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Welcome to the August edition of Local Choice and, by now, the Summer holidays will be in full swing and you should be busy packing, as you prepare to zoom off abroad, or a well deserved holiday in the UK?

If so, don't forget to pack a recent edition of Local Choice and you could win £200 for taking a straight forward holiday photo and sending it in to us when you return.

Finally, if you are desperate to find something for the kids to do during the holidays, in this edition we have lots of ideas and places to visit to keep them occupied.

Kind regards

Mark Prada (Editor)

Tel: 01524 825600

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AWASH WITH COLOUR!

Whether you realise it or not, colour influences our decisions every day.

A bad day or feeling less than confident about yourself will mean that you automatically choose clothes in dull or neutral colours like black, grey or brown because they match your glum feeling.

In the same token, when you feel happy about yourself and the world, you will go for something a bit bolder and brighter. It is important to choose colours that suit your natural colouring.

Wearing a range of colours can have a huge impact on your wardrobe and confidence. The right colours can make your skin tone appear more even, reduce the appearance of wrinkles and dark circles and make you look brighter and healthier. Equally, wearing a colour that doesn't suit you can

make you look tired, dull and ill. A colour analysis with a professional image consultant will show you a range of colours that are best for you, clothing, makeup and accessories wise.

To analyse your own colours, examine your bare face in a large mirror (it's not that scary!) in natural light with your hair pulled back off your face. Once you have a bit of an idea about your skin tone, some of the pointers below will help you establish which colours will suit you best.

Light Coloured

- Characterised by a fair complexion.
- Hair is light coloured – often blonde.
- Often blue eyed but can also be green, grey or light hazel.
- Little contrast between different features.
- Can wear most colours, but avoid wearing too many dark tones.
- This type of colouring looks best in understated colours in light or medium tones.
- Best neutrals to wear are light greys, beiges and lighter shades of navy blue.

Deep Colouring

- Characterised by olive to dark skin and dark hair.
- Most common group in the world.
- Hair is usually dark.
- Eyes are commonly brown (although can be dark green or dark blue).
- Can wear most colours, but choose ones with depth, vibrancy and intensity in medium to dark tones.
- Rich, deep colours complement this skin tone the best, try: claret, aubergine and burnt orange colours. The best neutral colours include chocolate brown, charcoal grey and black.

Warm Colouring

- Characterised by a rich, warm colouring with auburn or red hair.
- Eyes are usually brown, hazel, blue or green.
- Skin tone can be pale or golden with freckles.
- The best tones for this type of colouring include rich, warm colours that have a golden tone, like warm red, peach, yellow and a number of variations of browns.
- Grassy greens and turquoise blues can look striking with this skin tone; however warmer colours work the best.
- Best neutral colours are brown, camel and navy. Avoid black as it can look too harsh, so shouldn't be worn in large quantities.

Cool Colouring

- Skin tone is usually light with a blue or pink undertone.
- Very common, particularly those people who have grey hair or ash blonde, champagne and other soft blonde colours.
- Eyes are generally pale coloured.
- Those with a cool coloured skin tone look better in cool colours; greens blues and purples and although bluey reds can be worn, it is a good idea to steer clear of orangey reds (including warm colours like yellow, peach, and terracotta).
- Best neutrals are grey tones, navy and black.



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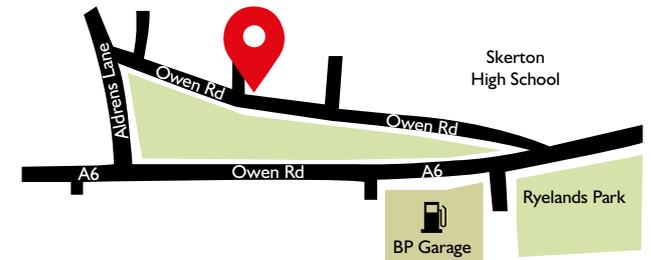
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Jewellery and Coin Roadshow

A very lucky couple called at one of our recent roadshow events with a couple of old gold chains and a silver charm bracelet and a bag of old silver British coins. We paid them over £1600.00 just for the coins alone. They turned out to be pre 1947 silver coins that were normal currency a few years ago and are now highly collected. We asked them for their permission to pass on this story to help other people realise what they may be sitting on and they were only too pleased to allow us to let everyone know that they might be sitting on a goldmine and not even know it! Like most people, who can only dream of winning the pools or the lottery, a lot of normal households have a hidden treasure of old gold jewellery, silver jewellery, teapots, trophies, trays and old objets d'art.

