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# Editor's notes...



Nik Allen, Editor

Hello and welcome to the fourth edition of **VISION** Brentwood.

What a month we've had since the last magazine. With Team GB's success in Rio, we look at the highlights which brought us up to second place in the medals table, narrowly beating China.

Take a look inside to read all about events which have unfolded this month, including a 9/11 memorial given to America by Russia, which was mysteriously swept under the carpet.

We bring you the best tips for fitting an effective workout into a hectic schedule, as well as the ultimate cellulite-targeting exercises.

In local news, we cover the incredible discovery of medieval buildings which were found beneath the High Street, alongside numerous items of interest.

Brentwood school celebrates another year of successful A Level results inside, meanwhile the police have been hunting for a suspect in relation to the aggravated burglary of an 80-year-old woman who needed hospital treatment.

Essex has seen a busy month, with V Festival hitting the headlines after accusations of Justin Bieber lip-syncing, and the plans for Chelmsford's John Lewis were revealed ahead of its grand opening.

It's all inside, so turn the leaves to enjoy page after page of captivating content.

As always, I love to receive your feedback, so please do keep sending me your thoughts and suggestions.

Happy reading, and until next month,

Nik

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## CONTACT US

brentwood@visionmag.co.uk | 01277 554045

EDITOR | Nik Allen DESIGN EDITOR | Misha Mistry

CONTRIBUTOR | Gemma Wilson CONTRIBUTOR | Sonya Thiru

CONTRIBUTOR | Holly Worthington CONTRIBUTOR | Charles Rae

CONTRIBUTOR | Paul Thomas



# 9/11...fifteen years on

The Twin Towers stood as part of the New York City skyline from 1970 to 2001.

But on September 11, 2001, all that was dramatically changed by the worst terrorist attack – now known as 9/11 - to hit the USA.

This September is the 15th anniversary of the attack which had television viewers glued to their screens around the world as the drama unfolded live.

Nineteen members of Al-Qaeda had been given the go ahead by terror chief and Public Enemy No 1, Osama Bin Laden, to unleash outrage and devastation on America.

Many of them had been “sleepers” in the States or had entered the country without triggering any warning to the authorities.

One group led by Mohammed Atta hijacked American Airlines Flight 11. A second group led by Marwan al-Shehhi hijacked United Airlines Flight 175.

At 8.45am on a clear Tuesday morning, American Airlines Boeing 767 loaded with 20,000 gallons of jet fuel crashed into the north tower of the World Trade Centre.

The impact left a gaping, burning hole near the 80th floor of the 110-story skyscraper, instantly killing hundreds of people and trapping hundreds more in higher floors. As the evacuation of the tower and its twin got underway, television cameras broadcasted live images of what initially appeared to be a freak accident. Then, 18 minutes later, the United Airlines Flight 175 appeared out of the sky, turned sharply toward the World Trade Centre and sliced into the south tower near the 60th floor. The collision caused a massive explosion that showered burning debris over surrounding buildings and the streets below.

America was under attack.

Later that day another building known as World Trade Centre Seven also collapsed.

Nearly 3,000 people died (67 British) in the collapsed buildings that day, and an unknown number have also died since from related injuries.

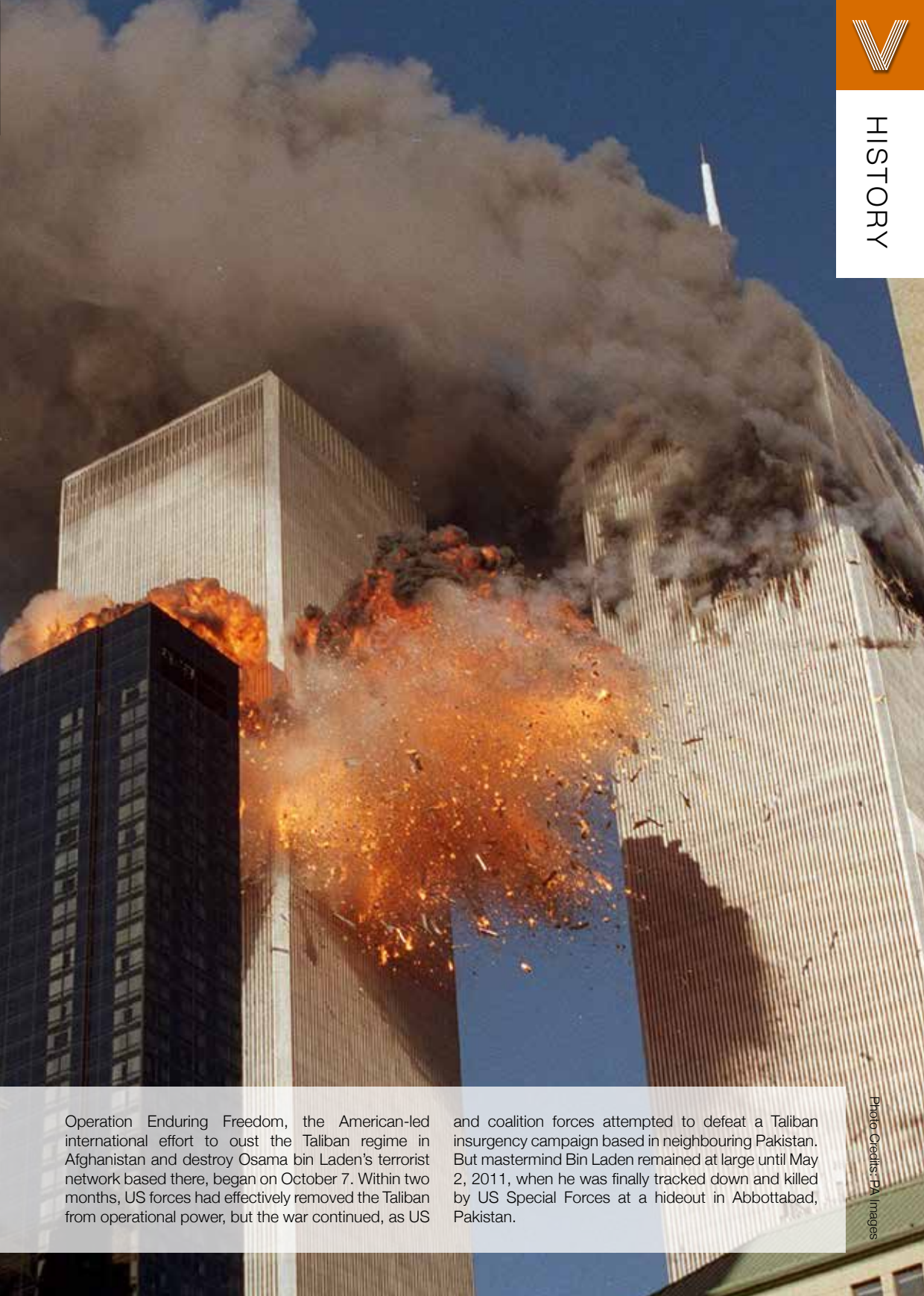
There was also an attack on the Pentagon (American Airlines Flight 77) and another hijacked jet (United Airlines Flight 93) crashed in Shanksville Pennsylvania, which was presumed to be heading for Washington and the White House.

Some of the terrorists had lived in the United States for more than a year and had taken flying lessons at American commercial flight schools. Others had slipped into the country in the months before September 11 and acted as the “muscle” in the operation. The 19 terrorists easily smuggled box-cutters and knives through security at three East Coast airports and boarded four flights bound for California, chosen because the planes were loaded with fuel for the long transcontinental journey. Soon after take-off, the terrorists commandeered the four planes and took the controls, transforming ordinary commuter jets into guided missiles.

Of the 3,000 people who died in the World Trade Centre and its vicinity were a staggering 343 firefighters and paramedics, 23 New York City police officers and 37 Port Authority police officers who were struggling to complete an evacuation of the buildings and save the office workers trapped on higher floors. Only six people in the World Trade Centre towers at the time of their collapse survived. Almost 10,000 others were treated for injuries, many severe.

President George W Bush, who had spent the day being shuttled around the country because of security concerns, returned to the White House.





