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Hello and welcome to the July edition of Local Choice and, dare I say it, the start of the school holidays for those of you with kids!!

But don't worry, because, in this issue, we give you lots of ideas on how to keep the little ones occupied and quiet, during those long six weeks.

And, if you do find time to relax and need some holiday reading then pack your copy of Local Choice, take it away with you and you could win £200 cash as well!!

Kind regards

Mark Prada (Editor)

Tel: 01524 825600

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Summer Sizzlers

When it comes to summer fashion, it is important to choose outfits that not only look great and suit your figure, but also don't make you too hot (or invariably, too cold in the British summer!).

With such a weather minefield, it can be hard to decide from one day to the next what looks great but fits the bill. The trick is pick key pieces as opposed to dressing in one look head to toe. So, let's look at the styles for this season, and how best to work them.



Maxi dresses: The ever-popular modern maxi, inspired by the boho trend, is all about patterns. Be prepared for bold statement prints in bright summery colours. Many shorter girls shy away from long dresses in the fear that the dress will drown them, while taller girls steer away from maxis fearing they look even taller. Like any fashion, there is generally a style to suit everyone - a good fit is the best place to start - particularly for more petite girls.

By drawing attention to the bust, this will detract from the long length. A bias cut is invariably the most flattering cut for any shape.

Playsuits: Playsuits and jumpsuits are still very popular too. Comfortable and feminine, they make a great alternative to summer dresses. It is just as important to make sure that you get the right size and the right fit for a flattering look. A playsuit that's too baggy is just as unflattering as one that's skin-tight. If you're more voluptuous, go for a playsuit that is slightly loose around the waist, then cinch it in with a thick belt and elongate your silhouette with high heeled sandals or summer wedges.

Prints: Prints and patterns definitely make fashion fun. But wearing busy prints and looking great can be difficult. When wearing a vibrant print or pattern, you must remember to balance everything else out. If you're wearing a patterned top, pair it with a neutral coloured skirt or trousers and if you are wearing a printed lower half, wear a plain top. Don't forget a pair of fabulous but simple heels to finish the look.



White: White dresses are pretty and always remind people of summer, but can be a tricky colour to carry off. It doesn't suit everyone - warm skin tones, particularly tanned or naturally dark skin tones look great, however pale skin in white clothes can leave you looking washed out.

Also, avoid clingy dresses as white doesn't tend to flatter when hugging your curves. Instead, choose floaty dresses that are loose - white really is meant to reflect summer after all.

Clogs: They're back (again!)

Yes, these chunky statement shoes made a comeback last summer and they are here to stay a while yet. And with so many different styles to choose from, platformed, high-heeled, low-heeled and more, you're sure to find a pair that suits you. Teamed with a midi shirt dress or maybe a pair of summer chinos and floaty top and you're sorted!



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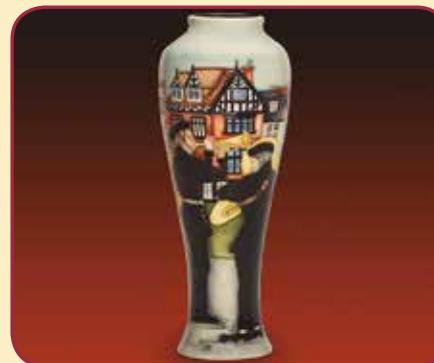
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Why not get a free valuation from our expert at our roadshow at:
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WHAT DO YOU HAVE WAITING TO BE DISCOVERED

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.

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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 misted 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 house 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 service the Garstang and wider Wyre area and Kirk is finding 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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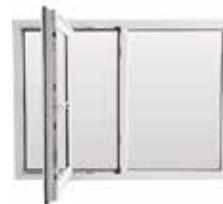
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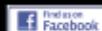
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Live Up Your Outdoor Living

Many people are beginning to recognise that the primary living area of our homes doesn't have to be inside. A well designed outdoor space can often be somewhat of a haven for both us and our family.



