



Cook up something delicious this valentines day with a romantic biscuit recipe from Robyn Swain
PAGE 8



Our Sub-editor interviews John Haze who is perhaps better known to his fans as Dr. Haze – the man behind “The Circus of Horrors”.
PAGE 10



Larches Boxing Club Is Gaining a Cult Following for its No Nonsense Gym. Read about them in this issue.
PAGE 18

ARE YOU SUFFERING FROM PEACOCK SYNDROME?



Why drive a puff puff car when you can drive the ultimate peacock machine – a BMW 528i with 24-valve inline 240 horsepower 6 cylinder engine with composite magnesium/aluminium engine block, Valvetronic and Double-Vanos sleeplessly variable valve timing, 10-wat power adjustable driver's and front passengers seat with 4-way lumbar support, and memory system for the driver's seat, steering wheel and outside mirrors, along with high-fidelity 12 speaker sound system, including 2 subwoofers under the front seats, and digital 7-channel amplifier with 205 watts of power.

Male preening can take on many forms but usually only serves a couple of functions...most of them self-induced and self-indulgent and women are no exception to this category. Long before waxing and body-piercing and tattoos became the norm, women have sought out ways to impress the male species. Jordan wannabes with fake manes with party make-

up and long curly false eyelashes that are full and thick are seen as a hallmark of “youth”. Peacocking is the action or actions exhibited in the beginning stages of courting. These actions are typically only temporary and exist during “the chase” of a mate. Much like a male peacock displaying his fruitful colours of his feathers to capture the attention of a mate.

The Strutting Peacock:

The human male does not believe in subtlety when it comes to making his feelings known around a woman. His behaviour is similar to that of a peacock embarking on a mating dance the way he struts around puffing his chest out. As the female approaches, the typical male will begin to exhibit preening behaviour. His upright pose and improved muscle tone is all part of an automatic physiological change which occurs when a man sees something he likes the look of. In addition, he will probably straighten his tie, smooth his collar or brush imaginary specks of dust from his shoulder. Gener-

ally speaking, any signs of preening behaviour can all indicate that this man is interested.

Feminine Charms:

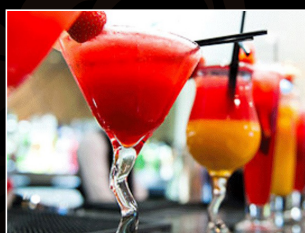
When it comes to women showing an interest they have more of a repertoire at their disposal. While she uses the same basic preening techniques including touching her hair and smoothing her clothing, she has one or two other moves up her sleeve. A typical flirty female uses the head toss where the head is flicked to toss hair back over the shoulders or away from the face. Even women with short hair use this gesture. An interested female will gradually expose the smooth soft skin of her wrists to a potential partner. The wrist area has long been considered one of the highly erotic areas of the body. The palms are made visible to the male while she is speaking, whether she is holding her glass up to her mouth or a cigarette in mid-air, the female is trying to get her point across! Fondling a cylindrical object- cigarettes, the stem of a wine glass, a finger or any long thin

object is also an unconscious indication of what may be on the mind. As for peacock syndrome...cavemen argued who had the biggest spear...the deal is the kind of woman you attract with a flashy car aren't the kind that you want to procreate. There is no evolutionary purpose for buying your life in gold digging girlfriend expensive shoes, And Ladies stop comparing yourselves to someone else's virtual one. The “Towies” and those sisters are not the real world. That's a made up world engineered for the highest ratings and mindless time-consumption. Your real life, as boring it might seem, is more realistic than theirs.

So it turns out that, peacocks aside, just caring is the simplest answer of all. Of course, there are pills and lotions for just about everything to help us feel youthful and perform like one again. But the mind and an honest expression is probably the best come-on for almost anyone, male or female, to hear. And you don't need a mirror to do it....

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LETTER FROM THE EDITOR



A good friend over Christmas was diagnosed with a nasty cancer, one that she didn't survive to see our second paper. In this edition there are two inspiring stories from two readers and we never fail to be inspired by these stories and we offer these "How I Survived ..." tales " to give hope to people who find themselves at that same scary precipice. I'm sure my friend would agree there are easier ways to get perspective in life than facing death. Of course, not all health issues are potentially catastrophic, but it's nice to know that if you ever do find yourself curling your toes over that scary, scary edge, you're clearly not alone. I hope you find as much inspiration in them as I do. Those fortunate enough to step back seem to understand not just the fragility of life, but it's magic as well.

Our aim is this paper is to produce smart, fun and timely editorial content with compelling photographs whilst also keeping everyone informed of what is happening in our city. It's your paper and we want you to be part of it too. There are dozens of events and meetings taking place each week, from coffee mornings to meetings of the Royal British Legion, book clubs, local history societies, theatre productions and live music. If you are involved please let us know.

The Editor

LOOK OUT FOR THE NEXT ISSUE IN MAY 2016

WE WANT YOU

This is a free paper for the people of Preston run by the people of Preston. We will rely on you to contribute your stories, cartoons, anecdotes, memories, photographs etc. to make this work. So please feel free to submit articles that you think may be of interest to the readership.

Special arrangements can be made to collect old photographs etc. For such an eventuality please contact the Editor in the first instance.



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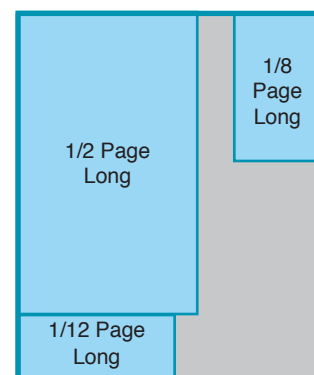
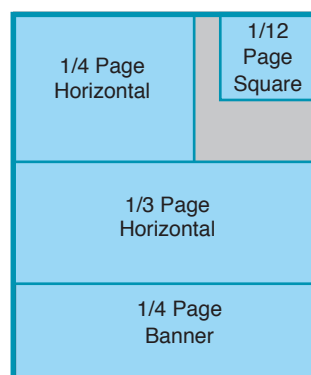
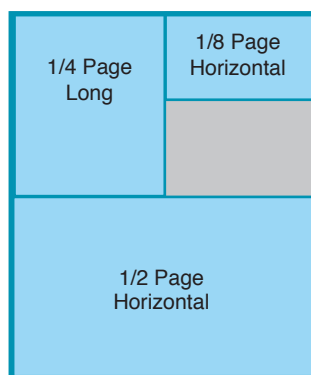
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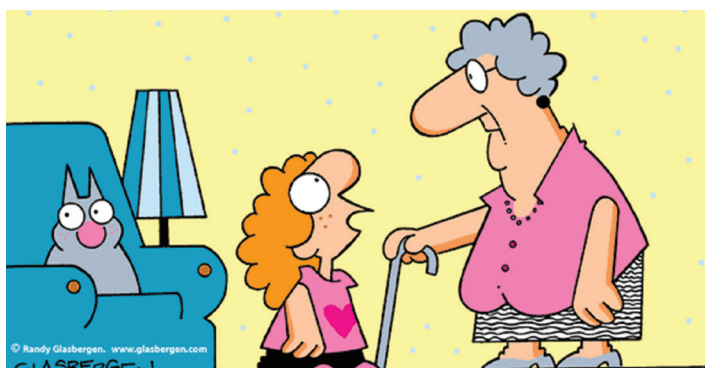
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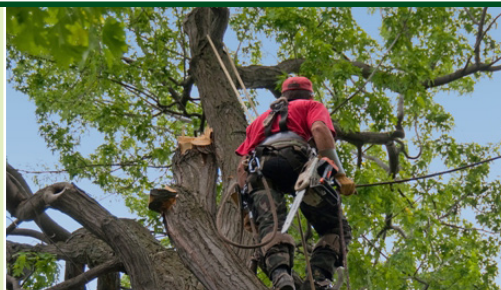
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Fancy swinging on bell ropes, making a lot of noise and keeping fit?

It's almost as good as a work out at the gym but there are no joining or subscription fees. Bellringing, or properly Campanology, is a sport and an exercise that has been around for centuries. Probably everybody in this country has experienced it at some time - usually hearing a peal of bells ringing in the distance. What you rarely see are the people pulling the ropes up in the tower. Learners can start at any age between 8 and 80, can be male or

female, and can hold any personal belief, or none. It's the sort of sport that can take you a lifetime to master, but you can stay quite happily at any level. It is also a very social activity - with almost 6000 towers around England, you can pop into any midweek practice or be summoned by the bells on a Sunday morning. You will also receive a warm welcome, except at a few chosen places such as Westminster Abbey, St Paul's Cathedral and York Minster

where ringing is strictly by invitation. After such exertions, there is usually a trip to the pub - ringing is thirsty work. Around Preston there is plenty of choice - the Minster (practice on Tuesday 7.45pm), Penwortham (Thursday 7.45pm) and other towers at Broughton, Leyland, Goosnargh, Bilsborrow and Broughton. A good place to start is at the Minster in Church Street. Anyone wishing to have a go should turn up one

Tuesday night about 7.45pm - climb the tower stairs round the back - and just come in and say Hello. Jo, the tower captain will welcome and teach you to ring - helped by her band. When you have mastered the basics, there is ringing on Sunday mornings, as well as day trips to different parts of the country, and even ringing competitions. It's the country's best kept secret - come and join the fun. E J Crighton.



