that I can get ahead, I didn't invent the fees!!

Ah well never mind, I guess I should just hope I win the lottery...

# Defeat Student Debt

by Stephen Burford of [wealthystudent.co.uk](http://wealthystudent.co.uk)

As we all start a new year at University we need to keep an eye on our money and make sure there is enough left by Christmas! Here are some ways to do this:

### 1. Open a savings account.

This may seem like a silly idea but if you have a part time job then it makes perfect sense. You can move all your overdraft money to this account and earn over 6% interest on it. See the banking section of the site for the best savings sites to use.

### 2. Search for a part-time job in a sneaky way.

One of the best ways to get a part-time job is to send your CV and a covering letter to a company you'd like to work for. See the increasing your income part of the site for a template covering letter you can use.

### 3. Budget!

Make sure you know how much money you have coming in for the term and divide by the number of the weeks in the term. You then have your weekly budget.

Do not step over the weekly budget line!

### 4. Read the book on our site.

There is a little present for you if you visit [wealthystudent.co.uk](http://wealthystudent.co.uk) – you get a free e-version of the published book, 'Defeat Student Debt'. Sorry, shameless plug I know. You'll love it though, it has flirty banter tips and everything!

### 5. Don't let money get you down.

Almost everyone is in the same boat at Uni and there are loads of things to be happy about. Do things that are free like going for a walk with your new friends, playing a sport or bounce up and down on your bed. Be happy!

Steve graduated from Solent this year and created the website [wealthystudent.co.uk](http://wealthystudent.co.uk), just for you!

# Letter from the Vice Chancellor's Office

A very warm welcome to all for the new academic year! I hope you are now settling comfortably into university life.

Even the renowned RE:SUS has its boring bits and you have just entered the zone (and it's grey, as in suit).

Everyone says that Solent is a really open, vibrant and friendly place which offers an exciting learning experience. Whether you are new to the University or returning to your studies here, I do hope you find that this is the case.

There's not much more to say, other than that the University does value your opinions. Please complete the various questionnaires that will come your way (especially 'Tell Sue' and the National Student Survey in your final year). And if you have an opportunity, do seriously consider acting as a course representative, or participate in all the sport that's on offer and the various activities of the Students Union (it's also good for your CV and future job prospects).

The Union executive does a great job and we have been fortunate in recent years in having exceptional teams with whom we have really enjoyed working. We seek to work very closely with them whilst always respecting the independence of the Union and the way it strongly represents your views and helps with any problems you might encounter (which we sincerely hope you don't).

Have a great year!

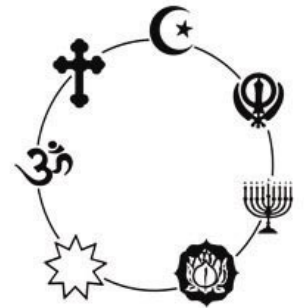
**Van**

**Vice-Chancellor**

## Chaplaincy at Solent

### Southampton Solent Chaplaincy Office – support for all

Our Senior Chaplain, **Andy Marshall** gives us an insight into what the Chaplaincy provide for Solent students



The Chaplaincy provides support to all students regardless of your background, gender, orientation or faith (or even whether or not you have a faith). We strive to offer inclusive, confidential and non-judgemental support and you are welcome to come see us about anything that concerns you, whether it's about your faith, studies or personal life.

### The Faith and Prayer Room

The Chaplaincy also maintains the Faith Room and Prayer Room. The Faith Room is situated in Herbert Collins building (HC206) and is open and available to all students and staff during the day for personal private prayer or somewhere to be quiet. Faith group meetings can be held in the Faith room, but these must be booked with the Chaplaincy Office. The Prayer Room is in HC207 and has

curtains that enable it to be divided into separate prayer areas.

### Warsash Students

If you are at Warsash and would like somewhere to be quiet or to pray, the Quiet Room is situated at the end of the corridor in

the Mountbatten Library building (Room ML002), and the keys can be collected from Reception the room is available.

If you are new to the Southampton, the chaplaincy office can also offer assistance on finding various worship centres in

#### You can access the Chaplaincy through any one of the following means:

- Drop by the **Chaplaincy Office (RM018)**,
- At Warsash, the **Student Advice Centre** can make an appointment with the Chaplaincy Office, either at East Park Terrace, or on the Warsash Campus.
- Visit the **Students 1st Information Centre** for more information or to make an appointment
- Telephone the Chaplaincy Office on **023 80 319 819**, (9am - 5pm Mon-Thurs; and 9am - 4pm Fri)
- Email us on [chaplaincy@solent.ac.uk](mailto:chaplaincy@solent.ac.uk) or myself on [andy.marshall@solent.ac.uk](mailto:andy.marshall@solent.ac.uk)
- Visit our webpage in the Student Services section on the Portal



## THE EDINBURGH FILM FESTIVAL 2008

By James Davies

**Now in its 62<sup>nd</sup> year, The Edinburgh International Film Festival is the longest continuously running film festival in the world.**

Edinburgh saw some of Hollywood's biggest movie stars descend on the Scottish capital, stepping out onto the red carpet at Fountainbridge, for the opening night of the this year's festival. They had all gathered together to attend the World premiere of 'The Edge of Love', a story about the famous Welsh poet, Dylan Thomas.

Keira Knightley and Sienna Miller joined Matthew Rhys, who plays Dylan, at the star-studded red-carpet opening, alongside Scotland's most famous export and the festival's patron, Sir Sean Connery. The one time Bond actor was 'achin' but not stirred', in a 'shling'- if

you'll forgive the pun - after a golfing accident the week before. Nevertheless, the Edinburgh born actor, who spent much of his early years living just down the road from the cinema, was in good spirits declaring, "It only hurts when I laugh, but it's getting better."

Sir Sean didn't speak to the press, somewhat appropriately, reminding me of that famous snippet of dialogue "Do you expect me to talk?", that has attained an almost legendary status, in the Bond series, as 007 is on the verge of being emasculated by Goldfinger's laser, in the 1964 epic.

Although 'The Edge of Love', opened the festival it was interestingly rejected for three possible categories at the Cannes Film Festival earlier this year, after it was called: 'extremely disappointing'.

This, however, was something that didn't bother the film's director, John Maybury, as he is a big Edinburgh fan.

