

EASTER EASTER EASTER

By Johanne

Easter is a time to stuff your face with loads of Easter Eggs that family buy for you. Even if you don't really want them you'll still eat them, why?cos they're within arms reach whilst vegging in front of the tele.

The 90's family seems to be changing the trend of Easter and the famous egg. I'm aware of a few families who rather than buy some Easter chocs for their

offspring are giving them money 'eya love, go and buy yourself somethin' nice'. So, some of you are stuffing your face with chocs and some are out on spending sprees for those cheap but trendy bargains. However, many people also believe that Easter is about 'New Life' out with the old and in with the new, this has an air of freshness about it, I could really do with some of that, it gets me thinking about the true meaning of Easter that little bit more, but I really don't have a clue.

To Christians Easter is just as important as Christmas, loads happened to Jesus around Easter, not all good stuff either. People set

trends on most things in life, the most obvious being clothes, trainers and cars but without us realising, trends are now taking over with things like if you have your nose pierced on the right side of your face, what loo roll you buy (I recommend 'No Frills', 2p a roll), even down to how we celebrate special occasions like Christmas, birthdays, and now Easter. Its turning out to be yet another trend which is a damn fine shame cos there is a history behind these great yearly events, Eater didn't just appear when you were born as an excuse for your grandparents to spoil you with wonderful chocolates, although that's

OK really, it's on the calendar to mark something amazing that happened many many years ago. My post-Easter message is hope you weren't full of rotten eggs, go out and be full of freshness and vitality (not from marrow bone), pick some daffodils and decorate your hair (yes and the lads), and, find out the meaning of Easter one day in your life.



Enjoying the freshness of Spring!



became a full time job without noticing it. Can you imagine an advert in the Job Centre:

FULL TIME VACANCY
in drug abuse
MUST BE COMMITTED
unsociable hours
LOADS OF OVERTIME
24 hour call
MUST BE PREPARED TO TRAVEL
lousy pay
(this company has no commitment to equal opportunities or health & safety practices)

Think about your own drug use or that of a friends. If you can answer "yes" to any of the following questions you might be heading for problems and need some help. The more "yes" answers the bigger the problems are likely to be.

- are you using more drugs more often?
- does your drug use make you look ill?
- have you lost interest in other activities?
- are most your friends drug users?
- are you doing drugs to take away bad feelings?
- do you care less about yourself?
- do you have problems finding money for drugs?
- has your drug use caused you problems with other friends, relationships, parents, teachers, work or the police?

Remember there is help available if you need it. With good support people can solve their problems and get on with life in a positive and fulfilling way. And others can benefit from your experiences. The ZONE is hear to listen to you. We don't preach. We simply want to support you in whatever choices YOU make.

Be good to yourself

Luv Phil

One to one confidential support is available from the ZONE team. Pop over to Corban House (56 Whitwell Road) or phone for an appointment on 9133349.

DO YOU HAVE A DRUGS PROBLEM?

It seems a lot of young people these days do drugs. An article in a recent Evening Post said that 40% of young people surveyed had used some kind of drug at least once! Maybe you do, or you've got a mate who does. You can certainly come across them easy enough, if you want to. As we know some drugs are more popular than others - cannabis always appears at top of the list, other drugs like crack cocaine and heroin have less appeal and are much more expensive. Like I've said before- all drug taking carries some risk (what goes up-must come down), and some drugs are more risky than others.

It's true. Most of us know someone who smokes the occasional spliff or does the odd wrap of wizz and seems to come to no harm. They appear to keep their lives in order, don't go robbing or TWOCing, and have other interests in life. A lot of people experiment for a while then leave it off, especially when something (or someone) more important comes into their lives- *lurv is the biggest burrrzz!*

I've known quite a few social drug users who eventually got well screwed up with trying to have a good time. None of them set out to become problem drug users it just sort of happened. They felt in control of their lives and could stop whenever they wanted. Then when faced with the Big Decision to stop, became anxious and fearful of losing some things that had become too important. And that's when the hassle really started!

I've yet to meet someone who planned a "career" in drug-taking, it simply

I was driving down Westleigh Road the other Friday afternoon and just caught a glimpse of this little 9 year old girl being legged over and booted by a lad of about the same age. I pulled up but by this time she was running as fast as her little legs would carry her past Whitwell corner, I attempted to find out if she was OK but she didn't hear me, I assumed she was running back to the comforts of home and she wasn't stopping for anyone. 'Poor girl' I thought, but I remembered when I was young, the number of times I'd run home screaming my head off cos I'd fallen off a wall or been hit by the local bully or even grazed my leg walking through hedges on Denewood Crescent, a regular way to spend my time after school till I was called in for my bath. I'd run home for my mum in the hope she'd nurse my 'pore, pore's better, but no, what I would get after my tragedy of falling through next doors hedge was a simple 'well, girls will be girls' after all I was a Denewood kid, who fought with dustbin lids, I'd knock em' out with Brussel Sprouts, I was a Denewood Kid, Yeah!

Kids have many ways of adding cuts and bruises to their collection, some worse than others, some through their fault, some through no fault of their own, however, my little nightmares which

thought for the day...

were enormous tragedies at the time compared to other kids tragedies were as enormous as eating a 1p 'Gobstopper', come to think of it, I had it quite cushy.

Well, enjoy your read, give yourself a voice and a view. If you want to write in about anything, then doto the address plastered all over the Pulse.

by Jo

HOPPING TO THE TRIP HOP BEAT

- TRIP HOP; the beat of a new generation

by Ben

No it's not a new kind of dance, and it's not the name of a drug either. It is in fact a type of music, Yep music. To describe the music you have to look back to its origins. The roots lie in Hip-Hop and Techno with an essence of Jazz but it depends on the group. It has loud beats with a hard bass lines and a few samples. It started up in 1990 though it's hard to pin point an exact date.

The mood for these tunes is laid back and chill out to tunes of gangsta rap with political views about oppression and the environment, again, depending on the group. Such groups include Herbilizer, a more hip-hop/jazz, Depth-Charge, a more chilled out group and Cold Cut, the political Eco worriers.



Trip Hopping around the streets

For all you fashion victims out there you can be a true Trip Hop fan by wearing these garms, big baggy trousers, preferably combats, chunky trainers, and big hooded tops.

If you want to know more about Trip-Hop chat to the man who knows, Ben. Ben is often going out to hear these bands play their toons; if your into it why not go along with him. It beats hanging on the street.

Just remember to keep it chilled, feel the vibe and herbilize it.