Ringers come in all shapes and sizes. Jo, centre (in blue) with her band of ringers at Preston Minster.

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A Local Man Goes to Number 10

Andy Pratt who went to Greenlands Primary School, Ribbleson High School and Preston College was invited to meet up with Prime Minister David Cameron last month. Andy who is standing as a candidate this May for The Police and Crime Commissioner election in Lancashire is married with four grown-up children joined the police in 1982 rising in the ranks to Superintendent in 2010. On retirement he became a part-time primary school teacher dedicating himself to voluntary work throughout the county, he is also a voluntary governor at St Peter's Primary School and Runshaw College in Leyland.



As the Interfaith Advisor for the Diocese of Blackburn for the past three years, his work entails encouraging links between faith communities. Very much involved with St. Stephens's C of E Church in Broadgate Andy still finds the time to teach at the Sunday School there. Super fit Andy also enjoys swimming and has competed in the World Masters Swimming Championships in Gothenburg 2010 and Montreal in 2014. If this wasn't challenging enough he also plays the French Horn too for re-

laxation with South Ribble Concert Band, raising thousands of pounds for charity in the process. You could say that's he's a force to be reckoned with! A real voice of the people to the police.

The next Police and Crime Commissioner election is due to be held on Thursday 5 May 2016. The Police and Crime Commissioner is a new role that replaced your local police authority. Police and Crime Commissioners do not run the police but are responsible for holding the police to account.

The Secrets of Women's & Men's Language

The Secrets of Women's Language -

"FINE"

This is the word we use at the end of any argument that we feel we are right about but need to shut you up. Never use fine to describe how woman looks.

"FIVE MINUTES"

This is half an hour.

"NOTHING"

This means something and you should be on your toes. "Nothing" and will end with the word "Fine".

"GO AHEAD" (with raised eyebrows):

This is a dare.

"GO AHEAD" (normal eyebrows):

This means, "I give up" or "do what you want because I don't care". You will get a raised eyebrow "Go ahead" in just a few minutes, followed by "Nothing" and "Fine" and she will talk to you in about "Five Minutes" when she cools off.

"LOUD SIGH"

This is not actually a word, it means she thinks you are an idiot at that moment

"SOFT SIGH"

She is content. Your best bet is to not move or breathe and she will stay content.

"OH"

This word followed by any statement is trouble

"THAT'S OKAY"

This is one of the most dangerous statements that a woman can say to a man. "At some point in the near future when she has plotted and planned, you are going to be in some mighty big trouble."

"PLEASE DO"

This is not a statement, it is an offer. A woman is giving you the chance to come up with whatever excuse or reason you have for doing whatever it is that you have done.

"THANKS"

A woman is thanking you. Do not faint; just say you're welcome.

"THANKS A LOT"

This is much different from "Thanks". A woman will say, "Thanks a lot" when she is really ticked off at you. It signifies that you have hurt her in some callous way, and will be followed by the "Loud Sigh". Be careful not to ask what is wrong after the "Loud Sigh", as she will only tell you "Nothing".

The Secrets of a Man's Language -

"IT'S A MAN THING"

There is no rational thought pattern connected with this and he means that you have no chance at all of making it logical

"CAN I HELP WITH DINNER?"

Why isn't it already on the table?

"YES, DEAR"

This means absolutely nothing. It's a conditioned response.

"IT WOULD TAKE TOO LONG TO EXPLAIN"

He doesn't have a clue

"TAKE A BREAK DARLING, YOU ARE WORKING TOO HARD"

Means that there is something interesting on TV

"THAT'S INTERESTING LOVE"

He is asking if you are you still talking

"YOU KNOW HOW BAD MY MEMORY IS"

He means that he can remember to put my score results in for the P.T.T.A. League, the day that you broke my lava lamp and the license plate numbers of every car I've ever owned, I just forgot your birthday

"I'VE GOT MY REASONS FOR WHAT I'M DOING"

He's thinking I hope I think of some soon.

"I CAN'T FIND IT"

Meaning it didn't fall into my out stretched hands, so I'm completely clueless.

"I HEARD YOU"

Really means I have no idea what you just said, and am hoping desperately that I can fake it well enough so that you don't find out.

"YOU LOOK TERRIFIC"

In reality he is thinking, Oh no, please don't try on more clothes.

"WHERE WE"

Yes he is



EducationNews

How can I apply to drama school?

By The Education Expert

There are many students who dream of a career on stage or working in some capacity in the theatre world. If this is something you are dead set on then here follow a few pointers.

Research the drama academies and universities, look at the diverse courses they offer, think about their location and the links they may forge with talent scouts or local communities. Take cost

into account, remember to include London premium rentals if you are considering living in the capital. Courses generally accept students at the age of 18 but there are also introductory courses that accept students from age 16 at some academies. You need to apply in the academic year before you would begin the course in September. Deadlines for applications are individual to institutions and can vary from course to course so ensure you check this out on the academy/university website so you don't miss out!

Some places offer open days to those considering a technical theatre course but not necessarily for those considering a drama course due to the high level of interest.

Of course, as with any qualification, fees apply. As well as the course fee some places charge an audition fee. Check these out on the various

websites, it may be possible to apply for help with funding.

If you already have dance and drama as a skill you will be in no doubt that the courses will not be easy. As well as the theory elements of your chosen course there will be many additional hours of rehearsal and performance, total commitment will be required. Places are in high demand and many institutions call for multiple auditions before finding out whether you have been successful. If you are still keen, get on the internet, google away and break a leg!



Modern Day Dilemmas

By Amelia Hall



Amelia Hall from Fulwood shares her frustrations with remote controls, passwords and pin numbers.

I have five remote controls plus a remote key for the car. I am convinced they contribute to my scattiness at times. I try to open the front door with my car remote, adjust the radio with the TV remote, play a DVD with the TV soundbox remote, DVD with the cd player remote. Not all the time I hasten to add but often enough to be annoying. Some time ago I went to babysit at my daughters. I took my 'mobile phone' and put it on the table. A few minutes later my grandson piped up "Nana why have you brought your TV

remote?" Now I notice they are advertising remote controls for Central heating!! Whatever next? I know there are so-called universal remote controls but I think they may be a step too far for my aging brain. Going on to perhaps bigger problems for some of us silver surfers are pin numbers and passwords. There are a plethora of both. It seems that the more you use the computer the more passwords you have to invent and remember, and pin numbers you collect and again have to remember. The Solution? Same password for

everythingnot advisable we are told. Another solution is to write them down in a secret book together with the pin numbers—in a code of course. Crack the code if you can remember it to get the password. Another way is to use the same password but jumble the letters up for each one but I have to say that can be a puzzle in itself trying to remember just which order the letters are in for each one. Or just write them down as is and hope for the best. I'm sure I can't be the only one with this hang up.

"THE SEA IS TOO LOUD!!"

January is the busiest time of the year for holiday bookings thanks to the gloomy weather and post-Christmas slump but look at some of these complaints that our poor tour operators have to deal with...

- "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
- "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
- "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
- "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
- "The beach was too sandy. We had to clean everything when we returned to our room."
- "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."
- "It's lazy of the local shopkeepers in Puerto Vallarta to close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."
- 8. "No-one told us there would be fish in the water. The children were scared."
- 9. "Although the brochure said that there was a fully equipped kitchen, there

was no egg-slicer in the drawers."

- 10. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."
- 11. "The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun."
- 12. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."
- 13. "I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was significantly smaller."
- 14. "The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."
- 15. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."
- 16. "We had to line up outside to catch the boat and there was no air-conditioning."
- 17. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
- 18. "I was bitten by a mosquito. The brochure did not mention mosquitoes."
- 19. "My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."

