

# **Flanagan's Running Club – Issue 34**

## **Introduction**

The first rule of Flanagan's Running Club is everyone should be telling everyone they know about Flanagan's Running Club! After all, sharing is caring. Details of how to sign up is in the epilogue.

There is no need to panic, there is no actual running involved, it is not a running club in that sense. The title is made up from extending the title of my favourite book – Flanagan's Run by Tom McNab.

So, enjoy the read.

## **On This Day – 14<sup>th</sup> May**

1264 - Battle of Lewes: Henry III of England is captured and forced to sign the Mise of Lewes, making Simon de Montfort the effective ruler of England.

1796 - Edward Jenner administers the first smallpox inoculation.

1973 - Skylab, the United States' first space station, is launched.

It's Flag Day (Paraguay)

National Unification Day (Liberia)

## **365 Reasons To Be Proud To Be A Londoner - Magical Moments in London's History**

How to feed the soldiers of a distant and growing British Empire was a thorny problem. For 300 years, seamen had been eating salted meat and hardtack biscuit, and malnutrition killed thousands. Then south London merchant Bryan Donkin perfected the tin can as a means of food preservation. He opened the world's first canning factory and supplied the Navy today in 1813 with tins of beef, mutton, carrots, parsnips and soup. Mind you, no one invented the can opener until 1855, so for decades a hammer and chisel, a bayonet or a rock had to do the job.

## **Chuck D Presents This Day In Rap And Hip-Hop History**

**Ice T releases his fourth album "O.G. Original Gangster" on Sire.**

Thought by many to be his best work, the album contained the hit title track as well as "New Jack Hustler (Nino's Theme)" from the Warner Bros. film 'New Jack City' released the same year, which Ice T also starred in. The album also featured the hit single "Mind Over Matter", and the fan favourite "Pulse Of The Rhyme". Reaching #9 on the R&B chart, the set introduced his controversial heavy metal band Body Count on an album track of the same name. They would tour the following year, including an appearance at the first Lollapalooza musical festival.

## **Births**

1936 - Bobby Darin

1944 - George Lucas

1969 - Cate Blanchett

1976 - Martine McCutcheon

1983 - Frank Gore

## **Deaths**

1998 - Frank Sinatra

2018 - Tom Wolfe

## **Number 1's**

Number 1 single in 2011 - LMFAO - Party Rock Anthem

Number 1 album in 1966 - The Rolling Stones - Aftermath

Number 1 compilation album in 2004 - Now 57

## **Top 10**

The top ten in the UK singles chart on this day in 2000

Position	Last Week's Position	Title	Artist	Label	Peak Position	Weeks on Chart
1	New	DON'T CALL ME BABY	MADISON AVENUE	VC RECORDINGS	1	1
2	1	OOPS! I DID IT AGAIN	BRITNEY SPEARS	JIVE	1	2
3	New	SEX BOMB	TOM JONES & MOUSSET	GUT	3	1
4	New	KOOCHY	ARMAND VAN HELDEN	FFRR	4	1
5	2	BOUND 4 DA RELOAD (CASUALTY)	OXIDE & NEUTRINO	EAST WEST	1	3
6	3	HEART OF ASIA	WATERGATE	POSITIVA	3	2
7	New	TELL ME WHY (THE RIDDLE)	PAUL VAN DYK FT SAINT ETIENNE	DEVIANT	7	1
8	5	THE BAD TOUCH	BLOODHOUND GANG	GEFFEN	4	6
9	New	THE WICKER MAN	IRON MAIDEN	EMI	9	1
10	4	TOCA'S MIRACLE	COCO VS FRAGMA	POSITIVA	1	5

## Drabble

A drabble is a complete story that is exactly one hundred words long.

### Lord Squirrel

The grey squirrel was the lord of these trees, happily bounding from tree to tree, using any available route from the slimmest twigs, to the thickest branches and up the solid trunks.

Rapidly moving from one to another without a care in the world showing off the prowess of their athletic ability.

A small branch snapped and started to fall, but the squirrel didn't panic, just hopped over to another passing branch and watched their previous perch fall to earth, they were invincible, nothing could stop their rule.

Well, apart from the eagle that swooped in to carry it off.

## Joke

Tarzan had been living alone in the jungle for over twenty years and during that time had been forced to use suitable shaped holes in trees for sex. Then one day, Jane shows up, just as Tarzan was thrusting himself into the hole of an oak tree.

"You can't carry on like that," said Jane, "Here take me instead."

As Jane reclined seductively on the grass, an already aroused Tarzan ran over to her and kicked her hard in the crotch.

"What did you do that for?" cried Jane.

Tarzan replied, "Tarzan always check for squirrels first."

## Random Items

### Facts

Blueberry Jelly Bellies were created especially for Ronald Reagan.

All porcupines float in water.

Hang On Sloopy is the official rock song of Ohio.

### Thoughts

If knees were backward, what would chairs look like?

If an orange is orange, why isn't a lime called a green or a lemon called a yellow?

Why does your nose run & your feet smell?

## **Forgotten English**

### **Antomasy**

The use of the name of some office, dignity, profession, science or trade, instead of the true name of the person, as when "His Majesty" is used for a king.

## **Words You Should Know**

### **Specious**

Plausible; appearing right or truthful but being nothing of the sort. A specious argument sounds good but doesn't stand up to analysis; a specious claim to an inheritance might be made by someone pretending to be a long-lost son.

## **Popular Expressions – What They Mean And Where We Got Them**

### **To Carry A Torch**

To suffer unrequited love. Since the late 1920s, this phrase has been used to describe a long-standing emotional attachment that is either undeclared or not returned.

The torch represents the flame of undying love, and this symbolism may come from depictions of Venus, the goddess of love holding a burning torch.

## **Darwin Award**

### **Gun safety training**

A Houston man earned a succinct lesson in gun safety when he played Russian roulette with a .45 calibre semiautomatic pistol. Rashaad, nineteen, was visiting friends when he announced his intention to play the deadly game. He apparently did not realise that a semiautomatic pistol, unlike a revolver, automatically inserts a cartridge into the firing chamber when the gun is cocked. His chance of winning a round of Russian roulette was zero, as he quickly discovered.

