



World Cup and heatwave leave UK facing beer shortage - page 3



California's British Accent™ - Since 1984

Saturday, June 30, 2018 • Number 17367

Always Free

# BLAIR: WE MUST RETHINK BREXIT 'CATASTROPHE'

Tony Blair said on Wednesday that he had "never been more worried" about Britain's future as he called for Brexit to be postponed, arguing that exiting without a deal on a future relationship with Europe would be a "catastrophe".

Mr Blair used a speech to warn that the political fallout of Brexit could be far worse than the economic consequences, not only for Britain but for the world, weakening the transatlantic alliance and western democracy, and strengthening autocracies.

"We cannot go on like this," he told an audience at the international affairs think tank Chatham House. "I have never been more worried about the future of our country than now, with competing emotions of anxiety and rage."

## 'final decision'

Speaking on the eleventh anniversary of his resignation as prime minister, Mr Blair was equally scathing about Theresa May and Jeremy Corbyn, suggesting that neither had shown themselves capable of leadership on the most crucial issue facing Britain.

Mrs May was more

"hostage than leader", he said, and Mr Corbyn "neglects to lead the fight here at home over an issue which literally determines the future of Britain and where he could play a decisive role".

He said: "Parliament must assert itself because neither government nor opposition can or will. Then the people must make the final decision because only they have the right to decide what version of Brexit they want or whether in the light of all they now know they prefer to remain."

In a question and answer session later, he said: "What we cannot have is a situation in which Britain goes out of Europe at the end of March 2019 and does not know what it is getting."

"I think the government wants to do that, I am afraid, because they have no answer to the central dilemma of the negotiations as you can see from the cabinet."



"I have never been more worried about the future of our country than now," Blair told a Chatham House audience

He called the spectacle of Brexiteer cabinet ministers publicly threatening to walk away without a deal "the equivalent of holding a negotiation on the top floor of a high rise building and 'threatening' to jump out of the window if our demands are not met".

Until now "the negotiation with Europe has been conducted by civil servants in a state of despair overseen by politicians in a state of denial".

## 'vigor and urgency'

He urged Europe to recognise that "Brexit represented a feeling that was not specific or exclusive to Britain". He called for Brussels to "come to a view about reform in Europe, particularly over these issues of migration and for Britain to be made an offer that allows us to stay in with dignity."

"This is a Europe-wide feeling, it is just that Britain had a referendum," he said.

Yet the risks of Brexit go further than Europe, he insisted, to the heart

of the rules-based international order. "The risk for our allies is also grave," he said. "America needs Europe united and standing with it, not isolated as individual nations able to be picked off one by one by the emergent new powers."

The Brexiteer argument that Brexit would strengthen the Anglo-American alliance had not been borne out by events, he argued. "Since the referendum is Britain closer to the USA? Is the relationship stronger? On a global issue, who is

the American president calling first on the continent of Europe — the British prime minister?"

He called on President Trump to counter with "vigor and urgency" the idea that the importance of the transatlantic alliance was diminishing. "We need to know from the current American administration and its president that our alliance matters," he said. "The only people who gain from a fracturing of the transatlantic alliance are America's rivals or adversaries."

## News from Britain

# William in historic meeting with Palestinian leader Abbas

Duke of Cambridge becomes first member of the royal family to visit the Occupied Palestinian Territories

History was made in the West Bank on Wednesday when the Duke of Cambridge met the Palestinian leader Mahmoud Abbas, who said he hoped Palestine would be an independent state the next time Prince William visited.

The duke, the first member of the royal family to visit the Occupied Palestinian Territories, crossed the wall that divides the West Bank from Israel to be greeted with a ceremonial welcome at the headquarters of the Palestinian Authority, complete with trumpet fanfares and a guard of honour.

A day after Israeli president Reuven Rivlin asked the duke to deliver "a message of peace" to 82-year-old Abbas, the Palestinian president reaffirmed his "full commitment to achieving a full and lasting peace based on a two-state solution where the state of Palestine lives side by side with the state of Israel with both supervising peace and security".

Abbas said: "Your royal highness Prince William, it is my honour to receive

you in Palestine for your first visit.

"I hope this will not be the last visit, [and] that your next visit will be in the state of Palestine when we have our full independence.

"Your royal highness, your visit to us will deepen and strengthen the ties between our two peoples.

"We are always in need of your constant support us in our just cause which has taken a long, long, long time and is not solved.

"Your royal highness, allow me to express my deepest thanks and gratitude to the British government for announcing generous aid to the United Nations relief and works agency for refugees and this we appreciate very much.

"On this occasion your royal highness allow me to specify two things: number one, my full commitment to achieving a just and lasting peace based on a two-state solution where the state of Palestine lives side by side with the state of Israel with both supervising peace and security.

"We are fully

committed, your highness, along with you to fight terrorism, whether domestically, regionally and internationally.

"Therefore we have agreements with many nations on earth, including yours, to fight terrorism and I'm sure that this will be one of our subjects for discussion today. Thank you."

In response, Prince William thanked Mr Abbas for his welcome and revealed his hopes for "peace for the region".

He said: "President, I'd just like to say, what pleasure it is to be here today. Thank you for your very warm welcome. It is my first visit, and I'm very much looking forward to meeting some Palestinians today and seeing some of the culture and the diversity of Palestinians and their way of life, so thank you for welcoming me and I'm very glad that our two countries work so closely together and have had success stories with education and relief work in the past and long may that continue.

"My sentiments are the same as yours in hoping there is a lasting peace for the region, so thank you."



**ROYAL WELCOME:** Mahmoud Abbas greets Prince William. The Duke expressed his hopes for 'a lasting peace for the region'.

## Britons roast as temperatures soar

Mercury hits mid-80s as holidaymakers flock to nation's beaches

**THE GREAT British summer of 2018 looks like being one for the record books as the nation continued to bask in hot dry weather this week.**

The heatwave shows no sign of letting up after the highest temperature of the year was recorded on Wednesday – with the mercury forecast to hit a scorching 91F on Thursday. Temperatures rocketed to 86.4F at Hawarden airport in Flintshire, north Wales, breaking the record of 84.9F set in St James's Park, London, on Monday. Parts of the UK are currently

hotter than Athens and on a par with Kuala Lumpur and Rio de Janeiro while the roasting temperatures are causing some roads to melt.

In England, the hottest spot yesterday was Rostherne, Cheshire, with a temperature of 86F. Aviemore recorded Scotland's peak with 78F while Castlederg in County Tyrone was Northern Ireland's high point, with 80F. The glorious sunshine meant that beaches around Britain have been packed with holidaymakers desperate

to cool off in the sea. A high of 91F is possible this weekend, according to the Met Office – well above the 63F UK average for this time of year – and the fine, hot weather looks set to continue into July.

Forecaster Mark Foster said: "Generally, it looks like it will stay drier and warmer than average. "Long days, very still conditions and clear skies help June temperatures to get very intense. The sun in June is the highest it gets in the sky and heat can build up over successive

**cont. on page 3, col. 1**



**CAPITAL PUNISHMENT:** Londoners took to fountains to beat the heat this week



171 Pier Ave. Ste. 121 • Santa Monica CA 9005  
Tel: (310) 452 2621 • Fax: (310) 314-7653  
editor@british-weekly.com  
www.british-weekly.com • Twitter/BritishWeekly

**Managing Editor:** Neil Fletcher

**Deputy Editor:** Nick Stark

**Contributing Writers:** Sean Borg, Alan Darby Drake, John Hiscock, Eileen Lee, Gabrielle Pantera, Rick Parcell, Anne Shaw, Nick Stark, Craig Bobby Young

**Showbusiness Editor:** Sean Borg

**Advertising Manager:** Mark Devlin

**Legal Notices and DBAs:** Mirelle Woolf

**Distribution:** Mirelle Woolf, Mercedes Grey

**Subscriptions:** 6 months: \$33, 1 year: \$54 (1st class)

The British Weekly is published every Saturday and is available at multiple locations in Southern California. Circulation: 25,000. The British Weekly has been adjudicated as a newspaper of general circulation in Court Judgement No. SS008371. Copyright: no news stories, illustrations, editorial matter or advertisements can be reproduced without written permission of the copyright owner. All rights reserved ©2017 The British Weekly. The British Weekly welcomes your letters and accepts unsolicited articles for publication. All submissions - including photographs - become property of the British Weekly and are subject to editing and/or deletion at Editor's discretion.

