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interview with
miss king and
the kougars



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Sarah before



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Silk balloon sleeve blouse, £40; Metallic racer back top, £55, Oasis SS07

Feeling blue

Stunning, vibrant and bold; dressing in blue is not for the shrinking violet. Worn with anything but an air of confidence and the essence of the shade is lost. From the summer shades of aqua and turquoise to the rich royal blue the catwalk shows were flooded with dresses, coats and shoes in every hue. Blue may not be your typical show stopper but accessorised with a golden tan it's the epitome of chic glamour. Steer clear of top-to-toe blue, unless it's an amazing dress, and instead try sheer shirts or loose-fitting jersey tops or smocks. An electric blue maxi-bag, slither of a belt or flash of pumps will add a bit of true blue confidence to any wardrobe.



Bright blue suede pump, £65, French Connection



Dress, New Look



Cobalt square print dress, £35, Dorothy Perkins

Blue dress, Oasis SS07 Catwalk Show



MISS KING and THE KOUGARS

Time to emerge from your bubble

by Frances Earlam

"When I was told I would be playing on the same stage as The Who, I screamed," says Miss King. "I can't believe they asked us to play - it will be our biggest audience yet. I am so excited!"

Miss King, AKA Miranda is undoubtedly delighted to be a part of the first Knowsley Hall Music Festival which takes place on June 23 and 24. Joining bands The Who, The View, Keane, The Zutons and The Coral in playing to a crowd of 80,000 will be an excellent opportunity for her and her band, The Kougars to play to a predominantly Northern audience. "It is unbelievable, The Who are my mum's favourite band. It's quite mindblowing. We're used to playing Madam Jojos and other glitzy indie clubs. In December we did the Christmas lights switch on for a load of teenagers in Coventry. This is something quite different."

Miss King and The Kougars was formed by Miranda after she decided to take the lead mic having been a backing singer for the Loose Cannons. "I went on tour with the Scissor Sisters in 2004 when they were just starting out and it was an amazing experience for me. I decided to form a band and pulled together a group of fiery, amazing musicians who are all really beautiful as well! We started playing cool places in London and then I started writing with the Real People in Liverpool. With Tony and Chris's help we have definitely got some Merseybeat in our soul. Plus I studied at art school here too so I feel Liverpool is my cultural home."

Music is certainly in Miranda's blood. Her father Tony Brainsby, was renowned music publicist for the likes

of Thin Lizzy and Paul McCartney. "He would take me to concerts and I would be standing at the stage eager to be on the stage myself. When I was 12 years old I stood at the side of the stage on Madonna's Blond Ambition tour and I could see the audience from where I was standing. I had butterflies in my stomach from seeing her set the crowd alight."

Wearing tight white jeans and a red bra for her recent performances she believes what you wear is a projection of yourself. "I like to mix stuff from different eras. My mum always dressed quite mad and my dad would wear Andy Warhol print jackets. My offstage style is more eclectic than what I wear to perform. I love Viktor and Rolf and Roland Mouret."

Miranda describes her music as the 'glam of Bowie and the theatre of Kate Bush with a cheeky Merseybeat in there' and has already attracted the Scissor Sisters boys as fans of track 'Disco Sunshine'. Currently working with producers to put the finishing touches to her album, Miranda is looking forward to its release towards the end of the year. "I love every part of being a musician, the stage show, the look. The album is all about unplugging ourselves, from our laptops, our i-pods and emerging from our bubble and engaging in the world."

Miss King and The Kougars is certain to be a performance to look forward to.

www.myspace.com/misskingandthekougars



Competition

It's finally happened! Liverpool, the most famous city in the world for popular music will host a summer festival. It's great for the cultural reputation of the city, but most importantly - it's on our doorstep! So where, when, who? I hear you shout. Well, the first Knowsley Hall Music Festival will take place on Saturday and Sunday, June 23 and 24. With 80,000 people expected to flock to Knowsley Hall across two days, and many more acts still to be announced this is easily one of the hottest tickets of 2007.