Why not get a free valuation from our expert at our roadshow at:
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There is no queuing and our expert will give you a one on one appraisal of the value of your treasured possessions in a private area, where there are no prying eyes, watching the process evolve. If you like the valuation our expert will make you the same offer in cash which you can accept or decline at no cost to yourself. The whole process of Valuation is free of charge and very private, so you have nothing to lose and a lot to gain.

WHAT DO YOU HAVE WAITING TO BE DISCOVERED

Many people are totally unaware of the value of unusual and old items that they own and are just hidden away in drawers around the house. Dealers are now paying record high prices for old jewellery and gold and silver objects and collectables. Most unusual gold and silver items are no longer fashionable but there are still collectors who we deal with that will pay record high prices for your old gold and silver jewellery, and items. Wristwatches and old fashioned pocket watches can surprise you with their values and you will be amazed by the amount that is currently being offered for such items. Get looking NOW in your old drawers, cupboards, and jewellery boxes. Look in the attic and the cellar, even old broken or squashed item of jewellery and silver are valuable and worth having appraised at these free roadshows. Bullion Investments & Acquisitions are having such a roadshow at **CROFTERS HOTEL, A6 CABUS, GARSTANG, PR3 1PH.**

They will be offering a free valuation service and they will make you an instant CASH offer to buy your old jewellery, gold and silver or any old silver or coins that you may have.



Things that you should look for and bring to our roadshows are absolutely anything that looks like jewellery, whether it is yellow gold, silver or platinum. Any old British or foreign coins. Any old wrist watches or pocket watches. All chains, bracelets, rings and bangles broken or not and in any condition. If you think it is a diamond ring, bring it along and we will confirm it to be genuine. If you have an old trophy or tankard or any silver coloured items, let us value them for you.

COIN COLLECTIONS URGENTLY WANTED

Old war medals and old Masonic medals can be very valuable. You will be surprised to hear that we have paid THOUSANDS of pounds for certain war medals and even the General Service Medal group is worth bringing especially if you have the original box and letters to accompany them.



There are rarely any queues at our events and we can normally attend to every caller within a few minutes. We will give you a free valuation which we back up with a cash offer, there and then. You can accept or decline our offer, so come along and see what we can offer for your old gold or silver jewellery, coins and collectables.

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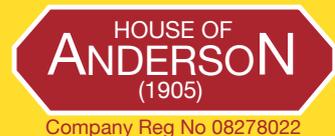


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DON'T BE FLOORED!

Flooring might be the first thing guests notice in your home as it creates the look, atmosphere, and even sound quality in a house.

You spend time considering paint colours for the walls and probably buy many test pots when deciding. Just as important, flooring covers the surface area of your home and needs careful thought. The range of flooring materials available is huge. Do you go for hard floors that are practical and long lasting or warm and cosy carpets that are easy to clean when the inevitable spills happen?

The choice is endless and the options of colour, wood grains, different finishes go on and on and with such fantastic offers and tradesmen available to us in the Local Choice area, there is no excuse not to have fabulous flooring.

Here are some ideas for the most attractive, practical and comfortable options for various rooms in your home.

HARD FLOORS

Vinyl's are available in tiles or sheets and come in a huge range of styles and colours. Affordable and easy to clean vinyl is low maintenance and perfect for kitchens and bathrooms. You can always 'cosy up' a vinyl floor with a soft rug with a non-slip backing.

LAMINATES

There are a great selection of styles and colours. They can look like, stone, wood or ceramic. Laminates can be relatively easy to DIY, and can sometimes be laid on top of an existing floor if it is sound enough, but if in doubt give your local tradesman a shout.

