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Editor's notes...



Misha Mistry, Design Editor

Hello and welcome to the fifth edition of **VISION** Stanmore + Edgware lifestyle magazine.

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 Harrow College's A Level success, Stanmore Stagecoach's once-in-a-lifetime trip to perform at Disneyland, and remember the life of 97-year-old RAF pilot Ken Beeby.

Meanwhile Commonwealth gold medallist Dwain Chambers visited a local gymnastics club and the Royal National Orthopaedic Hospital took an all-new approach to fundraising, giving patients and families the opportunity to choose the causes they donate to.

One shop closed and another opened, as BHS shut up shop for good, and a Stanmore shop re-opened following the floods earlier in the year.

It's all inside, so take a look and 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.

Until next month, enjoy.

Misha

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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.

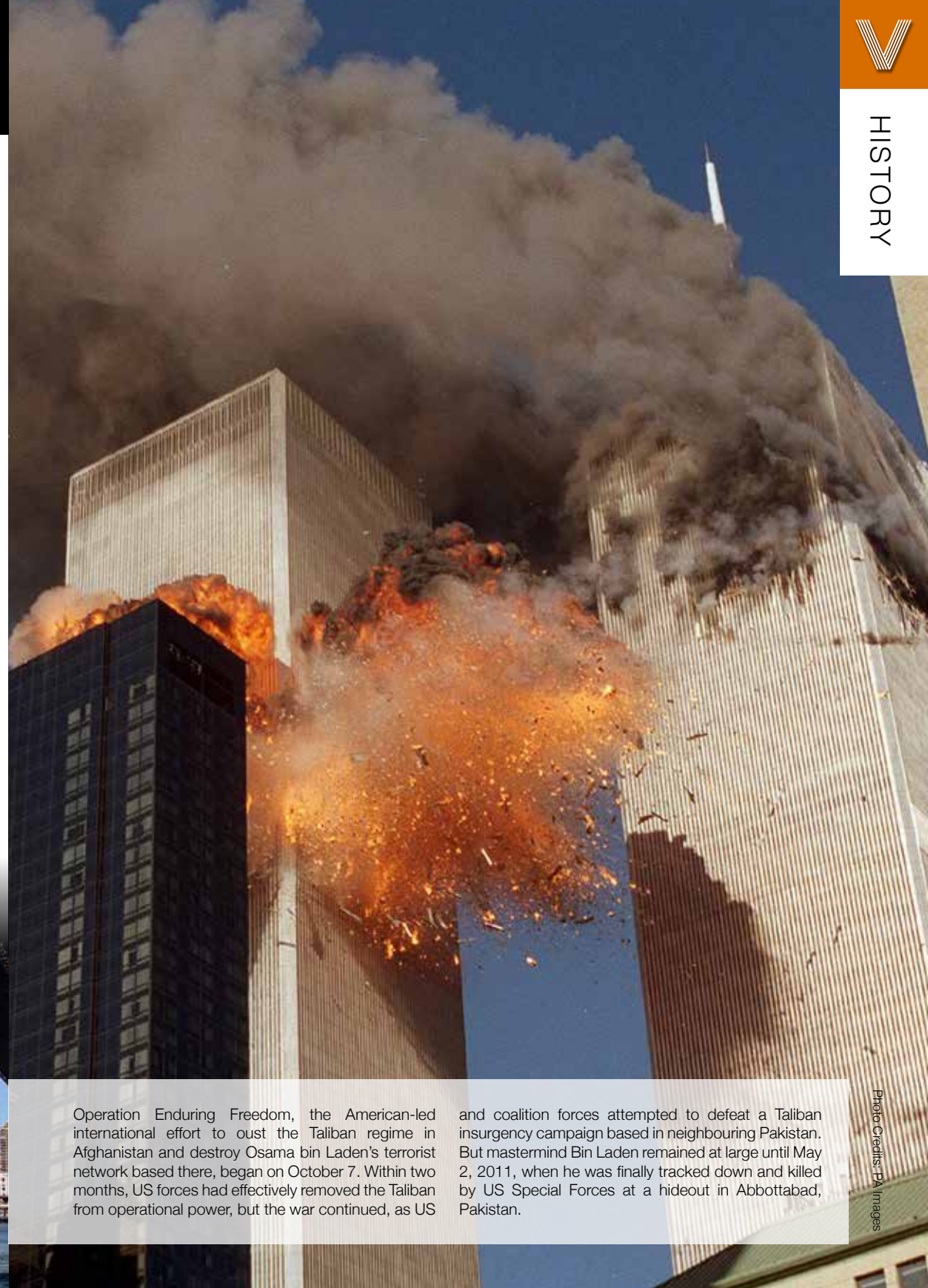
Nearly 3,000 people died (67 British) in the collapsed buildings that day, and an unknown number have also died since from related injuries.

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.

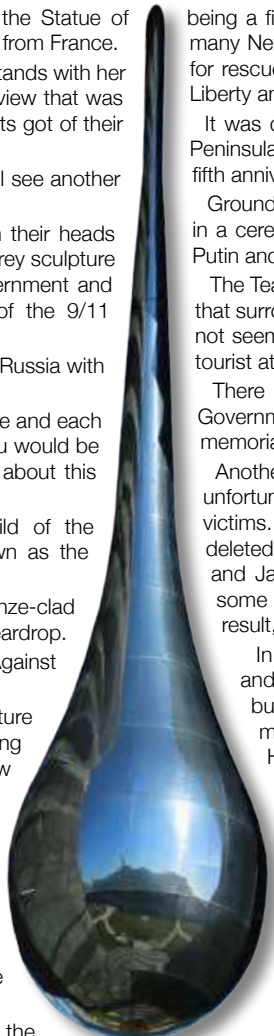
There have also been accusations that the US Government has deliberately failed to publicise the memorial because it came from an old enemy.

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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FOOD & DRINK

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

FIVE REASONS GIN

is good for your health

Made 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 calorific 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.

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.



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Serena Peirce is an experienced Podiatrist with an MSc in Podiatry with Rheumatology. She also treats corns, callus, ingrown toenails and verrucas.



Rupal Pankhania (B. Ost) is an experienced Osteopath who also uses Dry Needling Acupuncture. She specializes in treating sciatica, joint pain and stiffness, headaches and neck pain.



Nicola Miller is our Reflexologist who specialises in Maternity reflexology

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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.



HEALTH & FITNESS

Hearing well means living well, be your best

Hearing is about staying connected.

Your hearing is your brain's primary connection to the world. You need clear sound to keep you in the moment and most importantly to keep you calm and in control. Your hearing keeps you connected, engaged with people, and safe in the world you live in.

Will I notice if I hearing loss?

No. Hearing loss usually occurs very slowly over time and you do not notice what you do not hear. Often others will notice that you are not hearing at your best before you do. The only way to know if you have changes to your hearing is to have it professionally checked. Find out the status of your hearing health so that you can be proactive in managing any social embarrassment and to ensure that you always present yourself at your best.

Why should I have my hearing checked?

As with eyes and teeth, routine hearing checks play an important role in keeping your hearing health on top form. Unmanaged hearing loss can cause problems with relationships both socially and at work. Hearing loss is also associated with an increased risk of life limiting conditions such as tinnitus, depression, anxiety and dementia. Hearing health is essential for brain health – a mild hearing loss doubles your risk of developing dementia.