California's British Accent™ - Since 1984



## Heatwave:

cont. from page two

days.”

If the temperatures continue to rise, the UK could be set for one of the hottest months ever recorded in the UK. However, it is not good news for hay fever sufferers who are already struggling in the heat. And the roasting temperatures have caused travel chaos too. Commuters this week faced misery as Network Rail imposed speed restrictions because of the risk of tracks buckling while roads melted in the heat. The southbound M5 at Weston-super-Mare, Somerset, closed when the newly resurfaced road failed to set. And in Conwy, north Wales, a section of the A543 was closed when the surface melted. Hot and bothered patients in Essex also slammed a health centre's decision to shut off a water fountain amid health and safety fears that people could slip on spillages. The move, at Canvey Primary Care Centre, was branded “health and safety gone mad” by Independent councillor Janice Payne.

### ‘Fish soup’

She added: “If they have had spillages, they should put a sign up that says there is a risk of wet floors.” But a spokesman for the centre said: “Drinking water will always be available. Visitors can request this from reception.”

The scorching weather also turned a lake in Didcot, Oxfordshire, into “fish soup”. The Environment Agency urged people to report lakes turning green after dead fish were seen on the surface. Agency officers visiting the site on Wednesday said the heat had caused a rapid increase in algae in the lake, which then suffocated the fish – a phenomenon known as an “algal bloom”.

## KNIGHT FEVER: IT'S ARISE SIR BARRY GIBB

# ‘I hope my brothers are proud... I wouldn't be here but for them’

**BEE GEES star Sir Barry Gibb paid moving tribute to his late twin brothers as he collected a knighthood this week.**

Sir Barry, 71, the last surviving member of the chart-topping band, said he hoped Maurice and Robin would be proud of him.

He said: “If it was not for my brothers, I would not be here.

“I hope and pray that they are aware of what has happened and that they are proud. I believe in that.”

Sir Barry, who was knighted by Prince Charles for his services to music and charity, said there was “no question” he would have loved to have shared the special day with his brothers. He was supported by wife Linda and children Michael, Alexandra and Ashley – who bears a striking resemblance to

his father. Maurice Gibb died from complications following an operation to correct an intestinal blockage in 2003 and twin Robin died in 2012 after a lengthy battle with cancer. The Bee Gees were one of the most commercially successful bands of all time, releasing hits including 1967's *Massachusetts*. They found superstardom in the 1970s – with classics including *Night Fever*, *Stayin' Alive* and *How Deep Is Your Love*. Later hits included *You Win Again* in 1987. The brothers also wrote songs for some of the biggest names in showbusiness.

Sir Barry said: “I love to write for people. It is not just thinking, ‘Oh, I will write a song today’, but when someone you admire asks you to write a song, that is special motivation.”



Sir Barry with wife Linda, daughter Alexandra and sons Michael (left) and Ashley at the Palace

Success for other stars included *Guilty and Woman In Love* for Barbra Streisand, *Chain Reaction* for Diana Ross and *Heartbreaker* for Dionne Warwick. *Destiny's Child* had a hit with *Emotion*, and Kenny Rogers and Dolly Parton enjoyed duet success with *Islands In The Stream*. Sir Barry

said he was still trying to get used to his new title, which was “a bit surreal”. He put his success down to “being relentless” and “when you are a kid and you make up your mind to do something”.

He added: “You have got to have failure with a lot of success and I think that is what keeps you grounded.” Isle of Man-

born Sir Barry grew up in Australia and his family returned to England in 1967 “because we were entranced by The Beatles and we wanted to be a pop group like them”. He said: “You always start off by emulating somebody and that way you can find yourself and be inspired by other artists.”

## Heatwave brings UK to brink of beer shortage

**The almost unprecedented combination of an extended heatwave and back-to-back England victories in the World Cup has lifted the nation's mood.**

Yet the good cheer may not last much longer, because Britain faces a beer crisis.

The country's biggest wholesaler started rationing supplies on Wednesday in response to a shortage of carbon dioxide. Pub chains and brewers warned customers that some drinks could run out within days.

Booker, a leading cash-and-carry chain that supplies many independent bars, shops

and restaurants, restricted buyers to ten cases of beer and five cases of cider and soft drinks, blaming “the international shortage of CO2”.

Heineken said that its John Smith's Extra Smooth and Amstel brands had been hit. Coca-Cola is also facing disruption to supply.

The CO2 gas, which is also used in food production and packaging, has been in short supply since a number of producers scaled back output this summer for maintenance works.

The pub chain JD Wetherspoon has said that there is “definitely going to be a problem”.



Pub chains have warned customers that some drinks could run out within days



**The British Grocer**

**BRITISH OWNED & OPERATED FOR OVER 25 YEARS!**

*Large Selection of Afternoon Tea Sets & British Gifts*

**All Your Favorites: McVities Biscuits, Typhoo Tea, HP Sauce, Heinz Baked Beans, English Sweets and Much, Much More!**

facebook

[www.thebritishgrocer.com](http://www.thebritishgrocer.com)

follow us on  
twitter

**Villa del Sol • 305 N. Harbor Blvd., Suite 124 • Fullerton**  
**OPEN 7 DAYS A WEEK! CALL FOR HOURS: 714.738.0229**

News from Britain

## Don't mention the VAR! Party time as Germans go home early

**JUBILANT** England fans were celebrating in the streets of Russia Wednesday night after Germany were sensationally knocked out of the World Cup.

The Three Lions' greatest footballing rivals crashed out of the tournament following a humiliating 2-0 defeat to South Korea. Stunned German players sank to their knees in tears in the Kazan Arena after two injury-time goals sealed the fate of the World Cup holders, who have won the title four times. It is the first time Germany have been eliminated in the first phase of the tournament since 1938. The shock result sparked wild scenes in the streets of Kaliningrad where up to 15,000 England fans are gathering ahead of the Three Lions' final group stage match against Belgium Thursday night.

England were knocked out on penalties by the

Germans in both World Cup '90 and Euro '96. And Wednesday's result came eight years to the day after Germany knocked England out of the 2010 World Cup by beating them 4-1 in Bloemfontein, South Africa.

Moments after the final whistle, bookmakers Coral slashed the odds of England winning the World Cup from 10-1 to 8-1, making them joint fourth favourites with France. And the English were not the only ones celebrating. Belgian fans and Russian locals joined in impromptu parties held in bars in the enclave sandwiched between Poland and Lithuania. BBC presenter Gary Lineker amended his recent quote about German dominance, saying of the result: "Football is a simple game. Twenty-two men chase a ball for 90 minutes and at the end, the Germans no longer

always win. Previous version is confined to history."

George Elek, of comparison website Oddschecker, said: "England's route to the final will now be clear of a penalty shootout loss to the old enemy."

It came as England's footballers were given a massive boost back home after Theresa May said Number 10 will fly the flag for the Three Lions. The Cross of St George will be raised over 10 Downing Street during every match that England play throughout the rest of the tournament. And the Prime Minister urged every other government department to adopt the practice – including the Scotland Office.

Addressing the Commons during Prime Minister's questions, Mrs May said: "Number 10 will be flying the England flag on the day of each of England's matches



**WHAT A SHOCKER!** Fans in Kaliningrad celebrate Germany's early departure

from now on. We will be encouraging other government departments to do the same."

She added: "I'm going to go further than my predecessors. Next year we will do the same for the women's World Cup."

Mrs May made the pledge after Tory MP Nick Boles called for a show of patriotism across public buildings. The former minister had launched a petition to campaign for

the move. Strict protocols govern which flags can be flown from government buildings and when. Number 10 is currently flying the Armed Forces Day flag to mark a week of celebrations in honour of Britain's military. A Labour source said

Jeremy Corbyn currently has a Cross of St George in his office, but declined to say whether the leader would fly the flag outside the party HQ or his own

home. Asked on Twitter whether he would be following the PM's call to arms, Scotland Secretary David Mundell quipped: "Happy to do so as I am confident No 10 and other UK departments will be flying the saltire in 2022."