Operation Enduring Freedom, the American-led international effort to oust the Taliban regime in Afghanistan and destroy Osama bin Laden's terrorist network based there, began on October 7. Within two months, US forces had effectively removed the Taliban from operational power, but the war continued, as US

and coalition forces attempted to defeat a Taliban insurgency campaign based in neighbouring Pakistan. But mastermind Bin Laden remained at large until May 2, 2011, when he was finally tracked down and killed by US Special Forces at a hideout in Abbottabad, Pakistan.



# FROM RUSSIA WITH LOVE:

## *The Forgotten Gift*

There is a familiar sight as you sail into the Port of New York where visitors can see the Statue of Liberty – a gift to The United States from France.

The iconic sight as the Statue proudly stands with her torch held high above Liberty Island – a view that was also the first glimpse millions of immigrants got of their new life.

But if they look to the port side they will see another gift from another nation.

Who could blame them if they scratch their heads to try to work out the mystery of a 10-storey sculpture which was a gift from the Russian Government and people as a memorial to the victims of the 9/11 terrorist atrocity in 2001.

They would not be alone. It came from Russia with love: but is the forgotten gift.

New York is home to eight million people and each year 50 million visit the Big Apple, but you would be lucky to find anyone who could tell you about this memorial – let alone where it actually is.

The 100 ft sculpture is the brainchild of the renowned sculptor Zurab Tsereteli known as the Tear Drop Memorial.

Suspended inside the 175-ton bronze-clad tower is a 40ft stainless steel replica of a teardrop.

Officially it is called To the Struggle Against World Terrorism.

The 11-sided granite base of the sculpture lists 3,024 names of persons killed—including 29 Russians - on the blackest day in New York's history. It also marks those who died in Washington and Pennsylvania in addition to six others who died in the World Trade Centre bombing in 1993.

It cost a staggering £10.5 million raised by donations in Russia. Originally, it was destined to be erected at the scenic New Jersey City waterfront directly across the river from where the Twin Towers stood.

However, there was some opposition to the plan and eventually the nearby City of Bayonne was chosen.

There is some poignancy to the choice of Bayonne being a fitting location; the city was an arrival point for many New York City evacuees on 9/11, a staging area for rescuers, and offered a direct view of the Statue of Liberty and the former World Trade Center towers.

It was dedicated at the northeast corner of Bayonne Peninsula in New Jersey on September 11, 2006, the fifth anniversary of the 9/11 attacks.

Ground breaking was done on September 16, 2005, in a ceremony attended by Russian President Vladimir Putin and former U.S. President Bill Clinton.

The Tear Drop has not received a tenth of the publicity that surrounded the memorial of Ground Zero and does not seem to be highlighted as one of New York's main tourist attractions.

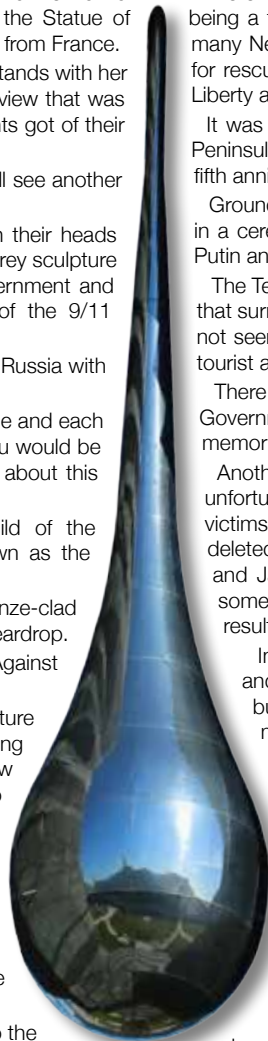
There have also been accusations that the US Government has deliberately failed to publicise the memorial because it came from an old enemy.

Another controversy is that Russian sculptor Tsereteli, unfortunately, used an outdated list of the 3,000 plus victims. He failed to remove 43 names that were deleted from the official record between October 2003 and January 2004 when their actual deaths, and in some cases their existence, was not proven. As a result, criticism and controversy continued to swirl.

In August 2010 the Port Authority of New York and New Jersey announced it had plans to build a container facility on the location and the monument would most likely have to be moved. However, these plans have not been confirmed by the Port Authority.

Reaction to the monument has been mixed. It was listed as one of the the world's ugliest statues by Foreign Policy magazine, while The New Yorker said that it looked like "a giant tea biscuit" from a distance. Pro Arts Jersey City called it "an insensitive, self-aggrandizing piece of pompousness by one of the world's blatant self-promoters".

But reactions from the general public who have seen it, describe it as "pretty impressive" and a "breathtakingly beautiful creation".







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# NEVER-REGRET NEUTRALS

The kitchen is the heart of the household, and with recent studies showing that the average person walks 61 miles in their kitchen every year, it is safe to say that it's an important room of the house. Often a space for preparing meals and entertaining, it seems that everybody is desperate to design the perfect kitchen to suit their taste nowadays.

Although we all dream of a kitchen reflecting our own style, there are many reasons to opt for a neutral palette in your kitchen as opposed to your favourite colour. By using a shade such as white, grey or beige as the foundation of your kitchen, it does not only open up a spectrum of colourful possibilities, but also enhances the value of your home when it comes to selling and property prices.

Neutral colours work as a safe base to add colour to, without an over-the-top appearance and that dreaded possibility of regretting your colour choice. They can even brighten a room, reflecting natural light and making the room appear more spacious.

So does this mean having a boring colour scheme? Of course not. This is not to say that you can't personalise and make the home your own, using your favourite colours. A neutral kitchen is the perfect canvas to personalise as your taste changes, without the hassle and expense of redecorating the entire room.

Accessorise your kitchen by adding colourful rugs, paintings, vases and decorations. Create the impact you would like, whether it is a bright, eye-catching colour scheme, or a calm cooking environment.

Adding texture to a wall can turn an otherwise bland kitchen into a designer cooking space with a difference. Use white paint to bring a crisp, clean look to your kitchen, or a beige for a warm feel. If you would prefer to add a splash of colour, sage is a neutral but interesting colour to introduce.

A different shade of neutral colour can easily spice up your kitchen space. So why not try something new, and experiment with the not-so-boring neutrals in the kitchen this year.



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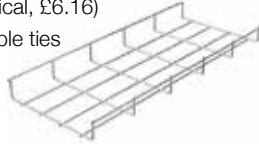


# SAY GOODBYE TO A MESSY COMPUTER SETUP

**H**ave you been looking for a way to bring a less cluttered, more simplistic look to your office? Whether it's a desk at home or work, for little cost you can transform your workplace into a space-efficient, tangle-free working haven.

To create the appearance of a cordless work space, the first items you will need are:

- > A wire cord basket to go underneath the desk (available from TLC Electrical, £6.16)
- > A handful of plastic cable ties
- > An extension lead



## STEPS

- 1 . Unplug and untangle all cords to begin with a clean slate.
- 2 . Plug one end of each cable into the computer but do not attach the other end yet, simply laying the cords in the basket, avoiding any twisting or tangling.
- 3 . Group together cords, and loosely wrap with a cable tie. Leave space in the cable ties for now, in case

of any later additions to the cables. Bear in mind that you may need a little wiggle room in case you need to move components around later, and you shouldn't cable tie components that you will be moving often. Instead, rest these on top, following the same path as the others.

4 . Place your extension lead into the basket, and plug in all of your loose ends.

5 . Double back any extra-long cords, and cable tie everything in place again, tightening them to make them more secure. Cable ties are inexpensive and make all the difference in keeping the underneath of the desk looking spotless.

To go one step further, you can buy a cordless keyboard and mouse for your desk.

With these five simple steps, you'll never find yourself having to work in a tangle of wires again. Not only will it simplify your life, but organise your wiring and simplify any adjustments you make in the future to your desktop.





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# Top tips to prepare your garden for autumn

September is one of the most important months for many gardening fanatics around the country. As summer draws to an end, it is time to begin planning for the shorter days, colder, wetter weather and that dreaded first frost.

With these simple steps, you can minimise your workload in the garden by starting early and giving yourself a head start when it comes to getting your garden organised.

## FERTILISE YOUR LAWN

For a healthy-looking garden, give your lawn a boost. A quality fertiliser provides nutrients to maintain growth, giving your lawn a helping hand as the roots absorb nutrients from the soil.