## **What The Hygge!**

### **lygge (n.) (coll.)**

somewhat dated term for a beautiful Danish woman

'Phwoar! That Freja Jensen is a right lygge!'

'Dream on, Maltje - she's way out of your lygge.'

is a typically confusing exchange.

## **The Secrets Lives of Colours**

A great book that goes into details about how colours got their names and their history of use. By Kassia St. Clair, it is well worth buying.

### **Fluorescent pink**

On 21 April 1978 the British punk band X-Ray Spex released 15,000 limited-edition copies of their new single, 'The Day the World Turned Day-Glo', on pumpkin-orange 7-inch vinyl. On the cover a globe, roughly coloured in a mixture of yellow, red and poison-bright pink, stands against a lime background. The song's lyrics – almost incomprehensible in lead singer Poly Styrene's screeching yowl – bemoan the world's seeping artificiality.

Fluorescent colours were a hot new thing in the 1970s, amped-up versions of the bright colours beloved by advertisers and pop artists in the 1960s. In 1972 Crayola introduced a special-edition box of eight fluorescent crayons, including the ultra-pink and hot magenta colours, all of which glowed brightly under a black light. The strident brashness of super-bright colours perfectly suited the aesthetic of the emerging punk movement too. Highly saturated fluorescent-style pinks were used to paint Mohicans and the lettering of many classic punk albums of the era, like the pink and yellow design on the Sex Pistols' Never Mind the Bollocks album designed by Jamie Reid in 1977.

Most of the colours we think of as fluorescent are actually just very high-intensity hues. True fluorescents are so bright not only because the colours are very saturated but also because the chemical structure of the dye or material absorbs the very short-wave light in the ultraviolet portion of the spectrum, which humans can't see, and re-emits it as longer wavelengths, which we can. This is what gives them that particular glowing brightness in daylight, and is also why they shine under black lights.

A favourite use of this technology worldwide is in the humble highlighter pen. Created in the 1960s, highlighters were originally just felt tips with thin, water-based inks that allowed the original text to show through. A decade later fluorescent dyes were added to highlighters to make the portions of text they were brushed over seem even more attention-grabbing. Stabilo has sold over 2 billion highlighters to date, and although they are available in an ever-proliferating array of colours, two stand head and shoulders above the rest: 85% of sales go to yellow and pink.

## **Flash Fiction**

Something between the 100-word shortness of a Drabble, and the short story, these are works of fiction somewhere between five hundred and seven hundred words.

### **For The Chop**

Dave couldn't believe his eyes as he drove up his street. The lovely elm tree he had planted when he inherited the house from his poor dead mother was falling over. Surely the wind hadn't been that strong today had it? Did he have a hitherto unknown infestation of termites that had taken it down?

No, when he turned into his drive, he could see the reason. Celia. The mad old badger from number 42 was dancing around what remained of the base of the memorial tree waving a bloody chainsaw over her head. She had been moaning about the family of wood pigeons that had made the tree their home since spring. Every day she had been knocking on his door asking him to make the birds be quiet.

How the hell could he keep wild birds quiet? Did she have no concept of how nature worked? It wasn't as if had gone out of his way to attract birds in the first place. There was no big sign outside saying 'Bird hotel this way – luxurious elm tree available as a great nesting opportunity.' It wasn't as if he could move the birds' nest either, that was illegal.

Yet Celia wouldn't listen to reason. She had tried throwing mouldy potatoes at the tree to try and dislodge the nest, but had missed with each and every one. Only succeeding in pelting the poor vicar as he had walked past on the other side of the hedge.

Now she had flipped and got a chainsaw. The bloody thing was nearly as big as she was. Bright orange and still going like the clappers. He was surprised she could lift the damn thing. She normally came across as an elderly feeble doddery woman. But she must really have the bit between her teeth today.

Yet, she obviously knew nothing about the art of cutting down trees. She'd paid no attention to where the tree was going to fall. Dave was relieved it hadn't crashed down on his house. That would have been an even bigger nightmare. It had fallen sideways and crashed through the wooden fence that separated his front garden from the mad woman's. Breaking down her own fence.

Dave stopped the car, turned the engine off and got out.

"What the hell do you think you're doing Celia?"

"Getting rid of those noisy wood pigeons. You refused to do anything, so I had to act."

"As I've told you a hundred times, it is illegal to move a nest once mating season is underway."

"I didn't touch the nest, I cut the tree down."

"Yes, I noticed. You cut my tree down. The one you full well know was planted to honour my mother. The woman you had been lifelong friends with."

"She wouldn't have minded; she hated the birds as well."

"Well I mind, it's criminal damage."

"It's only a tree. The only damage is to my fence anyway. You'll have to pay to get that fixed; your tree fell on it and wrecked it."

"It wouldn't have fallen on your fence if you hadn't used that bloody chainsaw in your hand to cut the bloody tree down you stupid mad old crone."

With that, Dave snatched the chainsaw off of Celia, turned it off and stalked towards his front door. He went inside and left the chainsaw by the coat stand and picked up the phone to call the police to explain what he had arrived home to. No sooner had he finished on the phone than the front door was being pounded on. He opened to front door to find Celia standing there.

"What the hell do you want now you mad old bat?"

"I can't get into my house."

"And just what has that got to do with me?"

"Your tree has fallen over and is blocking me from getting to my door."

"My tree didn't fall over; you cut the bloody thing down."

"Yes, but it decided to fall and wreck my fence, and now it is blocking my door. You need to move it."

Dave couldn't believe his ears. He bent down and picked the chainsaw up and headed out the door. He looked at Celia and for a brief moment thought about the great pleasure it would give him right now to turn it on and use it on her. But instead he went round into her front garden and proceeded to cut up the trunk and branches blocking the way to her door.

He finished just as the police turned up to investigate his phone call.

