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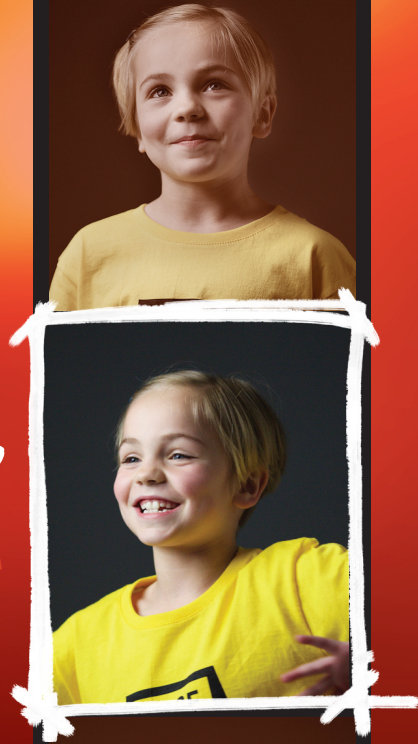


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Headington Monthly is distributed to residents and businesses in Headington and Marston every month.



Nick Allnatt
Founder/Publisher

GET IN TOUCH
Nick: 07850 120116
nick@headingtonmonthly.co.uk

Dear Readers

Nice to see the summer is on it's way. It's coming up to Headington Festival time again on the 3rd and 4th June. Details can be seen on page 28. Last year's Festival was great and this year's will be too. If you haven't attended before it's the one great weekend in the year when we can all get together and enjoy fun and entertainment. If you have something else planned then cancel it so you can attend! You won't regret it. If you want to run a stall it may not be too late to book if you contact Neil Holdstock on 0800 234 3095.

You might have noticed the young sweetie performing on our front cover. She is one of the artists for the Barton based dance group Messy Jam who were founded in 2006 and were performing on the Saturday at last year's Festival. Messy Jam is doing great work with youngsters helping them develop their talents and confidence. They are proud winners of the Birmingham Talent Show and have appeared at numerous important events around the country. No surprise therefore that founder Elisha Peart was invited to and attended the Royal Garden Party in 2011. We couldn't resist the cover photo which was one of many taken of the event by Pete West. Pete took the photo for last year's Festival cover which you may remember featured a 7 year old young lady throwing her 14 stone father in a martial arts throw. What a talented rising generation we have in Headington?

I would join Messy Jam myself but would probably only be useful as ballast to hold down the stage supports! As a young lad I was quite light on my feet as a dancer. But more recently I attended a dance class with my wife after watching Strictly and the stage collapsed under my weight! :)

Enjoy the Festival,

Nick

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COVER IMAGE

"MESSY JAM" BY PETE WEST

DEADLINES FOR

JUNE 2017

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Charity/Non-Profit and

Design Requests

2nd MAY 2017 5pm

THIS MONTH IN YOUR HEADINGTON MONTHLY:

6. OXFORD UNITED
8. COOL CUSTOMER
10. MOVIE REVIEW: LIFE
14. GARDEN GNOME
18. SKIN DEEP
20. COLLECTIONS
22. NATIONAL DOUGHNUT WEEK (REALLY)
24. BRAIN GAMES
28. WHAT'S ON

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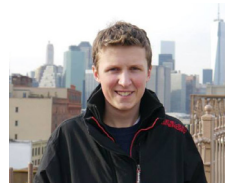
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Tim is a 21 year old sports fanatic and has been living in Headington since 2004 which was when he saw his first Oxford game. He wishes to pursue a career in Sports Journalism. Tim enjoys taking part in triathlons and is a member of the local club. He is a season ticket holder at Oxford United home games and won the 2015 Oxfordshire Young Sports Reporter competition organised by BBC Radio Oxford.



U's fall short at second time of asking

By Tim McGovern

Oxford were defeated at Wembley for the second consecutive year at the hands of relegation battlers Coventry.

Before the loss, the U's had suffered inconsistent form with a 2-1 loss at Oldham, late win at home to Scunthorpe 2-1, followed by a 4-2 loss to high fliers Bolton, and a bland 0-0 draw with Northampton.

