



Scraple®  
Issue IV

# LETTER FROM THE EDITOR

Charles Kettering once said, “my interest is in the future because I’m going to spend the rest of my life there.” And Charles Kettering was a man who had our best interest at heart; you can thank him for your car.

Here at Semple we too have always felt most at home in the future. So issue IV looks forward, to the future of art and music, of fashion and youth culture. This issue will push you out of your comfort zone and into the world that awaits you. Your ideas, creativity, hopes and your dreams, they are all welcome here.

Become the inventors of your own tomorrow and what ever you do don’t look back, you’re not going that way.

You are the future.

Sophie

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# LITTLE MISS LOVELY

SOPHIE MAGUIRE



Lauren Aquilina may seem like your usual 18-year-old girl, she loves fashion, her family and her friends, and is an avid Instagramer. But this 18-year-old just so happens to be one of Britain's hottest rising talents. The Bristol born beauty has set our hearts ablaze with her exquisitely stunning songs and soulful lyrics, that are so beyond her years, you almost can't believe she came up with it herself; she did. She is so good in fact that she is now set to take the world by storm, having already had a sold out show across the pond, an experience she claims was "really surreal." It seems America likes our little Lauren. "I was literally just like what the hell the whole time. People had travelled 12 hours from CANADA and stuff. Total lunatics. But great, lovely, lunatics." It is this humble nature and great personality that sets Lauren aside; it's not just her music you fall in love with - it's her too.

Initially gaining popularity by posting original and cover songs on her YouTube channel, which garnered over 2 million views, Lauren grew her fan base very much organically and independently. In a time where talent shows are aplenty, offering young people a platform to be heard, it is lovely and so admirable to find a young lady who is going it alone. However, she does think they're a great platform for some and they "teach people a lot of lessons." Xfactor may not be for this

singer songwriter, who surprisingly claims, “I personally would never be brave enough to audition”, (hard to believe after sell out tours and festival performances) but she has made it regardless. With her pure determination, like ability and raw talent, it’s clear that Lauren has the Xfactor, without the aid of any such shows.

“I allow myself quite a bit of poetic license.”

Her sound is heart wrenchingly honest, melodic, and relatable. Lauren Aquilina’s music is relevant and transcends the ages so remarkably; which is no easy feat for such a young artist. “I’m a very confessional writer but I allow myself quite a bit of poetic license (I exaggerate).” Whatever method she might be using, Lauren’s lyrics grab you and have you surrender to her sound and her truth. “Society killed the teenager, why on earth would anyone stay when you know paradise is just one dose away” is just one of the standout poetic lines from some of Lauren’s early work. It is this kind of authentic cathartic paradigm that makes Lauren so much more than a popstar. She is a true artist and intellect in every sense of the word.

Sold out UK tours, America under her belt, and an independently release debut EP, which



reached the top 50 on the iTunes chart in its first week. All of that while staying in school; just merit again to how down to earth Lauren really is. International songstress was always plan A, but what was plan B? “Geography degree. I wanted to predict natural disasters”. Better put that on the back burner, plan A is working out pretty damn perfectly I would say. Hats off Miss Aquilina.

And who would Lauren like to thank for it all... “My Mum for being awesome, my manager for putting up with me, and everyone who’s ever posted a nice comment about me or even just followed me on Twitter. Total babes.” We would like to thank her, for her voice, and for her song. Please never stop making music Lauren – the world could do with a little more of your loveliness.



Semple's quick fire round with Lauren Aquilina...

**I always pack...**biscuits. Always.

**I start my day with...**falling back to sleep. Waking up again in a panic. Checking my phone. (The sad truth).

**If I were a character in a book I would be...**  
Hermione Granger, I hope.

**My golden rule is...**no pain is permanent.

**When I get into a hotel room I...**bellyflop on the bed, obviously!

**I regret...**the 2 Kit-Kats I scoffed five minutes ago.

**Last tweet...**'It's 3.11am and I've just woken up with an unbearable craving for toast'. (That was last night).

**Marmite...**ALWAYS. In fact, I had it on my 3.11am toast.

**Lets talk fashion...**

**My go to item is...**cut off denim Levi shorts.

**I can never part with...**my white converse. They're so tatty and gross now but I have like 5



years of memories with those shoes, we went through a lot.

**My wardrobe is...**pretty messy. All my clothes are hung up but the wardrobe floor is just a pile of doc martens and belts.

**If I could have access to anyone's wardrobe it would be...**Gwen Stefani's.

February 2014 is show time once again and we ask Lauren what we can expect from this tour, "expect a darker, more intriguing show...I won't give too much away!" gushed the ever excited Aquilina. Get your tickets now and we shall see you all there.

# A DIGITAL FUTURE

SAMANTHA

VANDERSTEEN

Could you survive a day without your mobile? Think about it, could you really? How many times a day do you check your emails on your phone, look for directions, check Facebook, upload a photo? The small piece of plastic we keep in our pocket has become such an integral part of everyday life; with talk of “swipe to pay” payment methods and even door keys going digital, what will you miss when the future goes all out digital?

Smartphones have become such an essential part of our everyday life that actually using them to make phone calls is no longer a priority. In fact, a study of 2,000 smartphone users by O2 showed that “making a phone call” was only the fifth most popular use. Our phones have become our diaries, magazines, books, computers, cameras and alarm clocks all rolled in to one.

Not only that, but they have completely reshaped the way we live our lives. With constant access to emails we work round the clock, we are always in contact with friends and family, and everything is only ever a couple of clicks away. Is a digital future a brighter future or just a quicker, more impatient one? Don’t get us wrong, we at Semple fully embrace the digital world, what’s not to love about being able to shop 24/7? But sometimes we get nostalgic for times when you played outside instead of online or had an actual chat rather than just a Snapchat.

*"A study of 2,000 smartphone users by O2 showed that “making a phone call” was only the fifth most popular use."*

Taking good photos used to be a skill. You had to have a decent camera, good quality film and had to wait over a week for Boots to develop them. Then you would discard all the photos that didn’t come out properly (you only get one try with real film) and lovingly select and place all of the best ones in an album that you would accidentally stumble across months later. Now we take more photos than ever and instantly upload and share them, but how often do we look back through them?

In the not too distant future almost everything will happen online behind the glass of a retina display computer screen and what will we miss the most? You might miss the impulse to pop to the shops just to try on clothes without pouring over websites and having to wait for delivery. Or perhaps you’ll miss watching just one episode of your favourite TV show at a time and having to wait a whole week to find out what happens next.

For me I will miss heavy hardback books. Books that you can’t just drop into your bag or read on the subway. Books that take two hands to lift and smell of ink and paper. I am happy to walk smiling into a digital future where I can see and talk to my friends living on the other side of the world or access my bank details whenever I want. But please on a Sunday afternoon, just leave me alone with my books.

FROM  
THE ROOTS UP

MARNI BANKS



Fashion and music have always been closely linked and you don't have to look far to see people celebrating the marriage between the two. Last year, Vogue's annual street party 'Fashion's Night out' commended the best highstreet stores and live acts, and it was this night when we discovered the talented voice of Drum & Base singer, Delilah. Her success over the past year as an independent female artist caused our inspirational women radar to flash red. So when it came to planning Issue IV of Semple Magazine, there was no doubt Delilah had to be a part of it.

Delilah was put on the music map after her collaboration with British D&B legends, Chase and Status. Her musical roots have always stemmed from the dubstep scene and it is a genre the singer songwriter feels most at home with.

"D&B is a party genre. It's about getting lost in the heavy bass; it's about movement and feeling free. I grew up in and around the London D&B scene in the 90's. My parents were involved with many nights, independent labels and dj's/ artists at that time, so D&B has a lot of nostalgia for me. It's in my bones," Delilah said.

She has since gone on to launch herself as a solo artist and in July 2012, Delilah released her first album, 'From the Roots Up'.



“The album is about growth. It was my début album so I really learnt a lot through the process of making that record and grew so much as a person. The album is filled with songs about my life thus far. Family, friends, make ups, break ups and falling in love”.

“The album is about growth. I really learnt a lot through the process of making that record.”