## **Leicestershire**

### **The Battlefield Line Railway**

The Battlefield Line Railway is a heritage railway in Leicestershire, England. It runs from Shackerstone to Shenton, via Market Bosworth, a total of 5 miles (8.0 km). Shenton is near Bosworth Field, (the location of the final battle of the Wars of the Roses immortalised in Shakespeare's Richard III), giving the railway its name.

The railway runs steam and diesel-hauled trains every weekend and Bank Holiday from March to December, as well as a summer mid-week service on Tuesday, Wednesdays, Thursdays in July and August and Wednesdays in September; the latter is operated by the Heritage diesel railcar service. Special events: Christmas Santa Specials and others throughout the year.

The railway used to be part of the London and North Western Railway and the Midland Railway, who operated the line jointly between Moira West Junction and Nuneaton. The first trains ran along this section in 1873. At Shackerstone station, there was once a junction where one section branched off towards Moira and Ashby and the other went towards Coalville Junction. In 1883, the Charnwood Forest Railway was opened, which extended the branch from Coalville Junction to Loughborough's Derby Road station, passing through the villages of Whitwick and Shepshed.

In the 1923 Grouping, these lines were assigned to the London Midland and Scottish Railway. In 1931 the last scheduled passenger train went down the Charnwood Forest branch, with the line then only being open to freight and excursions until the 1960s. The Coalville Junction – Shackerstone section was dismantled and closed completely in 1964. The Ashby – Nuneaton line had its last passenger service in 1965, which was an enthusiasts' special, before British Rail pulled the rails up in 1970. In its heyday, Shackerstone was a busy station, with steam trains doing the workings between Ashby and Nuneaton, whilst a railcar did the service between Shackerstone and Loughborough Derby Road.

The line was originally double track but was later singled. Confusingly, part of the line was called the Bluebell Line (the Charnwood Forest Line, Hugglescote to Loughborough Derby Road station; this line was only accessible via the ANJR).

The royal train now in the National Railway Museum went to Shackerstone on its first outing in December 1902. It conveyed King Edward VII, Queen Alexandra and Princess Victoria on their way to Gopsall Hall, where Handel is reputed to have composed his oratorio Messiah.

The Shackerstone Railway Society was set up in 1969 at Market Bosworth, but soon moved to Shackerstone in 1970, as they needed a proper home for their first steam engine. When they got to Shackerstone they found one through line still intact, and their first aim was to build some sidings. Later they reinstated the "down" platform and connected the sidings to the line to Market Bosworth.

In 1973, to celebrate the centenary of the line, a small train of open wagons was hauled to Market Bosworth. Following the successful conclusions of the negotiations with British Rail, a start was made on track rearrangements which created run-round loops at both ends of the line and a number of sidings at Shackerstone.

In the 1980s, the Battlefield Line launched a campaign to extend their line to Shenton. This involved buying 1 1/2 miles (2.4 km) of track and in 1992 after a successful campaign; the inaugural service arrived, hauled by the appropriately named 0-6-0 tank engine "Richard III."

The first section of the journey travelling south from Shackerstone is a climbing gradient which continues until the train is clear of the station limits. The signal box on the left is the oldest Midland Railway Co. type one box still in operational use. The train then passes under the first bridge which carries the road to Barton-in-the-Beans, and into open farmland.

Market Bosworth is 3 miles (4.8 km) from Shackerstone. There are usually stored locomotives or wagons here. To the right can be seen the old buildings and signal box which used to control part of the operation of the station.

South of Market Bosworth station, the train passes Aqueduct Cottage and the Ashby Canal aqueduct beyond it. Trains slow as they cross the road bridge between Shenton and Sutton Cheney. As the line curves to the right, the train approaches the terminus at Shenton, just over 4 1/2 miles (7.2 km) away from Shackerstone. The station pottery is the only surviving part of the original station. The present station is the reconstructed Humberstone Road station from Leicester. At the end of the line is a headshunt underneath an old cattle bridge. The small bridge was previously used to allow safe passage of farm traffic over the original railway.

Designed as a powerful industrial, "Sir Gomer", according to findings, is capable of moving a 928-ton train at slow speed on level ground.

The original A&NJR closed long before the formation of British Railways, but as very few suitable period carriages were preserved, BR Mark 1 coaches form part of all Battlefield Line passenger trains today. They are a renowned design of standardised rail stock, being both durable and high-capacity vehicles.

### **St. Mary's, Barkby**

The parish church situated in Barkby is dedicated to St Mary. Earliest records state that the church was built in the late 13th century but its ground undertook extension in 1887. The grade I church was officially listed in June 1966. The Church itself contains 6 bells and a 2-aisle nave.

The church also consists of a tower made up of 4 stages and a gothic organ case. Built primarily from ironstone, granite was infused into the buildings structure during restoration work in the 19th century. The presence of the Pochin family is also noticeable within St Mary's church as a number of memorials of past family members can also be found around the Church.

Mainly late C13, with some conservation Victorian restoration work. Mainly ironstone but some use of granite in the C19 work. West tower and spire, nave with 2 aisles and clerestory, chancel. Tall tower of 4 stages and 2nd is ashlar, and a different type of stone. Slight angle buttresses.

West doorway with paired shafts and hood mould. Single light with shafts in second stage, paired traceried many shafted lights with quatrefoils to bell chamber in top stage. Parapet frieze with grotesque masks etc. Tall broach spire (C14) with paired foiled lucarnes and 2 quatrefoil frieze bands. South aisle is a C19 restoration, renewing existing features, and built of granite rubble with limestone sill course and window tracery.

The tracery of the 3 principal windows, and the one above the south doorway, represent a fine collection of decorated tracery forms. Frieze with geometric masks at eaves level. South door in coped gabled porch, the archway a continuous moulded shaft, no capitals. Aisle is wide and has a pitched roof with coped gables. Clerestory is ironstone rubble with some white ashlar work, and with 3 light windows. Chancel is earlier in the C13 than the rest of the fabric and is built of small ironstone rubble.

