

B.FEST

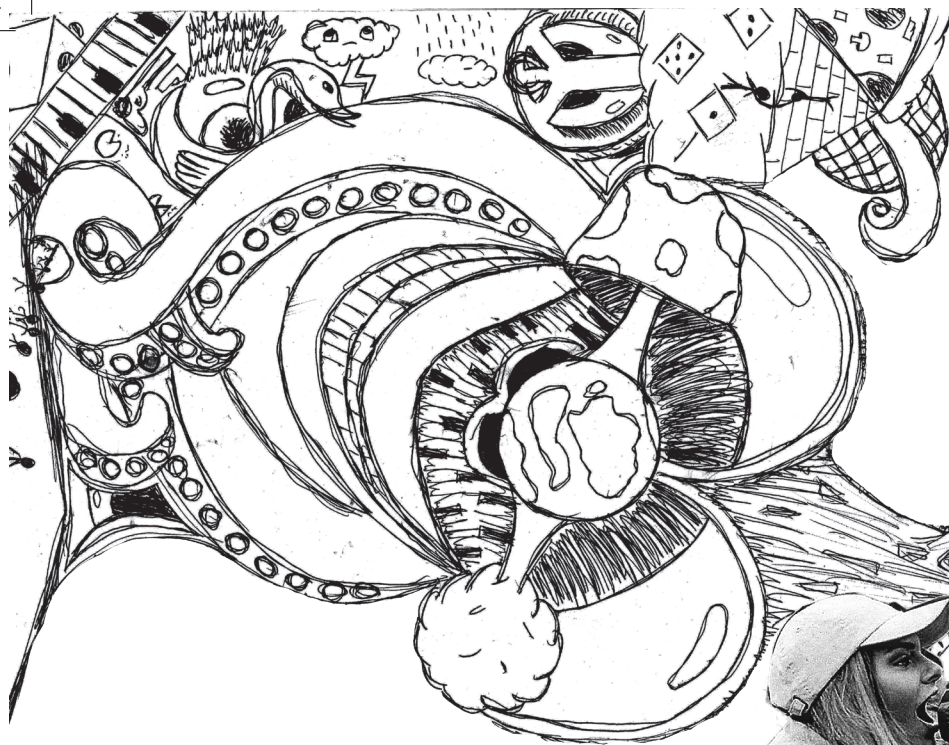
value

CULTURE

27 may - 4 june

B-fest

**QUALITY
GUARANTEED**



03 the launch party at the level
05 art and fashion
09 week view
11 skate

contents

what is b.fest?

Brighton has always been a vibrant city. It is a hub for a great many subcultures and forms of artistic expression. A 'Brighton Renaissance' has been said to be currently underway and I couldn't agree more. As it happens, this Renaissance has been crafted almost entirely by young people. There are, at the moment, a wealth of events wherever you look, from the QM music nights at Patterns to the demonstrations organised by Pre-Qual and the regular cypher at the Level for young MCs. Everyone has something to say and a variety of different and exciting mediums are being used to say it.

In these times, in which drastic cuts are being made to our youth services, it is vital that we take every chance to celebrate the talents and achievements of our young people. They are a hive of potential. Every one of them carries a dream on their backs and these dreams, if allowed to flourish, will help to build a both artistic and united society for the future. The youth services of this city are doing an outstanding job in encouraging these aspirations. They make sure that the young know their ambitions are achievable. This week we come together to celebrate all that we have, to pool our creativity together, to observe the power in the collaboration of Brighton's like-minded adolescents and to let them realise that the future is theirs if they stand up and take it.

-Tommy Sissons - B.fest Creative Director



13 performance and dance
music
14 digital and film
15 workshops
17 music

www.b-fest.org.uk

the launch



B.fest 2017 Launch Party

Saturday 27th May 1.00pm-8pm at The Level,
Union Road, Brighton, BN1 4ZN

B.fest launches a week of gigs, exhibitions, comedy, skate and much more. B.fest is run by young people and this launch event will give you a taste of what B.fest has in store. Outside, outrageous and jam packed with outstanding music, comedy, performance, outdoor stage, skate jam, workshops stalls and much more. Featuring Poets v Rappers vs Comedians Youth Team. Don't miss the only dedicated festival all-dayer for young people in Brighton.

BYC - www.b-fest.org.uk

Culture Clash: Poets v Rappers v Comedians

Saturday 27th May 6.30pm The Launch @
The Level

Pitting gladiators of comedy, rap and poetry against each other in competition for the tightest rhetoric, the wildest imagination and the most dextrous barbs. The Culture Clash heroes fight a cheeky and irreverent battle between the three art forms, to the metaphorical death. Let the baying crowd decide who lands the killer blows.

www.poetsvmcs.com

Level Skate Jam

Saturday 27th May 12pm The Launch @
The Level

The biggest skateboarding event in the city - the Level Skate Jam is this year being held as part of B.fest. Featuring competitions for all ages alongside a wealth of prizes and live music. It's guaranteed to be a huge spectacle!

