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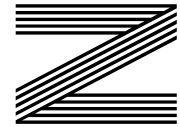
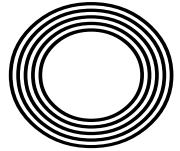
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Editor's notes...

DECEMBER 2021



Emma Caulfield, Editor

Hello and welcome to this month's edition of **VISION**Halstead. First, I would like to say thank you to everyone who has supported me over the last six months.

While it was difficult to get out and about when I first started in this role, now that things have returned to some semblance of normality, I have been enjoying spending time in the local area.

I recently visited The Little Book Café on Hedingham Road in Halstead, where the food was brilliant and the staff were exceptional. I would highly recommend that you pop in for a visit.

I also visited Michaels Property Consultants, which has just opened a new branch in Bridge Street. The founder of the company, Michael Simpson, is from Halstead, so it is only right that the latest branch is located in his hometown.

Last month, **VISION**Halstead became a sponsor for Halstead Town FC and I am thrilled to be able to support this wonderful community club. I also attended the Christmas lights switch-on in Halstead on November 27. Residents braved the stormy weather and, despite the cold, rain and wind, it was a wonderful event and so exciting to see our community come together to mark the start of the festive season.

I wish all our readers and our clients a merry Christmas and a happy New Year.

Emma Caulfield

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CONTRIBUTORS | Tabatha Fabray, Christina Pantely

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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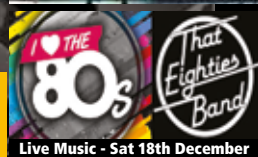
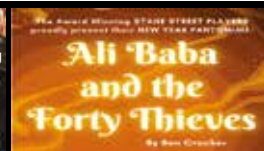
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GOOD COP, BAD COP

WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



DECARBONISATION. There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



1.5°C, NOT 2°C. Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



THE ONE-YEAR RATCHET. Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



NATURAL RESOURCES. As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

CALL 159

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.

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MOTORING

DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

when stationary in motorway jams and at traffic lights.

WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at www.gov.uk

FROM 2022, DRIVERS
ARE NOT ALLOWED TO...

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- ✗ Take photos/videos
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- ✗ Play games



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OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

Minimalist metal: If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

Christmas crates: A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

Teepee tree: For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

Light-up ladder: If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

Christmas card tree: Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.

Photo credit: Pinterest



PERFECT *planning*

Are you always forgetting family commitments? Let us introduce you to the DIY family planner that promises to transform your life from chaotic to calm in a matter of minutes.

All you need is a few supplies and a door – this could be in a kitchen cupboard or even the whole side of a door.

WHAT YOU NEED:

Chalkboard paint | A paintbrush | Sandpaper | Old copper pipe and pipe clips (for shelf) | Old copper pipe and pipe clips (for rail) | Handsaw | Electric drill or screwdriver | Hot glue gun | Spray paint – colour of your choice | A bulldog clip | Paper roll

HOW TO MAKE:

Step 1: Prepare the space – If using a cupboard door, remove it from its frame using a screwdriver or electric drill.

Step 2: Sand the wood – Sand the door down before you paint it as this will ensure a smoother surface. Wipe down with a wet cloth to remove any dust.

Step 3: Paint the door – Apply 2-3 coats of chalkboard paint, making sure you leave the door to dry in between each coat.

Step 4: Create a shelf – Measure the width of the door and subtract a few centimetres from each side. Cut the guttering to this size and sand down any rough edges.

Step 5: Spray paint the shelf – Spray paint your guttering in your preferred colour. Apply fine coats gradually to avoid drips.

Step 6: Attach the shelf to the bottom of the door – Screw the gutter clips to your chosen position on the door and place the guttering inside the clips.

Step 7: Make a hanging rail – Cut the copper piping to the same width as your shelf. Screw the pipe clips to the door at least 30cm above the gutter shelf and attach your rail. Add your paper roll.

Step 8: Add a bulldog clip – Attach a bulldog clip to the door using a hot glue gun. This will hold the end of your paper roll in place.