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NATASHA'S Arty Column

So you liked last months arty column well this ones better because we are getting near to those summer months and their are lots of things to do and see. To kick it off I will review a show I went to see at Clarendon college on Friday night February 27. It was a great show, the theme was dance through the years from 1840s to 1998 ending with 'Men in Black'. The best thing was to see three of our Zoners in the show putting on a good performance. It was a great show and I would like to do more reviews on the shows you're in so let me know of any you would like me to come to and you could get a mention in this column, contact me on number for Corban House mentioned on the back page.

We managed to get a review about the performance from Steven Ancliffe, age 18, a dancer. He was one of the stars of the show.

"The name of the dance was 'Slip a Disc', this name came about because of last years show when two students didn't warm up and both ended up slipping a disc so that's how the name of this years show came about. The show looked at dance through the ages. The main focal point suggesting time was on a jukebox towards the back of the stage. I danced in the show because its part of my course requirement and to also get some ideas of

how a professional dance company works, to gain experience in things such as working as a team which is important when there's a team of 180, mainly students. I enjoyed it a lot, every part of it."

Here's some dates for your diary, 'A Fool and His Money' at the Nottingham Playhouse on 27 April. Its all about a rich man who wants to better himself no matter the cost. Worth seeing.

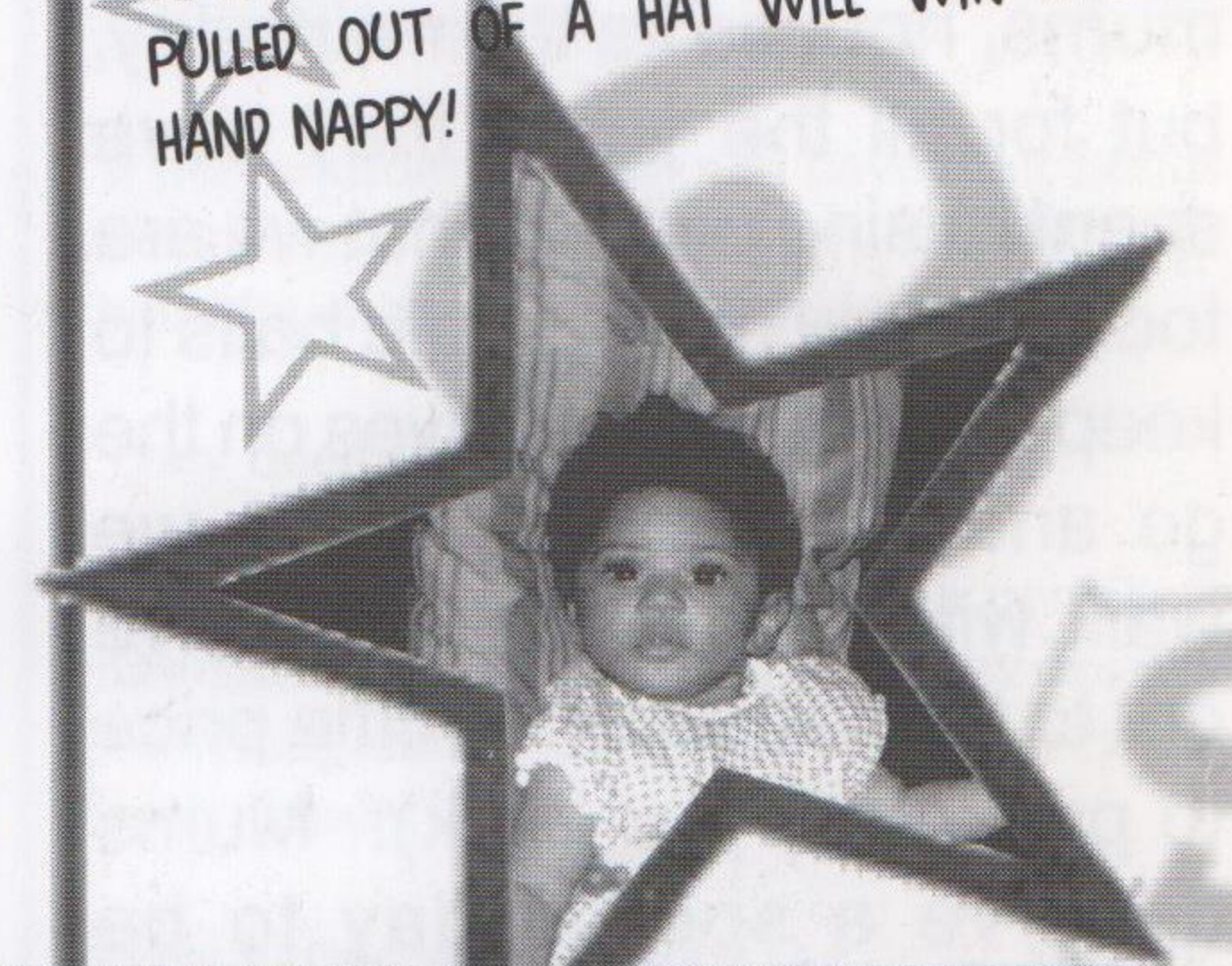
Song of the month 'Another level' with "I don't wanna be alone" its one of the best songs I have heard in a long time, you can get up and dance to it or sit and relax, and yes it got to No. 1.

the **ZONE** Chattie

There is a new addition to the zone team. Yes we are proud to announce the arrival of Beverly Allen. well I wonder if she knows what she has let her self in for! Bev is a born & bred Broxtowe girl, she went to William Crane School and has been part of the Zone since it first started. Bev and her friend Tema came to every Arts Event in the Zone's first year - and wasn't shy about telling us what she thought! Bev left school and did a few jobs, but after many early mornings, long hours and little pay she decided to come on board the Zone as a full time volunteer. Bev is starting IT training as

WHO'S THAT BABE? YES, ITS COMPETITION TIME AGAIN, BUT IT'S A NEW ONE!!!!!! WHO'S THIS BABE?...

WELL WHAT CAN I SAY, CHUBBY CHOPS, LOVELY BIG EYES. THIS BABES ABOUT 1 YEAR OLD AND YES IT SHOULD BE SOMEONE YOU KNOW, THIS BABE IS A MEMBER OF THE ZONE. WRITE IN AND TELL US WHO YOU THINK IT IS. ALL WILL BE REVEALED NEXT MONTH. ANSWERS TO NATASHA AT CORBAN HOUSE. THE FIRST NAME PULLED OUT OF A HAT WILL WIN A SECOND HAND NAPPY!



soon as she can get place, and is part of the Zone's Arts Team, Schools Team, Pulse reporters and Year 11 support group. She has a wicked sense of humour and knows where it's at!