North and south sides are identically arranged, with small shuttered low side window to west, then paired lancets, a small doorway, and a Y traceried window. East window also has Y-tracery, and is rather narrow. Victorian granite vestry to north. Moulded stone eaves cornice, and heightening in brick. Angle buttresses to the south east, with Victorian pinnacle.

North aisle is buttressed ironstone rubble or cobble stone. Its east window has five foiled lancets and a segment of circle cutting them, in a squared head with stilted hoodmould. Was this the original design, or has the window been subsequently cut through? There is some evidence that the roof pitch of the aisle may have been changed. Of the

north windows, each is of a different and ornate decorated design; the easternmost for instance, has three foiled lancets with 2 quatrefoiled squares above.

Sill course forms hoodmould to north doorway. Inside, the church gives the impression of great space; both the aisles and the chancel are rather wide, and the structure is also high. Nave of 4 bays, a late C13 arcade of triple chamfered arches on octagonal piers. Roof is perhaps C15 - tie beams with tracery panels above, low pitched. C18 gallery to west on slim wooden columns and with elegant cantilevered staircase. It contains a gothic organ case of 1899 and over it is a narrow musicians gallery. Wide perpendicular chancel arch, forming a shallow curve, with traces of painted decoration on the mouldings. 2 light traceried windows above the chancel arch.

Various C18 and early C19 memorials to members of the Pochin family in the north aisle. One, to Charlotte Pochin, d 1732 is by Rysbrack. Hatchments also in north aisle. Diminutive font, possibly C18. An octagonal basin on an octagonal shaft; very elegantly moulded and proportioned. Old working clock mechanism in south aisle, removed there from the tower.

### **Peatling Parva**

Peatling Parva is a village and civil parish in the Harborough district, south Leicestershire, England. It lies 2.6 km west-north-west of Ashby Magna and 2.9 km south-south-west of Peatling Magna.

The village is recorded in the Domesday Book from 1086 and was known as Alia Petlinge with listed landowners Howard, from Hugh de Grandmesnil, and Leofric, from Adelaide wife of Hugh de Grandmensil.

The recorded population of Peatling Parva has risen from the 159 residents listed in the 1841 census only to the 181 shown in the census of 2001.

A village church, St Andrews Church, is part of the Diocese of Leicester of the Church of England. The village also has a public house, The Shires Inn. A village hall was built in 1989 and holds local meetings of the Parish Council. It is a regular polling station for local, national and European elections and hosts performances from Centre Stage, a rural and community touring scheme.

Peatling Parva lies adjacent to the villages of Gilmorton and Bruntingthorpe, home to the Bruntingthorpe Aerodrome and Proving Ground.

## **Top Ten**

The first ten League Cup Winners.

No	Team	First Win
1	Aston Villa	1961
2	Norwich City	1962
3	Birmingham City	1963
4	Leicester City	1964
5	Chelsea	1965
6	West Bromwich Albion	1966
7	Queens Park Rangers	1967
8	Leeds United	1968
9	Swindon Town	1969
10	Manchester City	1970

## **Quotes**

David – I drink like a carrot.

David – Where's your wife?

Simone – I don't care, I can always get a new one tomorrow.

Andy – I'm glad that I was born in the forties, the music is rubbish. (only for his playlist to be binned before the end of the first track).

## **Poetry Corner**

### **Into The Night**

The night is dark, in the woods there is none of the light pollution of the streets.  
 A shrill squealing noise breaks the silence between the trees, the ground and the sky.  
 Hedgehogs' mating calls, but it is difficult to tell where they are in the dark.  
 Then as if by a magic switch all the other nocturnal noises of the woods start.  
 The guttural barking sounds that come from a skulk of foxes on the prowl.  
 A loud hooting is answered by another as I hear the conversation of owls.  
 Fluttering sounds close by, just inches above my head I can feel.  
 The flapping wings of black bats I hear although I can't see them swoop towards me.  
 I take a step forward hoping to remain on the narrow winding path.  
 But I stop frozen in time and space as I step on a twig that snaps.  
 It sounds louder than it should to my ears, an indicator of my shattered nerves.  
 I stand stock still listening for any sign of pursuing spirits.  
 Crashing through the undergrowth in the direction of that little snapped twig.  
 What little light there was is now suddenly taken away from me.  
 Clouds cover the moon and take away the only light of pale grey.  
 I start to move again hands out to feel my way between the trees.  
 Almost stumbling over as I stub my toe in an unseen hole in the ground under me.  
 Is that a badger that I spy scuttling along in front of my person?  
 Or is it my imagination playing tricks and flashing up images of what there should be?  
 Can that be smoke I smell as there is a wisp of a breeze passing by?  
 What could be burning in the night in this cold and damp place?  
 I am now certain I have reached the very centre of these woods at last.  
 A clearing is here, man made it must be; too perfect a circle it seems.  
 The clouds dissipate and moonlight shines down once again, I can see.  
 That I am not alone in these woods as I had hoped I might be.  
 There are lots of masked faces here; they must have been waiting for me.  
 The knives are sharp and impale me. I feel every stab, every cut.  
 I fall to the ground and the last thing I see is the dark encompassing my world.

### Cathedral Fact Files

Cathedral	Newcastle Cathedral		
Dedicated To	St. Nicholas		
Type	Parish Church	Architecture	Old English
Religion	COE	Tower / Spire	1 Tower
Site Founded	1098	Height (External)	204ft
Church Founded	1091	Height (Internal)	51ft
Bishopric Founded	1882	Length	351ft
Current Bishopric Founded	1882	Width	189ft

### Thirty-Three And One Third Revolutions Per Minute

#### Ice T – O.G. Original Gangster

O.G. Original Gangster is the fourth studio album by American rapper Ice-T, released May 14, 1991 by Sire Records. Recording took place from July 1990 to January 1991 in Los Angeles, California. Its production was handled by seven producers: Afrika Islam, Beatmaster V, Bilal Bashir, DJ Aladdin, Nat The Cat, SLJ and Ice-T himself, who also served as executive producer. It features guest appearances from Body Count, Prince Whipper Whip and various Rhyme Syndicate artists, such as Donald D, Evil E and Randy Mac.

