

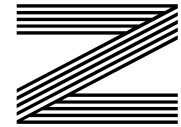
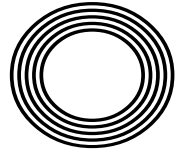
**RONALDO
RETURNS TO
THE PREMIER
LEAGUE**

Anton Du Beke
Waltzing onto the Strictly
judging panel

CELEBRATING 50 YEARS
of Walt Disney World in Florida

Emma
RADUCANU

The tennis star writing her name in the history books



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BEFORE



AFTER

AFTER



AFTER



BEFORE



AFTER





Editor's notes...

OCTOBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. In a year that showed us that good things can emerge from bad situations - such as the way we bonded together during lockdown - I admit the situation in Afghanistan really knocked me sideways. Now, a volatile dictatorship is again in the ultimate position of power. What's more, the rush to remove American and British soldiers means the Taliban is now equipped with an armoury worth billions. Coupled with the echoes of the two-decade anniversary of 9/11, and the (unrelated) 24-year anniversary of Princess Diana's death at the end of August, it's been a month of reflection for me.

When major events come and go, we have to ask if our efforts were worth it. After all, in war, those brave souls have fought, comforted and educated, and often returned with mental and physical scars. My conclusion in the case of Afghanistan is this - yes, it was worth it. Huge strides forward and one or two back, and yet 20 years of occupation have saved millions of lives. For that, we must thank all our troops. The fight to protect those around us is one we certainly can win, so please do take care of each other.

Nik Allen

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

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A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929. With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



Beke TO BASICS

He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC



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From dated & cluttered to beautiful & functional



After exploring the housing market for some time Mr & Mrs J from Rayleigh decided that they would prefer to improve rather than move from their property. Although their house was a generous size they felt that the kitchen let it down both in terms of size, style and function.

It was then that they considered removing an internal supporting wall, blocking up the back door, removing the window and replacing with bi-fold doors and moving the utility room wall.

The first port of call was some local building companies, they soon realized that whilst builders were happy to take on the work, they all wanted to put an off-the-shelf rather bland kitchen in.

From there they contacted some more reputable kitchen companies but it seemed the problems were reversed as although they had better designs and more quality products to offer they seemed unable to manage the build.



It was then that they stumbled upon Regal Kitchens in Chelmsford,

after visiting the showroom, they invited the designer, John Martin, over one weekday evening, within an hour they had given a brief,

been inspired by the ideas and even had a guide price. Less than a week later they were back in the showroom perfecting the plan and working through the vast product choice.

They opted for a Schuller kitchen in handleless concrete grey & white gloss. Corian worktops and a set of Neff appliances, including the brilliant venting hob dismissing the need for an unsightly extractor. The hidden extras such as internal larder drawers and recycling system help make the kitchen accessible and the water softener and kettle tap ensure it will be limescale and clutter-free for years to come. The finishing touch is the Amtico Rustic Barn Wood flooring which added a warm and homely feel to the modern kitchen.

Between Regal Kitchens and its partner company Regal Developments ably managed by Phil Edgell they took a dated, modest sized room and turned it into a practical yet beautiful family kitchen.

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sanitiser

If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

1. TO CLEAN YOUR EYE/SUNGLASSES

Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.

2. TO POLISH SILVER

Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.

3. TO CLEAN YOUR KEYBOARD

Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.

4. TO REMOVE STAINS

If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.

5. TO REMOVE STICKER OR GLUE REMAINS

Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20-30 minutes, then rub the surface firmly until the glue comes off.

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HOME & DIY

Find your FLOORING

Are you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

CARPET: Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

PORCELAIN TILES: Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

SOLID TIMBER: Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

LAMINATE: Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

LINO AND VINYL: Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

CERAMIC TILES: Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

LUXURY VINYL TILE (LVT): A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.





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MODERN CLASSICISM:

Making the old new again



Photo credit: Unsplash under Creative Commons, @theathomewithtrish, @Natiuzzi

Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

Use accessories to add detail: One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

Make your dining table an inspiring centrepiece: The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

Create texture without expensive architecture: Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

Don't forget the natural details: While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.



HOME & DIY



HOME & DIY



Photo credit: housebeautiful.com

DIVIDE and conquer

Room dividers are not only for sectioning off rooms; they can also be used to add privacy and character to a space. Plus, you don't have to opt for a traditional screen with these creative room divider ideas.

CURTAINS UP: Hanging curtains from the ceiling to create a canopy bed effect is a great way to add some privacy to a bedroom. This is a useful interior design trick for properties with high ceilings, as well as for creating sections in studio flats.

BIG BOOKCASE: A floor-to-ceiling bookcase offers a great alternative to a room divider and has the added advantage of providing extra storage and display space. It's ideal for breaking up a large open-plan living space or for separating a bedroom for siblings.

FLOATING ART: Another good choice for studio flats, hanging a curtain rail on the ceiling and then suspending a floating painting from it provides a highly stylish way to partition space. For example, if you are entertaining and you don't want a direct line of sight from the front door to your bedroom.

