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Editor's notes...



Brett Shohet, Editor

Hello and welcome to the second edition of **VISION**Loughton. We were delighted with the response from the first edition and we enjoyed reading all your comments. We will take all your

comments on board. Did you know, alongside **VISION**Loughton we also have three other titles in Essex? **VISION**Brentwood, **VISION**Billericay and **VISION**Hornchurch. **VISION** now distributes to 25,000 homes every month. This equates to more than 70,000 readers. This month we cover the royal wedding in all its glory reflecting on Prince Harry and Meghan Markle's big day. In sport we say au revoir to Arsène Wenger and take a look at the Premier League champions Manchester City.

In local news, a man is threatened with a knife during a robbery, a cricket fun day is rearranged due to poor weather and a comedy production is coming to the town. We welcome any of your stories for our local news pages, so if you have a story to share please send it to Loughton@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the second edition of **VISION** Loughton.

Brett

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22. LUG, 23. ROOMS, 24. ARCHAEOLOGY
DOWN
2. ORGANIC, 3. NIPPING, 4. EMPIRE, 5. RARE, 6. EARNS, 7. OBSESSIVELY, 8. NEWSREADERS, 14. UTENSIL,
15. DRIVING, 17. REMOTE, 19. NIGER, 20. EARTH

LOVE peace PRIDE

Soon, events all over the UK will be celebrating the LGBT community – but even with a growing movement to add a Pride Month to our country's annual calendar of festivities, there's a lot to be desired when it comes to acceptance in the wider Commonwealth and world beyond.

Shortly after winning his fourth Commonwealth Games gold medal, British diving sensation Tom Daley used his platform to draw attention to the fact that 37 of the competing nations at the tournament criminalised homosexuality and LGBT people in some manner.

Describing his impulse to shine a light on this discrimination, Daley highlighted discussions with LGBT activists who had been persecuted while “trying to organise a Pride event and getting thrown into prison for it, as well as being beaten up in the streets”.

He continued: “I was sitting there with a gold medal at the Commonwealth Games and I thought: ‘How lucky am I, to be sitting here with my husband after just winning a competition and not being worried about any ramifications?’”

“It struck me in such a way that I was mortified by it, and I just literally crafted a little sentence on my Instagram post – that was exactly what I was feeling in that moment.”

The UK's steadfast commitment to tolerance, respect and acceptance will be best shown later in the year when the multitudinous Pride events begin to take place around the country, most in the peak of summer. They follow some brilliant celebrations marking February's LGBT History Month. In addition, there is hope our cities and towns will follow our transatlantic fellows in observing a Pride Month, in June. With a sitting president for whom gay rights are not top of the agenda, the need for another time to reflect on the prejudices still faced by the LGBT community – even in so-called ‘progressive’ nations – are profound.

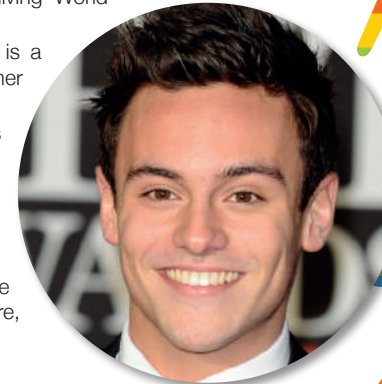
In the UK alone LGBT people are up to seven times more likely to be homeless, while gay couples are still unable to marry in Northern Ireland – the ruling party of whom, the DUP, are currently in coalition with Theresa May's Conservatives. And in the wider UN, homosexuality remains a crime in 40 per cent of countries.

Most pertinently, perhaps, is the treatment of the LGBT community right on Europe's doorstep, in Russia. President Vladimir Putin has enforced stringed anti-homosexual legislation, including new laws that punish anybody disseminating propaganda aimed at the formation of misperceptions of traditional and non-traditional sexual relations. It has also failed to comply with the 2010 judgment at the European Court of Human Rights that requires it to allow gay pride events.

Russia's anti-gay agenda will be a primary focus when they host this year's World Cup, but also the prestigious diving World Series in which Daley will be competing.

“For me, going there and competing is a message,” he said. “I want to urge other LGBT people to compete in Russia.”

Tom Daley alone won't change Russia's views, nor those of others still prejudiced towards what accounts for over three million people in the UK – or, put another way, the equivalent of the population of Wales – but perception is shifting, and ambassadors for fairness and acceptance are being heard louder than ever before, and for that we must be glad.



COURAGE

under fire

Johnson Beharry made military history in 2005 when he became the first recipient of the Victoria Cross in over 30 years. But recently the Lance Corporal has revealed his shady past as a London drug dealer, how the army saved his life, and how he's looking to help more youngsters affected by crime rates in the capital.

Saving over 30 of his fellow soldiers' lives in Iraq on two separate occasions while coming under heavy enemy fire and sustaining life-threatening wounds himself: this is why Johnson Beharry of the Princess of Wales' Royal Regiment became the first recipient of Britain's highest medal for bravery.

But while his name will now be forever interred with some of the military's bravest men, Johnson has recently revealed that in his youth he was a London drug dealer who used to carry a semi-automatic weapon in the boot of his car.

"I was earning lots and would go out partying," he said.

"That's how I fell into a gang, it provided a family-like base. I had a bit of cash so, initially, I'd buy £300 of marijuana and deal it on a small level.

"Then it was £1,000 worth, and then it became a business. I got introduced to people who could sort large quantities of cocaine and speed. It spiralled out of control."

Since being medically discharged from service after suffering massive head injuries in the course of saving his fellow fighters' lives, he has set up the JBVC Foundation, which aims to keep young people aged between 15 and 25 off the streets after they are released from detention.

And at a time when gang violence has claimed over 50 lives in the capital alone since the turn of the year, this work has never been more important.

"We see young gang members in prisons three months before they are released," he said. "We try to give them direction, sort their CVs out, some form of ID, get them job placements, and give them support.

"Hopefully, I can help save others from gangs. I'm proof you can turn your life around."

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The Wedding

DOs & DON'Ts



Follow our fashion dos and don'ts for wedding season, and you'll be every bride's favourite guest.

✓ DO embrace the classics
Romantic lace, delicate pastels and dreamy florals are all big in fashion right now, making them a perfect and easy-to-buy option for any fancy shindig.

✗ DON'T be afraid of different lengths
The art of modern wedding attire is to give a nod to the old, while still keeping your look modern and fresh. So, go for that voluminous maxi dress if that's what you want, but equally, cute structured minis and flared-skirt midis are appropriate too.

✓ DO keep it classy
Upstaging the bride is not cool. So avoid white, ostentatious headgear and keep bare flesh to a minimum.

✗ DON'T be afraid to dazzle
You may want to keep it simple with your outfit, but that doesn't mean you can't go all out on your accessories. Flashes of metallic and sparkle, whether on handbag, shoes or around your neck will add that right amount of glitz.

✓ DO texturise
This a huge trend for spring/summer, meaning you can treat yourself to that feather shawl, fur bolero or fringed handbag.

✗ DON'T feel like you have to spend a fortune
It's absolutely acceptable to wear a dress you've worn before, and if you do decide to indulge in an accessory or two, make sure they are pieces you will wear again and again.