Ray the proud driver of the zone mini bus had a bit of long trip back from Manchester when the Zone went to see the World Wide Message Tribe recently. Obviously he got quite attached to Manchester as they spent and hour and a half going round in circles. Maybe you should take an A-Z map next time Ray!

Joash was away for 3 weeks in Wales on an outward bound activity programme designed to make him a "better person all round" He decided to abandon the Zone and climbed vertical cliff faces and get stuck up trees and sleep under the stars. You might ask him why, why indeed but he went on an outward bound course full of adventures and camp fires and has had a great time. He'll be reporting on his experiences in the next pulse!

↑↑ Echo Memory ↓↓

Up ↑↑

Large Beanbags

(ideal for lounging around in front of the playstation)

Blue handled scissors

(didn't they used to be orange?)

Strawberry Shoelaces

(we're talking of the edible kind - great for playing with while eatng them too, *plait-tastic!*)

Gravity

Where would we be without it?)

Occupational TV Documentaries

(What will they come up with next?)

Male Strippers

(The Foul Monty)

The classic re-runs

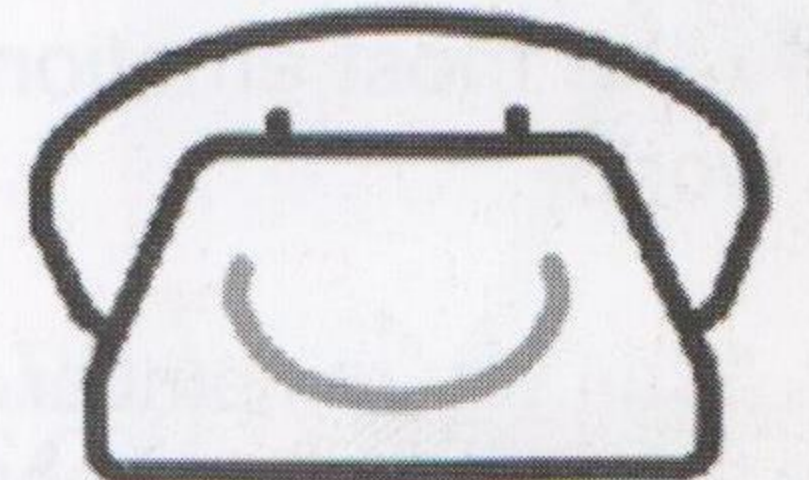
(with full hollywood injection)

Thimbles

(they never get enough press anymore)

Down ↓↓

ChildLine



0800 1111

HEART *to* HEART

With Mothering Sunday been and gone (on March 22nd for those of you who forgot..tut tut!!!), the one time in the year we tend to remember our mums, not cos its their birthday, but for all the years they have spent raising us into what we are today. They often juggle balls to keep all areas of their lives on the go and more than often in we walk with a strop on cos we've got to tidy our room (a little price to pay, don't you think). Mums deserve a special day to be spoilt with attention, just a whole day off. Well just because Mothers Day has gone doesn't mean you have to wait till next year to show your appreciation, it can be done any time of the year, no excuses now!

So, for this months Pulse we decided to interview two mums to voice their feelings on Motherhood. Here are two very different views on being a parent.

The first one is Barbara she has 6 children ages 2 (terrible two's), 8 (full of questions, the nosy age) 15 (terrible teens, all you 'Kevin's) 18 (thinks he can do it on his own, always right.....so he thinks) 20 (just beginning to mature with hints of PMT becoming more atrocious) 23 (finally begins to take responsibility for own actions, can't blame mum anymore...damn!!). So lets hear Barbara's account of what its like to have the most emotional job in the world.

Pulse: "Can you remember what it felt like to hold your first baby?"

Barbara: "It was a long time ago, I was sixteen when I had my first baby.

I just remember feeling 'WOW' this tiny baby belongs to me. Its hard to describe really cos there's loads of feelings bombing round, its a very emotional time, but definitely 'WOW'.



CAUGHT IN THE ACT

Pulse: "What do you feel it means to be a mum?"

Barbara: "What it means to me is responsibility, your kids depend on you for lots of things. Your not just living life for yourself anymore, you share it with your own family".

Pulse: "What's the best thing about being a mum?"

Barbara: "It has to be seeing them grow up, when they start walking and talking, the whole process of them growing up is the best thing."

Pulse: "What's the worse thing about being a mum?"

Barbara: "When they all decide to argue over the stupidest things, like who's watching what on tele, who's right, who's wrong, I think they just like to aggravate each other a lot."

Pulse: "What's the most worrying

thing about being a mum?"

Barbara: "When the older one's go out and don't come home when they should, they're sometimes an hour late, which doesn't seem a lot to them but I just sit there with worry biting my nails until they come in, I don't think they always understand why I should be worrying about them, I don't think you ever stop worrying for your kids".

Pulse: "What does your mum mean to you?"

Barbara: "I never got to know my mum."

Pulse: "Are mums important?"

Barbara: "Yes"

Pulse: "Is it easy being a mum?"

Barbara: "No, its quite hard getting the balance right, sharing your time equally amongst six kids is never going to be easy. Some people believe it is easy but they're normally the ones without kids of their own."

Pulse: "How many children did you want when you were younger?"

Barbara: "2, a boy and girl."

Pulse: "Do you get much time for yourself?"

Barbara: "No, not really but if you'd have asked me that question when I was younger the answer would have been different, although I had started my family by then I seemed to enjoy having time for myself, I had loads of energy and had great times going out but now I wouldn't want to do those things, I prefer being with my kids and the more kids you have, the less time you get for yourself especially with 6."

Pulse: "When all your children have grown up, how would you like to spend your time?"

Barbara: "I'd love to spend time with my grandkids, I've got one already. I've had a life with my little family and I don't ever want that to end, so grandkids would be perfect."

Pulse: "What would make Mothers Day special for you?"

Barbara: "Just that my kids remember Mothers Day, I'm not really bothered about the presents, (but it is nice) just to be appreciated and a home made card would be GREAT!!!" (get watching Blue Peter).

Pulse: "What would you like to see your children achieve?"

Barbara: "I want them to be successful in whatever they choose to do. They all have ambitions and it would be nice if they could fulfil them."

Mum number two is Kathy McCoy. She's mum to baby Shannon who was 2 on 14th March. Here's what's great about being a mum.

Pulse: "What do you feel it means to become a mum?"

Kathy: "Mainly responsibility and love"

Pulse: What does your mum mean to you?"

Kathy: "She means a lot to me, we've got a good relationship and I can always go to her when I need her"

Pulse: "What are the best things about being a mum?"