One in 6 people have some degree of hearing loss and if you are in your 50's you have almost a 1 in 2 chance of having a mild hearing loss. You are never too young to start checking your hearing. Book your free hearing health check today!



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The Hearing Clinic,
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The Hearing Clinic now offers free hearing health checks at the Radlett branch. An initial appointment will take 30 minutes and will help you understand your hearing health needs. If you require further diagnostic testing, then a further appointment can be arranged on the day.

Look after yourself – you're worth it!



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High Intensity Interval Training

...HIIT the spot

Are you forever struggling to squeeze exercise into your daily routine? Look no further than high intensity interval training (HIIT), the super-efficient workout which has been proven to burn fat more effectively than running.

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



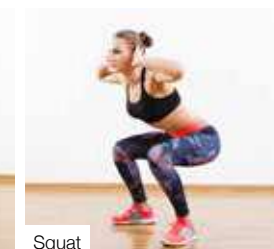
High Knees



Plank



Lunges



Squat



Expert Advice

eye2eye

The environment and your eyes

Your surrounding environment is full of elements that could damage your eyes and cause you vision problems. So what are they and what can you do to minimise any damage?

The dangers of UV - Crizal UV lenses can help

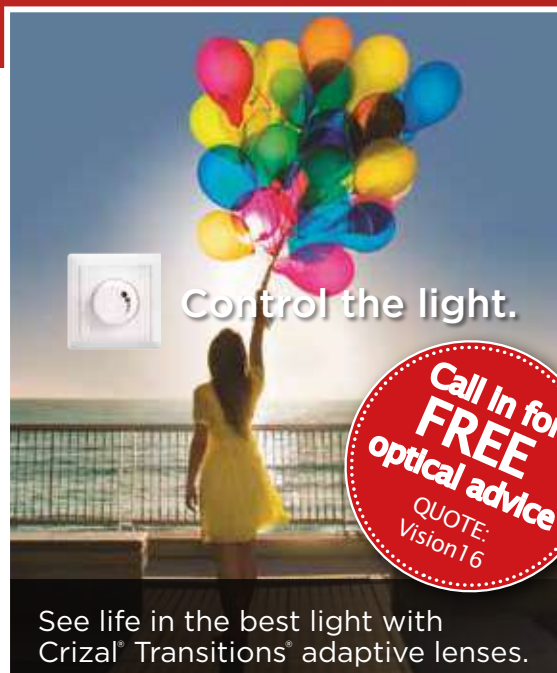
Ultra violet light damage is a real threat to your vision. Protect your eyes with Crizal UV lenses and using Transitions lenses. These lenses are specially designed to block out Ultra violet rays and give you 100% protection. They work simply by reacting to the amount of UV light present and changing automatically.

Blue Light - Crizal Prevencia lenses can help

Blue light is all around us. It is emitted by the sun and artificial light sources such as smartphones, tablets and computers. As with UV rays, over exposure to blue violet light can be harmful to the eyes. It can damage the retina and potentially increase the risk of age related macular degeneration (AMD), cataracts, and photokeratitis (Sunburned cornea) which can lead to temporary blindness.

FOG and your vision - Crizal Optifog lenses can help

Foggy lenses are a common and an inconvenient problem for all glasses wearers. Your lenses can steam up in humid conditions when the air is warm and moist. The amount of fogging you get depends on the environmental factor such as air temperature, humidity and wind. Most common reasons are: Playing sports, jogging, or cycling,



going inside out of the cold, drinking a hot drink, working in a steamy kitchen, or even opening a dishwasher or oven door. Keeping your lenses fog free is not only a nuisance, but it impairs your vision which could be a health and safety risk.

Driving Glare - Crizal Forte lenses can help

It is important as a driver that you are aware of how different conditions affect your vision and your ability to drive safely. The most common factor that affects all drivers is glare from direct sunlight, road glare (after rainfall), lights from oncoming vehicles (especially cars fitted with LED and Halogen lights), and even Led street lights now being introduced throughout the UK. Technology and product availability today means that there is eyewear to suit your every need and lifestyle.

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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

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

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

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

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

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.



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.



DEATH VALLEY'S

MYSTERIOUS SAILING STONES

It is a mystery which has left scientists baffled for decades, but researchers now claim to have discovered the secret behind the phenomenon known as the sailing stones.

For years, Death Valley, California, has attracted inquisitive visitors intrigued by the mysterious rocks which appear to make their way across the desert without human or animal intervention.

So just how are these enormous boulders, often weighing as much as 700lbs, thought to travel more than 100 metres without assistance?

The two most common areas to spot the sliding stones are Little Bonnie Claire Playa, in Nevada, and Racetrack Playa, Death Valley National Park.

Researchers declared that slippery bacteria is the key to the occurrence which has puzzled scientists, locals and tourists throughout the years.

It is now thought that a microbial community made up of cyanobacteria-single-celled algae and other tiny organisms-live on the bottom of the lagoons, secreting slippery substances.

This sediment which is produced, alongside gas bubbles, creates the perfect skating rink for the stones once they have become dislodged, allowing them to move freely along the surface.

This new explanation, provided by a team of geologists from the Complutense University in Madrid, dismisses previous theories which suggested that the movement was due to ice-sheets surrounding the stones in winter, allowing them to be pushed by the wind.

Since the first report of these stones making their own way across dry lake beds in 1948, there have been numerous attempts to solve the mystery.

In August 2014, a group of very patient researchers announced that they had the answer, aided by Scripps Institution of Oceanography and NASA. Richard and James Norris captured the first ever time-lapse footage of the stones' movement, concluding that wind-blown ice was behind the activity.

With numerous conflicting theories, countless questions and no solid conclusion, it leads to one final question...will Death Valley's sailing stones ever be explained?

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.