WOODEN SLATS: If you don't want to use a solid screen, wooden slats are a great alternative. Enabling you to keep a sense of flow and movement between two areas of your home, this room divider idea is ideal for separating the stairway and the living room or for sectioning off a home office.

DIY OPTIONS: For those who are feeling crafty, these DIY room divider ideas should get your creative juices flowing. Add texture and style with a DIY vertical jute rope wall, or craft a wooden folding screen and dress it up with macramé for a boho chic vibe. Alternatively, if you love to bring the outdoors inside, a fairy light and tree branches room divider is just what you need.

The beauty of DIY screens is that they can be moved from room to room with ease and, once made, you can attach anything you want to them, such as family photos or your children's artwork.



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Did you know that your washing machine can be used to clean a whole host of items other than just your clothes? Why not take these for a spin...



Mop heads: Have you smelt your mop head recently? If not, you may be in for a shock. Fortunately, removable mop heads can simply be popped in the washing machine on their own with a drop of bleach. Once clean, squeeze out any excess water and leave to dry.



Small toys and stuffed animals: It's surprising just how grubby your child's plastic toys and favourite stuffed animals can get, but before you decide to surreptitiously throw them out, why not give them a good clean in your washing machine? For plastic toys, place in a mesh bag and wash, and for stuffed animals, wash on a gentle cycle.



Patio furniture cushions: If your patio furniture cushions can fit in your washer and leave room for the machine to spin, then you can wash them in there. It really is that simple. If your machine is too small, you could take your cushions to a local laundrette instead.



Pillows: Although you may wash your pillowcases once a week, how often do you honestly wash the pillows themselves? Ideally you should be doing this twice a year and, although feather pillows need to be washed by hand, most foam-filled or synthetic ones will be just fine on a gentle cycle in the washing machine.

Reusable canvas bags: If you are doing your bit for the environment and using reusable shopping bags, you should know that these can be easily cleaned in the washing machine. If your bag is made of canvas or nylon, wash on a hot cycle before running through the dryer once clean.

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LOCAL NEWS

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LOCAL NEWS



Opening of custody facility marks end of station refurbishment

Chelmsford Police have reopened their custody facility, which is part of the newly refurbished police station on New Street.

The new custody facility, which opened on Friday, September 17, means that Chelmsford Police Station is now fully operational following a £5.7million refurbishment.

Many specialist departments work side by side at the station, including the Domestic Abuse Investigation Team and the Police Online Investigation Team. The station is also used by local and community policing teams as a base.

Chief Superintendent Tom Simons (pictured inset) said: "I'm really proud of the facility here at Chelmsford Police Station; it's a fantastic work environment for myself and my teams."

"But the important thing is that we're here in the heart of your community in Chelmsford town centre, keeping you safe and catching criminals. We're here to help."

Roger Hirst, Police, Fire and Crime Commissioner for Essex, said: "Well done to the teams who have worked so hard to make this happen and thank you to everyone who has continued to provide a great service to the public despite the changes that have been taking place."

"The refurbishment of Chelmsford is part of my modernisation programme for the force's estate and it represents a significant investment in policing."

The station is open from 9am to 5pm Monday to Sunday and can be contacted online at www.essex.police.uk or via 101 or 999 in an emergency.



Event allows public to remember loved ones

LOCAL NEWS



A Chelmsford funeral director is holding an event to allow families and friends to remember those they have lost, both during the COVID-19 pandemic and in previous years.

Hunnaball of Chelmsford's Light a Candle Day at St Mary's Church, Widford, will give members of the community a chance to reflect.

Prior to the pandemic, the Light a Candle service was held annually to help people remember lost friends and family.

This year, to help keep everyone safe during the pandemic, the event will take place over several hours. The Hunnaball team and the church will welcome visitors to drop in, light a candle and take some time to sit and reflect. Everyone is welcome.

The Light a Candle Day will be held on Saturday, November 6, between 10am and 2pm. For more information, please visit www.hunnaball.co.uk/light-a-candle-2021

Justice Secretary outlines urgent plan to improve prison

The Secretary of State for Justice has announced urgent measures aimed at improving a local prison.

The measures, announced by Dominic Raab MP, include a reduction in the number of prisoners at HMP Chelmsford and an additional £1.2million to bolster security, safety and living conditions.

Action is being taken in response to a number of failings at the prison, identified during last month's inspection by Her Majesty's Inspectorate of Prisons.

The prison service will cut HMP Chelmsford's population by 55 places to 695 and invest an additional £1.2million in new windows, generators and showers, as well as general maintenance, security and health and safety.

In just four weeks, significant improvements have already been made to the running of HMP Chelmsford, including deploying a new team of experienced front-

line staff to raise standards among new officers.

They will also launch regular reviews of the mental health support on offer in the prison, to ensure prisoners are given the help they need.

Mr Raab MP, Deputy Prime Minister and Lord Chancellor, said: "We're giving intensive support to HMP Chelmsford to raise standards, support staff and protect prisoners. We are providing more experienced staff, specialist training and refurbished facilities."

Driver banned after causing £50k worth of damage

A driver from Chelmsford who caused £50,000 worth of damage to a car wash has been banned from driving for 12 months.