Although D&B is heavily characterised by fast break-beats and sub-bass lines, the genre's African origins and Jamaican influences allow lyrics to lift the music out of a repetitive rhythm into a more meaningful medium. The genre is heavily associated with the technological revolution as it is often produced with electronic equipment, and thus it can often be difficult for D&B artists to perform live. However, this is where Delilah differentiates herself and stands out as a unique act.

“I've really grown to love performing acoustically. I started off writing on piano and guitar so I've always enjoyed it, but performing songs in a different way from how people hear them on the radio is always challenging. Acoustic performances really force you to have to get your audiences attention and show them what you're made of. It's so intimate and raw.”

Delilah has not only been discovered for her talents as a D&B artist, but her style has also caught the eye of many.

“Day to day I'm a creature of comfort. I live in black and white. I love trainers and Doc Marten's and usually prefer things to be comfy and loose fitting. But come the shows, I lean towards something a little more risqué.”

The long legged brunette is confident in her style, and knows what suits her and what doesn't. “Something high heeled, a little edgy and sparkly at the same time. No Frills or multicolours allowed...I used to have so much amazing stuff but as time has gone on with lots of travelling, touring, and friends "borrowing" I'm sad to say my treasure chest is looking a little dull.”

“I've really grown to love performing acoustically. I started off writing on piano and guitar so I've always enjoyed it.”

Finally, we couldn't let Delilah go without asking her about that very experience where we first discovered her.

“It was mad performing in the window of the Topshop flagship store. There were so many people inside and out. Topshop have always

been really supportive of me as a British artist and I'm a huge fan of their clothes so it just seemed like a cool fit. Their Oxford street store alone is a sort of Mecca for fashion beauty and music, all under one roof!”

At first when her career track alone inspired us here at Semple, catching up with Delilah and getting a taste for her youthful personality, cemented for us exactly why we want to showcase talents who set an example of how creativity should be expressed and channeled for our future generations.

“The industry is definitely changing, record labels no longer hold the key to an artist's success. Courtesy of the Internet, many artists are being discovered in their own living rooms. I for one think that because of the way music is now able to reach the world so effortlessly, it'll allow so many new genres and artists to be heard and discovered. Anyone can be an artist. Saying that it doesn't mean that everyone should.”

# IS THERE A FUTURE FOR THE SMALL FASHION BUSINESS?

SOPHIE SEYMOUR

There's something satisfying about being able to say that an admired purchase originated from an independent brand or boutique. We often relish in explaining that our beloved garment is not from one of the many retail giants that dominate the nation, but these small and savoured companies are in need of our support. As consumers, we have become increasingly conscious of our spending since the recession, which is no bad thing. The downside, however, is that many of us consistently rely on a limited selection of companies and ignore younger, independent brands which may actually offer superior goods. Are we prepared to step away from our tried and tested multinational retailers in order to help small fashion companies stay afloat, or is the age of the independent coming to an end? I spoke to three small fashion business owners to investigate the realities of running a company in the current economic climate, searching for a glimmer of hope.

Polly Vickery launched clothing brand Brat & Suzie with her twin sister, Charlotte, back in 2009. An appearance on Dragon's Den helped them gain many loyal customers for their animal illustrated range, but it wasn't simply a quirky brand idea that got them where they are today. "I don't think when I first started that I had any idea how many different aspects of the business you need to learn and how important keeping your accounts are," she recalls. Adding



Images by Miss Crofton

that: “it’s great designing a range of t-shirts, but if you can’t get them made and delivered to the customers on time, then all the adorable illustrations in the world won’t help you!”

In 2008, Georgia Campbell started her handmade vintage-inspired lingerie company, Miss Crofton. Business soon built up once her pieces became available to purchase online. “When I started out, everything was on a very small scale and things moved quite slowly. Now there isn’t a single moment when there isn’t something I need to do. I never really thought about how it might pan out, I just got on with it,” she says, citing relentless commitment as the path to success.

Fashion timepiece label, Olivia Burton, began in 2012, when Jemma Fennings and her fellow LCF graduate Lesa Bennett found a gap in the market for covetable yet affordable watches. Having already received some impressive media coverage, Jemma explains “we both prepared for a great deal of hard work but having over 15 years of experience between us working within the fashion industry really helped – we knew we’d have to put our heart and soul into it to make it work.”

Whilst all three brands concur that long hours and hard work aplenty are absolutely essential in ensuring that a young business survives, there is one undeniable positive aspect of running a



Images by Miss Crofton

fashion company in our modern age littered with technology. “Social media,” “social media,” “social media,” chimes each business owner. Platforms including Facebook, Twitter, Pinterest and Tumblr are now absolutely indispensable when promoting a young label. These sites, though requiring a lot of time and dedication, essentially provide customisable advertising and the ability to connect with their consumers on a day-to-day basis at no cost.

Alongside various online networking sites, I found that each entrepreneur also pursues other means of publicity. Brat & Suzie keep in touch with their favourite bloggers and send them new pieces every season, because they love seeing the outfit posts they come up with. “We also work with a PR company called The Clear Agency, who deal with magazines and celebrities – we had a great reaction to our new range, so we’re looking forward to lots of coverage in the upcoming months.” Georgia, on the other hand, has continued to run a market stall since the start of Miss Crofton “as a great way to meet people, bloggers, buyers, photographers etc.” For her, collaborations with other creatives have proved to be a fantastic mode for “creating exciting content,” eagerly sharing that she has “just sent loads of samples to an amazing photography duo in New York called Wiisa... I can’t wait to see what they do with them!”

It seems that it is not only consumers who are increasingly savvy, as business owners have also fluidly adapted to the current market. Olivia Burton’s Jemma confirms: “Social media platforms have been instrumental in helping increase brand awareness. We don’t spend any money at all on advertising like some other designer brands, which enables us to keep our prices affordable and the quality comparative. We’ve had a lot of interest with the media and have been lucky to feature in some fantastic titles like InStyle and Hello!”

Most would assume that small fashion companies consistently have to fight hard against their large retail rivals, but there are some exceptions to this rule. Both Brat & Suzie and Olivia Burton are currently featured on online shopping giant, ASOS, producing exclusive items for the website which are sold alongside existing items from their current collections. “ASOS is a huge fashion platform so it helps expose us to a wider audience. We work very closely with them to deliver a limited number of exclusive lines each season, which enables us both to shout about the brand,” Jemma tells me. Polly is equally impressed, reporting that: “working with ASOS is great. They are innovative and creative in the way they work – it’s amazing. It’s brilliant for us, as new customers can discover us through the site.” ASOS are

not alone in supporting smaller labels. Brat & Suzie have successfully collaborated with River Island and New Look over recent years.

Despite my concerns, the future looks bright for young hopeful labels across the nation. The past year has proved prosperous for these three brands and they remain hopeful for the one to come. Olivia Burton are soon to release a collection of watches for men, vintage lingerie company Miss Crofton have had their best year yet “Internet sales have increased massively and we are now stocked all over the world. I hope that I experience even more growth, especially online.” And Brat & Suzie agrees “we’ve definitely seen sales increase this year. It feels like customers are willing to spend more on smaller brands that are different, rather than cheaper products which won’t last.”

With each of the business owners brimming with positivity for the future, it’s hard not to be convinced that perhaps small fashion companies aren’t as endangered as I initially feared. However, they do need continued support in order to remain a welcome presence among the Topshops of the world. When you next shop online, why not opt to support a young label that will really benefit from your purchase? At the very least, go and find them via ASOS.

# THERE'S MORE TO LIFE THAN A KNIFE

MARNI BANKS

**"I've had so much plastic surgery, when I die they will donate my body to Tupperware." - Joan Rivers**

Issue III of Semple Magazine looked at what it means to be a beautiful woman. We looked back over the history of different appearance ideologies and concluded that essentially, if you are able to smile about what makes you you, then you will encapsulate the most honest definition of beautiful. But it seems that accepting our looks and making the most of them just isn't enough. A woman's daily routine, no matter how confident she is, most likely begins with a face full of make-up. Thickening our eyelashes with mascara to deepen the colour of our eyes, a sweep of blusher to compliment our natural contours and a slick of gloss to plump those lips. Make-up is there to serve the purpose of accentuating our femininity and there is no denying, we would be lost without it. The thought of forgetting your make-up bag on holiday or leaving behind your concealer on a night out is enough to send shivers down your spine. So as we look to the future in this issue, surely the simple answer to avoid these situations and save time is cosmetic surgery? Why spend half an hour every morning applying

all these expensive products when you can opt for a one-off payment and a lifetime of permanent good looks?

