

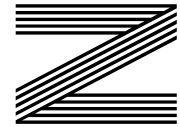
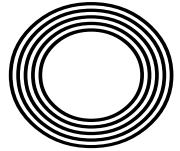
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Editor's notes...

NOVEMBER 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon.

After being forced to navigate ever-changing lockdown restrictions last year, we can (hopefully) now look forward to enjoying the party season.

By the time you read this, Halloween will be over, but as I write, my home has been taken over by an explosion of spooky decorations. It used to be that very few people in the UK bothered to celebrate Halloween, but it's a habit we seem to have now borrowed from our friends in America. Maybe it's because we've been cooped up for so long that we're eager to grasp any opportunity to go big with our celebrations.

If that's the case, I can't wait to see what Christmas will bring. Here's hoping we're able to meet up with friends and family face-to-face once again.

At **VISION**, we've recently grown our team, welcoming new member of staff, Nadine Stevenson, as our key account manager. We're very glad to have her on board.

Finally, all our thoughts are with the family and friends of Sir David Amess MP, who was killed last month. Sir David was a welcome contributor to **VISION**LeighThorpeBay, and we will miss his kindness and dedication.

Brett Shohet

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock

SUPER subscriptions

THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

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BEAUTY

Hairband HEROES



Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair

Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair

If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair

Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair

People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair

Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.





Who says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond. No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

WHAT IS ODD SOCKS DAY?

Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

HOW TO CELEBRATE ODD SOCKS DAY

Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

HOW TO WEAR ODD SOCKS

Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- > Embrace bold colours and prints
- > Don't be afraid to wear your odd socks with sandals or sliders
- > Wear long odd socks pulled up to your knees with boots and a statement skirt
- > Mix stripes and spots
- > Layer up two pairs of socks with two different colours, one on top of the other
- > Pair neon socks with white trainers
- > Wear clashing colours with skyscraper heels.

POST YOUR SOCKS ON SOCIAL MEDIA

Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS

To find out more, explore the many online resources on anti-bullying at www.anti-bullyingalliance.org.uk and share your knowledge with others.



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7 ALTERNATIVE USES

Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard.

However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.



HEALTH & FITNESS

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JUST

breathe

IMPROVE YOUR QUALITY OF LIFE WITH THREE EASY BREATHING TIPS

You don't need to be a philosopher to know that people can spend their days navigating between a negative inner critic and a more positive and less apparent inner believer. Allowing the latter to express itself more is a key part of healthy living, positive self-image and good self-esteem.

Well, imagine if something as simple as breathing could be the key to being more positive, more confident, less stressed and more physically strong to boot.

Check out these three easy ideas and get started today.

Five deep breaths

If you are feeling stressed or self-critical, take five deep inhalations and exhalations through the nose. Clear your mind and focus on the sensation of breathing. This is part of breaking the negative inner dialogue. Closing your eyes can also help. When ready, you can go back to what you were doing.

Diaphragmatic breathing

Another easy win is to breathe diaphragmatically. This means using the belly muscles to fully fill and empty the lungs with each breath. As well as being calming, this can help with public speaking, as it allows you to control your breath and voice far more effectively.

This breathing also helps the body discharge waste and take in more oxygen, which boosts brain activity.

Quick energy

For a short, sharp boost that will make you feel up for anything, take a deep breath and hold for a second or two, then make a loud 'hmm' sound on breathing out. Not only does this break negative thought patterns, but it will also provide you with a welcome mental lift.

Breathing is something we do every minute of the day – it's time to make it work for us more than ever before.

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Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

How to make flavoured gin

Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- > Strong flavours such as chilli, vanilla and citrus = less than one day
- > Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- > Berries and other potent fruits = three to four weeks
- > Milder ingredients like apple or pear = up to one month

Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.



FOOD & DRINK



HOW TO SAVE MONEY ON YOUR

Christmas shop

While you may have had the best intentions to save all year for Christmas, unfortunately, real life often scuppers our plans. If you haven't yet managed to put aside some extra cash for your Christmas food shop, the below tips will help you to save big on all those tasty festive treats.



STOCK UP EARLY

Rather than leaving everything to the last minute, why not start stocking up on items such as chocolates, savoury snacks and Christmas liqueurs from now and spread the cost of your food shop over two months rather than one?

GET SOCIAL

If you have a few favourite food brands, now is the perfect time to start following them on social media so that you can pounce on any early Christmas offers as soon as they become available. Don't forget to also sign up to their email newsletters for possible discounts.

MAKE YOUR OWN

While some items are cheaper to buy in store – such as a Christmas pudding, which can be purchased for as little as 99p – there are some foods that are cheaper to make yourself. These include canapés, side dishes such as pigs in blankets, and even mince pies.

SHARE THE BURDEN

If you are hosting Christmas dinner this year and are concerned about the cost, there is no reason why you shouldn't ask family members to help out. Rather than demand cash, ask each person to bring a different dish or drink.

USE COMPARISON SITES

Simply type into Google 'cheapest supermarket for your Christmas food shop' and you will be met with a whole host of sources that can save you money. Compare turkey costs, Christmas pudding prices, and so much more. Plus, find out about home delivery and click-and-collect slots.