Kathy: "The best thing will be to see her grow through her life, she'll be learning different things, its really exciting and I'll never be lonely"

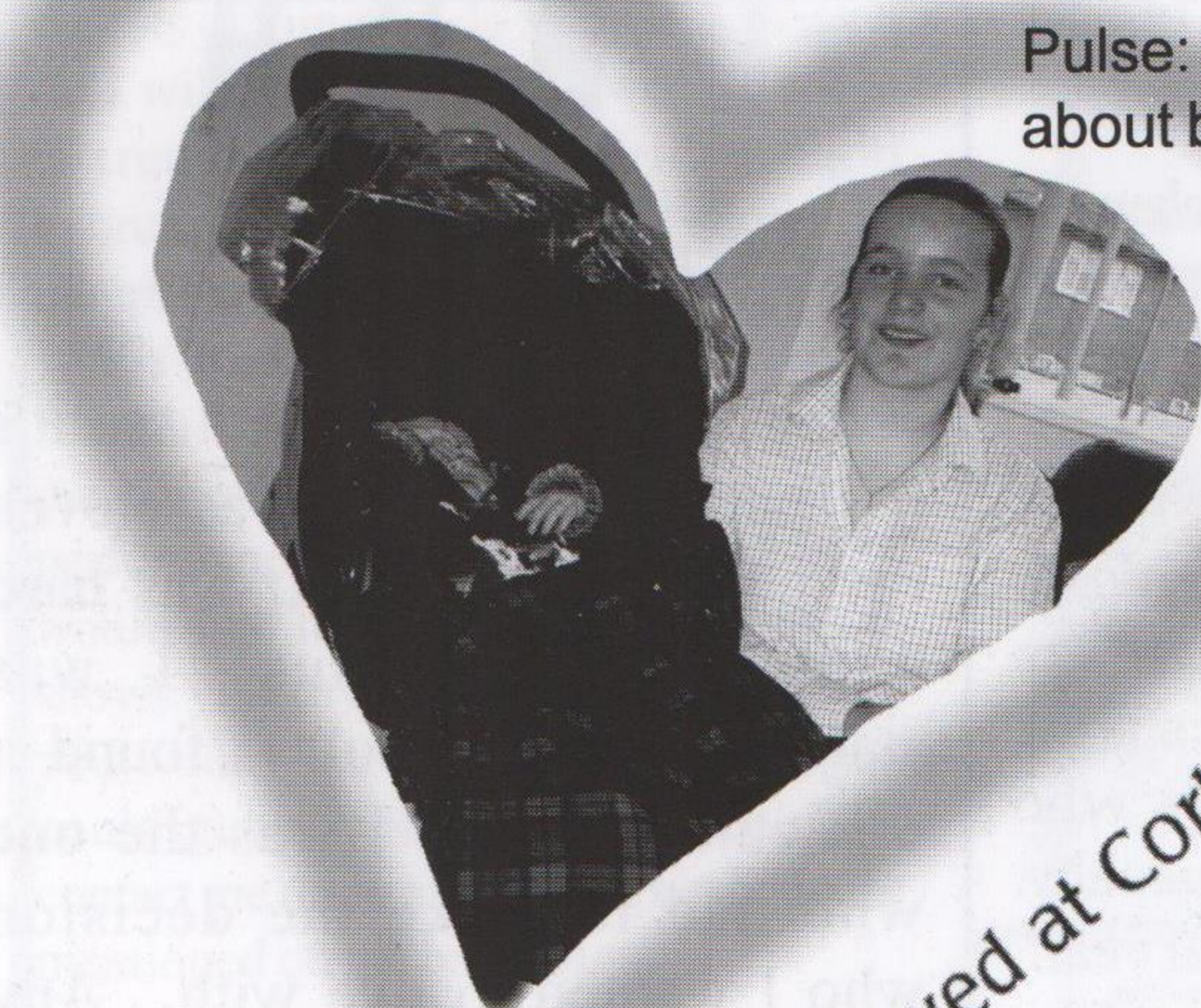
Pulse: "What are the worst things about being a mum?"

Kathy: "Tiredness" (Shannon is teething at the moment, not the best stage)

Pulse: "What hopes do you have for Shannon as she grows up?"

Kathy: "To have a healthy and enjoyable life, and not to want for anything"

Pulse: "Is it easy being a mum?"



* Kathy interviewed at Corban House

Kathy: "Sometimes its easy cos its up to me to make myself have time, I make my own routine and I can plan forward"

Pulse: "Why do you thin mums are important in most people's lives?"

Kathy: "Because for me my mums always there, she's been around all my life, nobody else knows me

better. She's like an agony aunt, I can confide in her"

Pulse: "What would make 'Mothering Sunday' special for you when Shannon grows up?"

Kathy: "To be shown love for that day, to be treated nice, it's the mums day so an effort should be made. Dads should make the effort as well to give us a break"

Pulse: "Does anything worry you about being a mum?"

Kathy: "Accidents or operations, you never know what's coming next. I'll always have to have my eye on Shannon as she grows up. I've also got to learn to trust the people who'll look after her when I'm not around, like school teachers, I'm not going to be there to keep her safe so I have to trust the teachers.

So a big thank you to all you mums out there who do a fab job raising your children. This is just one mothers voice but I'm sure she speaks for many of you mothers out there. Aaaagggghhhh, thanks mum!!!!!!.

What's Hanging continued from page 6.....

Enough facts. This sordid business is still going on today, people are on death row and will probably end their lives by execution. Surely this is not humane, there must be other ways to punish somebody for the crime they commit.

Here's what some of you lot from William Sharp thought:

"They should just live their life in prison"

"If they murder somebody, the victims family should be allowed in a room with criminal, that could do much more damage"

"If they murder, they should have their hands chopped off, if they rape they should have their bits chopped off, simple as that"

"They need counselling for a long time"

"Well they're only given the death penalty if they commit a really bad crime so they deserve everything they get, as well as being given the death penalty"

If you have a solid view on the death penalty, should it be re-introduced, if not why. It would be great to put your voice onto paper for next months edition of the Pulse. Get writing!

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WHAT'S HANGING?

By Johanne

Capital Punishment: What does it mean to you? Maybe you never even think about it cos its something that happens far away from your front door, maybe you read up on it regularly or maybe you've never heard of it - where ever your coming from, its a very gruesome subject.

Capital Punishment - any person who committed a particular crime were likely to be given the death penalty, killed by hanging in the early days.