The first thing to remember about outdoor living is that it can be made as simple or as grand as you like! Start with a set budget - this will help anchor your dreams! The second task is to evaluate your space. A small patio garden can be ideal for hosting dinner parties with friends and family, but a swimming pool is probably not going to fit!

Making your garden, yard or patio feel like an extension of your home is one of the best ways to create more usable space without building an addition. You can start by continuing your indoor colour scheme out to the patio or the garden. It is important if an interior space opens directly onto the outdoor living space. French doors or sliding glass doors open can increase the amount of square footage. If all you need is privacy and a patio to dine on, you may want to look at the landscaping around your garden. Privacy can easily be created with trees, shrubs or climbing plants on upright structures such as trellises, fences, walls and screens. If you're putting in a patio, you will only have to excavate a small area but you'll want to take care not to damage the roots of any trees in your garden. By far, the most popular type of outdoor space is the kitchen.

Typically containing a small sink, grill and workspace, outdoor kitchens are an extension of the home, making them great for family use and parties. There are no limits to the appliances that you can use outdoors. Many are designed to endure climate changes. Outdoor living rooms can be filled with cosy sofas and chairs, fireplaces; trellises can imitate a wall and a covered pavilion can mimic a ceiling - even outdoor media centres can be added. There can be separate dining and living spaces or these can be combined into one with a few select pieces of furniture. There are many types available - weatherproof furniture comes in a variety of materials such as wicker, plastic, metal, wrought iron, aluminium, or wood. Each has its own benefits and drawbacks, so you'll have to consider what will best meet your needs.

An outdoor kitchen or living room not only adds to the character, value and functionality of a home, it increases the amount of space in your home you can use, for a lot less cost than internal construction. Most importantly, be sure your outdoor space is still somewhere you can have fun.

Some spaces use hedges and landscaping to create different areas in the garden. Not only are these dividers decorative, they keep toys from going astray. With a little bit of planning, anyone can create a safe outdoor living space that will add to their home's value and provide years of enjoyment for their family.



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Please return your completed questionnaire to **Readers Survey, Local Choice, 2 Coastal Road, Hest Bank, Lancaster LA2 6HN**

GENDER
 Male Female

AGE
 18 - 25 26 - 35 36 - 45
 46 - 55 56 - 65 Over 65

CONTACT
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 Tel
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What attracts you to the Local Choice Magazine?

Do you prefer the magazine at its new handy A5 size?
 Yes No

Why?

In what way do you think Local Choice can be improved?

What would you like to see in the magazine?

What are your favourite parts of the Local Choice Magazine?

Which of these features would be of interest to you?
 Gardening Home Competitions
 Hobbies Weddings Children
 Food & Drink Events Fashion
 Local history Education Sport Local town info

Which advert in this edition catches your eye most and why?

Additional comments

Beauty Blitz

When it gets to summer, we start to get excited about the sun shining more and the weather improving, but this also means we need to wear less clothing as a result. For this reason, it is important to have a pre-holiday beauty blitz. It can be daunting to shed the winter layers as your skin is not likely to be at its best. There are, however, many salons that offer treatments to help you achieve the beach babe body you have always dreamed of.



Here are just some of the essential treatments:

Waxing: If you're planning to wear a bikini or swimming costume, a full leg and bikini wax is important. Defuzzing makes you feel feminine and makes your skin silky smooth. Alternatively, try laser hair removal for a more permanent solution to ridding you of unwanted hair.

Body Wraps: Seaweed and mud wraps are a great way to target built-up toxins in the skin and, in some cases, even trim a few inches off your waist. Body wraps usually begin with light exfoliation, then detoxifying seaweed, algae, mud or clay is applied to the skin and the entire body is wrapped in special plastic, mylar or cloth sheets to trap the ingredients against the skin and help contour the body. This helps remove bloating and toxins from the body, leaving it supple, smoother and slimmer looking.

Spray Tan: No one wants to hit the beach looking whiter than a ghost, but before you sign up for that salon multi-session, consider a professional spray-tan. Although this only lasts just a week or two, it can give you more confidence to put on a bikini in the first place.