## THANKS VERY MULCH

Bulbs are incredibly vulnerable to frost, and while the soil may provide a protective layer, laying a blanket of mulch or covering with evergreen boughs can prevent the soil from shifting and cracking during the colder months.

## PROTECT YOUR TREES

The bark of young trees can prove tempting to gnawing critters, but to keep young trees from being destroyed, wrap stems and trunks with wire or tree-guards.

## PRUNE THOSE PERENNIALS

Cutting dry stems of perennials back to soil level will not only neaten the garden, but remove any lingering disease spores or pest eggs. Be sure to keep any stems with attractive seed heads to keep some colour in your autumn garden.

## PROTECT YOUR POND

If your pond becomes difficult to maintain during winter and results in an enormous clean-up mission every spring, there is one simple solution. Covering the pond with netting will prevent the majority of fallen leaves from settling in the pond as autumn hits, while allowing wildlife to freely enter and leave your pond.



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# Why encourage art in children?

“All children are artists...the problem is how to remain an artist once they grow up”

PABLO PICASSO

When children create art they develop mentally, socially, and emotionally. As children manipulate a paintbrush, their fine motor skills improve and creating art can also boost their ability to analyse and problem solve. The most important reason we should encourage art in young children is that they feel good while they are creating, which in turn helps boost self-confidence.

Here is a list of **VISION's** top five favourite kids art books:

## 1. **Katie and the Starry Night** by James Mayhew

This is one of a series of books about Katie and art. The paintings are really well drawn, making them eye catching for children. This story focuses on Van Gogh and includes a few of his most famous paintings. Fantastic book to read before visiting an art gallery.

## 2. **13 Art Techniques Children should Know** by Angela Wenzel

Featuring the world's greatest painters, this is a must-read

for any budding artists out there. Heavily illustrated and includes a concise biography.

## 3. **The Usborne Big Book of Colours** by Felicity Brooks

This is a children's book that beautifully introduces colour in great depth. The colour wheel has proven to be a popular favourite. The perfect combination of education and fun, this book is beyond gorgeous.

## 4. **Leonardo and the Flying Boy** by Laurence Anholt

Another VISION favourite. This book is not only beautifully illustrated but highly educational, with an engaging story for children.

## 5. **Draw with Pablo Picasso** by Ana Salvador

This book encourages children to try drawing some of Picasso's most famous motifs. Simple enough for children to follow, this will have the mini-artists drawing their own interpretations of Picasso's work in their sketchbooks. A fabulous book.



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# ABSOLUT-ely *delicious*



Inspired by the six colours of the LGBT Pride flag, the new release from Absolut is the latest of the brand's acclaimed series of limited-edition bottles.

The design's semi-transparent triangles allow the bottle's colours to overlap in distinct ways when viewed from different angles. This intersecting effect is to symbolise the connection that is created when various unique individuals mix together.

The bottle is now available at supermarkets nationwide, RRP £21.99.

Here are just a couple of the suggested Absolut Mix cocktail recipes.

## THE ABSOLUT MULE

- 1 part Absolut Mix Vodka
- 1 dash fresh lime juice
- 3 parts ginger beer
- 1 orange wedge (for garnish only)
- 1 lime wedge (for garnish only)

Pour all ingredients into a mixer give it your best shake.

Fill mule cup with ice cubes, pour in the cocktail and garnish with a lime and orange wedge.



## RASPBERRI FIELDS FOREVER

- 2 parts Absolut Mix Vodka
- 1 part raspberry puree
- 3 soda water
- 2 whole raspberries (for garnish only)

Pour all ingredients into a mixer give it your best shake.

Fill glass with ice cubes, pour in the cocktail and garnish with raspberries.





# FIVE REASONS GIN *is good for your health*

**M**ade with juniper berries, gin carries a number of medicinal properties when drunk in moderation. **VISION** is here to shed light on the drink which was used in the Middle Ages as a form of herbal medicine, and explain exactly how it can benefit you.

## 1. Gin can help eliminate wrinkles

Juniper berries are full of antioxidants, which boost the regenerating cells in your body and help to maintain smooth, healthy looking skin.

## 2. It's a natural remedy for arthritis

Gin is known to help with loss of tone in tissue and organs, as well as relieving the symptoms of joint pain, gout and rheumatoid arthritis. Many eat gin-soaked raisins at night as a homeopathic solution to many chronic conditions, keeping inflammation at bay.

## 3. Helps fight kidney and liver disease

Containing diuretic ingredients, gin stops water retention in your body, allowing you to pass more water than any other alcohol. This aids kidney filtration, helping the body to flush out harmful toxins and bad bacteria.

## 4. Low in calories

According to Livestrong, gin is one of the least caloric spirits, with only 97 calories per shot. Compared to 204 calories in a pint of cider and 138 in a white wine spritzer, this makes gin the ultimate 'diet' alcohol. Juniper berries burst into action by increasing the number of enzymes which aid digestion and break down food, resulting in reduced bloating. Mixing with tonic will increase the number of calories, so neat gin is the lowest calorie method of drinking.

## 5. It can help to treat malaria

Not only can gin fight infection, but mixing it with tonic adds an extra quinine boost which can help to fight off malaria. Gin and tonic was invented by British colonials, who began drinking it in order to reduce their risk of contracting malaria.



# 20 minute meals

## Smoked salmon and avocado toast

For the ultimate time-saving meal, bursting with nutrients and suitable for any time of the day, look no further than this delight.

### Ingredients

- Smoked salmon slices
- One whole avocado
- Two slices of toast
- A pinch of pepper
- One fresh lemon

### Method

1. Halve the avocado, removing the stone
2. Mash the avocado using a fork and spread onto toast
3. Add slices of smoked salmon
4. Squeeze fresh lemon over salmon as desired
5. Season with salt and pepper to taste

**Top Tip:** Great for canapes just cut the toast into circles



## Pizza Pasta Salad

For a healthy alternative to the traditional pizza, give this delicious pizza pasta salad a go.

### Ingredients

- 200g pasta, cooked and drained
- Cut pepperoni pieces
- 100g cheddar cheese, cut into small cubes
- 1 medium tomato, diced
- 1 green pepper, diced
- 1 can sliced olives
- 2 tbsp green onions
- 2 tbsp parmesan
- Italian dressing

### Method

1. Cook pasta in water with a pinch of salt
2. Drain and cool pasta
3. Combine all of the salad ingredients, apart from the parmesan cheese in a large bowl
4. Add dressing to the pasta and toss to coat salad
5. Chill in fridge
6. Stir well and top with grated parmesan before serving

**Top Tip:** Reheat leftovers with pasta sauce to create a warm evening meal.



Photo Credit: The Girl Who Ate Everything



# DON'T just take VISION's word for it...



“ We decided to go with **VISION**, rather than a leaflet drop, that we would usually recycle. **VISION** is colourful, interesting and light reading, including just the right amount of advertising and offers.

We joined from the 1st edition (June 2016) and as well as us using the trades and services in there, we have already received a significant amount of work, including large commercial works.

We highly recommend. Thank you Nik!

”

## The Gleaming Glass Co



“ I took out a 12 month advert in **VISION** Brentwood and so far in 3 months I've had a lot of work from it. I've used leaflets in the past but never got much out of it but this magazine has really worked well me raising my profile in the area.

”

Neil (The Gleaming Glass Co)

## DIZZY CASTLES

“ Since promoting my business in **VISION** Brentwood I have had a lot more jobs in the area, I believe the quality of the magazine helps this as it has a mix of topics every month that would appeal to anyone in the household to read.

”

Dizzy castles - Ryan Holmes

# ...advertising really does work!

# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Medieval building discovered beneath High Street

Archaeologists have unearthed the incredible history of Brentwood High Street by chance while working to develop offices into a new Costa.

The team from the Colchester Archaeological Trust made the startling discovery which has led them to believe that the town centre may have been filled with inns and taverns, providing hospitality to those travelling to and from London in the 13th and 14th centuries.

Dig director Adam Whiteman said: "We have found probably two medieval buildings side by side with a carriageway between them. So far from the excavation, we date the buildings right the way up until the Victorian era."

The existing High Street was known to be built on the line of the Roman road from Colchester to London.

Mr Whiteman added: "It's likely there will be many more

of these types of remains throughout the High Street."