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Understanding Natasha's Law



FOOD & DRINK

Following the tragic death of Natasha Ednan-Laperouse, who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal, and relentless campaigning by her family, Natasha's Law came into effect on October 1.

Almost one in five people in the UK suffers from an allergy. Natasha's Law was created to protect allergy sufferers and give them confidence in buying prepacked food.

What exactly is Natasha's Law?

Natasha's Law requires all food businesses to provide full ingredient lists and allergen labelling on foods that are prepacked for direct sale on their premises. According to the new regulations, Prepacked for Direct Sale (PPDS) foods must clearly display the following information:

- > The name of the food
- > A full ingredient list with allergenic ingredients emphasised. For example, in **bold**, *italic* or a different colour.

How did Natasha's Law come about?

Natasha's Law, also known as the UK Food Information Amendment, was introduced as a result of the actions of a lobbying group led by Tanya, Nadim and Alex Ednan-Laperouse, the family of Natasha, a teenager who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal.

What allergens need to be declared?

Food businesses are required by this law to tell customers if any food they provide contains any of the below listed allergens as an ingredient:

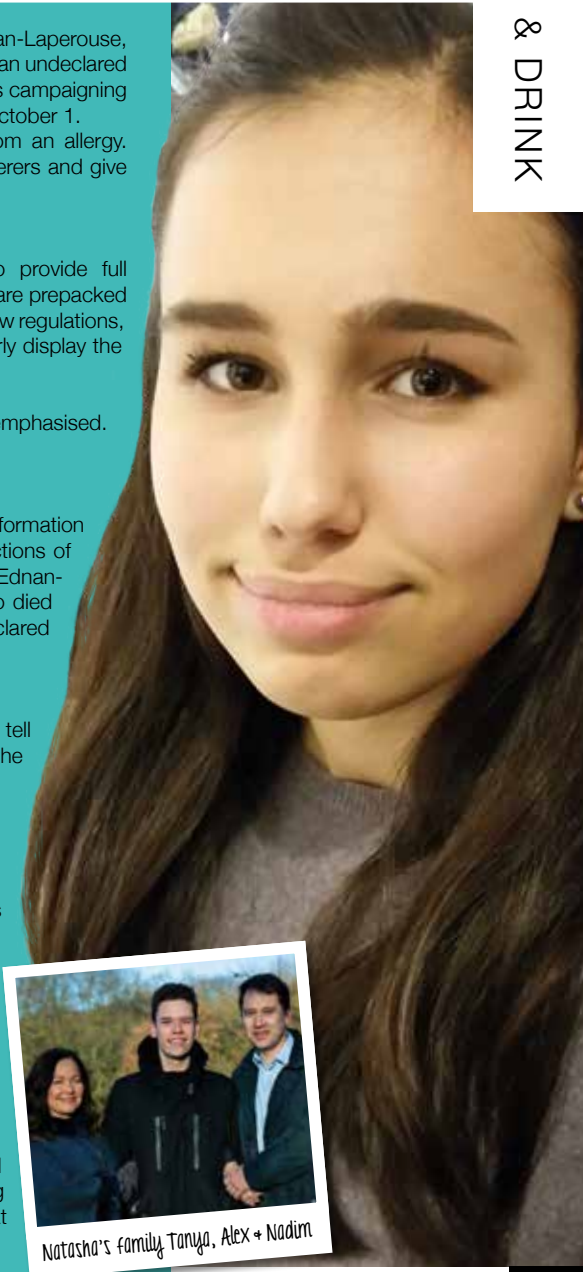
- > Celery
- > Eggs
- > Fish
- > Lupin
- > Milk
- > Mustard
- > Peanuts
- > Sesame
- > Soybeans
- > Cereals containing gluten, such as barley or oats
- > Crustaceans such as prawns, crabs and lobsters
- > Molluscs such as mussels or oysters
- > Sulphur dioxides and sulphites if they are at a concentration of more than 10 parts per million
- > Tree nuts such as almonds, hazelnuts, Brazil nuts, etc.

Where to find further guidance on Natasha's Law

If your business sells or supplies PPDS food, you can use the Food Standards Agency's online food labelling tool to help you to identify the type of food your business provides and the allergen labelling requirements. This information can be found at www.food.gov.uk



Natasha's family Tanya, Alex + Nadim





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Brake cleaner isn't just for vehicle maintenance. It can also be used in several household applications, with unbelievable results.

How to use brake cleaner

If you have used brake cleaner on your car, then you won't have any problems using brake cleaner in your home as the application process is the same. However, if you haven't used brake cleaner before, simply follow the below steps:

- > Shake the can thoroughly to activate the formula.
- > Hold the can about 30cm away from the surface and apply.
- > Allow the brake cleaner to soak in and evaporate.
- > Reapply to stubborn areas and wipe away any excess dirt with a clean cloth before it evaporates.

Always wear gloves and use in well-ventilated areas. Do not allow brake cleaner to come into contact with plastic or rubber, and keep away from any open flames.

To clean windows: With the ability to cut through grease without leaving any residue, apply sparingly when using brake cleaner to achieve streak-free

windows. Wipe with a microfibre cloth for optimum results.

To remove stains from a driveway: Unsightly oil stains can ruin the look of your concrete driveway, but can be easily removed by throwing down some cat litter or sawdust to get rid of the worst of the spill and then applying brake cleaner.