Experts predicted up to 21 million people would follow the big match Thursday night – making it the most-watched World Cup game for eight years.

## I was only doing my best, says doctor at center of Gosport scandal

■ Jane Barton emerges from hiding and blames NHS under-funding for catalog of unnecessary deaths

**THE doctor at the centre of the Gosport War Memorial Hospital scandal in which hundreds died claimed this week she had been "doing her best" for patients.**

Jane Barton, who has remained silent since a damning report was published, emerged from hiding and said she was a "hard-working doctor" working in an "inadequately resourced" part of the NHS. A report said 450 patients had their lives shortened after being prescribed powerful painkillers at the hospital between 1989 and 2000, an investigation revealed.

But on Wednesday Dr Barton, 70, with her husband Tim beside her, appeared outside her home in Gosport, Hants,

where a statement was read out. "Jane would like to thank her family, friends, colleagues, former patients and many others for their continued support and loyalty through this protracted inquiry," it stated. "She has always maintained that she was a hard-working doctor doing her best for her patients in a very inadequately resourced part of the health service. "We ask that our privacy is respected at this difficult time, she will be making no comment."

But relatives of patients who died were unimpressed. Ann Reeves, the daughter of Elsie Devine, who died at the hospital in 1999 aged 88, said that if Dr Barton was unhappy with hospital resources

as she claimed then she should have left the job. She said: "I'm sad to hear she was under-resourced, but I would say, 'Get out or look after your patients properly.' We actually want to hear if she can justify the amount of morphine prescribed to patients who weren't in pain."

Ms Reeves, 72, has spent 20 years at the forefront of the campaign to bring justice to families of victims. More than 450 people had been prescribed the powerful painkillers at the hospital, while another 200 were "probably" similarly given opioids between 1989 and 2000 without medical justification, the Gosport Independent Panel said. "There was a disregard for human life



**DENIAL:** Jane Barton issued a short statement and answered no questions

and a culture of shortening lives of a large number of patients at the hospital," its report stated. There was an "institutionalised regime of prescribing and administering dangerous doses of

hazardous combination of medication not clinically indicated or justified".

The inquiry drew parallels with the cases of killers GP Harold Shipman and nurse Beverley Allitt. In 2010, the

General Medical Council ruled that Dr Barton, who has since retired, was guilty of multiple instances of professional misconduct relating to 12 patients who died at the hospital.

## Women sues dating agency after failing to find rich husband

A DIVORCED mum of three is suing a dating agency for damages after it failed to find her a rich boyfriend.

Tereza Burki, 46, went to Seventy Thirty Ltd in a hunt for "possibly the man of my dreams, the father of my child", she told a court. But she claims she was let down by the agency, which she says enticed her with marketing claims about how many "wealthy, eligible, available men" it had on its books. The management consultant is suing the agency for the £12,600 membership fee she paid and additional damages for "distress, upset, disappointment and frustration".

The Knightsbridge-based agency is fighting her claim and says it provides an excellent service and is counter-suing for £75,000, claiming libel and malicious falsehood over scathing reviews Miss Burki published online.

The High Court heard Miss Burki, from Chelsea, west London, was looking for a high-earning international jet-setter who was also open to having children with her. She says she was shown profiles of men she liked and, based on that and the firm's claims over the number of suitable men it had to offer, she joined in 2014. But she became unhappy when she was not put in touch with any of the men she liked and whose profiles were shown to her before she paid to join, she claims.

Representing the firm, barrister Lisa Lacob said from the 9,000-strong database 70 men were identified as suitable for Miss Burki, based on her requirements. Miss Lacob claimed she was offered six matches.

The judge reserved judgment on the case to a later date.

# Tough justice as cage fighter thwarts granny mugger

■ Judge hails have-a-go hero as 'public spirited' while jailing purse snatcher for 27 months

A MUGGER who snatched a frail 83-year-old grandmother's handbag got a taste of instant justice after his cowardly crime was witnessed by a cage-fighting champion.

Muscular Macauley Peckitt, 22, sprinted after Mark Groves, hauled him to the ground and put him in a choke hold. The thief was held for five minutes until police arrived and Groves, 45, was handed over to officers. The electromechanical engineer – a mixed martial arts expert who won a title bout a week later – was praised as "public spirited" by the judge who jailed Groves.

The victim had been on her way to visit her sister in Guisborough, North Yorks, when she felt "her bag flying off her arm", Teesside Crown Court heard last week. Rebecca Brown, prosecuting, said the woman gripped metal railings to steady herself and saw Groves

disappear around the corner on February 4. Mr Peckitt said that he and his girlfriend were walking their dog when they heard cries for help. He said: "We'd only walked about 10 metres when I heard the woman wailing and shouting. "I chased the man, ran up behind him, booted him and he fell to the floor, then I put him in a choke hold.

"I had no idea if he had a weapon so I told him I'd put him to sleep if he went in his pockets.

"I held on to him for a good five minutes before police arrived.

### 'terrible experience'

"In the meantime my girlfriend was looking after the lady."

Mr Peckitt added: "It was a good bit of extra training."

Mr Peckitt, who trains at Middlesbrough Jiu Jitsu and Vale Tudo Club, became an MMA Total Combat champion



MEETING HIS MATCH: Mark Groves (left) was quickly subdued by Macauley Peckitt

the following week. The elderly victim later said the "terrible experience" had left her feeling "useless". She was not injured but has felt fearful since the robbery. The court heard she had become nervous about leaving her home, did not like to use public transport and was taking medication for anxiety. Groves, of Skelton, North Yorks, was heard saying "I'm sorry" at the scene,

claiming that he had fallen, become entangled with the woman's bag and panicked. But he admitted robbery after Judge Simon Hickey expressed scepticism about his "bizarre" story about an accident.

Jailing Groves for 27 months, Judge Hickey told him: "You took her bag in a classic bag snatch. John Nixon, defending, said: "This was not a classic

case of targeting. It was a case of opportunity." He said Groves – who had been out of trouble for 10 years – had tackled heroin addiction but become hooked on prescribed opiate painkillers. Groves had robbed the woman in a "very low emotional state", he added. After hearing Groves had been jailed, Mr Peckitt said: "I hope what happened has taught him a lesson.

## Ant's estranged wife seeks fresh start in Los Angeles

THE estranged wife of troubled TV star Ant McPartlin is planning a new life in America following the heartbreak of the pair's break-up, it emerged this week.

Lisa Armstrong, 41, has jetted off to Los Angeles for a string of meetings in a bid to start afresh. Friends of the *Strictly Come Dancing* make-up artist said Lisa has announced the "gloves are off" following the collapse of their marriage. They said Lisa has been under intolerable strain ever since Ant, 42, went into rehab for drink and drug addiction. In January he announced he was seeking a divorce. Lisa is set to battle for "everything she is owed" from Ant's alleged £70million fortune. She is believed to have given up any hope of getting

back together with Ant after learning of his new romance with Anne-Marie Corbett, who was the couple's former personal assistant. Lisa is understood to be aiming for £50million in a divorce settlement.

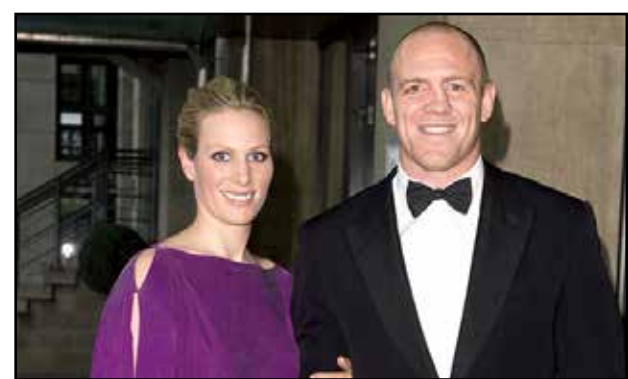
The fight will also include custody of their beloved dog, Hurley. She is also reported to want a share of Ant's future earnings after supporting him during his health problems in what could be one of Britain's most expensive showbusiness divorces. *Saturday Night Takeaway* star Ant crashed his car in March while more than twice over the drink-drive limit. He was fined £86,000 and has since stepped down from his TV duties to undergo treatment for alcohol and prescription drug addiction.