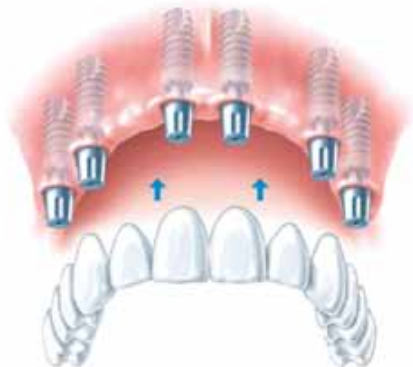


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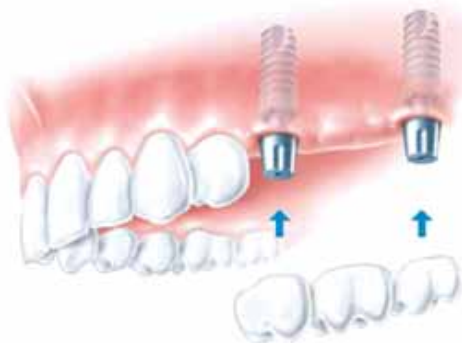
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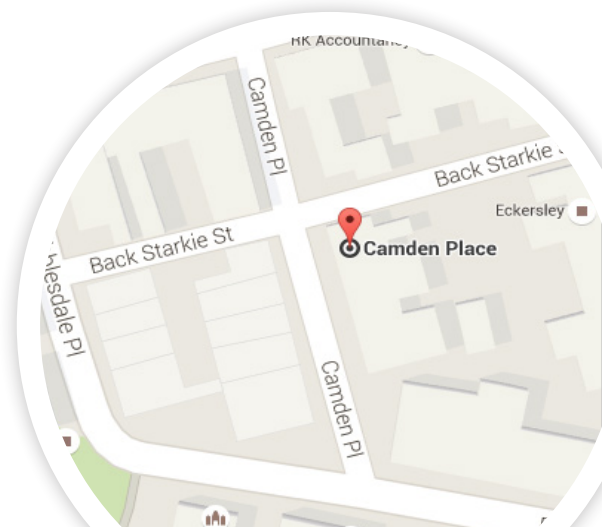
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Cookery

Food For Your Valentine

By Robyn Swain

Valentine's day, the day of love. The day when couples stare into each others eyes over rather expensive, candle lit meals. Ed Sheeran songs will echo around the nation and boxes of Milk

trays will be bought in abundance. Love is all around us. Well... for most people. My husband and I don't celebrate. Its just a bit of a weird concept, Sam and I show our love for each other in fairly basic ways. He makes me a cup of tea every morning, I cut his sandwiches into squares - because that's how he likes them. Simple and sweet. However, our four year old daughter being the little sensitive soul that she is, is all for the day of LOVE. She's already proudly announced she has a boyfriend (or three) - much to Sams horror- and every card she ever writes out will be covered in doodles of love hearts. Not wanting

to disappoint the little love bug and in keeping with our simple & sweet take on Valentine's (as well as my love of all things homemade) my mini cupid and I made up some lovely little biscuit treats.

Nothing says Valentine's day like chocolate, or these mouth wateringly good hazelnut and chocolate love heart biscuits to be more exact. Silky melted chocolate sandwiched between buttery, hazelnut shortbread biscuits, topped with.. yep, you guessed it. More chocolate. There is no lovelier present to give to someone you love.

If you fancy whipping these little bites of deliciousness up, here's what you'll need:

200g plain flour,
200g butter (unsalted)
75g light brown sugar,
100g hazelnuts - 80g ground, 20g chopped.
200g milk chocolate.
Cookie cutter - I've gone with heart shaped, you can use any shape you like.
Grease proof paper.

And here's what you'll need to do:

First up, pour flour, butter, light brown sugar and ground hazelnuts into a bowl and combine. I like to use my freestanding mixer, but you can use a handheld, or even just your hands.

Once combined, tip out your biscuit dough onto a piece of cling film, wrap and place in the fridge for at least half an hour.

When your dough has chilled, roll it out on a floured surface, you want it to be about 1/2 an inch thick.

Now you can use your cookie cutter, cutting out as many biscuits as you can manage. You can re-ball, roll out and use the remaining dough as many times as you like. I've ended up with 14 biscuits (28 heart shapes) fifteen if

you count the one that broke and accidentally ended up in my mouth. So good!

When you've cut out all of your biscuits, place on a grease proof paper lined tray and place in the oven, on a high shelf, 180 degrees (160 fan/ gas mark 4) for 10-15 minutes. Or until golden brown. Once cooked, pop your biscuits to the side and leave to cool. They don't take long to cool down, so whilst your waiting you can be chopping your left over hazelnuts and melting down 150g of your chocolate.

When your biscuits are completely cooled and firm. Use teaspoon to spread melted chocolate over the back side of a biscuit. Lay it biscuit side down on a piece of baking paper, before grabbing another and doing the same again. Pop your second chocolate biscuit on top of the first (chocolate side down), pressing gently. You don't want to push all of the chocolate out from between the biscuits. Repeat this over until you've used up all your biscuits.

Now, melt down your remaining 50g of chocolate, and using either a spoon or piping bag, drizzle chocolate over the top of the biscuits. Finally, give a sprinkle of chopped Hazelnuts, before popping all your biscuits on a tray and into the fridge until fully set.

And that's it. Your melt in the mouth Valentine's hazelnut and chocolate biscuits are done.

You could pop them in a pretty box if you're gifting, or just make a cuppa' and enjoy as a little treat to yourself.

There are a couple of alternatives you could try with this recipe. Instead of sandwiching the biscuits, you could keep them plain, using them to simply dip in a chocolate fountain. Or you could mix it up by switching the hazelnut & milk chocolate, for macadamia nuts and white chocolate instead. Delicious.

Happy Valentines day!

Robyn Swain.



ABOUT THE CHEF

My name is Robyn, I'm a twenty-four year old wife and mother, as well as being a blogger and aspiring writer. I'm a lover of creativity and spend my days creating blog posts for my DIY lifestyle blog, these posts can range from simple sewing tutorials all the way through to mouthwateringly good (and simple) recipes. I am from Preston, I moved away in 2009 after marrying someone in the forces and being based in Cyprus, where I worked for BFBS radio, we then moved to Germany, before coming back to our home town in 2013. I think these years I spent away really opened my eyes to how great Preston is. My blog link is <http://thelittlewomanpretends.co.uk>

Secret Diner

We have to remember our bus station is a listed building and is to be preserved as such. A lot of basic cuisine is catered for at this cafe, so if you fancy a snack while you wait for the bus, beans on toast are available alongside all the condiments from Daddies brown sauce to American mustard to accompany this dish. A bit of Worcestershire



sauce doesn't go amiss. The Bus Station cafe may lack the glamour of the newer city venues but years of experience are the manifest in service - we found the team observant and unflappable. The well-established venue attracts a clientele of visitors keen to take a rest from their journey rather than trend-conscious diners clamouring to get a table at the latest new opening. With unique window views from any table where passengers can see if the number 57/58 bus to Burnley is due or if they have to run for the 88C to Larches with a cappuccino makes the passengers dream they are just about to board a Shearings coach to Italy! It might be a bit better if the furniture wasn't mustard colour and nailed the floor but that would never look good anywhere and this has been the case at this cafe for about 40 years, or as long as us seventies kids can remember. Give the bus station cafe a try next time you're passing through, excellent for people watching if nothing else. Long live the cafe on the bus station and you never know, the furniture might be displayed one day in the Harris Museum as contemporary artefacts and that's no joke.

The Taj Mahal - Built Out of Love

One of the most splendid masterpieces of architecture in the world was built out of love.

Mumtaz Mahal or Arjumand Banu was the woman in whose memory the Taj Mahal was built. Perhaps, there is no better and grand monument built in the history of human civilization dedicated to love. Arjumand Banu was the daughter of Asaf Khan and when she married Shahjahan at the age of 14 years, the imperial city of Agra was already agog with the stories of her beauty. She was the third wife of Prince Khurram or Shahjahan and the principle one throughout their life. She became Mumtaz Mahal in 1612 after her marriage and remained an inseparable companion of her husband till her death. As a symbol of her faith and love, she bore Shahjahan 14 children and died during the birth of the last child. For the love and affection, she showed to her husband, Mumtaz Mahal

received highest honour of the land - the royal seal - Mehr Uzaz from Shahjahan, the emperor. According to the legends, stories of her virtue spread all over the Mughal Empire. The emperor and his pregnant empress moved towards Maharashtra or Deccan in the year 1630 to suppress the Lodi Empire that was gaining strength at that time. This was going to be the last journey that Mumtaz Mahal ever took. She breathed her last after delivering their 14th child (a daughter) in the city of Burhanpur on June 17, 1631. It is said that Mumtaz Mahal on her deathbed asked Shahjahan to create a symbol of their love for posterity and her loyal husband accepted it immediately. Though many historians do not agree with this story saying that it was the grief-stricken emperor himself who decided to build the most memorable symbol of love in the world. It took her husband 22 years and most of his

royal treasury to build a monument befitting the memory of his beloved wife. In the name of Mumtaz Mahal stands the most beautiful building in the universe, that monument of love, purity and unparalleled beauty called the Taj Mahal.



The Interview with PLN

AN INTERVIEW WITH DR. HAZE

By The Sub Editor

Just after the New Year celebrations in January, I was tasked with doing an interview with John Haze who is perhaps better known to his fans as Dr. Haze – the man behind “The Circus of Horrors”.