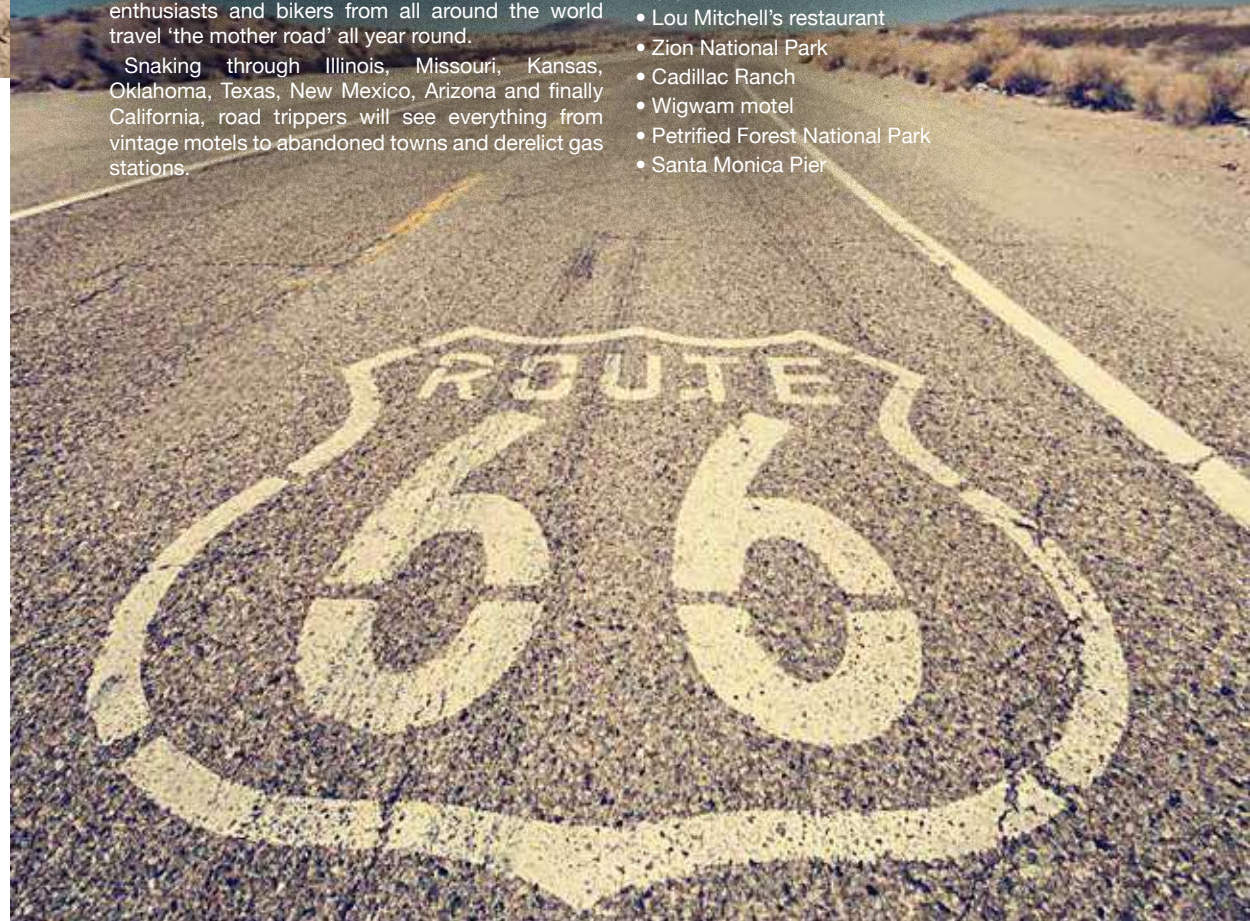
New Mexico boasts archaeological sites and relics left by early settlers and Native Americans, while Arizona is the home of a meteor crater almost a mile in diameter.

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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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.

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.

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

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LOCAL NEWS



War veteran dies aged 97

A former Royal Air Force (RAF) pilot who flew numerous famous planes in the Second World War has passed away after a heart attack.

Ken Beeby 97, died, at a hospice in Arizona, USA, after years of service and continued contributions to Air Force centred projects throughout his life.

Having grown up in Stanmore, Ken was brought up by his mother following his father's unexpected death. With two daughters, one son and a daughter-in-law, Ken's family does not stop there. He also leaves behind eight grandchildren, five great-grandchildren, and nine great-great-grandchildren.

Ken was sent to a boarding school before joining the RAF at the age of 18, working his way up the ranks to become a top class pilot. In 1942, Ken was moved to the United States for training, being stationed in Falcon Field,

Mesa, Arizona.

After flying the Spitfire, Typhoon and Tiger Moth planes back at home, the inspirational pilot returned to Mesa, where he met his wife, Doris.

Forever helping others, he played a large part in the running of the annual memorial, remembering the lives of pilots killed during training in the RAF.

Ken flew a Stearman biplane at the grand age of 96. He said: "It was fabulous to go back all those years. I think I could still hit something with a rocket under the wing. I've had the most super afternoon. This is about the best afternoon I've had in 50 years."

A service will be held at the Church of Epiphany in Tempe, Arizona, on Saturday, September 24, for Ken, who was described as "vibrant and kind" and will certainly be remembered.



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Photo credit: Bournemouth Echo

Local man drowns in Sandbanks rip current

A father-of-two has drowned in rough seas after getting into difficulty outside the 'safe-swim' area at a beach in Dorset.

Jayarajah Katheeswaran, 37, was on an excursion with the Islamic and Cultural Society of Harrow with members from the local area visiting Sandbanks beach, near Poole Harbour, when he was pulled from the water.

Jayarajah was spotted struggling to stay afloat past the buoys used to mark the 'safe-swim' zone.

Witness Ajan Ariyaratnam said: "My cousin and his children went into the water and came back immediately because of the high waves, warning everyone not to go in there."

"A few minutes later, three friends went in to the water and one went further. My sister saw that he was drowning. Everyone ran towards the sea to try to help, and two ran to get the lifeguard."

His wife of eight years, Vythekey, was not present as she was at home with their two-month-old child. She said: "He was a great father. I am so proud of him. He worked as a computer repair serviceman and everyone knew him. He did everything to help everyone."

She added: "He went with a group of friends. The coroner has said he drowned and his lungs were filled with water. Apparently it was quite quick and only lasted about 10 minutes."



Photo credit: This Is Local London

Gold medallist visits local gymnastics club

A local gymnastics club recently had a surprise visit from Commonwealth gold medallist Dwain Chambers.

One of the fastest European sprinters in the history of athletics, appeared at the Harrow School of Gymnastics to put the children from Stanmore through their paces.

As well as leading a class in which children were given tips on running, they were also given an insight into a professional athletics training regime.

Having won international medals at World and European level, Chambers specialises in the 100 metre sprint as well as holding records for both the 60 metres and 4x100 metres relay.

Chambers' visit followed the attendance of Jamaican gymnast Reiss Beckford earlier in the month, who shared his knowledge of international gymnastic competitions and everything which comes along with it.

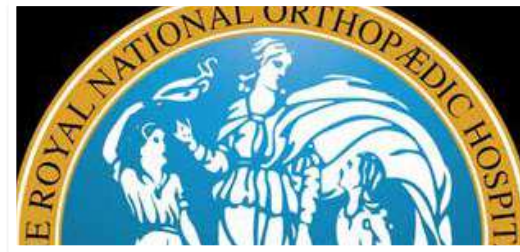
Tomique Gibson, 15, of the Harrow School of Gymnastics, was particularly inspired by Reiss, having been chosen as a gymnast for the Jamaican national squad herself.

The young athlete said: "It was a great learning experience and I feel I can apply his techniques to the way I approach my vault."

Head coach of the girls at the school, Michelle Guiseris, said: "As a coach working with elite gymnasts, I feel it important and beneficial to venture into other fields of elite sport and learn from each other."

Students couldn't give enough praise following Chambers' visit, with 11-year-old Ami adding: "I felt the way Dwain taught us made the session really enjoyable and I learned a lot."

RNOH make it possible with crowdfunding website



The Royal National Orthopaedic Hospital (RNOH), in Stanmore, has launched its own crowdfunding website in a bid to generate income during a time of financial challenge and budget cuts for the NHS.

The first of its kind, this specially designed online platform has enabled patients and families to support and fund ideas which directly improve patient care, directing donations to specific projects. It will also give patients a voice in improving their own care and offers staff the chance for their innovative ideas to become a reality.

To ensure that the projects are viable and clinically appropriate for the complex patient group treated at the RNOH, a panel of advisors have been appointed, chaired by leading foot and ankle surgeon Mr Andy Goldberg OBE.

The RNOH Charity's crowdfunding launch project is aiming to raise £100,000 out of the total £400,000 required to help expand and refurbish the Spinal Cord Injury Centre (SCIC).

Treating more than 2,000 patients annually, the SCIC provides specialist services which local hospitals cannot. If the campaign is successful, the centre aims to grow to meet increasing demands.