His film 'Love is the Devil', based on the life of the British artist Francis Bacon, won the festival's major trophy, the Michael Powell Award, ten years ago. In fact, he called it: "one of the best festivals in the world... a real film festival about cinema, about film-making, not about commerce" He joked, to loud laughter, at the film's press conference: "We are all chuffed to bits to be here. I'm really glad the French didn't take it for Cannes," adding, "the French festival, for all its lustre, was partly a hideous trade fair."

Most of the film was shot in Wales, Dylan Thomas' home, and the country plays a key role in the film.

Keira who plays Dylan's lover, Vera, said: "We were in West Wales the whole time. It was idyllic and I've already been back for pleasure", while Matthew Rhys explained enthusiastically: "It really was the dream job to go to Wales over the summer and play Dylan Thomas. Everything ticked the boxes, the script, the cast. It was great."

Keira shot to fame at the tender age 17, when she appeared in 'Bend It Like Beckham'. Since then, it seems, she is always learning new skills for her films, whether it be playing football, or sword fighting. In this film she had to do all her singing.

She said: "I'd actually gone into a studio and recorded all the songs beforehand so I thought I'd be miming on set, but John Maybury, the director, came to me on the day and said no you are going to be singing it live in front of about two hundred

people. I nearly died. But I was alright after someone kindly gave me a couple of shots of vodka."

The film, which is by no means a bio-pic in the traditional vein, was written by Keira's Mum, Sharman Macdonald. She said: "I'm absolutely delighted with it. It's a gorgeous film. It was remarkably easy writing for my daughter. She just wouldn't play the part I had written for her (laughs)."

After the films premiere I headed to the Teviot Union, one of Edinburgh University's older and more decorative structures in Bristo Square, after receiving an invite to

*"I was alright after someone kindly gave me a couple of shots of vodka"*

**Keira Knightley**

the tightly guarded after party, where 40's dress was a must. Given the media scrum that converged to catch Sienna and Keira on the red carpet the heavy security was quite a good thing.

Set out on three floors, the venue was fascinating. It was a labyrinthine maze full of staircases and rooms which had been tastefully converted to accommodate the 40s theme.

The whole place was stuffed to the gills with dapperly attired men and glamorously draped women. Keira Knightley, Sienna Miller, and Matthew Rhys, all turned up at about ten o'clock, and watched Beth Rowley, who has been tipped, by 'The Times', as the next big thing, perform a beautiful set in the packed out Dancehall.

The party went on long into the night, with an endless supply of food and drink, which made for a great atmosphere, setting the tone for what was still to come during the rest of the week.





Matt - Sheffield



India - Bristol



# WELCOME TO YOUR UNI

so, you've unpacked your things and you're gearing up for your university year. great. well, if you really want to save money on your essentials there's only one place to shop: wilkinson.

[www.wilkinsonplus.com](http://www.wilkinsonplus.com)  
[www.liveitforless.co.uk](http://www.liveitforless.co.uk)

# LIVE IT FOR LESS

# WHAT THEY DON'T TELL YOU IN WELCOME WEEK

## Part one: Student Halls and Making Friends

By Joseph Jenness

**At the moment, you are probably quite lost. That's ok, it's your first term, everyone is, no matter how much they deny it, so I've written you this brutally honest guide to let you know, that its not always going to be all right, but being a student is great fun.**

Right now, you'll notice, everyone is being so NICE. So very, very, nice. Like a jovial gnome, or the snake in the Jungle Book. Cup of tea? Oh Yes. Cheeky spliff? Lovely stuff. Shall we go get drunk? Brilliant. Shall we do everything humanly possible (bar showering) together? Top Notch! Trust me, this doesn't last. Soon one becomes so tired of being so dreadfully nice, they realise they want to go back to being a git, and the mentality becomes "Hey, I like being a git, and if you're a git, lets be gits together".

The warning signs appear after a fortnight or so: A group of ten becomes two fives (those preferring a certain club for example). The "fives" become "two point five" (two people who don't like the others, and the "point five" who flitters in between, trying to be a friend to all. They're the biggest gits of all), and then it falls down the one individual, who is half scared of being hated by all, and half wishing that they were.



Its simple human psychology: Its Hollyoaks meets Lord of the Flies. Sooner or later everyone just wants to kill each other. It can range from the legitimate (pulling a mate's partner), to the pointless ("That bastard stole my pesto!"). Toilet politics can make or break a friendship. Those of you wise enough to get en suite will be most contented. You have a luxury that should not be taken lightly. If en suite is God's spar bath, then shared toilets are definitely the devil's plughole. As I recently discovered on a camping holiday, just because you view yourself as a clean and hygienic individual, it doesn't mean others are.

But for the moment, you will all be the best of friends. It's good, because friends are important. I don't have an ending for this half of the article, so I'll leave on some lyrics from "Common People" By "Pulp" (those of you born in the eighties will remember this) as it sums up Welcome Week nicely: "And then dance, and drink, and screw, because there's nothing else to do". Amen.

## TO BE CONTINUED...

## Is it the End of the World as we Know it?

By Adam Parker

**On 10th September, scientists on the outskirts of Geneva switched on a giant particle collider, with intentions of witnessing the moment after the Big Bang and the creation of our universe. Some call it a doomsday device and state it could bring about the end of the world via a miniature black hole. Sorry to depress you all as you start or return to fun-filled University shenanigans but its time to discuss the end of the world - lovely!**

Firstly, there is this Large Hadron Collider but so far, no end of the world. Wahoo! However, the scientists angrily venting against the experiment have declared that this process may take a year or four - so at least we get a few more years to dance, drink and, possibly, complete a dissertation!

There have been countless hypotheses in the past few decades on how we will all eventually die. Some of them are insane, some are rather terrifying and others are just plain mind-boggling. Meteorites are a widely accepted possibility, as they sneak up on the solar system and crash into our precious Earth with enough power to obliterate us, whether through pure destruction or months of global darkness after the initial collision. So far, so Hollywood (side-note: call Bruce Willis)!

Disaster could even strike from within our beloved Earth, as mega-tsunami's, ecological disasters, pole shift or super-volcanoes aim to corrupt the land and kill us all. These could destroy whole

continents, causing widespread damage after the initial event, leading to global chaos and a possible end-world scenario. Such happy thoughts, I know!

So, how about a man-made destruction? We do love to destroy ourselves, so it would make sense for us to be our eventual destroyer. Nanobots are a horrifying thought, molecule sized machines that can replicate, join forces and generally create terror and widespread horror. Terminator style robotic destruction is an interesting and kind-of fun thought, though a real robot apocalypse would be slightly less entertaining, or so I'd imagine. Oh, and how can we forget about a good old Nuclear War fallout future?! Then there's global warming, water shortages and biological warfare...we humans sure do know how to kill!