To remove ink and paint: Brake cleaner can effectively remove stains made by permanent markers, paint and nail polish on surfaces such as walls, tables and countertops.

To remove stains from fabrics such as tablecloths: Perchloroethylene, a chemical that is commonly used in chlorinated brake cleaners, is also used by professional dry cleaners to remove food and oil stains. Always test in a non-conspicuous spot first and wash the fabric as usual after application.



HOME & DIY





HOME & DIY

DULUX COLOUR OF THE YEAR

Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk



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How to clean a COOKER HOOD FILTER

Can you remember the last time you checked underneath your cooker's hood to see if the exhaust fan filter needed a good clean? If it's been a while, we warn you, this is not going to be a pretty sight.

Fortunately, you can get your filter looking squeaky clean and grease-free in just eight simple steps.

WHAT YOU NEED:


Boiling water | Washing-up liquid | Baking soda | A non-abrasive scrubbing brush | Paper towels or a tea towel

HOW TO CLEAN:

- > **Step 1. REMOVE THE FILTER FROM THE HOOD**
The filter should easily slide or pop out from underneath the hood.
- > **Step 2. FILL A BUCKET WITH BOILING WATER**
You can use hot water from the tap, but boiling water is more effective.
- > **Step 3. ADD BAKING SODA AND WASHING-UP LIQUID**
Pour ¼ cup of baking soda and a good squirt

of washing up liquid into your bucket of boiling water and swirl around with a brush. Be careful not to place your hands directly into the water, to prevent burns.

- > **Step 4. SUBMERGE YOUR FILTER IN THE WATER**
Make sure the filter is completely covered by the boiling water.
- > **Step 5. LEAVE IT TO SOAK**
Allow the filter to soak for a minimum of 10 minutes, longer if possible.
- > **Step 6. SCRUB THE FILTER**
Once the filter has finished soaking, take it out of the water and scrub with a non-abrasive brush. Add more washing-up liquid to your brush if needed.
- > **Step 7. RINSE AND DRY YOUR FILTER**
Rinse the filter in hot water and dry with paper towels or a tea towel.
- > **Step 8. REPLACE THE FILTER**
Put the clean filter back into the hood and repeat as and when needed. It is recommended to clean your hood filter once a month to keep it working properly.



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LITTLE BIG BELL

ARE YOU IN NEED OF A COLOUR BOOST IN YOUR INTERIORS? LOOK TO BRIGHT AND BEAUTIFUL BLOG **LITTLE BIG BELL**

The world can be a little bleak sometimes; the last year has shown us that. Therefore, it's refreshing when a ray of sunshine comes into our lives that lifts our spirits and puts a smile on our faces. And that ray of sunshine is Little Big Bell.

Little Big Bell is the interiors blog of Dr Geraldine Tan, whose passion for design is clear to see. Little Big Bell is where Geraldine shares her incredible style, but by day, she's an NHS doctor based in London.

So what makes Little Big Bell's style so popular, and how can you get the look in your own home? Some of the most popular interiors trends at the moment favour muted colours and neutrals – a classic choice, but not everyone's cup of tea. So it's exciting to stumble across a style like Geraldine's. It's fresh, colourful and full of beautiful ideas. Her style is like pop art brought to life, and it's impossible not to smile when you browse through her incredible photos.

HOW TO STYLE YOUR HOME THE LITTLE BIG BELL WAY

- Don't be afraid of colour. Geraldine uses all the colours of the rainbow for her interiors, creating a look that's light, energetic and so much fun.
- Use bold prints to brighten up your walls. Even if you're not confident enough to go for full-on colour, prints can be a subtle way to add colour to the most neutral of spaces.
- Go for the mix and match approach. Not everything has to be matchy-matchy – mix up your accessories to create a more interesting look. Geraldine's kitchen is the perfect example of how different types of vases and dinnerware can complement each other, even when they're all different. Using display cabinets can add colour and interest in your kitchen.
- Geraldine uses accessories such as cushions and rugs to inject some colour while bringing looks together. She uses cushions of the same shape and size in different colour and pattern variations, as well as rugs with complementary colours and patterns, to create a look that is cute and colourful but doesn't look over-the-top or gauche.
- In the bedrooms, Geraldine mixes muted colours with bolder hues that keep the room looking airy and spacious. A colour block wall is all you need as a starting point, and you can add furniture and accessories in different colours to create a similar look.
- Many people shy away from colour in the bathroom, but Geraldine's style provides the perfect inspiration for how pastel shades can make your bathroom look fun and interesting – a space that makes getting ready for the day all the more enjoyable.



Photo credit: littlebigbell.com



HOME & DIY





Trendsetting TERRARIUMS

Embrace the green interiors trend and bring a bit of nature indoors with our DIY guide to making your own terrarium.

Essentially a miniature glass plant display, a terrarium is simple to make and easy to look after, and each creation is 100 per cent unique.

YOU WILL NEED:

A glass container such as a jam jar or a large pasta container – with or without a lid | Small stones or pebbles | Gravel | Potting soil – a small handful | Activated charcoal – you can buy this online and at some garden centres | Decorative items such as moss or marbles | Your chosen plants | A selection of small tools, including a little trowel and a pencil or chopstick.