BYC - www.b-fest.org.uk

at the level

Kiki LaHula and the Phoenix Girls!

Saturday 27th May 1pm-4pm The Launch @ The Level

Kiki LaHula is a professional roller skater and hula hoop artist, specializing in a unique act that combines hoop dance and roller skating. Kiki has been sharing her amazing skills by facilitating hula hoop workshops with young women from the Turner Community Project. This event will celebrate the result with a live performance of the girls work, where they will demonstrate the moves they have learnt and how they have chosen to put them together to make a choreographed piece. Afterwards Kiki and the girls will set up an area with spare hoops for everyone to join in!

Turner Community Project <https://turner.org.uk/>

art and fashion



Cultureground

Tues 30th May - Sat 3rd June 5-9pm @BYC.

Presenting the best in art, sculpture, debate and creative workshops; Cultureground is the interactive gallery that showcases young people's work from across the city. View, talk or make - Cultureground asks you to challenge your perceptions of how we categorise 'youth' art.

BYC - www.b-fest.org.uk

Cultureground Private View

Private View Event Tues 30th May 5.30-7pm

Come and 'Meet the Artists' at the opening of Cultureground with workshops and live music. This year Cultureground is running throughout the spaces in BYC and the Skatepark.

BYC - www.b-fest.org.uk

But I Wanted You To Love My Image

@Cultureground

Joseph Comyn - Contemporary Artist. My voice and personality under the silvery spotlight. Only ever pausing to ask why do I feel so free doing this.

<http://artnoise.org.uk/joseph-comyn/>

BYC Skatepark Exhibition

@Cultureground

Cultureground will extend up into the skatepark during B.fest, with local artists in the skate scene putting their work on display. A diverse collection of paintings, drawings, boards, photography, film and more.

BYC - www.b-fest.org.uk

Grind Designs

@Cultureground

BYC is giving ten budding young artists a chance to design their own skateboard. Work with local artists in our workshop, and have your board displayed during the festival before taking it home. Get in touch with BYC for more information.

BYC - www.b-fest.org.uk

Sew Fabulous teens class showcase

@Cultureground

A collection of fantastic work produced by the young people attending sewing classes at Sew Fabulous Brighton.

www.sew-fabulous.org

Tones of Life

@Cultureground

A collection of art work by Malaika Razak. Malaika says "My main inspiration is the atmosphere around me - things and places. When I paint I like to start off simple and expand into something more interesting. In my artwork I add an element of reality, to some extent, by using different tones."

malaikarazak@icloud.com

Hidden Society

@Cultureground

Sean Hawkey, a documentary photographer, shows his journey through North Korea captured in images from his time there. An insight into a hidden society inside The Democratic People's Republic of Korea.

seangerald@hawkey.co.uk

Cultural Ground

@Cultureground

Mounted mix media art work displayed by young people from Art in Mind and Fresh St Art.

info.artinmind@gmail.com

Protect Youth Services Campaign Brighton

Private View Event Tues 30th May 5.30-7pm.

A showcase of outstanding images, speeches, banners and articles that documented the work of the young people, youth workers and local community across Brighton and Hove that saved our youth services.

The Hangleton & Knoll Project and Protect Youth Services Group

#Now go check your bits

@Cultureground

Sara Snood is an amazingly inspirational local campaigner for breast cancer awareness, sharing her own story by fundraising and commencing a '365 Day Different Daily Headgear' challenge, posting the photographic evidence on Instagram and Facebook. (See social media @fizzysnood) Sara has been working alongside Turner Community Project in inspiring the young people to design and produce their own headgear with a message to promote awareness of various important issues including sexual health, mental health and breast and testicular self-checks. See the amazing creations exhibited at B.fest!

Turner Community Project <https://turner.org.uk/> and Sara "Fizzysnood" Cutting Facebook: FizzySnood Instagram: @fizzysnood Twitter: @fizzysnood #NowGoCheckYourBits www.justgiving.com/chemosnoodhead

(H)art attack

**12–4pm Tuesday 30th May, 12–4pm
Thursday 31st May @ BYC**

Brighton is covered in colourful rainbow street art and graffiti, yet the BYC building is a somewhat blank canvas in this landscape. Come along to a series of workshops in spray paint and stencil techniques and help us decorate the outside of the building to reflect the fun that goes on inside!

fresherthanfreshstart@gmail.com

Miss Represented

@Cultureground

Brighton Dome & Brighton Festival's flagship project Miss Represented is an arts collective, which works with young women who face challenging life situations. Miss Represented create a safe space, using the arts to explore life experiences, to gain a deeper understanding of ourselves and the world around us. We will display a taster of the visual art work we are creating exploring our 'Inner and Outer Selves' in the lead up to the Miss Represented tour in Oct 2017.