With so many visions of world destruction, why do I ever bother smiling? Well, we might as well enjoy life before any of these get a chance to happen, so we can all die happy, fulfilled and maybe a little drunk. This is not advocating insanity and criminal activity for the next few years of course. But how about bringing a little risk to your life. Trying that new food or talking to that lovely stranger would be a fantastic start!

Even if we survive all of the above, we can only make it to 2012 before the Mayan calendar ends and numerous predictions of doomsday befall mankind. So, four years of fun and games? Plenty of time to finish your course at Solent then!

*a right palin in the behind... \**

**Sarah Palin the Governor of Alaska and Vice-President Candidate has, in some opinions, put the Republican Party on the right path to election success. But what sort of term can we expect if McCain does become the next American President? In this journalist's opinion, it's going to be an extremely rigid and illogical term.**

Most strikingly, Palin claims to be a member of Feminists for Life and the NRA yet she's pro-life. It becomes hard to trust a woman, who believes it's every American's right to carry a handgun, but it isn't the right of every woman to decide whether or not to keep her unborn child regardless of incest or rape. For some ridiculous reason the mere fact she made the joke: "The difference between a hockey mom and a pit bull? Lipstick," means that it's ok for her to remain archaic in her political positions because she made a funny.

A strong defender of family values, Governor Palin says she wants to safeguard the definition of 'marriage'. What becomes most irritating is when figures of authority begin hiding their prejudices behind 'family values'. Palin is quoted as saying: "I believe that honoring the

family structure is that important," but that's assuming that all families follow a nuclear structure which they obviously don't.

The underlying feeling here is that she doesn't care for anyone with an alternative lifestyle. Luckily, however, she's happy to abide by the constitution and proved at least a weak loyalty to equality by vetoing a bill that would have denied health benefits to same-sex couples.

Another example of Sarah Palin's contradicting herself; she's quoted as saying she won't allow her religious beliefs to dictate her political positions. However, when asked: "Are you offended by the phrase 'Under God' in the Pledge of Allegiance?" she replied: "Not on your life. If it was good enough for the founding fathers, it's good enough for me and I'll fight in defense of our Pledge of Allegiance." That's assuming everyone in America believes in God in the Christian sense or even a God at all. For those who don't, the Pledge of Allegiance is little more than ritual verbal regurgitation.

The entire election process can probably be summed up herobuilders.com. A Sarah Palin action figure is available due to her enormous popularity. Even though Barack Obama has one too, his doesn't come in school girl or gun-slinging outfits. The overall view of the next eight years leaves an exceptionally bitter taste in the mouth.

**By Christopher Atwelle-Hughes**

Global warming is gripping the world before our eyes. There have been floods in Mozambique, forest fires in Indonesia, hurricanes in Florida and storms in the UK, to name but a few recent global disasters.

As students we think we can't make a difference. We can. We don't have to go out and throw ourselves in front of bulldozers or chain each other to trees, but by following a few basic daily tasks we can reduce our carbon footprints tenfold. Below are a few handy tips to get you started, but there is always plenty more we can do. Remember, these tips will ease off financial strains as well as the hefty burdens on our planet!



Illustration by Billy Mathers

## Domestic:

- Turn home appliances off: Home gadgets DVD players use up to 85% of the total energy they consume while on standby.
- Reach for the PC switch: Switch your computer and monitor off every time they're not in use.
- Save energy and water: Take a quick shower, rather than a bath.
- Save energy by boiling pasta for just two minutes: It will cook by itself if you leave it to stand in the water for the full cooking time.
- Save cash with every cuppa: Only boil the amount of water you need.

## Food:

- Try and buy as much home-grown produce as possible.
- Try to buy fruit and veg from a local grocer: This cuts down on the amount of wasted packaging and is cheaper

- Buy in bulk: Keep down the cost and waste of everyday items

- Make your own sandwiches.
- Keep a lid on when boiling food.

## Reuse and Recycle:

- On the doorstep: Use the council's kerbside recycling scheme.
- Boycott plastic bags: Reuse and refuse them wherever you can.
- Save trees: Where you can, print on both sides of paper. Reuse old scraps of paper for notes and shopping lists.
- Try to borrow, not buy: Swap DVD's and books with friends to stop package waste.
- Don't just dump: Sell, recycle or donate what you don't need anymore.
- Do you need it? Ask yourself how much you really need that 'necessary' item.

# Haunted Hampshire

It's finally Halloween, and if you fancy yourself as adventurous, then why not go on your very own ghost walk of Hampshire.

Here are a few of the top local haunted locations, explore at your own peril.

If you fancy doing something different this Halloween why not go on your very own ghost hunt of Hampshire. All you'll need are your nerves, a torch and someone to drive.

Only a short drive away is the city of Winchester, where The Theatre Royal is rumored to be home to a couple of ghostly inhabitants. One of the very first shows held at the hotel in 1914 was a musical featuring dancing girls. One who was going out with the spotlight operator. He, however, was called out to serve in the war and wasn't in Winchester for the show. This particular night the dancing girl fainted; she explained that she had seen her boyfriend in the spotlight corner. This very same day the spotlight operator's mother had just been informed that her son had died during his service. Some say they can still see the spotlight operators and also the dancing girl looking out for him.

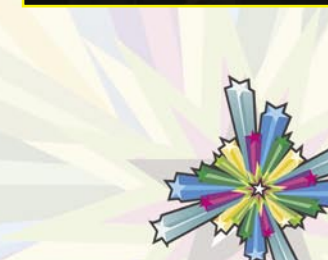
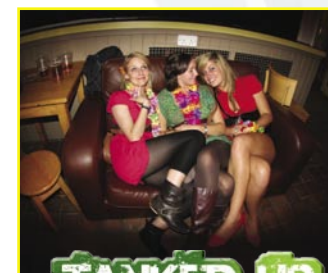
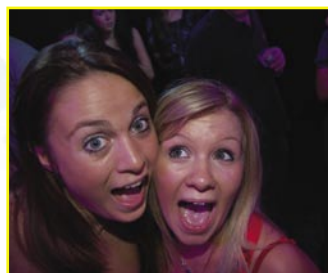
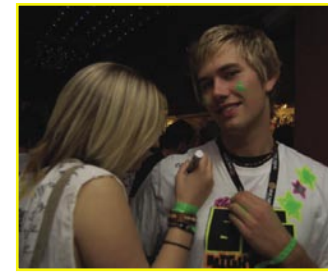
Netley abbey is said to be haunted by a monk called blind peter. It started back in 1700 when a builder called Walter Taylor wanted to demolish the abbey. When he was planning to do this he suffered from a nightmare where a monk warned him that when taking down the abbey one of the large stones would fall on him and crack his skull. Despite this he still went ahead with the demolition. And when he was tearing down a board, sure enough, a loose stone fell and indeed cracked his skull. The injury wasn't fatal, but surgeons slipped whilst operating and penetrated his brain causing his instant death. Since then, the abbey has been seen to have a curse on it.

