

# Loyal Albion fans make their mark



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DEVOTED Albion fans have been rushing to prove their loyalty to the club – in permanent fashion.

Tattoo artists have been kept busy inking Albion emblems and flags on supporters keen to show off their pride in the team.

Among them was fan Russell Lambert, 38, of Coombe Vale, Saltdean, who had a Brighton and Hove Albion FC logo tattooed on his chest.

It was done by artist Stewart Francis at Tattoo Workshop in Providence Place, Brighton.

Russell said: "I've followed the Albion since my dad Gary took me to the Goldstone."

"I wanted to show my pride in being from the city and my following of the Albion."

"It's going to be great to see the Albion where they should have been for years."

"Roll on next season."  
Another supporter showing her true colours is Karen Fletcher:



Karen Fletcher's seagull

She has had a seagull tattooed above her ankle by Oli Sugars at Magnum Opus Tattoo in Upper North Street, Brighton.  
Karen, 35, of Medina Villas,

Hove, said she had the tattoo done for two reasons.

She said: "First, it's a permanent memory of the Albion being promoted to the Premier League, an amazing achievement we will all agree."

"I am a season ticket holder and will proudly watch them next season."

"Second, it's to remind myself to never give up and keep fighting for your dreams."

"The players are an inspiration." Karen has decorated her chiropody clinic, Steps Healthcare, in George Street, Hove, with team merchandise.

She has also raised £1,800 for Albion in the Community, the Seagulls' official charity, by running in the Brighton Marathon 10K.

She said: "The tattoo is to remember that too as it was my first ever run."

"I believe we will be crowned champions but the fact that we have already got automatic promotion is enough for me."

"Being promoted as champions would just be the cherry on top."

Russell Lambert shows off his chest tattoo



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### Grass Seed Danger!

Grass seeds, although they look harmless, are one of the most common problems encountered by pets, especially dogs. They are notorious for penetrating the skin and burrowing into the body of our unsuspecting animals. As an owner, we may not realise the extent to which our pet has been affected, as the only tell-tale signs might be irritation, biting or whining. Grass seeds fail to show up on X-rays because they are a vegetable matter which makes detection even harder. If your pet has a grass seed embedded anywhere on their body, it is extremely important to take them to your vet for a

diagnoses, however, in some cases, surgery may be the only option to remove the seed. You may start to notice grass seeds as they become more prevalent from late spring up to the end of summer, and they may be present on your dog's body after taking them for a walk. If you are walking your dog in long grass or out in the countryside, it is always advisable to give him a good groom when you get home. This way you can check for any stray grass seeds before they become a problem.

The most common places for grass seeds to get stuck are in your pets, eyes, which may become swollen and inflamed.

Ears, which may cause your pet to head shake and scratch. Nose, which may cause bleeding, sneezing and face rubbing. Skin, your pet may lick and chew they affected area and feet, causing pain and obsessive licking and chewing.

If you think your pet may have picked up a grass seed, or you can see a seed embedded in your pets skin, make sure you contact your vet immediately. Alternatively please feel free to call us here at Cootes Veterinary Clinic in Burgess Hill on 01444 242434, where we can book you in for a consultation with one of our vets.