And we've got a pair of tickets to give away!

One lucky Envy reader will win a pair of tickets to the first Knowsley Hall Music Festival. For your chance to see The Who, The Zutons, Keane and The View all in one weekend simply answer the following question:

What date will The Who take to the stage at the Knowsley Hall Music Festival?

Email your answer plus your name, address and daytime telephone number to editor@envymag.co.uk or send a postcard with your answer and details to Festival Competition, Envy Magazine, Haymarket Court, Hinson Street, Birkenhead, CH41 5BX.

The closing date is Friday, June 1.

If you're not a lucky Envy winner you might want to get your hands on some tickets pretty fast!

Tickets are priced at £70 (+booking fee) for the weekend, £42.50 (+BF) for Saturday and £37.50 (+BF) for Sunday. Gold Circle and Hospitality tickets are also available.

Tickets can be purchased through Piccadilly Ticketline: 0871 424 8000; See Tickets: 0871 220 0260 or Ticketmaster: 0870 169 0109 (www.ticketline.co.uk / www.seetickets.com / www.ticketmaster.co.uk). For more information call 0151 707 1309 or visit www.knowsley-hallmusicfestival.co.uk

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For any Birkenhead woman wanting very fast inch loss and a great figure, there is new hope with the arrival of Gymophobics. This new type exercise programme takes just 30 minutes per session and most women lose a dress size and achieve amazing inch loss in the first few weeks.

Donna Hubbard is founder of Gymophobics which now operates 25 centres around UK with many more about to open. Following a competitive swimming career, Donna gained over 4 stones in weight. Having failed with numerous diets, she stumbled across a formula that is as easy as it is effective.

"I really could not believe how easy it was. Almost overnight, I went from looking like a beached whale to model proportions without breaking sweat."

Donna set out to help other women achieve their goals. Within weeks of opening her first Gymophobics she had women queuing at the door.

"The response was absolutely amazing."

As word spread, more than 1,500 women aged from 15 to 84 enrolled for our programme in the first 12 months. Just like me, women were achieving instant results. Many told me that they had struggled with their weight all their life and had all but given up hope until they found us. Most hated gyms, but Gymophobics is a welcoming and friendly place to visit, with no intimidation.

There are no clanking weights to lift, no pounding treadmills or exhausting hydraulic machines!"

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Donna Hubbard (Founder)

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8. A British success story not an American franchise
9. Beautiful, female environment
10. Courses average just £28 per month

"I have lost 8lbs in 4 weeks plus 2 inches off my waist, fab!"

Helen

"Only 4 visits and the inches seem to be disappearing. My jeans are feeling so much looser and the staff are really friendly."

Sharon



Chris Hanna
(before)

Chris Hanna
(after)



GREAT RESULTS

MEMBERS NAME	WEIGHT LOST	INCHES LOST	TIME SCALE
DEBBY	1st 10lbs	29¼"	10 weeks
PAT	2½st	28¼"	8 weeks
CLAIRE	1st 2lbs	19¼"	10 weeks
KATHLEEN	1st 4lbs	10¼"	8 weeks
MELANIE	2st 7lbs	28¼"	14 weeks
PAM	1st 3lbs	16"	8 weeks
GLENDA	1st 2lbs	17"	9 weeks
DENISE	1st 1lb	17¼"	8 weeks
ANN	1st 3lbs	11"	8 weeks
GINA	2st 3lbs	25½"	10 weeks
MARGARET	1st 1lb	16½"	8 weeks
CHARLOTTE	1st 3lbs	20½"	10 weeks
ANGIE	1st	11¼"	9 weeks
LORRAINE	1st 8lbs	12"	8 weeks
SUE	10lbs	7"	8 weeks
JAN	1st	8"	8 weeks
MICHELLE	9lbs	16"	9 weeks
MIRANDA	1st 5lbs	10"	7 weeks
CARYS	10lbs	12"	8 weeks
SARAH	1st 10lbs	24"	10 weeks
SHARON	2st 5lbs	20"	
JULIE	1st	22"	12 weeks
DIANE	2st 7lbs	34"	9 weeks
DEBORAH	1st 10lbs	29"	12 weeks
GEMMA	2st	36"	18 weeks
SAMINA	3st 2lbs	38"	24 weeks