Friat Sengul, 37, of Roland Close, Chelmsford, wrote off his car after attempting to avoid a congested exit from a McDonald's in Hertford.

He told a probation officer that the forecourt of McDonald's in Stanstead Road was busy, so he decided to exit through the neighbouring BP garage.

Prosecutor Katie Mustard told St Albans Crown Court on September 14 that Sengul got stuck in the car wash and tried to reverse out, causing serious damage.

She said: "The entirety of the machine needed to be replaced. It was out of action for six weeks. The repair bill was £52,558."

Ms Mustard said the offence was committed under the influence of alcohol. In the car, the police found £1,305 in cash, three mobile phones, a bottle of vodka and a bottle of wine.

Sengul appeared for sentencing, having pleaded guilty to causing criminal damage on November 15, 2017. He had 16 convictions for 28 offences.

Sengul was given an eight-month jail sentence suspended for 18 months and must carry out 120 hours' unpaid work and complete 15 days' rehabilitation.

The judge banned him from driving for 12 months and said he must pay £5,000 in compensation, with the £1,305 found by the police to count as part-payment.



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Photo credit: @OfficialClarets

LOCAL NEWS

Football club pays tribute to a legendary former player

Chelmsford City FC have paid their respects to their former player and legend of the game, Jimmy Greaves MBE, who passed away in September.

Having made his name playing at Chelsea and Tottenham Hotspur, Greaves played a season at the Clarets in 1976 and 1977 and scored 20 goals in 38 games for the club.

The Clarets held a minute's applause in Greaves' honour before their National League South fixture against Dulwich Hamlet on September 25.

On the day of his death, the club tweeted: "All at

Chelmsford City FC are saddened to hear of the passing of former Claret, Jimmy Greaves. Rest in peace, Jimmy."

Greaves is widely renowned as one of the greatest goal scorers of all time, having netted 124 goals in just 157 league games for his first club, Chelsea, before going on to score 220 goals in 321 league games for Tottenham Hotspur.

He is fourth in the England national team all-time top scorers, having scored 44 goals in 57 caps. He was also part of the 1966 World Cup winning squad.

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New co-working space coming to city centre

A new co-working space for businesses and individuals will open in Chelmsford in November.

Patch, a business creating co-working clubs in commuter towns across the UK, is bringing its Work Near Home model to Grays Yard in Chelmsford City Centre, next to Nando's and Zizzi.

The new vibrant workspace will offer a range of working environments for members – from private offices to co-working studios, with accessible low-cost options and free scholarship places.

Chelmsford City councillor Simon Goldman, deputy cabinet member for economic development and small business, said: "The introduction of a new co-working space is a really positive scheme for the city. Providing local options for residents to work from will help them to have less of a commute, which will hopefully allow a better work/life balance.



"Working closer to home brings many benefits for both individuals and their families, but also for the environment and the local economy. I look forward to seeing the people and businesses that will make use of the space."

Patch will donate 20 per cent of the profits from peak hours to community services. To find out more, visit www.patch.work

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Museum wins annual award for third year running

Chelmsford Museum has been voted as the best museum in the county in the annual Essex Mums Awards for 2021.

This is the third time in a row that the city's museum has won the award for the best museum in Essex.

A spokesperson for Chelmsford City Council said: "One of the reasons that Chelmsford Museum is a hit with families across Essex is its interactive galleries, which have been carefully designed to bring the city's history to life.

"There are cutting-edge features for children of all ages, from touch screen maps showing how Chelmsford has developed over the centuries, to an illusion created to reveal the secrets of the Anglo-Saxon Broomfield burial."

This summer, the museum created an explorer zone, offering free resources to allow families to explore its collections in different ways. Brightly coloured story bags containing trails, activities, a picture book and a nursery rhyme are available for under-5s, and pre-schoolers can also borrow bee bags for adventures in Oaklands Park.

The Hive Café, which was created when the redeveloped museum opened in 2019, is also loved by both parents and children. Visitors can eat inside and admire the Victorian surroundings of Oaklands House, or sit outside overlooking the rose gardens and parkland.

To find out more, visit www.chelmsford.gov.uk/museums/visit/chelmsford-museum

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Regal Kitchens set to host coffee morning

A Chelmsford kitchen company is aiming to raise £1,000 for Macmillan Cancer Support through a community coffee morning.

Regal Kitchens' coffee morning will take place in the company's showroom in Chelmsford on Tuesday, October 19, starting at 10am.

On the day, bakers Kelly and Kat, from Muffin Makery, will be baking cookies and muffins using their gluten-free mixes.

A spokesperson for Regal Kitchens said: "We would love you to join us if you are available on the day. I am also on the lookout for any prizes or donations that companies might be able to make to such a worthy cause. I have set myself a target of £1,000, but I would love to smash that!"

The company is also encouraging customers to



bake a cake to bring down and share with others or donate it to the charity raffle, which will include lots of special prizes donated by suppliers and other local companies.