Capital Punishment in Britain reached its peak in the 18th century and over 200 crimes were punishable by the death penalty, amongst these crimes were stealing from a shop or person, sending threatening letters and cutting down a tree, it seems pathetic that the government at that time were quite kosher carrying out the death penalty for, as what seems these days, such minor offences but this was obviously realised in 1861, when the only crime answerable to the death penalty was murder. Since then there were several attempts to abolish the death penalty but it never happened until 1969. However, that was only in Britain, France soon followed suit but several states in America even today, still pass the death penalty to criminals who commit murderous crimes, the most recent to my knowledge was Karla Faye Tucker, a woman who was sentenced to the death penalty after waiting 17 years on death row for murder whilst apparently under the influence of drugs and alcohol. She was finally executed on February 4th 1998. The papers were stating how she felt she had changed for the better as a person and she felt remorse for the crime she had committed years previous. She obviously had time to reflect on what had happened in the past, what was to become of the future, who she was as a person and much

more. It can only be left to our imagination to understand what she was going through. Whatever we say now, she did die by lethal injection. Here's what some young people thought, have a gozz:

"She deserved to die for killing in the first place, she got what she deserved"

"I think if we was waiting for 17 years before she died, she should have had a chance, everybody can change if they want to"

"She knew what she was doing when she killed, but its not really right killing her as well, that's like saying what she did was right in a way"

Although Britain doesn't pass the death penalty any more as said, there are many places in OUR world that still do. In 1996 there were 19 states who sentenced people to the death penalty. 45 people were executed in that year:

- All men - 31 white and 14 black
- 36 - Lethal Injection
- 7 - Electrocutation
- 1 - Hanging
- 1 - Firing Squad

A few facts:

The oldest man executed in 1996 was 81

The youngest man executed in 1996 was 17

There were 49 women under a death sentence in 1996
Britain is the only Western European country who regularly discuss whether the death penalty should be re-introduced.

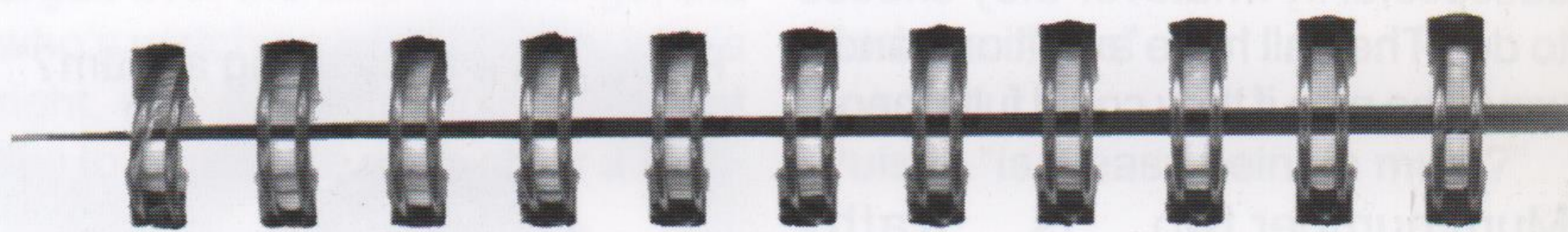
In 1952 a 16 year old boy from Croydon murdered a policeman during a burglary, his 19 year old accomplice Derek Bentley was held by police whilst his young friend Craig shot the policeman, only one guy shot the gun but both were found guilty of murder. This is the really disgusting part, Craig wasn't hanged because he was only 16 (the one who shot the policeman) but Bentley (who had the mental age of a child) was sentenced to death. He was hanged in January 1953.

continued on page 5



Whatever your problem, no matter how large or small, write to PENLIK at:

THE PULSE
CORBAN HOUSE 56 WHITWELL ROAD
BROXTOWE ESTATE NOTTINGHAM



Dear Penlik

I've got this problem, you see it's my parents. When I was eleven my parents split up. It was hard enough then because I was starting a new school. I found it difficult because I was the one who had to make the decision who I wanted to live with. Any way I decided I wanted to live with my mum. Well now I'm fifteen. I am just about to take my exams. I have no support from my family. My mum has got a new partner and so has my dad and they both pay more attention to their new partners than to me. It's now that I need more support but I'm not getting the attention I need. Please help because my grades are really suffering and now is the time that they need to be shooting sky high.
(Backstreet boys fan)

I think that what you really need to do is tell your parents how you feel. Maybe they just don't realise that you feel this way. Have you ever spoken to them and told them that you feel neglected? If you don't tell them then they won't know. Make it clear about how you feel and what you want them to do about it before you speak to them that way you are more than likely to get what you want.

Dear Penlik

Two weeks ago my mate got off with this lad. We both saw him and I thought that he was lovely but I didn't say anything and she

ended up kissing him. Since then she hasn't mentioned anything about him, in fact she's been talking about loads of other boys. A few days ago I saw him in town. We went out for a walk and he confessed to me that he really like me. I told him about my feelings and we ended up kissing. Now I feel awful. I don't know where I stand with him and I don't know where my friend stands with him. What should I do?
(ANON)

The best thing you can do is ask this boy what he wants between you and him. Then you should come clean with your mate. By the sounds of it she doesn't seem too interested in him anymore. It may sound like you're doing the dirty on your mate but the boy is doing much worse by kissing you and your mate. Tell him how you feel, and if you can ask him to come to your mate with you to tell her what you've done.

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TOP 10 Beauty Tips

by Leah Wright

So I bet all you gals out there are panicking. Yes summer is almost here. We've already got spring breathing down our necks. Well we thought that you could do with some top tips to help you get ready for summer 1998.

Body Tips

1. For extra soft skin this summer pour half a pint of full fat milk in your bath. You will come out having baby soft skin.

2. To get rid of all those dead bits of skin you have flaking off everywhere, use an exfoliator. You don't need much. If your using it on your face rub it in gently then leave it for around 4 minutes. To get rid of cellulite you should exfoliate your skin in those rough areas vigorously. Do this twice a day and see the difference.

3. When shaving, rub your legs in cooking oil first, then shave them as normal. Make sure you wash your skin afterwards other wise you may end up with a funny rash.

4. This year it has been announced that the best sun tan you can have is a fake one. Skin that is not exposed to the sun is healthier and will not get wrinkles so easily. So forget about sun beds and forget about real sun (Unless you wear a high sun factor) just go out and buy a fake tan. I would recommend Avon's light to medium fake tan. It lasts for days once its on. I brought a bottle and it lasted me the whole summer.

Face tips

5. If you have got really pale skin and you never seem to have that healthy glow, don't worry, fill a sink up with extremely hot water, bend over so that your face is inches from the water and put a towel over your head so the steam can't escape. Stay under there for about 2 minutes, from there remove the towel without drying you face and immediately moisturise your skin. If your skin is the opposite and is really blotchy dab you face with ice cold water then moisturise.

6. When applying make-up always start at the top of your face and work your way down. That way you are going with the hairs on your face.