Step 9: Draw your planner – Use a whiteboard pen to draw a grid at the top of the door and then add each week's activities/appointments with chalk.



Photo credit: cassistairny.com

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A GUIDE TO Tablescaping



HOME & DIY

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

Christmas colours: Red and green, red and gold, or silver and gold.

PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

Christmas essentials: Gold-trimmed plates, a moss table runner and festive napkin rings.

CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

Christmas centrepieces: Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

Christmas decorative details: Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.



Photo credit: Brian Woodcock via countryliving.com, seamstordesire.com, blissfulnesting.com, sayyes.com



MAD *about* the HOUSE

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

Your home should tell your story. It should make your heart sing when you open the front door

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

Something old, something new, something black, something gold

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

Black is the perfect accent shade for any room, so don't be afraid to bring in black detailing, hardware and accessories. Meanwhile, a little gold can provide a touch of glamour, making a room look more expensive and stylish. It's a look that Kate calls 'urban glamour'.

And always some natural wood

Natural wood is beautiful and timeless, and it can really bring your home together. Whether you have natural wooden floors or some wooden furniture pieces, adding a little natural wood to your home will create that picture-perfect space.

Check out www.madaboutthehouse.com for more interior style tips and advice.

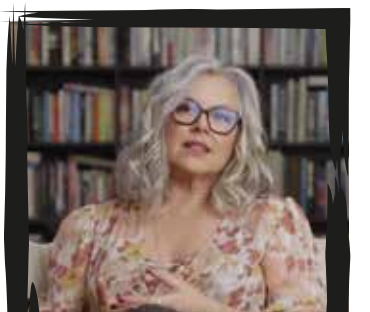


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HOME & DIY

6 USES FOR Toothpaste

Toothpaste is not only good for cleaning your teeth but it can also be used to refresh and revitalise items in your home, as well as to remove stubborn stains.

1. WHITEN YOUR TRAINERS

If your trusty trainers are looking more grimy than glowing, some spare toothpaste is exactly what you need. Simply apply a small amount of non-gel toothpaste to the rubber parts of your trainers and scrub using an old toothbrush. Then wipe clean with a wet cloth.

2. CLEAN YOUR IRON

There is nothing worse than ironing clean clothes with a dirty iron. Fortunately, you can quickly remove any gunky build-up on the bottom of your iron with toothpaste. Just unplug your iron, leave to cool and then scrub the bottom with toothpaste on a cloth and wipe clean.

3. REMOVE CRAYON FROM WALLS

Kids love to draw on the walls, but most parents are not so keen on this creative activity. However, all you need to remove waxy crayon stains is a scrubbing brush and a little toothpaste. Plus, because toothpaste is non-toxic, you can even get your little ones to help you.

4. RESCUE DVDS

If you still love to watch DVDs but many of your much-loved discs have become scratched, toothpaste can save the day. Simply dab a tiny amount of paste onto the scratch and then rub all over the disk in circular motions with a soft towel. Wipe away any excess.

5. PREVENT FOG

From foggy bathroom mirrors to foggy headlights, toothpaste is great at preventing fog from clinging to glass or plastic. Just rub a non-gel toothpaste onto the area and then wipe off with a damp cloth.

6. ELIMINATE TEA AND COFFEE STAINS

Apply a dab of toothpaste to any stubborn tea and coffee stains and then wash as usual. Hey presto! No more stains.



LOCAL NEWS

from your neighbourhood



Light switch-on kicks off the winter festive season

The festive season officially started in Halstead as crowds gathered for the Christmas Fayre and lights switch-on.

After the COVID-19 pandemic forced the cancellation of the event last year, the Christmas Fayre and lights switch-on took place on Saturday, November 27, with residents enjoying a range of activities and stalls around the town.

Mayor of Halstead, councillor Mick Radley, said: "We are very grateful to the organisers, local organisations and businesses that contributed to making this a

special day in our town. A big thank you to all those involved."

The mayor's charity this year is the Halstead Day Centre, which provides much-needed support and friendship to senior citizens in Halstead and the surrounding villages.