# Tindalls name their new baby girl after the Queen

ZARA and Mike Tindall have named their new baby daughter Lena Elizabeth in honour of the Queen.

The Queen's granddaughter Zara gave birth to her second child, weighing 9lb 3oz, at Stroud Maternity Unit in Gloucestershire on Monday June 18. A spokeswoman for the couple said: "The name is Lena Elizabeth. It was just a name they liked."

The newest addition to the Royal Family is a younger sister to four-year-old Mia and is 19th in line to the throne. She is also the Queen and the Duke of Edinburgh's seventh great-grandchild. But she is not an HRH, does not have a title and will be simply Miss



Zara and Mike Tindall: the pair married in 2011

Tindall. The family are said to be adapting well to becoming a family of four. Lena is said to be Greek in origin with meanings including "temptress", "illustrious" and "the bright one".

Zara, 37, daughter of the Princess Royal and Captain Mark Phillips, is a champion equestrian rider who won a team

silver in the London 2012 Olympics. She and former England rugby player Tindall, 39, have been together for 15 years and married in Edinburgh in July 2011. The new baby is believed to be the heaviest in recent years, taking over the record from Zara's niece Savannah Phillips, who was 8lb 8oz when born in 2010.





**Health & Fitness**

# Why using a scale is no longer the 'weigh' to go

One of the most common questions we get asked at The Body Camp in Ibiza is what is the best way to measure weight and progress, when we begin exercising or a new diet. In response we are devoting this week's blog to weighing scales – and why it's now an outdated approach.

For many years governments, doctors and medical professionals around the world have used measurement tools such as BMI (body mass index) and weighing scales. These have helped many people receive a very basic measurement and simple picture of their health. But here is one thing to understand: Weighing scales and BMI measurements are NOT GOOD for people who are healthy, exercise regularly

and are strong!

This is because when you exercise regularly you build up denser muscles, while stronger organs, ligaments, tendons and the skeletal system also become heavier. This is what you want!

With recent advances in technology in regards to measuring health we have realized how important it is to understand the much-improved options available to track our health and that how we monitor losing the fat from various areas on our body can be measured in several better ways - not just BMI or the weighing scales!

1. Measuring tape - This is the body camp method. We use a tape on the five areas where body fat gets stored. We measure this at the beginning and the end of a week, with guests at



our retreat. This is a great indicator for the body and how it's changing shape.

2. Underwater weighing - This is the gold standard in fat measurement and

the most accurate by far. A person lays on their back in swimwear in a special water tank - then submerge their head in water and breathe out all the air in the body. A computer then calculates body fat and weight very accurately, due to the water displacement and difference between the body and water weight.

3. Caliper - Four areas of fat around the body are "pinched" with specially made calipers. Measurements are then taken from each one and recorded.

4. Bio impedance - This

is an electronic scale. When a person stands on it, a tiny signal is sent around the body harmlessly and back to the computer. This calculates body fat, BMI and weight.

As you can see, the "old school" style of just using

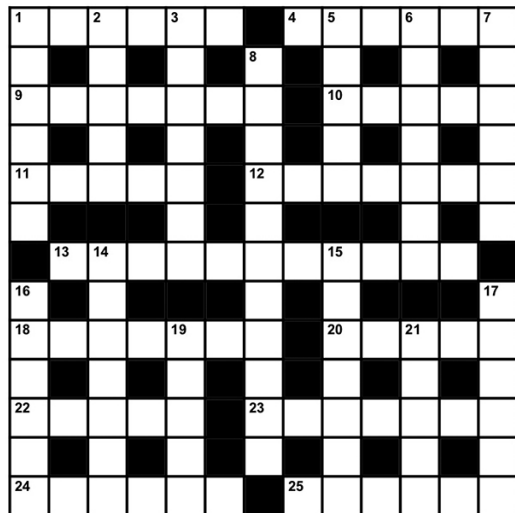
weighing scales is NOT the best way to go about measuring your progress. Remember - the healthier you are - the less your weight matters!

- Ricky Parcell  
thebodycamp.com

## The British Weekly Crossword by Myles Mellor. #343

**Across**

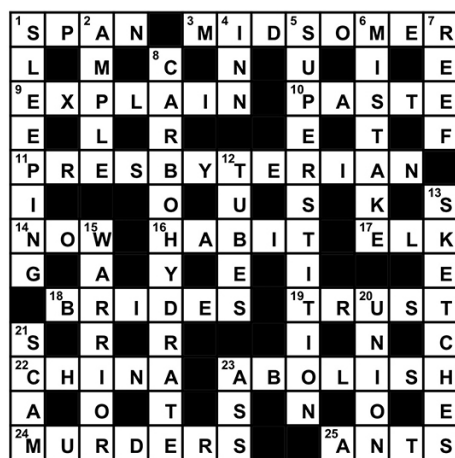
- 1 Everglades makeup (6)
- 4 Pictures (6)
- 9 Opera lady (7)
- 10 England's rugby coach (5)
- 11 Bring to bear (5)
- 12 Last (7)
- 13 Box office biggie (11)
- 18 Camouflage (7)
- 20 Workers' organization (5)
- 22 Taking advantage of (5)
- 23 Duties imposed on imports/exports (7)
- 24 Fructose and glucose (6)
- 25 Beloved (6)



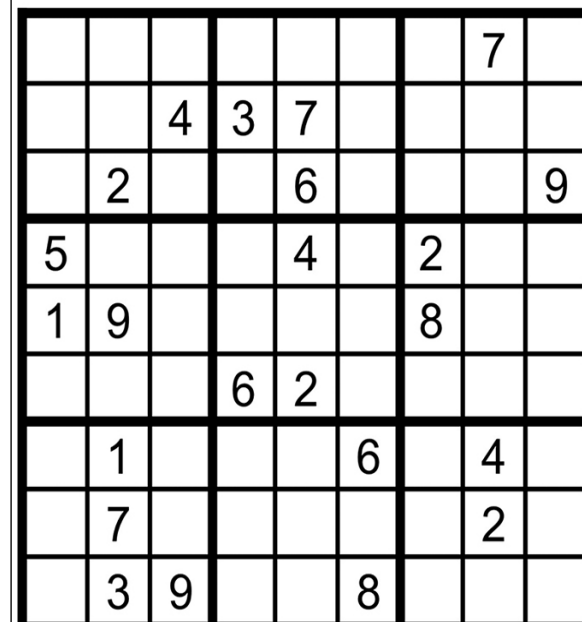
**Down**

- 1 Lisa, to Bart (6)
- 2 Granny Smith is one (5)
- 3 Ammunition variety (7)
- 5 Blair's predecessor (5)
- 6 Flak (7)
- 7 Computer network (6)
- 8 Chance (11)
- 14 Connecting (7)
- 15 Incited (7)
- 16 Goes down (6)
- 17 Fresh (6)
- 19 Enthusiastic (5)
- 21 Imply (5)

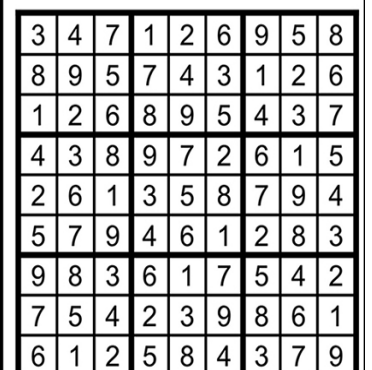
### Solution to Puzzle #342



## The British Weekly Sudoku by Myles Mellor #343



### Solution to Sudoku #342



### Dollar to Sterling Exchange Rate

**£1 = \$1.31**  
(updated 06/28/18)



# Stargazing with Annie Shaw



**ARIES:** No matter what you say or think currently, your life will be status quo for a couple of weeks ahead. Communication that is important is best kept to the basic facts as Mars your boss slows down and nothing much will be achieved for a while.