**"In 2012 in the UK alone, 39,070 women opted for cosmetic surgery."**

As it stands, the number of people going under the knife to alter their natural features is worryingly high. According to the Guardian in 2012 and in the UK alone, 39,070 women opted for cosmetic surgery. Of this number, 5,324 had face and neck lifts and 9,843 chose to have breast augmentations; more commonly known as 'boob jobs'. According to the British Association of Aesthetic Plastic Surgeons (BAAPS), the statistics of surgical procedures saw an increase of 0.2% from the previous year. Despite this looking like a small percentage increase, the fact is, more and more women are choosing the knife over the make-up brush and this is something we should be raising our eyebrows over (excuse the pun).

While these statistics might make you frown, I would advise you to relax your face muscles immediately. It turns out, the number of anti-ageing procedures being practiced to banish those wrinkles are higher than ever, and are increasing at a more rapid rate than any other

cosmetic surgery procedure. Unfortunately, these figures tell us that as women, we are not just unhappy with our given forms and make-up regimes, but we are also allowing our fear of old age to result in the injection of dangerous substances and risk-taking surgery just to prolong the inevitable. It looks like the future of our population will be bulging with Botox, slimmed down by tummy tucks and consequently, possibly even suffering from the affects of illegal implants. Welcome to Barbie World.

“Make-up is there to serve the purpose of accentuating our femininity and there is no denying, we would be lost without it.”

We mustn't ignore that there are some benefits to plastic and cosmetic surgery. However it must be stressed that these usually only apply to those who have experienced life altering problems or to those who are seriously unhappy with their looks (and I mean seriously unhappy, not just the odd 'fat day'). Going under the knife has allowed cancer patients to reconstruct what the disease took from them and those who have suffered from injuries and fatalities, have been given the chance to



Artwork by Madeline Griffiths

feel more 'themselves' again. But if given the option, I'm pretty sure all of them would rather have their natural, non-plastic forms over a false construction any day.

When I started writing this article I was neither for nor against plastic surgery and I'm still not decided. But, if these staggering statistics continue to rise at the rate they are, and more

and more women continue to undergo plastic surgery in order to prevent the effects of old age, then I know which side of the line I will stand on. Time will always chase you, but life will be kind to you and ageing is a beautiful thing. Embrace it. Choose life, not the knife.

# KNOW YOUR PACK

IT'S TIME TO GET WILD

SOPHIE MAGUIRE

**A**t a time when the internet is awash with endless t-shirt brands trying to “make it”, and with them all offering the same urban streetwear look, it has become a hard market to crack. Now meet Wolfe Academy, a t-shirt brand yes, but that is where the similarities end.

“Not urban, but wild, Wolfe Academy looks to nature to inspire their collections”

The brainchild of couple Charlotte Hillier and Oly Christie-Rundel, Wolfe Academy is a brand that is doing it right. Focusing on ensuring that everything is ethically responsible is of utmost importance for this design duo and at the heart of the brand is an honest integrity. “We don't want anything we sell to be at the cost of someone or something else. We are proud of what we are doing, and we want to keep doing things that way”, an ethos that is lacking with so many others attempting to break through. Not urban, but wild, Wolfe Academy looks to nature to inspire their collections and the great outdoors give their clothes a fresh look. With product names such as the Big Roar, Cranberry Mountains and Sky Tribe this is one collection to help you get in touch with your surroundings.





Tees and vests are screen-printed using water-based inks on a range of organic fair trade cottons, and it's all done with their own two fair hands. Designed, printed and finished in England, Wolfe Academy, truly are an organically homegrown brand you can feel good about buying into. It's not just t-shirts you will find here though. With both a men and women's collection Wolfe

Academy offer bandeaus, skirts and some seriously stylish sunglasses molded from eco friendly bamboo.

The typical Wolfe Academy wearer is someone who loves casual clothes and favours dressing down, they care about the world they live in and make the most of the outdoors. Majestic, free spirited and wild,

and just like their spirit animal the wolf, they know who they are. For Oly and Charlotte the dream is quite simple "to keep creating" and that is the type of thinking Semple respond to. If you support one brand this year make it Wolfe Academy. Do you know your pack?

**Semple's quick fire round with Oly and Charlotte...**

**The music artist which best represents Wolfe Academy is...**

**C:** BIFFY!! I always rinse Biffy Clyro whilst I'm designing, they get those creative juices a'flowin'.

**O:** Hanni El Khatib

**Fashion idols...**

**C:** Hussein Chalayan. His 'Afterwords' collection for AW00 was insane.

**O:** Eeeerrrr

**Marmite...**

**C:** Hell yes. Yummy yummy.

**O:** NO!

**If I could be an animal I would be...**

**C:** An Alpaca, cause I would have a sick little tufty fringe. It's all about alpacas.

**O:** A cat for sure. Preferably my homeboy Hobbes.

**Who has the best style...**

**C:** I do!

**O:** Ppshh me fo sho!

**Tomorrow I have to...**

**C:** Pack for holiday. Exciting!

**O:** Skate! It's Thursday, which is skateboards only at the local park; no scooters getting in the way.

**Fail-safe fashion item...**

**O:** Vans

**C:** Same. I wear them with everything.

I never leave the house without...

**C:** A bottle of water, it's not about being thirsty.

**O:** Phone, wallet, keys. Boring stuff.



# HOW BITCHIN' IS YOUR KITCHEN?

SOPHIE MAGUIRE



Nadia G is hot, hysterical and pretty handy in the kitchen. One day she was cooking up a storm in some seriously high stilettos the next she is the creator and host of the hit Cooking Channel series Nadia G's Bitchin' Kitchen and it is a show you can really sink your teeth into. Ingeniously funny, insightful and deliciously demented, this stylish comedy-cooking show is unlike anything else you have seen before. Set in a candy-coloured kitchen decked out in rock chick animal print and leather, Bitchin' Kitchen looks at the comical side of everyday life situations and turns them into gastronomical occasions worth celebrating. So imagine our excitement when we got to talk to the rocking lady herself. Meet Nadia G in all her quirky awesomeness...

**I'm obsessed with your show. What sparked the idea for Bitchin' Kitchen?**

I've always been food obsessed. Although I loved to cook, I thought of it more as a necessity, than a career. I spent my early 20's doing sketch comedy online, creating classics such as "EZ Break - stick on sores that make breaking up more simplex", or songs like "I'm Never Drinking Like That Again". Eventually I decided to meld my passion for comedy with food, and created Bitchin' Kitchen.



**Have you had any formal chef training?**

Nope. I learned to cook from watching the women in my family. I believe anyone can make a great meal; all you need is fearlessness and patience. You gotta get back on that horse if you ever want to make tartare out of it.

**Bitchin' Kitchen has made cooking cool.**

**Not only is it hysterical and peppered with awesome fashion, we learn something every episode. Was that a happy accident or did you always want to bring food to the younger generations who would rather grab a burger than pick up a knife and get to work?**

I've always wanted to make lifestyle entertainment, well, entertaining. I often get



comments like "This is the only cooking show my husband/ kids/ cat ever watches". Sure the recipes are solid on Bitchin' Kitchen, but it's more about the stories that get you to the plate. From 'One Night Stand Breakfasts' to 'Dysfunctional Family Pizza Night', we make food fun.

### **Did food always play a big part in your life growing up?**

It sure did. Growing up in an Italian immigrant family, food wasn't just a form of expression; it was the only form of expression. If we were happy, we celebrated with pasta. Sad? Have some pasta. Need to talk? Shut up and eat your pasta.

### **Who inspires you?**

I'm inspired by comedians, musicians and writers. Although I love food, I'm a bit ADHD and can't bear watching a chef - however talented - wax poetic on the freshness of his tomatoes.