If you cannot attend but would like to make a donation, please visit thyg.uk/BUU005017044

VICKY FORD MP



Member of Parliament for Chelmsford



LOCAL NEWS

In the recent Parliament reshuffle, I was deeply honoured to be asked by the Prime Minister to join the ministerial team at the Foreign, Commonwealth and Development Office as Minister for Africa. At a time of global uncertainty, Britain's case for building deeper economic, security and diplomatic partnerships remains key, especially with Commonwealth nations. I am greatly looking forward to the new role.

We enjoyed an Indian summer in September, but clearly the winter is approaching. Flu jabs and booster COVID-19 vaccines are starting to be given, and the rollout has also started for a single dose COVID-19 jab for 12 to 17 year olds. There has been a hugely positive uptake from young people and their parents.

On Monday, September 27, I held an apprenticeship fair at Anglia Ruskin. It was an absolutely brilliant day and so good to see so many local businesses and young people. There were presentations on how Kickstart can work for companies and young people alike, and another from the Anderson Group on opportunities with them in the hugely important



building sector.

Please follow my Facebook page for local updates and email me if you need help or advice. My email is vicky.ford.mp@parliament.uk

Man who died in crash identified



A man who died following a collision in Blackmore, Ingatestone, has been identified by Essex Police as Charlie Barrett.

Charlie, 29, from Chelmsford, died when a blue Nissan 4x4 left the road and collided with a tree in Wenlocks Lane.

The collision occurred just before 6pm on Friday, September 10, and it is believed no other vehicles were involved.

Paying tribute, Charlie's family said: "Charlie was the most selfless, kind-hearted young man.

"He was full of love and energy, with an unforgettable laugh, and will be missed by so, so many people."

If you witnessed the incident, please call the Serious Collision Investigation Unit on 101, quoting incident number 1009 of Friday 10 September. You can also report information online at www.essex.police.uk

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LOCAL NEWS

Photo credit: Phil Davidson



Clarets enjoy FA Cup success in qualifying rounds

Chelmsford City FC are one game away from the FA Cup first round after overcoming Enfield Town in the third qualifying round on October 2, thanks to a sensational overhead kick from Simeon Jackson.

The Clarets' FA Cup journey started two weeks earlier with a game at home to Harwich-based side, Little Oakley, who play their league football in the Essex Senior League.

Charlie Sheringham struck on the half-hour mark to ensure any early nerves were eradicated, before David Winfield headed the ball home later on in the game to give the Clarets' a two-goal cushion.

Little Oakley did ensure a nervy end to the game,

however, with Luke Mayhew clawing a goal back late on, but the Clarets held on to ensure progression into the next round, where they would face Enfield Town.

Chelmsford went into the third qualifying rounds as favourites once again, but it was far from comfortable for them again as they welcomed Enfield to Chelmsford, but Jackson's overhead kick in the second half proved to be enough.

After the game, manager Robbie Sampson said: "It was a tight game. The first half, it wasn't us and not the way I wanted us to play. But I said my piece at half time and in fairness to the lads, we really upped our level in the second half."

Firefighters encourage working smoke alarms

After a fire broke out at a house in Broomfield Road, Chelmsford, last month, fire crews are stressing the importance of having a working smoke alarm in every home.

The fire, caused by a clip-on light, spread to the lounge and kitchen and filled most of the downstairs with smoke. Although the light was turned off before the family went to bed, it turned back on during the night.

After the smoke alarm woke the family during the early hours, they escaped and called 999.

Watch manager Gavin Ellis said: "Working smoke alarms save lives – it's as simple as that. This family was asleep when the fire started and if they hadn't been woken by their smoke alarm, the fire and smoke would have quickly taken hold of the house and reached them."

"Without a working smoke alarm, this would have been a very different ending."



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I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of

supporting the local community by providing a service that saves the public money.

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RADUCANU



TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock



Are you SUFFERING with SAD?

Although many of us feel a little less happy-go-lucky during the winter months, it is estimated that one in three people suffers with seasonal affective disorder (SAD). So what exactly is SAD and how do you know if you are affected? Let's take a closer look.

WHAT IS SAD?

SAD is a form of depression that comes and goes in seasonal patterns. It is often referred to as the 'winter depression', and people who suffer with this condition tend to see their symptoms worsen during the darker, colder months of the year.

WHAT ARE THE SYMPTOMS OF SAD?

There are many symptoms associated with SAD and you may experience only a few or all of them. The most common symptoms include:

- > A persistent low mood
- > Feelings of despair, guilt and/or worthlessness
- > Sleeping for longer periods of time
- > Struggling to get up in the morning
- > A loss of interest or pleasure in normal everyday activities
- > Craving carbohydrates and other stodgy foods.
- > Irritability
- > A lack of energy
- > Sleeping during the day
- > Weight gain

WHAT CAUSES SAD?