**TAURUS:** Work matters are prominent in your life and should be dealt with promptly. Money is coming in, more than you expect by the end of next week. In the meantime keep a positive attitude to life in general and next month will bring big improvement.

**GEMINI:** Your boss planet Mercury is slowing down for a three week rest period. This is a perfect opportunity for you to mend some fences that are ready to be fixed. Better news on the financial front; you are in an improved place and will receive the outcome you have been looking for.

**CANCER:** Venus is visiting you and will bring a more mystical vibe in most areas of your life. If you feel over-emotional take time to be in nature or take a break away. Next week starts a better overall cycle of wellbeing. Happy Birthday!

**LEO:** Health matters (yours or others close to you) are in the spotlight. The good news is with the coming eclipse in your sign you can sort this out now. This is the time for you to witness how much you are loved and cared for by others in your life, just enjoy the limelight.

**VIRGO:** Career and areas pertaining to work are highlighted when your boss Mercury is slowing down and moving backwards. This merely means that you have an opportunity to lighten your workload or at least make required timely changes.

**LIBRA:** You will be dealing with tedious details of some kind or another while Mercury is retrograde. Be careful with others who could be giving out mixed messages - especially in work areas. Look to what you want to achieve by the end of next week.

**SCORPIO:** Mars your boss is now going backwards and your thoughts will turn to financial and relationship matters. Be positive in thought and deed, even though all may not be clear. You should know not only can you turn things around, they are already moving forward.

**SAGITTARIUS:** Your boss Jupiter is soon moving forward and he will be good for you in many ways as he will be watching over you. This can mean a lot of positive energy coming into your life in the areas that you are prepared to work on. Take a short trip and enjoy the time away.

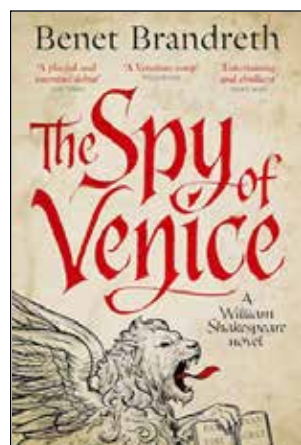
**CAPRICORN:** The full moon in your sign recently will assist you to get the job done this next week or so. By the middle of next month there will be a great opportunity to begin a positive health program that can make a big difference overall in your life.

**AQUARIUS:** You are probably feeling like you need a break away, but even if you cannot get out of town take time out. Do not become involved in any drama in the family or with friends. You can however be a neutral go-between to others involved.

**PISCES:** Neptune your boss is assisting you all the way through the next few weeks. The planets are also causing some confusion in relationship issues that are simmering under the surface. Do not engage in any arguments as they can simmer for a long time ahead.

## The Spy of Venice: filling in the Bard's blanks?

■ Exclusive interview with Benet Brandreth and his novel featuring Shakespeare as a spy in Venice during the missing years of his life



"I was discussing Shakespeare's lost years, the period between 1585 and 1592 when the young William Shakespeare disappears from the historical record," says *The Spy of Venice* author Benet Brandreth. "And during which, he goes from being a glover's son in middle England to budding playwright in London. I learned that one theory was that he had gone to Italy during that time and if he had done so he would certainly have gone to Venice."

In this thriller set in Tudor times, William Shakespeare, although married, is a bit of a playboy. He's forced to leave Stratford for London, where he joins a band of actors and starts writing plays. Powerful politicians send Shakespeare to Venice as a spy. Shakespeare is dazzled by the beauty of the city but the politics are very Catholic. His life is in danger. and he must tread carefully. With eight years missing from our knowledge of Shakespeare, and so many of his plays set in Italy, perhaps that's where he was. Brandreth evokes the time and feel of Venice. The structure of the book is formatted as a play with acts and scenes.

"The idea of Shakespeare in Venice was immediately fascinating," says Brandreth. "The greatest playwright in the greatest city of the sixteenth

century. The question of how Shakespeare became that genius we know was part of the fascination. Did he find inspiration in Italy for the change of path from small town shopkeeper to London dramatist? I adore his use of language but even more I admire and find moving and endlessly illuminating his sense of character and motivation. It was the latter that made me think that he would have made a valuable spy but also a dangerous man to be around. The late sixteenth century is rich in events and characters though, from vengeful popes to poetic courtesans."

Brandreth did a great deal of research and is the rhetoric coach to the Royal Shakespeare Company. Brandreth did research at the Folger Shakespeare library in Washington D.C. and had a colleague look in the Venetian State Archives in Venice.

"I started with a good understanding of Shakespeare's works and his life and his use of language," says Brandreth. "Rhetoric is the art of persuasion and it would have formed the sum and substance of Shakespeare's education and his understanding of words. I also knew Venice well, having visited it numerous times since I was a boy. It's a fascinating city. During its heyday it attracted the most intriguing of people. Tintoretto, Veronica Franco and Vittoria Accoramboni. Fortunately there were several contemporary accounts from English travelers to Venice at the turn of the sixteenth century, Coryatt and Fynes-Morrison, that enabled me to lend historical color. And I benefited from speaking to some knowledgeable people."

"I really dug into the geopolitics of the

time," says Brandreth. "My understanding of that was very anglo-centric, unsurprisingly, but I quickly learned that England was in many ways peripheral to the great disputes of the kings and princes of Europe and ever present Ottomans. I aimed to be historically accurate and even tried to use only words that could be found in Shakespeare's plays."

The role of the Pope in Italian affairs and in the disputes between Phillip of Spain and the French kings and how England's heresy was a key part of plotting the book. As was the true story of Pope Sextus V and his desire for revenge against Vittoria Accoramboni, and her flight to Venice to seek safety.

Brandreth has written a sequel, *The Assassin of Verona*, released in the UK in paperback. The *Spy of Venice* has been optioned by Clerkenwell



BOOK CORNER with Gabrielle Pantera

Films and has a screenwriter attached. Brandreth is writing an academic book on rhetoric in performance, a companion volume for the Arden Shakespeare Performance Editions. He's also writing a TV sit-com and plotting three new novels.

Benet Brandreth was born in London and is still based there.

*The Spy of Venice: A William Shakespeare Novel* by Benet Brandreth. Trade Paperback. Publisher: twenty7. March 23, 2017. Language: English. Kindle version Aug 7th, 2018 ISBN-13: 978-1785770364 \$8.99

**BRITS IN LA**



# Dream big and enjoy the journey!



By guest columnist **SANDRO MONETTI**

We've all heard the stories of Brits arriving in Los Angeles with only a handful of dollars but a whole lot of dreams. Maybe that's your story too.

One ex-pat who really made those dreams come true has had a bigger influence than most on our adopted city.

Bolton architect John Parkinson designed iconic buildings here

like Union Station, City Hall, the Los Angeles Coliseum and more than 50 others dotted around downtown.

Not bad for someone who rocked up in LA with only five dollars, a toolbox and a thirst for adventure.

The little-known story of this inspirational Brit is told in a new documentary to be screened on PBS SoCal on July 5 at 8pm.

"Iconic Vision" is written and directed by Stephen Gee, a Brits in LA member who is also the first friend I made in Los Angeles on my own arrival here with three suitcases, two credit cards and more dreams than you could count.

It's great to see old pals like Steve doing so well. Although my favourite singer is Morrissey, I couldn't disagree more with the sentiment of his

song "We Hate It When Our Friends Become Successful."

Another friend I'm pleased to see following his dreams is Jeff Bratz, who I cast two years ago as Frank Sinatra in my hit play "Marilyn and Sinatra." As great as he was in that, Jeff is more rocker than crooner in real life and his brilliant heavy rock band, Radium, are playing at The Troubadour on Saturday June 30, fulfilling an ambition of Jeff's to perform at that classic LA venue.

As we all pursue our own particular dreams, it's important I think to support our friends as they pursue theirs. If, like me, you saw around a dozen Hollywood Fringe plays recently you'll know what I mean about showing up and lending support.