Angela Gall, consultant in rehabilitation medicine at the SCIC, said: "The expansion of the SCIC will enable us to extend the excellent quality of care that Stanmore offers to so many more patients, and help more people start rebuilding their lives than is currently possible. I fully support the RNOH Charity's crowdfunding campaign, and encourage everyone to support it."

Delighted pupils celebrate A Level success

Students from Stanmore and Edgware celebrated their A Level results in schools throughout the country last month, and Harrow College had particular reason to celebrate.

According to vice principal Dylan McTaggart, overall passes rose to 96 per cent, as well as recording an eight per cent rise in the number of students gaining high A* to B grades.

Mr McTaggart said: "It's been a great year, and next year is going to be a cracker."

Following an eventful year full of inspirational visitors, students have had the opportunity to not only meet Paralympians but business leaders and role models too.

The vice principal believes that these visits have boosted

students' aspirations, making them want to work hard to succeed in their careers. He added: "We are not just a pathway to university. We are looking to get our students into work in Harrow. We would love to get them working in and benefitting the local community."

Students from Harrow College have gained places in prestigious universities throughout the country, including five students who will be going on to study at Oxbridge colleges.

Disney dancers hit the parade

Students from Stanmore aged between six and 17 have been lucky enough to experience a once-in-a-lifetime trip to Disneyland Paris, with the opportunity to perform three times throughout the trip.

The students danced from the iconic castle down Main Street and around the band stand amongst 500 other students from Stagecoach schools around the country to open for the Main Parade.

Stagecoach principal, Jayne Hardy, said: "It was an overwhelming sight to see a sea of orange T-shirts dancing in perfect unison down Main Street."

They were also treated to a workshop of two songs from *Frozen* by a Disney performing arts director, which they then went on to perform in front of the castle.

Finally, they performed a piece called *An Ode to London* at the 1,500 seater Cinemagique Theatre in the Walt Disney Studios lot. It contained songs from *Mary Poppins*, *Oliver* and *Paddington the Movie*.

The students' parents were extremely proud to see their children perform on such a prestigious international stage, adding: "All the hard work paid off, and there were enough lovely memories to last a lifetime. It was worth everything to see our children's faces light up and experience the world of real Disney professionals."

Shutters down for good at BHS



British Home Stores (BHS) closed its doors for the final time as the long-standing store became one of the final outlets to shut.

BHS owner Sir Philip Green faced criticism for allowing the chain to go into administration, having owned the company from 2000 until 2015.

The BHS brand, which was founded in 1928, eventually had no option but to close all branches following an ongoing struggle in recent years.

More than 11,000 jobs have been lost in the stores' closure, the largest number of job losses in retail since the demise of Woolworths.



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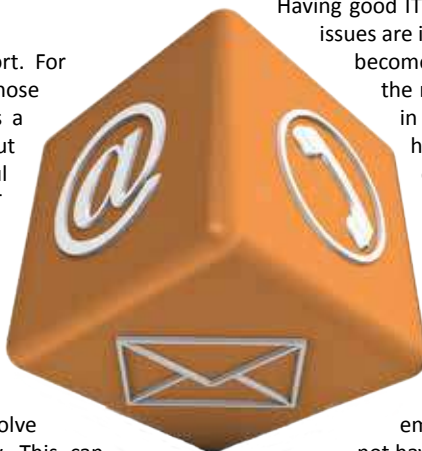
I have already covered the importance of having a well-planned Disaster Recovery process in place and the crucial need for reliable Cyber Security in my last two articles.

This month I'm covering IT support. For most small businesses especially those with 5 or fewer employees this is a cost they would rather do without but if you want to run a successful business you have to have reliable IT support. In this day and age where our businesses have become so mobile and the data is required to be accessible on mobile devices as well as office systems, everything needs to be kept in sync.

A lot of businesses attempt to resolve issues themselves to save money. This can actually be counterproductive as most times they only make matters worse resulting in them having to seek professional help. This is reactive after the fact and it can

be costly and time consuming and will often occur when up against a deadline.

Having good IT support ensures that any potential issues are identified and dealt with before they become critical. It also ensures you have the right Security and Disaster Recovery in place. It is more cost effective to have a planned budget so you don't end up with a big IT bill at the most inopportune time.



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MOTHER DONATES HAIR TO RAISE AWARENESS OF SON'S CONDITION

A local mother-of-two has recently had a drastic 12-inch haircut to fundraise for two children's charities.

Anita Reed's son was diagnosed with a rare genetic disorder at only six-months-old. Now four-years-old, George Reed is the only person in the world with his particular chromosome duplication, a condition which is so rare it does not even have a name.

George's disorder brings a number of complications, including global development delay, hypotonia and autism, which have resulted in his development being of a similar level to that of a six-month-old baby.

Mother Anita knew early on that something was not right, explaining that it was clear he was not developing at the same rate as his twin brother.

Anita's attempt to raise money for the charity Tree of Hope exceeded all expectations, surpassing her £250

target and currently sitting well over £1,000. She isn't stopping there though, with a goal to raise £8,500 by the end of the year.

She said: "George is a gorgeous, happy little boy that melts the hearts of everyone he meets with his infectious giggle. I was willing to cut my hair off to make a difference." The hair was donated to the Little Princess Trust in order to make wigs for children suffering from hair loss during their cancer treatment.

Although George is not yet able to walk, he is working on standing and is able to make his way around by rolling. His mother added: "He learned to sit up when he was three. We have a saying: everything happens in George time, when George is ready after lots of determination and practice."



Mystery bidder challenges council over relocation plans

A mystery bidder has been confirmed to be negotiating with the owners of Premier House, threatening Harrow Council's plans to relocate the Civic Centre and affecting Stanmore and Edgware residents.

Original plans to purchase Premier House on Canning Road and demolish the 257 space multi-storey car park at Peel House to make way for a new headquarters are proving troublesome.

The council still has every intention to vacate its existing Station Road premises as they are outdated and too large.

A spokesperson for Harrow Council said: "We have land in the heart of Harrow that simply is not pulling its weight. It's not providing the maximum value to our residents."

They concluded: "The Civic Centre will move to Wealdstone. It is not in jeopardy, but we cannot comment on third party negotiations."

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Burns victims try their hand at firefighting



Young burns victims from Edgware and Stanmore participated in a very special day at Harrow Fire Station. Charity Children of Fire allowed teenage burns survivor Sizwe Jones to spend a day with the force at the Pinner Road station, while learning about the equipment used to save people's lives.

Enjoying a treasure hunt around the fire station, Sizwe, who also happens to be a London Fire Cadet, joined the crew alongside others, including eight-year-old Perluca and Dorah.

The group were shown how to coil and care for hoses as well as other vital pieces of equipment before tucking into pizza with six of the crew at Harrow Fire Station.

Mini MRI nominated for inspirational awards

Two staff from the Royal National Orthopaedic Hospital have been nominated to receive the Kate Granger Compassionate Care Award after an incredible creation.

Working together for two years, senior play specialist Zoe Keates and clinical engineering team leader Yoyrd Khatri have created the 'mini MRI' scanner, designed to put children at ease before undergoing a scan.

Having designed the scanner, Zoe and Yoyrd produced a 3D printed MRI scanner which has a moveable table, real MRI sounds and a remote control which replicates what happens during a real MRI scan.