### **Here at Semple we are of the opinion that a girl can never have too many shoes. How many pairs do you own and are we likely to ever catch you filming in sneakers?**

Agreed. I have about 20 pairs of shoes. Now that may not sound like much, but I've always

been about quality over quantity. I apply the same logic to cooking; it's better to have one premium bottle of balsamic than 5 cheap vinegars. If Louboutins seem out of financial reach, try this creative math: take the price of the item and divide it by how many times you'll wear it. And for a mere dollar a day, you can own a pair of Pigalles.

### **If you weren't doing Bitchin' Kitchen where would you be?**

I love writing comedy songs, so I'd be spending more time working on my new album, titled: "You Shouldn't Tell Your Boyfriend You'd Shtupp Ryan Gosling When You're Drunk".

### **Dead or alive who would you invite over for dinner?**

Lets go with a UK edition: Stewart Lee, Allison Mossheart, Irvine Welsh and Danny Dyer - as long as he introduces each course aggressively in a cockney accent. Man, does he ever crack me up.

### **What is your favourite thing to scoff?**

BBQ baby back ribs and fried pickles, mmm.

### **You can only eat one meal for the rest of your life. What would it be?**

I'm going to go with a super vinegary kale salad topped with currants and almonds, served with a side of sushi. Any meal will get boring if you have to eat it everyday, may as well go with something fit. Feel free to use that as a metaphor for relationships as well.

### **Have you ever been criticised? And what advice would you give to those who have an aspiration and are being criticised for their dreams?**

For sure! When we launched our show in America some people were angry, how dare we make jokes while cooking?! At first it gets to you, and you go through the whole 'hacking their computer, finding out their address, and delivering dead pigeons to their doorstep' thing. But eventually you realise that criticism is good, it means you're doing something new, and that's what it's all about for me.

### **We have just ordered your book. Which dish do you recommend we try our hands at first?**

Bacon chocolate, it's one of the easiest, most delicious desserts you'll ever have.

# MY FASHION FUTURE

WILL YOUR FUTURE FASHION SENSE BE  
AS CRINGE AS YOUR PAST...

SOPHIE SEYMOUR



Artwork by Maria Clemente

**A**s a teenager I took the notion of grunge style a little too far. Reflecting on old photographs, I question why I insisted on layering on quite so much kohl eyeliner, what I was thinking wearing cropped band t-shirts in the middle of winter, and how I could walk in those baggy skateboarding jeans. Those were the days of Myspace and MSN chat, when display pictures were taken from an awkward angle above our heads and hours were spent choosing the perfect pop-punk song to feature on our profiles. Much to my relief, Facebook and Twitter had not yet been created and so the evidence of my fashion faux pas lies only in the hands of close friends and family members. I would like to think that my taste has since improved, that three years of attending a fashion university honed my sense of style, and that in ten years time I won't look back at old photographs and feel quite so ashamed; but I'm not willing to place any bets just yet.

Over the past few years I have continued to admire the dress sense of models including Erin Wasson, Daria Werbowy, Freja Beha Eriksen and Lily Donaldson, alongside actresses such as Gillian Zinser and Sienna Miller. Each of these fashionable females has a unique take on style, yet all share a nonchalant approach to subtly dressing up casual clothing that simply ooze effortless cool. If my budget

were unlimited I would have purchased Hedi Slimane's Autumn/ Winter 2013 collection for Saint Laurent in its entirety. However, as it stands, my spending is currently limited to the greats that complete our fantastic British high street, which is impressive in its ability to recreate catwalk styles to suit the needs of any consumer. Of course, buying designer garments can help, but I think that the true essence of great style is finding what suits, flatters, and enhances in both terms of body shape and personality. After all, it's hard to look great, if you simply don't feel it.

They say that we tend to have a built-in fondness for the fashions that were in vogue when we were young and impressionable - for me this rings true. As a child of the nineties, I have more than enjoyed the recent jelly shoe revival. When the current trends fade, I can embrace certain aspects of the new, that will blend with my reliable fashion choices, as I'm sure many others are doing now. My mother for example, a true sixties baby, will never end her love affair with flared jeans and nor should she for that matter. We can rest assured that the world of fashion is cyclical, and that it won't be long until our preferred tastes are once again returned to the spotlight.

If I revisit my teenage photographs once more, I can see that actually those Vans trainers would now prove to be vintage collectables, I

would most definitely still be wearing the super skinny jeans and I genuinely regret chopping off my long locks of hair. I can admit that I am still rather partial to a slouchy beanie hat, continue to rely on always owning a couple of great denim jackets, and own a shoe collection that remains flooded with various pairs of faithful Converse. In hindsight, making a handful of stylistic errors actually hold great value. I can learn what works best for me, enabling me to dress better in the future. In time, I hope my style continues to adapt, my budget will (fingers crossed) increase, and the range of labels within my wardrobe will improve. My intentions are to ignore the various antiquated age appropriate rules of dress and instead continue to enjoy fashion in the pursuit of that sense of ingrained natural chic, which I admire so much in others. Here's to my fashion future.

YOU GOT THAT  
VIBE  
SOPHIE MAGUIRE



When Semple sat down with Tom Hardless the creative mind and soul behind the clothing brand that centres your chi and balance your life, we came away even more in love with his concept. Peace, love and light - this is iamvibes.

Firstly, thank you so much for speaking with us today Tom and welcome to Semple. We have loved iamvibes from day one and have watched the brand go from strength to strength.

### **What does the Hamsa hand represent for those who wouldn't know?**

Hey Sophie, thank you for having me. Okay, so the outline of the iamvibes Hamsa represents a conscious lifestyle that transforms us to a higher state of being, where we can protect ourselves from negative energies. The sacred geometry within the Hamsa stands for unity with others on a level in which we are understanding and honouring our differences as well as similarities as a global community. The geometry also represents the raw energy of creativity that we all possess and can use to evolve as humans, so we can live happier and more conscious lives.

### **How do you want people to feel when they wear your clothes?**

I'd like people to feel uplifted, aligned, protected and happy to project the brands energy as well as their own. Even if the brands "vibe" isn't your thing I'd still like people to feel good about representing something that is trying to put something good into the world and isn't just a parody of something that already exists.

### **How hands on are you in terms of design?**

I am at the core of all the designs and ideas. I have to take conscious time out of the business side of the company and channel in creative ideas. I also have a great seamstress who I work with. We bounce around ideas and are working towards more fully hand made items. It's always nice to have this extra creative energy to work with as you can create something truly unique, if your energies are aligned.

### **What has been the biggest highlight so far?**

As someone who is always striving for more and to move forward I rarely look back, so it's hard to say...but I have to show gratitude for Charlotte Free taking a 'selfie' in one of my t-shirts, because a lot of people started checking out the brand and I believe her crazy energy helped the brand evolve to its next step awhile ago. I think also the connections I have made with truly creative people. To be able to work with people who jam on the same vibration is a blessing. It makes life so much more fun.

### **What is the dream for the brand?**

The dream for the brand is to create worldwide wellbeing retreats for people who are ambassadors of iamvibes. In doing this we would ideally bring some of the most creative and inspirational brands/people together under one roof and help push the grand consciousness by connecting each individual or brand. Ideas and visualisations are already in place...watch this space!

**Protect, align, create. That's pretty powerful stuff and unique for a clothing brand, why is this ethos important to you?**

Because it's what I stand for as a person. It is who I am and how I try to conduct my life and I want to share it with others who dig it.

**Looking back, what would you have done differently, if anything?**

Nothing at all. In my mind a mistake is just a learning curve. You have to ride these curves to grow as a person and as a business.

**In the current economical climate do you think it wise for people to embark on starting small fashion businesses?**

I think everyone should follow their creative visions and dreams and not let money control



them. What it comes down to is how far the person is willing to go to project their message. If you're up for having your own business and a day job to pay the bills do it. I've been doing iamvibes for a year and I still have a day job that I do four days a week, as well as DJing and writing music. If you come from a true honest place good things will happen, but it's hard work.