One of the buildings discovered is only around six feet in length, and contained numerous items of interest, including coins, pottery, thimbles and bone handles.

"We've discovered lots of medieval ovens which might point to the fact they had been making their own bread," the dig director added.

After visiting the site and seeing the archaeological finds, Brentwood Borough councillor Louise McKinlay said: "It was fascinating to see and hear how they identify the historical building layers on the significant site in the Conservation Area.

"I'm looking forward to seeing the final report which will tell us if these are possibly the oldest building in Brentwood."

## Judge is praised for her rude reply to racist thug

A judge who replied to a foul-mouthed attack from a man in court has been praised for her sense of humour after using the same expletives in retort.

Judge Patricia Lynch QC shocked those attending the sentencing of a man in Chelmsford Crown Court, who had breached an anti-social behaviour order (ASBO) for the ninth time, when she used the insults hurled at her to respond, adding: "Being offensive to me does not help."

The man was jailed for 18 months after insulting and using racist language against a black Caribbean mother in Harlow as well as breaching his ASBO.

When news broke of Judge Lynch's reply, people took to social media to praise her for her response, including Gemma Tomlinson who tweeted: "I would like to buy Judge Patricia Lynch a drink."



## Police search for a man after woman hurt in burglary



Police want to talk to a man in connection with an aggravated burglary in which an 80-year-old woman was reportedly knocked to the floor and covered in water.

A man, 22, is wanted for questioning following the incident where a group knocked a pensioner to the floor while her home was ransacked.

The OAP required hospital treatment after money was stolen from her property. It is thought this could be linked to a similar incident on the same date.

The incident came to a halt when thieves tried to force their way into a property through a window but were allegedly chased off by neighbours.

Jack O'Brien is the name of the man wanted for questioning in connection with the incident on Saturday, April 23. He is thought to be living in Romford and is described as white, 5ft 10in tall, of medium build with blue eyes and scars on his right elbow and the back of his right shoulder.

Contact Ds David Wilkinson at Brentwood CID on 101 to report any information, or alternatively call Crimestoppers anonymously on 0800 555 111.

## John Lewis plans revealed ahead of grand opening



With only a month until the doors open to Chelmsford's newest John Lewis, those from all around Essex are expected to visit what is set to be a shopping experience to remember.

The superstore, which will open to customers on Thursday, September 29, will cover 90,000 square feet and stock more than 65,000 products.

Featuring a new bar and café from Benugo, shoppers will be able to enjoy a cup of coffee or even a glass of Prosecco while shopping.

Brands including Ralph Lauren, Mulberry, Michael Kors and Diesel are proud to be appearing in the store, which will focus primarily on fashion and beauty.

While many have voiced concern over the impact on smaller stores in the area, a spokesperson has said that they are confident it will not put any independent retailers out of pocket, and instead will provide jobs to 300 members of staff.

The John Lewis store manager said: "I am excited to announce the brands that will make the shop a key destination for shoppers in Essex. We've carefully curated brands that we know the community will enjoy and with more customers coming to the city, they will go shopping further afield, so it could help other business."

## Brentwood School raises the bar with A Level results



Brentwood School students celebrate yet another year of excellent grades, as teachers and students are given praise for their hard work.

Following on from the school's record results in the International Baccalaureate Diploma Programme at the beginning of summer, with an average of 37 points, there was even more good news as A Level results were announced.

An incredible 24 students achieved all A\* or A grades in this year's exams, with almost 80 per cent achieving A\* to B.

While some students went on to Cambridge, the vast majority of students were also awarded places at leading universities including Bristol, Durham, Exeter, Nottingham and Warwick. An increasing number have also taken places at prestigious universities overseas.

Headmaster Ian Davies said: "These are a very impressive set of grades achieved by our hard working students. Once again, 70 per cent of them got into their first choice university and I wish them all the very best with their continued studies. The fact that we are able to say that an average student at Brentwood is most likely to gain the equivalent of AAA on leaving our Sixth Form, whether enrolled on the A Level or IB Diploma Programme, is a fantastic achievement for the School and a huge tribute to all of our students and staff, both past and present."



## Autistic boy denied transport to attend dream school



After years of struggling to adapt to mainstream schools, 11-year-old autism sufferer Kevin Egan was given a life-changing opportunity, a place in a school which catered for his needs.

But Kevin's dreams of attending the Endeavour School, which he described as "awesome" came crashing down as he was denied publicly funded transport to get there.

Likely to now end up attending Harlow Fields school, Kevin said: "I do not want to go there because no one talks to me, only the teachers. I made friends at Endeavour because the children are the same as me."

Kevin's mum, Hayley, has been endlessly fighting to find the perfect education for her son after pulling him out of classes before the end of last year, claiming he wasn't getting the help he required.

She said: "It has been horrific and just heart breaking. The stress of it all has caused me to have a breakdown."

Despite offering to pay the £90 charge to get a seat for Kevin on the minibus, living 19 miles from the school meant that the council would have to give priority to a child with funded transport, which could result in Kevin being stuck.

Unable to drive, Hayley feels she has been left with no option for her son, who has been diagnosed with both autism and ADHD.

However, she continues to battle for her son's sake.

She added: "I even sent the council a seven-page letter stating why Kevin needed to go to Endeavour, and I just got what seemed like an automated response."

## Sex crime claims treble in schools

The number of reported sex offences in Essex schools has trebled within the last four years, a investigation has revealed.

The statistics, which were obtained through a Freedom of Information request show that there were only 18 reports of sexual offences on school premises in 2011/12, 16 offences in 2012/13, 39 in 2013/14 and 60 in 2014/15.

Children's charity Plan International UK is calling for the Government to provide mandatory sex and relationships education which covers sexting, consent, healthy relationships and the law in a bid to reduce these statistics in schools.

Kerry Smith, the charity's head of girls' rights, said: "This shows that we're failing young people when it comes to learning about healthy relationships and consent."

An Essex Police spokesman said: "More sexual offences being committed on school premises is a national cause for concern and nothing is more important in Essex than to make sure we work hard to protect young and vulnerable people.

"Essex Police has invested money and officers into the teams investigating sexual offences and child abuse and we run well-received campaigns talking to communities around issues like sexual abuse, consent and safeguarding."

Victims are able to contact police on 101 or call Crimestoppers anonymously on 0800 555111.

## Woman bailed following a 'dog attack' child death



The woman arrested in relation to the death of a three-year-old boy who suffered critical injuries in a dog attack has been bailed.

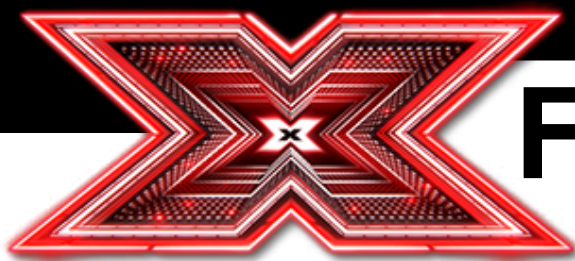
Three-year-old Dexter Neal, of Donald Road in Halstead, sustained life-threatening injuries after reportedly being bitten by a dog. He was airlifted to Addenbrooke's Hospital in Cambridge but tragically died from his injuries.

A 29-year-old woman is believed to have been arrested for her dog being dangerously out of control, but has since been released on bail until Wednesday, October 19.

The dog which allegedly attacked the boy is an American Bulldog and has been seized by police and placed in kennels.

Mayor of Halstead Town Council, Shirley Diver, said: "It is an absolute tragedy. The whole town will be completely in shock and devastated by this. It is such a terrible thing to happen anywhere, you just don't expect it to happen in your town."

# DERMOT'S THE REAL



# FACTOR

When you've got *The X Factor* you've got *The X Factor*, and if TV presenter and broadcaster Dermot O'Leary lost it, he's certainly got it back now.

The popular personality has reportedly signed an £8million deal to host the ITV Saturday night favourite show.

And, apparently, the four-year contract now makes him the best-paid solo presenter on the box.

His deal with Simon Cowell and ITV will also still allow him to work for BBC TV and continue his Saturday afternoon Radio 2 show, reportedly boosting his annual pay packet to at least £3million.

O'Leary, 43, left *The X Factor* last year after boss, TV mogul Cowell, signed singer Olly Murs and Caroline Flack to take up the reins.