If you want a squat booty, great strength or a defined mid-section Fenton Fitness is the place for you!



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Pedicure: Months wearing boots do no favours to our feet and before stepping out with our feet on show, they need some serious pampering! Most spas and salons offer a variety of pedicure or mani-pedi packages; designed to soften, smooth and brighten up your tootsies! You could paint your toenails yourself, but a pedicure leaves your feet looking gorgeous, healthy and ready to show off in your (new) sandals!

Hair: Get it cut (and deep conditioned) before your holiday – no doubt you will want your hair to look frizz and split end free throughout your holiday and a cut and condition will also make your hair look healthy and fuller of life.

Eyelash Tint: An eyelash tint will transform your eyes and will mean you won't need mascara. This is an inexpensive treatment; it can be carried out during your lunch hour and lasts for several weeks – long enough to last through your holiday. Now that your face and body are all set for your holiday, you will have more time to plan those sizzling summer outfits.

Top Tip!

Don't suffer with those new shoes rubbing and causing blisters – get yourself either some Vaseline or an anti-rub product and cover your feet in it before going out. You'll be glad you did!!

Top Beauty Essentials to Take on Holiday!

- ✓ Sun tan lotion and aftersun
- ✓ Nail file
- ✓ Tinted moisturiser
- ✓ SPF lipbalm
- ✓ Shower cream
- ✓ Exfoliator
- ✓ Body shimmer
- ✓ Shampoo & conditioner
- ✓ Travel hairdryer
- ✓ Leave in conditioner
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Caroline's Lashes



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Caroline - look Spectacular



JULY EVENTS

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

3 Barton Grange Ladies Day Garden Party Ticketed event 01995 642900	3 Wild West, Craft Beer & Bourbon Weekend at Guys Thatched Hamlet 01995 640010	3 Status Quo at Houghton Tower, Preston 01772 695290
3-5 Hopfest - Hoppers Beer Festival at Grasshoppers Rugby Club 01772 863 546	4 Masked Ball at Lytham Hall 01253 736652	4-5 Rockprest Moor Park Preston
5 Fun Dog Show at Cabus Village Hall 01995 601266	5 Colourful Kites over Houghton Tower 01772 695290	5 Outdoor Theatre - The Taming of the Shrew (William Shakespeare) Lytham Hall 01253 736652
5 Fun Dog Show at Cabus Village Hall 01995 601266	11 Longridge Band Midsummer Proms Concert at Longridge Civic Hall. longridgeband.com	12 Fit Dogs Show 01253 736652
15 Teddy Bear's Picnic by Rural & Over Wyre Children's Centres at the Millennium Green Family Area 01995 606736	17 Preston Food Festival	20-31 Reflection - Cameron Baird Photography Judges' Lodgings Museum 01524 32808
26 Flower Power Fair at Lytham Hall 01253 736652	29 Barton Grange Children's Story and Craft Time with 'Colour The Clouds' 01995 642900	23-26 Owd Nell's 8th Annual Cider Festival at Guys Thatched Hamlet 01995 640010
	30-2 Kendal Calling www.kendalcalling.co.uk	

As times are to be confirmed and dates are subject to change we recommend you check direct with the venue before you go! Make sure you let them know you heard about them in Local Choice and most of all have fun! If you did go and had a great time, let us know on our Facebook page!

If you have something to be featured here next month - let us know! Vikkie@zestpublications.co.uk

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Banks Lyon Announce Sponsorship of Lady Riders' Handicap Hurdle Race at Cartmel



Luxury watch and jewellery retailer Banks Lyon have announced their sponsorship of the Lady Riders' Handicap Hurdle Race, part of the Cumbria Crystal Cup Day at Cartmel Racecourse.

Banks Lyon Jewellers, the Lancaster-based luxury watch and jewellery retailer, have announced their sponsorship of the Lady Riders' Handicap Hurdle Race at Cartmel Racecourse this July. The race is part of the exceptionally popular Cumbria Crystal Cup Day on the 18th July, headlined by the Cumbria Crystal Hurdle Race, and is known for being one of the most challenging ladies' races over obstacles.