**And what advice would you give to someone looking, and hoping, to follow in such successful footsteps as your own?**

I wouldn't say it was successful just yet but thank you. Again it's about having a true vision, which you know will evolve and grow as you go along. Think about what you want to do, feel it, be it, have huge dreams yet be focused and look at what you have and what strength you have as a person. One thing I would say is do not do it to become rich, because you will go insane. Doing this kind of thing isn't about becoming filthy rich and hanging out at parties with models and throwing your money away on booze. It's about sustaining yourself and sustaining your creative mind so it can be happy whilst it's on this planet. Once you get over this lust you gain something far more important than money.

**You're pretty Zen in the picture on your website, what could a workaholic stressed out writer like myself do to become more centered?**

I suggest looking firstly into breathing techniques such as Diaphragmatic breathing. This is how we are meant to breathe. If you take time out of your day to do this kind of breathing it rebalances the bodies electromagnetic field and will generally make you feel better if you focus solely on that for a couple of minutes.

Once you're digging that, it's time to learn to meditate. Long gone are the days of meditation to be perceived as some magical hocus pocus. There have been many scientific tests, which confirm meditation will improve your life and everything around you.

**Semple's quick fire round with Tom Hardless...**

**I start my day by...**...checking my emails. Something I'm trying to stop doing and replace with meditation.

**If I were a character in a book I would be...**The Little Prince.

**My golden rule is...**protect the energy you hold, don't open up to quickly.

**When I get into a hotel room I...** get my clothes off, get the dressing gown on and have a nap or meditate.

**I can't live without...**meditation.

**My life would be made if...**Charlotte Free, Anja Konstantinova, Abbey lee Kershaw and The Dalai Lama wore my clothes in a iamvibes shoot, all together.

**Marmite...**with melted cheese and tabasco please.

**Lets talk fashion...**

**Ultimate fashion faux pas...**Wear what you like as long as you are happy.

**What are you wearing right now...**coated black denim skinny biker jeans and a black iamvibes vest...what are you wearing?

**If you could have access to anyone's wardrobe who's would it be...**someone who's 5'11 skinny build, size 8/9 shoe and wears a lot of black.

**Who is in desperate need of a stylist...**I'd like to have one if you are offering?

# GET AMPED UP

THIS IS DOTS WORLD

SOPHIE MAGUIRE

I'm more of a Fleetwood Mac fan, than a Jay Z, Tupac or Eminem kind of girl, but when I got the chance to interview rap artist Amplify Dot I jumped at the opportunity. Because although hip hop and rap might not be my genre of choice, for many it is the rough poetic interpretation of their lives. It speaks to them. Plus, I like a challenge and with issue IV being themed 'You Are The Future' I knew I must push myself out of my comfort zone and experience something else. Expand and grow.

"Amplify Dot isn't just another generic artist, she is a business woman with her own record label"

And that I did. The fear I felt that perhaps Amplify Dot and myself might not find common ground and she, a bonafide lyrical master, would see right through me for the amateur I am, was all wasted worry.

Dot, as she endearingly introduces herself, couldn't be more personable and as I sit down to begin an interview I have so rigidly structured in mind, I know I can relax, throw the rule book away and ad-lib it. Because chatting with Dot is like catching up with friends and now that is something I'm at home with.



Discovered at the tender age of 13 by rap sensation and international star Missy Elliott, Dot alway had the hunger to take control of her own future.

Instead of sitting back harboring a growing talent and waiting to have it handed to her on a plate, Amplify Dot (no doubt not known by her stage name back then) took matters into her own hands. At that Missy Elliott gig at Brixton Academy this little dot (pardon the pun) jumped up on stage to battle it out with a line up of all male wanna be rappers, for what would be her first live performance. “It was insane, so surreal from my first concert to my first on stage experience.” Needless to say she won the battle and the rest, as they say, is history.

Fast forward a few years and Amplify Dot has secured herself an impressive fan base and released her album ‘Paper cuts’. On the topic of her new album Dot explains that she wants people to feel like they “have been somewhere” when they listen to it. “So many albums feel like compilation CDs, like they made a bunch of songs and just put them together. I wanted [the album] to feel like a journey.” With a mix of up tempo and chilled out smooth beats the album does just that mirroring high and lows in the artists life. As you listen you understand Amplify Dot; you grow and learn with her.

Amplify Dot isn't just another generic artist, she is a business woman with her own record label, “Ampedup was born out of frustration. Instead of waiting for someone to do something for me, I put together my own outfit and put out my own stuff.” Her EP ‘Short Back and Sides’ charted in the top 20 hip hop charts on iTunes with no help from managers or label and this is just testament to the force that is Dot. Speaking of todays music industry Dot admits she is cynical and that ‘Ampedup’ has allowed her to do things on own own terms in a time when the industry has become commerical and feels premeditate and intentional. “It's not organic anymore” gripes Dot.

From behind the mic to business woman was an easy transition and one that Dot believes was naturally appropriate, “I hate people doing jobs that don't know about music. If you don't live and breath music then it's being done from a strategic and corporate angle.” When it comes to Dot her heart is most definitely in it and it is this passion and love for what she does that allows her to make decisions that feel right musically rather than commercially. It's her drive to make a change in a stagnant industry that is so admirable. Amplify Dot, You Are The Future.

**Semple's quick Fire Round with Dot...**

**Go to Item...**high tops

**Treasured item...**my first pair of school shoes. My mum thrust them on to me for my 18th as if that was my present, but no I do treasures them and a varsity jacket that has been through the wars.

**My Wardrobe...**goes in phases from colour coded to chaos. It's phases of organisation.

**I have lost count of...**my trainers. I have a room for trainers.

**If I could have anyones wardrobe it would be...** ASAP Rocky's or Chris Brown's.

**I always pack...**light. I hate baggage collection.

**I start my day with...**music.

**I can never have enough...**carbs.

**London or LA...**London. Its home. LA is for actors. Everything is an act.

**I regret...**my first tattoo.

**Marmite...**NO.

# THE PURSUIT OF HAPPINESS

HATTIE LEE

**I**magine waking up and feeling content with every aspect of your life. The possessions you own, the clothes on your back, the people you know, and how much money you have in the bank.

It was only on a recent holiday to Cuba when I realised how ambitious my expectations of life really are, how delusional some of my dreams may be, and how I evaluate my happiness based on the lives of other people.

Fifty years ago reality television shows didn't exist, technology was basic, and the only communication tool was the telephone. Today, we are being exposed to daily images of celebrities through social media, and seeing stories of everyday people shooting to stardom. It therefore comes as no surprise to hear that people in the UK are less happy than they were fifty years ago, despite on average being considerably wealthier. Economists have concluded that happiness results less from the things money can buy and more from comparing your income to peers and to people in the public eye.

Following the introduction of Facebook to our lives, we saw the birth of Twitter in 2006 and Instagram in 2010, which have allowed us to get closer to celebrities than ever before, but it has also made our expectations of life rise. Being this intimate with people who are turning

over millions of pounds each year has left us feeling less satisfied with our own lives. Now you only have to take a peek at the Forbes World's Billionaire list to feel under satisfied with your own income and even more hungry to make more money in order to live the 'high life'.

"The Cuban's still receive food rations and each person receives around 200 pesos a month which is approximately £10. So why are they so happy I hear you ask?"

However, it is not only financial wealth that we are subjected to, the daily act of refreshing feeds on social networking sites allow you to watch, monitor and crave the life of famous icons. Every moment of their lives can be captured, from the almond croissant they eat for breakfast, to their extravagant holiday destination. Because of this, their life seems more tangible and achievable to the millions of UK teenagers as they are witnessing it first hand.

