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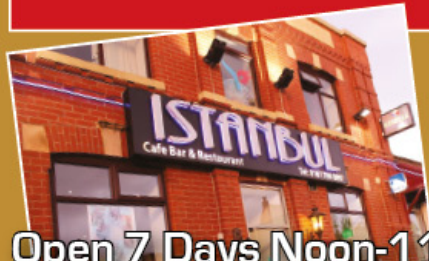
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NOVEMBER TO REMEMBER

Nothing really highlights the difference between the years I lived in Salford and those I've spent in Prestwich quite like my experiences of Bonfire Night.

In Prestwich I've mostly celebrated November 5th in rather benign and cosy surroundings. Whether I'm watching a scout leader struggling to light a rain-sodden rocket in a vicar's garden or wolfing down hotpot at an allotment display while a man heaves his old shed onto the bonfire, I've always felt safe. Or as safe as anyone can feel when in the presence of unqualified men setting off bundles of gunpowder or feeding an inferno with a Jerrycan.

But while my days in Salford were pleasant and harmless during the rest of the year, it always felt like Bonfire Night night was set aside for genuine peril. I took to getting provisions in and not going out until it was all over. This was because I lived on the 14th floor of a block of flats and saw a lot of scary things.

Children setting fire to old mattresses on the communal scrubland, where they laid blazing like fresh portals to Hell. Torched abandoned buildings belching throat-catching smoke into the drizzle-grey sky. Hapless locals on the nearby estate lighting a box of display fireworks then running in terrified shock as the air around them flooded with darting jets of tracksuit-sizzling flame.



But the year I particularly think of is the one when all-out block war took place. As I took up my traditional balcony position and settled in to marvel at the artificial thunderclaps and the flashes of light across the city, I witnessed a rocket being launched from one block into another.

It may have been an error but it was treated as a declaration of war and instantly reciprocated. Volleys of missiles quickly began flying back and forth, screaming into windows and ricocheting off the municipal brickwork, backed up by angry swear words and roars of triumph. When one man negotiated the service hatch above the lift to climb onto the top of one of the blocks and launch flares from his outstretched hand, I retreated inside and began thinking of new places to live.

But part of me misses that chaos. That sense of noise and threat, where anything can go wrong and did. If only to remind myself what a good idea it was to move to this town.

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Me Before You by Jojo Moyes

If you prefer to read a book before seeing the film adaptation then this is your chance to discover one of next summer's highly anticipated films.

26 year old Lou Clark still lives with her parents in the quiet market town she grew up in. Almost deserted in the winter the town's one draw is an old castle and when we meet Lou she works in the local tea shop serving the coach loads of tourists who come to visit. With a quirky dress sense Lou never really feels as if she fits in and as a teenager longed to travel the world. However circumstances meant that she could never bring herself to leave. After losing her job she reluctantly takes a job caring for Will, a young quadriplegic man injured in a motorcycle accident several years earlier. She is told the job is just for 6 months and despite a rough start she decides to stick it out and soon an unlikely bond develops between Lou and Will.

A romantic novel this also deals with the sensitive issue of disability and the descriptions of Will's day to day life are well written with brutal honesty and little sensationalism. Things take a darker turn when Lou learns the reason why her contract is only to be for 6 months and she sets out to bring Will new experiences and remind him of the simple joys of life: not easy for a wheelchair bound man whose ideal way to pass the time before his accident was skydiving or climbing Mount Kilimanjaro.

As a reader you are drawn into the lives of these characters and the development of their relationship is believable. In the hands of the wrong writer this plot line could turn out to be very twee and cliché but Moyes does not fall into this trap. The resulting novel is engaging, difficult to put down and will lead you to appreciate the small wonders of life.