Although the exact cause of SAD is not fully understood, the main theory is that the lack of sunlight during the winter months stops the hypothalamus in the brain from working properly, which may affect:

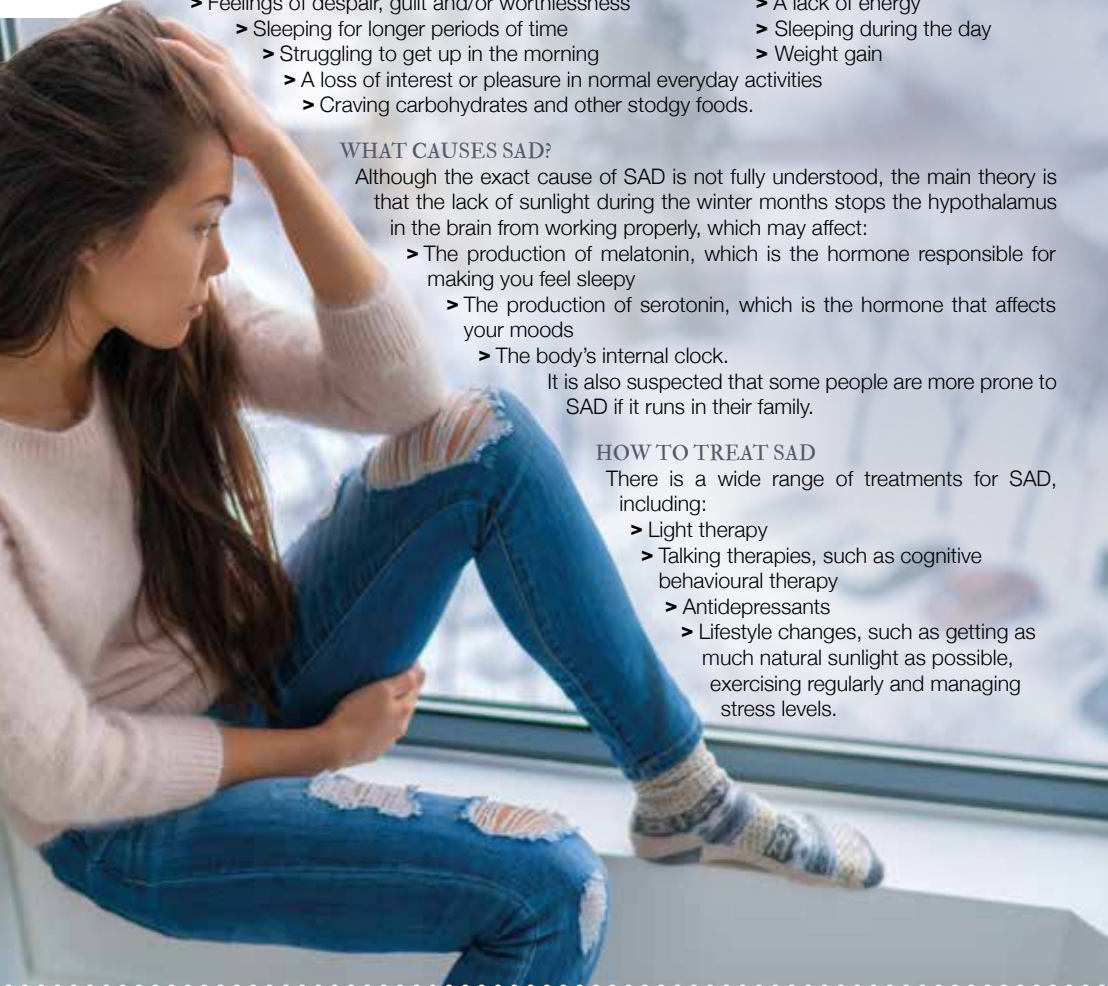
- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

It is also suspected that some people are more prone to SAD if it runs in their family.

HOW TO TREAT SAD

There is a wide range of treatments for SAD, including:

- > Light therapy
- > Talking therapies, such as cognitive behavioural therapy
- > Antidepressants
- > Lifestyle changes, such as getting as much natural sunlight as possible, exercising regularly and managing stress levels.



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EXCESSIVE FATIGUE: There are many things that can cause tiredness, from stress to low iron levels to depression. But sudden and excessive exhaustion could point to something more serious as cancer steals your body's nutrients for its own growth.

SUDDEN BRUISING: Even if you're a bit of a klutz, you wouldn't experience the kind of excessive and unusual bruising that is caused by various blood cancers – particularly if they are in places you are unlikely to bump.

PAIN THAT DOESN'T GO AWAY: Whether it's a pounding headache that never seems to relent or an aching stomach that returns after every meal, it's definitely worth getting checked out.

SKIN CHANGES: We associate breast cancer with finding a lump, but discolouring, dimpling and changes to the size and colour of the nipple can also indicate that something is amiss. Similarly, you shouldn't wait until a mole has become itchy or uncomfortable before getting it checked out; asymmetry, sudden growth and colour changes are all potential signs of skin cancer.

UNUSUAL TOILET ACTIVITY: Excessive urination, frequent constipation or diarrhoea and blood in the stools or urine are all symptoms that ought to be checked by a doctor.

CHRONIC COUGHING OR DIFFICULTY SWALLOWING: Obviously, these are also signs of a common cold or other respiratory illness, but if you have a dry cough or what feels like a lump in your throat for more than two weeks, seek further advice.