Question 1

So what is your connection to Preston John?

I was brought up and went to school in Preston. My Grandma had moved there from Wales to work in Whittingham Hospital. My mum had moved away, lived in London met my Dad and they both ran away and joined a circus. I was born in midwinter but when I was 6 months old my Dad did a runner, the circus people looked after my mum and myself until the end of the season, then drove us back to Preston.

We stayed in Preston, living in Avenham Road at first but then moving to Barry Avenue in Ingol and I went to Savick Infant & Junior schools then onto Tulketh High School. When I was 11 my mum tried to sue my dad for maintenance and tracked him down. He was in prison so no maintenance from there but the courts advised them to try again - famous last words.

Question 2

You describe quite a tough childhood. Did this act as a spur to you being so successful in life or was it an impediment?

I don't consider that I had a tough childhood, maybe not conventional but certainly not tough. In fact I enjoyed my childhood, lots of great memories of living in Preston, watching 20 elephants walk through Fishergate en route to Billy Smarts Circus, becoming an avid PNE Fan, loving all things Gerry Anderson and making childhood friends some of whom (Basher in particular) are still great friends today.

So as I don't consider I had a tough childhood. I can't explain what spurred me on. It was certainly not 'normal', again not that I know what 'normal' actually is? I always believed in working hard in what you do. Believe in what you do and if you believe it, other people will too and you

can achieve your dreams.

Question 3

Is it true to say that you had to take on the role as man of the house at an early stage in your life?

Well not at home, a lot of my family lived together - my grandma, her sister and their nephew (my uncle Charles) and my mum. Males certainly did not rule this household! After we moved from Preston and joined a circus, my life certainly changed. I was working when I was 12, left school completely at 13 and as my Dad got more & more useless, even at the tender years of 12, 13 and 14 I was doing most of the work. After my Dad left when I was 14, I did have to fend for myself and my mum. When I was 16 my Grandma died and my mum decided to go and live back in Preston to give us a base. I stayed with the circus. I have always worked hard but I played hard though and in the main I've ended up doing what I want most of the time, so I think I've lived a charmed life.

Question 4

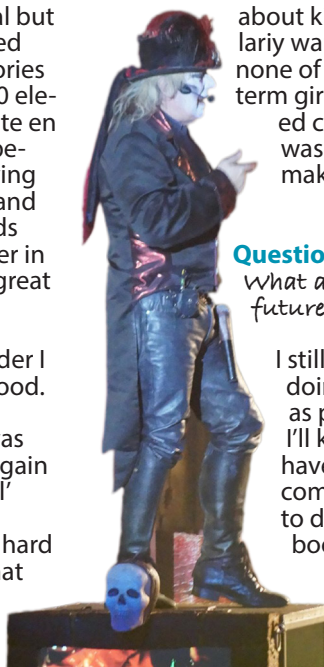
Do you regret not having any children of your own John? Did you make a conscious decision not to have any and if so why?

I never made any decision about kids, I never particularly wanted any and luckily none of my previous long term girl friends have wanted children either so it was an easy decision to make.

Question 5

What ambitions for the future do you still have?

I still love touring and doing shows, so as long as people keep coming I'll keep doing it! We have a new album coming out soon; I want to do a follow up to my book "Mud, Blood & Glitter" and I would love someone to make a feature



film about The Circus of Horrors.

Question 6

Which famous person do you admire most and why?

I admire lots of people, Obviously Marc Bolan but also people like David Bowie, Alice Cooper, Rob Zombie in the music world, Quinton Tarantino as a film maker and as a Preston lad you have to admire Tom Finney, not only the greatest footballer ever but a true gentleman, a true Prestonian and a Great Brit.



Question 7

Who has been the most inspirational figure in your own life and why?

Marc Bolan without doubt, his music was great but he created a new movement and had the ultimate ambition to be the biggest rock star on the planet and for a while he was.

Question 8

When is your next show in Preston?

We are back in Preston on the 23rd March and I can't wait. I love coming home and I love playing to a Preston audience.

Sub-Editor

Pictures taken by Dean Kamitis - www.deankamitis.com
The Circus of Horrors Comes to Preston 23rd March 2016



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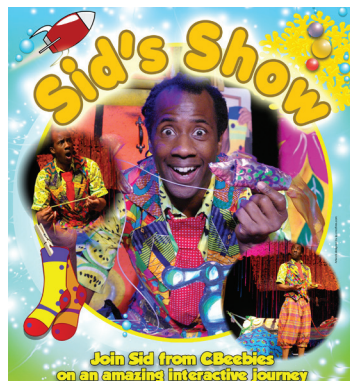
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Preston
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FUN THIS FEB at Preston Guild Hall!

MON 15 FEB AGE 3+
SID'S SHOW



FRI 19 FEB AGE 5+
**SING-A-LONG-A
FROZEN**



Introduced by a live host who will guide you through this interactive screening by showing you how to use your free prop bag, warm up your singing voices and teach you some dance moves with the help of the Singalonga Princesses.

FRI 19 FEB
**SING-A-LONG-A
GREASE**

Sit back and watch Danny & Sandy and the gang, while singing and dancing along to the lyrics as shown on the screen. It couldn't be easier... or more fun! Fancy dress is strongly encouraged and full audience participation essential.



SAT 20 FEB
MGM MARBELLA & HARRISON
PROMOTIONS PRESENT
**PROFESSIONAL
BOXING**



SUN 21 FEB
STEPHEN LEATHERLAND & DONALD
AUTY ON BEHALF OF WORLD ON
STAGE LTD. PRESENTS
**A VIENNESE
STRAUSS GALA**

Recreating the romance of the Viennese Festive season, reminding you of a bygone age of glamorous soirees and Strauss waltzes. The Show features highlights from some of the great Operettas of the Strauss family, Kalman and Lehar; including Die Fledermaus, The Merry Widow and many more.



SUN 21 FEB
**GILBERT
O'SULLIVAN**

IN CONCERT
Performing his New
album Latin Ala G
exploring a Latin
influence with a ten
piece band, don't miss
this acclaimed live show.

THU 25 FEB
FOLK IN THE FOYER
CHRIS WHILE & JULIE MATTHEWS

Chris While and Julie Matthews' musical partnership began in 1994 when they were key members of influential folk super-group The Albion Band. In 1997 they left the band to concentrate on their work as a duo which has seen them tour throughout the world and gain an ever growing devoted fan-base.

FRI 26 FEB
LIVE NATION IN ASSOCIATION WITH
MHA PROUDLY PRESENTS...
STEWART FRANCIS
PUN-GENT



SAT 27 FEB
LA VOCE

The UK's answer to 'Il Divo', La Voce includes some of the best classically trained voices in the world, offering a feast of classical favourites, fused with the greatest pop songs spanning generations, all delivered with style, charm and panache.



FRI 4 & SAT 5 MARCH
**ENGLISH YOUTH BALLET
GISELLE**

With enchantingly sumptuous costumes, pretty scenery and spectacular dancing the production brings Giselle into this century with warmth, colour and drama.



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TAPAS**

VALENTINE'S DAY

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5 Main dishes to share
A choice of 3 desserts
(1 per person)

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Readers LIFE CHANGING Stories

MY DARLING GIRL

Robyn Swain bravely tells her story about her daughter's premature birth, putting both their lives at risk. Robyn says I haven't shared my story publicly, I was unsure whether I ever really wanted to. It's completely out of my comfort zone to write up and share such a personal blog post. But as something that changed my life completely, I feel maybe the time has come for me to tell it – in the shortest way possible. You can follow Robyn's blog online:

www.thelittlewomanpretends.co.uk



Mischa Swain, was born in the city of Bielefeld (Germany) on March 11th 2011, 11:34pm, weighing 1lb 8oz. Mischa was born at 25 weeks gestation, fifteen whole weeks early.

She was my first child and I was

only nineteen. The day of my labour, everything was as it should have been. We'd been re-located to the army housing in the beautiful small city of Gutersloh three weeks prior. Sam had started work at his new base, I was bumbling round the house trying to find things to clean amongst the empty rooms that were due to be filled with our belongings a fortnight later.

And then it happened. I won't go into all the gory details but at just after 9pm I knew it was time to go to the hospital, this wasn't something and nothing. We arrived, I met the wonderful staff. I was 3cm dilated and there was a chance this could be stopped. Twenty minutes later, that dream was crushed, I was 5cm dilated, our daughter was coming and fast. We were told the possibility of her not surviving was there and even if she did survive the possibility of her being severely disabled was high.

I was rushed into theatre, crying, terrified doesn't even begin to explain. My baby was too small, too underdeveloped to survive on her own. I begged, pleaded with them to save her, before I was knocked out to the whispers of a German anaesthetist trying to comfort me.