✓ DO prepare for bad weather
Everyone prays for good weather on their big day, but even the most organised bride can't prevent freak rain showers or cold snaps. So, take an umbrella, light cardigan or stole as a stylish cover-up.

✗ DON'T wear ridiculous shoes
While it can be tempting to rock those skyscraper heels you bought on sale last week, you could well be setting yourself up for a day of misery, so make sure you wear some comfortable but still stylish heels.

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FASHION

OFFICE

casual

Dressing for work in the summer can be a minefield of decisions and doubts. Do not despair. Our Do's and Don'ts of summer office attire will ensure you look sleek, professional and remain cool all day long.

✔ **DO** know your company's dress code policy
Expectation can vary widely from one workplace to another, so it is important to remember to check your office's policy when it comes to attire. As a rule, if you would wear something to the beach then it is not appropriate to wear to the office.

✘ **DON'T** bare too much
This goes for women and men alike; flashing too much flesh is a no-go for most offices. It can make your colleagues feel uncomfortable and does not portray a professional outlook. Avoid plunging necklines, open backs, short shorts and flip flops at all costs.

✔ **DO** dress up
Dresses are perfectly acceptable office wear and for the summer months can be a life saver as they will keep you cool and professional looking. If in doubt make the midi dress your go to; they are easy to wear, fashionable and flatter most body types.

✘ **DON'T** flash your undies
It goes without saying that turning up to work in a bralette is a definite no-no, but you may not know that it is equally as important to wear the appropriate underwear to match your outfit. Flesh coloured bras are an essential summer wardrobe staple as they should be worn with any white or light-coloured top.

✔ **DO** invest in linen mixes
Wearing a suit in the summer months can be torture; but simply changing from a silk/cotton to a linen/cotton blend can leave you feeling fresh and looking sharp. Don't be tempted to go 100 per cent linen as your suit will crease; not a good look.



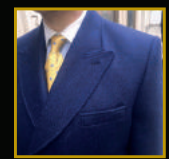
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EAT LIKE an Egyptian

Forget diets, follow the healthy eating pyramid for sensible but effective weight loss. Diets don't work. You know it, I know it and your favourite pair of jeans knows it. And yet, the idea of losing X amount of weight in X number of weeks sure is tempting, particularly as we enter beach season. But before you embark on six weeks of nothing but cabbage soup, consider how much more you would enjoy your summer if you embarked on a healthy, sustainable and delicious eating plan that would not only help you lose weight over time, but also give you glowing skin and an abundance of energy. Welcome to the Pyramid Plan.

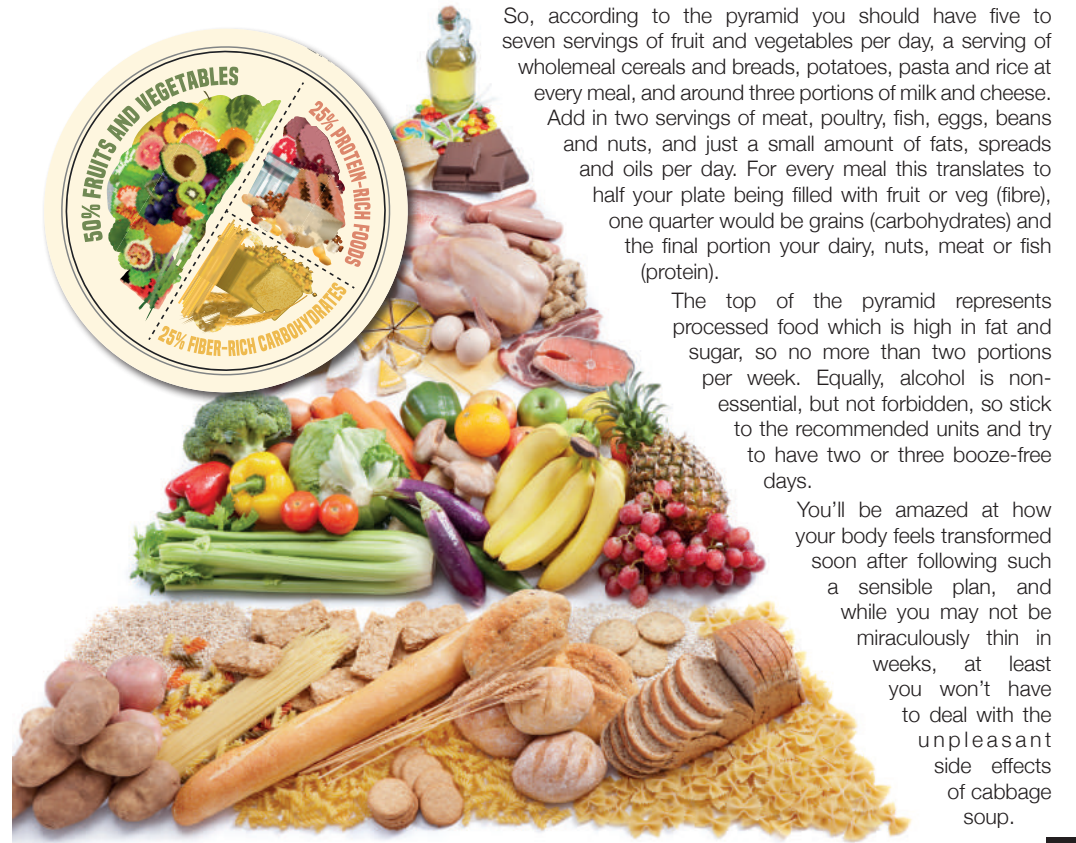
The best part about the Pyramid Plan is that it doesn't require you to count calories or restrict beyond what is sensible. Instead, it breaks down foods into categories and then tells how much you should aim to eat for optimum nutrition and energy.



So, according to the pyramid you should have five to seven servings of fruit and vegetables per day, a serving of wholemeal cereals and breads, potatoes, pasta and rice at every meal, and around three portions of milk and cheese. Add in two servings of meat, poultry, fish, eggs, beans and nuts, and just a small amount of fats, spreads and oils per day. For every meal this translates to half your plate being filled with fruit or veg (fibre), one quarter would be grains (carbohydrates) and the final portion your dairy, nuts, meat or fish (protein).

The top of the pyramid represents processed food which is high in fat and sugar, so no more than two portions per week. Equally, alcohol is non-essential, but not forbidden, so stick to the recommended units and try to have two or three booze-free days.

You'll be amazed at how your body feels transformed soon after following such a sensible plan, and while you may not be miraculously thin in weeks, at least you won't have to deal with the unpleasant side effects of cabbage soup.