The Fault in Our Stars by John Green

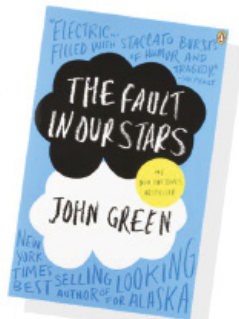
Continuing with the theme of personal relationships in the face of illness comes *The Fault in Our Stars* the hugely successful teen novel exploring the impact of teenage cancer on the lives of two individuals. 16 year old Hazel has cancer and is, reluctantly, convinced by her parents to attend a support group for others in her situation. Amongst the other patients there is Augustus, a 17 year old boy who lost a leg to cancer. The two begin talking and agree to read each other's favourite books. Hazel's book is a novel by a Dutch writer about a young girl with cancer: Hazel sees many parallels to her own life here. Augustus is angry after reading the book and discovering that it doesn't have a nicely wrapped up ending. There is no conclusion, no neat package, no ending: happy or otherwise.

Of course life has an ending, but it often isn't happy or neatly wrapped up. Hazel becomes aware of her fears about getting close to others. She is afraid that when she dies it will hurt them, and this naturally affects her relationship with Augustus.

This moving novel deals with issues that most of its teen readers won't have yet faced in their lives. As a teenager you often feel immortal. You feel as if life is stretching out ahead of you and death is the furthest from your mind. Hazel and Augustus, along with the other young people at the support group view life differently. There is no expectation that everyone will make it to the next meeting. No one is immortal.

With a huge teenage following and a successful movie adaptation this novel stays with you long after the closing paragraph.

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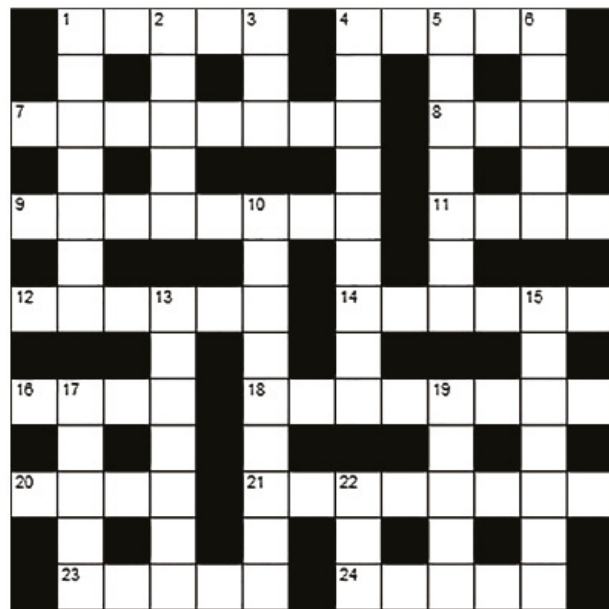
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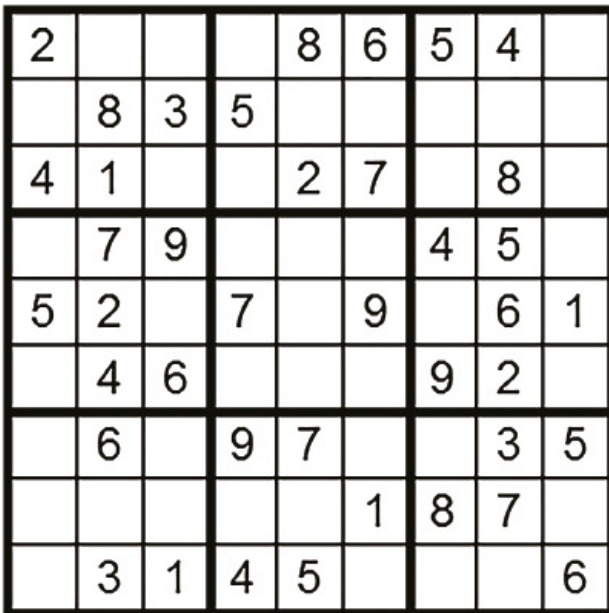
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- 4 Jolly outing or excursion (5)
- 7 Directly above (8)
- 8 Conservative (informal) (4)
- 9 Definitive (8)
- 11 Desert in Asia (4)
- 12 Silky wool (6)
- 14 Individual, organism (6)
- 16 Squabble, altercation (4)
- 18 Lesson, coaching session (8)
- 20 Indian garment (4)
- 21 Southern English county (8)
- 23 Last letter of the Greek alphabet (5)
- 24 Pleasant, refreshing weather (5)