But O'Leary has now made the greatest comeback since Lazarus and has just walked back into TV heaven with *The X Factor* which started its 13th season.

A source said he had signed "the contract of a lifetime".

The source reportedly added: "It's completely unheard of for one presenter to be paid £8million to host one show. There hasn't been a deal like it since Jonathan Ross was getting millions a year from the BBC to host his chat show.

"The *X Factor* just didn't work without Dermot. Getting him to come back was absolutely essential for its future."

Apparently O'Leary was being scouted again before last year's series ended.

ITV wanted to ensure he was on side before agreeing a new *X Factor* deal to hold on to the programme until 2020.

Apparently, O'Leary's commitment to the programme had been 'questioned' but bosses soon realised this was not the case and **VISION** understands inquiries soon started as last year's show was still young about







bringing him back.

But after some soul searching and negotiating over his commitments to his other projects, O'Leary warmed to the idea of a return to a programme he is said 'loves'.

"The source said: "He was pretty much able to name his price."

O'Leary is said to be "really looking forward" to hosting the series.

He said he was "very flattered to be asked back" and was "currently dusting off my dancing shoes".

*X Factor* Simon Cowell said: "Dermot's back, hooray! And so is his dancing. Welcome home, Dermot."

Known for his dancing, O'Leary completed a 24-hour dance marathon for Comic Relief last year.

He also presents a show on BBC Radio Two and BBC One's Saturday night show *The Getaway Car*, which debuted to mixed reviews.

He said: "There is nothing more exciting than hosting live TV on a Saturday night. The show is naturally very close to my heart, after having hosted it for eight years.

"I'm excited to be back."

In March 2015, O'Leary confirmed that he had quit *The X Factor* to pursue other projects. Via his Twitter account he said: "Good afternoon. After eight wonderful years on *The X Factor* it's time for me to move on. I'd like to thank ITV, Simon, *The X Factor* family and particularly the viewers, all of whom have been a big part of my life for so long. I'd like to wish the team all the best for the future, especially whoever takes over from me."

Born in Colchester, Essex, to Irish parents who had moved here for a new life, maybe it's the luck of the Irish, maybe it's his innate talent or the fact that he has a grace and ease viewers love, but whatever it is, a year and series after he left...O'Leary is back on *The X Factor* box.





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# WHAT'S ON

## *in your area*

### **Kids Obstacle Club**

**WildForestGym, CM15 0LA**

**Every Monday and Thursday**

Open to children between the ages of seven and 16, go along to this obstacle club to have fun and learn to climb ropes, jump over walls, cross monkey bars and swing on hang tough rings.

Including obstacles used in the award-winning Nuclear Races, this is the ideal opportunity for children to get fit and healthy while having masses of fun and making friends.

OCR skills badges are awarded for development, so take the children along for an experience they won't forget. For more information, call Michael Cohen on 07517 604601 or email kids@wildforestgym.com

### **Busy Bunny Easter Trail**

**Weald Country Park, CM14 5QS**

**Friday, September 16**

The Easter Bunny has been very busy this year... so busy that he has asked some other woodland friends to help him deliver all the eggs.

Families are invited to join this fun, self-guided trail. It is aimed at children between 3 and 12 although everyone will enjoy hunting for eggs, solving puzzles and finding clues.

Simply buy a trail pack for £3 from the visitor centre and set out on your adventure, with the choice of a short or long route. Not all paths are suitable for buggies so visitors are encouraged to take small people in a body carrier. There is a short and long route to choose from, and the price includes a map, booklet and gift. Call 01277 261 343 for more information.

### **Wedding Open Day**

**Marygreen Manor, CM14 4NR**

**Saturday, September 17**



Go along to Marygreen Manor Hotel for canapés and Champagne between 10am and 4pm as it opens its doors to prospective brides and grooms.

Free of charge, use this opportunity to see the picturesque facilities, fully set for a dream wedding. View

the range of stunning accommodation, including bridal suites and executive rooms.

Special offers and selected discounts will be available on the day. Please note no external suppliers will be attending this event.

For more information, call Marygreen Manor Hotel 01277 225252

### **Stonyhill Indoor Bowls Club**

**Brentwood Road, CM13 3LW**

**Saturday, October 1 and Sunday, October 2**



Stonyhill Indoor Bowls Club are holding an open day, giving you the opportunity to come and try bowls for free on the Saturday from 10am-4pm and Sunday from 11am-4pm.

Sharing an entrance with South Essex Golf, more information can be found by calling 01277 811848.

### **Elephant Invasion Beer Festival**

**Ongar Road, CM15 9HS**

**Saturday, October 8**

Brentwood Brewery's rebellious offspring, Elephant School Brewing, is taking over the brewery on Saturday, October 8 for the Elephant Invasion Beer Festival.

A substantial range of Elephant School Beers will be available all day from 10.30am to 5.30pm, giving all beer enthusiasts a rare opportunity to sample a substantial range of beers while enjoying good company, entertainment and food at the brewery.

As elephants never forget, Elephant School Brewing makes one-off beers to remember. Find the beer festival next to Calcott Hall Farm Shop. Call 01277 200 483 or email enquiries@brentwoodbrewing.co.uk for more information. Parking is optional, but available.

### **Masquerade Charity Ball**

**Orsett Hall Hotel, RM16 3HS**

**Saturday, November 12**

Attend the Masquerade Charity Ball, a black tie event in the Orsett Hall Hotel. Including a three course meal, wine and a DJ, the evening is set to be one of the biggest nights of the year. Carriages arrive at 1am. For more information, contact Sheila Moses on mellowmoments@btinternet.com

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# THE ULTIMATE ROAD TRIP

Driving America's most iconic highway is the perfect way to experience the states. From visiting traditional old-school diners and gas stations to exploring the deserts of Arizona, you will not be short of things to see.

Beginning in Chicago, better known as 'the windy city', Route 66 covers 2,448 miles, crossing eight states and three time zones before arriving at the sandy beaches of Los Angeles.

The first highway of its kind, Route 66 was designed to be the first trans-continental, year-round path between urban and rural America. After decades of service to millions of truckers and road trippers, the original route was decommissioned in parts, leaving some areas of the road unpaved and virtually impassable.

What is now known as Route 66 is made up of 85 per cent of the original road alongside rebuilt sections, running parallel to the old, disused route.

The US National Park service has worked tirelessly to preserve what is left, while tourists, car enthusiasts and bikers from all around the world travel 'the mother road' all year round.

Snaking through Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and finally California, road trippers will see everything from vintage motels to abandoned towns and derelict gas stations.

Route 66 museums are spaced along the route, giving visitors an idea of the history behind what has become one of the most-visited roads in history, and locals are keen to share their stories, often decorating their own business with Route 66 signs.

New Mexico boasts archaeological sites and relics left by early settlers and Native Americans, while Arizona is the home of a meteor crater almost a mile in diameter.

With one-way car hire available at either end of the route, why not travel off the route and visit the world-famous Grand Canyon, Death Valley, or even go up to the gates of the infamous Area 51, near the Little A'Le'Inn motel.

Showcasing some of the most beautiful scenery in America, Route 66 is a must-do on the bucket list. Go get your kicks on Route 66...What are you waiting for?

#### Top places to visit on Route 66:

- Lou Mitchell's restaurant
- Zion National Park
- Cadillac Ranch
- Wigwam motel
- Petrified Forest National Park
- Santa Monica Pier











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# What's in your handbag?

Ladies carry around everything but the kitchen sink when it comes to their handbags. It has to be said, as a victim of doing that myself, I feel like some things are essential. Here in the **VISION** office, we take one lucky lady's bag and take a peek inside:



**Shimmer Brick**  
**Bobbi Brown £33**

Perfect for giving subtle daytime sparkle and an all over glow. Available in two shades that suit a spectrum of skin colours. Dust lightly in the day and go heavier in the evenings for a glitzy look. Available in beige, rose, bronze, nectar and pink quartz.



**Kohl Eyeliner Pencil**  
**Sleek £1.99**

This liner is an absolute staple. I wear it daily to give my eyes a boost and make my face look more alert and I can't imagine leaving home without it. It's a soft pencil, but one that is firm enough to draw a neat line on the top lid, but also has great staying power.