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flower POWER

Tired of spending a fortune on flowers only to watch them wither in days? Here are our top tips to make your bouquet last longer.



one

Sear the stems: If your flowers have been out of water for a while they may be starting to wilt, so rejuvenate them by searing the stems. Simply pour an inch or two of boiling water in a bowl and plunge the ends in for about 10 seconds (be sure to protect the buds from steam if they are near the water).

two

Add a penny: Make your vase a wishing well by throwing in a penny. The copper acts as an acidifier, fighting the bacteria growth in your arrangement.

three

Place them in lemon and sugar water: Strangely, this common pancake topping also keeps your flowers looking healthy. So, add two teaspoons of lemon juice (apple cider vinegar works too) and a teaspoon of sugar to your vase water. This makes a natural plant food, but you could also add half a teaspoon of bleach to prevent mould.

four

Give them a rest: Flowers picked from your garden need to be rested before becoming a bouquet, so place them in a bucket of cold water in a cool place overnight.

five

Keep away from direct sunlight and fruit: Warmth will make them wilt, so keep your beautiful blooms in the shade and away from fruit (ripening fruits release ethylene gas which can compromise your flowers). If you have the space, you could also put them in the fridge overnight.

six

Freshen and feed: The key to longevity is keeping flowers fed and their environment clean. So, every few days it's worth rinsing out the vase and providing fresh water with plant food (either homemade or bought). Making sure there are no leaves below the water line will also help prevent bacteria growth, meaning your bouquet can brighten up the home for weeks and days, not hours and minutes.

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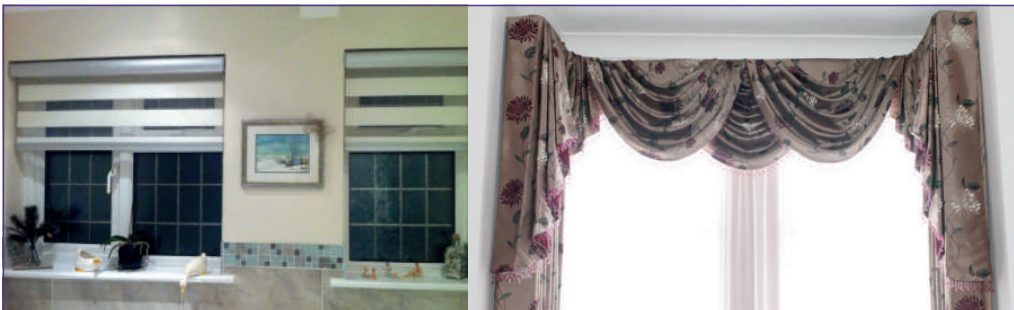
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Don't be a DIY dummy this summer. Instead, why not start learning how to fix the problems you think are hard but are actually easy solved?

No hot water

If you wake up one morning to find you have no hot water or central heating, the first thing you need to do is check the pressure gauge on your combi boiler. This is the big dial on your system, and if it reads lower than 1.5 bar, there's a good chance that lack of pressure is preventing your boiler from firing up. To fix it, look underneath the boiler and locate the two taps on the filling loop. Fully open one of these taps, then carefully open the other, watching the pressure rise until it's over 1.5. Once pressure is achieved, close both taps.



Turn these taps

A washing machine that won't drain

Before you call out a plumber, always check your machine's filter. This is usually located at the front of your machine towards the bottom and is concealed by a small door which needs to be gently eased open. Place a bowl and some towels underneath and gently unscrew the filter. Rinse out any debris or muck under a tap and place back in machine.



Empty the filter here

A broken fridge light

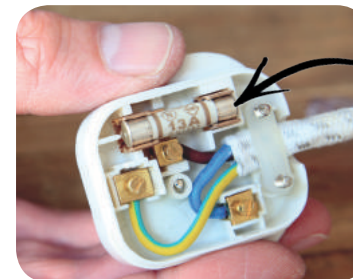
First find the mechanism in your appliance that triggers the light when you open and close the door. If this pushes in and out easily and there is still no light, it's likely just the bulb that needs changing, so simply locate, turn off your fridge and change it.



Check mechanism here

A blown fuse in a plug

Some plugs have a fuse holder you can gently prise open, otherwise unscrew your plug with a slot-head screwdriver and work out the fuse before replacing with one of the right amperage for the appliance



Replace with correct fuse



Flair Room



Five ideas to turn your spare room into the most exciting place in your home

HOME GYM

High-tech gear can transform your life... well, at least more than just a rack of dusty dumbbells will. A suspension trainer like the TRX takes up zero space and is an affordable, versatile workout tool. If you're feeling flush, invest in a spin bike, or perhaps a rowing machine with inbuilt programmes. And make the space feel professional with foam flooring, wall-to-wall mirrors and a decent sound system. You'll be fit in no time.

MAN CAVE

Yes, it's kind of a cliché, but who can resist the primal pleasures of a man cave? All you need is a comfy sofa, beer fridge, giant TV and a darts board for a veritable fortress of solitude. Perhaps also install a lock to keep out unwanted visitors.

MEDITATION SPACE

If you're prone to screaming into your pillow with frustration, a meditation space may be just what you need to take the edge off life. Yoga mats, mood

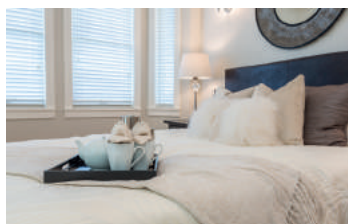
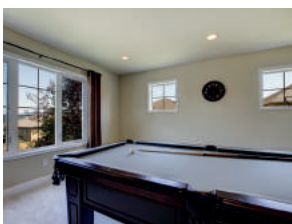
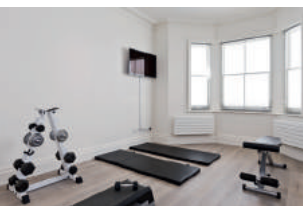
lighting and a few well-placed crystals will create peace and serenity, and if you're trained in massage or any other alternative therapy, you could use it as a therapy room too.

GAMES ROOM

Forget the sorts of pub games your dad used to play, why not build the games room of your dreams? Gamers can install a huge TV and several consoles, while those who desire a more retro feel can pick up a vintage arcade or pinball machine... or, if you have the space for it, a pool table. Stick up a few old movie posters and you have your childhood fantasy in your modern home.

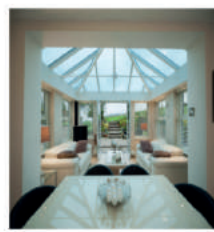
B&B

Want to make a little cash from your spare room? Then list it on an online B&B website. To draw maximum appeal, consider neutral colours, soft, warm lighting and the addition of extra gadgets that will appeal to travellers such as a digital radio with charging dock or a smart TV with internet access.



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MOOD Chart



HOME & DIY

Instead of following colour trends, match the décor in your home to your personality and never be blue again (unless you're a creative soul).

Sensual

Passionate and fiery crimson shades are perfect for those who love a little spice in their lives, though if red feels overwhelming for the home, you could also choose from the rich purple palette.

Anxious

If the outside world stresses you out, you want your home to have a calming and restorative feel, which is why muted greys and dusky blues are a great way to wind down at the end of a busy day.

Artistic

It's hard to believe that certain colours can actually boost creativity, but studies have shown that blues and greens - shades which are abundant in nature - do just that.

Dramatic

You're a brooding and thoughtful individual who wishes to sanctify your abode with that same foreboding flair. And you shall, with the equally dramatic tones of cobalt and charcoal.

Playful

Add a touch of whimsy and fun to your manor with flourishes of pink and peach. Not too much mind you, or risk your home becoming a little too saccharine, so stick to borders, upholsteries and lampshades.

Adventurous

You have a lust for life and want to feel vibrant and energised at all times, which is why orange is the ideal colour to boost your va va voom.

Happy go lucky

What could be more joyous than the colour yellow as you bring a little sunshine in from the outside. As vibrant or as delicate as you like, yellow is always upbeat.