Oxford seemed hopeful after their fantastic 5-1 victory against Bury, with Marvin Johnson and Joe Rothwell both scoring one, and Conor McAleny hitting his second hat-trick of the campaign after his trio away at Chesterfield just over a month before.

But, when Oxford took the hallowed turf, nothing seemed to click. Right from the off it seemed loose and disjointed, with what appeared to be the regular tactics of fast moving football, gone right out of the window.

Coventry took the lead after only 11 minutes, making it difficult. An unlucky block from Phil Edwards resulted in Gael Birgimana tapping home from a few yards out. Oxford didn't create one good chance for the rest of the half, wasting corner after corner. No real urgency seemed to grip the players, much to the fans annoyance.

The situation was made even worse ten minutes after the break, with George Thomas coolly finishing after a counter attack that shouldn't have paid off. Even after this, Oxford seemed lazy and didn't demonstrate any form of consistent tactics as seen in the past few seasons. If they had, they would have been in the lead.

With fifteen minutes left on the clock, Oxford seemed to finally wake up. After a scrap in the

box, some good skill and a fine shot saw Liam Sercombe convert right from outside the area. 2-1.

Oxford seemed to dominate from here on, but a missed Rob Hall one on one was the last best effort Oxford produced.

Coventry managed to hang on and claim their first victory at the new Wembley, thirty years on from their FA Cup win in 1987.

After what has been a great season for Oxford so far, I have to say that the team let themselves down. Coventry walked all over Oxford without reply. This is made worse by the fact that Coventry will almost certainly be relegated this year. They are not a strong team, but came out victorious on the day. Two years in a row really does sting, but the team has done incredibly well to get this far for two years running.

Only six games left in the league, let's make each and every one count before the season is up! COME ON YOU YELLOW!



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COOL CUSTOMER

Choosing a new fridge



The fridge has come of age. Gone are the days of a squat little white cupboard with a tiny freezer compartment. Fridges have gone large! Some even come with custom panels that exactly match your kitchen cabinets.

There are six basic types of fridge:

Top Freezer - A traditional fridge, that's good for a fairly tight spot. These tend to offer the most space for their size but need space for a wide swing of the doors. They also require you to crouch to reach the lower shelves which may be an issue if you are tall or have arthritic knees.

Bottom Freezer - We tend to use the freezer less so it might make good sense to have the fridge shelves at eye-level. You tend to need a larger model to get the same useable capacity as a top freezer.

French Door - This has two narrow doors on top, opening from the centre, and the freezer below. The space-saving small-swing doors have the added value of opening only half the fridge when stashing smaller items. They tend to be wider than top or bottom freezers.

Side-by-Side - With the fridge on one side and freezer on the other, these usually have through-the-door ice and water dispensers and temperature-controlled.

The narrow doors can be useful if your kitchen is small but some don't open wide enough for large boxes, and the tall, narrow compartments can mean some items disappear to the back, never to be seen again!

Built-In - These are made to fit almost flush with cabinets and counters.

They are typically bottom-freezer or side-by-side styles and match your cabinets.

Compact or Mini - Perfect for a bedsit or a kitchenette. Keep in mind these models may have only one quarter the capacity of a regular fridge, but cost just as much to operate.

Always measure where you plan to put the fridge before you buy. Check too that it can fit through doorways and remember that you will need space to open the swing doors and for a one inch clearance around sides and back for adequate airflow.

Bigger is probably better as it means you can shop in bulk, and smaller models do not necessarily mean smaller running costs.

Energy efficiency - All new fridges are a lot more efficient than they were a decade ago. They all have to be A+ rated now. Yet even between A+ models running costs can vary widely. Your fridge runs for 24 hours per day so it makes sense to do your research. Compare the Energy Guide labels of your favoured fridges, and then compare the annual operating costs and the kilowatt-hours used per year.

Do all this and you will be a very cool customer when it comes to making your purchase.