Good quality laminate fitted to a high standard can last years, so it can make a good long term investment, especially in hard-wearing areas of the home like the entrance and hallway.



HARDWOOD FLOORS

In homes with a smaller layout hardwood floors can be laid throughout the house to create a continuous flow and make your home feel larger. Hardwood flooring is durable, resilient, easy to clean, and will last for years. This type of flooring will never go out of fashion, and you can choose from a range of woods and a range of shades - one of the trends for this year is the contrast between both darks and lights. Oak is a classic favourite and blends with virtually any colour scheme or style.

CARPET

Many new build houses come fitted with wood or laminate for a contemporary look, but there is nothing like the warmth and softness of a carpet under your toes. As with other flooring, carpet is hard-wearing and comes in an unimaginable range of styles and colours. Often the carpet is used as the statement piece in a room, phasing out the 'feature wall' trend. For 2016, grey and greige (halfway between grey and beige) is 'in'. This can brighten up and modernise any room of your home and goes with just about anything. So team up with bright cushions and bold walls for a stylish touch.



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It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes - not the frames has grown rapidly as homeowners take advantage of their services.

Branch Manager Kirk Williams feels that it's all about service. "Our product is simple. If your double glazing is steamed up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their homes as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole."

Cloudy2Clear services the Greater and wider Wyre area and Kirk is feeling that his approach is a major factor in his success. "The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated."

So, if your windows are steamed up, broken or damaged give Kirk a call for a free quotation on 0800 61 21 118 and he'll be happy to help!



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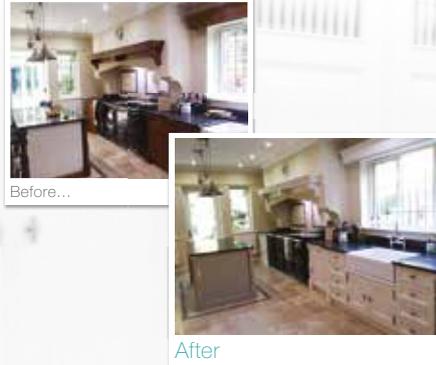
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Whilst I was speaking to Carl, we were discussing the benefits of dealing direct with the owner of a completely independent local business and, with over 15 years experience in the industry, he has so much knowledge about the right level of build quality and best materials to use, to create that perfect kitchen.

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Carl also discussed a wide range of practical space and cost saving ideas and additional worktop seating, curved corner units or larder units to provide you with more space to store pots, pans and other things.

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TOP BEAUTY TREATMENTS

Beauty salons offer an ever increasing list of treatments nowadays, but how do you know which treatments are worth paying for in a salon?

Nails, Eyes, Tanning, Massages and Facials.

We will look at the top 5 treatments – nails (manicures and pedicures), eyes (eyelash tints, extensions, perming and eyebrow shaping), tanning, massage and facials.

The best beauty salons are often ones that have been recommended to you by your friends and family. When deciding on the best salon to visit, always look for skilled and knowledgeable staff and a hygienic environment where you will feel relaxed.

Nails

Manicures and pedicures are two of the most popular treatments at beauty salons and not only are they cost effective but provided you look after them they will generally last 2 weeks. A manicure and pedicure is a treatment not only for the nails but the whole hands and feet. It consists of filing and shaping your nails, the treatment (which can vary from salon to salon), the massage of your nails and hands or feet and finished off with the application of nail polish. Some can even include decorative designs or diamanté jewels.

Eyes

Strip false lashes are very fashionable and are available in an array of

colours and sizes. Usually, strip lashes are for single use – often a weekend or special occasion as they are not meant to stick on for a long time.

False Lashes: Individual lashes (which can either be single lashes or a cluster of a few lashes) are like hair extensions in that they are available in varying sizes, colours, lengths and thickness and are applied to the very beginning of the normal lashes. If you look after your lashes they can last for quite a few weeks. The application of the lashes can take up to 2 hours, but don't let this put you off as they are very comfortable and really enhance your natural eyes and gives you time to relax!