Testwood House in Totton had at one point been used by Henry VIII as a hunting lodge. Some say that there is the spirit of a dog that walks around guarding the lodge. Others even hear a spirit - driven coach in the area and also see various ghostly faces looking in through the windows from outside. Eerily rattling of doors can also be heard around the lodge. The cook at the lodge was said to be murdered by another member of staff and her ghost is seen from time to time.

Now armed with the knowledge of the most haunted places in Hampshire, feel free to brave the darkness on this Hallows Eve and see if you can find anyone lurking in the shadows.

By Nicola Lombardi

# FRESHERS WEEK HALL OF FAME



Photography by Dan Prendie and Vicky Purcell

Photography by Dan Prendie and Vicky Purcell

# HALLOWEEN

## CELEBRATE THE STUDENT WAY

By Emily Brown  
and Tiffany Evans

Personally Halloween is our favourite time of year - apart from Christmas of course! You get to dress up in outfits you would never normally wear, watch all those films that scare your socks off and drink your body weight in Halloween punch. As this is a student magazine we've come up with some money-saving ideas to guarantee a student Halloween to remember.

### DRINKS

If you're heading out or throwing a party the best and cheapest way to start the night is by making your own Halloween punch. Use whatever alcohol is in your cupboard or whatever works out cheapest, whether it's vodka, whisky or Malibu and mix it up with Cherryade and cranberry juice, or Fanta and Orange Juice for that Halloween effect. You could even add plastic spiders or eyeballs just for jokes! If you're feeling adventurous then fill a plastic glove with water, freeze it and when you remove the glove - hey presto, an ice hand, which not only looks scary but will also keep your punch cool! One of our favourites is the Dark Angel; Mix black vodka, Jagermeister and Redbull. You could also make Vodka Jelly and for added effect put some scary jelly sweets in the bottom of the shot glasses, Voila!

### FILMS

For those of you who fancy a quiet night in, we recommend a movie marathon. For the timid ones there's the Scream Trilogy, which adds humour to calm the horror, or if you're feeling more daring the Halloween Trilogy should feed your need for the thrill factor. If you want to make a day of it or maybe even a two-part marathon, then Nightmare on Elm Street 1-6 is perfect for all you film buffs.

If you want to venture to the cinema look out for these new releases: **Eden Lake, The Strangers, The Mummy: Tomb of the Dragon Emperor and Mirrors.**

### COSTUMES

We all remember the moment in Mean Girls when Lindsay Lohan Rocks up to the party in her best Zombie Bride get up and finds out that really, Halloween is an excuse to wear as little as possible for most people. However try and be a little more creative by adding a Halloween twist to some of your favourite fancy dress outfits. For example a zombie nurse as featured in Silent Hill or a Pirate. It's a lot more fun and don't forget the classic Facebook photos.

### GAMES

Firstly there are the classics, Apple bobbing, find the sweets in the flour and scary piñata. But the best way to break the ice with your other flatmates and get the party started is to add an alcoholic twist by giving prizes such as shots or by having to down your drink if you fail. Or if these ideas don't sound appealing you could even turn to the famous card based drinking games such as Ring of Fire or just look on the internet for more ideas to suit you and your friends.

### FOOD

Now I know this may not be the most important thing on your agenda at the moment what with all the partying and staying out late but the shops are selling some wicked Halloween snacks which will help you get in the spirit. Most super markets have already opened up a whole aisle dedicated to Halloween where you can buy Costumes as well as other Halloween treats so check it out.

Hopefully this has given you some good ideas on what to do this Halloween and don't forget to check out the many bars and clubs in Southampton because there'll definitely have events planned.

**HAPPY HALLOWEEN FROM EMILY & TIFF**





# ENTERTAINMENT

Your weekly guide to events @ Solent Students' Union

**MON** **THE QUIDS INN** Drinks for a quid!  
More fun @ **Oceana's Band Wagon**

**TUE** **QUIZ** night ignite the brain cells!  
More fun @ **Rhino's Let's Kill Disco**

**WED** **SHOTS'N' SHARES** BE THERE WHEN DRINKS PRICES PLUMMET!!  
Featuring **INJURY TIME**  
More fun @ **Oceana's Get Lost & KAOS**

**THU** **UNION ACOUSTIC NIGHT**  
More fun @ **Orange Rooms**

**FRI** **Flirt! @ the Union** Flirt!  
The weekend is here!  
Start it in style at your Union!

**SAT** **TANKED UP PROMOTIONS** **THE SATURDAY SESSION** ALTERNATIVE BAND NIGHT  
More fun with **RMG @ Whitehouse**

**SUN** **Domino's PIZZA** Hungry? Get Domino's this weekend!  
More fun with **Spanked Student @ Walkabout**

More information can be found @ [www.solentsu.co.uk/entertainment](http://www.solentsu.co.uk/entertainment) 

# FAREWELL **Music: Interview**

By Hannah Mahoney



What's the story behind the song First one on the blog?

Basically a lot of people were talking sh\*t about us, we were signed to a punk rock label and all of us listen to punk rock and love punk rock and the music we play isn't exactly punk rock. So it's a song towards all the haters, that don't really get what we do as a band

Crazy gifts/presents?

We've gotten a lot of crazy things. While I was in Japan I got a life size wooden sculpture carved of me and it's perfect, it is a perfect rendition of me. All the guys in the band were cracking up. Seriously it's amazing I brought it home and my whole family was just in awe.

What do you make of all your fan tattoos?

A lot of our fans write me personally and have me design them. I've done a half sleeve for somebody the other day in the UK and I did a half sleeve for a girl in Japan and she showed it to us while we were there and it looks amazing.