I woke sometime before midnight. Sam's face filled with relief (I didn't find out until afterwards, but due to complications he was told the possibility of losing both of us was there. Poor sod.) We were told we had welcomed a beautiful little baby into the world, she was very poorly, but she had survived the C-section. The days after were a blur. I lay in the hospital bed surrounded by heavily pregnant women, all going through the stages of their labour. My thoughts never straying far from

what had happened, desperately trying to remember the first time I met my baby. The journey that followed was a hard road for us all, I wasn't used to being a mother, wasn't sure what that even meant at this point. There was so much I wanted to do for her, feed her, change her nappy, even hold her. But she wasn't quite ready, she just lay, fighting to survive.

Two weeks after she was born I got to hold her, it wasn't at all what I had expected. I didn't feel the rush of love, I didn't cry, I didn't laugh, I didn't feel relief. I felt nothing, unsteady. I just wanted to put her back in the incubator, let the nurses look after her, they were doing what I couldn't by keeping her safe and I couldn't shake the feeling of worthlessness. Regardless of how I felt, I continued the kangaroo care, knowing one of these days I'd feel that rush I was waiting for. At this point, the no pressure approach was the only way to function.

The weeks passed and the long days went on, we visited the hospital every day, 8am – 8pm. Every day she got stronger, taken off more machines. There were setbacks of course, she received a lot of blood transfusions, she picked up a lot of infections. But she managed to avoid any major surgery and every day she grew that little bit more stronger.

One normal Tuesday morning eight or so weeks after her birth, we arrived at the hospital, this day was special. I had been promised on this day I could bath her for the first time. No tubes, no machines. Just me cleaning my baby. We arrived, the nurse apologised, but she had been bathed not long before we had arrived. I burst into tears, for the first time I was furious at how absolutely unfair the whole

situation was, I felt robbed. Something so simple, this was my moment with her. I was supposed to finally get a first. There were many moments like this, many were I selfishly hated the world, hated the women that got to do it properly, hated the people that got to go home with their baby. I hated my body for not keeping her safe, hated it more for not being able to produce the milk she needed. I hated Sam for telling me everything was going to be okay, hated the nurses for doing what I wasn't able to. It was a funny old place to be, one I have learnt to deal with as time has passed.

Eventually, twelve long weeks after her dramatic arrival in the world. Mischa, Sam and I went home. We went home with a healthy baby, we slept, we fed, we changed nappies. And two or so months after that, whilst feeding her, she smiled. My darling girl with wide eyes filled with love and curiosity looked at her mummy and smiled. I laughed out loud, kissed her chubby cheeks and felt my heart burst with love for the strongest person I had ever known.

And that's my story. Now, nearly five years on we have a healthy, happy, clever little girl. One who lights up the room with her love for everything, one who's caring and hilariously funny. A healthy child who smiles makes me burst with pride every day. We are so incredibly lucky to have Mischa still with us, even more, to have her here so healthy. I'll never forget those early days and I'll never, ever take my role as being her mother for granted.

Do You Have Any Life Changing Stories to Tell? Please submit to editorial@prestonlocalnews.co.uk

THEY SAID I COULDN'T LIVE!

Fiona Sanderson (nee Bateson) tells her story to author Katharine Ann Angel
www.katharineannangel.com T: @katharine59

My mum, Dorothy Bateson, sensed there was something not quite right. She was pregnant with me when she passed out and fell downstairs. Another time she fainted almost into the fire. I arrived overdue, on 2nd January, 1956. Straightaway, my mum was told it would be kinder to let me die. The nurse said, 'It's not fair to let her live. You've no idea what she'll face as she grows up. She won't survive beyond 21 years old!'

I was born with myelomeningocele spina bifida, the most serious form of this condition. It's when the opening in the spinal arches allows the spinal cord and the protective membranes surrounding it to push out and create a sac in the baby's back. The spinal cord is damaged leaving the nervous system vulnerable to life-threatening infection. In our extended family, 5 babies were born with this but only 2 survived.

Doctors wouldn't operate to remove the sac of fluid on my back. It was too risky, being perilously close to my spinal column. So each week my mum took me by bus from our home in Bamber Bridge to the Preston Royal Infirmary where I'd undergo tests. Using a pin they pricked my back, legs and feet, but I had little or no feeling from my waist to my feet.

Aged 7, after being warned I might never walk again, I was finally operated on by a lovely Irish surgeon, Mr Tutton. He put huge staples in my back which were to be removed by an intimidating ward sister. Even the nurses were afraid of her! As she tugged at the staples I cried in pain and a tear splashed on her arm. The sister yelled, 'What are you crying

for, girl? Don't be so soft!' I responded to her meanness by refusing to drink fluids. My rebellious 'strike' resulted in a urine infection and 2 extra weeks in hospital. 'How Did I Walk Before?'

In the bed next to me was a little boy named Tony, who had a hole in his heart. We used to bet each other things. One day he bet his sweets that I couldn't walk 2 meters from the bed to a chair. I stood up, totally determined to succeed. I had to stop to think, 'How did I walk before?' I was so slow, but I did it. 'There you go!' I laughed. I'd won his sweets, but I didn't take them. My Dad loved Tony so much he gave him his war medals! Sadly, the little boy died the next day.

Each evening Mum caught the bus especially to bring me a flask of hot Heinz Kidney soup. I always say my mum could knock Muhammad Ali out with her kindness and generosity! Yet our family was poor; Mum made all our clothes and Dad made toys, such as an old fishing keep-net which became a basketball hoop for our backyard. He made us the first stilts in our neighbourhood. I wasn't allowed on them, but I disobeyed and it was fun! For safety reasons, Mum banned me from riding my sister's bike, but I was jealous of my

sister, and 'borrowed' it while she was at school.

My back had stuck out like a melon, making it hard to climb stairs so no school would take me for fear I'd fall. My mother was at her wit's end, paying for a home tutor whilst trying to find me a school place. She loved me so much and was

desperate for me to be independent. Without a TV, I amused myself writing poetry, doing quizzes, walking for miles, (even though it was hard) and reading Dad's red encyclopaedias. Dad gave me lots of tiny conch



shells with little pink frills that I adored. I learnt to count using them. When I was 10, Brownedge St Mary's School accepted me and I loved it. Later, Mum got me into Moor Park Open Air School, now called 'Tom Finney High'. They let me play rounders - what a treat!

My parents worked in the cotton mill, swapping shifts to care for us. Before this, Mum had been a nurse. She cried because she missed nursing and hated breathing the dust of the filthy mill. After

the arrival of her eighth and final baby, Mum got her first washing machine.

As soon as I left school I got an interview at a cement factory, but when the boss saw my spina bifida he grabbed my arm, yelling, 'What's this? Get out!' He literally threw me out. Nobody had ever treated me like that before. I was shocked.

'Not You Again!'

Every day I'd go into Great Universal Stores on London Road to plead for work. The receptionist would say, 'Oh, not you again!' But they caved in and interviewed me. I worked in debt recovery and then customer services. How I loved working for GUS!

As an adult, I have overcome many obstacles, including a serious kidney infection whilst pregnant with my son, Martin. Years later, I became depressed after moving to a quiet estate with Martin. When he flew the nest the house echoed. I was so lonely. But with medical help and my own sense of humour, I recovered. Happily, a good friend helped me find sheltered accommodation in Ashton. Then in 2012, I had cancer of the lining of the womb. I was given a full hysterectomy and now I'm 3 years clear of the disease.

January 2016: 'When I was a boy, a beggar knocked at our door. Mum gave her £3, all she had in her purse. Her kindness made a great impression on me.' My son Martin was speaking at the Escape Café in Kirkham where he'd booked a very special party to celebrate my 60th birthday. As I watched my small granddaughter dancing I felt so grateful for her - and for my life.

Health

Supporting HEARTBEAT in the community.

As the North West's leading rehabilitation charity, Heartbeat has successfully supported heart patients and those at risk for over 36 years and provide our services for over 700 people every week.

Heartbeat was founded in 1978 by Keith and Rose Redman who sadly lost their teenage daughter, Gillian, to heart disease. Keith and Rose recognised the need to develop support and enhanced rehabilitation for people affected by heart disease post hospital discharge. This pioneering approach to cardiac rehabilitation has provided support to thousands of people over



Patron: TV Presenter Ranvir Singh

Heartbeat's 35-year history. They are based in their new state of the art facility on Sir Tom Finney Way at Preston North End FC. Heartbeat is committed to the fight to reduce the impact of cardiovascular disease within all communities in and around the North West, through rehabilitation, information and advice, education and lifestyle support. Heartbeat's latest community project 'In the heart of the community' which offers heart health related works. Workshops include topics such as;

- Keeping a healthy heart
- Understanding blood pressure
- Understanding cholesterol
- Understanding diabetes
- Stress and heart health
- Smoking cessation
- Emergency first aid
- Healthy eating

The team includes a board of trustees (all volunteers) who provide governance, a clinical director, local GP's and specialist nurses for medical services. A cardiac physiologist is on site to deliver our clinical testing whilst our health and lifestyles development manager is educating children, young people and adults on-site and in the community.