Chaotic

Your mind is a hive of activity, meaning you crave space and light. Don't overcomplicate things with colour, instead stick to a neutral white base with touches of natural wood, to create a grounding effect.



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Photo credit: REX/Shutterstock

*Duke & Duchess
of Sussex*
Saturday, May 19, 2018



If anyone still has any thoughts that the ancient institution of British Monarchy is still dry and dusty then you are very wrong.

Two very different worlds came together – Hollywood and the Royals – and fused perfectly as the world watched Prince Harry marry the girl of his dreams, actress Meghan Markle.

But it showed more than anything that Prince Harry and his new mrs, along with his brother Prince William and his wife Catherine are more in tune than most in the melting pot of the 21st century

The backdrop was very much tradition – Windsor Castle and St George’s Chapel.

But when you sprinkle that Hollywood and showbiz glamour of the Clooneys, The Beckhams, Tom Hardy, Sir Elton John and Oprah Winfrey, you have more than a little magic.

And not forgetting the fabulous Kingdom Choir, whose version of *Stand By Me* brought the house down and had the 150,000 people who packed the streets of Windsor singing along.

Not forgetting firebrand American cleric Bishop Michael Curry from Chicago and head of the Episcopal Church in the US.

He used sensational facial expressions to get his Power of Love message across.

But there was a worry that his flaying arms would send the candles flying.

And clearly he did not get the memo, which would have told him that the Queen only likes sermons

lasting
between
two

minutes and seven minutes.

Despite that, he electrified the wedding guests quoting Martin Luther King.

One quote summed it up: “Two young people fell in love and we all showed up.”

His machine gun delivery brought a mixture of smiles and disbelief.

He also reminded people that this was about race too: a biracial woman from America marrying into the world’s most famous white family.

The day would have been trumped if only the Royal Family had stood up, waved their hands above their heads and shouted “Hallelujah”.

A global audience of around two BILLION watched this thoroughly modern royal wedding.

Meghan, who appeared in the top rated *Suits*, has everything going for her and the epitome of a modern woman. She is mixed race, a divorcee, a feminist and at 36 just three years older than Harry. She like her new husband cares passionately for those less well off and tries to help them.

Everything had been planned to perfection, just as you would expect from Britain on the big occasions.

There was added stress for Meghan as her father Thomas Markle could not make the wedding on health grounds and her half siblings continuing to snipe at her from outside the castle.

But in the end they did not matter. Her dignified mother Doria Ragland accompanied her daughter to the chapel and Prince Charles walked the bride part of the way down the aisle.

And there were tributes to his late mother Princess Diana. Flowers picked from her garden were in the bride’s bouquet. The opening hymn at the wedding was played at her funeral. Sir Elton John who played at her funeral was specifically asked by Harry to play at the afternoon reception.

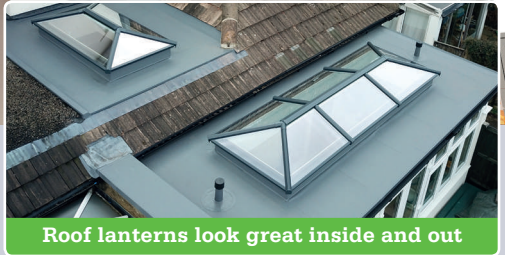
And as the couple headed off to the evening reception, Meghan was seen wearing Diana’s aquamarine ring, given to her as a wedding present from Harry.

“Two young people fell in love and we all showed up”

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Advertorial

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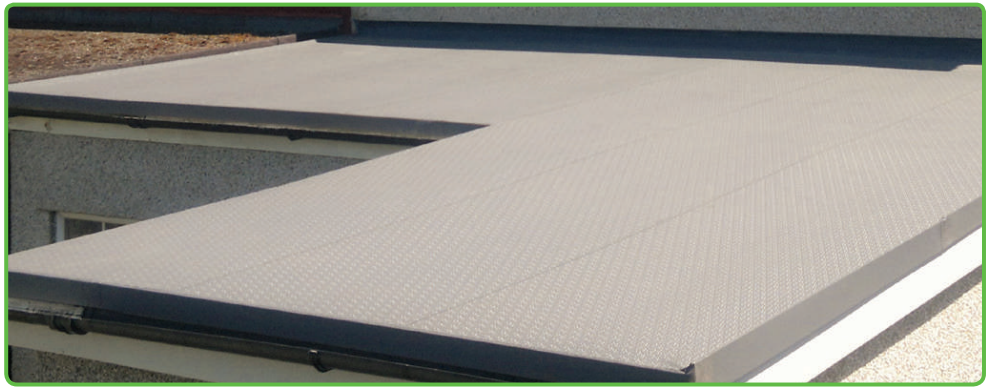
If it is a flat roof only you require please call us, all our work is carried out as to Part L Building Regulations that the homeowner and the contractor must comply with. **Please call for free information regarding the Part L Law.** The home-owner should also be made aware that insurance companies will no longer accept any liability for any external or internal damage caused by a leaking flat roof which is over 10 years old.



Before



After

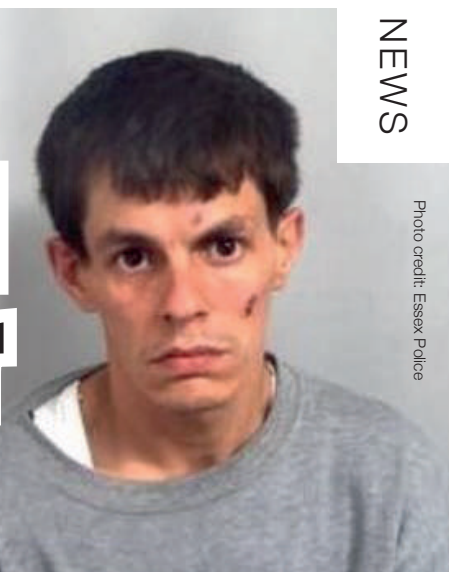




LOCAL NEWS

from your neighbourhood

Man jailed for several years after car crash



A man has been jailed for six years after pleading guilty to a series of charges, including stealing a car which was subsequently involved in a serious collision on the M11 near Chigwell and Loughton.

The crash happened at around 7pm on July 28. Francis Coyle, from Harlow, was arrested on August 31 by the Metropolitan Police, and charged with robbery, possession of a noxious substance, three counts of attempting to cause GBH with intent, theft of a motor vehicle, aggravated vehicle taking, driving while disqualified and driving without insurance.

Coyle appeared at Chelmsford Magistrates' Court on September 2 where he was remanded in custody to appear in court on November 3.

He pleaded guilty to all charges at Chelmsford Crown Court on Friday, February 9.

Coyle has also been disqualified from driving for five years and will be required to do an extensive driving test, should he decide to retake it in the future.

On that evening in July, officers had been called to reports that a blue VW Golf had been stolen from Queens Road, Buckhurst Hill while its owner was in a barber's shop.

Shortly after, the car was in collision with a lorry on

the southbound M11, between junctions five and four.

On August 1, at around 10pm the VW Golf stolen from outside the barber's shop was involved in a collision on the A406.

The vehicle crashed into a taxi driver's car and then three suspects, one of whom was later proven to be Coyle, left the scene.