**Doll Eyes Mascara**  
**Lancôme £20**

This mascara does exactly what it says in the tin. It separates the lashes, elongates and over does it when it comes to black. It has great staying power and lasts for at least two months. I wear it daily and its life expectancy grants the price.



**New Effect 3D Lip Gloss**  
**Bourjois £7.99**

These lip glosses are to die for. They come in about 15 different shades and three different finishes and boy are they worth it. They stay shiny and moisturising for hours. I go for the rose romantic for the daytime and a beige elastic for the evening.



**Concealer 05**  
**The Body Shop £9**

This concealer has changed my life. It instantly lifts to make your eyes appear more alert, evens your tone and hides blemishes. You don't need to too much and lasts most of the day. It's a pencil but glides on like a cream concealer. Surprisingly available in shades for more skin tones than most.



**Shea Butter & Honey Curl Defining Crème**  
**ORS Curls Unleashed £5**

This is one not to be missed if you have frizzy or very curly hair. It has a whipped texture and smells great. It's quite heavy once it's in your hair, but tames instantly, defines curls and eliminates frizz. Wouldn't leave home without a big dollop or two rubbed into my tresses.



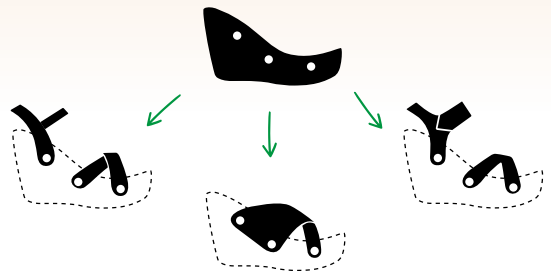


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# Get the leather look

When it comes to men's fashion, there's one item that's timeless and remains luxurious – leather. The material is expensive and known to last a lifetime, and being available in an array of accessories and clothing, its versatility is far-reaching.

Give your daytime look a lift by teaming a smart-casual look of chinos and a shirt, with a leather messenger bag. This will also modernise a suit and add to your look if you are going to work or trying to impress on a date.



## Leather beaded bracelet | [www.giftwrappedandgorgeous.com](http://www.giftwrappedandgorgeous.com)

There's nothing like a man who is not afraid to wear jewellery. Often seen as a feminine accessory, jewellery will not only enhance an evening look, but will also add style to a pair of jeans and a polo.

Team this leather bracelet with a long-sleeved jumper or T-shirt, with chinos or dark jeans and casual-smart boots, to create a trendy modern look.

What's more is this bracelet can be personalised with a names of loved ones, small prints or pictures and extra beads can be added. It comes in black or brown and features metal beads which can be engraved free of charge.

## Leather Messenger Bag | [www.annabeljames.co.uk](http://www.annabeljames.co.uk)

Luxury bag made from top quality Italian hide, with an opulent satin lining and, featuring a Labrador etched onto the front panel.

There are an array of compartments to fit all you essentials, including an internal zipped pocket, two external pockets and a pen and mobile phone section.



## Leather wool iPhone case | [www.etsy.com](http://www.etsy.com)

Protect one of your most valuable possessions with this trendy and luxurious case.

Available in a combination of tan leather and grey wool, this case will keep your iPhone safe and sound from scratches and breakages.

Unlike a normal gel case, this is stylish and will also act as a fashion accessory to go with a more upmarket look.

## Leather document case | [www.atelierdenagy.com](http://www.atelierdenagy.com)

There's nothing like a funky and versatile case to keep important documents stored. Plastic and card document wallets tend to have a maximum lifespan of six months and suffer at the hands of travel.

This leather one, which is available in black or brown, is made from vegetable cowhide. It's durable and holds a number of A4 documents. Due to its size, it can also be used as a clutch bag and will easily fit a USB stick, phone and one or two pens inside too.

It also features hand stitching.



## Stags cardholder | [www.annabeljames.co.uk](http://www.annabeljames.co.uk)

A quality cardholder goes a long way. Keep your cards safe and locked away in this trendy leather card wallet.

Crafted in high quality supple black leather and features a metal print hand-enamelled rutting stags badge.

The blue satin lining is luxurious and adds a pop of colour. There are two windows to house cards and photos and it comes in a presentation box.



# Fight the cellulite

Cellulite doesn't discriminate. Even the likes of supermodel Kate Moss haven't been able to hide from it. It can show up on women of all ages, and sticks with you throughout life, but the good news is that it doesn't have to stay this way.

Despite what you may have heard, there is no proof that cellulite is caused by "trapped toxins" or poor circulation. Instead, it is thought to simply be fat which has a distinctive appearance.

Most commonly found in women, cellulite forms when connective tissues, which separate fat cells and connect skin to fat, form honeycomb-shaped patterns, causing fat to bulge out between the connective tissues. The reason that this happens less often to men is that men have fibres which run horizontally, working better to prevent the dimpling associated with cellulite.

While skin gets thinner with age, connective tissues also thicken, often making those dreaded dimples in the skin more noticeable.

Exercise is one way to reduce the appearance of cellulite, which affects an enormous 80 per cent of women. A mixture of cardio, strength training and flexibility training helps to reduce the underlying fat and

replace lost muscle tissue.

For this reason, you should avoid crash dieting at all costs as it actually reduces muscle tissue, making cellulite more evident.

Side squats, kick-backs and lunges are three of the best exercises to target the most commonly affected areas, the legs and bottom. All of these exercises require absolutely no equipment and can be done in minutes, easily fitting into your daily routine.

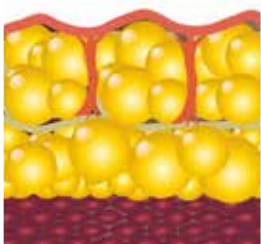
Skin brushing is another method of reducing cellulite. Using a skin brush in small circular movements over your thighs and other affected areas for a few minutes, a few times per week, helps to break down fatty deposits which cause the dimpled appearance.

Alongside exercise and skin brushing, healthy eating is known to control cellulite, as it prevents additional fat appearing. Staying hydrated and getting plenty of sleep also help to keep skin texture looking smooth and healthy.

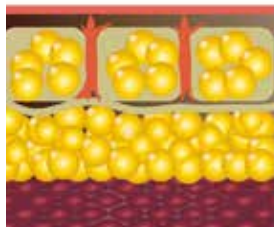
With each of these methods bringing additional health benefits, there is nothing to lose when it comes to fighting that cellulite.



CELLULITE



NORMAL SKIN





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## What is HIIT?

The ideal workout for a busy schedule, HIIT allows you to squeeze a workout into a lunch break, or even get into shape for a quickly-approaching event.

Switching between low and high intensity, the training technique requires one hundred per cent effort in quick, intense bursts, followed by short, sometimes active recovery periods.

This type of training keeps the heart rate elevated, allowing your body to burn more fat in less time.

## The science behind HIIT

High-intensity workouts increase the body's need for oxygen, creating a deficit and making your body work to increase oxygen levels. Excess post-exercise oxygen consumption, better known as 'afterburn' makes the body burn more fat and calories than regular aerobic workouts, as the body works hard to clear away lactic acid and pay back oxygen debt even after exercise.

## Put HIIT into practice

Wondering where to start? Do not fear... **VISION** is here to share our favourite fat-burning workouts.

### CIRCUIT 1

- > Crunches – 50 reps
- > Bicycle crunches – 1 minute
- > Lunges – 30 seconds
- > Situps – 15 reps
- > Burpees – 20 seconds
- > Squat jumps – 45 seconds

### CIRCUIT 2

- | Jumping Jacks – 30 reps
- | Wall Sit (90° sitting position against a wall) – 30 seconds
- | Push-ups – 15 reps
- | Chair step-ups – 30 seconds
- | Squats – 20 reps
- | Plank – 30 seconds
- | High knee running on the spot – 30 seconds
- | Side plank – 30 seconds each side

Rest for 30 seconds if needed, and repeat for anything up to 30 minutes.



Crunch



Press Up



Side Plank



High Knees



Plank



Lunges



Squat

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Edition 4, Sep 2016

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Essex Private Doctors, Brentwood.

## Hello Autumn!

As we draw a close on summer, this tends to be the time when the grown ups start thinking about themselves again - kids are back at school... so sit down, and breathe!!