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LIFE

THE FILM REVIEW
BY OSCAR DUXFIELD

LIFE is a brutal space horror that had me on the edge of my seat and clenching my armrests for its full 105 minute runtime. It is about a group of astronauts on the international space station who are examining a newly discovered species from Mars. I went into this movie with the preconceived notion that it would be another knock off Alien action horror. However, perhaps surprisingly the movie only falls into a few classic horror clichés, using excellent acting instead to build suspense and scare the audience. One of the many aspects I find fresh and new about this movie is its lack of jump scares that a lesser film would shoehorn in as a cheap way to spook viewers. This allows the suspense to rise as we follow each crew member around the space station constantly searching for signs of the alien from Mars. Another excellent aspect of this movie is the opening sequence that lasts for about 12-13 minutes, it is all in one take, this is a very memorable scene as it takes us through the entire of the international space station showing us the different areas and tools they use that will be of use later.

There are a couple of flaws in the film, one of which is the trailer. Increasingly, studios create trailers for films before they have finished editing the movie and they have done this for LIFE. The result is lines in the trailer suggesting very different plot points in the film. I am unsure if this was intentional, to mislead the audience, or an accident of the production schedule. Either way, it's annoying and misleading for the viewer. ...

Another minor flaw was that old chestnut ... losing contact with NASA. This is the space equivalent of "were being attacked, let's call for help, oh no I have no signal on my phone". It detracted from the suspense and took me out of the movie, especially as there doesn't appear to be any rational reason for. The transmission failure, which certainly isn't explained properly. It's disappointing that a whole team of experienced screen writers were unable to find a less clichéd ways of generating tension at that point in the film. But let's not be overly critical of the screen writers. They clearly know you can't have a great horror movie without killing off some of your main characters, cutting through their top billed players like a hot knife through butter.

The ending of this movie (which I won't give away) is fantastic. The film convinces us right up to the final 30 seconds that something is about to occur and just as we give a sigh of relief we are thrown a curveball that sets the polar opposite in motion.

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# the garden gnome

## take a look up

**N**ow the temperatures are improving, I see many more heads bobbing up and down over the garden fences as more people get out and enjoy their gardens in all their forms.

How aware are we though of the nature and the actual environment around us?

Many of the gardens I see around have trees in them, but how many of us really spend time looking up in the canopy? There's often a whole new world of life up there, bathed in dappled sunlight as the wind rocks and sways the branches.

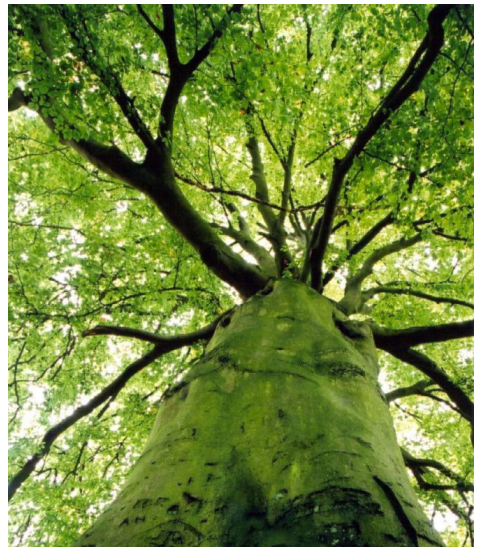
A whole range of different insects regularly call tree canopies home, and they often differ from those you find on the ground, enjoying your flowers, plants and crops with you.

The initial burst of life in Spring of our garden Blue Tit's as they pair up, mate, have young which hopefully fledge, is followed by what seems silence as they disappear. They haven't though as these Tit families climb into the canopy of trees and gorge themselves on the insects and caterpillars that inhabit that space. So after the current breeding season is complete, look upwards and see if you can spot

these family groups.

Maybe do a quick survey and see if different species of birds, not just the Blue Tit's, prefer different species of trees.

So the message of this piece is get out and enjoy your garden, local park, or even woodland. Remember to look upward too. Nature is all around.





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There are thousands of product on the market that promise us all manner of miracles but do any of them work and is there anything we can really do to hold back time?

What about facials? Having a facial is a luxurious but is it really doing anything? Beauticians say yes. Although the skin self-renews, dead cells on the surface make it look dull. Facials help by physically removing dead cell build-up, to reveal younger fresher skin underneath.

There are a bewildering array of facials to suit skin type, age and budget they all follow a similar pattern.