Another important thing about this dream fueled city is to enjoy the journey towards the goal, not to put your happiness on hold until you achieve the target.

Just look around us at all the great places there are to explore and enjoy on the journey. I had a great staycation at a couple of them this week.

First I went to Miracle Springs, overlooking the spectacular scenery of the Coachella Valley,



**BIG DREAMS:** Bolton-born John Parkinson (center) helped forge several of LA's iconic structures (Parkinson Family Archive)

soaking my cares away in natural hot mineral pools. Then, keeping the health and wellness theme going, I was able to work out, rest and play at LifeTime in Laguna Niguel, surely the best

spa in the region.

Rested and refreshed it was back to LA, to introduce the BAFTA Student Film Awards, where the best emerging moviemaking talents were pursuing their

dreams.

May all your own dreams come true but along the way please remember to enjoy the journey,

- Sandro

## HARE & HOUNDS

Now featuring delicious, traditional handmade pies and pasties from Deli-SA. Chicken curry pasties, Cornish pasties, Steak & Kidney...and much more

Teas • Candy • Pastries • Bangers • Meat Pies • Heinz Beans • China Teapots • Tea Cozies • Gifts

*Quality Imports from the British Isles...*

2995 Thousand Oaks Blvd., Thousand Oaks. (parking in rear)  
Open: Mon-Sat. 10.30-5.30 • Sun: 12-6 • Tel: (805) 495-4042



## It's Time For Tea...

Traditional Afternoon Tea is now served Mon-Sat 11.30am-4.00pm in our Tea Room (also available privately for baby showers, bridal showers and special occasions).

King's Head Pies now available in our bakery. Sausage rolls, pastries & delicious cakes, baked daily

Ye Olde King's Head, 116 Santa Monica Blvd. Santa Monica CA 90401 • Tel: 310 451-1402

**ATTENTION BRITS IN LA MEMBERS!**  
LEASE A VW THROUGH OUR FOREIGN BUSINESS PROFESSIONAL PROGRAM!  
**NO CREDIT NECESSARY!**

**\* WE LOVE HELPING \* THE BRITISH COMMUNITY**

**CALL TODAY FOR MORE INFO!**  
**BRIAN DEMOY (310) 309-8852**  
**BRIANDEMOY@LAcARgUY.com**

**VOLKSWAGEN SANTA MONICA**

2440 Santa Monica Blvd Santa Monica, CA 90404

# Meet A Member: Sophie Olivia

*Not all Brits in LA Members live in Los Angeles: in fact a fair number are scattered around the globe. This week's Meet a Member is actor/writer Sophie Olivia who lives in London.*

## Seeing as you don't live in Los Angeles how did you end up joining Brits in LA?

I know Eileen Lee, one of the founders who started BiLA many years ago with Craig and have watched with great admiration and affection as it has grown with over 14,000 members. I always recommend Brits in L.A to any friends and colleagues traveling to L.A and have attended some of their meet and greets in London. They are a lovely bunch of people from all walks of lives, careers and backgrounds.

## Have you ever visited Los Angeles - if so we would love to hear what your impression of LA?

Unfortunately I haven't been to this part of America yet but have many actor friends who have worked and lived out there. It seems to me despite the reputation L.A can have for being a superficial place to live, people form great friendships and allegiances there, especially in the Brits in L.A community.

## Do you think you could ever see yourself moving to LA, if not tell us what keeps you in London?

Currently my work in

theatre is U.K and mostly London based. I also have three little girls who go to school in London and we love London. BUT never say never. I need to visit first!

## Do you have a hidden gem in London that you want to share with us?

So many... but right now I would say all the beautiful parks from Green Park and St James Park in central London to Richmond Park in West London and Dulwich park in south London (I could go on all day) we are really blessed with the most stunning parks and lakes in every town in our wonderful city. Not to mention just walking along the river Thames, taking in the skyline of old and new London. It never gets boring. It really is one of the best cities in the world and I am incredibly lucky to be here.

## Why would you recommend other overseas readers joining Brits in LA?

For me it is a wonderful way to connect with fellow creatives and to support friends and colleagues working overseas. Brits in L.A has been a vital way for friends of mine to connect to a welcoming community when working or moving out there from practical things such as finding somewhere to live, buying a car to meeting fellow Brits for a breakfast and

a reassuring chat as they settle in. All vital things as we all know how lonely it can be in a big city.

## We hear you have been working on an exciting project. Care to tell us more about it?

I am working with @Fireraisers theatre company on a very timely play in view of this year's #Timesup #MeToo campaigns and the 100 years celebrations of women getting the vote. Entitled 'Femme Fatale' (@FemmeFataleplay') it is a black comedy about fame, failure and firearms featuring Super 8 film and live music. and written by Polly Wiseman (whose work has been seen at Soho Theatre, Royal Court Theatre, National Theatre Studio and the Birmingham Rep). I play writer Valerie Solanas, a new Jersey radical feminist and Andy Warhol's muse. She shot him in 1968 for stealing her script.

One hundred years since women got the vote, and thirty years since Valerie and Nico died, Fireraisers present a reimagining of two female pop culture icons at the epicentre of '60s cool battling for control of their own destinies."

Following on from our performance at the Cockpit Theatre last month Femme Fatale will run at Latitude Festival in July and is coming to the wonderful Wiltons Music



**Sophie Olivia:** "Brits in L.A has been a vital way for friends of mine to connect to a welcoming community..."

Hall in London for ONE night only on Tuesday 17th July. Wilton's is a gem in the heart of London and the oldest grand music hall in the world. We would love to see some of you London-

based Brits in L.A at this gorgeous venue.

**Lots of our members join our group Brits in LA seeking out words of wisdom - what is the best piece of advice you've**

**been given?**  
It's a marathon not a sprint.

**Lastly , how can we find you on the Internet?**  
You can find me on Twitter: @SophieOliviaAli

# This Week's Pub Quiz Winners...



Team "Kill Gary Lineker" (pictured) killed off the competition to win Brits in LA pub quiz on June 26 at a packed-to-the-rafters Cat and Fiddle, winning the cash jackpot and also prizes from sponsors Captain Morgan. Trivia returns to the Cat on Tuesday July 3, hosted by Sandro Monetti.

**ROBIN HOOD**  
British Pub & Restaurant

**Specializing in**  
**Homemade British Food**

**HAPPY HOUR DAILY 4-7pm**  
**AND LATE NIGHT 10pm-Midnight**  
Draft Beers and Well Drinks 1/2 Price  
\$1.00 Off Bottled Beer • Discounted Appetizers

- Trivia Night: Every Tuesday at 7pm
- Breakfast Served Every Day 11am-2pm
- Afternoon Tea Served Daily 2-5pm
- Traditional Sunday Roast served 2-11pm
- Weekly Specials • To Go Menu Available
- Separate dining room for special events

13640 Burbank Blvd. Tel: (818) 994-6045  
(at Woodman, in Sherman Oaks)

**Satellite TV • 4 TVs • Come Play Darts • Free Wi-Fi • Established in 1982**

*Frian Tuck Shoppe*

Open 7 Days A Week 10am-7pm

Purveyors of fine British china, gifts and all your favorite comfort food from back home