Funny stories? Wild nights?

I don't really have any stories that should go to press but we always have a good time. There's definitely a separation between the lifestyle that we promote through our music. I'm probably the worst 'cos everyone else has to load equipment so I'm able to start drinking straight away. I woke up in a parking lot on Warped tour, the bus had gone on to the next venue and I had to get a cab. I've found myself in the aisle of an airplane too, but I dunno, I should probably keep this stuff to myself...

Fresh from Warped tour 08, Resus catches up with north Carolinas latest 5 piece, pop-punk export; Farewell. Currently signed to punk label Epitaph records and preparing for their UK October tour with You Me At Six, Farewell front-man Marshall Davis takes time out to talk about the fans, the haters and designing tattoos.

Where did the name farewell come from?

Well, we named the band with our intention in mind, we wanted to get out of North Carolina and kind of prove ourselves so we named the band farewell because it's our statement to all the people who thought we couldn't do it.

# JAZICA

By Lorna Bennett

**Jazica is the new band clawing their way up, filling their schedule with gigs all over the South. Described as an original singer songwriter surrounded by a sh\*t load of electronics and pile of beats, they set to bring a new standard to the world of unsigned music. I had a chat with Frankie, the lead singer about her plans for the band for the new year.**

**How long have you been together and how did you find each other?**

Jazica started off as a solo thing for me. I travelled for 5 months after school and had not much else to do but write music. I met a lot of people who liked my stuff and encouraged me to take things further. Within the first week of Uni I met Chris at Soul Cellar. After throwing myself at him in my determination to collaborate with other musicians, we formed the band with some of his course mates.

**What can one expect from your gigs?**

Sparks, shivers, bright colours. Some terrible dancing on my behalf!

**What was your first ever gig like?**

Scary... on my own in India, at some beach bar, really chilled. It's so nice to connect to people and have them really listening. I find it such a rush performing, it's addictive. I think the rest of the band would agree that there is nothing else we enjoy more.

**So you've been working in the studio this summer, what have you been working on?**

When we first started I had all those songs I'd written already and we spent a lot of time arranging them to work for the band. Things have been slightly different recently, writing as a band rather than by myself. Chris has been doing a lot of work without me in the studio. I've had to improvise in different ways, creating a more experimental sound. I'm really proud of what we've done; it's new and exciting.

**Do you all write the music?**

Chris writes all the filly bits. I write the lyrics and the melodies, then the rhythm section do their thing.

**What's been the highlight so far?**

This summer we played Beach Break Live to around 400 people, half of which ended up on stage by the last song! We've had radio play from Steve Lamacq on BBC Radio 2, Tom Robinson from BBC 6 music, and a recent mention from Huw Stevens on BBC Radio 1.

**Who are your musical influences?**

Martina Topley Bird, I've listened to a lot recently, she's worked with Danger Mouse and Tricky the guy from Massive Attack. It's that kind of quite eerie, yet summery thing that gets me. The bands

Duke Spirit, Santogold and MIA have grabbed my attention. I recently went to Exit festival, probably the biggest dance festival in the world, which has slightly pushed me away from the acoustic music. My parents were really into classical music. I don't know whether that influenced me, it's definitely helped me get some musical training. Chris and Kev are more into experimental rock; Battles, The Mars Volta and we all like a bit of Dan Le Sac vs. Scroobius Pip.

**What's planned for Jazica in the near future?**

Just to keep pushing it. We've plenty of gigs lined up around Southampton, a ton of new material that needs to be recorded and thinking about new collaborations.

**What do you think of the music scene in Southampton?**

I feel its not reaching enough people, more people need to get involved, especially students. They need to refrain from wasting their money at commercial venues which play terrible music for cheap drink prices. But the music scene in Southampton is there...it's brilliant. Because Southampton is such a small city you can really get involved, get to know the bands. Too many people believe if a band is unsigned they're no good. Bands only make it with the help from music lovers so stop listening to the radio and get yourself some free downloads from Myspace!

**For free downloads and gig listings go to [www.myspace.com/jazicamusic](http://www.myspace.com/jazicamusic)**



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## QUEEN

+ PAUL RODGERS

C-lebrity  
QUEEN  
+ PAUL RODGERS



### 'C-Lebrity' (Single)

Out Now!

Queen is a British institution and Paul Rodgers is one of the greatest blues singers of all time. So surely anything they create can only be nothing short of genius. This single, perhaps slightly falls short of this target, but it is a big step in the right direction.

Queen + Paul Rodgers teamed up in 2005 after playing together at the British Music Hall Of Fame. They soon were out on the road, touring Europe, Japan and America, bringing a selection of classic hits from Queen and Paul Rodgers' collective back catalogue.

Skip forward 3 years and the band are about to go back out on the road, with a brand new album of new material in tow. With the album coming out in mid- September, this track, along with 'Say It's Not True' released a few months back, is an indication as to the direction the album will take.

C-Lebrity is a poke at the weird

and wonderful world of so called celebrities. Written by Roger Taylor it asks questions about just what is 'Celebrity' status? It's a light hearted jibe, but still has a slightly acidic pretence underneath.

The musicality is just what you expect from Queen and also Paul Rodgers, it is powerful, well written and catchy and If you like a catchy sing-a-long chorus, then this song doesn't disappoint. I can guarantee you will be singing the chorus for the rest of the day, however much you don't think you will.

Now, with me being a Queen fan you may think this is a biased review, but truth is this isn't Queen. Neither is it Paul Rodgers. This is a NEW band called Queen + Paul Rodgers. I agree that it is a fusion of both of their styles, but the music is different. I like the style they have found for this song, and hope that the album (out now) follows the same pattern.

By Mark Gale



## SERGEANT

### 'Swings and Roundabouts' (EP)

#### Out Now!

Scotland's latest export, pop prodigies Sergeant, have unleashed a three track E.P. The melody rammed, limited edition record is filled to the brim with youth-defining tales. "Our lives are all about living for the nights we can't remember" yaps front man, Nick Mercer, in the most sincere and profound manor as he caresses his way through new single, "Sunshine". The Chirpy indie guitars are strung along by a metaphoric daisy-chain of harmonic Scottish

vocals, all of which is accredited by the prolific licks and riffs of a very La's-esque swagger. Now comparisons will fly, lazy comparisons which may mention their Dundee counterparts - The View - But let it be known! The Glenrothes four are floating high above the fields of the norm, as here they have created a tip-top pop E.P which dangles strangely close to perfection.