The first step is a deep cleanse, followed by exfoliation then, depending on which treatment you've agreed with your beautician it can include steaming, blackhead and whitehead extraction, massage, face mask and moisturiser. Variations include aromatherapy oils and acupressure.

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I'm up for that.



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**Trans-retinoic acid** It's been proven to reduce wrinkles, increase epidermal thickness and stimulate collagen deposition. It is effective in serum at very low concentrations but the effect is cumulative, so you will need to view it as a long-term strategy. It's also very sensitive to sun light and breaks down on exposure, and can cause a mild skin reaction so should only be applied at night.

**Vitamin C** serum This is a highly effective anti-oxidant and wrinkle-reducer but needs to be concentrated (10% or more) and stabilised in order to work. Keep it out of the light and use in the morning. It breaks down on exposure to sunlight so use it under a moisturiser with a high SPF. Use only stabilised, colour-free preparations. If there is a yellow tinge, it's no longer effective.

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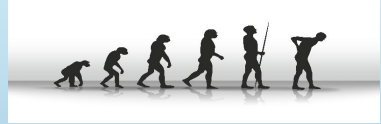
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# COLLECTIONS

About a third of people in the UK own a collection. From water colour miniatures to novelty pens, people like to collect things - but why? Well there isn't one reason. For some, like football fans who collect club memorabilia, it is a way to express their loyalty; for others, like a coin collector who is proud of a rare find, it can become an obsession. You don't even have to collect something physical: train spotters collect engine numbers and information.



worth a lot. There are a couple of interesting theories. One is a phenomenon called the endowment effect, which describes our tendency to value things more once we own them. The other is the concept of contagion, and this applies particularly to celebrity

items because some collectors see such objects as being infused with the essence of the person who owned them.

Collecting can be an absorbing and fun hobby, and can be a good way to make like-minded friends. There are online communities for chatting about your collection. There are also meet-ups where you can swap or buy additions.

Humans are unique in the way we collect items purely for the satisfaction of seeking out and owning them. It's thought that we started to collect things as early as 12,000 years ago, when our ancestors ceased their nomadic lifestyles and settled in one location. There is much speculation about why we collect, yet little agreement between scientists.

To start a collection choose something that is meaningful to you and works with your budget. I have one friend who collects silly limericks, which cost her nothing, and another who collects aesthetically pleasing glass objects, which can set her back several hundred pounds. Both get great pleasure from their hobby. The choice of things to collect is limitless...so what are you waiting for?

It's true some people collect items like fine art or wine as investments, but the vast majority of collections are not actually

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# National Doughnut Week



May 13<sup>th</sup>-19<sup>th</sup> is National Donut week. Who doesn't love a naughty donut? But where did they come from?

The humble doughnut has a convoluted past. The Dutch are credited for inventing them; they are first mentioned in a recipe book back in 1803. Doughnuts as we know first appeared in Manhattan, (originally New Amsterdam). They rejoiced under the unappetizing Dutch name of olykoeks, which translates as oily cakes!

From there history gets a bit hazy. Elizabeth Gregory was a New England ship captain's mother. She made a deep-fried dough that incorporated her son's spice cargo of nutmeg and cinnamon, along with lemon rind. One story says she invented it so that the crew could store a pastry on long voyages, and that it might help ward off scurvy and colds! Mrs. Gregory filled the centre of her deep-fried pastries with nuts, probably because that was the part of the dough which might not cook through. Hence they became known as doughnuts!

Her son claimed credit for putting the hole in the doughnut. Some people think he did it to save on ingredients and costs. One nice story has it that the doughnut acquired its hole when, one night in a storm, he needed both hands free so skewered one of his mom's doughnuts on a spoke of his ship's wheel.

In the First World War American soldiers

were made gifts of doughnuts by French women volunteers, to give them a taste of home. The soldiers carried their taste for the sweet treat back to the US when the war ended.