At £10,000, the Banks Lyon Lady Riders' Handicap Hurdle Race will also present one of the most valuable opportunities in the UK for female jockeys this year, and is expected to tempt some of the top female riders in the sport. Whilst many will, of course, be excited to ride for the challenge of the race alone, Banks Lyon are offering a further incentive in the form of a £5,000 diamond necklace for the winning jockey. The piece chosen for this magnificent reward is an exquisite diamond drop pendant, set in 18ct white gold and beautifully displaying a pair of pear cut diamonds top and tailing five oval cut diamonds.

Managing director of Banks Lyon Jewellers, Rodney Banks Lyon, said: "We are naturally very pleased to be able to sponsor this race, as it is a fantastic opportunity for female jockeys in a traditionally male-dominated sport, as well as being an excellent draw to the area. The event as a whole promises to be very exciting, and we are looking forward to a brilliant day of races and entertainment for all the family."

Britain's leading female jump jockey Lucy Alexander was delighted with the news and said: "The Cartmel race is always a very competitive event and one I

love to win, but this will add an even greater incentive. It is a very generous sponsorship which will enhance the stature of the race."

Alexander Pecko and Rodney Banks-Lyon

Cartmel Racecourse is set in the Holker Estate at the heart of the Lake District, and is renowned for having the longest run-in in the country at four furlongs. Details of the racecourse and their fixtures, including the Cumbria Crystal Cup Day, are available at cartmel-racecourse.co.uk.

Banks Lyon Jewellers have been providing their customers with an unrivalled array of affordable and luxury watches and jewellery for more than 27 years. Since 1986, this family run business has combined exceptionally high quality products with outstanding standards of customer service, consistently delivering expert advice and friendly service to each and every customer. As an official and authorised stockist for a comprehensive range of luxury watch and jewellery brands, including Omega, Chopard, Cartier, Breitling, TAG Heuer, Georg Jensen, Fope and Al Coro, Banks Lyon Jewellers are a unique presence in the North West. There is no other jeweller in the North West, including Manchester and Liverpool, who have such a wide and exclusive portfolio of brands in one location.

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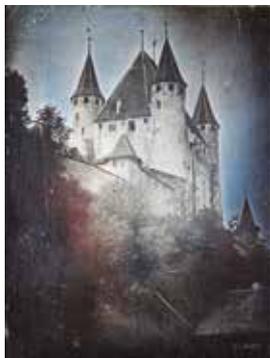
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Time to dine at... The Manor Inn

Telephone: 01524 791252

At last! Miss Daisy is back on the road again, so safely ensconced in the passenger seat off we set off on our travels – this time we were heading to Cockerham.

Not somewhere I have called at very often, except when I need a fix of Wallings ice cream, Cockerham is easy to find (no sat nav required – even for us) It's around 8 miles south of Lancaster on the road that passes Conder Green and Glasson Dock.

The Manor Inn is on the left as you get to the village, a traditional village pub set in lovely restful surroundings. It has its own large car park opposite, so thankfully only a simple parking manoeuvre for Miss D.

As you would expect of a 19th century building, (built in 1878) the pub inside has a rabbit warren of different rooms – a big main bar area with lots of comfortable seating with tables, a separate dining room, a pool room and a lovely good sized beer garden. Lee the landlord has been here for 8 months and now he is established he is keen to start updating it to how he would like it to be. He has all sorts of ideas to put his own personal stamp on it, including turning the orchard by the beer garden into an adventure area so children can go and play whilst the adults enjoy one of the great selection of beers and wines.

It was a glorious day, so we took our drinks into the beer garden whilst deciding what to eat, watching parachutists gracefully gliding from the skies above us (The Black Knights parachute centre is based in Cockerham). The menu is extensive, and has all sorts of deals on every week day. Mellow Mondays is classic dishes, Ruby Tuesdays is... can you guess? Yep, curries.