Down

- 1 Spear (sporting) (7)
- 2 Royal breed of dog (5)
- 3 Farewell (informal) (3)
- 4 Decision, opinion (9)
- 5 Tense, anxious (7)
- 6 Spasm, pound (5)
- 10 Girl's name (Russian) (9)
- 13 Sketch, rough plan (7)
- 15 Catastrophe (7)
- 17 Ancient Greek philosopher (5)
- 19 Bucolic, pastoral (5)
- 22 Angry group (3)

**Solutions on
page 40**



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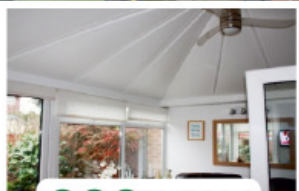
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Serves 12

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

225g / 8oz Plain flour

2 level tsps Ground ginger

1 level tsp Bicarbonate of Soda

½ level tsp salt

225g / 8oz Medium oatmeal

115g / 4oz Black treacle

115g / 4oz Golden syrup

115g / 4oz Soft light-brown sugar

115g / 4 oz Unsalted butter

150ml / 5fl oz Milk

1 Egg - beaten

Method

Preheat the oven to 180C / Gas mk 4. Grease and line a 30 x 25 x 5 cm (12 x 10 x 2 inch) roasting tin with grease-proof paper.

Place the treacle, golden syrup, sugar and butter into a heavy-bottomed saucepan and heat gently until the butter has melted. Remove from the heat.

Allow to cool a little then beat in the milk and the egg.

Sift the flour, ginger, bicarbonate of soda and salt into a large mixing bowl. Stir in the oatmeal and make a well in the centre.

Pour the liquid mixture into the well and beat thoroughly.



Pour into the roasting tin and bake in the centre of the oven until firm and springy.

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Bleaching

Teeth can be stained by smoking, some medications and certain food and drink. Most stains can be removed by regular scale and polish appointments, but others are harder to shift. Also, teeth naturally differ in colour, so some people will have naturally whiter teeth than others.

Bleaching is usually done over the course of a few weeks, although laser bleaching can give you noticeable results, in less time. The bleaching product is painted onto your teeth, and activated by the laser. Teeth can sometimes feel a little more sensitive during treatment and gums can be a bit sore, but results can be pretty dramatic, with teeth up to six shades whiter. The effect can last for up to three years.

Straightening

Another common cosmetic procedure is straightening or moving teeth slightly. This is usually done with orthodontic braces. If you have an image of a spotty teen with metal train tracks, you might be surprised to find out that more and more adults are getting them, and many of today's braces are a world away from the unsightly ones of a few years ago.



'Invisible braces', for example, are clear plastic moulds that fit over your teeth. They're not very noticeable and can be taken out for eating and brushing. They do need changing every few weeks, to fit your changing bite, so can

work out more expensive than traditional fixed braces.

Teeth-straightening is a gradual process and usually takes one to two years. The effect is pretty permanent, although teeth may move slightly as the years go by.

Replacing missing teeth

There are different ways to replace missing teeth. The best choice usually depends on how many teeth are missing, where the gap is, and what condition your other teeth are in. You could opt for a partial denture, which can be removed. Alternatively, a bridge can be fixed onto remaining teeth, or onto implants (artificial roots).

Is it for you?

Only you can decide whether you want to have work done and if so, how far to go. We've all seen the 'Hollywood smiles' – those too white, too straight, too perfect sets of teeth that just look a bit false. Sometimes it's the minor imperfections that make us who we are. Would Claudia Schiffer have been as distinctive if she'd had her teeth 'fixed'?

For more information about cosmetic dentistry, visit www.dentalhealth.org or call the dental helpline on **01788 539780**.