## Upcoming Gigs

**Kids in glass houses –  
Southampton University Union,  
27<sup>th</sup> October**

The Cardiff pop-punk prodigies are unstoppable in their full throttle, non-stop distortion doused ballads and they will be gracing the grounds of the Southampton's University Union on October 27<sup>th</sup>. New single "Saturday" is uncontrollably catchy, and perhaps a little bit of a guilty pleasure, it's simply too happily charged with mini breaks that explode into a paint-by-numbers pop punk formula, but hey! It works.

By Daniel Jones

**Johnny Flynn and the Sussex  
Wit – Southampton Joiners, 28<sup>th</sup>  
October**

Playing at Southampton's most prestigious and historically important venue is the bohemian folk troubadour and warm voiced guitar wielding Johnny Flynn and his gang of instrument clad cohorts. Flynn has soon established himself as a delicate songwriter who portrays not only a mild tragedy in his voice but an ever escalating level of emotionally experienced maturity. The modern urbanisation of folk is upon us and Flynn is a prime example that London is capable of spawning something other than pretentious art students in odd shoes and bright pink leotards who hide behind synth's.

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# AUTUMN/WINTER 08 SCREENINGS



24/25  
S E P **BATMAN: THE DARK KNIGHT**

06/09  
O C T **HANCOCK**

20/23  
O C T **INDIANA JONES  
AND THE KINGDOM OF THE CRYSTAL SKULL**

03/06  
N O V **HALLOWEEN SPECIAL  
THE STRANGERS**

17/20  
N O V **STEP BROTHERS**

01/04  
D E C **XMAS SPECIAL  
THE MUPPET CHRISTMAS CAROL**

12/15  
J A N **PULP FICTION**

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### HOW TO **LOSE FRIENDS & ALIENATE PEOPLE**

He's been wandering on and off our screens since '95 and we've always had some inkling that Simon Pegg might make it big. Well now he has done. Muscling in on the Americans, Pegg's come away with, potentially, a classic comedy phenomenon.

Sydney Young (Pegg) is a small-time editor working on magazine which seems to be on the fast track to nowhere. Aside from a couple of rather exciting cameo injections, the magazine is falling apart. Out of blue Clayton Harding (Jeff Bridges), editor of Sharps, gives Sydney a call and asks him to come work for him in New York. It doesn't take Sydney very long, however, to begin alienating people. A stripper in the office, a dead dog and regurgitated burger aren't exactly what constitute making a good impression.

Kirsten Dunst is her usual sensible-funny-small-town-girl self and is endearing to watch as the irritable Alison Olsen. It never ceases to entertain me watching Kirsten act like a drunken old uncle for the sake of comic genius. It's almost as amusing as Sydney's piggy dance. Watching a full grown man hopping around and snorting for the pleasure of an A list celeb? Most actors might see it as a low point. Only the chubby funster that is Simon Pegg could pull it off without an ounce of pity.

Overall 'How to lose friends and alienate people' is a charming romp. One man's dream of becoming a legend in the magazine industry is retold in the funniest way possible and one questions remains pursed at our lips; whatever will he do next?

By Christopher Attewell-Hughes

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## Autumn and Winter Trends

**Autumn/Winter 2008 can be summed up in a few key trends. Keeping to these trends will insure a confident and stunning look to take you into the holiday season. Structured coats, large bold jewellery and prints, fur and fringing are a few of these statement looks which will be gracing the shops this season.**

The theme 'Folk' seems to reflect some of the Spring/Summer trends, with designers such as DKNY and Gucci using paisley prints, similar to the floral prints that were seen earlier in the year.

Many designers have used bold prints with 'black backgrounds'. For example, try teaming up a paisley print dress with black tights and a large belt at the waist.

This season's coats make an overwhelming statement themselves. Highly structured with many layers of folded fabrics, they were clearly not designed to go unnoticed. Bottega Veneta's blue coat particularly stood out, with its intricate detail and layers of folded fabrics.



The trick with this season's coat? Invest. A well made coat is key to setting off any winter outfit, keeps you looking fashionable and most importantly nice and warm!

If you buy one thing this season, make it a dress. Jewel colours make a bold and strong statement, while lace, silk and sequins, make up the basis for a really powerful gothic look. Black is a dominant colour this season, so go wild with ribbons, lace, satin, layered skirts and detailing.

However, if you don't feel brave enough to wear that vibrant dress, then choose to accessorise your outfit with a bright red belt or large lime green clutch.

When it comes to accessories, the necklace is the most important piece to make sure you are wearing this season. Large, chunky pendants and beads are crucial in setting of an outfit and completing a look.

When choosing accessories for this season think super size! From big cuff bracelets, to large beaded necklaces, the key is making an impact.

Overall, the key pieces for this season seem to be a well made coat, teamed up with that perfect little black dress, complete with bold, bright chunky accessories. Perfection.

By Samantha Booth

## Check Mate

**Checks and tartan are hot this Autumn with the likes of D&G and Ralph Lauren putting a fresh twist on the traditional Scottish pattern.**

Tartan itself is made up of coloured strips of material, criss-crossed and overlapped amongst each other.

The tartan pattern was once used to split regions and districts within Scotland. It was not until the mid 1800s that the pattern was distinctively connected to Scottish families. However, today the pattern is being used by top designers to create shirts, dresses, tights and even shoes.

Agyness Deyn outshines the rest in her blue and yellow tartan outfit, with Alexa Chung sporting heritage tartan Winter coats.



A range of High Street stores including Primark, Topshop and River Island have all invested in the new trend for Autumn/Winter 2008. A checked shirt can instantly update your current wardrobe, launching it into one of the key looks of Autumn / Winter.

Both men and women can wear this fashion trend as Topman, the brother of Topshop, have some great checked shirts available at reasonable high street prices.

Avoid looking like a cowboy by creating a more feminine look with the use of pussy-bow shirts, or opting for ruffles and layers at the base of dresses and skirts. If you don't fancy a whole new wardrobe make-over, maybe choose a small selection of tartan accessories to compliment a current outfit.

Head down to high street store River Island who is currently launching their new tartan collection, including pussy-bow blouses and tartan heels. Online stores such as mytights.com are also using the tartan mania to launch their patterned tights, with prices starting from £7.95.

So hot-foot it down to your local stores and join the Tartan Army band-wagon!