The album peaked at number 15 on the U.S. Billboard 200 and number 9 on the Top R&B/Hip-Hop Albums chart. On July 24, 1991, it was certified gold by the Recording Industry Association of America, indicating U.S. sales of more than 500,000 units. O.G. Original Gangster was ranked at #25 in Melody Maker's list of the top 30 albums of 1991, and was featured in The Source's 100 Best Rap Albums and the book 1001 Albums You Must Hear Before You Die. The album was praised by many as his best.

On the album's release, the vinyl version only contained 16 of the compact disc's 24 tracks. The NME stated to "forget the format's limitations" and promoted the compact disc version with 24 tracks over the vinyl.

From contemporary reviews, the NME stated that the album was Ice-T's "best shot yet; riotous vignettes from a decaying America full of devious humour and striking pathos – all those things NWA profess to be but clearly aren't." The review commented on the album's production stating Afrika Islam production as "slamming" noting that "the music is always restlessly inventive in catering for your solar plexus (even on the hardcore/Heavy Metal crossover token track) – complements highlights like the sad, droning 'The Tower', the optimistic 'Escape From The Killing Fields' (a



scathing re-write of Public Enemy's 'Black Steel In The Hour Of Chaos' that explains the original metaphor) and the out-of-character bad-tempered 'Lifestyles Of The Rich And Infamous'".

Select gave the album a negative review, stating that three tracks "Mind Over Matter", "The Tower" and "The House" are outstanding while "much of the rest relies on a well-tested recipe of looped breakbeats and linear drums." and that the album's themes function "better as manifesto than as music".

### Track listing

No. - Title - Producer(s) - Length

1. - "Home of the Bodybag" - Ice-T DJ Aladdin SLEJ Da Ruff Edge - 2:12. Samples Guns 'n' Roses' "Mr Brownstone", Maceo Parker's "Future Shock (Dance Your Pants Off)", James Brown's "Escape-ism", Quincey Jones with Ice T, Big Daddy Kane and Kool Moe Dee's "Back On The Block", and five of his own tracks - "You Played Yourself", "Colors", "6 In The Mornin'", "I'm Your Pusher", and "Lethal Weapon".
2. - "First Impression" - Ice-T - 0:45. Sampled in twelve songs.
3. - "Ziplock" - Ice-T Afrika Islam - 1:19. Sampled once.
4. - "Mic Contract" (featuring Donald D) - Ice-T DJ Aladdin SLEJ Da Ruff Edge - 4:23. Samples The 5th Dimension's "Good News", Dyke & The Blazers's "Runaway People", Kool & The Gang's "The Penguin", Public Enemy's "Rebel Without A Pause" and "Terminator X Speaks With His Hands", James Brown's "Funky Drummer" and "Get On The Good Foot", EPMD's "It's My Thing", and John Davis and the Monster Orchestra's "I Can't Stop". Sampled once itself.
5. - "Mind Over Matter" - Ice-T DJ Aladdin - 4:12. First single release from the album. Samples Funkadelic's "I Bet You", James Brown's "Mind Power" and "Say It Loud, I'm Black And Proud", and Public Enemy's "Rightstarter (Message To A Black Man)". Sampled twice itself.
6. - "New Jack Hustler (Nino's Theme)" (featuring DJ Aladdin) - Ice-T DJ Aladdin - 4:43. Fourth single release from the album. Sampled Bobbi Humphrey's "Jasper Country Man", James Brown's "Blues and Pants", Sly & The Family Stone's "You Can Make It If You Try", Stanley Turrentine and Milt Jackson's "Sister Sanctified", and ESG's "UFO". Has been sampled six times and covered twice.
7. - "Ed" - Ice-T Beatmaster V Nat the Cat - 1:10. Sampled in two songs.
8. - "Bitches 2" (featuring Charlie Jam) - Ice-T DJ Aladdin SLEJ Da Ruff Edge - 5:24. Samples Parliament's "Dr. Funkenstein", Ohio Players' "Pride And Vanity", Geto Boys' "She Ain't Shit", and NWA's "Dopeman". Sampled in five other songs.
9. - "Straight Up Nigga" (featuring DJ Aladdin) - Ice-T DJ Aladdin SLEJ Da Ruff Edge - 3:43. Samples Fuzzy Haskins's "The Fuz And Da Boog", and sampled in two songs.
10. - "O.G. Original Gangster" - Ice-T DJ Aladdin SLEJ Da Ruff Edge - 4:43. Second single release from the album. Samples Melvin Bliss's "Synthetic Substitution", Thin Lizzy's "Johnny The Fox Meets Jimmy The Weed", James Brown's "Funky Drummer", Dexter Wansel's "Theme From The Planets", Curtis Mayfield's "Right On For The Darkness", and his own "6 In The Mornin'". Sampled by four tracks itself.
11. - "The House" - Ice-T DJ Aladdin - 0:57. Samples Jimmy McGriff's "Ain't It Funky Now".
12. - "Evil E - What About Sex?" (featuring Evil E) - Ice-T - 0:45. Sampled once.
13. - "Fly By" (featuring Nat the Cat & Donald D) - Ice-T Afrika Islam - 3:28. Samples James Brown's "Soul Power (Live)" and "Give It Up Or Turn It Loose".
14. - "Midnight" (featuring Randy Mac) - DJ Aladdin SLEJ Da Ruff Edge - 5:48. Released as a promo fifth single from the album along with "Body Count" and "Escape From The Killing Fields". Samples Black Sabbath's "Black Sabbath", Led Zeppelin's "When The Levee Breaks", Boogie Down Productions' "9mm Goes Bang", and The Mohawks' "The Champ". It was sampled once itself.
15. - "Fried Chicken" (featuring Prince Whipper Whip) - DJ Aladdin SLEJ Da Ruff Edge - 1:00. Samples The Meters' "People Say".
16. - "M.V.P.s" - Afrika Islam - 4:19, Samples James Brown's "You Can't Keep A Good Man Down", and Melvin Bliss's "Synthetic Substitution".
17. - "Lifestyles of the Rich and Infamous" (featuring Sean E. Sean) - Ice-T Afrika Islam - 3:51. Third single release from the album as a double A side with "The Tower". Samples Fred Wesley & The J.B.'s' "Blow Your Head" and "You're Damn Right I'm Somebody", Ultramagnetic MCs' "Break North", and Bobby Byrd's "I Know You Got Soul".
18. - "Body Count" (featuring Ernie C, Beatmaster V, Mooseman & D-Rock) - Ice-T - 6:07. Released as a promo fifth single from the album along with "Midnight" and "Escape From The Killing Fields". Has a spoken interview intro. The main song was featured on the group Body Count's self-titled first album. Has been sampled once.
19. - "Prepared to Die" - Ice-T - 0:38. Sampled in four songs.
20. - "Escape from the Killing Fields" - Ice-T Afrika Islam - 2:35. Released as a promo fifth single from the album along with "Body Count" and "Midnight". Samples Marva Whitney's "What Do I Have To Prove My Love To You", Fausto Papetti's "Love's Theme", Mantronix's "King Of The Beats", James Brown's "Get Up Offa That Thing", and his own "Mind Over Matter".
21. - "Street Killer" (featuring Special K) - Ice-T DJ Aladdin SLEJ Da Ruff Edge - 0:41. Samples Jimi Hendrix's "Voodoo Child (Slight Return)", James Brown's "Escape-ism", Parliament's "Come In Out Of The Rain", and Quincy Jones's "Up Against The Wall".
22. - "Pulse of the Rhyme" - Ice-T DJ Aladdin - 4:16. Samples Freddie Robinson's "Off The Cuff", James Brown's "Hot Pant Pt. 1. (She Got To Use What She Got To Get What She Wants)", and Funkadelic's "Good Old Music".