The first doughnut machine was invented by Adolph Levitt, an enterprising Russian refugee who sold fried doughnuts from his bakery to hungry crowds of New York theatre-goers. Doughnut machines were a hit at the 1934 World Fair in Chicago, where they were marketed as the future of food-production. Then a Frenchman named Joe LeBeau, who was struggling financially, sold his secret doughnut and also the name Krispy Kreme, to a store owner named Ishmael Armstrong, who hired his nephew, Vernon Rudolph, and put him to work selling the treats door-to-door. A business legend was born.

By the late 1950s, there were 29 Krispy Kreme store-factories in 12 states. Today they have stores across the world but all the doughnuts are still made to the original recipe.

In the UK the doughnut is enjoying a surge of popularity. You can buy gourmet donuts at specialist shops and independent bakers pride themselves on their own variations. There has never been a better time to be a doughnut-lover.

National donut week has been running for 26 years. It was launched in 1991 by independent baker Christopher Freeman. The aim was to celebrate the donut and raise money for charity. Last year nearly £23000 was raised for The Children's Trust, which supports brain-injured children.

So is it doughnut or donut? The dictionary states 'doughnut' with 'donut' listed as an American variant. But really, who cares? They are delicious and this month you can indulge and help a worthwhile cause. What could be better?

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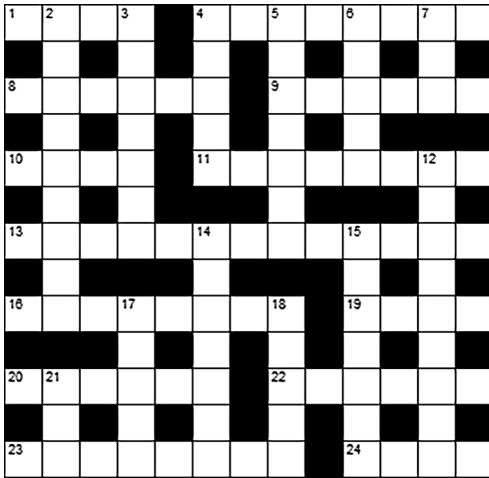
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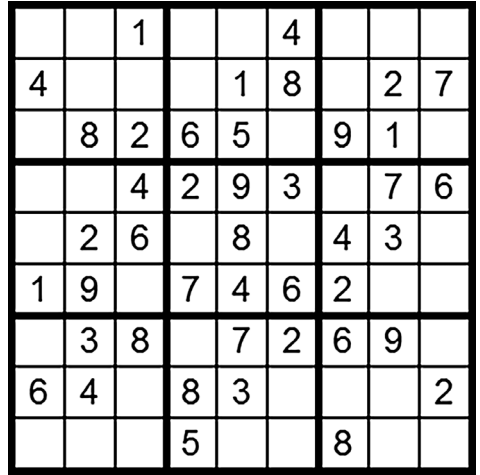
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

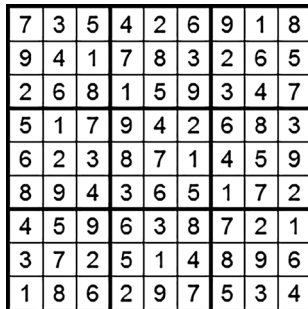
#### ACROSS

- 1 Hand-me-down, nearly new (4)
- 4 Small, exclusive shop (8)
- 8 Balloon which carries people (3,3)
- 9 U.S monetary unit (6)
- 10 Adept, capable (4)
- 11 Mahogany, teak or oak (8)
- 13 Glenn Miller player one (5,8)
- 16 Pain-relief tablets (8)
- 19 Identical (4)
- 20 The 10 commandments were inscribed on a stone \_\_\_\_\_ (6)
- 22 Have something in mind, plan to (6)
- 23 Defers, puts off (8)
- 24 Informal name for a cat (4)

#### DOWN

- 2 Escalates or proliferates rapidly (9)
- 3 Road to nowhere! (4,3)
- 4 Tree with silvery bark (5)
- 5 Experience, endure (7)
- 6 Relative by marriage (2,3)
- 7 \_\_\_\_\_ Stubbs, of Sherlock fame (3)
- 12 Salves, balms (9)
- 14 Cheep, chirp (7)
- 15 Place to wait for public transport (3,4)
- 17 Eskimo house (5)
- 18 \_\_\_\_\_ roll, jam filled sponge. (5)
- 21 Assistance, relief (3)