Hair tips

7. You should wash your hair with washing up liquid once a month to get rid of all the grime that builds up over the month. Using hair conditioner builds up a layer on your hair which isn't healthy.

8. To lighten your hair this summer squeeze lemon juice on it and allow the sun to lighten it.

Feet tips

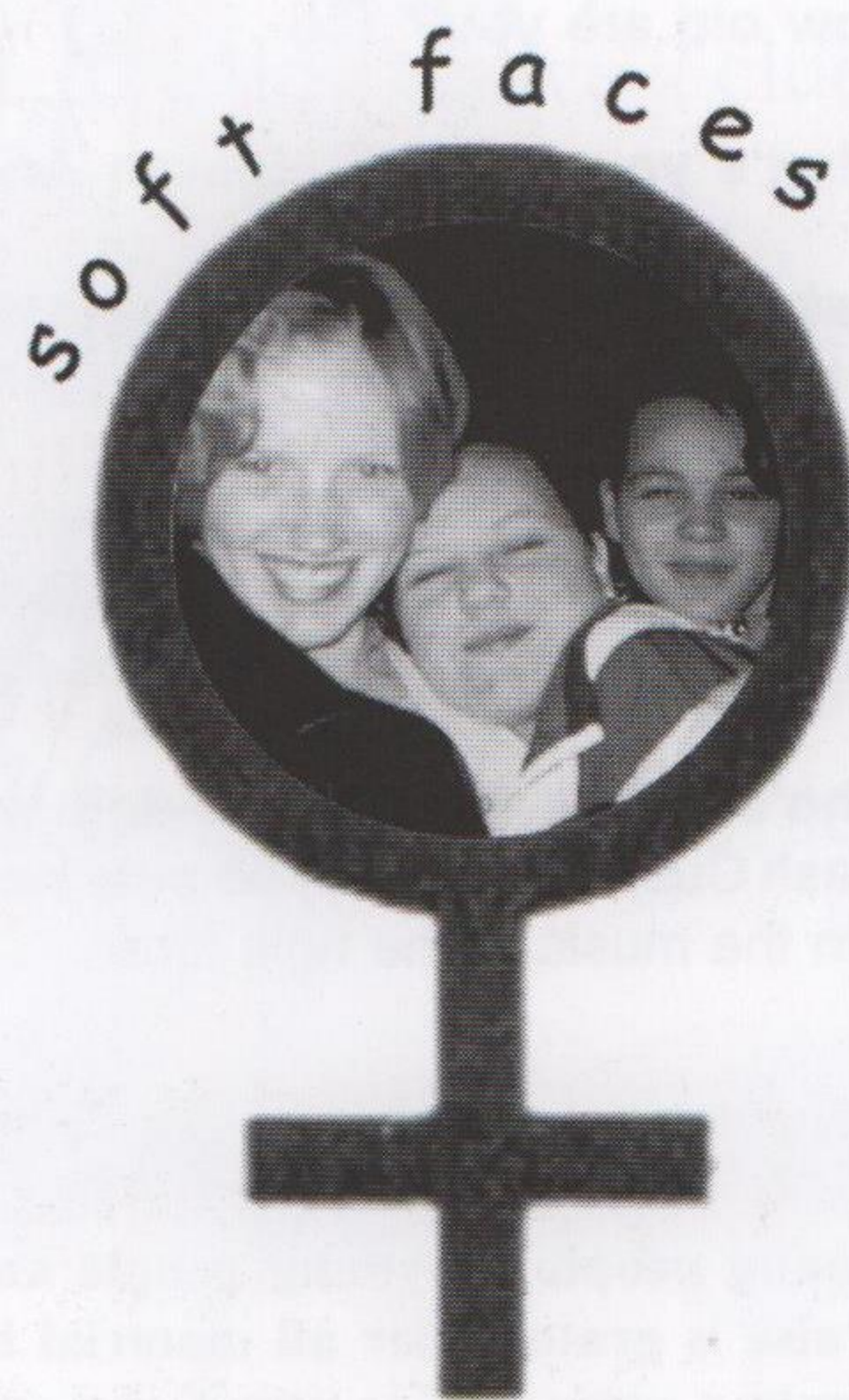
9. Your feet take a lot of slack during the winter months so now summer is approaching they need to be ready and prepared to be exposed to the public. First of all you should soak them in hot water for twenty minutes, put fabric conditioner in the water and add salt. This helps relieve aching feet.

10. When the skin on your feet is at its softest (When you have come out of a bath or after soaking.) rub all the hard areas with a pummy stone. If you haven't got a pummy stone you could use a nail file and it works just as good. Once all the dead skin is off you should smother your feet in petroleum jelly and put a pair of cotton sock son. If you can do lots of feet exercisers this will make them a lot softer.

If you have any amazing remedies for dry hair or thoughts on beauty treatments, do write in and let us know. Our address is on the back!

IMPORTANT NOTE:

Before using any of Leah's tips, check them out with your doctor! And if they go wrong - don't blame us!



keep your face

by ben

"Cosmetics for men? You must be joking!" Well it's not as strange as it sounds. Men wearing moisturisers used to be frowned upon but we now live in the post modern 90's its not such a sad thing if a man decides to use cosmetic moisturisers. But does it mean everyone likes it? we asked a couple of people what they thought.

Pulse: "Do you use moisturisers?"

Aidy: "Yes. I use a triple action moisturiser which protects against U.V from the sun, replaces ceramides in the skin, and replaces vitamin E. I also use a firming agent which prevents wrinkling." He knows is stuff!

Ray: "No. I'm a man and that stuffs for women."

Pulse: "Do you think you should use it?"

Aidy: "Yes. Go give it a weeks trail."

Ray: "No. We're men." Oh, really?



Pulse: "Do you think a lot of men use it?"

Aidy: "Yes I do. A lot of musicians and celebrities do. Even sports men do. Only men who *think* they're hard don't use it."

Ray: "I suppose a few of the younger ones do to make them selves look like god's gift to women."

Pulse: "Do you think the men who use it are feminine?"

Aidy: "We all have a feminine side and there's nothing wrong with that just some men don't like to admit it. You are only putting back what gets taken out."

Ray: "Yes, they're just like women."

So there you have two very contrasting views over cosmetics. The fact is that our skin is being constantly bombarded by pollution in the air, chlorine, weather and many other things which take out vital nutrients in the skin. This is increased if you smoke. So you do need to replenish your skin. Just by using a moisturiser will make your skin look feel healthier and softer. There loads of different kinds on the market. We decided to test some products out on some poor unsuspecting lads. The products that we used were a sea clay mud mask, an apricot face scrub, a cleansing lotion and a moisturisers. Here are the results.