LADIES ONLY

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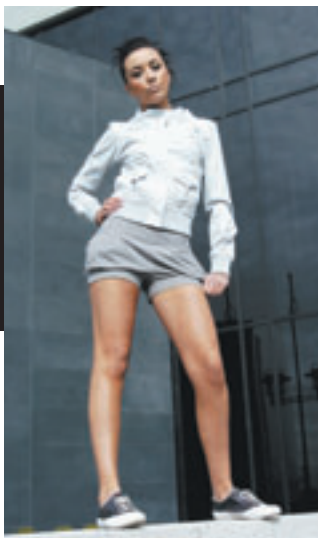
It's all black & white



Black and charcoal dress, £45, Miss Selfridge; Black and silver shoes, £245, Kurt Geiger



Gold glitter zip sweatshirt, £95, Laura Lees @ Drome Boutique, Bold Street, Liverpool; Black jeans, £40, Topshop; Gold trainers, £75, Ash @ Drome Boutique



Silver jacket, £40, Miss Selfridge; Grey stripe shorts, £25, Miss Selfridge; Silver sequin sports shoes, £75, Kurt Geiger



White jacket, £50, Topshop; Black high waist shorts, £18, Dorothy Perkins; Black platform sandals, £75, Faith Solo

Model – Sarah Davies at Impact Models Agency

Photographer – Chris Sumner

Fashion Director – Frances Earlam

Hair – Kate Smith at Christopher Boyton, Charing Cross Birkenhead

Makeup – Kelly Boyton at Christopher Boyton, Charing Cross Birkenhead

Location - Malmaison, William Jessop Way, Princes Dock, Liverpool

www.malmaison.com



Shimmering cream dress, £50, Miss Selfridge; Platform shoes, £219, Kurt Geiger



Black sequin dress, now £30, Dorothy Perkins; Silver platform shoes, £80, Dune; Silver bag, £15, Dune



Black blouse, £28, Miss Selfridge; Suit jacket, £75, S'nob @ Drome Boutique; Skirt, £45, S'nob @ Drome Boutique; Black shoes, £80, Faith

The easiest way to look chic and keep cool during the summer is to embrace those neutral shades. Black is at the heart of every wardrobe and there's no reason why it shouldn't play a part in making a stylish you. Black linen trousers or a cotton skirt combined with a black vest top or shirt looks smart and sassy. Choose tan shoes and accessories for a more summery feel.

Monochrome, too is a key look for this season but this is a more difficult look to pull off. Try layering black and white vests or opt for a black and white printed smock, loose fitting or shell top. Just make sure that if your outfit is predominantly white that black shoes are avoided.

Look out for metallic shades that are right on trend at the moment as these work well with all neutral shades. Silver, gold and bronze tops, shimmering scarves and bags and shiny shoes all set to make your outfit dazzle. Instantly add glamour during the day with an oversized metallic tote or shopper bag and for evening long heavy necklaces and plenty of bracelets and bangles are a must.

A new neutral for this summer is navy and with it there's a change in the rules. Now you can mix navy, grey and black for a grungier, funkier rock chic look. Navy has certainly moved on from being a colour only worn by your granny.

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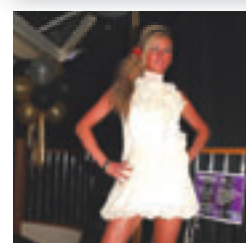
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