Last month's Brain Games solutions:  
*did you get them right?*



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**Windmill Road** - Ice Hair Salon, Helen & Douglas House, Armends Walk-in Barbers, Adria Pizzeria & Gelateria, Vente Tsunami, Sue Ryder Foundation, Daisy Chain, Electric Aids **Gray's Road** - Gray's Road Stores **Girdlestone Road** - Girdlestone Launderette **Wilberforce Street** - The Butcher's Arms

**WOODFARM: Atkyns Road** - Post Office, The Coop, Woodfarm Bakery

**MARSTON: Cherwell Drive** - Mediterranean Fish Bar, Marston Medical Centre

**Old Marston Road** - The Coop, Marston Pharmacy, Costcutter **Marston Road** - The Marston Barber

**QUANTITIES ARE ALSO AVAILABLE AT:** Headington Library, Bury Knowle Health Centre, Gardiner's Opticians, Barton shops & Health Centre.

**Do you know of a good collection point for the magazine? If so please let us know.**

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Saturday 13th May at The Headington Care Home, Roosevelt Drive, Headington.

The coffee morning is open to all and will be held between 10:30 am to 3:00 pm. There will also be a plant sale and Tombola. All money raised will go to the resident's fund here at the home.

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Saturday 27th May 11.00-11.30am

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**3rd June - Headington Centre 10am - 3pm**

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# CONTACTS, COMMUNITY, CALENDAR.

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## Doctors:

- \* Barton Surgery, Underhill Circus, Headington - 01865 744 221
- \* Bury Knowle Health Centre, 207 London Road, Headington - 01865 761651
- \* Manor Surgery, Osler Road, Headington - 01865 762 535

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- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308 400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 308400
- \* John Miller Dental Practice, 6a The Parade, Windmill Road, Headington - 01865 308 050
- \* Kennett Road Dental Practice, 3 Kennett Road, Headington - 01865 761 965
- \* Manor Dental Practice, 7 Osler Road, Headington - 01865 750 056
- \* Studental, Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, OX3 - 01865 484 608

## Chemists:

- \* Barton Pharmacy, 6 Underhill Circus, Headington - 01865 763 106
- \* Boots Pharmacy, 96 London Road, Headington - 01865 763 106
- \* Boots Bury Knowle, 207 Bury Knowle Health Centre, Headington - 01865 765 559
- \* Roundway Pharmacy, 3 Roundway, Headington - 01865 766 994

## Libraries:

- \* Headington Library, North Place, Headington - 01865 762 867

## Other Useful Numbers:

- \* Age UK - 01235 849 400
- \* Childline - 0800 1111
- \* Citizen's Advice Bureau - 0870 200 608
- \* John Radcliffe Hospital - 01865 741 166
- \* Gas Emergencies - 0800 111 999
- \* Power Outages - 0800 072 7282 (Scottish Power & Southern Electric)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Andrew Smith MP - 02072 194 512
- \* NHS Direct - 111
- \* The Samaritans - 08457 909 090
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## City Councillors for Headington:

- \* Ruth Wilkinson - 07789 368 300
- \* Altaf Khan - 07931 345 554

## School Terms 2016-17

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 21 Oct   | 37     |
| Oct. Holiday       | 24 Oct-28 Oct    |        |
| Term 2             | 31 Oct - 16 Dec  | 35     |
| Christmas Holiday  | 19 Dec - 2 Jan   |        |
| Term 3             | 3 Jan - 10 Feb   | 29     |
| Feb Holiday        | 13 Feb - 17 Feb  |        |
| Term 4             | 20 Feb - 7 Apr   | 35     |
| Apr Holiday        | 10 Apr - 21 Apr  |        |
| Term 5             | 24 Apr - 26 May  | 24     |
| Late Spring        | 29 May - 2 Jun   |        |
| Term 6             | 5 Jun - 21 July  | 33     |
| School Year Begins | 4 September 2017 |        |
| Total              |                  | 195    |

*This information is taken from the Oxford City Council website. Please contact your school or visit your school's website to check the return dates for your school and obtain dates of teacher inset days.*

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