This is thought to be a game-changing invention, as children face reduced risks when undergoing MRI scans while awake. With the removal of risks associated with anaesthetic and anxiety, children are able to go home afterwards, rather than returning to the ward for recovery.

As well as making the hospital experience less daunting for youngsters, the pair's development also helps children to understand the process and learn about their conditions and the procedures which take place to help them.

The parent of a seven-year-old said: "My daughter said she liked the toy scanner because she could see the movement it makes when someone is in the real MRI scanner. I think it is a good idea for children to play with the toy scan before they go in for the real scan."

An eight-year-old patient said: "I think it's good for children who are scared of having an MRI scan, and it's a good size for dolls."

Council accused of abandoning families in budget cuts

Labour councillors recently voted on the restructuring of the council's Early Intervention Services (EIS), with the aim to reduce the service budget from £2.5m to £1.8m.

These changes, which are predicted to save around £700,000, are thought to affect 27 roles and have prompted locals to share their thoughts.

While frontline services are being cut and jobs are being lost, the opposite has been happening at a senior level where there have been multiple pay rises, according to the Harrow branch of trade union Unison.

A spokesperson for Unison said: "There's going to be a big impact on jobs."

While many have voiced their concern about the lack of support for vulnerable families, increased pressure on social workers and the impact it could have on children, Conservative group leader Cllr Susan Hall added: "These cuts to children's services are worrying. Short term savings often lead to higher costs in the future."

Masooma Sarwar, spokesperson for Harrow Council, said: "No decisions have been made or finalised. Consultation with staff is ongoing and these are just some of the options we are looking at."

Jewish special needs college opens in Edgware



Education charity Langdon have opened a college for Jewish students with special needs in Edgware.

Langdon College will provide education and training for qualifications, aiming to help pupils aged 16 to 25 with learning needs find suitable employment.

Following on from the first college in Manchester, headteacher Chris Mayho said: "We are excited that Langdon is bringing its highly successful education and training programme to our new college in Edgware."

"Our approach is to offer highly personalised individual support. We provide work experience opportunities to develop important life skills in a community setting, working to help students achieve their aspirations."

Additional day programmes are available for teenagers aged 14 to 16, and 16 to 19 who are still at school.





Flood hit charity shop's grand reopening



Norwood's flagship Stanmore charity shop has been reopened by the same firemen who worked to save it during floods earlier in the year.

Crew manager at the Mill Hill Fire Brigade, Mathew Blain, cut the ribbon in front of the shop on Stanmore's Broadway after months of work by staff and volunteers to prepare the shop for its relaunch.

Commenting on the charity shop's new look, Mathew said: "It's very exciting...its certainly improved since the day of the flood. We might even start looking for some bargains while we're here."

Jennie Wharram, Norwood's business development manager for volunteering and trading, said: "All the money we make in our charity shops goes towards our vital services, supporting children, families and people with learning disabilities in our community – so you can be sure that when you're shopping for a bargain you'll also making a huge difference to so many people's lives."

The newly refurbished shop did brisk business throughout its opening day, with shoppers queuing outside to snap up couture and high street bargains, enjoying a cupcake or glass of prosecco.

Battle of Britain commemorative day wows locals



The Bentley Priory Museum in Stanmore hosted its annual commemorative day this month, which has once again proven to be an enormous success.

The 1940s themed activities for all the family included 'pop-up' Battle of Britain talks, 1940s music, family activities including Spitfire biscuit decorating and outdoor games, Battle of Britain living history, and Royal Observer Corps and Radar historical displays.

RAF Bentley Priory played a pivotal role during the Battle of Britain in 1940, as Fighter Command Headquarters. After the RAF left in 2008, an engaging, commemorative museum was created for the public to enjoy.

Museum director, Eleanor Pulfer-Sharma, said: "We commemorate the Battle of Britain throughout the year with exhibitions and talks. In September, the museum always hosts a special commemorative day at the museum, as it was during this month that saw some of the fiercest fighting during the Battle of Britain. We are thrilled that we've been able to reduce cost of admission for the commemorative day this year."

Post Office shuts up shop



A local Post Office is set to close its doors, moving into a nearby WHSmith store this month.

The branch on College Road will be moving into St Ann's Shopping Centre, reopening as a more "modern, open-plan branch" inside the WHSmith which already serves many from Stanmore and Edgware.

Wednesday, September 21, will see the last day of service before opening its doors at the new location the following morning at 9am.

Service is expected to be exactly the same, with the branch continuing to operate through Post Office Ltd.

With five counters and three self-service kiosks, the only expected difference is thought to be the lack of a cash machine, as the Post Office works on gaining permission to install one in their new home.

While many have voiced concern over the closing of many branches throughout the UK, general manager for the branch network, Roger Gale, said: "This move will help to ensure the branch is commercially viable into the future, protecting Post Office services on which customers in Harrow depend."

"We are committed to remaining on high streets and at the heart of communities, making changes right across our network to enable us to do so."

Stanmore marsh's return to glory



A major regeneration scheme has begun, helping to reduce the risk of flooding while putting Stanmore Marsh on the map.

Often referred to as Toad Pond, the well-known area had become neglected and dried up, with a noticeable drop in the amount of wildlife and 'green sponge', which had increased the possibility of flooding.

With the help of a grant from the Mayor of London's Big Green Fund and Section 106 payments from a nearby housing development, the project has been able to take place, restoring a beautiful natural wetland for locals to visit.

Charity Thames21 is helping to coordinate the project which is making a difference to rivers and canals throughout the capital.

Stanmore Marsh project manager, Vicky Dsouza, said: "People voted for the project they wanted to fund and wanted to make a more usable space. Before now, it was just used as a cut-through."

The project is due to be completed by summer 2017, when residents will be encouraged to get involved, planting seeds and helping to maintain the area once it is open, as well as attending a public opening event.

Habs Boys achieve best GCSE results yet



The Haberdashers' Aske's Boys' School were delighted to be celebrating their best GCSE examination results yet this year. Many students from Stanmore and Edgware achieved a truly exceptional set of results, with 73 per cent of all grades being an A* and 95.4 per cent being A* to A.

Marking a new level of excellence for the School, a record 35 boys achieved 10 A* grades or more and 127

students achieved straight A*s to A.

Headmaster Peter Hamilton warmly congratulated every pupil who sat his exams this year as hard work, dedication and enjoyment of learning is clearly evident for both pupils and dedicated staff in these superb results.

These successes are reflected across the academic spectrum from 100 per cent A* to A in Mathematics to 99.4 per cent in English Language.

Mr Hamilton, remarked: "We are about an all-round, holistic education. The boys have relished every challenge that the School can offer them, both academic and co-curricular. They should be rightly proud of their achievements this year and I look forward to welcoming them back in September to start their Sixth Form studies."

Dilan Parmar, who received 10 A*s, said: "I'm ecstatic with my results. Thanks to my teachers and also to my peers – we've built up a great camaraderie, especially within our form class. We all help each other and it's great."

Joshua Baumring-Gledhill, who also received 10 A*s, added: "I'm delighted to receive straight A*s across the board. I'd like to thank all of my teachers at Habs as well as my parents for their continued support. It proves that if you try, you can achieve your potential."

Community minister visits Harrow's Zoroastrian Centre



Government minister Lord Bourne visited religious leaders at eight places of worship across the capital, including Europe's only place of Zoroastrian worship, which is attended by many from Stanmore and surrounding areas.

