

It's all in your Herald & Post

Alan Dee	10
Letters	14,15
Ten Years Ago	18
Question Time	20
Join Our Club	22
Go! Leisure	43,45
Sport	63,66

News 01582 700666

Editor: Lynn Hughes lynn.hughes@jpress.co.uk

Advertising 01582 700600

Director: Sam Pirani sam.pirani@jpress.co.uk

Distribution 01423 707592

If you have any problems with our delivery service, call this number (8.30am to 5pm) or 07786 435538 (24 hour message service)

Leaflets 01908 651237

Our websites

www.lutontoday.co.uk
www.dunstabletoday.co.uk

Published by Premier Newspapers, a Johnston Press company
Managing director: Paul Gibson (paul.gibson@jpress.co.uk)

Our address

Media House, 39 Upper George Street, Luton, LU1 2RD



Order pictures taken by our photographers online at www.lutontoday.co.uk at Photos Today



85,136
copies weekly Jan-June 2010
(99.8 per cent free)

PLEASE RECYCLE THIS PAPER
Recycled newsprint made up
87.2 per cent of the raw material
for UK newspapers in 2008



CHALLENGE TO TEST QUICKEST MODES OF TRANSPORT

Ready, set, go... commuters are racing to town

HAVE you ever sat in a queue of traffic on your way to work wondering if there is a quicker way to get there?

If so, Luton Council are testing the quickest methods of transport in a commuter challenge on Friday, October 22.

The challenge will involve a group of walkers, two cyclists, one bus passenger and two car drivers making their way to work to see what transport method is the quickest.

It will start at 8.15am at the Homebase roundabout in Barton Road, with contestants following the A6 into Luton town centre, with one cyclist using the road and the other taking the off-road

cycle route. The finishing line will be placed at the steps of the Town Hall.

Part of the car drivers' challenge will be to find suitable parking near the town centre.

Councillor Dave Taylor said: "Many people believe that driving to work is the fastest way of getting there. In many cases though, this is not true.

"Waiting in traffic during rush hour, and searching for a parking space, all adds extra time to your journey, problems which cyclists and walkers do not face.

"Another common myth is that walking to work takes far longer than driving. With the commuter challenge we are hoping to show

people that walking does not take as long as they may think, and can be very enjoyable.

"I would encourage everyone to ask themselves whether they can change the way they travel to work."

Highlights and results from the challenge will be revealed by the Town Hall's sustainable travel team at a stand in The Mall Luton during Energy Saving Week on October 29. There will also be a smarter driving simulator showing drivers how economical they are behind the wheel, with advisors showing people how to reduce their carbon emissions.

To find out more log onto www.luton.gov.uk/sustainabletravel.

Celebrations for church anniversary

YOUNG members of Luton Central Seventh-Day Adventist Church proudly marched through town to mark its 50th anniversary last Saturday.

Due to the large numbers of worshippers attending the celebrations the anniversary service was moved from the church in North Street to St Mary's Parish Church.

The church's Pathfinder youth group marched from St George's Square to St Mary's.

They were accompanied by a drum corps from London.

The morning service was followed by an afternoon of celebrations.

These included performances by poets, the Luton Community Gospel Choir and the Promise Choir.



On your bike for cycle fun at high school event

YOUNG cyclists are being urged to saddle up and get into gear as part of an exciting new racing initiative.

Children aged six to 16 will get the chance to go head-to-head with other young riders as part of the 'go-ride' racing event at Icknield High School, Luton, on October 23.

The races are intended to give novice cyclists their first taste of competitive racing.

Racers are encouraged to bring a helmet and a bike to the event, although these aren't essential.

The event starts at 12noon, contact Ray Morgan on 01582 696718 for more details.

Have a cuppa as the children run riot at play spot

IT is a tough job being a parent. So to support National Parents Week, from Monday, October 18, until Sunday, October 24, mums and dads visiting Snakes and Ladders in Houghton Regis are entitled to a complimentary cup of tea or coffee.

While their children have a riot of fun in the Blackburn Road play centre, parents can relax over a cuppa.

Download your voucher at www.snakes-and-ladders.co.uk/offers

For more information call 01582 660 111.

NOAH and SNAP present poetry and art event

A COMMUNITY art project will be aired in Luton tonight (October 14) when young people from NOAH and SNAP present a free poetry and art event at two shops in High Town Road.

You can listen to the poetry, written and read by youngsters who use the charities' facilities, from 5pm to 8pm at number 40. The art is also on view at number 37.

> For more information ring 01582 728416.

Accident?

Serious Injury?



We have an in-house specialist medical team to assist our legal teams. Take your claim for **Accident Compensation** seriously and get a legal and medical expert on your side for Maximum Compensation fast!

- ☒ Fast Compensation
- ☒ A Hassle-Free Service
- ☒ No Costs Whatsoever
- ☒ Regular Updates

Rapid
SOLICITORS

Freephone 0808 131 0450

Free home visits - Consulting offices throughout the region - Lines open 24/7

Fill your jobs...



...with the perfect candidate

Advertise now with jobstoday.co.uk

covering:
Luton, Dunstable
and surrounding areas

jobs today

To advertise call: 01582 700602 bringing you more local jobs

Appliances 4 Less Many different appliances at GREAT PRICES:

- Built in oven from £110
- Gas or electric hobs from £70
- Washing machines from £140
- Gas or Electric Cookers from £150



Brand new appliances slight cosmetic damage with 12 months guarantee

MANY MORE BARGAINS INSIDE

Pop in and see us TODAY at S1

Bishops Cleeve Road, Luton, LU3 1PA

Telephone: 01582 492840

All major credit cards accepted

ACCIDENT NOT YOUR FAULT?

NO WIN NO FEE!

- Free no obligation interview with mention of this advert.
- Home and hospital visits
- Accident Line endorsed by the Law Society
- No middlemen • Straightforward, no nonsense advice
- Deal direct with a specialist solicitor...

CALL 01582 456222

now and get one of our specialists working for you!

AUSTINS LLP

SOLICITORS

www.austinslaw.com

36-40 Liverpool Road, Luton

Email: rk@austinslaw.com