A team of qualified fitness instructors guide our participants through structured exercise classes with a patient support officer supporting their journey.

In order to keep Heartbeat's services accessible, all sessions within the Preston area are free of



charge Heartbeat always welcome voluntary donations which help with the upkeep of the resources and enable them to continue to run future sessions. A donation big or small is gratefully received, this can be as simple as coins placed in our donation tin or items they can use for raffle prizes.

To get involved please contact Sian on 01772 717147 or you can email her direct at sian@heartbeat-nwcc.org.uk



"I've always been a high achiever, always striving for bigger, faster, greater...and now suddenly I'm expected to settle for lower blood pressure and less cholesterol?!"

Preston Sports Forum 2016 Volunteer Celebration Event

Preston Sports Forum held its annual volunteer awards evening at the Guild Hall in recognition for their continuous dedication and commitment to the sport last month.

All Volunteers and The Right Worshipful Mayor of Preston - Councillor Margaret McManus (left to right) Gary Tunstall - Preston Harriers, Ben Caulfield - Streetwise Sports Club (West View), Symone Lishman - Preston Trampoline Club, Zainab Akhtar - Fishwick Rangers Youth Development Scheme, Mayor's Consort, The Right Worshipful Mayor of Preston - Councillor Margaret McManus, Faisal Member - The Sir Tom Finney Soccer Centre, Phillip Butler - Chair of the Red Rose Runners accepted the Volunteer Award on behalf of Stuart Cann (Red Rose Road Runners), Altaf Patel - Fulwood and West View Leisure Centres, Mike Balshaw - Preston Table Tennis Association



Picture by Peter Heyworth - www.styleimage.co.uk

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Readers Stories

A Valentines Story of Love

My husband is an engineer by profession, I love him for his steady nature, and I love the warm feeling when I lean against his broad shoulders.

Three years of courtship and now, two years into the marriage, I would have to admit, that I am getting tired of it. The reasons of me loving him before has now transformed into the cause of all my restlessness.

I am a sentimental woman and extremely sensitive when it comes to a relationship and my feelings, I yearn for the romantic moments, like a little girl yearning for candy. My husband is my complete opposite, his lack of sensitivity and the inability of bringing romantic moments into our marriage has disheartened me about love. One day, I finally decided to tell him my decision, that I wanted a divorce.

"Why?" he asked, shocked. "I am tired, there are no reasons for everything in the world!" I answered. He kept silent the whole night, seems to be in deep thought with a lighted cigarette at all times. My feeling of disappointment only increased,

here was a man who can't even express his predicament, what else can I hope from him? And finally, he asked me: "What can I do to change your mind?"

Somebody said it right, it's hard to change a person's personality, and I guess, I have started losing faith in him. Looking deep into his eyes I slowly answered: "Here is the question, if you can answer and convince my heart, I will change my mind. Let's say, I want a flower located on the face of a mountain cliff, and we both are sure that picking the flower will cause your death, will you do it for me?" He said: "I will give you your answer tomorrow..."

My hopes just sank by listening to his response.

I woke up the next morning to find him gone, and saw a piece of paper with his scratchy handwriting, underneath a milk glass, on the dining table near the front door, that goes....

My dear, "I would not pick that flower for you, but please allow me to explain the reasons further."

This first line was already breaking my heart. I continued reading.

"When you use the computer you always

mess up the Software programs, and you cry in front of the screen, I have to save my fingers so that I can help to restore the programs. You always leave the house keys behind, thus, I have to save my legs to rush home to open the door for you. You love traveling but always lose your way in a new city, I have to save my eyes to show you the way. You always have the cramps whenever your "good friend" approaches every month, I have to save my palms so that I can calm the cramps in your tummy.

You like to stay indoors, and I worry that you will be infected by infantile autism. I have to save my

mouth to tell you jokes and stories to cure your boredom. You always stare at the computer, and that will do nothing good for your eyes, I have to save my eyes so

that when we grow old, I can help to clip your nails, and help to remove those annoying white hairs. So I can also hold your hand while strolling down the beach, as you enjoy the sunshine and the beautiful sand... and tell you the color of flowers, just like the colour of the

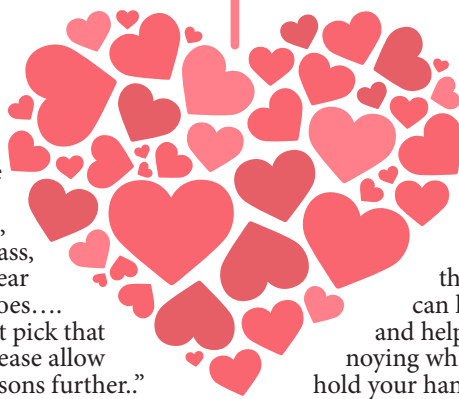
glow on your young face... Thus, my dear, unless I am sure that there is someone who loves you more than I do... I could not pick that flower yet and die."

My tears fell on the letter and blurred the ink of his handwriting... and as I continue on reading... "Now, that you have finished reading my answer if you are satisfied, please open the front door for I am standing outside bringing your favorite bread and fresh milk... I rush to pull open the door, and saw his anxious face, clutching tightly with his hands, the milk bottle and loaf of bread....

Now I am very sure that no one will ever love me as much as he does, and I have decided to leave the flower alone...

That's life and love. When one is surrounded by love, the feeling of excitement fades away, and one tends to ignore the true love that lies in between the peace and dullness.

Love shows up in all forms, even very small and cheeky forms, it has never been a model, it could be the dullest and boring form... flowers and romantic moments are only used and appear on the surface of the relationship. Under all this, the pillar of true love stands... and that's our life... Love, not words win arguments...



Quiz Answers: 1) GUYANA 2) LORD and LADY FAREHAM 3) APRIL 14TH, 1931 in a bid to help cut the road deaths and foster better driving in Britain 4) CROATIA 5) BOLOGN 6) THE ISLAND OF MAURITIUS, EAST OF MADAGASCAR 7) CANDLEMASS 8) TWELVE 9) BOR 10) THE FORBIDDEN PLANET 11) DESDEMONA 12) SWITZERLAND 13) ITS BARK 14) IAN FLEMING 15) AL-LESANDRO VOLTA 16) AZERBAIJAN 17) 1718 18) FRANCOIS RAVAILLAC 19) LOLLARDS 20) VARIETIES OF BRICKS

Art & Entertainment

Preston Opera - The Magic Flute

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The Magic Flute

Thursday 17th - Saturday 19th March 2016

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Concessions **£14.00**
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Preston Charter Theatre

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www.prestonopera.org.uk

Agony Uncle Bob

PHOTOGRAPH: TAYLOR&CUFFE, SHIRT & WAISTCOAT BY VEXPENSIVE £450.00, TIE BY DAZZLE'N STRIPE 120.00 LIMITED EDITION. PHOTOGRAPH & LOCATION BY WINDY NOOK, PRESTON CITY

Dear Uncle Bob,
I am a single 40 year old who has recently got back in touch with a childhood flame. All's going well so far but I am holding back a secret from him. He is a butcher and doesn't know yet that, since the age of 21, I have been vegetarian. Help, he's asked me round for a meal...do you think he'll mind!
LYNDA, LEA

Dear Lynda,
If you can get past the smell of raw meat, I am sure he will get past the fact that you like tucking into leaves. Just tell him.

Dear Uncle Bob,
Is it sad for a 43 year old man to still buy lego?
GEORGE, CHORLEY.

Dear George,
if it's for you then, yes

Dear Uncle Bob,
I have a wealthy overweight friend from across the pond who often stays but she doesn't bring as much as a bunch of flowers and expects me to put her up in my small flat each time.
MARGARET, PLUNGINGTON.

Dear Margaret,
poor you, dig out the camp bed out and put it in the front room next to the dog. She'll soon book into The Marriot.

Dear Uncle Bob,
I'm 13. I live in a house with 3 people and have to share the game device. I find this outrageous, do you?
THOMAS, BLACKPOOL.

Dear Thomas,
you are lucky to have a game device at all....when I was 13 I had a Commodore 64 that took 2 days to load Frogger and then only worked if was a good day. Count your blessings.

Dear Uncle Bob,
I lost touch with my Uncle Bob who lived in Freckleton between 1987-1991. Are you my Uncle Bob, Bob?
POSSIBLE NEPHEW PAUL, GRIMSBY.