Wednesday is Burger Nation, and Frydays is... well you can probably work that out too. All these meals come in at £12 for two (with a small supplement for the really greedy who go for the Monster

Breakfast burger). Thursday is steak night, which leaves only Sunday. No prizes for guessing what they do on a Sunday – Chef's locally sourced roast of the day! For this you can have a traditional three course meal for £15, served from 12 until 8pm.



We were both a bit peckish, so ordered crispy potato skins with bacon, cheese and sour cream to soak up the lime and soda (oh, and my wine). A delicious and filling portion arrived and was devoured in no time.



Then Lee recommended I try the beer battered haddock – fresh every day – from the 'Hits for £6' deal which are a selection of 6 dishes served as slightly smaller 'lunch' portions Monday to Saturday. Well, if that was a small portion I'd never have got through the standard one. It was actually an ideal size for me, with delicious tasty haddock and a light crispy batter and the usual extras. Miss D was tempted by the bacon and cheese burger (100% beef from local butchers) on a brioche bun with salad and hand cut chips. It was gone in a flash...

Although neither of us actually needed a pud, once again in the interest of research we felt a duty to at least try some. Miss D had home made chocolate brownie with ice cream, and I couldn't resist the Wallings ice creams. Great value at 3 scoops for £3.95 I thought I'd be sensible and only have two scoops – a bit like closing the stable door after the horse has bolted considering what I'd already eaten – so chose refreshing mint choc chip and toffee crunch. As delicious as you would hope. After polishing them off we were both full as a boot so with a screech of tyres (not) we trundled off back to Morecambe after a really enjoyable afternoon.

If you're looking for a traditional village pub with delicious home-cooked food and a warm welcome, The Manor Inn really is a great choice.

Louise Hodgson



1 Main Street, Cockerham, LA2 0EF
Telephone: 01524 791252

Hits for £6

MONDAY - FRIDAY - 12PM - 2.30PM
(Booking is advised)

£5 OFF

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Time to dine at...

Oscars Wine Bar

Telephone: 01524 845563

Just after the May Bank Holiday some of the Local Choice team headed to Oscar's Wine Bar & Bistro in Lancaster to check out their menu.



Located on George Street at the top of town it is an easy to find venue which has a menu to suit all taste buds.

The first thing I noticed when I arrived was the funky decor and the great variety of seating options that they offered. We sat in a booth which had plenty of space for the 5 of us, however, there were also small tables, tall tables with stalls and a couple of sofas in the corner.

Oscar's cater for all sorts of occasions so whether you're looking for a quick bite to eat in the afternoon, an evening out with friends or a venue to hire for a special occasion they'll be happy to help. Upstairs they have a room for hire for special occasions and you can even pre-order drinks and canapes packages if you wish.

For our starter we decided on a sharer of ribs, wings and nachos. It came with hot sauce and a salsa dip which complemented it perfectly. Don't worry though you don't have to share (although our platter served 5 of us easily) there are also individual starter choices. These include olives, nachos, prawn cocktail and baked camembert.

If you have a big appetite then Oscar's is perfect for you. The mains that we ordered were very generously sized, in fact none of us could finish our plates. I went for the Southwest Stacker burger - a chicken breast



topped with bacon, cheese, crushed nachos, sour cream and salsa. Two of our table went for the cajun chicken and both raved about the taste. Both options came with chips, side salad and onion rings.

Of course, it would be rude not to at least try something from their fantastic specials menu. So one of our team opted for the Slow 'N' Low - a chicken breast in a sticky, sweet barbecue marinade served with side salad, onion rings, coleslaw and skinny fries. Other choices on the menu include vegetarian lasagne (which one of our team had and said was delicious) fajitas (chicken, slow cooked texas style beef brisket or vegetarian), steaks and much more.

As generous as the portions were, we couldn't resist dessert. They have an ever-changing dessert menu which for our visit included chocolate orange cheesecake, sticky toffee pudding, chocolate brownie and a flapjack stacker. Between us we tried most of them and they were all delicious!