Brightondome.org/missrep

Lean|Zine Creative Machinez

@Cultureground

Art in Mind is creating a zine! Focusing on composition by using existing art work, collage, spontaneous doodles and story boarding. Come and get a copy from Cultureground.

info.artinmind@gmail.com

The Orange Lilies – Brighton & Hove in the Somme & The Boys on the Plaque

**Jubilee Library 28th May – 4th July 2017
(open during library opening hours)**

Two Heritage Lottery Funded youth projects exploring WWI in Brighton and Hove: The Orange Lilies – B&H in the Somme, & The Boys on the Plaque present a Film, Textiles and Graffiti exhibition. Presented by Strike a Light – Arts & Heritage & Fabrica in partnership with Brighton & Hove City Library Services and Brighton Youth Centre. Created by a group of local young people, this contemporary exhibition involves stories of Brighton & Hove in WWI, and The Boys on the Plaque, remembering the home front and local soldiers in the city, and commemorated on a WWI memorial plaque at Fabrica. Working with artists Rosie James, Tom Goulden, and filmmaker Tracey Gue, young people explored records and research of some of The Orange Lilies and The Boys on the Plaque, detailing military history and lives, and local connections to the city and their families.

Fabrica Gallery and Brighton and Hove Libraries
<https://theorangelilies.wordpress.com/>
www.boysontheplaque.wordpress.com **<https://strikealight.org/projects/the-orange-lilies-brighton-and-hove-in-the-somme/>**

Noodle Doodle

@Cultureground

How many people can we get doodling at one time? Can we create 10,000 doodles? Can we hang them using noodles! Join us for this mindless noodle adventure!

fresherthanfreshstart@gmail.com

ANIMIND: Mind in Motion

@Cultureground

Art in Mind are creating a showing stop motion animations. This workshop will focus on sequential moving image encouraging participants to play with either drawings, found materials or sculptural elements to learn a new creative outcome.

info.artinmind@gmail.com

Unity Through Struggle

Exhibition – May 1st – 4th June at Jubilee Library 'Talking Pictures': Workshop 1: BYC Friday 2nd June 4–6pm
'Talking Pictures': Workshop 2: Jubilee Library Sat 3rd June 1–3pm

We are a group of young people concerned about our future in the UK witnessing such dramatic changes happening all around us. Together, through interactive and printed exhibited artworks and live 'Talking Pictures' workshops, we invite other young people to join the conversation and have a say in our future.

www.exploringsenses.co.uk

No Cash Passion For Trash

@Cultureground

A collection of visual art inspired by activism, culture, zines and community by Bette Davies. Check out her work on Instagram – @tre_imagery

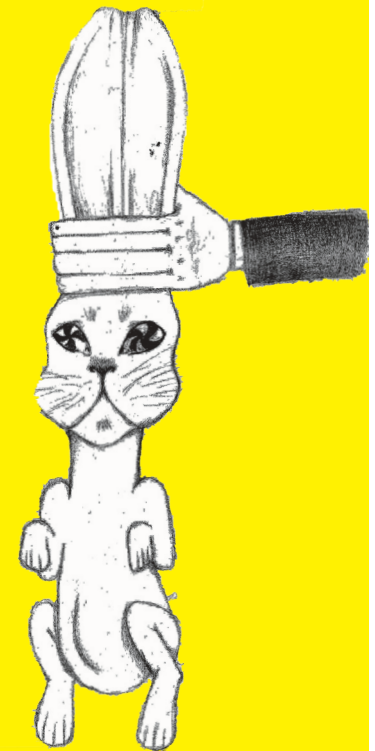
BYC – www.b-fest.org.uk

B.fest Fashion Show and Live Music

Tues 30th May 7–10pm @BYC

Come and see a live showcase of fashion and accessories produced by young people from across Brighton and Hove. The show will also include live music from local young talent. Come and check out future designers in the making!