This month I am going to be talking about one of our cosmetic treatments that is becoming ever popular. As always, I welcome questions and comments and should you wish to contact me, I can be reached by email at [contact@athreya.co.uk](mailto:contact@athreya.co.uk).

Dr Kannan Athreya MBBS DRCOG DipDerm (Distinction) - local family GP and lead practitioner at Essex Private Doctors Surgery, Shenfield. For my full profile and professional medical history please visit [essexprivatedoctors.com](http://essexprivatedoctors.com).



Dr Kannan Athreya

## ‘Thread Veins - which treatment?’

### What are they?

Veins that are visible through the skin - usually found on the face, side of the nose and a lot on the legs, although chest is also common.

### What causes them?

Usually there's no obvious cause. Thread veins tend to develop as we age and our skin and blood vessels become less elastic. Hormonal changes associated with pregnancy and the menopause are thought to provoke their development - the reason why women are more prone to them than men. You can also inherit a family tendency to the problem. Other causes include too much sunbathing, exposure to wind or extreme temperatures, steroid medicines and radiotherapy.

### Who gets them?

Nearly all of us, so don't worry - its common, and in most cases harmless.



## Are they treatable?

Yes! There are different ways in which to do so, and at my practice we have two options, depending on the individual patient and the case - sometimes one or the other, or a combination is needed for best results.

## Treatments for Thread Veins at Essex Private Doctors, Brentwood.

**Sclerotherapy** is the injection of a solution into the vein to cause it to get irritated and turn into a tiny scar that is invisible and cannot carry blood. Sclerotherapy is the best way to treat most leg veins. However, the smallest, thinnest veins may be too small to treat with sclerotherapy.

The method we treat these little veins with is with **laser**, which doesn't work for all vessels. Blood vessels on the legs are much more resistant to laser treatment than vessels on the face or chest.

*Please note however, if you have bulging leg veins, or your legs tend to swell at the end of the day, you should seek doctors advice before having your leg veins treated with sclerotherapy. You may have leaky veins deeper in your legs that should be treated before you have sclerotherapy.*

If you have concerns about thread veins, or indeed any medical or cosmetic questions contact us and arrange a consultation to discuss your options.

Simply call us today on 01277 201001 or email [info@essexprivatedoctors.com](mailto:info@essexprivatedoctors.com). First Floor, 40 Hutton Road, Shenfield, Essex, CM15 8LB



Dr Pragyana Sahu

## Hello Brentwood residents,

I am excited to be introducing my clinic which is run by myself and Dr Masuthu. We are both local family GPs, trained in hair transplant surgery, dermatology and aesthetic skin treatments. The clinic is based in centre of Brentwood, in a lovely listed building, between the Cathedral and council offices. We offer free, no-obligation consultations for hair transplant surgery and aesthetic treatments.

I or Dr Masuthu will be talking about various skin and hair concerns in this column and we would love to answer your queries regarding the same. We can be contacted on [info@revivehairandskin.co.uk](mailto:info@revivehairandskin.co.uk).

## HAIR TRANSPLANTS

Hair transplants are now one of the most common cosmetic procedures in men in the UK. What's also catching up is eyebrow transplants in both the sexes. With the 'BOLD BROW' trend catching up, a lot of women are opting to go for eyebrow transplants which offers a permanent fix to your eyebrow concerns. I thought I'll try and shed some light on this procedure as I have been asked questions about this so often by patients and also by my medical colleagues.

The procedure offered in our clinic is FUE (Follicular Unit Extraction) which involves identifying and extracting 1-4 hair follicular groups, usually from the back of the scalp and then implanting them to the recipient site. The recipient site could be the bald area of the scalp, the eyebrows or the moustache/beard area. As part of our hair restoration services, we also provide hair loss medications, PRP injections and if needed scalp micropigmentation can be arranged.

Contrary to what some adverts for hair transplant surgery state, this procedure is not scar-less. It does leave tiny circular scars which can be well hidden by the remaining scalp hair.

There is more information on the clinic's website on hair transplants and also on the other treatments that are available. I encourage you to have a look at the website and if you wish, you may contact us via email, phone or our facebook page.

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  - b) Dermal fillers
  - c) Medical microneedling/ Genuine Dermaroller
  - d) Vampire facials/ PRP therapy
  - e) Thread vein treatment
  - f) Treatment for excessive sweating
-  Cryosurgery: for removing minor benign skin lesions like benign moles, warts, milia, sun spots, cherry angiomas, brown warts, skin tags, etc.



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# Kelly Brook

## ...Settled down?

Kelly Brook has found new love and seems smitten following a long string of failed romances and engagements.

Recently branding her ex, rugby union star Danny Cipriani, a “car crash”, Brook claims to have settled down with new French beau Jeremy Parisi. She gushed over him in an interview, calling him “cultural, intelligent and lovely”, in comparison to her previous boyfriends, who she claims not only cheated on her, but used her for fame.

The star has revealed all about her new romance, sharing the story of how they met. The actress, who is best known for her leading role in *Piranha 3D*, said: “I was living in LA and was doing some martial arts

training to keep

fit when I saw a social media video. We skyped each other for six months. We eventually got together and it became romantic, but he’s lovely.”

The model, who is renowned for her curves recently told reporters: “I’m 36 and still not married with children. I’ve dodged so many bullets.”

This follows some very public break-ups, including Jason Statham, David McIntosh, Billy Zane and Thom Evans.

Admitting that she previously struggled to hold down a relationship, Brook explained: “My life is chaotic. I’m back and forth all the time, my feet were never really on the ground. I was kind of trying to fit in relationships and dating while managing a career which is really difficult to do. I never really had a lot of time for men, even although it would seem that’s all my life was about.”

It hasn’t only been relationships which have come to an abrupt end for the famous brunette, as she has reportedly been axed from *Countryfile* before filming even began. A source said: “*Countryfile* wanted to inject some fresh blood into the show by including some high-profile guests, but viewers won’t be seeing Kelly in her wellies anytime soon as the idea has now been canned and she’s been replaced.”

But Kelly’s luck seems to be turning and not just in romantic circles. Her dating show, *It’s Not me It’s You*, which she co-presents with Eamonn Holmes and Vicky Pattison on Channel 5, is proving popular.



Photo Credit: GettyImages



Photo Credit: CHANNEL FIVE



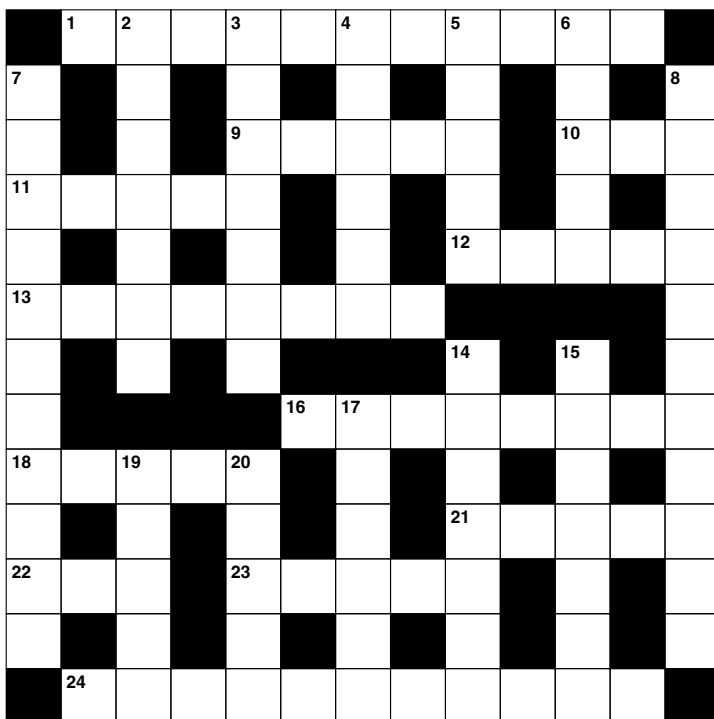
# PUZZLES & TRIVIA

## ACROSS

- 1. Comradeship (11)
- 9. Cake decoration (5)
- 10. Bite sharply (3)
- 11. Incantation (5)
- 12. Abrupt (5)
- 13. Least heavy (8)
- 16. Manner; mental state (8)
- 18. Work tables (5)
- 21. Making a knot in (5)
- 22. Part of a pen (3)
- 23. Small antelope (5)
- 24. Very steep (11)

## DOWN

- 2. Area of land (7)
- 3. Aptitude (7)
- 4. Incidental remarks (6)
- 5. Number after seven (5)
- 6. Interior (5)
- 7. Radiant; sumptuous (11)
- 8. Stretch out completely (11)
- 14. Enunciation of speech (7)
- 15. Martial art (2-5)
- 17. Measuring duration (6)
- 19. Cavalry sword (5)
- 20. Nose of an animal (5)



Answers can be found on the Contents Page 5

## DID YOU KNOW

- The world champion of French Scrabble doesn't speak French.
- If you plant an apple pip, the new tree will bear apples that are completely different to the one the pip came from.
- The founder of the *Daily Mail* was convinced that Belgians were poisoning his ice cream.
- To test what happens if someone sits on their phone, Samsung has a robot shaped like a bottom
- Neil Armstrong once sued his barber for selling a lock of his hair.
- In May 2014, the Moon had faster broadband than most of rural Britain.