There is something for everyone at Oscar's so why not head there next time you're eating out in Lancaster?

Deborah Aiken



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*Excludes seafood mezzes, mountain burger and steak. Additional charge will be made for daily specials.

COUPON VALID SUNDAY TO THURSDAY 12-10PM

Coupons not valid with reservations. Coupons valid for max of 6 people. Coupons must be presented when ordering or offer not valid. Coupons expire 30th July 2015. Management reserve the right to withdraw the offer at any time.

Oscar's
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Time to dine at... Country Harvest

Telephone: 015242 42223

It was a warm Summer's day when I decided to take a trip out at Country Harvest in Ingleton, as I had been hearing so many good things about their food hall, their gift shop experience and delicious homemade food.



On this occasion I was really looking forward to eating in their ever so popular coffee shop, which is renowned locally as they still retain the charm of a traditional waitress service to enhance your dining experience.

Perfect for ladies who lunch, senior citizens, families, or

walkers and cyclists just passing by, Country Harvest is open all day and offers a very traditional menu with an emphasis on freshly prepared local produce. All pies, quiches, scones and cakes are made in their own kitchen and the fresh bread comes direct from their bakery at Bentham. All the meat comes from their own award winning young butcher of the year, 'George Taylor' and much of the produce that you will be eating in the Coffee Shop can also be purchased from the bakery or the food hall.

The day starts with freshly cooked proper breakfasts served from 9am til 11.30am and will certainly set you up for the day. Although, if you prefer something a little lighter, then why not just pop in for one of their speciality loose leaf teas, or barista style coffees to enjoy with one of the homemade cakes and scones. In fact, many of their regular customers call in first thing to grab one of the fresh warm cheese scones straight from the oven, hmmm delicious!

I arrived just in time for lunch and I was blown away by the amazing choice, with a wide range of starters, soup and sandwiches, toasties, pannini's, main meals, hot baguettes, jacket potatoes and a mouth watering selection of daily specials.

Main meals included a seafood platter, served with smoked & poached salmon, prawns, tuna & smoked

mackerel, with seafood sauce & mayonnaise, or a selection of hot pies, such as cheese, onion and potato with Maryland Cheddar from their deli counter, or chicken leek and mushroom pie, amongst others, all served with fresh bakery bread and butter, or creamy mash & vegetables. Why not try the large Yorkshire pudding, with roast beef, turkey or the butchers sausage of the day, with onion gravy, or the Country Harvest bacon, cheese and onion quiche.

I chose something from the specials board - the beef and caramelised onion burger, with salad, potato wedges and a mayo dip and I can tell you, it really was extra special! The presentation and service was perfect, the meat was delicious and the whole dish was a real taste sensation.

Country Harvest is licensed, so I was able to have a glass of wine with my food, but they also serve some speciality ciders, beers and fizz of course (for you ladies to enjoy).

The desserts are absolutely amazing, with a selection of homemade cakes, gateaux and ice creams that will make your eyes bulge and your tummy too!! If you are too full to have one after your meal, then why not take some home for family and friends to enjoy too.

Afternoon tea here is also very popular, served daily between 2pm - 4pm and at just £11.95 per person it is excellent value for money.

There are plenty of vegetarian and gluten free options, with the chocolate pecan brownie a very popular choice. The children's menu is brilliant and with an outdoor play area, the little ones will enjoy it here too. The portions here are very generous and the prices are very affordable, so it is the perfect place to go back time and again.

Country Harvest also have a takeaway service for drinks, sandwiches, hot pies and salads, so if you are out for a walk, drive, bike ride or picnic, then you can still enjoy their delicious food.

Country Harvest is a great place to enjoy as a day out for some food and retail therapy, or for a few hours as part of journey to some of the neighbouring towns and with a perfect location so close to Ingleborough Fells, it is an

ideal base to start your walk or cycle ride from, or to simply relax here enjoying the spectacular views and the open countryside.

Mark Prada



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