www.sew-fabulous.org



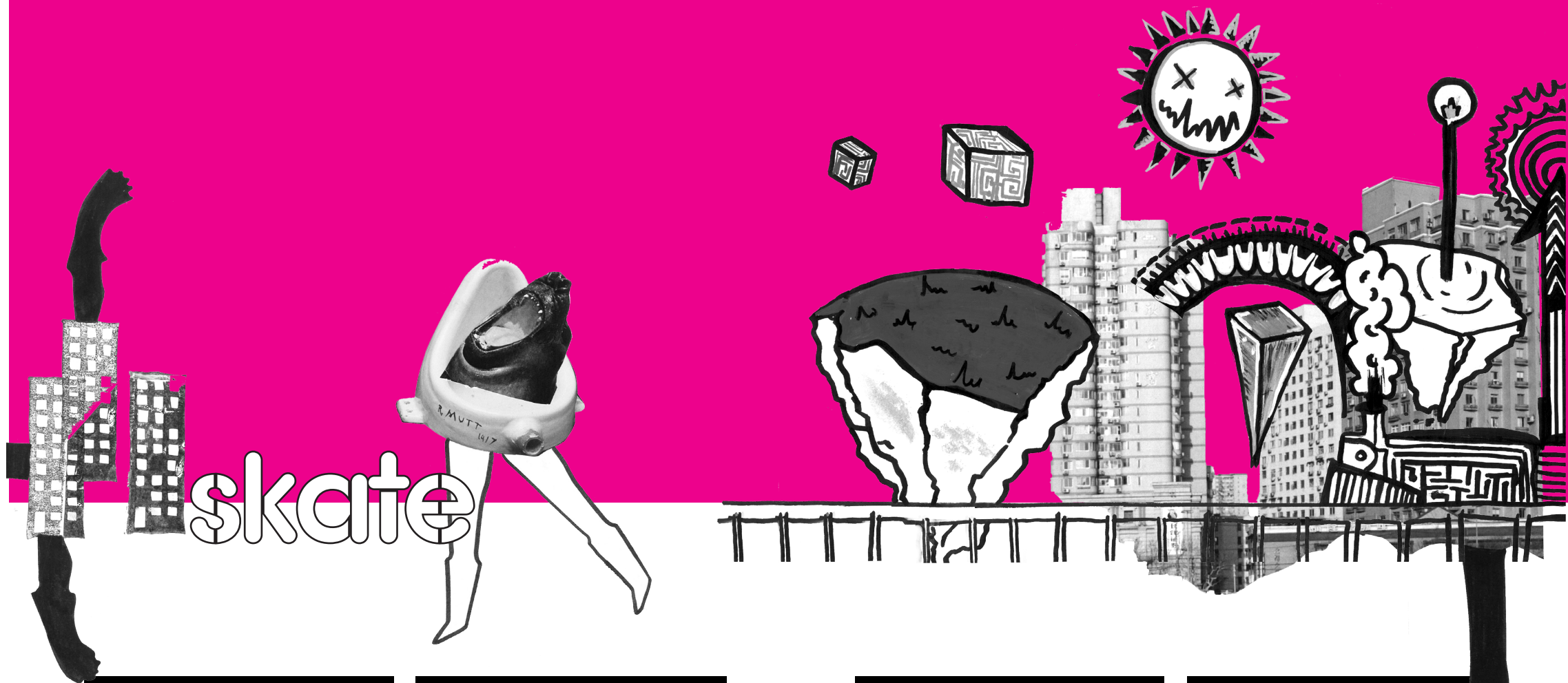
Change

@Cultureground

A collection of photographs created by LGBTQ+ young people in response to research around the lives of LGBTQ+ Young People throughout history.