ABNORMAL PERIODS OR BLOATING: From heavier bleeding or periods that are suddenly more random to bloating that never ceases, these are the kinds of irregularities that could indicate cervical, uterine or ovarian cancer.





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Beer beauty



BEAUTY

Why not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

Beer facial mask – to promote younger-looking skin

You will need: ½ tsp beer | 1 egg white | 1 drop of almond extract

How to make: Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

Beer nail soak – to strengthen brittle nails

You will need: 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

How to make: Mix all the ingredients together | Dip your nails in the solution for 15–20 minutes | Repeat two or three times a week.

Beer foot soak – to soften hard skin

You will need: A bowl of warm water | Half a bottle of beer

How to make: Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10–15 minutes | Dry your feet and apply foot lotion.

Beer hair rinse – to repair damaged hair follicles

You will need: 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

How to make: Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

Beer bubble bath – to soften and smooth skin

You will need: An olive-based liquid soap | Half a cup of beer

How to make: Mix the soap with the beer and add to running water | Soak for as long as you like.

Top tip: For optimum results, use an organic beer.



HAUNTED

HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places?

From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

PLUCKLEY KENT

Named the most haunted village in England by the *Guinness Book of Records*, Pluckley is believed to be home to between 12 and 16 ghosts. With terrifying hotspots including Fright Corner and the Screaming Woods, you are guaranteed to come away with your nerves shot to pieces.

PENDLE LANCASHIRE

If witches are more your thing than spooks, then this is the Halloween destination for you. In 1612, 12 local residents were charged with murder by witchcraft, with 10 being sent to the gallows. Fast forward to 2021 and you can follow in their fatal footsteps by booking into the Walking with Witches Trail.

ST GEORGE-IN-THE-EAST LONDON

Interested in Jack the Ripper? Although most of Whitechapel has been renovated beyond recognition, in the shadows of the St George-in-the-East Church stands a derelict shed that was once a mortuary. Jack the Ripper's third known victim was brought to this very spot for identification.

THE JAMAICA INN BOLVENTOR CORNWALL

Fancy a fright with your favourite tippie? This eerie inn will not disappoint. It previously featured on the popular TV programme *Most Haunted* and the episode was described as one of the most terrifying to date. If you are brave enough to stay here, expect to hear strange voices in the night, among other spine-tingling sounds.

CONWY NORTH WALES

This walled market town is dominated by a brooding 13th-century castle that is believed to be haunted by a cloaked figure, a horseman and what has been described as a 'phosphorescent ghostly cat'. This chilling castle is said to be so terrifying that visitors flee from it even in the daylight.

The Return of the American Dream

America is finally opening to international visitors once again from early November

Free yourself from the monotony of everyday life as you hit the road on the ultimate Californian road trip and follow your heart's desires on a journey curated just for you.

Stretching 900 miles up the Pacific Coast of the United States, California offers a plethora of experiences that transport you to another world: from the giant redwoods of Yosemite, to the glitz and glamour of West Hollywood, and the scarcely-believable ocean views along Big Sur. The best way to explore this diverse and stunning landscape? On the open road.



Dan Salmon,
Owner

you do with your time, whether that's lying back and drinking in the views or seeking out secret haunts to sample local delicacies. From *Little Miss Sunshine* to *Thelma & Louise*, there is a reason why films have drawn on America's vast landscape as a way to discover things we never knew about ourselves.



Embark on a journey that will test your mettle, provide thrilling vistas and offer up experiences that will open a new chapter of adventure. This is a personal trip, a journey that can be crafted around you and the things you've missed most. Whether that's the sound of the ocean, the calming backdrop of a forest or the buzz of a city, take this time to nurture personal connections with people from different cultures. Reclaim your freedom and buckle up: California awaits.

Information correct at time of publication



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UNUSUAL FRUIT OF THE MONTH:

Atemoya

If you like piña colodas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol. Atemoyas are also very high in vitamin C,

HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good. For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.



The Great Waltham farmer creating a buzz for sustainable beef

An Essex beef farmer has turned his passion for sustainability into reality, after converting his entire 200-acre farm into a haven for wildlife.

Sam Squier, from Great Waltham, near Chelmsford, and his wife Kate have spent three years transforming land previously used to grow crops into lush herb-rich pastures for their 40-strong herd of Aberdeen Angus cows.

They are thought to be the first farm in the county to have adopted an exclusive “herbal ley” approach, banning chemicals and fertilisers in favour of a natural mix of herbs, grasses and legumes that help to naturally improve biodiversity and provide flowers for bees and insects.

And as the pair launch Wild and Rooted Farming, a new brand of Essex craft beef, Sam says he is determined to demonstrate that – contrary to popular opinion – farming and eating beef can be good for the climate and good for consumers too.

“Everyone today seems to think that eating meat is bad for the planet but that completely oversimplifies the argument,” says Sam. “I want to show that 100% grass-fed cows like ours, who are born and bred to maturity on the farm

using traditional farming methods, offer a much more sustainable approach that gets us back to nature and has a positive impact on the environment.”