By Kate Duggan

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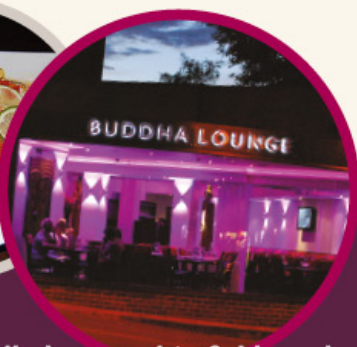
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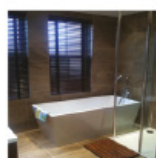
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BONFIRES

November seems a good month to talk about bonfires. I'm not actually a huge fan of the garden bonfire; I think that generally there are better ways of disposing of garden waste. Most green waste, such as leaves or grass can be recycled. Woody waste can be shredded and either composted or used as mulch, though it may be more cost-effective to hire a shredder rather than buy one outright if your garden is small.

But if wood is diseased a bonfire may be the best way to deal with it. So what are the rules regarding garden bonfires?

Rather surprisingly there are no specific laws against having a bonfire, or when you can have one. There may be local by-laws though: laws made by a local authority and applicable only in a defined geographical area. Phone your council or check their website for further information. If you rent a property you'll need to check under your tenancy agreement too, in order to find out whether bonfires are permitted.

Laws about bonfires are generally concerned with their potential nuisance value. So you can't burn plastics, or painted household waste which may produce toxic fumes or thick smoke harmful to asthma sufferers. Also, the Highways Act states that it is an offence to light a bonfire near a road if the drifting smoke may cause a traffic hazard.

Mostly though bonfires are all about common sense. The smoke and smell from a fire might annoy your neighbours, especially if it prevents them from opening their windows or hanging out their washing. It's polite to warn your neighbours beforehand; they may have an outdoor party planned or want to spend the afternoon pottering in their garden. Light your bonfire at a time least likely to cause a nuisance – remember on a warm sunny day people are more likely to be out in their garden, enjoying it. Only burn dry material because damp material creates a lot of smoke.

The other issue with bonfires is, of course, safety.

Bonfire Safety Check-list

Build the bonfire away from sheds, fences and trees

Don't build it too large and make sure it's stable, so it won't collapse outwards or to one side.

Check the bonfire for hibernating wildlife.

Don't use petrol or paraffin to start the fire as these accelerate the flames and may cause the fire to burn out of control.

Keep a bucket of water or a hose handy—just in case

Don't leave the fire unattended.

Keep small children and pets out of the way.

Once the fire has died down, pour water over the embers to stop them re-igniting.

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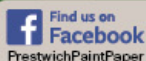
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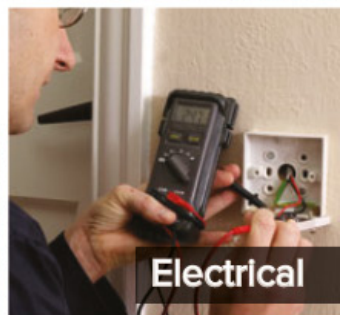
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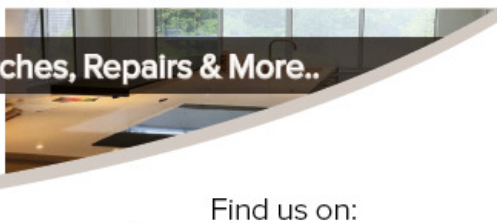
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Prestwich Heys FC**Prestwich Heys head into autumn top of the Manchester League Premier Division.**

Jon Lyons' team lead the table by a point, having played fewer games than anyone in the division and they remain unbeaten.

A 3-2 win over Old Alts and a hard fought 1-0 win away at fellow pacesetters AFC Monton has put Heys in a strong position at the top of the table, a position they will look to build upon with five of their next six league fixtures at home.

They also have a Gilgrsynt Cup Quarter Final to look forward to in the coming month when they will host Old Alts at Adie Moran Park on November 28th.

However, October did see Heys hopes in the Lancashire Shield ended. After an impressive 2-1 win at Euxton Villa in the second round, they went out at the 3rd hurdle when losing 3-2 at league rivals Royton Town.

Heys Reserves are top of their League too by an impressive six point margin.

They remain unbeaten and have set a significant milestone. A 5-0 win over Dukinfield at the end of September saw them make it a whole year since they last lost a League game.