Nate Collington-Exe and Bette Davies

| VENUE | Sat 27th May | Sun 28th May | Mon 29th BANK HOL | Tues 30th May | Wed 31st May | Thur 1st June | Frid 2nd June | Sat 3rd June |
|-----------------------------|---|---|----------------------|---|---|---|---|--|
| Cultureground Exhibition | | | | Cultureground Exhibition - 5-9pm Cultureground - Private View Tues 30th May 5.30-7pm | | | | |
| Cultureground Workshops | | | | Exhibition Private View 5.30-7pm (H)art attack 12-4pm | VIRGIN TERRITORY Workshop 5-8pm Culture Clash: Poets v Rappers v Comedians Workshop 7.30-9pm | (H)art attack 12 -4pm Politics - Youth are the Future 2-7pm B.Game 6-9pm | Unity Through Struggle - 'Talking Pictures': Workshop 4-6pm | B.fest Gets Literally Literary 2-6pm |
| Venue B | Spin: A Skatepark Adventure 6pm Not the Horse 7.30pm | Free Activities Taster Day 10-4pm Spin: A Skatepark Adventure 6pm | | B.fest Fashion Show and Live Music 7-10pm | Jam Brighton Gig 7-10pm | PREQUAL and Friends 7-10pm | Samba Reggae Dance Workshop 2-4pm Brighton's Got Talent 7-10pm | Parkour Workshop 3-5pm Spin: A Skatepark Adventure 6pm B.fest Finale 7-11pm |
| Skate | Level Skate Jam The Level 12pm | | | BYC Skatepark Exhibition 5-9pm | BYC Skatepark Exhibition 5-9pm | She Shredders 6.30-8.30pm | BYC Skatepark Exhibition 5-9pm | BYC Skatepark Exhibition 5-9pm |
| Other venues | B.fest Launch Party The Level 1-8pm Culture Clash: Poets v Rappers v Comedians The Level 6.30pm Kiki LaHula and the Phoenix Girls! The Level 1-4pm | | | | | | B.fest Film Festival Komedica 1.45pm-3.30pm (screening starts at 2pm) | In The Lab @ The Rosehill Tavern 3-7pm Connected Youth 3pm Old Steine Pleasure Gardens |
| Jubilee Library | Opening Times - Mon, Tues, Thurs 10-7pm Wed, Frid, Sat, Sun 10- 5pm | Unity Through Struggle Exhibition - May 1st – 4th June + Talking Pictures Workshop Sat 3rd June 1-3pm The Orange Lilies Brighton & Hove in the Somme & The Boys on the Plaque Exhibition - 28th May - 4th July | | | | | | |



Level Skate Jam

Saturday 27th May 12pm at The Level

The biggest skateboarding event in the city, the Level Skate Jam is this year being held as part of B.fest. Featuring competitions for all ages, a wealth of prizes and live music alongside, it's guaranteed to be a huge spectacle!

BYC - www.b-fest.org.uk

BYC Skatepark Exhibition

Tues 30th May - Sat 3rd June 5-9pm @BYC

Cultureground will extend up into the skatepark during B.fest, with local artists in the skate scene putting their work on display. A diverse collection of paintings, drawings, boards, photography, film and more.

BYC - www.b-fest.org.uk

She Shredders

Thur 1st June 6.30-8.30pm @BYC

Brighton She Shredders is a female only skateboard session that takes place at BYC Skatepark on Thursdays. Try this session for FREE with your B.fest programme if your are 13-19 years old.

BYC - www.b-fest.org.uk

Grind Designs

Tues 30th May - Sat 3rd June 5-9pm @BYC

BYC is giving ten budding young artists a chance to design their own skateboard. Work with local artists in our workshop, and have your board displayed during the festival before taking it home. Get in touch with BYC for more information.

BYC - www.b-fest.org.uk

performance and dance

Spin: A Skatepark Adventure

May 7, 13-14, 20-21, 27-29, June 3-4
6:00pm £7.50 (£5) @BYC Book tickets at
www.brightonfringe.org

A new inclusive urban sports show including parkour runners, skateboarders, BMX riders, acrobats and dancers. Featuring Rick Rodgers, the disabled stuntman from the Paralympic 'Yes I can' advert. Daredevil stunts, adrenaline fuelled fun with big beats and box jumps. Filled with anticipation, determination and exhilaration. Pushing the boundaries, testing what is humanly possible.

Hubble Bubble Productions

I Am Beast

27th 28th 29th May 4pm at The Warren
Tickets £9.00 for students £11.50 full price
(concessions available) buy tickets at <https://www.otherplacebrighton.co.uk/2935/i-am-beast>

What happens when the wildest parts of our imagination take control? After her mother dies, Ellie escapes to a flickering world of comic book superheroes and bewitching strangers. As the walls of her new world crumble, Ellie must face the truth behind her fantasies. Following the acclaimed success of 'Killing Roger', Sparkle and Dark return with 'I AM BEAST', an award-winning, visually stunning exploration of the power of grief and childish imagination, using UV landscapes, original live music and unique life-sized puppetry.

www.otherplacebrighton

Connected Youth

Saturday 3rd June at 3pm Old Steine
Pleasure Gardens BN1 1GY

Isolated teenagers realise it's better to fight their emotional battles as a united front. Using trapeze, silks, hula hooping, comedy and physical theatre, two talented community circus companies present an amazing and entertaining double bill. Directed by Alpha Marks, Philippa Vafadari, Shereen Hussain, Sita Yebga. Devised by the companies #ResilientArts, www.bandbazi.co.uk/community/resilient-arts
Funders: Awards for All, Children in Need; Brighton & Hove City Council.

www.bandbazi.co.uk

Not the Horse

25-27 May 7:30pm £7 (£5) @BYC Book
tickets at www.brightonfringe.org

The Edinburgh Fringe sell-out show comes to Brighton! 'Not The Horse' is a multi-award winning crime comedy, featuring a cheeky Scouser who gets in trouble with gangsters, travellers, tranquilisers and horses. Written & Directed by Mike Dickinson.