By Hollie Parsons

## Fashion Weeks

### Fashion Weeks

5th – 12th September – New York

15th – 18th September – London

20th – 27th September – Milan

28th – 5th Sept/October – Paris

**As the curtain finally closes on Spring/Summer 09 fashion week, designers can barely catch their breathe before they march back to their studios to start sketching for A/W 09. So here is the low down of the beautiful creations that will be on everyone's summer wish list next year – let's just hope the weather will be just as wonderful!**

**R**eady-to-wear – Lightweight layers were popular with classic fashion houses Valentino and Calvin Klein, with sheer elements being a main focus. Ruffles.

Summer dresses stayed feminine and romantic seem to have been updated with chiffon and silk being the most popular fabric. Amanda Wakeley produced some floor length floaty dresses with orange a strong colour throughout. But Jason Wu provided some breathtaking numbers which took much inspiration from the 50s.

**Bags** – Do not panic as the oversized tote

is still a fashion favourite on the catwalk. However clutch bags have given the tote a run for its money as they dominated shows including Chloe and Marc Jacobs. Large clutches are set to become a must have for summer day wear. Invest in a large black one and add a brooch for extra charm.

**Accessories** – If there was ever a time for supersize jewellery its now. PPQ have designed weighty gem encrusted gold bangles; not to be outshone, Givenchy lavished their models with lots of gold necklaces from thin to thick. Gold seems to be to most popular so pile on the rings – vintage shops are amazing for costume jewellery – especially with an all black outfit to really make a statement.

HOT colours – PINK and BLUE

HOT fabrics – SILK and LACE

HOT designers – Duro Olowu and Koi Suwannagate

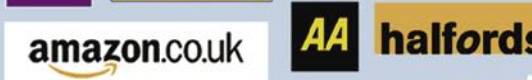
**P.S.** Don't forget to watch out for the four finalists for the Fashion Fringe 2009. In its 5th successful year, creator Colin McDowell's aim was to support new designers. Teamed with IMG they give the 4 successful's much needed studio space, £100k, and priceless advice from industry's hottest; Anna Wintour and Donatella Versace are on the judging panel this year.

By Vikki Hancock

# GET EXTRA

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NUS Extra discounters in Southampton



[www.nusextra.co.uk](http://www.nusextra.co.uk)

# ACTIVITIES



*Jess Lee*

Vice President Activities

suactivities@solent.ac.uk

www.solentsu.co.uk/activities

A big hello to everyone and welcome to the new academic year – let's make it a very active one!! I'm the Activities Officer within the Students' Union.

After being at the University for four years studying Sports Development with Marketing and playing for the women's hockey club, I decided to run for Activities Officer. Since being in position I have realised how much there is to offer students and how much extra support we can offer you in every aspect.

During my time with the hockey club I served as social secretary, team captain and club captain, so I'm very confident that I can offer you experienced advice!

One of my main roles is to give my support to societies and sports clubs, whether this means helping to gain a sponsorship deal or even helping to start a society from scratch, I'm always on hand. As well as helping to run events, I help students with charity and volunteer work.

Some of the current listed Sports clubs and recognised Societies are netball, football, basketball, hockey, rugby, sailing, mountain sports, cheerleading, American football, Wing Tsun, Sin radio, film, travel,

belly dancing, psychology, Asian and LGBT.

I am re-launching the SU Additions programme this year and it will now be known as 'The You Project.'

It comprises of three sections;

1. **CV Building** (e.g. leadership courses, sign language and touch typing)
2. **Volunteer and charity** (e.g. helping with Union events or getting out into society)
3. **Activity** (e.g. survival weekends and trips i.e. Alton Tower)

It is designed to help you gain the most experience possible from your time at University, students may choose as much or as little to attend.

**Raise and Give** week is a full week dedicated to raising money for charity. We hope all of you will get involved in any way you can and that you'll have a brilliant time doing so. Events usually include silly games and activities - there's normally lots of dressing up involved! Full details are not yet confirmed, however it commences on the week beginning 2<sup>nd</sup> February!

# Societies

## Inactive / High Interest Societies

Windsurfing  
Green  
Fashion and Photography  
Poker  
Psychology  
ROC  
Circus  
Aim and Rock  
Catholic  
Asian  
Drama  
Comedy  
Islamic  
LGBT  
SocialMare  
1<sup>st</sup> Degree Records  
Performing Arts  
Dance  
Paintballing  
Breakdance

## Current Active Societies

Arts  
Anime  
Secular  
Bellydancing  
Wing Tsun Kung Fu  
Afro Caribbean  
Christain  
Mooting  
Officer Training Corps  
Trippers Travel  
St Johns Ambulance  
Snowboarding  
Film  
Sin Radio

We have a database of people who are interested in the above societies. If you would like to start up a society which is currently inactive, you may collect their details or you may leave your details with me - V.P. Activities

**STARTING A SOCIETY FOR DUMMIES**

Want to start a society?  
VP Activities Rob Heyes  
suvpstud@solent.ac.uk

Follow these simple steps ..

1. Fill in a society proposal form - on the website under Clubs & Societies or available from the Activities Office on the SU 1st Floor.
2. Try and find ten people that want to join. If you can't find ten let us know, and we will help find people with the same interests.
3. Hand in the completed form for authorisation by the Executive Team.
4. As soon as your proposal is authorised you will have yourself a new society!
5. Arrange regular meetings and socials with the members to carry out your chosen activity.

# American Football

In recent years American Football has started to gain a lot of attention in this country. With National Football League (NFL) teams coming over to play at Wembley Stadium and a number of TV stations now broadcasting NFL games, more and more people are getting into what is a very interesting sport.

Here at Southampton Solent we have a rising star in Tam Amachree. He's the Southampton Stags leading running back, last season's Most Valuable player in the college bowl and Solent sports man of the year. This issue RE:SUS talks to the Stags star man about all things American Football.

Like most young men living in this county Tam grew up playing sports like football and basketball, it wasn't until his first year a Solent that he thought about playing American football. "I walked into the sports fair, saw American football and thought why not give it a go", and I suppose when your build like Tam is, why not give it ago.

However being built for certain sports is one thing, having the ability, drive and desire to progress where also going to be necessary to be successful at it. "I turned up with an open mind and just basically let the coaches and other players guide me, I mean American football isn't really that different from sports kids play in the playground like football or catch".