The often unheard of religion is believed to have been founded more than 3,000 years ago in Iran, making it one of the world's oldest religions.

Lord Bourne demonstrated the area's welcoming attitude to living in a multi-faith community and the benefits it brings to a neighbourhood.

He was met by Malcolm Deboo, the president of the Zoroastrian organisation. The minister concluded: "In London, we are greatly enriched by the diversity of faiths that call our city home. Within an hour you can visit places of worship representing our largest religions, through to our smaller faiths, all of whom play an integral part in communities."



All aboard the night tube

LOCAL NEWS



This autumn Edgware residents will benefit from the newly introduced 24-hour tube service.

Launched this month on the Central line and Victoria Line, the service will offer Londoners the opportunity to travel throughout the city at all times as part of Transport for London's modernisation plans.

Northern Line trains will run on average every eight minutes between Morden and Camden Town and approximately every 15 minutes from Camden Town to High Barnet / Edgware.

Steve Griffiths, LU's chief operating officer, said: "The Night Tube will boost London's economy, support thousands of new jobs and radically cut journey times for those travelling at night or in the early morning."

MP caught in sex scandal



It has emerged that Keith Vaz, Member of Parliament for Leicester East, paid for sex with male prostitutes and allegedly offered to buy them cocaine and other drugs.

The Labour MP, who has a home in Edgware, was recently spotted leaving with his wife of 23 years before he resigned from the Home Affairs select committee following the discovery.

The Sunday Mirror reported that the MP met with two Eastern European men for sex and boasted about sleeping with a prostitute without protection. The newspaper

published voice recordings of the alleged encounter, leading Mr Vaz to claim he was set up.

In a statement to the Mail on Sunday, Mr Vaz said: "I am genuinely sorry for the hurt and distress that has been caused by my actions in particular to my wife and children.

"I will be informing the Committee on Tuesday (September 6) of my intention to stand aside from chairing the sessions of the Committee with immediate effect."

Police issue warning after ATM device discovered



Police have warned residents in Stanmore and Edgware to be vigilant when using ATM machines after a spying device was found attached to a cash machine.

This follows the discovery of a Barclays cash machine which had been compromised in Bridge Street, Pinner. It was found to have an iPod hidden in the machine's housing, recording users' PIN numbers.

A second device had also been installed, designed to trap unsuspecting customers' cards.

This incident has resulted in the ATM being replaced with a temper-proof model in the near future, but has also served as a reminder to the public to always cover their PIN.

Sergeant Roni Doyle said: "These devices will not be used soon as most banks in Edgware and Stanmore have already changed their ATMs to the new tamper-proof machines."

Harrow Choral Society celebrate triple anniversary

The Harrow Choral Society, which hosts many members from Stanmore and surrounding areas is celebrating an exciting triple anniversary this year.

Not only is it the society's 80th year as a choir, it is also the 25th year for conductor Simon Williams and the 20th year for award-winning training choir, *Singing for Starters*.

The group, which is based in Harrow, has around 90 singers, allowing the large group to perform most of the 'major' choral works while covering a wide selection of music.

Performing three concerts every year using professional orchestras and soloists, those in the choir have been given the opportunity to play at some of the most prestigious concert venues around.

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DERMOT'S THE REAL X 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.



It has been another busy month for the Stanmore Society with news regarding the local library, a visit to the Islamic Centre and organising a meeting to host the London Fire Brigade.

Tony Raymond attended the Islamic Centre on Wood Lane as Ramadan came to an end, alongside Bob Blackman MP and a local rabbi. He said: "There was not only incredible hospitality offered but also lucid and intelligent address from their Imam. He stated very clearly that Islam did not discriminate against other religions and that terrorism was not acceptable, and everyone was welcome."

Stanmore Library has also received a refreshing update. Tony added: "There is now a seating area in the entrance which seems almost like a lounge, and with the helpful staff, it has become an attractive venue which we will continue to hold out evening meetings in."

The Stanmore Society's next meeting will take place on Tuesday, October 25 at 8pm, with the speaker to be confirmed closer to the date. For more information, contact Audrey on 07947 423 215.

£40k raised in memory of keen golfer

Eight women, including one from Stanmore, raised £40,000 by taking on four golf courses in one day for an ovarian cancer charity in memory of a close friend from Stanmore, who sadly lost her battle with the disease.

Mandy Fisher was a keen golfer and last year it was her wish to complete a 72-hole Golf Challenge in one day in aid of Ovarian Cancer Research, The North London Hospice and the Alzheimer's Society. Mandy participated in the four course challenge last year whilst she was fighting ovarian cancer.

She continued to play golf for as long as possible before she lost her life in February at the age of 57.

In her honour Diana Rubin, Valerie Lemer, Ruth Langdorf and Julia Livingstone from Dyrham Park golf club and Philippa Newman, Jenny Reichman, Joy Shapiro and Susan Moss from Hartsbourne Golf Club took part in this year's event. They called themselves Mandy's Fore Birdies.

The group started at 5am, in the dark at Hartsbourne then dashed off to Hendon Golf Club, then Mill Hill Golf Club and finally Dyrham Park Golf Club which was where Mandy had been a member since childhood and where her mother Morella Fisher is still a member.

Valerie Lemer, on behalf of Mandy's Fore Birdies, said: "Mandy decided that the charities she wanted to benefit from the challenge would be Ovarian Cancer Research and the Alzheimer's Society as her late father was diagnosed with this disease when only in his late forties.

"Her mother co-founded the Alzheimer's Society because at that time there was very little support for the families of sufferers.

"Mandy passed away surrounded by family and close friends in the care of The North London Hospice and so that is the third organisation to benefit. She is survived by her mother, her daughter and her son."

The event will become an annual event.

To donate visit <http://uk.virginmoneygiving.com/team/mandysforebirdies>





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Walking football hits the ground running

Edgware and Stanmore residents can get involved as walking football season is upon us and Harrow Leisure Centre are seeking new members.

Aimed at those with reduced mobility, the slower-paced version of the sport is gaining in popularity as it takes Harrow by storm.

Encouraging those of all ages to stay healthy and active, regardless of age and ability, sessions take place every

Tuesday from 11am for one hour in the main sports hall and cost only £3.

Manager John Sewell said: "We are really excited to be offering the chance for those in the local community to take part in a new and exciting activity.

"These sessions will give participants the chance to socialise with others and build confidence in a welcoming environment."



Edgware Town FC kick off the season

The Wares have battled through the first month of the new season, which has proved to be a learning curve.

The testing month, which resulted in home defeats against Oxhey Jets, Leverstock Green and FC Broxbourne Borough, has not dampened spirits as the club prepare for their upcoming games.

A 2-0 win in pre-season against favourites Biggleswade United has shown that Edgware are more than capable of handling life in the competitive Spartan South Midlands League Premier Division.

The Wares also appeared in the Emirates FA Cup for the first time in eight years, emphatically beating fellow Premier Division side Holmer Green 5-1 before eventually bowing out at the Preliminary Round stage to Barton Rovers.

Following last season's FA Vase run which saw Edgware go out in the third round, they are in the draw once again, facing an away trip to either Windsor or Daventry Town in the second qualifying stage on Saturday, 24 September.

The always noisy and supportive 'Green Army' will be there to ensure the away days are as fun and memorable as ever.