## SUDOKU

	8	3			2			
		9	4			6		
5			9			3		
1			8				3	2
6		2		3	4			
4			5	2			6	7
3	7	1	2					
9	2					7		4
8			1	6				







# BENTLEY

## CONTINENTAL GT *Speed*

Going the extra mile

**B**entley has released the all-new Continental GT Speed, which has been described as 'supercar speed meets handcrafted luxury'.

With the new model sporting an even more powerful W12 twin turbo engine, the Continental GT Speed boasts an innovative variable displacement system that creates more power, while producing lower emissions than ever before.

Alongside this increased performance is a suite of refinements to create the most luxurious travelling experience. They include a new, more sculpted and sporty steering wheel which allows the driver's hands to

fit, and connect, more closely with the car. The seats are not only heated they massage too.

- Model:** Continental GT Speed
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- Max Power:** 590 PS
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- CO2 emissions:** 338g/km
- Efficiency class:** M



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# SPORTING LEGEND...

## LORD SEBASTIAN COE

**L**ord Sebastian Coe, British Olympic track athlete, politician and President of the IAAF.

Coe won Olympic gold at the blue-riband 1,500 metres event in 1980 and 1984. During his career, he set 11 world records, including the world record for 800 metres, which stood from 1981 to 1997. Following his retirement from athletics, he became a Conservative MP, a Lord in 2000 and later led the successful London Olympic bid and organising committee of 2012. In August 2015, he was elected president of the IAAF amid difficult circumstances of doping issues around the sport.

Coe was born in Hammersmith, London. Inspired by his geography teacher David Tomlinson, Coe became interested in running and he joined local running club Hallamshire Harriers. He showed talent from an early age, winning the Yorkshire cross country championship at 14, and the English schools 3,000m aged 16.

After school, Coe went to Loughborough University, where he studied economics and social history; he also became more focused on his running career. At Loughborough, he met coach George Gandy, who helped Coe perfect his fast 400m finish speed, but also his endurance running.

Coe burst on to the international scene in 1977, winning the European indoors 800m final in Spain, before setting three world records in 41 days and establishing his growing dominance in 1979.

He broke the 800-metre (1:42:33) in Oslo, the mile (3:48.95) and the 1500-metre (3:32.03) in Zurich. It was a unique achievement to hold these three prestigious middle distance records.

Going into the 1980 Olympics, Coe was ranked number one in both the 800m and 1500m, but he faced stiff competition from fellow Briton and long-time rival Steve Ovett, who was dominant in the 1500m event.

However, in a reversal of form and expectations, Ovett won the 800m, with Coe admitting he ran a bad tactical race. However, in the second event the 1500m, Coe produced an outstanding race with a blistering last 400m, to beat Ovett into third place. Both athletes ended up with a gold, but neither in their 'specialist distance'.

In 1981, Coe set another world record in the 800m, setting a time of 1.41.73 in Florence. This mark at the 800m stood unbroken until 1997. Later in the summer, Coe broke the world mile record in Zurich (3:48.53). Just a week later, his great rival Ovett broke Coe's newly established record with a time of 3:48.40. However, just two days later, Coe broke the record again, setting a time of 3:47.33 in Brussels. The rivalry and record breaking feats pushed athletics to the front pages of all major magazines and, in 1981, Coe also set a record at 1000m of (2:12.18) which stood until 1999.

In the 1984 Olympics in Los Angeles, Coe took silver in the 800m behind Joaquin Cruz of Brazil, but won the 1,500m in an Olympic record time of 3:32.53. He was the first athlete to defend his Olympic 1500m title.

Coe has married twice. He had four children through his first wife Nicky McIrvine (married 1980). After divorce from his first marriage, he remarried Carole Annett in 2011.



# TEAM GB

## RETURN

### VICTORIOUS



It really was Rio Bravo for our Olympic heroes as they touched down at Heathrow after Team GB hauled in their cracking 67-strong medals tally in Brazil: 27 gold, 23 silver and 17 bronze.

It was worth the wait as our record-breaking national sweethearts partied on their 11-hour, 6,000-mile return flight on a gold-nosed British Airways jumbo jet flight number BA2016 to cheering crowds and a sea of Union Flags.

Our athletes, part of the 320-passenger manifest of sports stars and support staff, took selfies, quaffed Champagne, danced and showed off their sporting prowess with cabin crew.

Second in the medals table to the US, even beating China, Team GB has now been described as an Olympic 'superpower'.

It started in the pool with powerhouse swimmer and golden boy Adam Peaty getting a new world record in the 100m breaststroke, then three bronzes, including one for pin-up diver Tom Daley and partner Dan Goodfellow.

The medals just kept on coming.

Hemel Hempstead's former Longdean secondary school pupil Max Whitlock took two golds and a bronze in gymnastics.

Two-time Olympic champion gymnast Max also captured the public imagination as a 10.4 million TV audience watched him pick up his second gong on the pommel horse in the middle of the night, after becoming men's floor champion earlier.

Swimmers Siobhan-Marie O'Connor raced to silver in the 200m individual medley and our quartet of James Guy, Duncan Scott, Stephen Milne and Dan Wallace did the





same in the 4x200m freestyle relay to make it our most successful games in the pool since Los Angeles in 1984.

Katherine Grainger won silver with Vicky Thornley in the double skulls rowing.

London 2012's super Saturday didn't happen again with Jessica Ennis-Hill and Greg Rutherford unable to retain their golds in the Heptathlon and long-jump, but still managed silver and bronze.

Mo Farah, of course, had hearts skipping as he fell in the 10,000m final but got up to win his third gold, later doing the 'double double' by taking the 5,000m gold.

There was a Fantastic Friday however, with Team GB scooping another six medals as Sir Bradley Wiggins became the most decorated British athlete of all time and our men's coxless fours won for the fifth Games in a row.

Horse rider Charlotte Dujardin led Team GB to dressage

silver before landing her own individual gold. Nick Skelton also landed gold as the oldest rider to win, our rugby lads made the sevens final only to take silver behind Fiji and our ladies hockey team lifted their first gold after a thrilling penalty shoot-out with the Netherlands. Justin Rose took the Golf top gong.

Judo, boxing and kayaking all yielded medals and engaged golden cycling couple Jason Kenny and Laura Trott won two golds apiece, bringing their overall tally to 10 between them.

The 2020 games aren't exactly around the corner but Team GB already has its Japanese training camp locked down and schedule in place for continued success.

Bring on Tokyo!



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- **MARINE FISH**
- **COLDWATER FISH**
- **REPTILE FOOD**

**OPENING  
SOON IN  
CHELMSFORD**

# OPEN 7 DAYS

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## OPENING TIMES

<b>MON:</b>	9.30 - 5.30
<b>TUES:</b>	9.30 - 5.30
<b>WED:</b>	9.30 - 5.30
<b>THUR:</b>	9.30 - 5.30
<b>FRI:</b>	9.30 - 5.30
<b>SAT:</b>	9.30 - 5.30
<b>SUN:</b>	10.00 - 4.00

[www.brentwoodaquatics.co.uk](http://www.brentwoodaquatics.co.uk)

# 01277 295488

Farringdon Garden Centre, Ongar Road, Brentwood, Essex CM15 0JX