

RE:SUS

magazine

Issue 5
July 09



Summer Festival Guide

Interview with Michael Parkinson

Making friends with The View

Solent Street Fashion

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Editorial



So I guess this is it!
The last issue of
RE:SUS this side of
Summer...and thus
my last EVER as
Editor! It's been so
much fun reading
and compiling your
contributions and
I hope you've all
enjoyed reading
(or simply looking at
the photos...!)

Congratulations to Adam Parker, our newly-elected Vice President of Communications who will be taking over in June! (see pg. 16).

To celebrate this final issue I have crammed in as many articles as humanly possible! Make sure you read the columns (pg.6), Parky interview (pg.12) our many fashion tips, music and sport! Oh and my favourite feature, the RESUS festival guide! (Pg. 14).

Good luck to everyone at Solent with your exams & coursework - we've still got a way to go, so have a great summer term and I'll no doubt see some of you at the Grad Ball!

Hayley

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The views expressed by individual contributors do not reflect the views of Solent Student's Union of Solent University

If you would like to contribute to RE:SUS magazine, please email: sucommunications@solent.ac.uk



Hello Everybody!

This term the Students' Union Advice Centre has run a number of events and we thought we should give our feedback to the students on how they went.

Non-Smoking day was a huge success; over 60 people took our smokalyzer tests with many more coming to talk about how to cut down and even quit. There was an added push this year with help from the University as well.

The Anthony Nolan Trust came into the Students' Union on March 10th to conduct registration for the Bone Marrow register. The event went really well, in fact, the Anthony Nolan Trust want to come back and do two days next year!

It's approaching that time of year where there needs to be one last push to get all your assessments in. It's a busy time for the Students' Union Advice Centre, but one where students really do benefit from our services. There is added stress for all students; you are not the only one, so please feel free to seek advice from the Students' Union.

This is the last issue of RE:SUS this academic year, so I hope to see you all next year as I am staying on for another term in office!

Stu, Vice President Student Support



Note from the Pres!

Guys and Girls,

We are now entering the final term of the academic year and it is a time when a number of circumstances change. Lots of you will have exams, debts and the prospect of moving house, however it's not all bad. With the summer just around the corner it is important to put that last bit of effort into studies, especially for final years as it could make all the difference and there is plenty of time to work after. Anyway enough of me sounding like a parent. To update you on a few items; the SU elections were held in February/March and I am pleased to say I have been re-elected to take your Union forward for another year. If any of you have suggestions please email me. Finally, I would like to say thanks to all the students that have supported the SU this year in a number of different ways. I look forward to communicating again with you next year and good luck to grandaunts.



Advice Centre in Pictures 2008-09



Liberty Living in Southampton - Smarter student living...

Southampton Solent University have made exclusive arrangements with LibertyLiving, one of the largest student accommodation providers in the UK, to offer students new to Solent University accommodation at one of our residences in Southampton, Mercury Point or Orion's Point.

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Liberty Living For Students

STRANGER DANGER?

By Rory Jackson

Since the industrial revolution human beings have rapidly been cramming themselves into the smallest places possible in the name of progress.

We started building houses that were joined on one side, then both sides, and then once we ran out of space to cram people in horizontally, we decided to build little tiny one floor houses on top of each other, towering up into the sky, which became convenient places to jump off when the sardine tin effect got too much.

And as we got closer in proximity to each other, we got better at distancing ourselves mentally. If you want an example take a ride on the London Underground during morning rush hour. Then watch the astutely dressed business gent, de-cafe-skinny-mocha-latte in hand, casually sit down to the finance section of the Times, next to the man who used yesterday's paper as bed linen, supping a can of special brew, and mumbling about the time he was probed by little green men. Then you'll see what I'm talking about.

Of course this is an example of polar opposites but I am continually amazed at how social anxiety can make us act. When we look at a stranger the media would have



us believe that the person in front of us is a rapist, paedophile, mugger or fanatic suicide bomber, and the funny thing is...they're probably thinking the same about you.

When I'm walking round the city I play a game I call "Smiling Weirdo". Every time someone walks past me and makes eye contact, I don't look down to avoid their stare, I smile at them. Not a creepy smile, just a normal little smile of acknowledgment. Then I count how many people smile back and how many look at me like I want to eat their eyes. Unfortunately, it's normally the latter.

Is it their fault? Probably not, I'm willing to accept that maybe I smile a bit like Hannibal Lecter, but maybe it's because we're becoming victims of social anxiety. Like I said before, modern society is getting better and better at completely ignoring people who aren't clones of themselves. We plug ourselves into our iPod, text our friend or use our mobile Internet to check our Facebook. We'll do anything not to acknowledge the "weirdo" sitting opposite us on the bus who briefly looked up from his phone, caught our eye, and smiled at us.

A House Is Not a Home:

By Joe Jenness

The first house I lived in at University was heaven. It was my first year, and having applied late, I missed out on the quagmire of halls to move into a lovely semi-detached house with four girls (two hot, two not), who loved the clean. It was lovely, all clean floors not broken doors, potpourri not smelly wee. Being the man, my job was to try to be as least disgusting as possible.

During our honeymoon period I managed - using coasters and spraying glade after a poo - but eventually my Mr. Perfect facade was shattered. I won't go into details but it involves a bar of soap, an un-rinsed bath and tiny hairs. Although, in my defense, three of the five people in that house were brunettes. Those fun party girls by night are repressed fishwives by day.

I learnt my lesson - get another bloke in! So, when it came to my second house I moved in with my new best friend and two girls we weren't close to. In theory, lovely, in practice? Bugger.

The problems began small. Though I'd known Mr. X (might be his real name, might not) for a year, you don't truly know someone until you live with them. He ate nothing but fish fingers and spent most days in his room listening to music that sounded like a seizure. He didn't drink or smoke, so already we had three things out of common. Turns out all we did have in common, was that we both enjoyed breathing.

To be fair the girls weren't much better. They had fewer standards than a Bangkok lady boy. You've not known anger like finding some spiky haired, slack jawed fresher in a stained Henley t-shirt, drinking your last bit of value orange juice. When I asked the name of the culprit, all I got was a shrug.

The final straw was when I found out they'd been stashing their own bog roll, whilst I'd been buying communal ones. I moved out after Christmas.

You might get lucky and all remain friends, though most likely come the end of tenancy, two people won't be able to talk to each other, one will spend all her time at her boyfriend's house and the other two will move out and go it alone. Saying that, you'll all laugh about it at the fifty-year reunion, until some brings up that un-paid water bill...



TOKYO JAPAN



Words: Chris Attewell-Hughes
Photography: Chris Attewell-Hughes

Out of eighty places, twenty-seven signed up. Shocking. This was the first year that a trip to Tokyo was going ahead and you'd think the excitement would be evident in the numbers, but apparently not. Those of us who did cough up the £830 didn't regret it one bit.

For weeks I'd been bouncing off the walls about going to Japan. I knew I'd be excited, but I was getting to the stage where my expectations were becoming a little surreal. I was prepared to be slightly let down when I got there.

However, I wasn't let down at all. Entering Tokyo is like entering this strange world of fantasy and fiction. The monumental high-rises remind you it's a modern city, but the culture allows you to believe you've traversed into this other world where the limits of reality can be stretched if not shattered.

Not least awe-inspiring is the Shinto Meiji Jingu shrine. Encapsulated in a confine of forest greenery, Meiji Jingu is breathtaking.

The walk to the shrine itself was laden with ice sculptures of the most ornate designs in celebration of Seijin-no-hi (Adult's Day), a day where 20-year-olds visit the shrine in traditional dress. The queue to enter the shrine itself was unending, but you could still take part in prayer ceremonies outside. Thousands of Japanese had come from all over Tokyo to pray for auspicious findings for the New Year.