David: Cleansing lotion

"It makes my skin feel really clean. Yeah I would use it."

Aidy: Mud pack

"My skin feels smoother now. I would use it but only once a month because it takes too long to dry."

Steven: Moisturisers

"I feel like my skins going to float away it's so soft. I might use it."

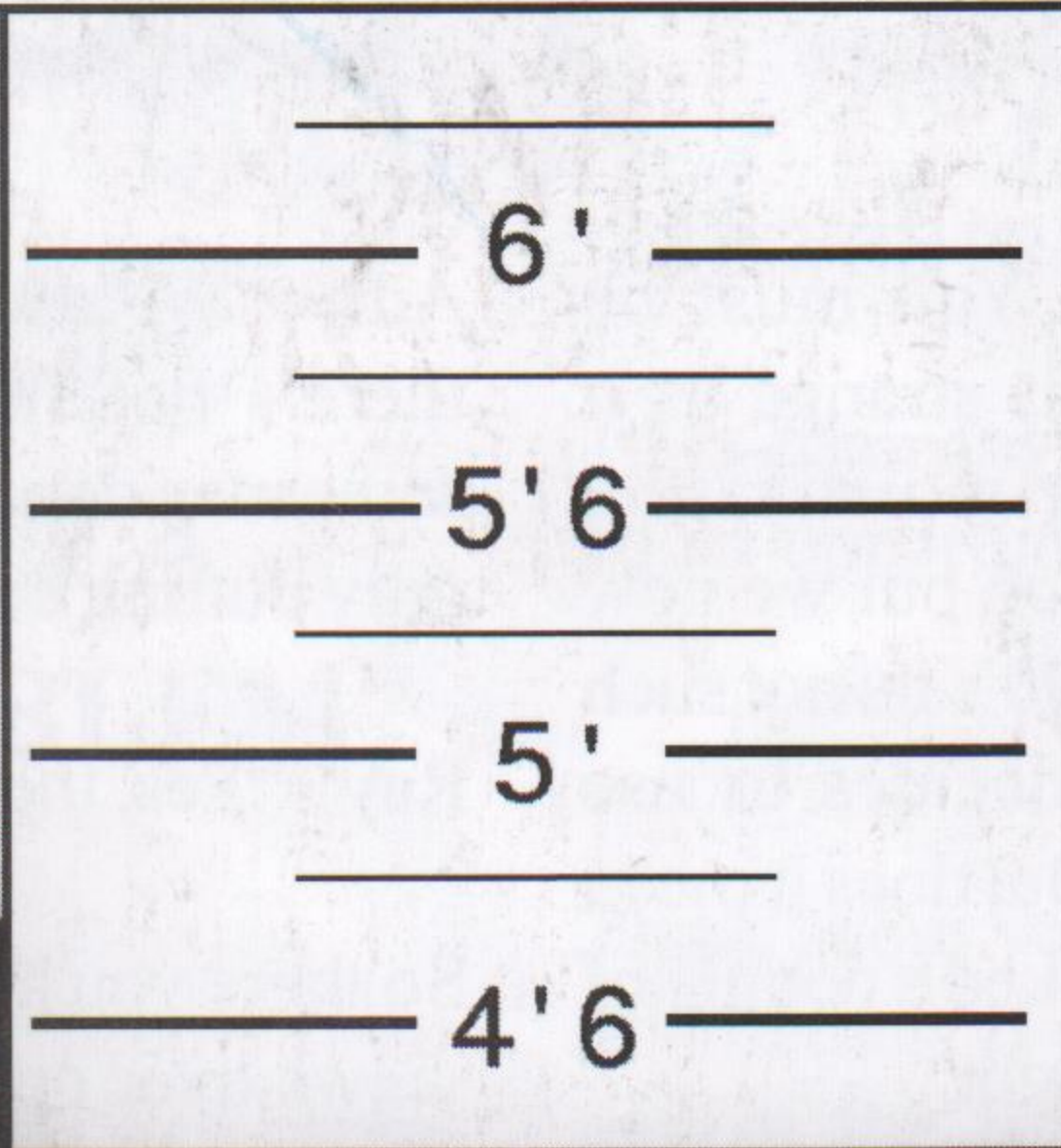
John: Apricot face scrub

"It's all right. Bit rough on my skin though. Yeah I would use."

So there you have it lads, it's not girlie to look after your skin after all, in fact its less girly to admit you'll moisturise your skin, it's obvious it's becoming an increasingly popular thing for men to do as part of their daily routine. Go on, give it a whirl. Check out the body shop make-over for lads at the Sexual Health Drop-In - coming soon!

IN TOO DEEP

THERE'S NO GETTING OUT OF IT



THE PULSE
015

S. Ancliffe

THE PULSE
015

Q) Name and Age:

A) Steven Paul Ancliffe, 18 years old.

Q) How did you get into dancing?

A) I always wanted to dance, so I thought 'stuff it' and joined a course at college last January.

Q) Brand of deodorant:

A) Lynx, when I'm doing a show, if I use any.

Q) Choice of junk food?

A) A 'Burger King' cheeseburger.

Q) Where do you see yourself in 10 years time?

A) Running/working for a professional dance company

Q) Do you do any physical training?

A) No, 'cause we train at college 4 days a week.

Q) Musical tastes:

A) Anything apart from Brit Pop.

Q) How do you occupy your freetime?

A) Go out with the guys from college, they're mad, play basketball with my cousin.

Q) Biggest hate:

A) people who think they are it. (What, attitude merchants?)

Q) Fave gadget:

A) Stereo system, I'm a music man.

Q) Do you drive?

A) No, I would like to. My dad had a Reliant Robi..... (Cut!! This conversation cannot go on!)

Endurance Test

We got Steven to do a "Fame" impression outside our office in the street. Well done lad.

Word association game

Pool - Girls
Office - Boring
Meat - MGM

MUSIC MAKES THE WORLD GO ROUND

By Beverly Allen

I am so pleased that I can write an article about something I am interested in.... MUSIC. It plays a big part in everyone's life its a social thing, a fashion thing, money making thing, learning and teaching thing, music goes way back from the beginning "when ever that was." To kick this fab article off we went out on the street and asked 30 people what music came high in their opinion. Here's the order of the most popular types of music, 10 being the least popular.