★★★★ - BroadwayBaby ★★★★★

Naughty Corner Productions

Brighton's Got Talent

Frid 2nd June 7-10pm @BYC

In co-production with The Young Carers and BYC, B.fest 'Brighton's Got Talent' invites the great, the good, the spectacular & the down right bizarre to show their talent. With only 3 minutes to impress the (friendly) professional panel of judges, anything could happen in this talent show with a twist. From plate spinning to poetry, expect a variety of excellent acts, fun and friendly feedback.

Brighton Young Carers & BYC

digital and film

The Great Brighton Bake Off

Dukes@The Komedia Friday 2nd June,
1.45pm - 3.30 pm (screening from 2pm)

In partnership with the Catering Department of City College Brighton and Hove, B.fest is proud to present 'The Great Brighton Bake Off' - back for it's second year! Baking a difference and bringing you the best in youth baking talent from Brighton & Hove. Young people from youth organisations across the city will battle it out for the 'Great Brighton Bake Off' Star Baker title. Professional judges! Recorded live! Don't miss the baking extravaganza of the century! Film to be shown as part of B.fest film Festival.

BYC - www.b-fest.org.uk

B.fest Film Festival

Dukes@The Komedia Friday 2nd June,
1.45pm - 3.30 pm (screening from 2pm)
44-47 Gardner Street, North Laine,
Brighton, BN1 1UN

The B.fest Film Festival is back at the Dukes@The Komedia for it's second year! Featuring short films from young filmmakers and the latest aspiring talent. Big screen, a professional showing, free popcorn and creative films and animations from young people around the city (13-19 year olds only).

DV8 Brighton and BYC

B.Game

Thur 1st June 6-9pm @BYC

Come and join in on a night of gaming at BYC! We have a great selection of table top games and games consoles. Get your B.game on with fellow competitions; there are prizes up for grabs!

BYC - www.b-fest.org.uk

workshops and talks

Culture Clash: Poets v Rappers v Comedians

Wednesday's in May 7.30pm - 9pm @BYC

Join the teams and come to a month of epic skill-share sessions with professionals every Wednesday in May 7.30pm - 9pm at BYC. May 3rd Poets v MCs Hilarity Battlers Gramski and Robin Lawley. **May 10th** International TV Hero Poet Tommy Sissons. **May 17th** Hammer and Tongue champions of subtlety Sophie Brown and Connor Byrne. **May 24th** The Comic Genius of TBC (she's amazing!) and Lee 'Bourbon' Routly. **May 31st** Freestyle Rap Champions Jon Clark and Ebenflo

www.poetsvmcs.com

B.fest Gets Literally Literary

Sat 3rd June 2-6pm @BYC

An all day event for anyone who loves books and creative writing! After the success of our February event we will be upping the ante for B.fest 2017. We will be opening with workshops centered on different forms of creative writing and ending the event with a Q&A Writer's Panel featuring authors happy to answer any and all of your questions!

BYC - www.b-fest.org.uk

(H)art attack

Tuesday 30th May and Thursday 1st June 12-4pm @BYC

Brighton is covered in colourful rainbow street art and graffiti, yet the BYC building is a somewhat blank canvas in this landscape. Come along to a series of workshops in spray paint and stencil techniques and help us decorate the outside of the building to reflect the fun that happens on the inside!

fresherthanfreshstartart@gmail.com

Politics - Youth are the Future

Thur 1st June 2-7pm @BYC

Political education is essential to a healthy, effective democracy. As we head into a General Election where issues are unclear and many young people cannot vote and feel the process is irrelevant to them we have brought together some fun and challenging workshops to look at key issues and how young people can get their voices heard in order to play a full part in the democratic process. The day will bring an array of activists and political groups together who will offer participants workshops and debates. Groups include; Prequal, In Defence of Youth Work, Politics in Education, The World Transformed, Act Up Speak Out.

BYC

Unity Through Struggle

Exhibition - May 1st - 4th June at Jubilee Library 'Talking Pictures':

Workshop 1: BYC Friday 2nd June 4-6pm

Workshop 2: Jubilee Library Sat 3rd June 1-3pm

We are a group of young people concerned about our future in the UK witnessing such dramatic changes happening all around us. Together, through interactive and printed exhibited artworks and live 'Talking Pictures' workshops, we invite other young people to join the conversation and have a say in our future.

www.exploringsenses.co.uk

Parkour Workshop

Sat 3rd June 3-5pm @BYC. Sign up on B-fest Website throughout May.