Neighbouring Yoyogi park, where Meiji Jingu is situated, is the infamous Harajuku. The streets of which are bursting at the seams with quaint boutiques, chic cafés, and the inevitable stalls of utter tack. Prowled by hordes of fashionistas hunting out a bargain, Harajuku is the well-known home of the Harajuku girls. Some dressed

in school girl uniforms and bunny ears, and some dressed in costumes not dissimilar to that of Disney's Alice in Wonderland, the styles are bizarre yet entrancing.

Fashion aside, Tokyo is also famous for its remarkable anime and manga culture. One of the top districts to experience this is in Nakano. A short walk from the station is the dingy Broadway shopping centre and inside is Mandarake, a haven for all those that love Japanese cartoon culture. Not only that, but surrounding Mandarake are numerous manga toy shops. Ranging from the uncomfortably risqué to the outright wacky, I would have spent the entire trip perusing the shelves if it wasn't for all the other astounding sights to be taken in.

Six days really wasn't long enough, but the time spent there was well-planned. We visited the Foreign Correspondent's Club (an establishment designed to support foreign journalists in Japan), and the home of Caroline Pover, an award-winning journalist with the most exhilarating stories to tell. Stories that only made it all the more painful when we had to leave: Tokyo is a city that romances you without compassion of any

sort. The architecture is mysterious, the people are charming, and every moment spent in Japan feels like a dream; you could wake up at any moment only to find that it had never happened.

This trip was open to those on Magazine Journalism and Feature Writing, and Writing Fashion and Culture, but if few sign up again this year then it's likely it could be opened up to other courses. To all those who have the option of going, don't waste the little money you have saved up on a trip to Spain or somewhere equally pedestrian. A week in Tokyo makes any other holiday look like a weekend in Bognor.



Beyond The Sea...

I'm Matthew Gosling, an Engineering Officer Trainee in the Merchant Navy. My studies are shared between academics at Solent's Warsash Maritime Academy campus and on the job training at sea.

I just got back from a trip at sea on the cruise ship, MV Island Star, I flew out to Toulon, France to join her on the 4th September 2008 and disembarked on 2nd January 2009 at Barbados, East Caribbean. Crossing around the Mediterranean and then on to the Caribbean.

MV Island Star was built in 1990 and is 208 meters long, carrying a mere 1,600 passengers and 650 officers, staff and crew. The combined power of all her engines have an output of 29,880 kW. To put this in scale, a Subaru Impreza rally car's engine is 300 kW (400 bhp). That's 100 racing car engines you'll need to get this ship going full speed at 21 Knots (24 mph).

Whilst I was away I worked for 3 months 16 days without a day off, which isn't always as bad as it sounds when you enjoy your job. I worked 4 hours on, 8 hours off, acting as an assistant watch keeper in the Engine Room and Control Room, as well as helping with maintenance in overtime. The engine room is where much of the vital machinery that is required for the vessel to operate is, from boilers and generators to waste disposal and incineration.

During my months on board, we rotated watches. Depending on your watches, the situation the vessel was in and your personal preferences, there are opportunities for socialising, entertainment, getting ashore to see the world and of course my favourite activity when finding an hour here or there - sleeping! The cruise ship provided a lively social life; we'd go to the crew bar or out for dinner ashore and we also entertained the passengers; whether it was at a formal reception - or dancing onstage with your fellow officers to Hey Baby by DJ Otzil

I can't explain the joy of doing a job I really enjoy and having the choice to do it in different places all over the world; enjoying the sunshine, different foods and making great friends along the way. By the

time I came home I think I found a new meaning to the word exhaustion. Having so much fun with time flying so fast, it's only when you get time to rest that you realise how tired you really are. But guess what? I can't wait until I next go to sea!



FROM ONE INTERVIEWER, TO ANOTHER

An interview with Sir Michael Parkinson, 'The King of Chat'



By James Davies

As my stomach began to churn, at the prospect of speaking to Sir Michael Parkinson, the 'crème de la crème' of journalism, there was a firm knock at the door. After a brief pause, the door swiftly swung open. It was 'Parky'. Well Sir Michael minus that theme tune, 'Dat-diddly-da-da-da!', his big-band intro and jaunty descent down the stairs, that were synonymous with his long running hit television chat show, aptly named, 'Parkinson'.

Entering the room with a certain air of authority, Sir Michael settled any early nerves I had, with a simple smile, and a firm handshake, saying, jocularly, in true 'Parkinson'

fashion, "It makes a change doesn't it, to sit here and just wait for the other poor bugger to ask the questions?", to which I nodded, and shared a mutual grin. As we sat down to start the interview, with both seats facing each other, as he always so famously did, I felt compelled to ask what had happened to those black swivel chairs that he, and pretty much everyone who was anyone, had sat on while he conducted his interviews.

"I actually bought two of the chairs that we used on the set for £2,000 after we had finished the last show", he said, shuffling in his seat.

"I bought the interviewing chair, which I sat in, and the one I call David Beckham's chair" Explaining, "His bum was on there." The thing that is so refreshing and charming about Sir Michael, the son of a Barnsley miner, born in 1935, is that he is so perfectly human.

As we begin to talk about his childhood, and illustrious career, the room comes alive. He has a fascinating story to tell, and one that is just as enthralling as any of the celebrity guests he has questioned, during his 36 years as 'The King of Chat'. But for all the names, anecdotes and unrivalled insights into the world of celebrity, he humbly attributes his success to the efforts of his parents, who made him promise he would never go down the pit for a living.

Despite his Headmaster telling him he would 'never amount to much', he defied those who said he would not be anything other than a miner, by listening to his mother, and not only reaching for the stars, but talking to them too.

Flicking through his autobiography, and the most eagerly awaited showbiz memoir of the year, it is difficult to ignore the beautiful photographs, featuring those he has interviewed over the years. So what is it, I wondered, that separates those in the limelight from the rest of us, mere mortals, who are in the background of life, rather than the forefront?

"They have an indefinable quality that I describe as will power. If you look at Muhammad Ali or Nelson Mandela, there's something that separates them from the rest of the human race.

"Although, they are, of course, human, like the rest of us, they are special people, with an overwhelming drive to achieve

something. I never had that drive. I just always wanted to be a good journalist. That has been my motivation throughout my life."

Despite being known as 'the man who has met everyone', there are a few, believe it or not, who escaped his charm.

"I would have loved to have interviewed the Queen! Just imagine what an interview she is. Think about all the people she has met, and the circumstances she has met them in."

So now that the 'Parkinson' set has been put away for the last time, never to return, I was curious as to how he feels looking back on his time in front of the camera, laughing with Billy Connolly, grappling with 'that bird' Emu and sparring with Muhammad Ali, as well as all the other captivating moments that were created by the man who turned the practice of two people sitting in chairs, chatting, into something quite magical?

"My father always wanted me to play cricket for Yorkshire, and because I didn't he thought I was a failure (laughs). Just before he died, he said to me, 'you've had a good life haven't you? You've interviewed some beautiful women, and you've made a bit of money. Well done. But think on, it's not like playing Yorkshire cricket is it?'

What he was defining was the difference between fame and immortality. If you play cricket for Yorkshire you're immortal. But if you're merely famous it doesn't matter." This said it all about Sir Michael. Success, fame and wealth have not turned his head, nor have they diluted the straightforwardness that has always been his way.

www.jamesdaviesmedia.co.uk

The summer months mean only one thing, festivals. There are so many festivals being held around the world now that it's difficult to choose which one you should go to. This small guide will hopefully help you make a decision!