Eyelash Perming: If you are not used to curling your own lashes, but want to look your best for a special occasion without having to wear false lashes, then eyelash perming could be a cheaper and easier alternative.

Eyebrow Shaping: This can vary depending on whether you just need a quick tidy up or whether you need them completely reshaping. Keeping your eyebrows trimmed and shaped correctly, will help enhance your face shape. Eyebrow shaping can be done by threading, tweezers or waxing.



Eyebrow and Eyelash Tinting: If you have light coloured eyebrows and lashes or you dye your hair, you may wish to get them professionally dyed so that you have definition or they match your hair colour. Eyebrows or lashes are tinted using a dye very similar to hair dye. This treatment can also be useful if you are going on holiday to prevent you from having to put make up on every day.

Self Tanning

Self tanning (also known as sunless tanning or fake tanning) does not necessarily have to be done by yourself; many salons offer a whole array of tanning options from spray tans to lotion tans. Fake tanning became very popular in the 1960's as the link to the sun and skin cancer was exposed.

Massage

One of the most popular treatments offered today is the massage. Using an assortment of methods from essential oils and aromatherapy oils to hot stones, bamboo and more, the masseuse aims to relax your body and mind to help relieve you of any stress or tension. Massages are very good for your skin and also help allow blood circulation to increase. Used to treat a variety of emotional and physical health problems, there are lots of different massages – all with very different aims and origins.

Facials

Facials involve several steps including: initial analysis, exfoliation and deep cleanse, facial massage, toning, black head removal, heat therapy and finally moisturising. Facials are notoriously relaxing and great for first time salon visits as the beautician will tailor the treatment especially for your skin type following the in-depth analysis.



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 - ✓ Dinner and after dinner disco/dance in your hotel on New Year's Eve
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- ✓ 2.5-hour river cruise on a Thames City Cruise boat
- ✓ Picnic pack on board (champagne/soft drink, bottled water & snacks)
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AUGUST EVENTS

Our guide to things to do, places to visit and events to attend this month.

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3	Theatre In The Gardens: The Taming Of Shrew Hoghton Tower, 6:00pm, 01254 852986 Cartmel Show Cartmel Gates open 8am 015395 62683
4	Theatre In The Gardens: Romeo & Juliet Hoghton Tower, 6:00pm, 01254 852986
6	Garstang Show Garstang Showfield, 10:00am, 07867 313 346
7	Theatre In The Gardens: Wuthering Heights Hoghton Tower 6pm, 01254 852986
9	Lunesdale Agricultural Show Kirkby Lonsdale, 8.30am
13	Turned out nice again (George Formby Experience) , Lytham Hall 07837 388096 Cockerham Village Show Cockerham Village Hall, 2pm. 01524 793549/752921
13-14	Bonsai Weekend, Barton Grange 10:00am, 01254 852986
14	Lancashire Classic Car and Motorbike Show Hoghton Tower, 10am, 01254 852986 Fylde Coast Food And Drink Festival Marine Hall Fleetwood, 10am, 01253 887693 Seaside Sculpture Day West End Gardens, Morecambe 12:00pm
20-21	Model Railway Weekend Carnforth Station, 10am, 01524 735165
21	Hopeful And Glorious Summer Craft Sunday Scorton Village Hall, 11:00am
22-29	Garstang Arts And Music Festival Garstang, 10:00am, 01995 602125
27-28	Great Ecclestone Tractor Pulling Championships Great Ecclestone Showground
29	Lancaster Harvest Market 10am-5pm, Lancaster Market Square
30	Ride The Lights 2016 Blackpool Promenade, 7pm, 01253 478222

LUNESDALE AGRICULTURAL SHOW

UNDERLEY PARK, KIRKBY LONSDALE, LA6 2DS

Tuesday 9th August 2016
Show opens 8.30am

A traditional local country show with classes for Cattle, Sheep, Horses, Poultry, Sticks and Crooks, Home Industries and Dogs, Food Hall, Craft Marquee, Trade Stands, Children's Entertainment, Vintage Vehicles, Cumberland and Westmorland Wrestling.