Coyle was arrested in East London on August 31. DC Amy Kavanagh from Loughton CID said: "Coyle's actions were chaotic and dangerous and it is lucky that the consequences for those who he put in danger were not graver.

"This was a frightening and confusing ordeal for a number of people and it is satisfying to know that he has been jailed.

"Coyle pleaded guilty but not before he attempted to evade justice."

Coyle was sentenced to three-and-a-half years' imprisonment for his role in the above offences, as well as a further two-and-a-half years for a separate case on behalf of the Metropolitan Police, which took place in Snaresbrook. These sentences are to run consecutively.

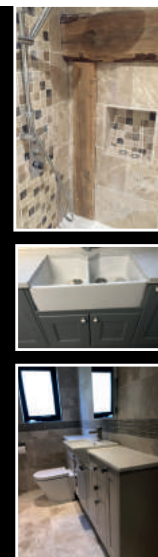
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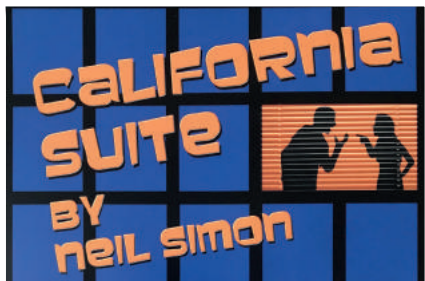
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Comedy production coming this month



A production of *California Suite* is being shown in Loughton later this month.

The show, by Neil Simon, will be held at Lopping Hall, High Road, Loughton, between June 7 and June 9.

The amateur production is presented by special arrangement with Samuel French Ltd.

One Los Angeles hotel room and four sets of very different hotel guests: feuding couples, disillusioned holidaymakers, drunken husband and frustrated stars.

Neil Simon is an undisputed master of comedy and *California Suite* shows him at his effortless best.

Tickets are £10 for all performances.

To book online, visit the tickets page at www.lads.org.uk or to book by phone, call the box office on 07552 736 110.

Children mugged outside college

Students from Epping Forest College in Loughton were assaulted and mugged recently.

The incident happened on Monday, April 30 between 12.30pm and 1.30pm.

Two students were involved in the incident which happened off site in the local area.

It has been reported that the attached made off in the direction of Debden Station.

The attackers are yet to be identified but are not believed to be students at the college.

Saboohi Famili, CEO and principal of the college, said: "We take the safety of our learners very seriously.

"We do everything we can to ensure police investigations are conducted as swiftly as possible and attackers are identified.

"We wish a speedy recovery for the victims of this horrendous attack."

Investigations are currently ongoing.

Newsagents robbed by men with knives

Essex Police are appealing for witnesses after a robbery at a shop in Loughton.

Just before 6.30am on Saturday, May 12, two men entered McColl's on Pyles Lane armed with knives.

They forced an employee to unlock the doors and stole her handbag, before making off with money from the tills and cigarettes from behind the counter.

One was described as wearing a black jacket with blue jeans, and dark Adidas trainers. He carried a Sports Direct bag.

The other man wore jeans and a dark blue jacket with two white logos on it, including one on the left shoulder. He also had a baseball cap on.

Police enquiries are ongoing, and they would like to speak to anyone who has information that could assist our investigation.

Contact Loughton CID on 101 with reference 290 of 12/05.

Alternatively, you can contact Crimestoppers anonymously on 0800 555 111 or use the anonymous online form at Crimestoppers-uk.org



Photo credit: Google Maps

Cricket fun day rearranged due to poor weather

The Howzat Loughton Festival has been rearranged due to poor weather.

The event, organised by Loughton Cricket Club and Loughton Town Centre Partnership, was due to take place last month but was postponed due to the weather.

It will now be held on July 29 from 1pm-4pm at the cricket club.

There will be softball cricket and a Caribbean band playing.

There will also be stalls, food and a bar. The event is free to enter.

Ambulance staff abused whilst providing treatment



stock image

The ambulance service came under attack on two occasions over the early May Bank Holiday weekend.

During an incident in Loughton on May 7, a member of staff was assaulted by a patient whilst trying to provide treatment in Chester Road.

Luckily, the crew member didn't require hospital treatment.

A separate incident occurred in Harlow on May 4.

Robert Morton, chief executive at East of England Ambulance Service NHS Trust, said: "I am devastated to hear of our caring, dedicated and hard-working staff being attacked whilst they are trying to carry out their valuable work. It saddens me deeply and I wonder how anyone could do this to an NHS worker.

"It is important it is recognised in society as a despicable offence and last month I supported a bill in Parliament to Protect the Protectors and have lobbied Parliament to make an attack against an NHS worker a specific offence.

"We will be working with our police colleagues to ensure justice is done in every instance of our staff being mistreated by the public."

Man threatened with knife during robbery

Essex Police are appealing for information after a man was robbed and his car stolen.

The 26-year-old victim from Loughton contacted police shortly after 10.15pm on Tuesday, May 15.

He was walking out of an alleyway onto Brook Road when a man approached him and demanded his phone, which was handed over.

He then demanded his car keys. When the victim refused, the suspect showed him a knife.

He then took the keys, found the car – a grey Ford Kuga ST-Line – and drove it off in the direction of Brooklyn Avenue, Loughton.

The victim was unhurt.

If you have any information, contact Loughton CID on 101 quoting reference 42/67591/18.

Alternatively, contact Crimestoppers anonymously on 0800 555 111 or use the online form at Crimestoppers-uk.org

Man sentenced for drug offences

A man has been sentenced to five years in prison for Class A drug offences in Reading.

Amaru Anderson, from Loughton, pleaded guilty to two counts of possession with intent to supply heroin and two counts of possession with intent to supply crack cocaine.

Anderson was sentenced on Monday, April 30 at Reading Crown Court after pleading guilty.

On March 2 last year, police officers saw Anderson carrying out a drug deal, he was stopped and found to be in possession of 91 wraps of cocaine and 23 wraps of heroin in St Giles Close.

On November 5 last year, Anderson was at an address in Albany Road and was found with heroin and cocaine.

Investigating officer, Detective Sergeant Brian Simmonds from Reading Police Station, said: "This is an example of the commitment from Thames Valley Police to disrupt the supply of drugs in the area.

"Drug dealers cause significant harm to our community so officers will continue to work hard tackling drug crime and we will continue to work with the Crown Prosecution Service to bring offenders to court.

"We want to protect the most vulnerable people in the community and prevent them from being exploited; while also offering support to those who are suffering from addiction.

"This was a significant operation and should come as a warning to those taking part in illegal activity, officers are working to bring them to justice."

If you have any information please call 101 or Crimestoppers on 0800 555 111."



Photo credit: Thames Valley Police

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RiZE Festival announces more acts

RiZE Festival is set to be a huge weekend of music after more acts have been announced.

The festival, on August 17 and 18, will take place at Hylands Park in Chelmsford. Sean Paul has announced that he will be joining the line-up.

Performing on the Saturday, this dancehall legend, Grammy Award-winner and much-loved hit maker extraordinaire is a remarkable addition to the line-up.

His performance at RiZE Festival will be one of his only UK appearances this year, guaranteeing a show that's not to be missed.