Creamfields

29-30 August 2009, Cheshire

With rock and indie festivals dominating the scene, Creamfields has managed to remain popular for ten years now. Last year saw the celebrations include sets from Fat Boy Slim, Judge Jules and Pendulum and this year's line up is yet to be announced (at time of going to print - Ed), we know the organisers are trying their hardest to top last year's. Creamfields brings together lovers of dance music with those who are fans of live music and DJ sets. The festival, which lasts for fifteen hours over a two-day period, holds a huge, live outdoor stage and ten DJ arenas.

Download Festival

12-14 June 2009, Derby

For all you Metaller's, Rockers and Drum n Bass fans! Headliners are: Slipknot, The Prodigy, Pendulum, Korn, Motley Crue, DragonForce and DevilDriver. With tons more acts to come. To get the ultimate Download experience, get camping - there's no other way to go.

Remember to take wet wipes, there are going to be around 30,000 sweaty moshers using the showers. So be prepared to smell vile. At least wet wipes will minimise the smell. Pack an old hoody, camping is a cold effort, even in June! Take your own food and drinks if you can, it's an expensive place! Try not to take anything you're not supposed to as everyone gets searched on their way in. Make sure you don't take wimpy friends. It's not a festival for the faint hearted!



By Jess Macdonald & Cherry Pullinger



Glastonbury

24-28 June 2009, Somerset

Hosted in Somerset, Glastonbury is possibly the most popular and established festival in the world and with the controversy that surrounded it last year with Jay Z playing the main stage, it has now become a household name, with every artist out there wanting to play on one of its many stages. This year's festival will be held from Wednesday 24th to Sunday 28th June 2009 and tickets have already sold out, though a limited number of cancelled tickets will be sold on 5th April at 9am. Franz Ferdinand have already self confirmed that they will be playing as well as Lily Allen and Bon Iver.

Camp Bestival

24-26 July 2009, Dorset

Camp Bestival is sure to not disappoint this year. The grounds of Lulworth Castle in Dorset repeatedly have bundles of talent gracing its grounds and stages every year and gained the Best New Festival status at the British Festival Awards. Many of the bands and artists who play at Lulworth are largely unknown. However, the likes of the highly talented Beadyman and the rapper/ poet Scroobius Pip will be performing this year.

If you fancy going to a festival with a group of mates then Camp Bestival is definitely good value for money. There are so many genres of music and plenty of fairground attractions, so bring extra cash, some sun block (it's held at the end of July, so we can hope!) and don't bring any valuables - you won't be around your tent enough to watch them!

Surviving your festival experience

- Wear clothes you don't mind getting a bit dirty. - It's not good wearing your best jeans as they will get ruined.
- Don't take expensive or precious items with you - unfortunately, it's likely they will get stolen if you do.
- Create a meeting point with your friends for you to go to if you lose one another.
- Put your tent up as soon as possible. Don't leave it until the middle of the night when you can't see what you're doing.
- Take some baby wipes and your own loo roll. There are few showers at festivals so it's a good idea to keep yourself fresh.

Your New Executive Officers 2009-2010



Meet Solent's brand new student officers for June 2009-2010! They are here to represent and help you through your next academic year at University.

The Student Union Offices are located on the 1st Floor of the SU building, along from the Union shop.

Sabbatical Officers



Chris Brady SU President

Chris, your current president, has been re-elected for a second term. He is responsible for representing the views and needs of all Solent students to external stakeholders. These include the University, local businesses and the local community. Chris also works with the executive team to run student campaigns, both here at Solent and as part of the larger student movement; NUS (the National Union of Students).

Luke Hasler Vice President Student Development

Luke is a third year Sports Studies with Business student. As of June he will deal with the activities side of the Union. This involves organising charity events such as RAG (Raise and Give), overseeing the many Solent societies and sports clubs and arranging opportunities that are both fun and CV boosting!



Adam Parker Vice president Communications

Third year Media Writing student, Adam Parker will ensure the Union communicates with its students effectively by managing the media outlets, such as; RE:SUS magazine, Sin Radio and the Union website. If you'd like to get involved in student media, or have something you want Solent students to know about - he's the one to talk to!

Stuart Ward Vice President Student Support

Based in the Advice Centre, on the Ground Floor of the SU Building, Stuart deals with any Academic issues you may have whilst studying at Uni. The Advice Centre also helps students deal with housing, monetary and other welfare issues so if you fancy a chat and a cup of tea, then come and visit Stuart or our Student Advisor at any time.



Part Time Officers



Ayumi Okada
Diversity Officer

Part-time officer and Popular Music and Record Production student, Ayumi, is here to help make sure all students are represented equally within the University and at the SU. She'll be here to help you get the support you need.



Toby Jackson
Events Officer

Do you want more events at the SU? Maybe you're a budding comedian, musician, or DJ who would like to showcase their talent? Toby is here to help set up all kinds of events, so look out for some great entertainment next year!



Teri Jeynes
Academic Affairs Officer

Teri is about to go into her third year studying Photography and will be working alongside Joan and Stuart in the Advice Centre. Come and have a chat with Teri if you're struggling with your studies or simply need some advice.



Want to be more involved with the Students' Union? If you're continuing to study at Solent from September 2009 then why not become a Student Union Officer?!

We have 4 positions available:

3x Union Representatives & 1x Environment & Community Officer

For more info visit: www.solentsu.co.uk/elections or speak to our current officers

TATTOOS - THE SCIENCE OF COOL VERSUS REGRET

WHAT MAKES PEOPLE DECIDE WHEN IT COMES TO GETTING A TATTOO? DOES IT HOLD A HIDDEN MEANING OR IS IT JUST FASHIONABLE? EITHER WAY, IT SEEMS THAT PEOPLE ARE READY TO SUFFER A BIT OF PAIN TO GET THE-SOMEHOW-CONTROVERSIAL-ART ON THEIR BODIES.



When looking deeper into the history of tattoos, most scientists believe the origins of tattoos date back to about 3300 B.C. and it is known for sure that tattoos found on Egyptian and Nubian mummies are from 2000 B.C. The word 'tattoo' was first mentioned in James Cook's records from his 1769 journey to the south seas. The natives of Tahiti, where Cook's expedition went to, called the marks on their bodies 'tattau' which was translated into 'tattoo' by Cook. Due to their exotic appearance, tattooed Indians and Polynesians were showcased at circuses and fairs during the 18th and 19th century all over Europe and the US.

nowadays however, tattoos are more common than ever. But still, what is it that triggers people? some go for the 'classic' tattoos (hearts, roses, tribal designs), others want something 'personalised.' The name of the loved one, a hobby, the favourite band or just something that seems 'a good idea for a tattoo.'

But what to do if you end up regretting your tattoo? There is the contrast between 'seize the moment' and 'think about consequences'. no one would regret a tattoo that emphasises principles or beliefs. But still, most tattoos don't have meanings, they are just fashionable art. And it seems there are more and more followers of the trend, despite tattoos' often unsavoury reputation in the past. maybe it's not that 'big a deal.' maybe everything is over-rated and started at the point where tattoos were unconventional and not accepted by the society and the 'regret' factor is just a myth used to scare off kids, to ensure they would stay 'normal', without any 'marks' on their bodies.

It also depends on the people, because some don't have any type of regrets, but things like this are important and meaningful to others. Then, one should think twice before acting aka getting a tattoo and make sure it is something that they would like in 50 years' time.

Talking about regrets, a phrase I use as my personal motto is "it is better to regret something you have done than something you haven't." It is a fact that people often regret they didn't do a certain thing at the right moment. It is more likely to hear someone cry over the past decisions and not doing something they had wanted rather than regret getting a butterfly tattoo.

My advice, get it as long as you are sure you like it and make sure you can bear with it for the rest of your life. no GF's and BF's names though, you know, it's not love after 2 months. :)



with a old friend

FASHION

Alternative Fashion Week

If the buzz and sophistication of London Fashion Week doesn't fulfil all of your design cravings for the year, then London's Alternative Fashion Week is where you should be. From the 21st to 25th of April every year, Spitalfields Traders Market hosts a fantastic week of alternative fashion designers and their innovative creations that are not to be missed.