23. - "The Tower" (featuring Sean E. Sean, Al Patrome & Mello) - Ice-T Bilal Bashir - 3:57. Third single release from the album as a double A side with "Lifestyles of the Rich and Infamous". Samples John Carpenter's "Halloween Theme - Main Title", and Pleasure's "Bouncy Lady". Sampled in seven songs.

24. - "Ya Shoulda Killed Me Last Year" - Ice-T - 1:41. Sampled once.

### **Personnel**

Tracy Lauren Marrow – main artist, producer (tracks: 1-13, 16-24), executive producer, arranging

Alphonso Henderson – featured performer (tracks: 6, 9), producer (tracks: 1, 4-6, 8-11, 14-15, 21-22), project supervisor

Donald Lamont – featured performer (tracks: 4, 13)

Sean E. Sean – featured performer (tracks: 17, 23)

Victor Ray Wilson – featured performer (track 18), producer (track 7)

Nat the Cat – featured performer (track 13), producer (track 7)

Lloyd "Mooseman" Roberts III – featured performer (track 18)

Ernie Cunnigan – featured performer (track 18)

Dennis Miles – featured performer (track 18)

Charlie Jam – featured performer (track 8)

Randy Mac – featured performer (track 14)

James Whipper – featured performer (track 15)

K. Alexander – featured performer (track 21)

Eric Garcia – scratches

Shafiq "SLJ" Husayn – producer (tracks: 1, 4, 8-10, 14, 15, 21)

Charles Andre Glenn – producer (tracks: 3, 13, 16, 17, 20)

Bilal Bashir – producer (track 23)

Vachik Aghaniantz – recording & mixing

Dennis "Def-Pea" Parker – recording

Steve Battman – recording

Tim Stedman – design

Glen E. Friedman – photography

"King James" Cassimus – photography

Jorge Hinojosa – management

### **Charts**

Chart - Peak position

US Billboard 200 - 15

US Top R&B/Hip-Hop Albums (Billboard) - 9

UK Albums Chart - 38

### **Certifications**

Region - Certification - Certified units/sales

United States (RIAA) - Gold - 500,000

## **Story Time**

### **Unsafe Behaviour**

As I turned the corner of the last few steps down into the living room, I saw it. A safe. Almost dead centre of the living room. An old gun metal grey safe. Almost a cube, but slightly longer than it was wide or tall, and rounded off at the corners.

I had never seen the safe before. I had no idea how it came to be sat in my living room. My left foot hovered over the floor of the living room. My right still stood on the bottom step. I was leaning into the room, but felt wary about placing my foot down into it.

I closed my eyes and shook my head, and instantly wished I hadn't. I was still fragile from the excessive drinking of the night before. I opened my eyes only to find the safe still sat there. I looked around the room to see if anything else had appeared overnight, but nothing looked out of place. I took the plunge and my left foot made contact with the tatty orange carpet, quickly followed by my right as I stumbled over to the safe.

I leant over to see what was etched on the back of the safe wincing at the rush of blood to the head that brought about. Etched into what I assumed was iron on the back of the safe in large letters were the words

"Property of the Manetti Brothers."

My headache ramped up a level. If this safe belonged to maniacal Marco and Franco Manetti, nothing good was going to come from it being sat in my living room. I hoped against hope that there were other Manetti Brothers. Ones I had

never heard of. Ones that didn't run all kinds of illegal ventures across the city of Leicester. Perhaps an elderly family from somewhere beautiful like Capri. A family that ran a bakery making the most wonderful smelling bruschetta. A family that had sent their safe to the wrong house by mistake and I would find it should have gone to number 285 Western Road, and not 258 to be sitting in my living room.

But did I think I was kidding? No one delivered safes in the middle of the night to any house, let alone the wrong one. There was a reason this was here; I just didn't know why yet.

I touched the safe just to make sure it was real, and my mind wasn't playing tricks on me. It was solid and cold, and it felt rougher than it looked. I circled the safe, checking it out from all angles. Apart from the front with the door set into it, it appeared to be cast out of a single piece of metal. I went back to look at the door. A grand front plate sat over the gun metal grey. An ornate pattern of swirls, flowers, berries and more, cast in what looked to be silver and bronze. Two keyholes sat in the outer edges, and a small handle protruded from the middle of the door, carved into the shape of an eagle's head if I wasn't mistaken.