RiZE Festival has also confirmed that additional artists joining this already incredible line-up across four stages are; Ash, BILK, Alma, Black Honey, Sam Henshaw, Jake Shears, Belly, Call Me Loop, Bad Sounds, Nick J.D Hodgson, Kawala, Danny Howard, Sam Divine, Icarus, Mele, Kideko, Cliq, Punctual,

Mista Jam, Tom Zanetti, Majestic, Riton & Kah-lo, Jaguar Skills, DJ Target, Nathan Dawe, Conducta, Louis Berry, Gerry Cinnamon, Catherine McGrath, Cloves, Feet, Kara Marni, Into The Ark, Samantha Harvey, Alice, Spring King, Ten Tonnes, Sheafs, Taya, Mullaly, Kyko, Apre, Over Atlantic, Folly Rae and Bobii Lewis.

RiZE Festival brings together an exciting mix of the very best music from classic indie, pop, urban, dance and new upcoming talent across four stages.

Hylands Park has a history of hosting world class events and this new local festival promises to bring an incredible weekend of live music plus a huge hub of the best food and drink on the festival circuit.

Tickets are priced from just £59.50 + booking fee and are on sale now. Visit www.rizefestival.co.uk for official outlets.

Mums help to empower women with networking group

Two mums have become the Essex Affiliate to Mums in Business Association (MIBA) and the group has gone from strength to strength.

Ellie Hill and Loren Knight became the Essex Affiliate to MIBA in April and have since managed to set up and sell out six networking events plus a summer event open to 100 businesses.

They have also grown their business group, Essex MIBA, to just under 500 followers in one month.

Ellie runs Ellie's Intimate Waxing and is running a successful business from her home beauty salon.

Loren runs her own very successful business supporting people using Cambridge Weight Plan across Essex.

Ellie and Loren said: "We aim to empower women in business all over Essex and show them what the power of joining together can do.

"We gained around 500 followers in one month and we feel this really shows the commitment we have for all the business women in Essex.

"We would love to show everyone that the stigma of jealousy in women can be broken by the majority of us and instead we should all have each other's backs. Team work makes the dream work."



KEEP YOUR £ LOCAL

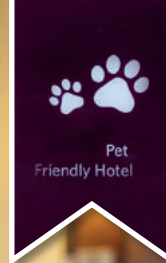
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PETS



BED & BONIOS

Fancy a weekend away but don't want to leave your dog at home? Well here are four of the finest hotels in the UK where your four-legged friend is the guest of honour.

retiring with a G&T and organic pig's ear respectively. From £110 per night + £35 per dog, goodwood.com

HARE AND HOUNDS HOTEL IN TETBURY, COTSWOLDS

With this country house-cum-boutique hotel it's all in the name, offering eight rooms in which your beloved one can rest his or her tired paws. There is also a dedicated doggy menu featuring the likes of braised venison and liver and oat biscuits, plus extensive grounds for you and your fur ball to frolic. From £90 per night + £15 per dog, cotswold-inns-hotels.co.uk

TRIGONY HOUSE HOTEL & GARDEN SPA
IN DUMFRIES AND GALLOWAY, SCOTLAND
Named best dog-friendly hotel in the UK at the Best Loved Hotel awards, this charming country house even boasts outdoor canine showers for freshening up post-walk. Dog bowls, bed and towels are provided, along with a welcome box of treats on arrival and a complimentary sausage for breakfast. From £95 per night + £9.50 per dog, trigonyhotel.co.uk

THE GOODWOOD HOTEL IN CHICHESTER, WEST SUSSEX

One visit to this luxurious sporting estate and you'll want to be in the dog house with your pup, as they become members of their very own private members club called The Kennels (owners welcome also). The hotel also offers dog-friendly walking maps, so you and best friend can traverse the countryside before

THE ABBEY HOTEL IN BATH, SOMERSET

This stylish hotel in Bath city centre is not to be sniffed at, offering pampered pooches their own beds, bowls and treats. And while dogs are not allowed in the main dining room, owners may take their meal in the lounge which offers the same menu. From £79 per night + £15 per dog, abbeyhotelbath.co.uk

WORLD CUP SNACKS

POTATO KNISHES

A cross between a samosa and a calzone; this simple dish which is a firm favourite in Russia is sure to be a rounding success with all your mates come match day.

A combination of mashed potatoes, onions and cheese, this oven baked pastry is the ideal snack to soak up any excess beer and keep you fighting fit for the night ahead.

YOU WILL NEED

- ▶ A bowl of mashed potatoes (made from 6 large potatoes)
- ▶ 1 pound of sautéed onions
- ▶ 2 beaten eggs
- ▶ 2 teaspoons of salt
- ▶ 2 teaspoons of garlic powder

- ▶ 8 ounces of cheddar cheese
- ▶ 1 packet of puff pastry

HOW TO MAKE

- ▶ In a large bowl mix together the mashed potatoes, onions, eggs, salt, garlic and cheese.
- ▶ Heat the oven to 177°C/350°F/gas mark 4.
- ▶ Roll out the pastry to a ¼ inch thickness and then cut into 3-inch squares.
- ▶ Egg wash the individual squares with one beaten egg.
- ▶ Scoop 2 tablespoons of the potato filling into each square and fold in the ends as if folding an envelope.
- ▶ Place the assembled knishes on a lined baking tray and brush with additional egg wash.
- ▶ Bake for 20 minutes until golden brown.

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LOADED POTATO SKINS

Always a winner, these can be topped with whatever takes your fancy; cheese, bacon and sour cream or try a veggie option of sweet potato, veggie chilli and chunky guacamole.



PULLED PORK TOPPED NACHOS

Naughty but oh so nice, nachos are a firm favourite at any sporting event. Simply plate up your tortilla chips and add cheese, BBQ sauce, shredded pulled pork and an optional dollop or two of coleslaw.



Child SAFETY Week

June 5 - 11 2018

Young children can be a handful and as a parent or grandparent you know it is near impossible to keep an eye on them 24/7, and that is why it is so important that you ensure both your home and garden are kept safe and secure.

Keep any toxic substances locked away

Cleaning products, medicines, fertilisers and e-cigarettes should all be out of reach from young children and ideally kept in a locked drawer. Even products with a safety cap should not be left out as many three to four-year-olds can open these in a matter of seconds.

Prevent burns & scalds

Hot drinks are the main cause of scalds in under fives. Always ensure that you keep your tea/coffee out of reach and put down your baby somewhere safe if you want to drink a hot drink. Hair straighteners, saucepans and bath water all have the possibility to burn your child, so be aware of these.

Avoid choking & suffocation

Blind cords can easily strangle your child. It can take a mere 20 seconds for a toddler to die from strangulation so make sure that all cords are tied securely to the wall and if possible avoid using these in your child's bedroom. To avoid choking, cut up food into smaller pieces for very young children. Grapes and other round foods should be cut in half length ways.

Be vigilant with water

With summer fast approaching, paddling pools are popping up in gardens across the country; but be aware that babies can drown in as little as 5cm of water and it only takes a moment for this to happen. Always supervise babies and toddlers when playing in water and remember to empty the pool after use.



Mark Zuckerberg

Timeline About Friends Pho

Cambridge Analytica

Saving Face

They're an internet behemoth beset by the biggest scandal to hit social media – but what did Cambridge Analytica do with the data they harvested from Facebook, and how are CEO Mark Zuckerberg and co. attempting to avoid a far-reaching PR disaster?