AFW is a successful and supportive fashion event that really helps to establish resourceful and ingenious designers. With a 'NO FUR' policy, designers are invited to create designs using recycled textiles, from the simple to the sensational, AFW creates a positive vibe for designers who really want to be noticed - and unlike LFW, the whole spectacle is available for the public free of charge (although reach into your pockets to donate to various charities).



60 designers are selected for the week, with 12 shows a day, starting at 1.15pm. If that doesn't satisfy, there is a Fashion Market running in collaboration with the shows, from 12pm to 3pm that sells an incredible collection of clothing that really stands out from the crowd.

AFW promotes the true spirit of fashion; not the spectacle of the catwalk show as the clothes alone speak volumes in themselves. This year's big names include Aaron Ray Dowie who will provide sleek tailoring with 'a sinister edge', Jasmin Frei who's collection will elude 'sharp, modern, simple yet refined', Saia Ikavalko, Amelia Quiambao and Keerthi Ravi who promises 'flirty options' are just 5 of the 60 designers who are sure to stamp a positive mark of the fashion world this year.

For a full list of designers and for more information about getting involved with AFW, whether you are a designer and want your collection shown next year, or a fashion photographer who wants to capture the true artistic spirit of the event, or a fashion journalist who would love to write about these groundbreaking new designs, log on to www.alternativearts.co.uk or www.fuk.com and see how you can support up and coming designers.

By Vikki Hancock



The dreaded seasonal transition

A new fashion season means a whole new wardrobe, right? Think again. If you're not one of those enviable rich kids that can afford to buy whatever Vogue tells them to then fret not, all you have to do is breathe a little life into last season's staples and accessorise accordingly. Here's how:

Sporting goods

Stella McCartney got on it in spring 2008 with her Adidas range, and this year everyone should be jumping on the 'sport chic' bandwagon. If you were fashion savvy enough to buy into this look back then, by now you should be rejoicing, if not it's as easy as heading to Primark to buy a new pair of plimssoles. Don't go breaking out the trackie bottoms, this is all about slouchy hoodies over dainty dresses, high top trainers with almost anything and making American Apparel your new fashion pitstop. It's casual, comfortable and oh so perfect for spring and summer - you won't know whether to hit the gym or dance the night away.

All things floral

After last year's flower obsession, everyone's bound to have at least one floral garment or trinket somewhere. Well, they're back on the runway with panache so keep them, wear them, love them. Bloomin' Marvellous (sorry, couldn't help myself).

Loud legs

Let's face it, this is England. Chances are there won't be many days you'll dare to go bare legged. Thankfully, cheap and cheerful tights and leggings have come to the rescue! Whether you bought wet look leggings, ones covered in sequins or went all out and had gold lamé legs, now's the time to reintroduce them to everything in your wardrobe. Patterned tights looked pretty last year but now they're a must, and with Topshop's new range it's hard to go wrong. Make a statement with your perfectly adorned pins and wear them under shorts or doll up a plain T-shirt dress while keeping your legs from the cold. Lovely.



Animal Magic

Whether it's a full on fur coat or a hint of a print in your favourite pair of shoes animal prints have made an impact in wardrobes everywhere and this is one trend that is set to stay. If you're tired of the leopard influence that has become standard on the high-street and crave something new, try snake skin, tiger or zebra for a 2009 twist. All faux of course.

Headgear

Sparkly headbands, sweet little chains, cute bows, cuttings of ribbon, whatever you can find, tie it around your head for an instant outfit fix. Accessory stands are a jumble of pretty headpieces. Find your favourites, be it a corsage stuck on some black elastic or plaited scraps of material, and it's the ideal way to dress up the old jeans and tee combo.

By Emma Herron

Fashion's new gossip

To say the hit programme 'Gossip Girl' is the new phenomenon would be a huge understatement. It has become incomparable to fellow teen programmes such as 'The Hills' or 'The O.C' and most definitely is nothing alike to the new series of the highly overrated Skins. This new teen programme is in a league of its own and to many young women out there it has become a style bible.

More notably compared to the undisputed queen of fashion conscious programmes 'Sex and the City', Gossip Girl shows us the scandals, lies and fashionable lifestyles of a group of over privileged Upper East side New York teens.

Based on a series of books by author Cecily Von Ziegesar and only in its second series, Gossip Girl has already acquired a huge fan base of dedicated style savvy young women and has also taken the fashion world by storm. With its outrageous stories of teens and a cast of flawlessly beautiful people, it's no wonder it's a huge hit with both men and women.

Apart from the dangerously controversial stories including drug over doses and threesomes, what really got

the female audience hooked is the sumptuous excess of fashion labels and a stylish cast all depicting their own unique individual look.

Most enviable are the wardrobes of the central characters Serena Van Der Woodsen and Blair Waldorf. Just like their clashing personalities, their wardrobes could not be any thing less alike. There is Blair, the immaculate preppy looking teen whose wardrobe brims with the likes of Marc Jacobs and Chanel and who is rarely seen without her trademark headband. Then there is Serena - unlike Blair her style is less put together. Instead she depicts a more relaxed vintage boho style, a style that the impeccably neat Blair would

never be caught dead in.

Each supporting character shows off their unique style supporting their lifestyles and personalities. There is Jenny the aspiring fashion designer, though from Brooklyn her style is no less apparent than the Upper East Siders, and Chuck the spoilt lothario whose immaculate attire is never complete without his reliable red scarf.

Although only in its second series it seems that Gossip Girl will be around for a lot longer. In this credit crunch society Gossip Girl is the perfect escapism for a world where Dior and McQueen can only become a mere dream and not yet a reality.



Solent Street Fashion

We all know how hard it is to keep looking cool when money is tight, but you can grab some wicked clothes on the high street and they won't break the bank. Here are just a few examples of how you guys at Solent are rocking your looks on a budget...



Dale, 20, describes his style as comfy and skater:

Jacket: Freespirit, shirt: H&M, t-shirt: H&M, jeans: Topman.



Nandi, 20, describes her style as fashionable with a twist:

Cardi: River Island, top: River Island, scarf: Primark, skirt: Topshop.



Saydee, 20, describes her style as casual and indie:

Cardi: Zara, dress: Topshop, scarf: Hennes at H&M, shoes: Topshop.



Glen, 22, describes his style as mod casual:

Man cardi: H&M, t-shirt: River Island, shorts: H&M, sunglasses: Tesco.



Louise, 18, describes her style as mismatched:

Hat: Cherokee at Tesco's, t-shirt: Cherokee, jacket: Republic, skirt: New Look, shoes Converse.



Umar, 22, describes his style as comfy:

Zip top: H&M, t-shirt: Republic, bottoms: Foot Locker.

Recession Fashion for Men

With the weather starting to look good there's little excuse for you not to as well. Living off a student budget and the recession aren't excuses; great style will cost next to nothing this Spring.

Despite the brightness outside, black and white will be a key trend for Spring/Summer '09 - appearing on several runways including Zucca, Tim Hamilton and Jean Paul Gaultier. If you don't have a simple black and white striped t-shirt in your wardrobe from trends past, then Topman do one for only £10, and undoubtedly Primark will have one for less.

Denim, as always, will be in for this season, as seen in the Diesel Black Gold and Calvin Klein collections. The key for this season's denim is distressed. We all have a pair of jeans, and if they're not already distressed



you can easily do it yourself with some bleach, sandpaper or even a cheese grater. Search 'google' for some great distressing tutorials.