In other news, the youth teams have also been busy, with the U18's preparing for life in the Southern Counties Youth Floodlight League. Beginning the season with a 3-3 draw against Hendon, a 3-2 loss to AFC Hayes and an incredible 6-2 win against Leverstock Green, it appears to be the start of an exciting season for the Wares.

HELP TO BUY: ISA SIMPLIFIED

For first-time buyers, the housing market is a minefield, and an expensive minefield at that. Luckily, the Government has designed a scheme helping first-time buyers to get on the property ladder while boosting savings by 25 per cent.

Here's how it works: A range of Help to Buy ISAs are available from a number of banks and building societies, with varying interest rates, so it is well worth looking around for the best offer.

You can deposit a lump sum of up to £1,200 in your first month, and from then on can add up to £200 a month. Essentially, for every £200 you save, the Government will add another £50.

Providing you have a minimum of £1,600 in your Help to Buy ISA when you claim your bonus, the Government will add the 25 per cent. The maximum government bonus is £3,000, and is only available on savings of £12,000 or over.

This scheme is available to any UK resident over the age of 16. Other requirements include having a valid National Insurance number, and being a first-time buyer, not owning a property anywhere in the world.

To open a Help to Buy ISA, applicants must not have another active cash ISA within the same tax year. If another ISA is pre-existing, steps can be taken to still open the Help to Buy ISA which involve transferring money.

Each person is only eligible for one Help to Buy ISA, but if two first-time buyers each have their own account, they can combine their money to buy together, resulting in a bonus of up to £6,000 between them. See the table on the left.

Amount in Help to Buy ISA	Bonus Added
£1,600 (minimum)	£400
£2,000	£500
£3,000	£750
£4,000	£1,000
£5,000	£1,250
£6,000	£1,500
£7,000	£1,750
£8,000	£2,000
£9,000	£2,250
£10,000	£2,500
£11,000	£2,750
£12,000	£3,000

More information can be found at www.help2obuy.gov.uk or by going into a local bank or building society.





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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

Have 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.



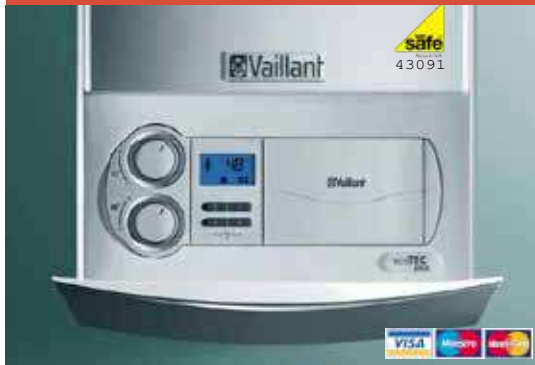
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Top tips to prepare your garden for autumn

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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WHAT'S ON

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Tuesday 27th September – 7.45pm
Edgware v Colney Heath FC – League game

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Every Sunday in September



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to defend our skies and 'The Many' without whose tireless work on the ground victory would not have been possible and discover how technology, leadership and courage forged victory, allowing Britain's darkest hour to also be her Finest Hour.

With admission available on the day, the Bentley Priory museum is open every Sunday this month, from 10am until 5pm. Last admission is at 4pm.

For more information, visit www.bentleypriorymuseum.org.uk or call 020 8950 5526.

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For more information, call 0330 024 1783 or email info@cycleexperience.com.

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Suicide alertness and intervention training has arrived...

Last year a good friend of mine lost his son to suicide. It was awful for everyone involved but as a parent Stuart Falconer decided to put his energy into doing something about this devastating event. He started the charity The OLLIE Foundation along with two other local parents with the intention of doing whatever they could to prevent other parents and families going through the same nightmare.

Suicide is a difficult subject to talk about never mind do something about and many of us feel helpless because we don't know what, if anything, to look out for never mind do.

The OLLIE Foundation's aim is to ensure that suicide intervention training be provided to teachers in schools and to the general public to help ensure suicide safer schools and communities.

There are two types of training:- safeTALK is a half-day alertness training that prepares anyone over the age of 15 regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these "invitations" and take action by connecting them with life-saving intervention resources in the community. Training features:

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person

- Powerful audiovisual learning aids
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development

ASIST is a two day training for virtually anyone age 16 or older, regardless of prior experience or training. Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people

have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk. Workshop features:

- Presentations and guidance from two LivingWorks registered trainers
- A scientifically proven intervention model
- Powerful audiovisual learning aids
- Group discussions
- Skills practice and development
- A balance of challenge and safety

In association with The OLLIE Foundation I have been trained alongside my colleague Wendy Henrys in providing both these trainings and we launch in October 2016. We really want to make a significant impact in Hertfordshire to ensure that One Life Lost is Enough (OLLIE) so if you want to empower yourself by arming yourself with the skills that could save a life then please e mail me on info@christineblack.net. Let me know which training you are interested in and I will send you details of costs and dates.



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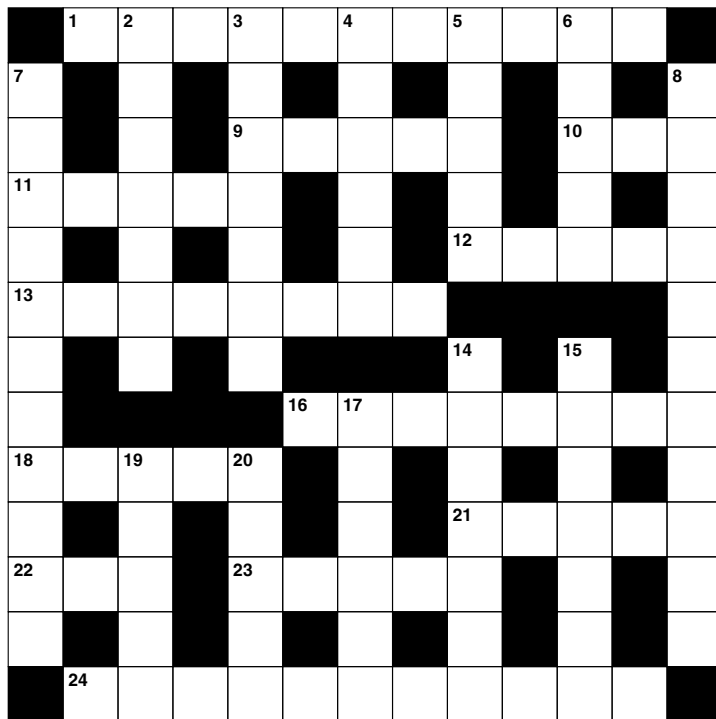
PUZZLES & TRIVIA

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)