The farm’s focus is on regenerative agriculture, a method which helps to reverse climate change by restoring biodiversity and adding organic matter back into the soil. Sam says this is in contrast to modern farming methods where heavily cultivated and chemical-fed crops kill many of the microbes, worms, fungi and bacteria needed for good soil health.

While the legumes in the herbal ley fix nitrogen back into the soil, the herbs provide a natural wormer for the cattle and the grasses provide them with a balanced diet, ensuring that the meat they produce is both



Sam Squier

chemical-free and full of omega-3s, vitamins and healthy fats.

After a successful trial in 2018 with 15 of his cattle, Sam has now rolled out a sustainable “holistic-grazing” approach across the entire herd. This means the cattle are moved on every day to a different strip of land, giving the plants and the ground time to recover

“We believe we’re the only farm in Essex to have turned our land over exclusively to regenerative agriculture and there’s certainly a great deal of interest from the farming community about what we are doing,” added Sam, whose family has been working the farm for three generations.

“It’s common knowledge that if we carry on with industrial farming on the scale it is today, then the land won’t be able to sustain crops in another 50 years’ time. The herbal ley has transformed our farm into an absolute haven for wildlife, the fields are teeming with birds, bees and insects and our cows are happy and healthy.

“I want to show sustainable farming can be done differently and successfully and, of course, for those who are buying our craft beef, the proof of the pudding will be in the taste.”

Left: Diced beef

Right: Topside



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WHY YOU SHOULD BE AWARE OF GAZUMPING

Buying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

WHAT IS GAZUMPING?

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

IS GAZUMPING LEGAL?

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

1. LINE UP A SURVEYOR

Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.

2. OBTAIN A MORTGAGE IN PRINCIPLE

If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.

3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET

As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.

4. GET A LOCK-IN AGREEMENT

A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.

Thinking of selling or renting this Autumn?

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What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job. Blind hiring is the new recruitment trend that promises to banish bias for good.

- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct
- > Increases employee retention rates

Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.





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PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead?

With many designs to choose from and ideas to suit all ages, see our favourites below.

FRANKENSTEIN PUMPKIN

YOU WILL NEED: Green, black and white acrylic paint | A paintbrush

HOW TO MAKE: Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



SPIDERWEB PUMPKIN

YOU WILL NEED: White and black acrylic paint | 1 large paintbrush | 1 small paintbrush

HOW TO MAKE: Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



MONSTERS INC PUMPKIN

YOU WILL NEED: Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue

HOW TO MAKE: Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.



Photo credit: Pinterest, Wilkison, www.wccbcharlotte.com



KIDS



Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12–18 inches:**
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18–24 inches**
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24–36+ inches**
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.

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GARDENING

Build a bug hotel

Whether you are looking for a green-fingered activity for you and your kids to enjoy together or you want to provide a safe haven for local wildlife, a bug hotel is the perfect autumn project for your garden.

WHAT YOU WILL NEED:

You can pick and choose from this list depending on what you have the easiest access to.

Wooden pallets | Strips of wood | Straw | Moss | Dry leaves | Woodchips | Old clay pots, bricks, roofing tiles or logs | Bark | Pine cones | Soil | Roofing felt | Any other natural materials you can find

HOW TO BUILD:

Step 1: Choose your location: Ideally, your bug hotel needs to be on level and firm ground so that the structure remains intact. Depending on whether you pick a sunny or a moist spot, you will attract different residents. Woodlice, frogs and toads are drawn to cool, damp conditions, whereas bees, butterflies and ladybirds love the sun.

Step 2: Build the framework: If you want to build a large hotel, wooden pallets are ideal as they are sturdy and already have gaps. Start by laying some bricks on the ground as corners and then add three or four layers of pallets. You can secure these together with nails or with wood glue if you are using smaller pieces of wood.

Step 3: Fill the gaps: Insects and other wildlife love nooks and crannies, as well as cosy beds, so now is the time to fill the gaps with materials such as bark, dry leaves, straw, tiles and sticks.

Step 4: Add a roof: Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some

old planks of wood that are covered in roofing felt are ideal for this.

Step 5: Plant flowers: If you want to attract butterflies, bees and other pollinators, surround your bug hotel with nectar-rich flowers and herbs such as wisteria and lavender.