The preppy look is set to be big again this Spring, so do up your top button and put a blazer on. This was everywhere last Spring, so hopefully you've clung on to what you had then. Blazers can be expensive, but the price can be avoided with a trip to the charity shops. Yes, it may be time consuming trying to find the right size and one you actually like, but the reward is a cheap blazer that, in all likelihood, nobody else will have - it's always good to not look like a Topman mannequin.

Both Shirley and Portwood have a wide selection of charity shops and are only a short bus journey (or long walk if you're really trying to save money!) away. Topman, ASOS

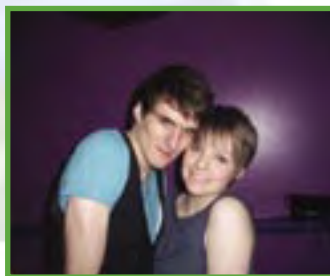
and River Island have all sorts in store to help you achieve this look, which means Primark and Peacocks will bound to be getting them in too.

Blocks of bright colour will be unavoidable, anyone walking past the bright cardigans in West Quay's River Island will know. Marc by Marc Jacobs, Hermes and Gucci set the trend and the high street have quickly followed suite. River Island, have everything you could want in blocked bright colours, a lot between £10 and £20. ASOS also have a lot for this trend in the same kind of price bracket. You can always buy a cheap bright t-shirt from Primark for a few quid or even take advantage of Topman's 3-for-£10 offer on all t-shirts.

So guys, bargain hunt, charity shop and reuse your old clothes and you can look as nice as the weather this Spring/Summer.



HALL OF FAME



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Session records run our open mic night in the venue every thursday night and have other regular gigs in southampton and around the uk

who are session records

Session Records is dedicated to live sessions, we offer musicians a free platform to get exposure to an appreciative audience. This is open to all genre's and is unprejudiced in any way. As well as supplying venues for regular gigs we also help musicians with everything involved in promoting they're music, this includes; free recordings, building web sites, personalising myspace accounts, taking photographs, generating artwork and general advice on how to use all these and other available resources to get the best exposure. We are offering these opportunities to any band or musician who have the drive and passion to push they're music forward.

if your a musician or in a band, get in contact

why do open mic

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Hanging out with The View

By Dan Jones

I was once given a piece of advice while working at NME. A well respected music critic, a member of the press colony who shape our nostalgic musical dreams, told me to remember one thing. "They're not your friends, they never are." And it was left at that. Well tonight, at Southampton University, as Kyle Falconer vomits into a plant pot five minutes before stage time and Pete Riley is no where to be seen, I'm sat sipping on the finest brew a rider can provide with one quarter of Scotland's finest rock and roll band, Kieran Webster, and I think I've made a friend...



The Dundonian bassist is looking a little tattered, sleep deprived and generally run-down, but he assures me this is the happiest he's been on the whole tour. The weather is shining, a European tour is on the horizon and he has conquered in three years what many bands can't achieve in a lifetime.

The release of The View's second album, "Which Bitch?" saw the Dundee tearaways alter their direction slightly. Obviously a tirade of sneers faced the four lads, whatever the album sounded like, but let it be known! Kieran Webster and Kyle Falconer have grown into their thrones as more mature and elegant song writers. After working with Owen Morris on the second album, as they did in the first, I was curious. Did the band approach the new album in a different way? "No not really, not a personal level any way. We still had the same banter, the same drinking, same shenanigans you know? As far as musically, he has a lot more involvement this time."

After roping in Kyle's ex-girlfriend, Katie Gwyther, to sing on the melodically quaint "Gem of a bird", the mop-topped rockers also managed to wangle an appearance from fellow Scot, Paolo Nutini. The track in question, "Covers", proved to be an album highlight. The congealed slur of Falconers vocals went hand in hand with Nutini's slightly more regional dialect to combine a lovable acoustic ballad about, well, girls really. "Well that like wasn't even planned. We had the song written and it was just meant to be by Kyle on the track and it turned



out that while we were recording a the album he was in the studio down from us like. We know him we from festivals and Kyle just asked him if he wanted to sing on this track. We had to borrow his trumpet player for three days though which I don't know if he was too happy about."

But it's not all happy-go-lucky collaborations for this lot. At a recent show in London the boys were startled halfway through as they saw their friends up to their neck in fisticuffs as the side of the stage. "Our mate got in a fight with a security guard but it was happening and we were still playing. We didn't know what was happening at first, so we just carried on playing."

Having recently seen the new View documentary it became clear that it wasn't just four people in the band. There's an enigmatic brotherhood bond between

The View and their unruly pals, and that comes across in the band. It's far from a career for the boys, they're a group of mates who happen to be able to pen a decent rock and roll song. So where's the ego and the gritty façade? "... people think Kyle's like well-loud and that, but he's probably the shyest out of us. We've obviously known each other for years and we just get on like we're best friends. It's not like one person has the ideas... we all have ideas y'know what I mean?"

"Our mate got in a fight with a security guard...we just carried on playing."

And now, with new single "Temptation Dice, That might be an exclusive actually (laughs)" just a month or so away from release The View continue on the road to yet more venues, towns and cities where Kyle will remain under the watchful eye of their Manager Ian (Who wouldn't let Kyle come back to my house in fear of him disappearing!)

BLACK TIDE



New heavy metal band Black Tide who formed in 2004 have exploded onto the music scene with squealing guitars, unforgettable solos and massive hits such as Shockwave and Warriors of Time. The band has performed on main stages at festivals such as Ozzfest in 2007, Download in 2008 and they're about to play Warped Tour.

Standing excitedly in the crowd waiting for Black Tide to come on stage I knew what to expect. I have been to a Black Tide gig before and was blown away by their talent, their ability to engage with the crowd and the fact they are all so young and this performance was no exception.

The lights go down and the hall is filled with screams and cheers as the familiar sound of screeching guitars echoes round the

room. The atmosphere turns manic as the band begins with Black Abyss, which gets the crowd rocking and thrashing out all over the place.

At this point I could not help but again be impressed with the amount of interaction and energy that was being reflected on stage for the audience especially by the bassist Zakk Sander. The band performs huge hits off their debut album Light From Above such as their massive single Shockwave which got the crowd singing along and jumping around excitedly.

Sadly, the band were only on for 25 minutes - which the crowd and myself felt was just not long enough - but that did not stop them ending their set with a bang, playing their catchy song Warriors of Time

leaving the audience screaming for more. Before the gig, Gabriel (vocals, guitar), Zakk (bass), Austin (guitar) and myself sat down and had a chat about the band and the crazy life they lead.

For the people who have not heard of you or your music could you sum up your music in three words?

Zakk: Shall we each come up with a word?
Austin: Sure why not
Zakk: Fun
Austin: Cow
Gabriel: Cheese
Zakk: Fun Cow Cheese, and that's the name of the next Black Tide record.

How does it feel being on the Kerrang Tour 2009?

Zakk: Pretty sweet.
Austin: Yeah, we are really enjoying ourselves.

What do you get up to in your spare time whilst being on tour, major partying I guess?

Zakk: Go out on the town
Austin: Wander the town and have a look around.
Zakk: Go to peoples houses, like fans.

Who are your main influences?

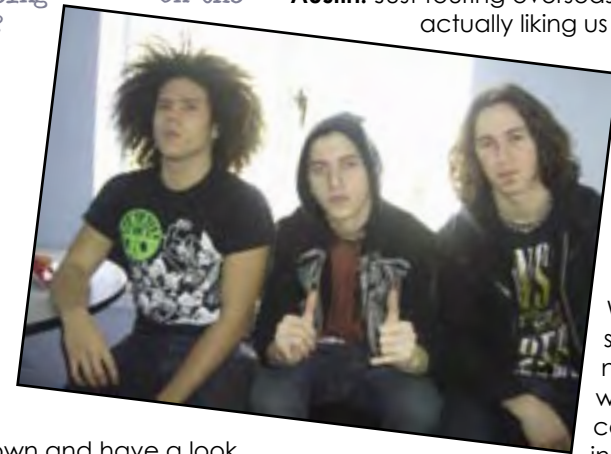
Zakk: All over, we like everything; we don't influence ourselves on one particular band or style it's from all over.
Austin: I like anything usually, it depends on the genre.