It's the biggest scandal of the social media age – a spate of 'data harvesting' on an industrial scale that may well have secured Donald Trump the White House, and very certainly went against what many believe to be a central part of Facebook's privacy settings.

And when a whistle-blower for a company called Cambridge Analytica revealed the extent of the company's gathering of personal data from the social media giant, it raised serious questions over the safety of any user who had committed private details to the walls and webpages of Mark Zuckerberg's site.

Over 87million users – including the CEO himself, it was revealed in his recent Senate hearing – had their personal data mined with the express intent of

companies and political campaigns being able to deliver information, much of it false or intentionally misleading, straight to users in a way that would make it seem acceptable, even factitious. This included building a system that could target US voters with personalised political advertisements based on their psychological profile – a concept used to great success by Donald Trump's winning campaign, which worked closely with Cambridge Analytica.

Mark Zuckerberg was duly summoned before a Senate committee to explain how the data breach happened, with revelations that the social media company had received a number of warnings about its data security policies in recent years, and had known about the Cambridge Analytica data breach since 2015 leading to a #DeleteFacebook campaign on fellow social media platform spreading.

A commitment to better privacy has been Zuckerberg's reaction, but there's certainly more to come from this seismic shift in how people perceive what they write on Facebook... and who else may be reading it.

Photo credit: Bakhur Nick/Shutterstock.com & AlexandriaPopova/Shutterstock.com

PUZZLES & TRIVIA

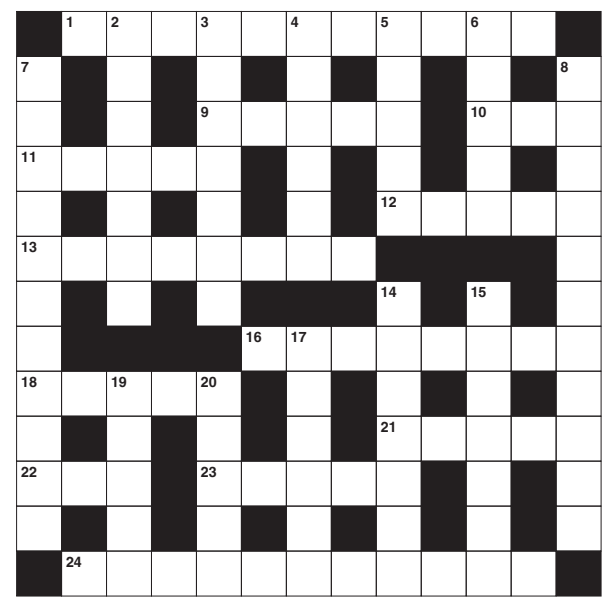


ACROSS

- 1. Dejected; discouraged (11)
- 9. A written document (5)
- 10. Herb (3)
- 11. Pointed; acute (5)
- 12. Exposes to danger (5)
- 13. Eg physics and biology (8)
- 16. Standards (8)
- 18. Place where something happens (5)
- 21. Flaring stars (5)
- 22. Carry a heavy object (3)
- 23. Chambers (5)
- 24. Study of human history (11)

DOWN

- 2. Derived from living matter (7)
- 3. Biting sharply (7)
- 4. Extensive domain (6)
- 5. Less common (5)
- 6. Acquires through merit (5)
- 7. Compulsively (11)
- 8. Eg Huw Edwards and Fiona Bruce (11)
- 17. Far away (6)



- 14. Implement (7)
- 15. Controlling a vehicle (7)
- 19. African country whose capital is Niamey (5)
- 20. Our planet (5)

DID YOU KNOW

- ▶ A group of pandas is called an embarrassment
- ▶ The female lion does 90 per cent of the hunting
- ▶ Almost half the pigs in the world are kept by farmers in China
- ▶ Bats are the only mammals that can fly
- ▶ If you keep a gold fish in a dark room it will become pale
- ▶ If you lift a kangaroo's tail off the ground it can't hop
- ▶ Cows can sleep standing up, but they can only dream when lying down
- ▶ Some male songbirds sing more than 2,000 times a day
- ▶ Cats spend over 60 per cent of their life asleep

SUDOKU

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

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NEW CAR SMELL



MOTORING

Here's how to make your own car air freshener, and what the scent you pick says about you.

If you're tired of spending a fortune on heavily scented car fresheners, then it may be worth making your own. Not only are they far cheaper, but they can also be scented with natural essential oils which saves your lungs from being bombarded with synthetic chemicals.

There are several ways to make your own freshener, and all of them are pretty straightforward. Felt has good absorbency, and if you or your kids are feeling creative it's a great way to add a personal touch to your vehicle. Simply cut out your design, sprinkle with a few drops of scented oil and hang from your mirror as you would a shop-bought air freshener.

If you'd like something more discreet, take an empty spice jar and fill it half full of baking soda and around 20 drops of oil, then store either under a seat or in a cup holder. Or, simply take a wooden clothes peg sprinkled with scent and clip it onto the AC vent.

WHAT YOUR SCENT SAYS ABOUT YOU:

Citrus (bergamot, grapefruit, lemon and orange): You are full of energy and raring to go, much like your motor's twin-turbo V-8 engine.

Floral (camomile, geranium, jasmine and lavender): The kids are driving you crazy and you need to chill, so breathe in deep and navigate your Chelsea tractor through the afternoon traffic.

Spicy (aniseed, black pepper, cardamom, cinnamon and nutmeg): You're a sensual being, and you need a car scent to complement your aftershave as you cruise round in your Subara Impreza trying to impress the opposite sex.

Woody (cedarwood, cypress, juniper berry and pine): Hey adventurer - you love the outdoors so much you want your indoors to smell like it too. So buckle up in your Land Rover Discovery, breathe in those woody notes and head for the hills.





DUTY FREE?

(not quite)

ARE THE DAYS OF GENUINE CROSS-BORDER BARGAINS ON THEIR WAY BACK?

The 1980s was the ultimate era of overseas travel; and with that came a whole new set of rules for duty free goods, where huge savings could be made on everything from booze to cosmetics, fragrances to mighty bars of Toblerone.

We didn't know it at the time, but things were good – whether purchasing at the airport, on a flight or even whilst bobbing across the English Channel on a ferry. But things started to turn in 1999 when the European Union swiped away many of the cost-saving bargains that made arriving back in the country all the more palatable. We found ourselves with double price tags on products – one price for those travelling outside the EU, and another for those remaining within its borders. And once people started to calculate the real savings on duty and VAT, they saw that, in many cases, they were just as well-off heading to Tesco.

But then, Brexit happened. Whatever your stance, our stepping away from the European Union means big savings, because when the UK leaves the single market and customs union, it will no longer have to obey Brussels-enforced tax rules, and with the ferries expected to be the first to benefit.

In real terms then, duty adds around £8 to the price of a bottle of spirits, and accounts for almost 75 per cent of the price of a packet of cigarettes. And you can knock another 20 per cent off those prices given that VAT doesn't apply either.

Naturally, the exact position is one of many to be verified by David Davis and his Brexit team, but airline Ryanair is already thought to have contingency plans for the return of duty free. Prepare to find yourself uttering the words 'booze cruise' again in future.