Dear Paul,
I'm sorry you lost touch with your Uncle Bob, I am definitely not your Uncle Bob

Dear Uncle Bob, My excellent dentist has bad breath, I'm dreading my next check up. What shall I do without offending him?
DANIEL, GRIMSARGH

Dear Daniel,
don't worry, go to West View Leisure Centre and buy some Speedo Competition nose clips and some fake tattoo stickers from the pound shop. He may blink twice but will think that you are self-expressing yourself.

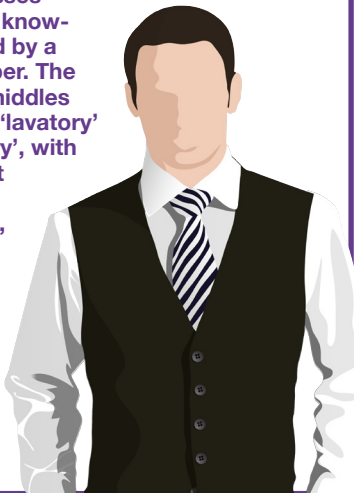
Dear Uncle Bob,
My husband and grown up children tell me that I possess a formidable demeanor that makes some people uncomfortable. How can I change this? I am very worried because I have invited my future daughter in laws for dinner of whom I have been told are quite laissez faire...
ROBERTA.

Dear Roberta,
For desert at dinner prepare not one but two so

that you have a backup. Accidentally" drop the first pudding on the floor when you first attempt to serve it. Laugh at yourself immediately and bring in the second sticky toffee sponge coated in dark toffee sauce and crowned with a crème-brûlée top
Anh embarrassing moments demonstrates memberships in the imperfect -ridden human race, and imperfection contained and accounted for with the greatest ease is the secret of perfect entertaining.

Dear Uncle Bob,
My daughter, Leaf, future in-laws have invited us (me and me husband, round for tea. I've heard she's quite posh. What happens if I need to go the loo?
TRACEY.

Dear Tracey,
There is nothing wrong in excusing yourself but it maybe best not to use "loo" ...another word that makes the higher classes flinch — or exchange knowing looks if it's uttered by a would-be social climber. The term used by upper-middles and uppers is 'loo' or 'lavatory' -(pronounced 'lavuhtry', with the accent on the first syllable). 'Bog' is occasionally acceptable, but only if said in an obviously ironic-jocular manner. The working classes all say 'toilet', as do most lower-middles and middle..





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COMPUTEREXPERT

By N. Erd

Anti-Virus Software

If you have more than one anti-virus program running at the same time--or more than one firewall--you're asking for trouble. Don't use more than one anti-virus program. It's vital to protect your computer with appropriate security software. But running two anti-virus programs on your computer -- for example, running Microsoft Defender, which comes free with Windows 8 or 10, and then installing an extra anti-virus program from a company such as McAfee or Norton -- can cause conflicts on your computer. You should remove one of them. This can make your computer sluggish and at worst can cause computer crashes. If you have two different anti-virus programs installed on your computer, make sure only one of them is active.



The anti-virus programme checks every file that you open or download for malware. the firewall controls what comes into your computer over the network. It's a good idea to supplement your firewall and remaining anti-virus program with one or two on-demand malware scanners. These are similar to anti-virus programs, except that they don't operate in the background. Instead, they scan your hard drive when you tell them to. The free versions of SuperAntiSpyware and Malwarebytes's Anti-Malware these are the ones we use.



Last October, the Harris Charity celebrated 30 years as a grant making charity supporting young people under 25.

Formerly the Harris Orphanage, it was set up in 1883 using money from the estate of Preston solicitor Edmund Robert Harris. It closed in 1982 and the buildings on Garstang Road in Preston were sold in 1985 to the Lancashire Polytechnic now UCLAN. A new Charity commission scheme converted the charity to make grants to benefit under 25's throughout Lancashire but primarily Preston.

The proceeds of sale were invested and the charity has made numerous

grants exceeding £2.5 million over the last 30 years to organisations supporting young people. Many uniformed, youth groups, cricket and football clubs, gymnastics and local nurseries have received support

as a catalyst to help purchase equipment and make building improvements. In the Guild years of 1992 and 2012 the charity organised the outstanding young musician competition.

The charity has links with other charities supporting needy individuals referred by Preston Relief in Need and supports Gift92 to provide desperately needed household items to young families in the Preston area.

Grant applications can be downloaded from its website www.theharrischarity.co.uk. Closing date half yearly for applications are 31 March and 30 September.

Thought for the Day

Doctor: "I see you're over a month late for your appointment. Don't you know that nervous disorders require prompt and regular attention? What's your excuse?"

Patient: "I was just following your orders, Doctor."

Doctor: "Following my orders? What are you talking about? I gave you no such order."

Patient: "You told me to avoid people who irritate me."

Unfortunately, we don't always have the option of avoiding people who irritate, people who hurt us, people who offend us. In fact, sometimes those who irritate us the most are found right in our home. So how should we deal with them?

(1) Manage Your mouth -- Bless and don't curse (Rom. 12:14)

(2) Put yourself in the other person's place and try to understand their feelings, thoughts and position (Rom. 12:15)

(3) Never, never, never take revenge (Rom. 12:17)

(4) Plan ahead to do something beautiful (Rom. 12:17)

(5) Don't just win the war, win the peace (Rom. 12:18)

The bottom line is that we do not overcome evil with evil by retaliating and seeking to "get even".

The only way to overcome evil is with good.

Sport

Preston City Trampoline Club

Local community club Preston City Trampoline club was founded in 2004 by Colin Robson a former International competitor. As family life took over trampolining he took a back seat for a while but returned



with a vengeance in latter years. Due to the changes within the sport and the equipment used, Colin acquired his coaching qualifications once again as a coach in 1995 and senior club coach in 2014.

The family moved to Preston owing to Colin's work commitments in 202. As with any place Colin lives in, or merely visits, his first port of call was to locate a trampolining

club. He found these to be oversubscribed with incredibly long waiting lists. The seed for founding his own club was planted. Preston Trampolining Club has gone on to be a successful recreational and competitive club

The club now delivers quality gymnastics sessions to all members of the community including preschool, beginners, recreational, competitive, and adults. The club offers trampolining, Freestyle and general gymnastics sessions. It has a thriving disability section with sessions running 6 days a week encompassing a range of disabilities. The club has also been appointed by British Gymnastics as their North West I'M IN Hub Club for their disability gymnastics programme. The programme supported by Sports England aims to develop quality gymnastic opportunities for those with disabilities and also to support other clubs in opening their doors to disability users.

With nearly 1000 regular users every week and counts amongst them local schools, uniformed groups and day centre users it is on doubt a phenomenal success with numerous awards over the last few years.

For further information contact Fiona Robson, Club Manager on 01772 720941 or email bounce@pctc.org.uk

Brass Monkey Half Marathon, York – Sunday 17th January 2016



Steve Mort finishing the Brass Monkey Half Marathon

Whilst most of Lancashire was covered in snow over the weekend, resulting in the Inskip Half Marathon being cancelled due to icy conditions, Preston Har-

rier Steve Mort had made the journey over to York to run the Brass Monkey Half Marathon which had avoided the bad weather. Race conditions were perfect with the temperature hovering just above freezing point and with no prevailing winds. The very popular half marathon had online entries which went on sale at the

end of October last year, with 1750 places selling out within 70 minutes! The race is a favourite for runners of all abilities as the route is fast and flat, heading southwards through Bishopthorpe, Acaster Selby, Appleton Roebuck and back through Bishopthorpe to finish behind the Racecourse grandstands.

Looking at getting the kids into football regardless of ability? Why not call Fulwood juniors on 07955213987 for more information. *Come down and have fun and meet new people!*



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Sport

Larches Boxing Club - The No Nonsense Gym

Larches Boxing Club Is Gaining a Cult Following for its No Nonsense Gym.

Larches and Savick ABC have churned out some heavyweight names in boxing over the last few years with Scott Fitzgerald (Commonwealth Gold Medal winner and now Pro-Boxer under Matchroom and Eddie Hearn), Mick Hall and Adam Simpson all rising to success through the club.

This is before you mention amateurs Jack Phoenix and Stan Houghton who recently reached the National Development Finals, and Lisa Whiteside, Bille-Jean Franks and Bria Fielding who are smashing records for the females.

Together, they're proudly putting Preston on the map and the club hopes to continue with its success throughout 2016 and beyond.

However, a common misconception about Larches and Savick ABC is that it's just



The club which is located on Catforth Road and has been operating as a gym for over 13 years is much more than just a place to box; it's a non-for-profit, community fitness centre run by volunteers and personal trainers who live for the club. And unlike other gyms, the presence, efforts and dedication of the coaches, mixed with the laid-back welcoming atmosphere is enough to make anyone feel like they belong to a family; a family of boxers, trainers, fitness conscious every-day people.

