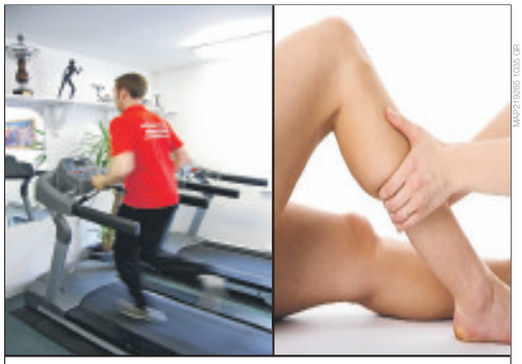
HAIR EXTENSIONS
Starting at £15

Prices to suit everyone!
100% AA REMY HUMAN HAIR
The worlds best human hair in the world!
*Colour*Volume*Effect*Curly*
Wide range of services available
FREE Specialist Consultation
Full set of 18" Hair Extensions
In Just 1 Hour £495
Brand new "tape on - tape off" concept

IMAGES
Hairdressing Salon

Tel 01908 265550
12 Church Street, Stony Strafford, MK11 1BD



we are more than just fitness

leading the way in health&fitness

- Podiatry Physiotherapy
- Massage Physiotherapy
- Osteopathy Acupuncture and Sports Injury Treatment Specialists
- **Other Sports and Health Related Benefits Include**:
  Circuit Training
  Personal Training
  Home Nutrition Programmes
  Back Care Classes
  Gym

All Private Health Insurance Accepted.
Body Limits are members of the General Osteopathic Council.
Call today for an appointment...

BODY LIMITS Clinic & Gymnasium
01908 615045
www.body-limits.co.uk
Wolverton Rd. Newport Pagnell. MK16 8HX

MORE news, sport, small ads, features, homes for sale, jobs, cars, community info each and every week

THE GLITZ AND GLAMOUR AS OUR REPORTER GETS A PLACE IN AUDIENCE

Hitting the ballroom for Strictly Come Dancing...

by Georgina Butler

01908 651241 editorial@mkcitizen.co.uk

SEQUINS sparkle in the glare of the glitter ball and I pinch myself to check this is not fantasy. I really am in the studio audience for Strictly Come Dancing.

Nine hours earlier I had left Milton Keynes Central on a train to Shepherd's Bush, full of anticipation and lucky enough to have two coveted e-tickets for the new series of Strictly.

However, these were enough to get myself and my guest into the ballroom only on a first-come-first-served basis – we still needed to arrive early.

My "chuffed" Mum and I (description provided by my bemused Dad) planned to arrive well before the 3.30pm specified on our tickets and when we arrived outside BBC Television Centre at 11.40am, 70 fans were queuing, prepared with picnics and even foldable chairs.

First in line was Sarah, from Bromley, who arrived at 9am and reported seeing rugby star, turned ballroom novice, Gavin Henson going in.

Next, a couple from Aylesbury who arrived at 9.30am, then someone from Manchester, and the list continued.

The queue grew steadily and as people joined, their faces dropped at its length.

Over 800 e-tickets were sent to ensure a full-house but only 200 fans were allowed inside with remaining seats reserved for production guests.

Thrilled to have made it in, we handed over mobile phones to security before visiting a waiting area.

An hour later, we entered the studio and were given seats with a perfect view of the dance floor, to the right of the judging panel.

Everything was much smaller than it appears on television and it was surreal to be on the instantly-recognisable set.

Studio audience team member, the jovial Richard, explained the set goes up on Fridays and comes down on Saturday nights, before the studio is prepared for the Jools Holland show on Tuesdays.

Considering the lavish set for Strictly, this seems a mammoth task and, naively, I had thought the Strictly studio remained for the whole series.

From the moment we stepped into the studio, time flew as Brucie ("nice to see you to see you nice") treated us to a song and jokes before the cameras started rolling then, joined by the exceptionally welcoming – and tall – Tess Daly, he was the consummate professional for the duration.

Among the production guests I spotted Gail Platt from Corrie (actress Helen Worth), Debbie McGee (wife of contestant, magician Paul Daniels) and Salsa dance coaches Chris Marques and Jaclyn Spencer.

FOR SIX PAGES OF ACTION-PACKED SPORT TURN TO PAGES 73-78

STRICTLY ENTERTAINMENT: Far left, Anton Du Beke with dance partner Ann Widdecombe; left, Georgina with studio audience team member Richard, above, this year's Strictly celebrity dancers; right, Brendan Cole with his dance partner Michelle Williams, below, the crowds gather to get in to the show; below left, professional dancer Vincent Simone and Felicity Kendall

I saw every flicker of movement as the pro dancers and their celebrity partners executed their intricate footwork.

Anything I missed, as the cameramen raced around the dancers – so close that there was almost a collision with Brendan Cole – I was able to catch on one of the many monitors dotted around the audience area.

The production staff must be acknowledged, at home you do not realise the meticulous planning that goes into filming a programme like Strictly.

Obviously, the efforts of the dancers and celebrities are the focus of the show and they did not disappoint as the audience was spellbound. Professional dancer Vincent Simone grinned and waved at me, as did head judge Len Goodman, before they both made their entrance.

As if that was not exciting enough, for the results show, which is also filmed on Saturdays, I sat next to ex-Strictly professional, Lilia Kopylova, there supporting husband Darren, who was performing as part of the new professional dance troupe.

No longer part of Strictly, Lilia nonetheless has plans for future projects and is still teaching and dancing with Darren.

So, not only was I one of a select few to know before the rest of the country who was first to be voted out, I also brushed shoulders with a Strictly champion.

Finally, I get to place my size 3s onto that famous dance floor.

All I can say is "Keep dancing".

MOREMORE

More of what you want from a local paper, every week

MOREMORE

WE BUY ANY GOLD FOR CASH

MILTON KEYNES, MIDSUMMER PLACE
LOCATED NEXT TO HUGO BOSS
WE ARE HERE: MONDAY TO SATURDAY. PHOTO ID REQUIRED.

RELIABLE DISCREET SATISFACTION GUARANTEED

Guardian Jewellery

FOR MORE INFORMATION, CALL US ON: 0800 917 3144

www.GuardianJewellery.com

With over 150 units nationwide we are the UK's largest buyer of secondhand jewellery

CAN'T MAKE IT TO OUR STORE?
TRY OUR FREE POSTAL SERVICE

1 CALL
0800 917 8659
FOR YOUR FREE PACK

2 SEND
PLACE YOUR JEWELLERY INSIDE AND RETURN IT TO US FOR FREE

3 RECEIVE
SIT BACK AND WAIT FOR A CHEQUE

Debt Problems Solved

If you can't afford to repay all your debts you may qualify for a little known and almost unbelievable solution. If you qualify you will only have to repay what you can comfortably afford.

If you have debts over £15,000 and a regular household income you may qualify to take advantage of this government legislation to clear your debts.

One *free* phone call will take just 10 minutes and it could change your life. Our advice is immediate with no waiting time and no appointment needed.

Call now for *FREE* impartial advice on

0800 988 9333

www.debtfreedirect.co.uk

DEBT FREE DIRECT

Failure to adhere to a debt solution could result in increased financial strain. Your credit rating is likely to be affected. Initial advice is free, fees may be payable depending on the solution provided.