How did it feel opening the main stage at Download 2008 - can we expect you there this year?

Zakk: Very nerve-racking but it was amazing! We were only on there for 25 minutes but it felt like forever! As far as coming back this year we don't know yet, we're touring immediately after Download finishes this year so we'll see.

What has been Black Tides highest moment so far?

Zakk: I like to think each one has a different view as they each have different achievements. I mean Download was pretty f***ing huge, winning the Kerrang award, getting our record actually out.
Austin: Just touring overseas and people actually liking us is pretty awesome.



What can we expect from you in 2009?

Austin: Big hair still
Zakk: Overseas recording. We're gonna start writing a new record and we'll probably come back here in June to do

some festivals.

Austin: We're going to the US as well
Zakk: The new album will probably be out in early 2010.

If you would like to find out more about Black Tide visit their official site www.blacktidemusic.com

Their debut album 'Light From Above' is out in stores now.

By Sarah Louise Brogden



WITH THE RELEASE OF A NEW ALBUM AROUND THE CORNER, THE GUYS OF LOST ON LANDING END 2008 WITH A CHRISTMAS SINGLE AND GEAR UP FOR 2009 WITH AMBITION AND PASSION FOR ROCK AND POP PUNK

We are also going on tour with another Southampton based band that have come out really well lately. We would really like to do another album and if the chance is there we will do it. I think it's good to do an album if people were to notice you. If not it's best to build up that recognition and promote more singles and release new EP's."

The band has had recent local success of their Christmas single, the re-release of George Michael's 'Whams last Christmas'. They bought the punk rock version to life recording and performing it for charity at The Joiners on the 22nd December. Steve was thrilled to have this chance as he explains the track as 'epic' and wants to play it all year long. With their voluntary actions here, the pair has high hopes to start off 2009 with more success, but more importantly hope to maintain the thrills and fun of making music: "We are not at the stage of earning money from this yet but we are confident that will eventually change.

All of us are committed into making a career out of this quit out current jobs and write more albums. However, if this chance never comes, we are not fussed about the money aspect, as long as we keep having these opportunities to gig, we will keep at it."

As Chris ends this interview on a positive note, the lads swiftly neck the rest of their pints and opt for a quiet night, a time they rarely get with their busy schedule and by the sounds of it, a time they will see even less in the near future. With the confidence to deliver the musical success they have always dreamed of in 2009, the hopeful famous five will have finally found their landing spot in the industry."

To see more of Lost on Landing, visit their MySpace page, www.myspace.com/lostonlanding.

Away from their busy schedule of gigs, recording, rehearsals and ordinary jobs, Lost on Landing star's Chris Jackson and Steve Drury remain fresh and lively with their ear to ear grins and relaxed composure intact. For this precise moment is a good one for the guys, as it is a night out after work in a favourite location for the lads, Southampton's Walkabout.

Beer...check...cheesy chips...check and with everything in place, the pair, both 22, kick off by explaining how the band formed back in 2006: "I was in a previous group and a select few of us kind of wanted a fresh start, something new and a change. So the band members who were most interested became a part of Lost on Landing."

When asked how the band was named, Chris can't help but smirk and honestly admit to how it came about: "To be perfectly honest that was the best of all the shit names we came up with."

As the band formed and bought their mixture of talents to record, their MySpace page popularity soared and the boys had a strong fan base at their fingertips. With contacts from their previous work in the industry it wasn't hard for the combo to gain access to perform at local gigs:

"When Steve joined, he had at that point worked at The Joiners and knew a lot of people from there. We also just gradually built up contacts by meeting new bands and making friends."

Talking of The Joiners, the guys have had a lot of memorable nights there: "We've played at The Joiners every month for the last year practically (laughs)," explains Steve, "We've started to slow it down though because we don't want to become boring there. If something good and worthwhile comes up, we take it, but other than that we try to hold back."

The band have played in many areas of the country, keen to spread the word of their group and with intentions to write more, the hopes to do a new album is on the cards: "We did an EP launch back in May at the Wedgewood rooms in Portsmouth and we have been up to Scotland to promote as well, but lately we have had to unfortunately cancel some dates for certain circumstances," says Steve.

This to date has been the best gig the band has ever put on, with Wedgewood rooms becoming a top place for their performances: "It was brilliant!" grins Chris, "We got to pick the support bands and a few of our friends played which was cool. We are gradually getting to pick our support acts a lot now which is a very positive step for us. It's good sometimes to help new bands out and give them a chance to perform. You have to start somewhere and we know how that feels."

Despite the setbacks of cancelled dates, these potential stars have remained positive and keen to produce a new album for 2009, setting aside the huge amount of gigs and tours they currently attend: "In March we hope to stop and step back to focus more on writing songs."



A DAY TO REMEMBER



A Day To Remember

L-R: Neil, Josh, Jeremy, Tom, Alex.

Drummers are notoriously known for being quiet and reserved, the lovely Alex from A Day To Remember is no exception. Hannah Mahony caught up with him before his sold out show at Portsmouth's Wedgewood Rooms...

Hey Alex! How are you? How's your sold out tour of the UK going for you?
It's been awesome, since we've been over here it's been pretty crazy.

Which part of this fine country have you enjoyed exploring in and playing to the most?
Sheffield was the craziest, but place wise, probably London.

Why?
Just because it's London probably.

What do you make of Portsmouth, a seaside town, famous for the ancient Tudor Rose battle ship?
It's pretty nice. It's pretty cold. But for what it is it's pretty good. It's alright.

What about the gastronomy, have your taste buds exploded with the overwhelming fine English cuisine?
I had a fish and chips down the street it was ok. Nothing spectacular.

The United Kingdom has a wealth of new, edgy inspiring music. What is your favourite British band?
I don't know, maybe the Gallows?

You've just released your new album Home Sick, are you happy with it?
We're all pretty excited about this one. More than any of the other records. We're satisfied with it I guess. It's pretty much the same thing just a better record.

Everyone loves your metal cover of Kelly Clarkson's Since U Been Gone. Do you have any plans for any more covers?
We actually just did a cover of The Fray's Cable Car song for the Pop Goes Punk record and that's supposed to be coming out real soon.

If you could cover any song, any song ever, what would it be and why?
No idea. It has to be a rap song, we haven't done a rap song yet.

Sweet. Thanks for the er.. inspiring interview.

By Hannah Mahony



The shockwaves NME tour marked my first experience of Simian Mobile Disco in the flesh, and I knew I was never going to be disappointed.

The venue? Koko Camden. The atmosphere? Electric. It seemed every indie kid, electro lover, dance fanatic and pretty much anyone who appreciates music you can get lost in had come too see, hear and feel SMD for themselves.

James Ford and Jas Shaw don't travel light. It looked like they had literally brought along every amplifier, monitor, mixer and synth they own and basically placed their entire studio centre stage.

The stage itself was surrounded by what can only be described as a dome of fluorescent lights. Think the crystal maze meets a UV rave. The lighting created half the atmosphere and half the experience, as the pulsating ever-changing colours mesmerised the crowd into a writhing trance before the combination of lights and sounds whipped them into a dancing frenzy.

I did Simian the only way you can - fighting my way to the front through the dancefloor carnage before throwing all kinds of shapes, crushed between the hardcore ravers who were too caught up in the music to care, and the wannabe techies in oversized glasses straining to see how SMD actually create those delicious beats.