I pulled the handle and for a split second I thought the door was going to open as it moved slightly in its frame. I tried turning the handle and again it moved slightly but didn't fully turn either way.

I sat down on top of the safe and stared out of the back window, pondering on why the safe was in my house and where it had come from. At the end of the back yard, the gate out into the shared passageway was moving with the wind. I never left it open as I didn't use it. It should be bolted shut; I only ever came in and out of the house through the front door.

The last time I had had the gate open was when Chris and Tony had been round helping me hack all the plants and bushes out of the back yard. It had been a jungle out there, but we had cut everything down to the ground and then thrown all the cut pieces over the back wall behind the passageway. No one would notice the additional plant life on the long bank down to the footpath that ran behind the houses. Not many people used the rally where the Great Central Railway had used to be.

I pushed myself up off the safe and headed to the kitchen so I could get out to lock the gate again. Only to find the back door wide open. A quick glance around the kitchen failed to flag anything missing, but I then ran round the whole house like a maniac, checking every room to see if anything had been stolen. Nothing appeared to have gone, and I breathed a sigh of relief. The last time I had found the back door open unexpectedly everything of value in the house had gone.

This time it would appear the reason for the open door, and the gate beyond was the delivery of the safe. I'd made my way back through the kitchen and into the yard. I closed the gate and on walking back to the house I could see two small tyre prints rolling down the paving slabs in the yard, and then changing direction just by the door. Just outside there were a number of prints at different angles where they must have struggled to manoeuvre the safe through the door.

I slammed the back door behind me and headed for the fridge. Something to drink would help my head and I needed to rehydrate. The light in the fridge was bright and made me squint. Even through narrowed eyes I could tell all the beer was missing. I checked the bin, but there were no empties. It would appear someone swapped the safe for my beer. I picked out a can of Pepsi and finished it in one go, before taking another and heading back into the living room. I tried moving the safe, but even putting all my considerable bulk behind it, it didn't want to move more than a couple of centimetres across the room. I stopped trying and sat on the floor with my back against the safe.

Why would someone leave a safe in my living room? Let alone one belonging to the goddamn lunatic Manetti Brothers. As I sat there pondering that, it dawned on me I should ring the police. Tell them someone had broken into my house and left this safe in my living room. They were sure to be interested. Especially if it really did belong to the Manetti Brothers. There could be anything in there: Money, drugs, logs or records, blackmail photos, passports, property deeds, anything! There really wasn't much they weren't into, but I suppose they wouldn't let it out of their sight if it had had anything important in it.

I dragged myself off the floor and over to the phone. Only for it to start ringing before I had a chance to pick it up. Spooked, I picked the receiver up and nervously answered,

"Hello?"

"Yes mate, how are you feeling today you pisshead?"

I breathed a sigh of relief; it was Matt, my usual drinking partner in crime. He always seemed to remember everything that happened on a night out. Many had been the time when I wished he hadn't.

"I've felt better to be honest."

"I'm not surprised mate; last night was messy even by our usual standards. Why had you never mentioned you knew the Manetti Brothers before?"

"You what?"

"The Manetti Brothers, we bumped into them in the Champagne Bar, in your case literally. They weren't even annoyed when you called them clowns."

I slumped into my sofa. I had no recollection of bumping into the Manetti Brothers the night before.

"Well I knew them years ago when they were just the bouncers at The Dome. You know I used to work there right?"

"That was a few years ago weren't it, didn't that shut in '90?"

"Yeah something like that, five or six years ago now. I was still at Poly when it shut, so '90 would be about right."

"I knew the Manetti Brothers started out as bouncers, but never knew they'd been at The Dome. Seeing where they are now, I'd have thought they'd have been somewhere a bit more prestigious."

"They moved onto Krystal's and Le Palais de Dance later after The Dome shut before they expanded their horizons."

"But why on earth would you call them clowns?"

"I always did. They used to have competitions to come up with the most ridiculous reason not to let people in. Shit like 'no white shirts tonight'. It no surprise The Dome went bust. Instead of playing silly buggers, they should have been throwing passers-by into the club instead."

"Do you remember the casino?"

My heart sank. A long drawn out sigh came out. Nothing good was going to follow any sentence with me and casino in it.

"No, please tell me that this story is going to include the words 'they wouldn't let you in because you were too pissed'"

"Ha, ha, it might have done normally, but we were waved straight in. Guests of honour with the Manetti Brothers."

"Shit! Shit, shit, shit, shit, shit. Please tell me I was nowhere near the tables."

"I could tell you that mate, but I'd be lying. You were all over the roulette, yelling 'always bet on black' at the top of your voice on every spin. You were eventually escorted away from the tables to the VIP area."

"Eventually?"

"Yeah, but you'd had twenty minutes or so before they did."

I groaned; twenty minutes at a roulette table was plenty of time to lose a lot of money.

"Any idea how much I lost?"

"Lost? You must be joking. You were about twenty grand up when they dragged you away. A crowd had grown around you and they were all copying your bets on your winning streak."

"And then?"

"We had a couple of drinks and got cabs home. When I got in mine the Manetti Brothers were talking to you through the window of yours."

"So, I didn't get a cab with them?"

"Not as far as I could see."

"What if I was to tell you that when I got up this morning there was a cast iron safe sat in the middle of my living room with property of the Manetti Brothers etched on the back of it?"

"Hopefully that you were joking."

“No, I was just about to ring the police about it when you beat me to the phone.”

“And say what?”

“That someone had broken in and left a safe belonging to the Manetti Brothers.”

“Are you mad?”

“Eh?”

“After last night, no one is going to believe that. You, well we, were seen drinking with them in half a dozen different bars and the casino.”

Matt carried on speaking, but I wasn't hearing him. I was sat staring at the safe contemplating just how screwed I was.

“Ryan, are you listening?”