Do you want to learn to climb walls, to leap across buildings and to fly through the air?! Then sign up and get involved in this taster Parkour workshop. After the workshop, sit back, be inspired and watch the experts in Hubble Bubble's 'Spin: A Skatepark Adventure' featuring parkour runners, skateboarders, BMX riders, acrobats and dancers. Free ticket to this performance for Parkour workshop attendees.

South East Dance

Free Activities Taster Day

Sunday 28th May @BYC 10am-4pm

Come and join us for a great day out. A free taster day of activities provided by clubs and party suppliers for you to enjoy. There will be something for everyone and a chance to experience everything from theatre, art, dance and sporting activities to some unusual clubs and party suppliers.

www.reallyhappykids.com

Samba Reggae Dance Workshop

Frid 2nd June 2-4pm @BYC. Sign up on B-fest Website throughout May.

Samba Reggae dance workshop with Rosaria Gracia - a professional Dance Artist, choreographer and performer bursting with energy.

South East Dance

B.Involved

Wed 24th May 7pm @BYC Email Hannah if you have any questions BrightonYouthArts@Gmail.com

Want to spend your half term running B.fest? Photographing gigs? Interviewing people? Setting up events? Giving out wristbands? Having a week full of creativity and trying loads of new things?! Turn up to BYC on Wed 24th May at 7pm and we will give you your B.fest Team Timetable for the week.

BYC - www.b-fest.org.uk

VIRGIN TERRITORY - Free Creative Workshops

Wed 31st May 5-8pm @BYC Sign up on B-fest Website throughout May

How do current representations of young people in digital culture affect you? Come and have your say. Get creative and express yourself. Internationally acclaimed multi-disciplinary arts company, Vincent Dance Theatre are running some creative activities to help you explore your ideas around the challenges of online vs offline identity.

Vincent Dance Theatre

<http://www.vincentdt.com/project/virgin-territory-social-engagement/>

music

Venue B Presents

Tues 30th May - Sat 3rd June
7-10pm nightly @BYC

Venue B was created for the simple purpose of giving young people more opportunities to perform and watch live music. Events are organised and promoted by young people and supported by a range of local organisations including BYC, Audio Active, Northbrook College, Access to Music, Brighton Dome (Spectrum) and Jam Brighton. Check the B.fest website for line ups.

BYC - www.b-fest.org.uk

Pre-Qual and Friends

Thur 1st June 7-10pm @BYC

Pre-Qual is a youth led pro equality direct action group. Join Pre-Qual and friends for a night of political based performances, music, spoken word and the rest. All ages welcome.

Prequal

B.fest Finale

Sat 3rd June 7-11pm @BYC

We are opening the big hall at BYC to welcome some big acts on the final night of B.fest: Starting with Culture Clash: Poets v Rappers v Comedians set and moving onto a night of live music to end B.fest 2017 on a high.

BYC & www.poetsvmcs.com

Jam Brighton Gig

Wed 31st May 7-10pm @BYC

Brighton has a history of great live music - now see the future! Tonight is a Jam Brighton Showcase featuring five band so expect high quality, high energy and a lot of fun.