- 10 - Country and Western
- 9 - Rock
- 8 - Classical
- 7 - Heavy Metal
- 6 - Reggae
- 5 - Hip Hop
- 4 - Ragga
- 3 - Jungle
- 2 - Dance
- 1 - Speed Garage and House

The conclusion I came up with was 15 -25 yr. olds are more into fastclub land music, anything with a beat and anything that has been commercialised and that type of music gets played a lot so they tend to listen to it. The 70's is making a great come back, me personally I like soul and swing very much because its relaxing, it makes me feel good but when I'm out I tend to like speed garage cos it gives me a buzz, it has a great beat and it makes me want to get up and dance. One really annoying thing that gets up my nose is when boy bands rip off someone else's song and makes them sound bad that the songs get a bad name along with the groups like Clock with 'Hot Chocolate', Spice girls with 'Stop Right Now', Take That with 'How Deep is your love', but not all are so bad like Fugees and Puff Daddy. However, we all have our own opinions about music which is our right. I asked a young male a couple of questions, here's what he thought about it, and he gave me a couple of good answers. Have a look:

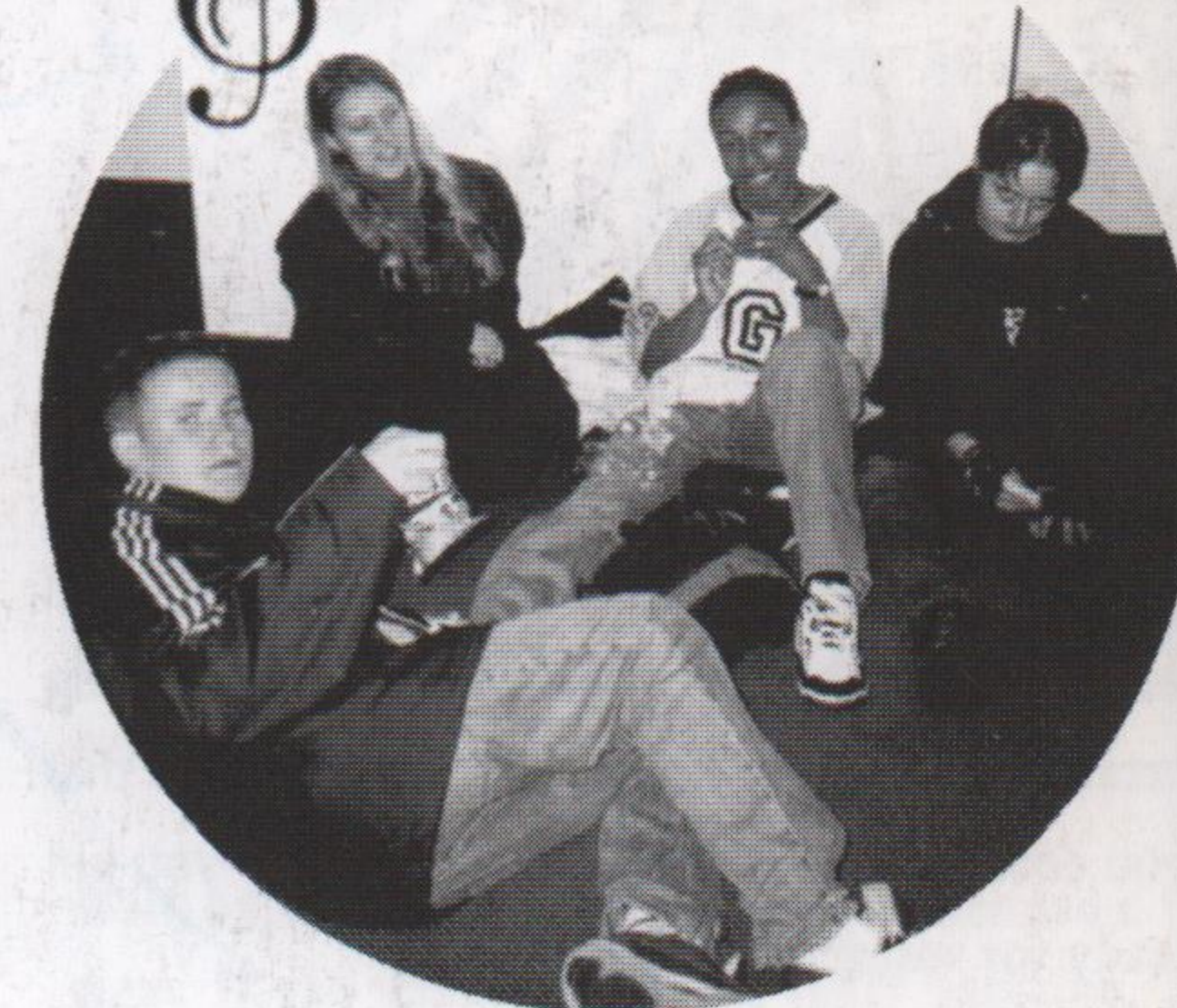
How old are you? 18

What's your name? Steven Ancliff,

I asked Steven what kind of music he listens to today "Any kind apart from brit pop"

Do you think that the British charts are too commercialised (e.g. Teletubbies) reaching number 1 "Yes, yes, yes!!!"

Who's your favourite DJ and why? "Sash Cus, I like the way he puts the singing with the music at the right time"



Wayne, Rachel, Natasha and David chilling out to David's rock

Do you prefer live bands or computerised music?
"I like both"

In the past year or so what type of music have you been listening to?
"I've been listening to Pop, Rock, Hip-Hop, Dance, Country and R and B"

Cheers Steven.

For all those of you who are into clubbing there's always a fashion that follows, depending on the type of club you go to, who you go out with and how you feel at the time. When you next watch top of the pops observe the people on stage, you'll notice they dress a certain way, sometimes to emphasise the song they're singing, e.g. the Spice Girls new song "Stop right now" was originally a 60's song and they themselves took on the dress code of the 60's, another example, Celine Dion doesn't sing hip songs so your unlikely to see her dressed in baggy jeans and long trench coats (what a sight if she did), would you as a fan accept Celine if she suddenly changed her image?....I don't think so. Your more likely to see Celine dressed in suit type clothes, have you ever thought the bands you follow are likely to dress the way they do to attract a certain type of follower. These are all classic examples of trends and music all being very important in today's fashion industry.

So, next time you listen to that old Nirvana track, get your leggings and dresses out. See you later.
Oh yeah, and if you've got an opinion on music, of any sort, drop us a line, let us know. Cheers!

NEXT MONTH, AS USUAL, AN ARTICLE ON FOOTBALL WILL BE FILLING THIS SPACE

The Pulse Newspaper is a part of the Zone Youth Project. This newspaper is produced for young people by young people and has a circulation of 5000 copies each month and is distributed freely in local schools, shops and other places where young people hang out. The Pulse is grateful for all material it receives for publication. Not all the views expressed in this paper are owned by the Zone Youth Project - but we are committed to giving young people a voice and so stand alongside them and their struggles to be heard. Thank you!