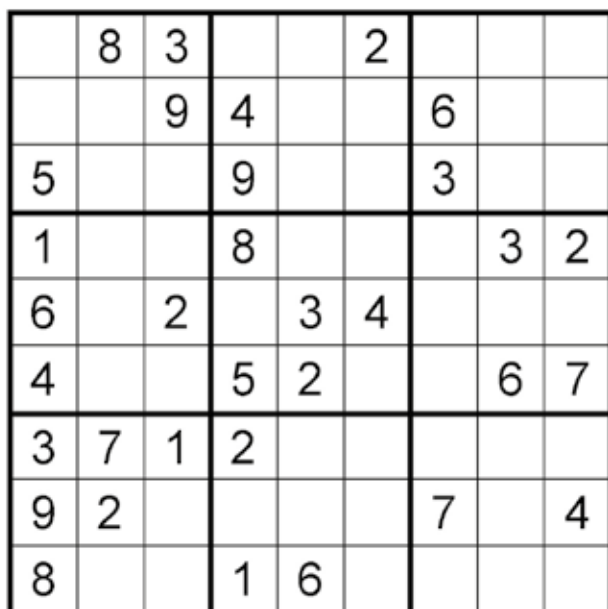


Answers can be found on the Contents Page 5

DID YOU KNOW

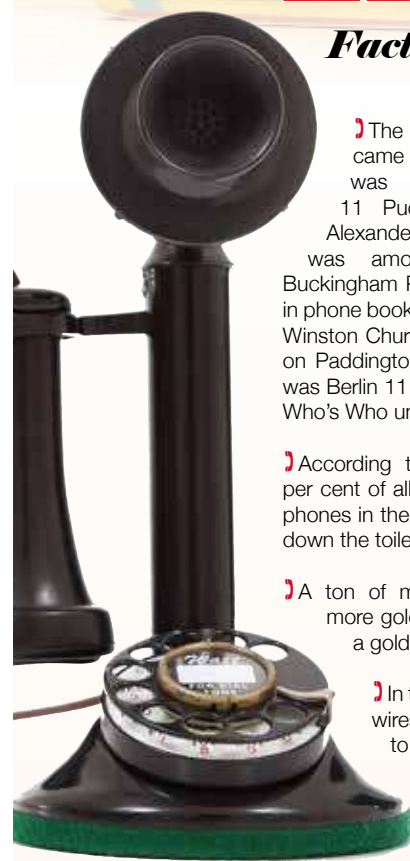
- The world champion of French Scrabble doesn't speak French.
- If you plant an apple pip, the new tree will bear apples that are completely different to the one the pip came from.
- The founder of the *Daily Mail* was convinced that Belgians were poisoning his ice cream.
- To test what happens if someone 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



Caller Information

Facts about the telephone you may not know



- The first UK phone book came in 1880. The first entry was "John Adam & Co, 11 Pudding Lane, London". Alexander Graham Bell's name was among the 248 listed. Buckingham Palace used to be listed in phone books as Victoria 6913, while Winston Churchill could be contacted on Paddington 1003. Hitler's number was Berlin 11 6191 – this appeared in Who's Who until 1945.
- Mark Twain was one of the first to have a phone in his home.
- The origin of the phrase 'to put someone on hold' was Alexander Graham Bell handing over his telephone instrument to his partner Mr Watson and saying, "here, hold this".
- Alexander Graham Bell recommended answering the telephone with the word "Ahoy". It was Thomas Edison who suggested "Hello", which had previously been spelt 'hallo' or 'hullo'.
- According to a recent survey, 47 per cent of all water-damaged mobile phones in the UK have been dropped down the toilet.
- As a tribute to Alexander Graham Bell at his funeral in 1922, all the telephones stopped ringing for one full minute. That was 14 million telephones in the USA and Canada.
- A ton of mobile phones contains more gold than a ton of ore from a gold mine.
- Britain's first mobile phone call was made across the Vodafone network on 1 January 1985 by veteran comedian Ernie Wise.
- In the early days, telephone wires were ranked according to how tasty they were to mice and rats.



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

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Bentley 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
- Acceleration:** 0 to 60mph in 4.3 seconds
- Max speed:** 198mph
- Engine Capacity:** 5998cc
- Max Power:** 590 PS
- Fuel Consumption (Combined):** 15.0mpg
- CO2 emissions:** 338g/km
- Efficiency class:** M





SPORTING LEGEND... LORD SEBASTIAN COE

Lord 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.



ENGLAND		PP2
ROOT	84 (84)	E
HALES	171 (121)	O
Partnership	248 (193)	To
Current run rate	7.63	
Last wicket:	Roy c Sarfraz Ahmed b H	

Photo Credit: Gettyimages

SMASHING THE RECORD BOOKS FOR SIX

England's cricketers hooked, drove and hammered their way into the record books last month (August) as they broke the one day international world record against Pakistan at Trent Bridge.

They won the game by 169 runs and made a staggering 444 for 3 wickets before bowling the Pakistanis out.

Alex Hales struck a record 171 and Jos Buttler made England's fastest ever 50 from 22 balls.

They beat the previous record of 443-9 racked up by Sri Lanka against the Netherlands in 2006.

Robin Smith's 167 against Australia in 1993 was the previous highest score by an Englishman.

Joe Root provided fantastic support to Hales, making

85 from 86 deliveries.

England selector Angus Fraser even hinted that the run-fest may even change the one day game forever.

He told the BBC: "Obviously you want to see your team do well. But it can become a bit boring when the ball keeps going for four and six.

"The genie is out of the bottle. People turn up to see runs in white ball cricket, you know what the game is about - big scores."

Former England star Graham Onions said on Twitter: "Great to watch @englandcricket. Some seriously talented young lads whacking the ball to all parts."

A RECORD BREAKING DAY

- Pakistan bowler Wahab Riaz's figures of 0-110 are the second most expensive in ODI cricket
- England scored 321-2 in their last 30 overs, hitting a boundary every four deliveries
- England's 59 boundaries were the most conceded in a one-day international innings
- England struck 16 sixes, their most in an ODI innings
- Mohammad Amir's 58 is the highest score by a number 11 in one-day internationals

Photo Credits: PA Images

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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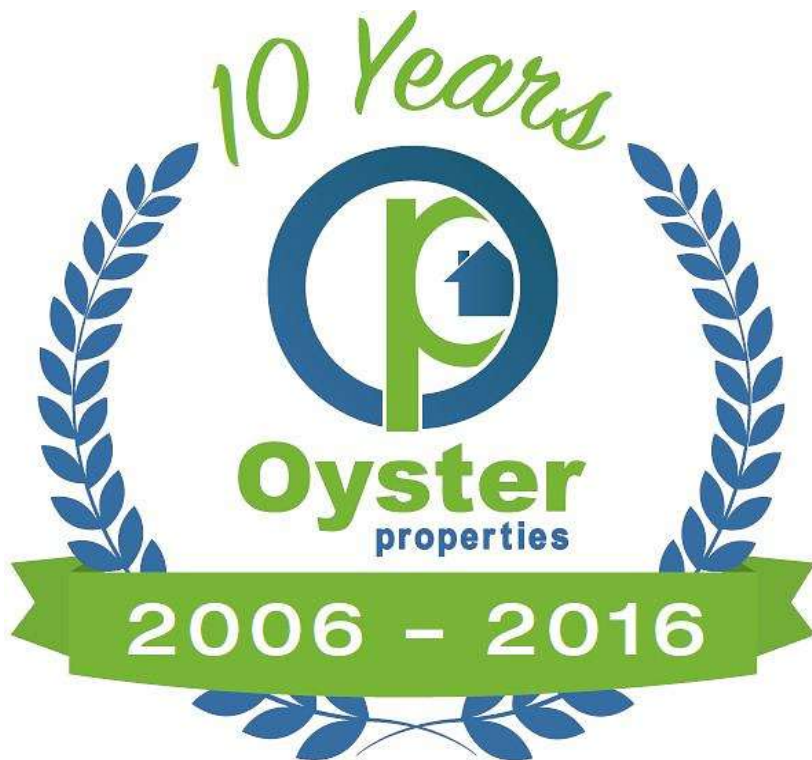
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