HOW TO PICK PLANTS:

Ideally, you should choose a slow-growing and small plant for your terrarium. You can consider a range of leafy plants, succulents and cacti depending on whether you are planning on having an open or closed ecosystem. Examples include:
Air plant | Nerve plant | Meadow spikemoss | Polka dot plant | Inch plant | Sweet woodruff | Earth Star bromeliad

HOW TO SET UP YOUR TERRARIUM:

1. Add 2-3cm of pebbles to a dry and clean glass container. You could vary your design by turning the container on its side.
2. Add a scattering of activated charcoal. This will keep the water fresh and prevent bacteria from growing.
3. Layer on the potting soil. You need enough to comfortably cover the plant's roots.
4. Select your biggest plant first and then make a hole in the soil. Gently place the plant in and fill around it with soil.
5. Add any smaller plants that you want to feature in your terrarium.
6. Place in some more stones, pebbles, sand or moss.
7. Add any finishing touches.

OUR TOP TERRARIUM DESIGN IDEAS:

- > Use a mini glass geometric terrarium container.
- > Create a hanging terrarium wall.
- > Make a miniature waterfall terrarium.
- > Design a lightbulb terrarium.
- > Add candles or fairy lights instead of plants to your container.



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ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."



LOCAL NEWS

from your neighbourhood



Hundreds of residents attend health and wellbeing event

Epping Forest District Council's (EFDC) community, culture and wellbeing (CCW) team recently put on a day of free activities and informative sessions for residents.

More than 200 people attended the event on Monday, October 11, at the newly refurbished Civic Offices in Epping High Street. Guests participated in physical and cultural activities and listened to informative presentations.

A family-friendly session in the afternoon encouraged younger residents to participate by playing classic board games and taking part in craft activities.

The day ended with a number of presentations, which included floristry and weaving courses, fitness

and dancing sessions, and even an impromptu musical performance by a new resident.

Gill Wallis, CCW service manager, said: "The team was delighted to work with wider partner organisations to showcase the comprehensive array of services and programmes available to support our residents.

"Positive physical and mental health has never been more important, and we were delighted to welcome residents of all ages into the Civic Offices for an interactive day of fun and activity."

Chairman of EFDC, councillor Helen Kane, said: "Thank you to all the team for the marvellous event. I was touched by the presentations and enjoyed speaking with partners and residents."



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Arrests made after protesters disrupt M25



Photo credit: Essex Police

Essex Police acted quickly to make arrests and minimise disruption after protesters blocked traffic on the M25 near Epping.

Officers were called at around 8am on the morning of October 29, with reports that several people had been walking into traffic to block both carriageways between Junctions 28 and 29.

Officers responded swiftly to remove people from the road, and both carriageways were reopened within 30 minutes. The police made a total of 10 arrests.

Chief Inspector Lee Devall said: "Not only will incidents of this nature be frustrating for road users trying to reach their destination, but walking into fast-moving traffic is also extremely dangerous.

"I'd like to thank road users for their patience and understanding. You've helped us to clear the area quickly, keep people safe, minimise disruption and keep Essex moving.

"Our teams are experienced at dealing with incidents that cause significant disruption and are well prepared for them. We will continue to deal with these incidents robustly."

School's mental health event raises £4,000 for charity

A mental health awareness event at a school in Epping raised almost £4,000 for charity.

A day devoted to boosting mental health awareness at Epping St John's School (ESJ) has raised almost £4,000 for suicide prevention charity, POPYRUS.

All students, staff and members of the local community who participated in the day have been praised by the school.

On Twitter, a spokesperson for the school said: "The issue of mental health is of paramount importance, and we were all honoured to be part of this fundraising event. We are so proud of our school community."

Guidance manager for KS4 and stage manager at the school, Mr Reeves, said: "So proud of all the staff and students involved in this fundraiser.

"Massive thanks to the ESJ community, the staff and students and our friends and families for all the donations."

A spokesperson for POPYRUS said: "This is incredible. Thank you for your wonderful support."

MP appeals for action to stop town green damage

The MP for Epping Forest has called on the City of London Corporation to take action to prevent heavy goods vehicles (HGVs) from damaging the town green.

Dame Eleanor Laing MP is hoping action can be taken to resolve the "ridiculous situation", which has seen drivers mounting the kerb and crossing the grassed area.

Closing the road that crosses the green and putting a barrier on the Lindsey Street corner have been discussed as possible solutions.

Dame Eleanor MP said: "This is the latest in a series of occasions when HGVs have mounted the kerb and churned up the grassed area in front of the war memorial.

"It is a ridiculous situation. Installing a bollard or closing the road would seem sensible solutions.

"The area is well maintained by Epping Town Council, and it is a great shame that the efforts of town council staff are being ruined by the drivers who are causing this damage.

"Sat nav cannot be blamed for this; it is the drivers who decide to mount the kerb, clearly knowing they will not be able to complete their manoeuvre without going onto the grass.

"I appreciate that the City of London Corporation always does all it can to protect our forest and the surrounding areas, so I look forward to discussing this further with the chairman of the Epping Forest and Commons Committee."



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LOCAL NEWS

from your neighbourhood



Former footballer wins Charity Champion award

A man from Theydon Bois has been recognised for going above and beyond to raise an incredible £5million for charity over the years.