**FRESH BRITISH BAKERY**  
Homemade British pies, pasties, scones and eccles cakes

Like us on:  
**facebook**

www.robinhoodbritishpub.com  
13638 Burbank Blvd. Tel: (818) 785-4814















Bronson Ave Apt. 106, Hollywood CA 90028. This business is conducted by: a general partnership. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: n/a. Signed: Derek E. Tramont, partner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018150699. The following person(s) is/are doing business as: Wealth Through Stories, 41765 12th Street West, Suite D, Palmdale CA 93551. Made For More Enterprises, LLC, 41765 12th Street West, Suite D, Palmdale CA 93551. This business is conducted by: a limited liability company. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: n/a. Signed: Richard Olson, member. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018150748. The following person(s) is/are doing business as: Ha Restaurant Consulting, 917 N. Stoneman Ave., Alhambra CA 91801. Hua Rong Wang, 13451 San Antonio Ave, Chino CA 91710. This business is conducted by: an individual. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: n/a. Signed: Hua Rong Wang, owner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018151127. The following person(s) is/are doing business as: Art & Charm, 3959 Eagle Rock Blvd, Los Angeles CA 90065/1268 Mariposa St. Apt. 17, Glendale CA 91205. Mariana Macias Delsol, 4133 La Crescenta Ave Apt 4, La Crescenta CA 91214; Rumaldo Flores, 1268 Mariposa St. Apt. 17, Glendale CA 91205; Miriam Josefina Flores, 1268 Mariposa St. Apt. 17, Glendale CA 91205. This business is conducted by: copartners. The Registrant(s) commenced to transact business under the fictitious business name

or names listed herein on: 06/2018. Signed: Mariana Macias Delsol, partner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018151154. The following person(s) is/are doing business as: Healing With Crystal, 1700 Westwood Blvd. #F, Los Angeles CA 90024/3379 Halderman St, Los Angeles CA 90066. Crystal B. Cruz, 3379 Halderman St, Los Angeles CA 90066. This business is conducted by: an individual. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: n/a. Signed: Crystal B. Cruz, owner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018151441. The following person(s) is/are doing business as: Menkes Accounting & Mediation, 11280 La Maida St. #201, North Hollywood CA 91601. Menkes Mediation, LLC, 11280 La Maida St. #201, North Hollywood CA 91601. This business is conducted by: a limited liability company. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 05/2018. Signed: Simon Menkes, member. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018151503. The following person(s) is/are doing business as: KDM Performance, 22845 Nadine Circle, Torrance CA 90505. Vernon Andrew Bonillas Jr., 22845 Nadine Circle, Torrance CA 90505. This business is conducted by: an individual. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 05/2018. Signed: Vernon Andrew Bonillas Jr,

owner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018151505. The following person(s) is/are doing business as: Pogart, 245 E. Cedar Avenue, Burbank CA 91502. Armen Poghosyan, 245 E. Cedar Avenue, Burbank CA 91502. This business is conducted by: an individual. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 06/2018. Signed: Armen Poghosyan, owner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018151507. The following person(s) is/are doing business as: Magic Media, 17412 Ventura Blvd #1110, Encino CA 91316. Maxwell Moore, 17412 Ventura Blvd #1110, Encino CA 91316. This business is conducted by: an individual. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 06/2013. Signed: Maxwell Moore, owner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/20/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018152063. The following person(s) is/are doing business as: YM Architectural Studio; YM Design Studio, McCoey Industries, Mochizuki Manufacturing, 19108 Delano St., Los Angeles CA 91335. YM Global Enterprise, Inc., 19108 Delano St., Los Angeles CA 91335. This business is conducted by: a corporation. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: n/a. Signed: Yumiko M McCoey, President. Registrant(s) declared that all information in the statement is true and correct. This statement is

filed with the County Clerk of Los Angeles County on: 06/21/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018153463. The following person(s) is/are doing business as: I J Auto Inc, 740 N Viceroy Ave, Covina CA 91723. I J Auto Inc, 740 N Viceroy Ave, Covina CA 91723. This business is conducted by: a corporation. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 06/2018. Signed: Ijo Chen, President. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/22/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018153599. The following person(s) is/are doing business as: Palos Verdes Bowl, 24600 Crenshaw Blvd. Torrance CA 90505. Crenshaw Bowling, Inc., 24600 Crenshaw Blvd. Torrance CA 90505. This business is conducted by: a corporation. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 01/1962. Signed: George Brandt, Vice President. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/22/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018153724. The following person(s) is/are doing business as: A Pacific Health Tech, 3725 Colorado St, West Covina CA 91792/3436 Paula St, West Covina CA 91792. Mingqun Zhang, 3436 Paula St, West Covina CA 91792. This business is conducted by: a general partnership. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 06/2018. Signed: Yanfeng Wang, general partner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/22/2018. NOTICE - This fictitious name

statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Statement of Abandonment of Use of Fictitious Business Name: 2018154100. Current file: 2013260508. The following person has abandoned the use of the fictitious business name: A-Lux Auto Tech, 10970 Firestone Blvd. Norwalk CA 90650. Affordable Luxury Auto, 10970 Firestone Blvd. Norwalk CA 90650. The fictitious business name referred to above was filed on: 12/20/2013, in the County of Los Angeles. This business is conducted by: a corporation. Signed: Nick Rastar, President. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/22/2018. Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018154101. The following person(s) is/are doing business as: Norwalk Auto Service, 10970-B Firestone Blvd, Norwalk CA 90650/10970-B Firestone Blvd, Norwalk CA 90650. Affordable Luxury Auto Inc., 10970-B Firestone Blvd, Norwalk CA 90650. This business is conducted by: a corporation. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 06/2018. Signed: Nick Rastar, President. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/22/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018154103. The following person(s) is/are doing business as: L & L Multi Media Group, 563 N Mar Vista Ave #106, Pasadena CA 91106. Brandon Mease Bell, 563 N Mar Vista Ave #106, Pasadena CA 91106. This business is conducted by: an individual. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: n/a. Signed: Brandon Mease Bell, owner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/22/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018154273. The following person(s) is/are doing business as: Retrogamedev, 23524 Magic Mountain Pkwy, Apt 812, Valencia CA 91355. Derek J Morris, 23524 Magic Mountain Pkwy, Apt 812, Valencia CA 91355. This business is conducted by: an individual. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 06/2018. Signed: Derek J Morris, owner. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/25/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018154874. The following person(s) is/are doing business as: Your Place Health; Health Onsite, 500 N Rosemead Blvd. Apt 30, Pasadena CA 91107. Hope And Dreams Inc., 500 N Rosemead Blvd. Apt 30, Pasadena CA 91107. This business is conducted by: a corporation. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 01/2018. Signed: Michael A Ang, President. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/25/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

Fictitious Business Name Statement: 2018154921. The following person(s) is/are doing business as: Casalink, 639 Lemar Park Dr #B, Glendora CA 91740/1822 E Route 66 Ste A #418, Glendora CA 91740. Casalink Trading Inc, 639 Lemar Park Dr #B, Glendora CA 91740. This business is conducted by: a corporation. The Registrant(s) commenced to transact business under the fictitious business name or names listed herein on: 06/2018. Signed: Dergham Mahfoud, Managing Member. Registrant(s) declared that all information in the statement is true and correct. This statement is filed with the County Clerk of Los Angeles County on: 06/25/2018. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14411, et seq., B&P Code.) Published: 06/30/2018, 07/07/2018, 07/14/2018 and 07/21/2018.

# BRITISH WEEKLY SPORT



**JOS BUTTLER:** dominant performance with the bat to lead England to victory

## Whitewash! and the Buttler did it...

*OLD TRAFFORD; England 208-9; Australia 205 all out.  
England win by one wicket and clinch five ODI series by 5-0*

**JOS Buttler produced a one-day masterclass at Old Trafford on Sunday, dragging England over the line to a first 5-0 whitewash over Australia in the one-day format.**

The wicketkeeper batsman decorated a low-scoring thriller with two remarkable moments in the field, running out Aussie skipper Tim Paine with a lightning pick up and direct hit, and using razor sharp glovework to stump danger man Shaun Marsh. Yet it was his display with the bat – in an innings that kept England's chase afloat when it threatened to go under at 27-4 and 114-8 – that will live as long in the memory. Quite fittingly, his blistering knock ended on an unbeaten 110 and the winning runs as England chased down Australia's 205 with one wicket and nine balls to spare.

Buttler has produced moments of staggering quality for England in whiteball cricket. There have been five previous centuries and all of them

have been quicker. Yet this, his 110 coming in 122 deliveries, was more special given it came in a match which, he rightly pointed out, England had no right to win. Few grounds boast the canvas Old Trafford provides for competitive cricket with bounce and pace for the quick bowlers, turn for the spinners, and reverse swing late on with an abrasive block of worn wickets. Australia may have been disappointed to post only 205, but when Ashton Agar and Billy Stanlake reduced England to 27-4 they were in control. Two wickets in his third over from Stanlake, who served notice with his 93mph tracers that he could play a part in the Ashes next year, blew the England innings wide open. Yet Buttler did not panic, even when his partners went missing to leave them tilting at 114-8.