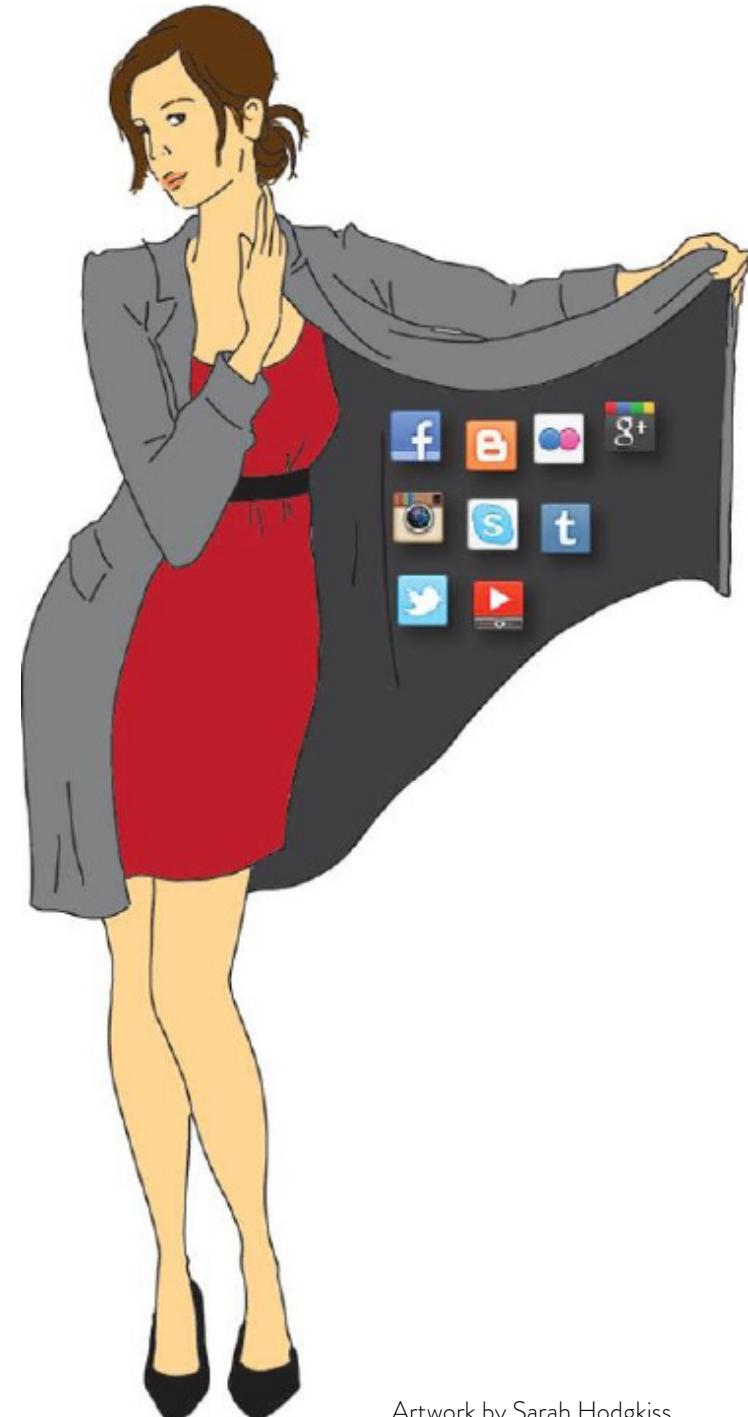
This explains why a survey conducted by the Office for National Statistics from April 2011 to March 2012 concluded that the happiest people in the UK are those between the ages of 16-19. Their satisfaction levels were considerably

higher than the UK average of 7.4 out of ten, but the lowest score was seen in middle-aged adults. This decline in happiness saddens me as an optimistic and ambitious 22-year-old and while this statistic could be the result of many things, a marriage breakdown, unemployment or even underachieved dreams. I believe the overriding sense of reality is also to blame.

Growing up, I was never shoehorned into a career, and my father always told me that the world was my oyster. As a youngster, the opportunities available to me seemed endless, one minute I wanted to be a vet and then a week later I wanted to be an Olympic athlete. Whereas my grandparents who grew up during the Great Depression, had more realistic mind sets, and found happiness through the simple things in life, economic security and family life. Though, unbeknown to the UK population, this way of life still exists, and the people who live there are happy. The Cuban's still receive food rations and each person receives around 200 pesos a month which is approximately £10. So why are they so happy I hear you ask? You could say that they have simply become accustomed to their life, that they know no different, but I disagree. Thousands of tourists enter the country each year so the Cuban people are well aware that a different life exists, but unlike us, they are content with theirs.

We define happiness and satisfaction by what we own, who we know and how much we earn. As a country, we are ambitious, and while we should make the most of the plentiful amount of opportunities we are lucky enough to have, we set the bar too high and end up unsatisfied with who we are.

Unfortunately, it seems our generation and future ones to come are only a mouse click away from putting their happiness on the line. However with more famous icons than ever before putting their life on social media for all to see, I think we have gone past the point of no return, and our hunt for the 'high life' is almost certain to continue.



Artwork by Sarah Hodgkiss

# FASHION FORECAST

SUNNY SPELLS OF NEW IDEAS WITH A  
HINT OF THE PAST

MARNI BANKS

**B**ack in the 90s, it was the done thing to walk around in high waisted denim jeans, a tie dye crop top, and a scrunchie to hold your hair up in a top knot on the crown of your head. Sound familiar? That's because the retro trend is making a come back and we have fully embraced the nostalgic style. The same can be said for the pastel colour palette, but on a much more frequent level. Every year without fail, the streets are filled with a burst of muted colours that symbolise the coming of Spring. Soft lilacs, baby blues, candy pinks and muted greys trend year after year, and it's no wonder we have grown a little tiresome of this overdone colour combination. Trends are like karma, what goes around comes around and this had us thinking. Will the future of fashion ever have a different landscape? Will we ever be presented with a new, never been seen before way to dress? Or is it time to stop throwing out old clothes and save them for when they become the 'next big thing' again?

A trend is like a fad, except they tend to last much longer. As soon as one person does it, three more do the same and before long, everyone is engrossed. A trend can be defined as a measurable change in behaviour that develops among a population of individuals. Because they are indicative of cultural shifts, trends are studied and depicted by experts who channel their knowledge into forecasting

future trends and behavioural patterns. Much more complex than they seem, we wanted to put our doubts to bed, over whether the fashion industry might one day run out of fresh and new designs. We are therefore proud to introduce you to Geraldine Wharry, a fashion designer come fashion forecaster, with years of experience working for the likes of WGSN (World Global Style Network), spotting and studying the trends of the future.

Firstly, we wanted to know which trends have stood out to Geraldine, to find out if she thought fashion trends have changed over the past 10 years.

“Trends have evolved in the past ten years with the biggest one spearheaded by Celine. Phoebe Philo, the creative director of the iconic brand brought back sharp minimalism to the forefront which has now been massively picked up by the high street especially Zara,” Geraldine said.

“I also think the bohemian 70s look is still around but has evolved into something more glam and chic and less about vintage lace. We’re still seeing a lot of tie-dye but Prada and Gucci are bringing new influences that are sharper and tailored with beautiful silk lurex fabrics, relaxed suitings and references to Hollywood glamour.”

As mentioned before, there are some trends that keep cropping up on the catwalks and



Image courtesy of Geraldine Wharry

dominating fashion weeks. But for someone who studies fashion trends everyday, and sees many come and go each year, we wanted to know which trend Geraldine thinks has resonated and why.

"I think the 70s keep coming back. It's a look that evolves but there is something effortless and timeless about the influence of California dreaming/living, Hollywood glamour, and also the great outdoors. Isabel Marant did a great job at channelling those influences. It's a look that just keeps being reinterpreted in different ways whether it's the more bohemian side or the more glamorous side."

Our discussion with Geraldine began to unveil that the fashion industry does churn out the same trends time and time again. But her expertise did show us signs of hope that new and exciting trends are always around the corner.

"In the mist of all of this, you do see designers who are pushing boundaries and experimenting with new silhouette constructions and textile technology for example laser cutting fabrics or ground breaking finishes. The latest Christopher Kane SS14 catwalk was a great example of this."

This instils some faith, that the future of our fashion landscape will veer away from the overdone pastel pieces, gothic-inspired garments and seen before silhouettes.

"Designers find inspiration just walking on the street. They are like sponges and absorb from their environment, travels, current events, art, technology. They could be put in a prison cell and would still find an inspiring idea for a collection."

With the future always ahead of us, we could not leave Geraldine without asking her to give us a fashion forecast report.

"I think the future of fashion is embracing sustainability. I also think gender boundaries are evolving fast with womenswear being influenced by menswear more and more. Finally, technology and science will always influence fashion. So we're looking at fabrics that strengthen your immune system, nano fabrics that are a millimetre thin but extremely strong are seen in sports for example. 3D printing is also influencing the way objects look and this in turn is influencing designers. So the relationship between technology and garments will stay present in the future."