On October 5, Lloyd Scott, 60, was recognised at the Amplifon Awards for Brave Britons in the Charity Champion category.

The virtual event was presented by Rachel Burden, presenter of BBC One's Breakfast show and Radio 5 Live, and featured Falklands War hero, Simon Weston CBE, as the guest of honour.

The judges commented: "Lloyd shows a determination to help others while scaling the heights of human endurance, despite his health issues.

"He has swept aside any concerns he had about his own welfare as he raised money for charity in a whole

manner of outlandish ways all over the globe. We wish him well in his latest battle with cancer."

Lloyd's most recent fundraising challenge saw him raise more than £163,000 for the Lord's Taverners youth cricket and disability charity after taking on the Three Peaks Challenge.

Lloyd, a former professional footballer and ex-fireman, has raised more than £5million for charity through a series of gruelling challenges, since first being diagnosed with leukaemia in 1989. He recently underwent treatment after being diagnosed with extremely rare synovial sarcoma cancer.

He is most known for completing the London Marathon while wearing a traditional diving costume weighing 130 pounds.

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BEFORE



AFTER



Former TV presenter sentenced for rape



A former children's TV presenter has been sentenced to 10 years in prison for raping a woman.

Paul Ballard (pictured), of Woodland Way, Theydon Bois, was sentenced at Chelmsford Crown Court on October 1 for raping a woman and threatening to kill her.

Ballard had previously been found guilty on all charges of rape, attempted rape, assault, criminal damage and threats to kill, after denying all counts.

Ballard launched an attack on his victim shortly after 5am on September 19, 2020, in a hotel in Hatfield Heath.

During the incident, the rapist told his victim: "Your life is ending. You're dying tonight."

The victim managed to flee the room and found a member of hotel staff, who then called the police.

Ballard claimed he had had consensual intercourse with the victim and denied threatening her, but the jury convicted him on all charges.

Leading investigator, Detective Constable Dan Lambert, said: "Our priority throughout this investigation has been ensuring the victim's welfare and securing justice for her.

"The strength she has shown has been remarkable throughout.

"As a force, we take crimes against women and girls extremely seriously and I am very proud to have played a part in securing justice for Ballard's victim.

"No one should ever have to go through the ordeal she has endured, but I hope there is some comfort in the knowledge that her attacker is now behind bars for some time."

The victim has been supported throughout the last 12 months by specialist officers.

Residents help raise £600 through charity quiz night

Residents from Theydon Bois, Loughton and Buckhurst raised hundreds of pounds for Saint Francis Hospice through a charity quiz.

Quiz organiser, Marion Oliver, was delighted that 70 loyal supporters of the hospice came along to the village hall and raised £632 for the hospice.

Marion said: "The people that came were our regular loyal supporters. Everyone enjoyed it and came out to socialise with their teammates."

The quiz night is held every spring and autumn to raise money for the hospice, which provides free care and support to individuals with a life-limiting illness and their families and carers.

In 1993, Marilyn Coleclough founded a friends group to help raise funds to build the inpatient unit at the hospice, which opened in 2000.

Marilyn worked tirelessly for many years, organising events such as quizzes, street collections, concerts, coach trips and two summer balls, raising more than £180,000.

Sadly, Marilyn died in 2019, but Marion and her husband, Martin, have continued to hold the quizzes at the village hall.

Dispersal order in place over antisocial behaviour concern

A dispersal order was put in place in Theydon Bois following concerns about antisocial behaviour in the area.

The order was put in place from 8.05pm from October 31 until 8am on November 1.

It covered an area that encompasses the village green and retail area.

The order allowed officers to direct anyone suspected of causing antisocial behaviour to leave the area.



Photo credit: Paul Wishart/Shutterstock



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COVER ME UP



Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.

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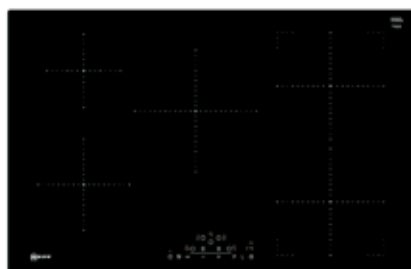
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Peculiar PET LAWS



PETS



We are a nation of pet lovers, so we think you need to know about the following pet laws in the UK. Some are common sense, some are a bit weird, and others are just plain hilarious.

1. NOT HAVING POO BAGS

In Daventry, Northamptonshire, you can be issued a £100 fine for not having a spare poo bag, regardless of whether your dog has fouled or not.

2. BURYING YOUR PET IN THE WRONG PLACE

It is illegal to bury your pet anywhere other than the grounds of the home that they lived in. You need to own your home, not just rent it. If you plan to sell, it is not a legal requirement to tell buyers about the burial, but you may want to mention it as a courtesy.

3. NOT SECURING YOUR PET WHEN DRIVING

You can be fined up to £5,000 and have your insurance invalidated if you fail to buckle up your pet when driving. This law applies to all pets, as not only can they act as a distraction, but their wellbeing is also at risk without suitable restraint.

4. RIDING A HORSE OR CATTLE WHILE UNDER THE INFLUENCE

Everyone knows it's illegal to drink and drive, but did you know that this law extends to horses? Yes, under the Licensing Act 1872, it is illegal to be drunk and in charge on any highway or other public place of any carriage, horse or cattle.

