

The world meets for coffee

IT SEEMS harsher economic times are on the boil and many people are searching for low-cost ways to socialise. This is pushing coffee to the top shelf of the world's most popular drinks.

With an estimated one billion cups of coffee sold in Australia in 2011, the popular beverage has overtaken wine to become the second most popular drink in the world, behind water.

ENTERTAINMENT



PUBLISHED: Paul Horner has written a book called *Jack Knife – The Crashing of a Policeman*, based on his time with the police force. PHOTO: CONTRIBUTED

Bad times lead cop to write book

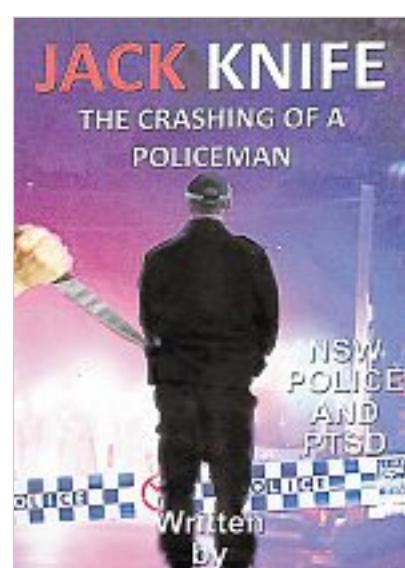
PAUL Horner had a childhood dream – he wanted to grow up and be a part of the police force.

It was a dream he ultimately fulfilled, serving on the New South Wales police force for 11 years.

The 38-year-old ex senior constable spent time serving at many police stations, relieving as a sergeant and also being in charge of a Pro-Active Task Force with a responsibility of looking after up to 12 police at any one time. He was involved in many violent and, at times, life-threatening jobs, which meant his dream job ultimately became his nightmare.

Paul was medically discharged from the force after being diagnosed with chronic post traumatic stress disorder and depression as well as alcohol dependency.

His experiences led him to write a book, *Jack Knife – The Crashing of a Policeman*.



GOOD READ: Paul Horner's book, *Jack Knife - The Crashing of a Policeman*.

PHOTO: CONTRIBUTED

difference in someone else's life gives me the drive to keep doing what I do."

Paul is adamant Jack Knife wasn't written to have a go at police or name and shame, but rather so it could be used as a tool to stop anyone else going through what he did.

"It's an important and a relevant issue what I've been through with PTSD and depression - it's had an impact on more than just me, it's affected my entire family," he said. "I don't ever regret joining the cops, in fact I wish I was still there and if I had my time again I probably would have done things differently."

Copies of *Jack Knife – The Crashing of a Policeman*, are available from Zeus Publications at www.zeus-publications.com.

Paul wants to see his experiences shared with more than just the police community.

"*Jack Knife* is there not only to help serving police officers and their families, but also the community about what actually happened," he said. "I've written this book to help educate everyone as to what went on behind the scenes because everyone has a right to know."

"I want it to become a helpful tool and knowing I could make a

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20x \$500 must be won!

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Entertainment

Lance Lapinsky

Saturday 28th January
Show starts 8.30pm

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Just Quo

Featuring ROY LYNES
original keyboardist of STATUS QUO
Saturday 4th February
Show starts 8.30pm

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Family Value Dinner Deals are back!!!

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