Following the complexity of some of the plays you see in American football is quite daunting for on lookers of the sport, being a new comer to the game it could have posed as a problem for Tam, "well it's easy to pick up after a year of playing, most rookies have different ways of picking it up,

By Khamasi McKenzie

## In Southampton



most people have to do something over and over again, other people can just read it up and other people have to watch some sort of game tape it's just about finding what's easiest for you."

Last season the Stags managed to go a whole season unbeaten, winning the national championship, but with that under your belt how do you improve. "Our pre season goals this season, we want to do it again, you come out of a season unbeaten and everyone goes what can you do better than be undefeated and win it all", "you can do other things inside and build our program, put these beliefs in the rookie players, we want to get better as a team and get as close to perfection as we can"

So with that in mind we can expect another big season from Tam and his fellow Stags, topping an unbeaten season is always going to hard but who says it can't be done.



**Sin Radio is Southampton Solent's only radio station run by students for students! Broadcasting throughout the day online at [www.sinradio.co.uk](http://www.sinradio.co.uk), our DJ's spin a variety of tunes, from dance and R&B to rock and reggae.**

Ever dreamt of becoming a superstar DJ yourself? Sin Radio can help you on your way to stardom. Whether you have experience or not, Sin provides training and tips for becoming a top presenter. You can present a weekly show live to Southampton Solent in the Student Union bars, shop and across the entire internet from the newly-fitted studios, located on the first floor of the Student's Union. We always need DJs to play live at our University events (such as our recent Neon party!) as well as at some of Southampton's top night clubs; Rhino and Soul Cellar.

Sin Radio was voted best **Society of the year** in 2008 at the University & SU Volunteer awards, and has recently become a member of the Student Radio Association, where our members receive industry advice and training to ensure they get the best start for their radio career. You could even join the management team! Whether you're into creating jingles or marketing the station to Solent students, we have a position for you here at Sin.

There are fantastic opportunities for

interviewing up coming bands, with the likes of We Are Scientists and Enter Shikari making appearances last year. Sin Radio also supports local unsigned acts and our technical team will be able to give you help and advice on getting musicians in for your very own live lounge.

Check out [www.sinradio.co.uk](http://www.sinradio.co.uk) for up to date info on the station and shows, join the Facebook and Myspace group to interact with other members, or pop in for a chat - you could soon have your very own show!



# Don't use the V word!

By Louise Drake, Employment Adviser (Mentoring + & Volunteering)

**You might think it's all about soup kitchens and shaking money tins...but volunteering is a whole lot more than that.**

You probably already volunteer but don't realise it. Are you a member of a sports team or society? Maybe you were an angel or a course rep? Ever written for RE:SUS? All of this and a whole lot more is classed as volunteering - surprised?

So if you aren't already involved you should be. Current Solent projects you can get involved with include:

## **READ Book Project Southampton**

A student led project where you make the rules. All you have to do is work as a team and raise £7,500 and collect 25,000 text books to send to Tanzania but the great thing is - it is up to you how you do it!

8 students even get the chance to spend 6 weeks in Tanzania delivering the books to the children in Tanzania.

[www.readinternational.com](http://www.readinternational.com)

You can get involved as much or as little as you want... whether it's collecting the books, delivering presentations to schools who get involved or helping with an event - it is up to you.

Why not check out our 3 minute video on Gogglebox :

[http://portal-live.solent.ac.uk/university/gogglebox/short\\_films.html](http://portal-live.solent.ac.uk/university/gogglebox/short_films.html)

## **Want something a little more local?**

Anything from 'Enviro Champs' to our own Oxjam in the SU - there is something for everyone.

You can volunteer for fun or relate it to your course, the choice is yours

## **So you want to get involved? Where should you start?**

We have a current list of opportunities on our Jobshop database on the student portal, or you can check out [doit.org](http://doit.org)

Once you have found something you are interested in register your details - name, telephone number and course and the opportunity you are interested in & where you found it at [volunteering@solent.ac.uk](mailto:volunteering@solent.ac.uk)

Who knows you might end up finding out about some of the truly wicked opportunities open to volunteers..... like the recent Orange RockCorps money couldn't buy gig for volunteers!

[www.orangerockcorps.co.uk](http://www.orangerockcorps.co.uk)

# summer camp usa



Spend a fun & rewarding summer working with children on an American camp. Opportunities include coaching football, tennis, golf, horseriding, swimming, sailing, wind surfing & much more.

## **Summer Camp USA offers:**

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- Fun, friendship & great memories

**Summer Camp USA** is open to anyone aged 18 or over who is available from June to mid-August. Those with a passion for sport who enjoy working with kids & can teach a summer camp activity should apply today.

For more information visit

[www.bunac.org/bucs](http://www.bunac.org/bucs)

Tel: 020 7251 3448 Email: [camps@bunac.org.uk](mailto:camps@bunac.org.uk)



# FREE STUDENT SHUTTLE SERVICE



The Student Shuttle service runs Monday to Friday between the Library, Student Residences and the Polygon.

## The shuttle picks up at the Library

Library 7.05pm	Library 10.05pm
Library 8.05pm	Library 11.05pm
Library 9.05pm	Library 11.45pm

Library -----> Student Residences  
Library -----> Polygon

If you miss the shuttle please phone 07597 952006 for pickup.



[www.solentsu.co.uk](http://www.solentsu.co.uk)

This service is brought to you by Solent Students' Union in conjunction with Southampton Solent University.



## Sexual Health Service

Every Monday 11.30am-1.30pm  
In the Union Committee room (1st floor)

Providing you with a confidential sexual health service including Pregnancy testing, chlamydia testing, pills and pill check, emergency hormonal contraception, DEPO injections, condom distribution, treatment for chlamydia positives, general sexual health advice.

Term time only.

Working with   
Southampton City  
Primary Care Trust

The Students' Union Advice Centre has an open door policy. Please visit us at any time for free independent and confidential advice.

Vice President Student Support Stuart Ward  
T. 023 8038 6665 - E. [susupport@solent.ac.uk](mailto:susupport@solent.ac.uk)

Advice Centre Coordinator Joan Martin  
T. 023 8038 6664 - E. [suadviser@solent.ac.uk](mailto:suadviser@solent.ac.uk)



[www.solentsu.co.uk/advicecentre](http://www.solentsu.co.uk/advicecentre)



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and 2 Cookies for £5.99!  
Offer expires 31st November 2008



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Offer expires 31st November 2008





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**[ GET THERE EARLY AND DON'T MISS OUT! ]**