The duo spent their set darting around their music-making centre point, twiddling knobs and flicking switches. The overall effect was unpredictable and

thrown together, but that's Simian all over and somehow they still managed to create the finest electro you've ever heard. Just how the crowd love it.

New tracks like 'Synthesise' were met with as much hysteria and appreciation as old favourites like 'Hustler' and 'It's The Beat'. The momentum slowed for the more down beat 'I Believe' and the flashing red and yellow fluoro lights were replaced by a tranquil blue glow over the old theatre. There was a moment of near-calm before chaos resumed. Slipping seamlessly between each song with a series of beeps and sirens and the occasional buzz, it became clear that this was not just aimless button pushing, but a well-crafted act.

By the end of the set everything was a bit of a blur. I lost all sense of time as I got swept up in the musical mayhem. Simian live is one of those things you have to feel to believe, but the best part is knowing that Simian are still mixing dirty electro beats just for the hell of it and there'll be more to come. Much more.



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Jess Lee

Vice President Activities

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rivalry being so great that, for example, the standard 1st XI is used. So well done to all the sports teams who participated in that!

Since I have been in office a whopping sixteen new societies have started up and there are approximately five pending the executive approval. These new societies include Asian, LGBT, Hellenic, Islamic, Catholic and a University Parents Society. I therefore hope that more students than ever are getting the support and inclusion that they need whilst at university.

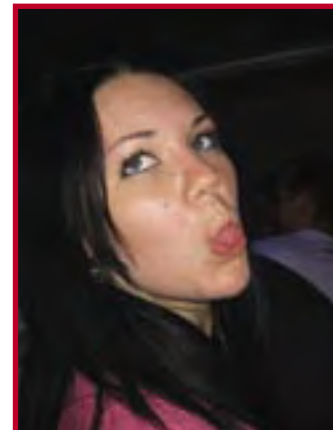
I have also aided the set up of the **Warsash Activity Committee (WAC)** for students based at Solent's maritime campus. Hopefully the committee will lead to an increase in activities that are offered to those students.

I have also created and launched **The You Project**, which admittedly has been neglected due to the 2009 Elections but there are plans to have a sign up stall for this in the Andrews foyer in the third term. I also put on a whole week worth of **RAG** (Raise and Give) activities but unfortunately due to the snow many of these were cancelled. However, as with The You Project, these

Wow, I can't believe that this is my last RE:SUS article – EVER! Before I get all emotional on you I want to summarise the year and also let you know what's to come as the year is far from over!

When I took over from Mikey last June I had all these ideas of how to build and develop the activities section of the Union and I can safely say that by the time I leave I will have done everything I set out to do!

I started the year with the first ever **Walkabout Cup** against Winchester and I am very pleased to say that we absolutely dominated this competition! It was a great opportunity for us to actually play a Varsity that we can trial our freshers in without the



activities are due to be rescheduled in coming weeks. Another third term activity will be an old boys and girls' tournament, this will be a sports competition between current students and alumni – very exciting!

Lastly, I am intending to host an **Activity Awards night**. This will be held in order to reward those who have volunteered within the SU or University and those who have represented the SU or University, whether it's within their course, club or society. I hope to see you all there!

Now you're all informed, here come the tears and cheers! I'd like to say a **massive thank you** to all those who have supported me in order to make this year so successful,

this includes all the members of Sport Solent; Vicki with her sports scores update, Clair with her fixture reminders and Bish with his coffee catch ups! Also to Louise Drake who has been a constant support with RAG, The You Project and with Residential issues. And lastly to all the members of the SU in particular Sandie who has managed to put up with me being in the same office for the past year, even if she has taken to the vodka!

Well done to all Society and Sports Club committees for your massive successes this year, I hope you continue to develop and thrive. I wish next years' Development Officer, Luke Hasler, the best of luck and hope the SU carries on with its success!

Interview with Varsity match winner Tom Tainton

For many of our sports stars, the summer term means the culmination of a whole season's hard work and training and it's where the results really matter. Ahead of this year's much anticipated Varsity rugby match I caught up with Tom Tainton, the scorer of last year's winning try.

So Tom what do you remember about last year's Varsity match?

The game is a bit of a blur to me now, but I remember it being close-fought and very hot! As water boy I had the enviable task of running on the pitch every five minutes. For a lot of the boys it was their last game for the University so it was vital to have a good send-off. Oh yeah, and post-varsity Kaos is the best night you'll ever have at Uni. Fact.

How did the atmosphere differ from any other normal match?

It's the atmosphere that makes the game. Prior to kick off, you could sense the tension in the squad, and in the stands we greatly outnumbered and out sung their support. Varsity has all the makings of an FA Cup tie; it's a unique occasion and one of the only opportunities to get one over on the dirty v-necks, (sorry, Uni).



What was it like scoring the winning try?

Pretty surreal actually, I had only been on the pitch 5 minutes! Scotty Hancocks broke through about eight tackles; fed me the ball and I bundled over the line from 15 yards out. Everybody was too exhausted to run over and celebrate with me, so I went off on a solo victory run, complete with an embarrassing 1950's style heel-click. Better still, I didn't have to buy a drink all night.

How will the team be preparing for this years match? Any special way or just like any other match?

Last year we trained four or five times in the build up to the game, including a visit to

Reading Football club's Madejski Stadium to train in their indoor facilities. Every member of the side took the game very seriously, and I think the intense training schedule helped us to gel as a team and develop our game.

Have you played many games for the team this year?

To be honest I haven't played a great deal this year due to a combination of factors. I have lessons timetabled during training and match days, and more importantly, I'm not very good at rugby.

What advice would you give any of the lads before the game?

I would encourage the boys to just go out and give it their best shot. We're undoubtedly the underdogs, but we want it a lot more than they do. The feeling of beating them, and retaining the bragging rights for another year will be enough to spur us on.



How will you be showing your support for the team this year?

I'll be in the stands shouting as much abuse as possible at the opposition, and supporting the mighty Solent of course.

Why should we go and show our support at this years Varsity match?

Even if you're not a rugby fan, it's still a fantastic day out. The sun is shining; there are horns, banners and a lot of beer. As many of us as possible should try and get down to the game, and cheer Solent on to another victory.

Check in with Sport Solent for information on the next Varsity match. I for one will be joining Tom in the stands, cheering on the mighty Solent!

Equestrian Team

By Merren Hoy

Looking back to how apprehensive we were as to whether there would be enough sign ups at the Freshers' fair seems insignificant compared to what the team has achieved over the year. At the fair, like all the other teams, it proved to be a huge success, beating our record from previous years. This has provided the team with a high level of exceptional and outstanding newcomers to the team.

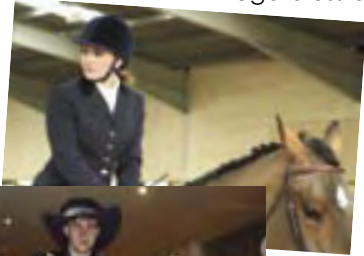
This year a new stable was introduced to the team, which has provided numerous members with an excellent level of tuition, including the competing team excelling more than any previous year since we first established. This has been invaluable for the competing team, enabling the margin between other competing universities to become narrower.

Through the support of Sport and Recreation, the Students' Union and our sponsors, we were able to get many more members out representing the club and the University through a BUCS team, a friendly team and our first SUCS team. The success of competing has been down to the huge support and

encouragement that the team has been giving them. Aside from the riding aspects of the team, we have also had many profitable

fundraising events that have benefited the charities we have been supporting this year -RAG and Spinal Research with our saddle up campaign. I hope the team will continue to support these charities in many years to come.

In the next 5 years I see the team continuing to provide support and encouragement to individuals, as well as continuing to provide a friendly and welcoming atmosphere to members, regardless of what



experience the individual has - catering for everyone.