“Sorry, no, I was thinking.”

“And?”

“I need to get rid of the safe without anyone seeing. I have an idea, but I'm going to need help.”

“What do you need?”

And so, I told him and hung up. Getting dressed I checked my wallet and in with the notes and receipts was a credit note for the casino to the tune of £23,780. That piece of paper was what the safe was all about. Leverage for the Manetti Brothers to get their hands on that cash.

I left the house checking in all directions as I did so. I was in no doubt that the house was being watched. I tried making mental notes of pedestrians that passed by, and any cars with people sat in them as I wandered around the local side streets almost at random for the next half an hour. Then I headed past The Western pub and out onto the rally. I stopped waiting for five minutes to see if anyone followed, and when no one did I ran down to the back of my house.

Matt, Chris and Tony were all stood there on the footpath alongside a hand truck. We climbed up the bank, scrambled over the back wall and into my back yard through the gate I'd reopened before leaving the house.

As Matt and I used the hand truck to get the safe out of the house, Chris and Tony had been into the back of the factory next door but one to me and got a couple of planks. We made a ramp up from the yard to over the top of the rear wall. Chris and I braced ourselves under the planks as Matt and Tony struggled to push the safe up the sloped planks to the top of the wall.

All of a sudden, the planks went up and then sideways as the safe toppled over the wall and onto the bank beyond. Matt just about managed to land on his feet as he toppled off the plank, whilst Tony landed on Chris' back.

We looked over the back wall and the hand truck was lying on the bank. The safe had tumbled down the slope gouging up chunks of earth, then rolled over the path and was at an angle in the soft mud on the other side of the path. We tidied up the back yard removing all tyre tracks. The planks went back into the factory yard, and the gate was locked. The carpet in the living room had been roughed up so the imprint of the safe no longer showed. Then it was back over the wall and down to the rally again.

No one was in sight as we hefted the safe back on to the hand truck and dragged it across the rest of the wasteland to the bank of the river. For a split second it looked like it wasn't going to be deep enough to cover the safe. A corner stuck up through the surface of the slow-moving murky water. Then the weight of the safe kicked in, sinking into the muddy bed of the river and disappearing from sight.

I thanked my friends profusely as we headed home in different directions. When I arrived home, I wasn't surprised to find the Manetti Brothers sat outside my front door in the gleaming Bentley. They wanted their safe back.

“What safe?” I replied as innocently as possible.

“The one in the middle of your living room Ryan.” Marco boomed at me.

I put on my best confused expression and invited them into the house. As they followed me into the living room Franco almost deafened me as he shouted.

“WHERE IS IT?”

“Where is what?”

“Our safe.”

“I have no idea what you are talking about.”

The brothers looked at each other, then at me, then at the floor and then Marco shouted something incomprehensible in Italian and a flustered looking man came into my living room as well. A quick-fire conversation in Italian followed before the man left the room.

Marco asked for my wallet, which I handed over. He flicked through the contents and handed it back to me. He told me to sit down, and the pair of them went through the house, looking in every drawer and cupboard. When they finished neither looked happy.

“You had a lucky night in the casino Ryan, and it would appear and even luckier day today.”

I tried to remain looking confused.

“We don’t know what you’ve done, or how you’ve done it, but we would advise you might consider never being so lucky again in the future.”

I just nodded, not trusting myself to speak. They headed to the door, pausing for a final comment.

“And in the future, lay off the clown comments. You’d be surprised how many people are mortally afraid of clowns. You wouldn’t want to be one of them.”

## Dilbert



## Epilogue – Where To Find More Of My Writing

To get people to sign up, point them in the direction of my website’s homepage of <http://www.onetruekev.co.uk/> scroll down past the menu and then enter their e-mail address and select whether they want Flanagan’s Running Club or blog post updates or both and then hit submit.

If you want to catch up on old issues, go to the website at <http://www.onetruekev.co.uk/frc.php> where all the issues are available.

For blog posts go to <https://onetruekev.co.uk/Mutterings/> which will have the most current post and the ability to scroll back in time.

Some of the blog posts also get published on my Medium account, especially ones that are picture heavy, as there are no hosting costs to store all the photos there, the link is <https://medium.com/@onetruekev>

For all previous works including the old Surerandomality pieces go to <https://onetruekev.co.uk/Mutterings/else/> where pretty much everything I've written before is linked through to.

Then there are my books. Nothing published yet, but I have one full book available online, it's called "Where The Lights Shine Brightest". Can I ask you all a favour, please can you review my book on Inkitt, and the link is below. Even if you don't take time to read it properly, please flick through a few chapters, give it ratings and a review and vote for it please. It may help me get it published.

<https://www.inkitt.com/stories/thriller/201530>

In addition, the first chapter of "Where The Lights Shine Brightest", and my other completed book, "The Talisman", are available on my Goodreads page <https://www.goodreads.com/story/list/77442053-kev-neylon> and the first chapters of two of the four books I have in progress at the moment are on there now and the others will go on there in time. The follow up to "The Talisman" – "The Magicusians" is at <https://www.goodreads.com/story/show/1253978-the-magicusians> and "The Repsuli Deception" is at <https://www.goodreads.com/story/show/1253979-the-repsuli-deception>

I have had a number (seventy three) of Drabbles published on the BookHippo web site, and they can all be found at <https://bookhippo.uk/profiles/kevin.neylon/drabbles>

You can also follow me on Twitter, where I will occasionally put up some micro fiction or micro poems, my Twitter handle is @Onetruekev – <https://twitter.com/onetruekev>

You can also follow all my writing on the Facebook page Onetruekev which is at <https://www.facebook.com/Onetruekev-102649357993650/>

Speak to me about getting a pen, there are currently six colours available; red, black, dark green, blue, purple and orange, the apple green ones are completely out and there is one yellow one left, but is showing signs of having being carried around for a long time.

E-mail any ideas or suggestions to [kev@onetruekev.co.uk](mailto:kev@onetruekev.co.uk)

To [Unsubscribe](#) click on the word