From its humble beginnings as The Phoenix Club to more recent revamps in 2012 which saw local sponsors and businesses such as Gallagher Ltd and Marcus Worthington Group provide it with generous cash injections and several much needed face-lifts, the modest building in the Larches area of Preston has expanded its appeal by providing members with more than just a ring, gloves, pads

and skipping ropes. Larches and Savick ABC is a gym: it has state of the art treadmills and cross-trainers; rowing machines and plush spin bikes; free weights and squat racks; bench presses and kettle bells; medicine balls and pull up bars. It has volunteer coaches

who possess ABA and personal training qualifications to lead the popular classes and sessions throughout the week; and it's run by ex-boxers who know a thing or two about fitness themselves and who are more than willing to offer sound advice and information.

You absolutely do not have to be a boxer to attend Larches and Savick ABC. In fact, you don't even need to be interested in boxing to become a member; the gym is open to anyone who wants to train, anyone who is seeking something a little more than what those big-named, impersonal gyms have to offer.

But more than that, the gym feels like its own community; a community within a community; it feels like a place you can go and not be judged, regardless of your abilities.

I became a member of Larches and Savick ABC at the start of 2014 and from the moment I stepped in there – albeit a little nervous and apprehensive – I was made to feel right at home. The trainers and coaches are unbelievably friendly, the members are committed and dedicated to hard work, and what sealed the deal for me was...there seemed to be no pretentious posing or judgemental stares.

Want to run for 40 minutes without being pestered? You can. Want to chat while you run for 40 minutes? You can do that as well. Want advice on how to build fitness and want to be trained by experts who don't beat around the bush when it comes to dishing out advice, and who won't try to make you buy into some three-month programme where your weight and inches are measured on a weekly basis and you're dietary needs are scrutinised? You've got it. Want to have a laugh while you train and make new friends? It's all there.

And unlike bigger gyms where sometimes you can be made to feel like a number on a spreadsheet, Larches and Savick is the complete opposite. It might be a little rough round the edges, it might not have the quantity of equipment larger gyms have, it might not have flash flat-screen TVs mounted onto walls and state of the art showers, or air conditioned units, a sauna and a vending machine selling towels, but it's a gym; it has character, it has edge and it's a place to train; a place to train hard, and a place to belong.

Not only that though, the gym and the coaches are so committed to the welfare of the local communities that they often

run schemes in collaboration with local schools. Personal trainer, Gregg Rayner lends his hand to coaching school groups from the likes of Larches School, Longridge High, Preston College and even UCLAN. And by co-ordinating programmes for groups of youngsters, Gregg and the club are helping to get kids active, to promote fitness and instil a sense of discipline and pride into the everyday lifestyles of some of the people who may need and may benefit from it most.

They club also works with disadvantaged local youths, and young adults with behavioural problems in helping them to build their confidence and in some cases, stay out of trouble; and they don't just come to the club to box, they come for the whole package – the bikes, the weights, the company and camaraderie, and the guidance too.

With another revamp happening this month, there's big things on the horizon for Larches and Savick ABC. Joe Kilshaw and Jimmy Moon, two of the founding members who play more than an active role in the running of the club are eagerly encouraging more people to become members. They want anyone who's interested in getting fit or improving their fitness to realise that they're not just a boxing club, they're a gym.

Jimmy said: "We're open from 6am-9pm, Monday-Friday, and 9am-4pm at weekends. I don't think a lot of people know this. We want non-boxers to know that our door is always open and to come and try us out."

As well as the boxing sessions that run on weekday evenings, there are ladies only sessions and children's classes, and 2016 will hopefully see the gym trying out more fitness-style sessions such as Tabata and Cross-Fit.

Joe commented: "The atmosphere is friendly and there's always someone around who can help to guide you if you're unsure of what your fitness goals may be."

Membership to the gym starts from as little as £10; there's no contract, no induction fee, and you can even pay as you go. Keep an eye on the Larches and Savick website for updates, news and information, or pop down during the week for a chat and a look around.



an 'Old School Boxing Gym' where lads and lasses go to train and fight, where sweat drips off the walls and where the equipment is older than the building itself. This though couldn't be further from the truth and in 2016 they want to shatter that image.

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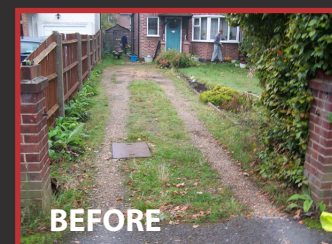
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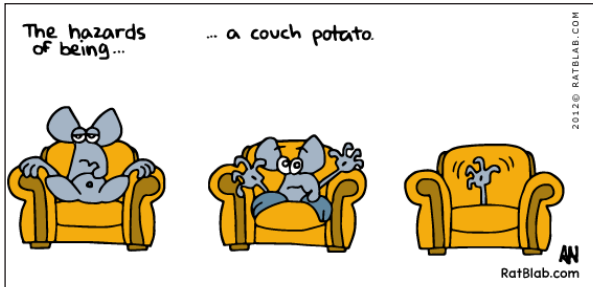
AFTER

Sport

Preston Harriers - Couch to 5k

Preston Harriers has been at the heart of Athletics in Preston since the club's foundation in 1881. Whatever your age, ability or interest within the broad field of Athletics, Preston Harriers has something to offer. Club members take part in road races, fell races and trail races. The club is a member of the Mid Lancs League, which organises a cross country league in winter and a track and field league during the summer months. Many members also take part in triathlons and duathlons and Pres-

and Thursday evenings see a number of different groups running, jumping and throwing, all working with club coaches to hone their technique for the coming season. If you are interested in joining one of these groups please contact Bob Welfare on 01772 653926 or email athleticcoach@bwelfare.plus.com. On Wednesday evenings there is a training session for anyone who wants to improve their running fitness, from complete beginners to experienced runners who are looking for an extra boost in their next race. All sessions are led by qualified coaches and the aim is to provide variety, enjoyment and support to help all the participants achieve their individual fitness goals. Meet at the track at 6.45 p.m.



ton Harriers dominate the Lancashire Sportshall League, which provides exciting indoor competition for young athletes during the winter.

Most of the organised training sessions take place at the UCLAN sports arena track on Tom Benson Way. Tuesday

Do you want to start running but don't know where to go? Have you heard about "Couch to 5k" programmes but not managed to do it on your own? Preston Harriers will soon be offering our own "Couch to 5k" programme which will include guided runs with experienced runners who can answer your questions and support you in your journey.

Check out the club website at www.prestonharriers.net



Join the elixir of youth at Preston Table Tennis Centre

Are you a table tennis addict!! Did you know that table tennis used to be called whiff waff? Or are you a wanna be player? Have you still got your "Chester Barnes-Frying Pan Shaped" Bat?!! Well, look no further... Worldwide millions of people play table tennis and with good reason. It is entertaining, fun, fast and has great health benefits as well. Because of the low risk of injury table tennis can be enjoyed by people of all ages and fitness levels. When played regularly it improves reflexes, hand-eye co-ordination and balance, while toning and strengthening the core muscles, upper and lower body. It's great for working up a sweat and increasing your heart rate, thus helping to keep your heart strong and healthy. Not only is it a good cardiovascular exercise, it is also a great aerobic workout. When running about the

table your heart rate increases and your body's requirement for oxygen becomes much higher, therefore, you breathe heavier, faster and deeper, which increases lung capacity in addition to how efficiently your lungs use oxygen. As well as being a fantastic physical workout, table tennis is also a great mental workout. You have to plan strategies and decide what spin to put on the ball, whilst trying to stay one step ahead of your opponent and react to the shots they are playing all at the same time. Decisions have to be made in split seconds, this increases concentration levels, short-term memory and decision-making ability. All this mental exercise boosts hormone levels and keeps the brain young, which can slow the progress of cognitive decline that occurs with ageing. It is also a sport that is good for

social bonding, with its friendly but competitive nature, it can be enjoyed at your local club where you can meet with new people and form lasting friendships. So why not pop round to the Preston Table Tennis Centre St. Augustine's New Avenham Centre on Friday evening and join our practice night from 7pm until 10pm with 12 tables to choose from. Our coaches and volunteers are there to help and advise with no excuse for you not to come on down and enjoy the fun of one of the world's most popular sports.

St. Augustine's New Avenham Centre, St Austins Place, Avenham, Preston PR1 3YJ rear entrance). Contact Tony email: riggerz@blueyonder.co.uk or check out the website on www.tabletennis365.com/Preston for more information.

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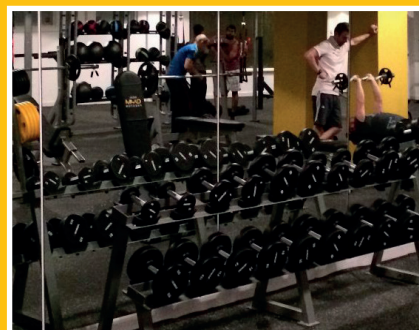
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