5. MATING WITH A ROYAL DOG

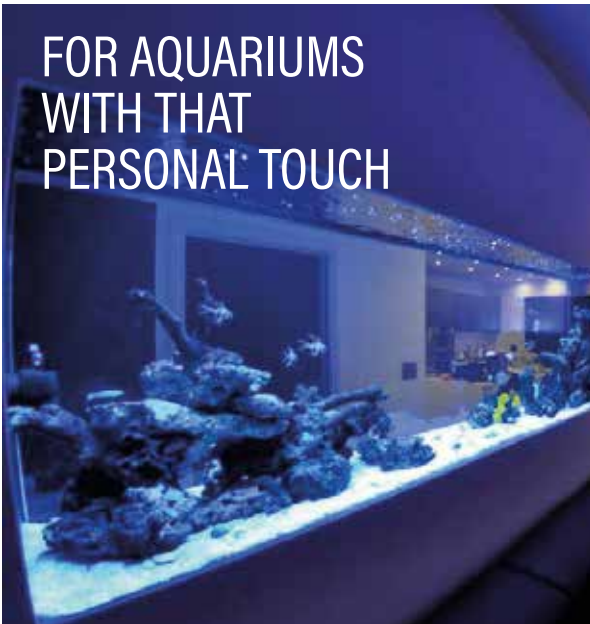
Although we admit this scenario is unlikely, if you do stumble upon one of Her Majesty's corgis while walking your dog, it is illegal for your pet to mate with it without seeking permission first.

OTHER UNUSUAL PET LAWS IN THE UK:

- > You are not allowed a pigsty in front of your house unless it is appropriately hidden
- > It is illegal to run cows through the street during the daytime, although after 7pm is fine
- > In the Lancashire coast area, it is illegal to encourage your dog to bark.



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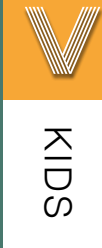
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TIME TO APPLY *for schools*

WHAT TO CONSIDER WHEN
APPLYING FOR A SCHOOL PLACE



Applying for a school place can be a stressful time for parents, filled with worry and apprehension. While the criteria will be different depending on whether you're looking for a primary or a secondary school, what should remain the same are the checks and investigations you undertake before cementing your choices.

CHECK OFSTED RATINGS: Ofsted ratings exist to help schools to improve, while also enabling parents a full view of what level an institution is at. Although inspections are irregular, reports are always full and detailed and often provide a good read, so check them out.

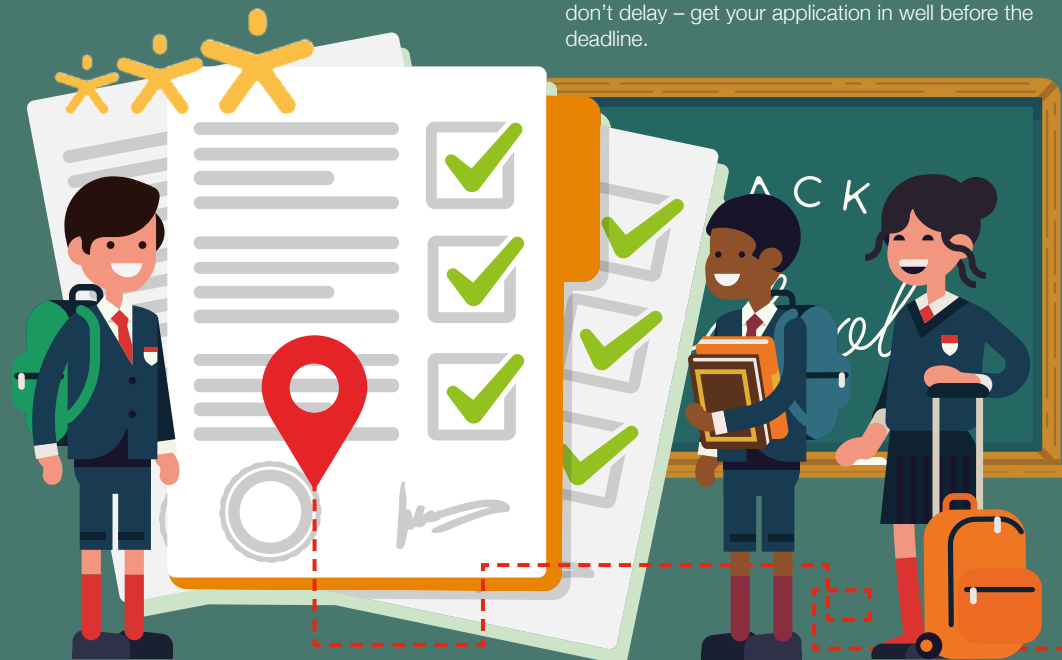
CHECK YOUR SCHOOL RUN: Have a look at the distance and route your child will be taking to school each day – is it practical, are there any hazards, does it fit in with your other morning commitments? Remember, for primary school children, proximity is the lead criteria.

CHECK NUMBERS: Being realistic about getting a place also means knowing the school's capacity, so have a look at last year's intake figures in order to give you a better idea of success rates.

SPEAK TO PARENTS: There's nothing quite like the experience of others, so chat to people locally whose kids already attend and gain a first-hand picture of what the school is really like.