How cool to think one day we could be walking around in our favourite designer wear without layering on the knits in cold winter conditions! Geraldine's expertise truly inspired us here at Semple, so it was an honour for us to find out who inspires her. "One of my favourite and iconic trend forecasters, Lidewij Edelkoort, says: "Trend forecasting is much like archaeology but

to the future". I really like this vision of trend forecasting as archaeology. Every trend has its roots somewhere in history so it's sometimes hard to say what's new or when a trend started."

In essence, Geraldine showed us that while we are constantly looking forward in fashion with high expectations to find things that will inspire the way we dress, past references will always play a pivotal role in how we view things. In that sense, new and original ideas will always be a product of either a past memory or a development of a previous experience or vision. Our past is a platform in which we grow and develop from, and in the same sense, fashion is constantly developing and referring to the past to improve, evolve and reinvent. In Geraldine's own words, it is "one big creative loop that is constantly growing and updating itself."

Geraldine is a freelance trend forecaster for WGSN and runs trend seminars with the British Library.

# THE UNSUNG HERO

## THE FACE BEHIND RAWAN STYLING

HATTIE LEE

There are many things in life which I take for granted, my health, my family, and being financially secure. However, it wasn't until speaking with Roxie Nafousi, creator and owner of RAWAN, her personal styling business, that I realised there was something else which I take for granted every day.

Confidence, the feeling of self assurance, is diminishing amongst women. Faced with images from the media of idealised perfection on a daily basis, we only have to step out of our front doors to be met with scrutiny based on these unrealistic ideals. These delusional representations teamed with our fast paced fashion industry, which unveils a new trend each week, is causing women to lose their identities due to their haphazard wardrobes which are filled with items from an abundance of different trends.

This is why the role of the Stylist in today's fashion industry is more prevalent and more important in today's society than ever before. They are no longer confined to magazines or hidden behind the scenes of a photoshoot, only for their name to appear in the bottom depths of the contributors page. Today, stylists are performing a role similar to that of counsellors and psychologists, they are transforming the inner selves of ordinary people and turning lives around through reinventing wardrobes.

One of these unsung heroes is Roxie Nafousi. She is radiantly beautiful, emanates style and her warm-hearted nature instantly makes you feel relaxed in her presence. However, she also knows from first hand experience what it is like to battle low self esteem. Of Arabic origin, Roxie wanted to fit into her high-profile English boarding school in Oxford so decided to change her name, Rawan, to Roxie. "I felt like an outsider, so I changed it because I thought this would portray a different first impression," she said. "Now, looking back, I realise that this stemmed from a lack of confidence and being afraid to be your true self so I went back to Rawan, and I guess I didn't know it then, but in many ways, I was my first client."

*"It's about dressing elegantly, like the French do, and purchasing items that will last you a lifetime."*

The 23-year-old set up Rawan in May and has clients from all different walks of life, of different ages and with different body shapes, but she is reluctant to say she works in the fashion industry. "For me it's about helping women feel better about themselves, when I was 12 I can remember teaching my friend how to walk with confidence and it is so rewarding to see their journey. Above all,





it's important to strike the perfect balance between making them feel comfortable while looking on trend."

Being able to accentuate character and their attributes is an art, as a person's appearance not only effects their self esteem but it also effects the response they evoke from other people. I once heard a phrase which said, 'the best stylists create art that no-one has ever seen or imagined before', and to a certain extent I agree with this. While we may not all want to be styled in the same way Nicola Formichetti creates the persona of Lady Gaga, we all want to portray our true selves, and Roxie believes that clothes play their part in achieving this. "I've always believed in presenting yourself in the best way and I think how you look really does reflect in your personality and the energy that you give off to other people."

However, it seems that being a country associated with fashion, and having the freedom to dress in whatever garments we wish to wear, comes at a small price for the confidence we leave behind. "I don't think anyone can keep up with the trends, designers are showcasing their Spring/Summer 14 collections in Autumn, and because these looks are not available in shops, this is causing confusion amongst women, and they simply do not know what

to wear. We're a nation obsessed with trend and fashion and being well dressed is a sign of who you are, how well you take care of yourself, and this is happening on a scale we have never seen before."

The phrase, trends come and go but style is eternal, is one which Roxie champions. And although we do not know what the future of fashion holds, she believes women should invest in timeless pieces. "It's about dressing elegantly, like the French do, and purchasing items that will last you a lifetime, because you can always add trends through accessories. It's important to get ten timeless pieces and make sure that one of these is a really well fitted dress!"

And of course I couldn't leave the interview without asking her what it is like to style one of the most stylish women in the UK, Millie Manderson. "Oh Millie's lovely, she's very easy, she's got such a great figure and I don't even know where her legs start and finish. Because she styles herself on a daily basis it's great to get her in outfits which she wouldn't normally wear."

For Roxie, and RAWAN, the future is definitely bright, and she will no doubt continue to be the unsung hero behind the reformed smiles of many women for years to come.



# WHAT I KNOW NOW

## SAMANTHA VANDERSTEEN

"I wish I knew what I know now, when I was younger" sang the Faces in 1973; wouldn't it be good if we could go back and talk to our younger selves and tell them what the future holds?

"Patience is a virtue but sometimes you need to make things happen and not wait for other people to open doors for you"

The future can look scary when you are viewing it from a distance and most people spend a lot of the time second guessing themselves. Would the future have been improved if we could go back and give ourselves advice? We asked a few people what they would say to themselves if they could go back and these were the common answers:

Don't try and change how you look. You might not be a 6-foot glamazon or a petite, gamine pixie but you are unique and interesting in your own individual way. Stop worrying about what you do or don't have and concentrate on what you have got. Believe people when they pay you compliments and accept them graciously instead of waving them away. Don't feel guilty about eating that last bit of chocolate or not going to the gym. Being perfect doesn't make you a better person. Don't wait for things to

happen. Patience is a virtue but sometimes you need to make things happen and not wait for other people to open doors for you. Most of the successful people in the world have opened doors themselves or at the very least snuck in through the window. Never pretend to be something you are not. Why waste so much time trying to fit in with friends, trying to attract the opposite sex or impressing bosses when we would be much happier if we were ourselves?

If I could tell my younger self about the future I would tell her this. Stop worrying. How much time a day do we spend worrying? A normal person, maybe a couple of hours. Me? Constantly. I worry I have left the oven on, even when I haven't switched it on all day. I worry about my family and friends; are they okay? Do I speak to them enough? I even worry that I spend too much time worrying. If I could talk to my past self I would tell them that for the most part things tend to work out okay and that worrying about bad things, doesn't stop bad things from happening. In fact most of the difficult times are the ones that you never saw coming and you don't even have time to worry about them.

However, maybe we shouldn't worry so much about what we didn't know in the past. If we hadn't of learnt those lessons maybe our futures would be looking very different indeed.

# IS THAT A TESS GREIG? THE ARTIST EVERYONE IS TALKING ABOUT NATALIE MILLER

It saddens me to say that most art I come across I could ignorantly walk by without even so much as recognising it as the work of say, Lucien Freud or Vincent Van Gogh. When it comes to contemporary or (let's be honest) most art, I'm less than an amateur . Which is why I was so satisfied with myself when I discovered the work of Tess Greig. She's good, incredibly good; so good in fact, even I noticed.

If you haven't already heard of Tess Greig, it won't take much convincing from me before you fall in love with her simply brilliant portraits. Set to be the next big thing, Tess is not only extraordinarily talented, but refreshingly sweet and humble. A 30 year old Londoner, she recently married her long-term partner with whom she lives with in her South West London home/studio. It would seem Tess really has managed to create the perfect (and slightly enviable) balanced lifestyle.

Being artistic from a young age, Tess took inspiration from her mother, a highly regarded artist and sculptor. "Apart from my commissioned pencil portraits, a skill I picked up and learnt from watching over my mother's shoulder, I also paint with pastel [for my] animal portraiture" she explains, referring to her exploration of mediums including graphite, acrylic and Indian ink. Following her time at the prestigious Chelsea Arts College,



Tess began by establishing herself with pencil portraiture where her accurate, intricate style sought high regard and saw Tess progress to pastel due to demand for her remarkable animal representations. “I am greatly inspired by Picasso’s blue period for his free impression of the figure and renaissance painting and sculpture, particularly Rodins’ sculptures.”

