

LIVE IT

The best way to spend
your free time and money

FILM

SHRINK

So often in life we have to rely on other people for help. Whether it is giving your car a push start on a cold morning, opening a door when carrying an arm full of files while spilling coffee over them, or a listening ear to help us through an emotional break down or deep mental problems, there is normally someone we can turn to in those moments of need. Admittedly, the latter is hopefully something we won't have to deal with, but nevertheless, there are professionals out there trained to help us through anything.

But what if those very people we turn to in our darkest moments are themselves struggling with the rigours of work and life? That is exactly the predicament that Kevin Spacey has to face up to in *Shrink*, an uplifting drama about a Hollywood psychiatrist who has become disillusioned with the A-list clientele he has to work with. When a teenager far from the glamour and glitz of the Hollywood hills seeks his help on a pro-bono case, he has to decide whether his own mental state is up to the job.

Spacey has proved himself as a big screen favourite. Whether he is a gimp, dragging his feet to escape the clutches of the law in *Usual Suspects*, or lusting after his daughter's best friend during a mid-life crisis in *American Beauty*, his performances never fail to deliver. He provides the perfect monotone performance for a shrink sinking to rock bottom, with the help of a more than capable supporting cast. This may not be a film infused with the joys of summer, but it will certainly leave you feeling uplifted.



MUSIC

RICHARD JAMES

Back in the 90s, James was plying his trade with unpronounceable cult-Welsh band Gorky's Zygotic Myncci. Now working as a solo artist, *We Went Riding* is his beautifully crafted second album. From the opening track *Aveline*, which is an exquisitely simple love song, the range of influences varies from folk-infused simplicity to swinging blues. The title track is the stand out song, and forms a perfect summer anthem, culminating in a chorus as catchy as anything you will hear. You will be humming this one well after the barbecue season has finished.

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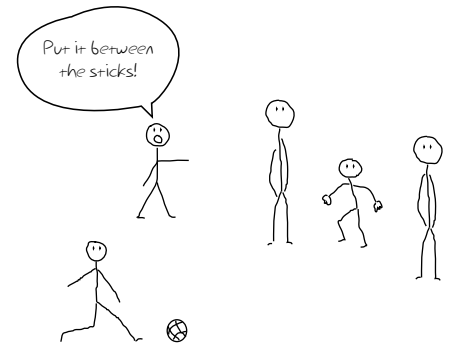
DRINK

COLD RIVER VODKA

The humble potato; great for eating, for shooting at your mates from a spud gun, and, in the case of this beautiful offering from Maine Distillery, fantastic vodka. It is often an overlooked drink, any flavour being usurped with sweet mixers, but Cold River vodka deserves a little more respect. The blueberry flavour is beautiful on its own or with a complimentary splash of mixer, while the original vodka, made with good old Maine potatoes, is a wonderfully pure tippie that will suit any occasion.



BIT OF BANTER



GOOD

FOOTBALL

Maradona's handball, Gazza's tears, Gareth Southgate's feeble penalty; English football fans have endured more than a little hard luck. However, some divine intervention could banish those demons for South Africa. The Bishop of Croydon, the Right Reverend Nick Baines has written a series of prayers for the World Cup. "More than half the population pray at some time and everyone will be affected by the World Cup in one way or another, so it makes sense to have some prayers for those that want to use them," said Baines.

TATTOOS

When attempting a burglary, the first rule is to hide your identity. Those little traits that could make it easy for the police to catch you, like your car number plate, finger prints, or, as in the case of one burglar from Colorado, a pair of distinctive tattoos on your face. Anthony Brandon Gonzales has a tattoo of 'Eastside' on his upper lip and a '13' in the shape of goatee on his chin. "It's hard to miss him," said Sgt Eric Bravo.

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