CONSIDER SECOND CHOICES: If the worst thing happens and, for whatever reason, you don't land your first choice, look at and imagine your child attending an alternative school. Consider the positives, embrace the opportunity to go somewhere different and convey any optimism you have to your child – it will be vital should things not go to plan.

DO NOT BE LATE: Applying for a school place is essential parenting, so when the process opens, don't delay – get your application in well before the deadline.





BRUCE KING

on how to sell yourself and what you do



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

Special Service Agents



As estate agents encounter fierce competition from faceless online facilities, **Kingsmarq Real Estate** are taking the opposite approach, providing friendly, personal service to a limited number of clients

The days when those looking for an estate agent to sell their house had only one local option to choose are long gone. Today's sellers, buyers and landlords have a wide range of choices, from high street chains to local stalwarts, and an increasing number of online agencies. Launching into the Essex area, Kingsmarq Real Estate was created to offer a fresh way of handling properties with a boutique level of service.

Kingsmarq saw how often homeowners were passed between team members who did not know their property and how this left them feeling unsupported, without experienced advice when they needed it most. There was a gap to launch an agency who could offer a bespoke service level and consistent contact.

Too many houses are on the market for much longer than they should be, owing to a lack of focus on each property that can leave them incorrectly priced and no longer front-of-mind when an agent meets a potential buyer. In response, Kingsmarq founder Sandeep Chana, sought to create an offering with lower client numbers to ensure faster transactions, with greater care and attention.

By limiting the number of properties on their books, Kingsmarq can ensure every client gets focused, boutique-style service in a friendly and knowledgeable style. Working across Essex, Kingsmarq offers a tailored service, taking the time to understand the needs of landlords, the motivations for sellers and the desires of buyers and renters. The aim is to move a small portfolio of properties along at a quick pace, while creating an experience all clients will remember and share with others.

"I truly care for my clients and am driven to achieve the best outcome." Says Kingsmarq founder Sandeep, "Whether you are buying your first home, selling a house you have lived in and loved, letting your property for the first time, or looking for a smooth transition when your previous tenant moves on, it can be daunting. I don't just handle the sales and paperwork; I offer guidance and support through the process."

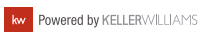
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BUSINESS & PROPERTY



If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.



HISTORY

30 years since the death of the icon

FREDDIE MERCURY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lilt that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

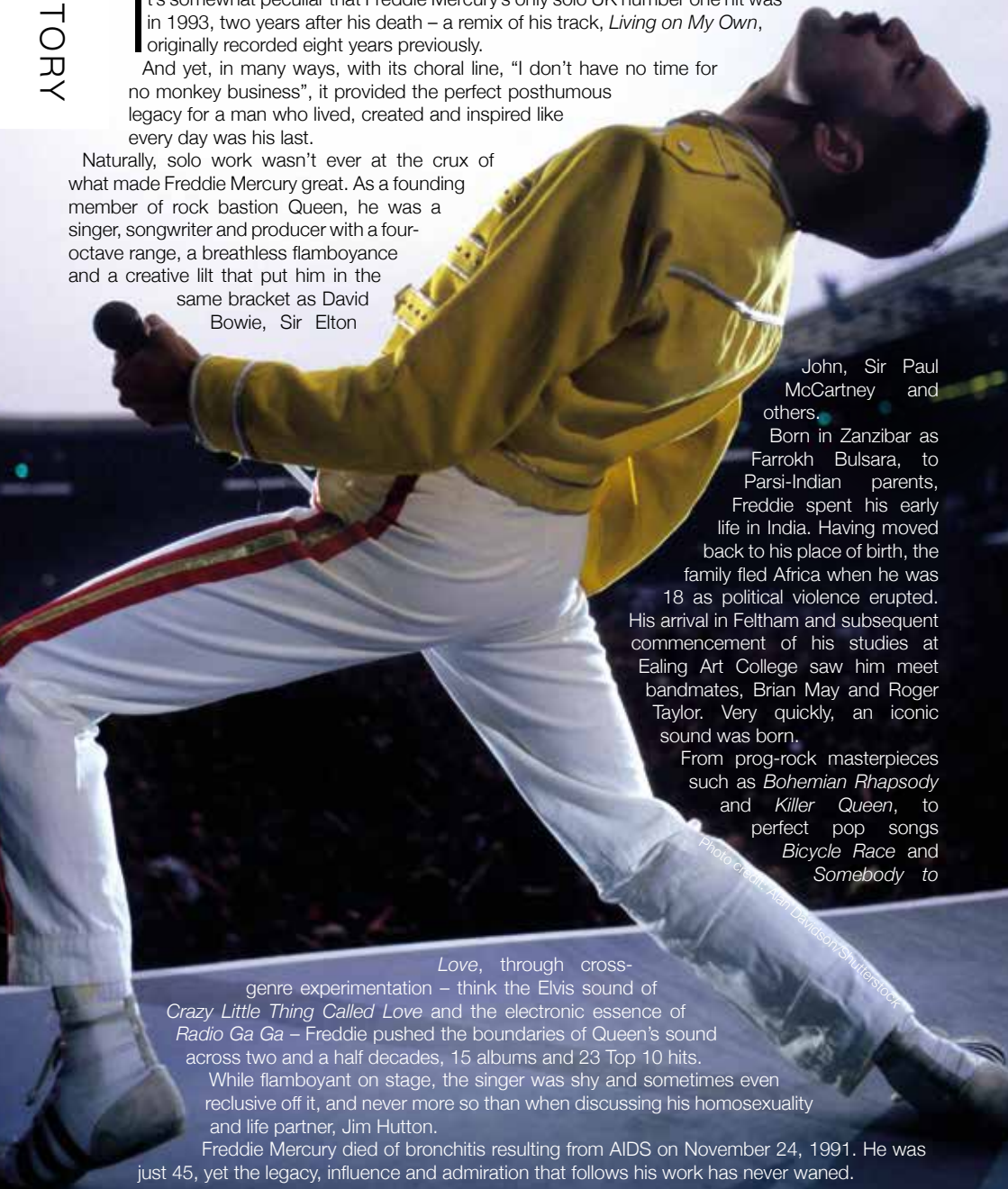
Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.