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www.lunesdaleshow.org.uk

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Admission £8.00 Concessions £6.00
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www.galloways.org.uk

BOOK NOW!

Community Noticeboard

Come and join us at Forton Primary School for the fantastic NEW parent and toddler group every Wednesday from 1.30 – 2.30pm. Bring along your friends and family members for an hour of fun and learning. This club is for all children aged 2 to 4. Please see our Facebook page or call school on **01524 791188** for more details.

Longridge Air Cadets
To join the Air Cadets you must be at least 12 years old and in Year 8 or higher at school. If you are interested in joining, or if you just want to know more about us the easiest thing to do is come and visit us on a Tuesday or Thursday evening from 19:15 (finishing at 21:30) at Christ Church Hall on Chapel Street (just off Berry Lane).

Heart Concern is a local charity and support group for anyone with cardiac problems and for the family, friends and carers.

We are a friendly group with a variety of activities. We have a monthly open meeting, held on the 1st Tuesday in the month (except August and December) at St Thomas' Social Centre, Marton Street, Lancaster with interesting speakers and time for a chat and refreshments.

We also have a range of social events including walks, theatre trips, meals out etc. If you'd like to know more please phone **01524 67859** or just turn up at an open meeting. Everyone is welcome.
www.heartconcern.co.uk

COCKERHAM VILLAGE SHOW 13th August at Cockerham Village Hall

Anyone can take part and there are classes for all skills and interests including flowers, vegetables, art, crafts, cookery, floral art & photography, there are also lots of classes for children to enter.

The show is open to the public between 2pm & 4pm. Admission £1. Refreshments will be available. Schedules are available by calling **01524 793549 / 752921 / 751592** or emailing cockerhamshow@yahoo.co.uk. Closing date for entries is 1pm on 10th August.

Garstang Camera Club

Meet at 7.30 in the Arts Centre. In summer we have three outdoor meetings, one each month in June, July and August.

Garstang Arts Centre
t. 01995 606648

North Flyde Model Railway Club

The North Fylde Model Railway Club meet on Mondays and Thursdays 7pm – 10pm at the club rooms in Carlton.

For more information contact Alan.
chairman@blackpoolandnorthfyldemrc.co.uk

If you host or organise a local coffee morning, book club, swimming club, dancing group or any other local get-together please send information to:
lisa@zestpublications.co.uk



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Tractor Pulling competitions take place on a 100 metre track, and involves the machines pulling a weight transfer sledge. A weight transfer sledge basically gets heavier to pull as it is pulled down the track. This is achieved by increasing the weight on the pan of the sledge by moving the weight box from the rear to the front of the sledge as the sledge is pulled forward. The winner of the competition is the machine that can pull the sledge the furthest. If more than one competitor completes the 100 metre track with the sledge (a Full Pull), then the sledge is made harder to pull, and the competitors who made a Full Pull go again until they are stopped and a winner obtained.

Tractor Pulling is called "The World's Most Powerful Motor Sport" with some machines producing in excess of 9000 horsepower. The sport however has many varied classes from the small single engined 950kg Modifieds , through the stock machines to the multi engined 4.5 tonne machines. Here is a brief description of the classes competed at NWTPC events. The weight of each class is the weight of the machine & driver ready to compete.

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ETON MESS

INGREDIENTS

- 500g strawberries
- 400ml double cream
- 3 small ready-made meringue nests, crushed
- 1 tbsp orange juice (optional)
- sprigs of fresh mint, to garnish

INSTRUCTIONS

1. Purée half the strawberries in a blender. Chop the remaining strawberries, reserving four for decoration.
2. Whip the double cream until stiff peaks form, then fold in the strawberry purée and crushed meringue. Fold in the chopped strawberries and orange juice if using.
3. Spoon equal amounts of the mixture into four cold glasses. Serve garnished with the remaining strawberries and a sprig of mint.



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