Photo credit: Tooykrub/Shutterstock.com



MONSIEUR WENGER

After 22 years as manager of Arsenal Football Club, Arsene 'Le Professeur' Wenger has called it a day.

A week is a long time in politics. And seven days is also a lengthy period in the life of a top-flight football club.

So, when you consider Arsene Wenger has been manager for 22 years you get the sense of what a remarkable achievement the Frenchman can claim.

Some Arsenal fans, no, make that many, will say he went three years or so past his sell-by date.

But even those supporters must recognise the massive impact the club's most successful manager had on the Pride of North London, and indeed his influence on English football.

At his peak he oversaw The Invincibles in 2003/2004 – a side made of driven superstars who went the entire season unbeaten. When you see how good Manchester City have been this season and still managed to taste defeat in two games you get some indicator of how historic that Arsenal team were.

From being a French unknown ridiculed by ignorant sections of the British sports press, Wenger

rose to the top table of managers to have graced the English game.

Along with Sir Alex Ferguson, Jose Mourinho and new boy, Pep Guardiola, Wenger was a manager of the highest order.

But for all his hard work and dedication to Arsenal it still feels like a mission incomplete.

He never tasted European glory and hasn't won the league title since moving to the Emirates Stadium in 2006.

Towards the end of his reign the critics were in the majority. His commitment to a cavalier-playing style which initially and used to win him plaudits was now his Achilles heel.

His ability to develop young talent deserted him, Arsenal's defence and resilience was often found wanting.

But when the history books are read in a few generations time Wenger will be remembered as one of, if not the greatest, Arsenal managers ever.

What next for the Frenchman? A well-earned retirement?

Or even the England job? Surely not, but as one wise old pundit said: "Football, it's a funny old game."

CITY SLICKERS

Record Breakers



SPORT

Photo credit: Ryan Browne/BPI/REX/Shutterstock

Not just Premier League champions, but record breakers as well, Manchester City swept aside all before them in the 2017/18 domestic campaign. And although their Champions League hopes were dashed at the quarter-final stage, Pep Guardiola's side are arguably the most complete football side in the world right now.

What makes City's Premier League title tilt all the more incredible is that there was a sense of inevitability about their triumph right from the very start of the season. The "noisy neighbours" weren't just winning matches, they were humiliating their opponents.

By Christmas they had one hand on the trophy, and the team have taken to the pitch in the final couple of months very much with record-breaking in mind.

Sure enough, they finished with most points (100), most wins (32 from 38 matches), most goals (108), most away victories (16), biggest positive goal difference (79), biggest title-winning margin (19 points) and the least time spent trailing in matches (just 153 minutes across the course of the entire season).

City also landed a PFA Player of the Year nominee in the form of Kevin de Bruyne, and the record for a side making 1,000 passes in a game.

It was perhaps fitting that in a season of coasting through matches, they were reliant on Gabriel Jesus' 94th-minute winner at Southampton on the final day. Rather than getting lucky, the goal typified City's 'battle to the end' attitude which, combined with a multitude of other talents, sets them apart as arguably the league's greatest ever side.

So how did the Spanish managerial maestro Guardiola do it?



- > MOST points (100)
- > MOST wins (32 from 38 matches)
- > MOST goals (108)
- > MOST away victories (16)

KING KEVIN

The heartbeat of Guardiola's team was undoubtedly peerless playmaker Kevin de Bruyne. The 26-year-old has established himself as one of the best attacking midfielders in the world since his £55million move from Wolfsburg in 2015. And with a league-high 15 assists to his name, the flame-haired footballing whizz is surely a shoe-in for a PFA Player of the Year nomination.

MONEY, MONEY, MONEY

It's no secret that since Sheikh Mansour took control of the club in 2008, City haven't been averse to splashing the cash on new players. But the days of £25million bids for bog-standard players such as Joleon Lescott and Roque Santa Cruz are well behind them.

Most notable was Guardiola's defensive overhaul, which saw Premier League veterans Bacary Sagna, Gael Clichy, Aleksandar Kolarov and Pablo Zabaleta shipped out to make way for Kyle Walker, Benjamin Mendy and Danilo – albeit at an eye-watering cost of £121million. Then there was the £35million acquisition of goalkeeper Ederson in, and the January addition of Spanish

centre-back Aymeric Laporte for a club record £57million.

CITY'S YOUNG GUNS

Towards the end of his predecessor Manuel Pellegrini's reign, Manchester City were relying on a relatively old guard of players. Pep's revolution has seen a lot of the club's over-30s shipped out, favouring some of football's most exciting young prospects, with players like Leroy Sane, Gabriel Jesus, John Stones and Ederson all arriving before their 23rd birthdays.

WHERE NOW?

City may well have run off with the title, but there's still hope for the chasing pack. The recent derby loss having been 2-0 up at half-time pointed to defensive frailties, and Jurgen Klopp stills stands as Guardiola's nemesis when it comes to getting one over on the Spaniard, having engineered a Champions League knockout and the first of City's two domestic losses this term. As for the rest of the Premier League, they'll just be relieved at not having to face City for at least another two months.

- > BIGGEST positive goal difference (79)
- > BIGGEST title-winning margin (19 points)
- > LEAST time spent trailing in matches (just 153 minutes across the course of the entire season)



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WHAT'S ON

WHAT'S ON

in your area

California Suite by Neil Simon Lipping Hall, Loughton, IG10 4LF June 7 - 9, 8pm

This amateur production of *California Suite* is presented by special arrangement with Samuel French Ltd.
Raising funds for Citizens Advice Epping Forest District.
Tickets £10. Call 07552 736110 or visit www.lads.org.uk

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5K Improvers Running Course Car Park of Loughton Leisure Centre, Loughton, IG10 1SZ Wednesday, June 20, 7pm - 8.15pm

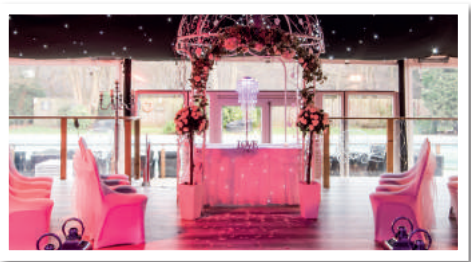


Our 5k Improvers Running Course is aimed at people who have completed the 5k distance and now want to consolidate their running and build their stamina, technique and fitness.
The next course will run for five weeks from Wednesday, June 20. The course costs £30 and includes 5 x 1-hour sessions plus online support.
Sessions will include a warm-up, running practice, pacing and post-run stretches to help avoid injury.

National Jazz Archive Concert with The Julian Marc Stringle Quartet Loughton Methodist Church, 260 High Road, Loughton, IG10 1RB Saturday, June 23, 2.30pm

Featuring music made famous by Benny Goodman, Buddy de Franco and Artie Shaw among others.
The concert is the second in a series of events this year to celebrate the 30th anniversary of the founding of the Archive.
Tickets are £15, available by visiting www.nationaljazzarchive.org.uk/events, emailing events@nationaljazzarchive.org.uk or ringing 020 8502 4701.

Wedding Open Evening Kings Oak Hotel, Paul's Nursery Road, High Beach, Essex, IG10 4AE June 13, 4pm - 6pm



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