Their last defeat was at Wythenshawe Amateurs was on September 27th September 2014, 29 games ago.

Matt Jolly's' side maintained that run with further wins over Manchester Gregorians (2-0), East Manchester (9-1), AFC Monton 2-1 and Wythenshawe (1-0).

The coming months fixtures are:**November 7th**

1st v Boothstown (H)

League

Reserves v Royton Town (A) League

November 14th

1st v AFC Monton (H) League

Reserves v AFC Monton (A) League

November 21st

1st v Hindsford (A) League

Reserves v Hindsford (A) League

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The previous Volvo XC90 was so successful that Volvo kept it in production for over 10 years, with just a very minor facelift towards its end. It was a big functional car with premium credentials and excellent reliability so this all new model has a lot to live up to.

Lets start with the way it looks. The previous model was a little conservative and boring in the styling department, even for early 2000's. It was driven by mum's and nobody else. In fact I challenge you to recall a time when you've seen dad in the driver's seat of an XC90.

I personally think the new XC90 is one of the most handsome big cars on sale today. Car styles are evolving every year – just look at the new Range Rover and Mercedes S-Class which have really shaken up the 4x4 and luxury saloon sectors respectively, and Volvo have followed suit with this rather futuristic looking machine. The huge grille and fancy LED headlights (more on them later) dominate the front and lead your eye back to the nicely rounded rear with just the right amount of chrome detailing the exterior.

In terms of functionality and space, the XC90 has the Porsche Cayenne and the Range Rover licked. Boot space is as vast as Volvo's estate cars and the two rear child seats are easy to pull up from the boot floor. I call them child seats but they can easily accommodate most adults in relative comfort. Luggage space, or more appropriately 'pram space', is still ample with the back seats up. There are also lots of large cubby holes located throughout the cabin. It's a very well packaged car.

Safety is obviously the number one priority and Volvo have really done a great job with packing this new car full of the latest tech such as window airbags for all three rows of seats, and a system which can allow the car to drive itself in slow traffic to avoid low speed collisions. Lane departure warning comes as standard on all models.

Behind the wheel it's a real treat for the senses. The futuristic style continues with there being only 8 physical buttons in the car, most things are controlled by the tablet-like screen in the middle of the dash. A huge LCD display replaces the traditional analogue speedo and rev dials. The only other car in this category that offers this is the Range Rover and I actually prefer the XC90's display and interface to the Range Rover's. It's a lot more vibrant and animated.

Prices begin at £45,000 and engines available include a 2.0-litre petrol or diesel up to a 'T8 Twin Engine' which is a petrol plug-in hybrid with 320hp plus 87hp available from the hybrid battery. Unfortunately this engine does whack the price up by almost £10,000. If it was my

money I'd stay sensible and go for the 2.0-litre diesel which feels powerful, punchy and it's economical – you'll achieve around 35mpg from normal driving which is acceptable for a car this huge. Being this huge, however, you'd expect better rear visibility from the interior mirror – it isn't great.

The optional air suspension does a great job of ironing out any lumps and bumps the road has and it doesn't feel sporty. If you want sporty, buy a Cayenne Turbo. A vehicle of this size and weight should not feel sporty so well done to Volvo for not going down same route as other SUV manufacturers. You can spec enormous flashy 228 rims at just over £3,000 which will diminish the ride quality slightly.

As far as optional extras go, there is nothing too radical and ground breaking to report here. You can spec the usual gadgets we've come to expect on luxury SUVs now such as 360-degree parking camera (essential because of the poor rear visibility!) and head-up display, heated seats and comfort seats. As one would expect from a Volvo, an almost endless list of various roof racks, dog cages, luggage nets and child seats can also be added.

Those beautifully designed headlights are brilliant and clear when night falls. Volvo call them "Thor's Hammer" headlights, obviously because the 'T' looks like a war hammer and this is the first Volvo car to feature this new lighting system and 'T'-shaped DRL which will be appearing on the next generation of Volvo cars starting with this one.

It's big, handsome, safe and practical. In fact I struggled to find any negatives and niggles during my time with the XC90 so for that reason, it scores a 9/10 from me.



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