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SPORT



COMETH *The hour*

Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

Photo credit: Matt West/Shutterstock



PUZZLES & TRIVIA



PUZZLES

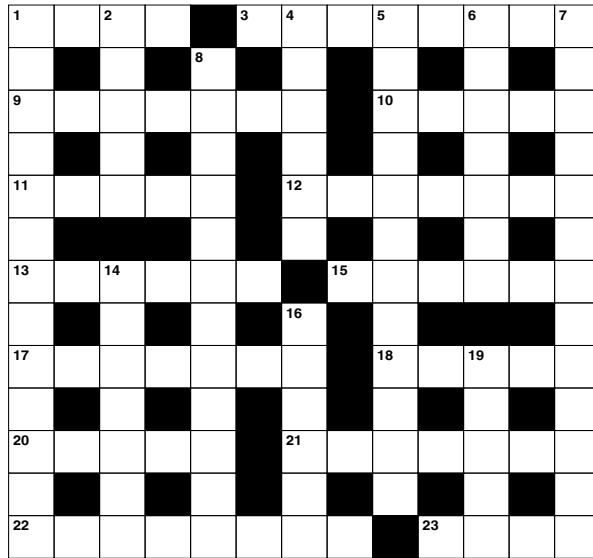
Answers: see end of The VISION Listings

ACROSS

- 1. Four-wheeled vehicles (4)
- 3. Vessel for molten metal (8)
- 9. One of the planets (7)
- 10. Shadow (5)
- 11. Raves (5)
- 12. Undoing a knot (7)
- 13. Room attached to a church (6)
- 15. Bow and arrow expert (6)
- 17. Nasal opening (7)
- 18. Smallest quantity (5)
- 20. Where one finds Rome (5)
- 21. Turned over; became very angry (7)
- 22. Gibberish (8)
- 23. Wet with condensation (4)

DOWN

- 1. Violation (13)
- 2. Become ready to eat (of fruit) (5)
- 4. Expressing regret (6)
- 5. Circle amount (anag) (12)
- 6. Infantile (7)
- 7. In an inflated manner (13)
- 8. Short tale told to children (7,5)



- 14. Support or strengthen (7)
- 15. Common edible fruit (5)
- 16. Fissures (6)

DID YOU KNOW?

- ▶ It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green
- ▶ It's estimated that there are more Indian restaurants in the UK than there are in Mumbai
- ▶ In 2015, NASA astronauts on the International Space Station sampled outredgeous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten
- ▶ It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted
- ▶ Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out
- ▶ White potatoes are around 80 per cent water.

SUDOKU

7	2				8	3		
9	6					8		
			6					7
					2			5
	3			1			8	
1			8					
2					7			
		1					4	3
		8	2				1	9

A12 JUNCTIONS 15 to 19 (Webb Farm Interchange to Boreham Interchange)

Road closures

Northbound from
18 October 2021
until December 2021

9pm until 5am on Mondays
to Thursdays

9.30pm on Fridays until
6am on Saturdays.

Note: We monitor the traffic flow and may close the A12 at 8pm to start our work earlier if there are low levels of traffic using the road. This will help complete our repairs quicker.

We are carrying out repairs to the existing north and south bound concrete road surface along the A12 from junction 15 Webb Farm Interchange to junction 19 Boreham Interchange. Once complete, there will be a smoother and safer road surface.

Work started in July and be completed in December 2021. To do the work safely we'll need overnight road closures on weekday nights, with a signed diversion route in place. Initially we worked on the southbound carriageway. We're now moving to working on the northbound carriageway in October.

Find out more:

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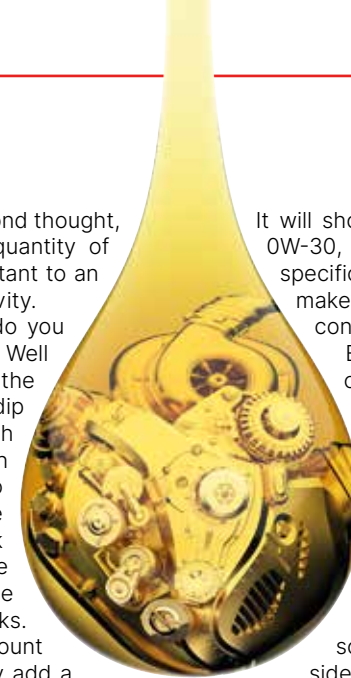
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The right oil

Whilst we rarely give it a second thought, having the right kind and quantity of engine oil is extremely important to an engine's efficiency and longevity.

The first question is how do you tell if the oil level is correct? Well the best way is to open the bonnet and pull out the dip stick. Wipe the end clean with some paper towel or clean rag and reinsert it fully into the tube, then withdraw the dip stick once again and look at the oil level at the tip. The level should be between the maximum and minimum marks. If it's too low then a small amount of oil can be added, but only add a small amount at a time and re-check the level on the dipstick as too much oil can cause big trouble.

It's vital to use the right stuff, so look in your owners handbook for the oil specification.



It will show a viscosity, something like 0W-30, and an additives performance specification like WSS-M2C950-A, make sure both match on the oil container.

Even modern cars need regular oil and filter changes, and although 'long life oils' are a convenience to the customer, they are a compromise and for cars over three years old it is frequently prudent to revert to yearly oil changes. Naturally you can always nip down to your garage and have a mechanic do it for you, sometimes its best to err on the side of caution, as we have seen a too many cars with problems due to oil level issues!

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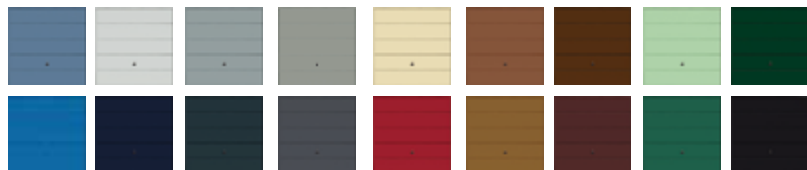
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PLATING UP

If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.

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