His 81-run ninth-wicket stand with Adil Rashid took them to the brink then, with Jake Ball holding firm to see off 10 balls as the tension built,

Buttler dragged them over the line.

"In a way that is my most enjoyable innings because I was thinking I needed to be there at the end," he said. "So it was a great feeling hitting the winning runs in a game you didn't deserve to win."

The fact that England were behind the eight ball for much of this match also showed there are brains and character to go with the muscle of a thunderous batting line-up.

"It creates more of an insight into where someone is at and what character they have when we are losing wickets," said captain Eoin Morgan. For all it was good to see Rashid bat so intelligently and Ball hang around when he needed to, there is no doubting where Buttler is at the moment.

My all-round game is probably the best it has ever been," he said. Paine added the tribute: "Right now he has to be the best white-ball wicketkeeper-batsman in the world."



**RINGING THE CHANGES:** Southgate said his experience as a player at the 2002 World Cup informed his decision to rotate his cast for the Belgium gam.

## "I like people to feel included"

### ■ Southgate defends wholesale changes

**GARETH SOUTHGATE defended his decision to ring the changes for England's clash with Belgium Thursday night by pointing to his own tournament experience as a player and insisting 'I like people to feel included'.**

Still flush with success from the 6-1 romp over Panama, the England manager discarded the conventional wisdom about not changing a winning team for a match which neither team seemed inclined to win. First place in the group would mean a date with Japan but on the side of the draw which includes Brazil, Argentina and France. Second place meant a potentially more damaging date with Colombia, but on the side of the draw whose only powerhouse presence would be Spain.

Southgate addressed the issue of wholesale changes by telling reporters he was wary of his memories of the 2002 World Cup when he did not play a single

minute and, while he wished his team-mates well, ultimately found it a frustrating time. That experience has shaped his approach to a match in which he used the opportunity to involve as many players as possible before the knockout phase.

"My inherent nature is that I like people to feel included, and be part of what we're doing," Southgate said on Wednesday. "And they all are. But of course as a player you don't really feel that until you're able to play. No matter what I can say, actually getting the guys on the field is far more powerful than anything else."

"It's not possible to get everybody on the pitch and your job as a manager can't be just to keep people happy, that's not a route for a successful team. Equally, I know how much it would have meant to me to have one minute in a tournament."

"The difference of just being on the pitch, being able to go away from the tournament

[having played], because nobody remembers whether it was one minute or 50. You do, of course, as a player. "But to be involved in a World Cup is something you work all your life for."

Southgate urged those involved to seize the opportunity. He remembers listening to Chris Coleman talking, after leading Wales to the semi-finals of Euro 2016, about how you have to go for things in life and not be afraid to fail. "That resonated with me because I'd probably just ruled myself out of taking the [England] job," said Southgate, who did not take charge until September that year. "From talking to young people or my own kids, I would be saying those things and I wasn't living it. So I felt I had to make sure that if there are opportunities in life you have to go for it. Even as a young player you maybe only get one World Cup. You assume there will be more but you might get an injury or something else."

World Cup 2018

# SECOND BEST FOR ENGLAND?

■ Colombia date awaits as Januzaj strike sends England to defeat

ENGLAND narrowly lost their final group stage match in the World Cup on Thursday night, falling 1-0 to a composed and accomplished Belgian side thanks to a second strike of the highest quality from Adnan Januzaj.

The result ensured Gareth Southgate's team will face Colombia in the round of 16, and although that is likely a tougher assignment than Japan, whom Belgium will face, it does give England a spot on the 'right' side of the draw, allowing them to avoid such powerhouses as Brazil, Argentina, France and Uruguay.

Both sides rang the changes for a match neither side seemed to want to win. England brought in eight new faces from their Panama romp, while Belgium made it nine, including leaving the talismanic Eden Hazard on the bench while giving a runout to his younger brother Thorgan. Southgate's men were without Harry Kane up front with Jaime Vardy given a chance to provide the free scoring Spur strikers with some real competition for the no 1 strikers spot, but after a couple of lively moments early on, the Leicester marksman largely fluffed his lines.

The first half seem to reflect on both sides' lack of real desire, with England looking subdued and lacking both sharpness up front and bite in the middle. Belgium certainly looked the more composed of the two sides but their threat was largely restricted to an aerial

one from the perennially awkward Marouane Fellaini.

The best of the early chances fell to Tielemans, who took advantage of some slack England marking to send a swerving drive straight at Pickford from outside of the box. Worse was almost to come just minutes later when Pickford fluffed a Fellaini header from just outside the six yard box and was rescued by Gary Cahill, who hastily cleared as the ball threatened to dribble over the line.

Belgium seemed content to use Fellaini as a big target man and the Manchester United striker continued to look dangerous leading up to the break. As for England, their ambition seemed to be to play out from the back when they could, but when they did regain possession in midfield they opted for a quick long ball towards either Vardy or Rashford. Even without their regular center half pairing of Jan Vertonghen and Toby Alderweireld, the Belgians dealt with that threat comfortably enough, and as halftime approached neither side looked capable of breaking the deadlock.

After the break it was a different story, with England immediately looking the more threatening of the two sides with Rashford in particular looking a real handful down the left. Yet it was Belgium who opened the scoring, with the twinkling feet of former Manchester United prospect Adnan Januzaj bewitching Danny Rose inside the



**A TOUCH OF QUALITY:** Adnan Januzaj's second half effort proved the difference between the two teams

box before curling a left foot shot past Jordan Pickford.

England looked stung by the goal and began to take the game their opponents before the rhythm of the game was again interrupted by a head injury to Thomas Vermaelen from a clash of heads with Vardy, which left the Belgian defender bloodied and requiring lengthy treatment from the team physio.

England looked the brighter of the two teams from that point, and Rashford should really have done better in the 67th minute when played in on goal via delightful one-two with Jaime Vardy. The young striker had plenty of time to assess the situation but with Vardy screaming for the return Rashford instead tried to clip the ball into the far corner, allowing Courtois to get a feather touch on it to turn it wide.

Belgium stalwart Vincent Kompany came on for Vermaelen in the 74th minute as England struggles to find a way past a well drilled Belgian defence, and their best moments came mainly due to the enterprising work of Rose and Rashford

down the left. Despite the TV camera focusing on Harry Kane on the substitutes' bench, it was Danny Welbeck who then entered the fray, subbing on for the subdued Alexander Trent Arnold.

England continued to huff and puff as the minutes ticked away without ever really conjuring up a clear goal threat on the Belgian goal, and when Roberto Martinez sent on Dries Meireles in

the 85th minute it was a clear reminder of the embarrassment of riches at his disposal. And it was Meireles who came closest to scoring, testing Pickford with a fierce drive as the minutes ticked away.



#### RESTAURANT:

116 Santa Monica Blvd.  
Santa Monica CA 90401  
(310) 451-1402  
Happy Hour: Mon-Fri 4-7  
(food specials)

Shope: 132 Santa Monica Blvd.,  
Santa Monica • (310) 394-8765  
Open Sun-Thurs 10am-8pm  
Fri. & Sat. 10am-10pm

#### Sat. June 30 Round of 16

7am France vs Argentina  
11am: Uruguay vs Portugal

#### Sun July 1 Round of 16

7am: Spain vs Russia  
11am Croatia vs Denmark

#### Mon July 2 Round of 16

7am: Brazil vs Mexico  
11am vs Japan vs Belgium

#### Tues. July 3 Round of 16

7am Sweden vs Switzerland  
11am Colombia vs England

#### Fri. July 6 Quarter Finals

7am: Quarter Final #1  
11am Quarter Final #2

#### Sat. July 7 Quarter Finals

7am Quarter Final #3  
11am Quarter Final #4



[www.yeoldekingshead.com](http://www.yeoldekingshead.com)