“I am fascinated by faces, be it that of a person or an animal, I love painting and drawing them.” Tess explains, “the most satisfying and rewarding gift is the look on a client’s face when they recognise their loved one in the picture and giggle with pleasure at the fact I have captured the character.” And it’s not only her clients that feel that pleasure. As you would expect, I am not the only person who finds Tess’s work captivating. Receiving praise from local press, Tess also has big fans over at NET-A-PORTER where she was recently featured in their weekly EDIT magazine.

Known for her complex traditional portraits, for which she is consistently commissioned, Tess’s next step sees her progress into a more contemporary style, by which she replaces pencil for paint - a method Tess has much experience in following her recent debut solo exhibition at South London’s trendy Anise Gallery. Referencing iconic pop culture symbols, including Marilyn Monroe and Kate

Moss, Tess adopted bold colours and paints to much avail. “[I] have begun using acrylic and ink for child portraiture”, this is a new development in Tess’ career which comes from experimenting with her own work. “My [non-commissioned] work portrays mainly the female face and expressions representing the innocent and beautiful vulnerability, but also power within a woman living today in this contemporary urban jungle. Her new-style portraits are modern and current without compromising the portrayal’s detail or complexity. It is that complex detail that immediately captures your attention, just clicking onto her website it is evident through her procedure just how accurate her pieces really are. The line strokes, hair and glassy eyes in particular feel more lifelike than their originals.

Speak to Tess about her work and her modest temperament leaves you smitten, almost to the point of not appreciating just how she creates these works of art, but watch her in action and it’s truly inspiring.



# BRISTOL GIVE ME A SIGNAL

MOVE OVER LONDON, BRISTOL IS

WHERE IT IS AT

RACHEL SCHRAER

**B**ristol. City of squats whose graffiti is a more famous landmark than its cathedral, who has a bakery called Bread an' Ting, a home-ware store called Happytat and a stationery shop called Paper Gangsta; even your shop names have a sense of humour. Whose native Brizzle drawl involves referring to inanimate objects as 'he' or 'she' and tacking a random 'l' on after words that end in vowels, as though the very dialect is trying to turn every word into Bristol, a football fan's chant: Bristol, Bristol. You crazy bloody minx.

This is a city that met the everyday occurrence of a new Tesco opening with riots and firebombs: a stoned city, perennially laid back, outraged into action by the affront of the blue and red commercial beast squatting on its parade of independent businesses, its beating heart. They stretch all the way from Horfield Common down to the Attic Bar where Stokes Croft's sweet orgy of colour and life meets the dual carriageway- the longest parade of independent shops in Europe.

So what did you do? You set up the People's Republic of Stokes Croft. This is an area that is in essence just one long road, but you've got a People's Republic now; you, and China. And your own currency, the Bristol Pound, to

keep money within local businesses (the fiver has a pretty shady looking tiger on it). You're a city of people who looked at the Bearpit, the ugly hollowed out concrete eyesore of an underpass slap bang in the city centre, and stuck a statue of a bear in it, spray-painted the walls into cartoon oblivion and stencilled paw prints along the concourse. Now it's the only underpass I've ever seen with a ping-pong table and an organic fruit and veg stall. Seriously, Bristol, what are you like?

And I can't explain quite why I've got so much love for this off-kilter West Country city, home to Inkie and Banksy, Massive Attack and the Stig, but I know that when I walk up Dighton Street from the city centre until I hit the looming miles of street art and I feel like I'm walking through a comic book, I'm home. I love your absurd pride around cider, the way that the legendary Cori Tap is famous for serving its 'exhibition' cider in half pints cause it's just that potent and that even though I'm from London and I've lived in New York, you still have the best goddamn nightlife I've ever seen. Even if your eclectic music scene does sometimes draw bands that describe their sound as the 'relentless sound of torrential drumming'. Torrential drumming. It was quite an apt description actually, but you know what, once I'd accidentally stumbled in there, wincing at the relentless torrential drumming,

an old man taught me how to play the spoons and I've never looked back.

And on those crazy nights, those rogue occasions when you just don't fancy relentlessly torrential drumming, you can whoop your way from the earthy gin-soaked gloom of the Mother's Ruin all the way to Motion, whose nights don't pass out till 7, and you can queue past the concrete slab of a courtyard, rolls of barbed wire and sniffer dogs and feel like you're in a post-apocalyptic border town at the end of days. Or throw caution to the winds and truck it up to Lizard Lounge, a club smaller than your nan's kitchen, owned by the improbably named John Lounge, whose walls sweat and whose trademark lurid cocktail has no name other than the colloquially whispered, 'the Green Shit'.

I love that you're harmlessly, gloriously mad. I love that when the Highbury Vaults was graffitied with a tag featuring the word 'vandalism' with a heart for the 'v', the pub's manager was quoted as saying "it's very nice, it highlights an otherwise white building". I love the old woman who, on a rainy day, marched purposefully up to me, fighting with a recalcitrant umbrella against the wind, and said squarely to my face "Ooh I 'ates brollies" before carrying on her way. The heavily dreadlocked man at 10 am in Sainsbury's who

came up to my friend and shouted "mmm BREEZERRR" in the thickest rhotic drawl you've ever heard. That I once ordered a vodka and coke in a hole-in-the-wall bar only to be told "we don't do cocktails here, my babber". And that your resident dj, DJ Derek, is a seventy-odd year old man who still spins the sweetest reggae sets you've ever bumped to — apparently Massive Attack's Daddy G is a fan.

It's a city that still bears the scrawled markings of its slave trade past: the harbour side thrumming with a history that echoes of sugar, tobacco and human traffic in the shadow of the old Fry's chocolate factory, but you've taken your historic mould and twisted and writhed from it in happy contortions.

It might be that for now, London's calling with its sensible career choices and temporary parental accommodation, and sure, it might be that with my glottal stopped-up London ear you'll always sound like pirate farmers to me. But Bristol, I'll come back and visit you. And I'll skank my way through basement dives till dawn and I'll sit on Brandon Hill and watch the sun come up, and in the cold grey light I'll look down over your mishmash, inked Georgian splendour and I'll shout at the top of my lungs...Bristol, give me a signal.



# TIME WASTERS

Photography by Leanne Dixon















LAH  
EUS@  
BUDDA



“Leave nothing but art.”

“Make nothing but love.”





Do not use  
mobile phones



“Kill nothing but time.”

















# THE FUTURE

SOPHIE MAGUIRE

"The only thing that makes life possible is the permanent, intolerable uncertainty of not knowing what comes next." - Ursula k. Le Guin. That's all the future really is – the next step, the next day, the next installment of our lives. It is, and will always be, the passing of time.

That is what makes the future such a scary concept. It is the fear of the unknown, coupled with the longing to have time stand still; a combination that results in never striving for anything new and different out of life. For if time stops, we can stay young, stay in this moment, never having to venture outside of our comfort zones and into the world that awaits us.

It is easier to stay in the here and now, because the familiar is safe. But to stay forever in the present, is to never truly live. Despite the uncertainty of what our futures may hold, we must force ourselves to move forward. No one knows what the future has in store for them; some will simply leave it up to fate to decide, others will try with all they have to prevent it from coming, unprepared, they will realise too late, that this is an impossible feat.

But some, the brave ones, will march blindly unaware into the next chapter and greet it with an enthusiasm and gratefulness that is unparalleled; for although time may have passed, and their world forever changed, they

are safe in the knowledge that their future awaits them. That's the thing about the future, regardless of our fretting, it will come and we have to embrace it. The alternative is to stay stuck – futureless; and the only thing more terrifying than embracing the future in all of its daunting mystery, is the realisation that you don't have one.

The future will come in spite of all our diversions; the only thing we can do, is to hope that everything will be better there, that way, we won't be so apprehensive upon its arrival. The last words of Thomas Edison were, "It's very beautiful over there", and Edison was a man who was never afraid to look towards the future.

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