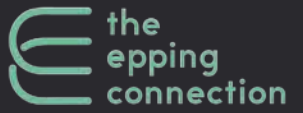


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Electric dream

LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

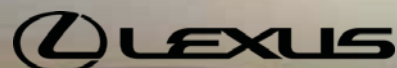
In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.

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THE
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SPORT



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TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

Many judge Tyson Fury as the best British fighter we have, even as the tormentingly long wait for him to prove that – when he steps into the ring with Anthony Joshua – goes on.

And yet, across two weekends, the armchair experts who decreed the Gypsy King as the ultimate number one added considerable weight to their argument.

First, on September 25, at the Tottenham Hotspur Stadium, Anthony Joshua lost his multiple heavyweight belts to Ukrainian Oleksandr Usyk. The manner of the defeat had echoes of Andy Ruiz Jr all over again, with Joshua looking unthreatening, hesitant and stuck in first gear. Subsequently, he lost to a unanimous points decision to take a major step back.

Then, just 14 days later, Tyson Fury stepped up once more against Deontay Wilder. After a draw in the first epic against the brazen American and a comprehensive victory in the first rematch, the

33-year-old Brit was looking to cement his reputation as the leader of the pack. And while, by his own admission, he was “rusty”, Fury again showed power, guile, craft and the ability to pick himself up off the canvas as he despatched Wilder, finally seeing off his opponent in the 11th round with a devastating blow.

So over the course of a couple of weekends, we learned a bit more about how the heavyweight division would play out. We also have a new champion in Usyk, although many will speculate his victory had as much to do with the poor performance of Anthony Joshua.

As far as the prospect of a Fury v Joshua fight goes, we still seem some distance away. The most anticipated British heavyweight boxing bout of all time slipped through the promoters' fingers against Usyk.

Joshua will need to get past his dogged, clever and unrelenting opponent in the rematch for serious talk of the all-British showdown to restart.

BRITAIN'S GREATEST SPORTING MOMENTS...

DENNIS TAYLOR

We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches. To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting.

Taylor fought back in the second session to trail 9-7 overnight.

The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.

SPORT

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WORDLADDER: READ, ROAD, ROAR, BOAR, BOOR, BOOK

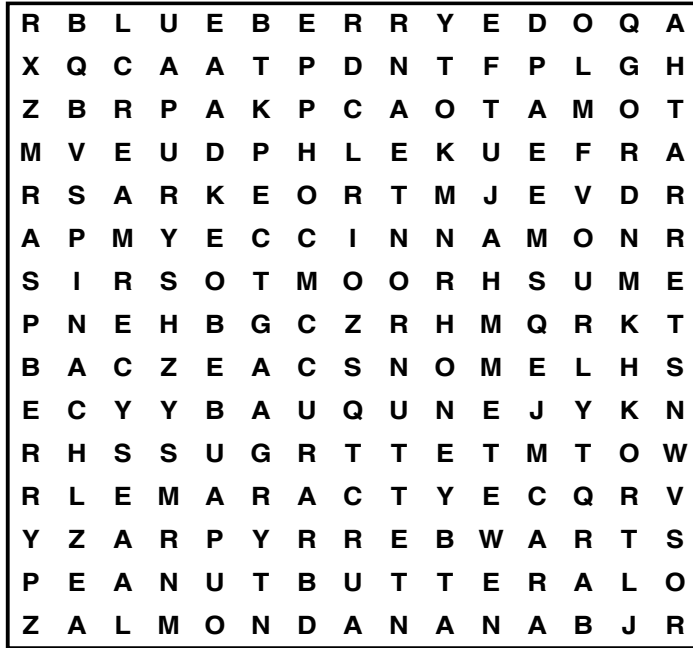


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

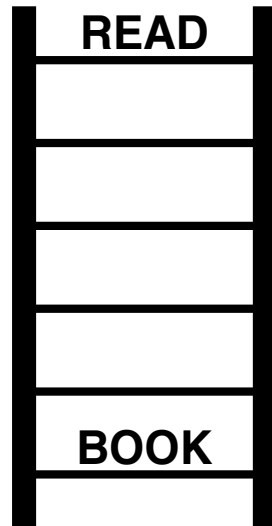
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DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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