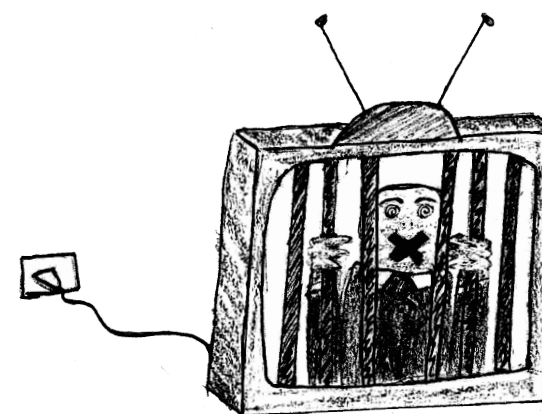
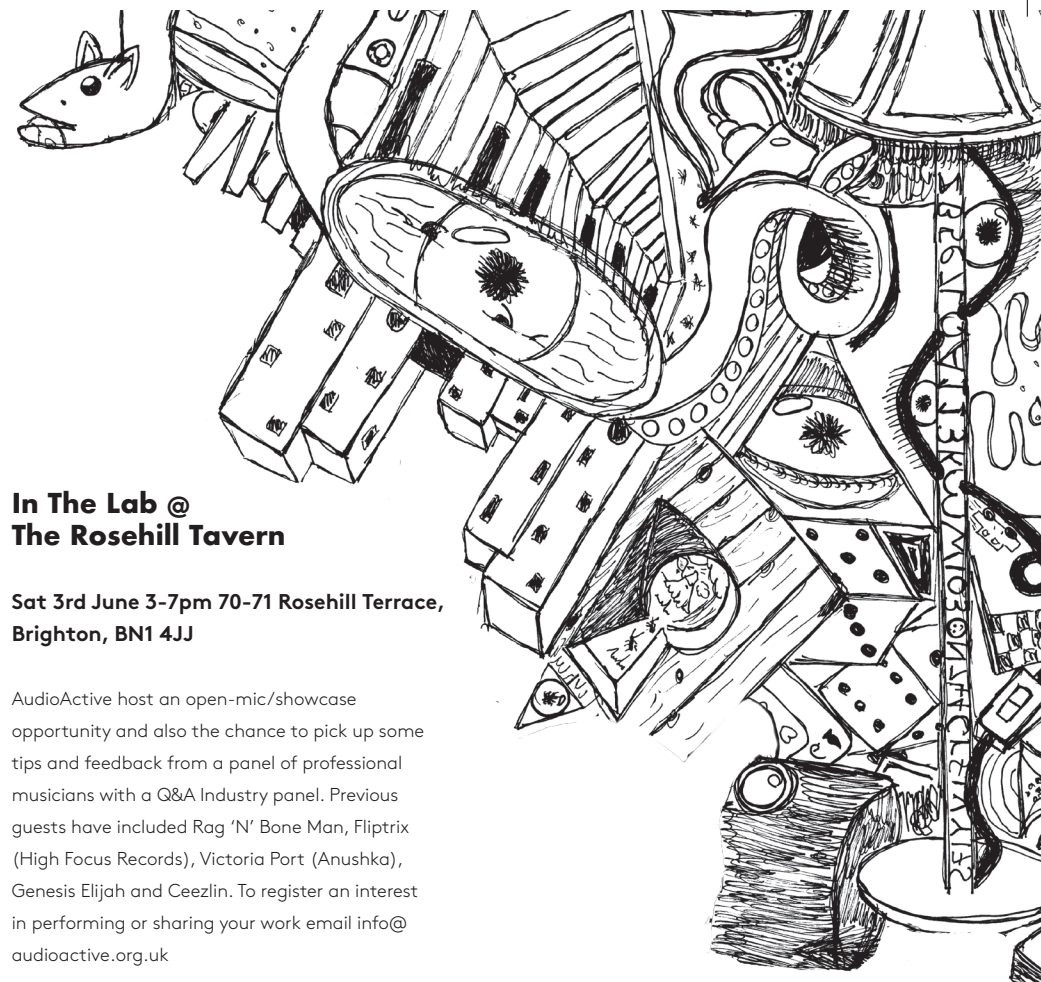
Jam Brighton

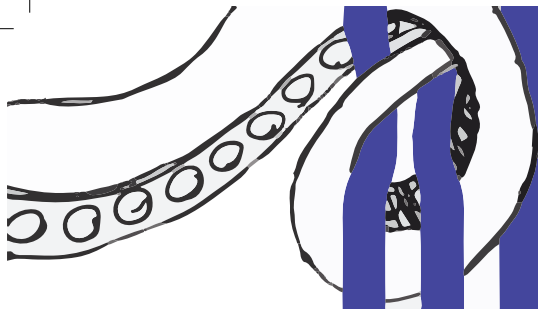
In The Lab @ The Rosehill Tavern

Sat 3rd June 3-7pm 70-71 Rosehill Terrace,
Brighton, BN1 4JJ

AudioActive host an open-mic/showcase opportunity and also the chance to pick up some tips and feedback from a panel of professional musicians with a Q&A Industry panel. Previous guests have included Rag 'N' Bone Man, Fliptrix (High Focus Records), Victoria Port (Anushka), Genesis Elijah and Ceezlin. To register an interest in performing or sharing your work email info@audioactive.org.uk

www.audioactive.org.uk





Design by Ella Simmonds and Georgia Collins

Artwork by Finn Marshall, Kane Bower, Jack Thomas, Andy Langley and Bette Davies

Contact: Brighton Youth Centre, 64 Edwards Street, Brighton, BN2 OJR

BrightonYouthArts@Gmail.com 01273 681368

b-fest.org.uk - facebook/b.fest - twitter/@bfest17
instagram/ #bfest

What is B.fest? B.fest is an unfunded (STOP PRESS: Thank you to the Co operative for a generous donation from your members) mainly free festival that aims to bring Arts and Culture closer to young people involving them in every aspect of planning, organising, designing and performing. When you're a teenager it matters what your friends do so we try and get your friends performing, making films, making cakes, taking photographs, writing stories and whatever else we can think of - because then you might too!