I hope to be able to come back in 5 years to see how the team



has developed, which I believe will be unrecognizable judging on previous successes that the team has achieved.

Thank you everyone for a truly significant

and magnificent year, with a huge thank you to the committee for all their hard work over the year. And thank you to all the members, as without your dedication and commitment to the team we wouldn't have been able to achieve this high level of success throughout the year.



By Christopher Mikkides

As many of you may have noticed, the days are beginning to get longer, the ten layers of clothing needed to step outside are being shed and the odd pair of flip flops are beginning to appear around campus. This can only mean one thing - summer is coming.

Christopher Mikkides is at hand to show us how to get the most out of our summer term on the South coast.

As many of you second and third years would agree, Southampton is a great place to be during the summer season. The mood is high, the parks are full and the atmosphere is livelier than ever. Although the sun doesn't come at a forgiving time, during our exams and deadlines, who can honestly complain?

We have suffered through the sub-zero temperatures of winter and now it's time to let loose, throw on the shorts and look forward to water fights and barbecues. Many of us like to get into sublime shape for the sunny days and let's face it; summer wouldn't be the same without playing our favourite sports. The parks around the city are where the magic really happens. Huge games of football are played until the late hours of the evening, involving masses of people. Alternatively you can get out the Cricket set, throw around the Frisbee or go International and pitch some American football.

The University offers various sporting activities that seem a lot more enjoyable in the sunshine. If you enjoy the idea of water sports, you can join one of the various clubs at Solent. The Water Sports Centre is located at the Warsash Campus, which

is at the mouth of the River Hamble. The Centre has a range of new equipment and is ideally suited to teaching everyone from beginners through to advance or instructor level courses. You can also get in contact with The Quays Sports and Recreational centre of whom provide activities such as; sailing, power boating, kayaking and climbing.

If you're into Tennis then look no further than the park opposite the main Uni building. The concrete courts next to Park Café are very well priced to suit the tight student budget. Just by the underpass leading to London Road there are secluded grass courts that are perfect for tennis in the sun.

Living in Southampton, it's hard to forget that we are just a twenty-minute drive from Bournemouth beach. There is no better way to enjoy a day in hot conditions. Whether it's building sandcastles, playing volleyball, beach football or just a quick dip in the sea...there really is something for everyone to enjoy!



What's happened to the Saints?

With the threat of relegation to League One looming over Southampton Football Club, Alex King looks at the Saints' spectacular fall from grace over the last few years.

Having played in the top flight of English football since 1978, Southampton's descent in to the Championship in 2005 came as a huge shock to everyone involved in the club and the city itself. Despite regularly being at the wrong end of the Premiership for the majority of their time competing in it, there was always an air of indestructibility about them, seemingly getting themselves out of relegation battles year after year, to the delight and horror of their supporters. After West Bromwich Albion condemned the saints to relegation to the Championship in 2005, a bounce back to the premiership was expected by both the club and supporters. Four years on and the Saints are seeing dwindling numbers in their newly acquired stadium, Saint Marys, a threat of relegation from the Championship and the risk of slipping in to administration is looming.



Matt le Tissier, a Saints legend, recently stated his increasing worry for the club in a BBC radio Solent interview: "It would be hugely damaging, I think it would be sad for the entire city if we were playing in League One."

With little over ten games left to play things are looking bleak for the Saints, and the city as a whole. The revenue received from playing in the Premiership is astonishing.

To put things in perspective, Derby County, who now play their football with Southampton in the Championship, earned a massive £29.1m, purely from television deals.

The Championship doesn't bring in anywhere near as much television revenue, which has led to many teams getting in to a lot of trouble after relegation. Look no further than Leeds United. The 00/01 season saw Leeds mounting a serious challenge for the Premier League title and reaching the Champions League semi finals. By 03/04 Leeds were relegated. After going in to administration in the 07/08 season Leeds were relegated once again.

The Saints are now facing the same fears. Fielding a team full of youngsters was seen as the solution, slash the wage bill and hope for the best. However, this hasn't worked at all and now looks set to make the club suffer even more. Relegation once more would surely bring administration, with this it wouldn't only be the club that would suffer, the whole of Southampton would. Playing in a lower league would case lower revenue from gate reception to television revenue and in turn would make the businesses of Southampton which, are so accustomed to having brimming streets on match day, struggling for business.

The domino effect stops at us students. Inevitable less business means no need for as much staff, tie that in with the 'credit crunch' and we can all kiss our jobs

Sport Hurts

As Eduardo Da Silva's name begins to become a permanent fixture on the Arsenal team sheet once again, Jess Purdue takes a look at some of the most shocking sporting injuries to date, and in particular, the Croatians remarkable recovery after that horrific tackle which left his leg on the brink of amputation.

When Eduardo Da Silva fell spectacularly last year against Birmingham, both he and numerous experts thought that the Croatians career had ended. With a fractured fibula and an open dislocation of his left ankle the future was looking bleak. "In that moment I was so uncertain of the future, I was gripped by fear", said the Arsenal striker. "I lay there, I didn't even try to wriggle my foot, I forgot about the pain, I forgot about everything". Less than twelve months later however, Eduardo was back. First playing for the reserves and then making his first team appearance against Cardiff in the FA Cup replay. Not content with just being back on the pitch, he scored two of Arsenal's four goals; the first came with an emotional celebration. "It was the best day of my life because it proved I could play again. It was a special moment for me to score. It was amazing." Eduardo is not the first high profile footballer to bounce back after serious injury or illness. In 2001, Millwall player Neil Harrie guided his team to promotion by winning the Golden Boot as the leagues top scorer, but his world fell apart when, at season close, he was diagnosed with testicular cancer. However, Harrie was back in a Millwall shirt within six months and scored in his comeback against



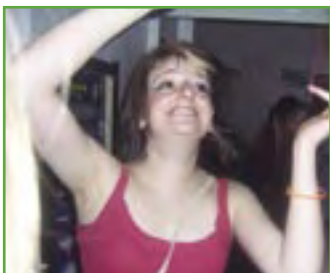
Watford in 2002. He also won an FA Cup runner up medal in 2004 and last month grabbed his 112th goal for the club, beating Teddy Sheringham's previous record.

Celtic forward Henrik Larsson suffered a career-threatening break in October 1999, when his lower left leg snapped in half after a clash with a Lyon defender in a UEFA Cup match. The Swede spent eight months on the sidelines but returned to play in the last game of the season and even played for his country in Euro 2000.

They are a footballer's worst nightmare, and the realisation that one tackle could end their career forever does more than just keep them awake at night. If you team that with the fear every injury-induced footballer must feel walking onto the pitch once more, you begin to understand a bit more of what these so called privileged men have to deal with. Of course there will always be complaints about how much they earn and the extravagant way in which they spend, but it is possible consider that they train hard and the lifestyle by which they have become accustomed to could end at any second.

HALL OF SHAME

Lets have a giggle. . .



The Last Page!!!

Chuck vs. Comic Book Heroes



When the Hulk gets angry he breaks things. When Chuck Norris gets angry things break at the thought of an angry Chuck Norris.

Norris, which is unstoppable.

Batman has everything in his utility belt to defeat any foe, from kryptonite to shark repellent. For Chuck Norris he has a cyanide pill.

The Fantastic Four didn't get their powers from cosmic rays, it was actually shockwave energy given off by an interstellar roundhouse kick.

Chuck Norris watches the Watchmen.

Tony Stark created the first Iron Man suit with scraps in a cave. Chuck created the universe with fluff he found in his pocket.

Wolverine's bones are reinforced with adamantium, which is unbreakable. Chuck's bones are reinforced with Chuck

Chuck Norris found the god particle centuries ago - it was stuck to the soul of his foot.

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