Mayor Radley added: "Halstead Day Centre has suffered financially during the COVID-19 pandemic and needs our help to recover. I'm most grateful to the organisers for pledging a donation to my charity from the Christmas Fayre."

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Halstead Town Football Club end year on a high note

At the end of 2021, Halstead Town Football Club find themselves comfortably in the play-off positions in the Thurlow Nunn First Division.

The team that finishes top of the league will be automatically promoted to the Premier Division, while the next four highest-placed teams will enter a mini-knockout to decide which team joins them.

On December 11, Halstead play host to Buckhurst Hill in their final home game of the year.

The visitors are another team with hopes of gaining promotion at the end of the season, and this is sure to be a keenly fought tussle.

Nothing is guaranteed, but there should be plenty of goals for the spectators to enjoy, with these two

teams currently first and second in the league's highest-scoring chart. Halstead's last game was a 4-0 victory at Wormley Rovers.

One area of concern for Halstead is the number of goals the team has conceded. However, manager Mark McLean will be hoping that with some of his key defenders due to return from injury, this problem should be resolved.

After Christmas, Halstead's next home game will be on January 3 when neighbours AFC Sudbury Reserves are the visitors to the Milbank Stadium.

Attendances for games this season have been excellent and the club will be hoping for another bumper gate for this local derby game.

Volunteers celebrated for efforts in pandemic

A team of volunteers has been recognised for their efforts in helping the community and vulnerable individuals throughout the pandemic.

Members of the community volunteers' group at Halstead Town Council (HTC) gathered with the mayor and chairman of HTC, Mick Radley, for an afternoon

tea to celebrate their achievements.

At the beginning of the pandemic last year, a group of community-minded volunteers came forward to help deliver essential supplies to residents who were shielding in their homes. At its peak, 40 volunteers were supporting more than 80 residents.

Volunteers also ensured that the community fridge was well stocked with food supplies.

Mayor Radley said: "The commitment of this group of volunteers shows true kindness and dedication to our residents and we thank them so much for their contribution to the community life in our town.

"I was pleased to present them with a certificate of recognition on behalf of the council and residents."



Photo credit: Halstead Town Council



Christmas cards sent out to help prevent loneliness

A group founded by a woman from Halstead is sending Christmas cards to spread festive cheer.

Volunteers from The Sleigh Belles will be writing to people who may be alone over Christmas, poorly in hospital, or just having a difficult time.

Hoping to get a small group together, Shannon Conlon, an NHS worker from Halstead and founder of the group, said: "There must be so many people out there who don't receive any cards over Christmas, spend it away from family, or are totally alone.

"The logical starting place for me was care homes, so I searched for care homes in all the local towns and villages, sent emails explaining who we are and what we do. We offer to write cards for them and wait to

see what they say.

"I then thought about others who may miss out on cards or may be alone, such as the homeless, people in hospital and so on, and contacted the relevant organisations."

The Sleigh Belles now has 391 members. In the first year, the group sent 3,500 cards. They sent more than 6,000 in their second year, and this year are hoping to send more than 13,500 Christmas cards.

The group started their project in North Essex in 2019, extended to the whole of Essex in 2020, and have now expanded to Gloucestershire, Norfolk, Devon and Kent. Some of the cards will even be sent to Bulgaria.



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Residents have recently enjoyed celebrating National Baking Week, with the chefs even taking part, meaning there was an overflow of cakes from ginger, cherry to almond cake!

Residents have also enjoyed live entertainment return to Colne View – a particular highlight was having accordion player Alex Southgate, which resulted

in everyone enjoying a boogie! The movement to music exercise class is also a favourite of our residents. Music is great way to help lift everyone's spirits and create a sense of togetherness, as well as being known for the opportunity to reminisce.

One resident says, "I love it here, there's always something to do, I have a lot of fun!"



To find out more about care at Colne View please call **01787 383567** or email **kim.richardson@careuk.com**

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Van driver failed to stop after collision with girl

Essex Police have recently released an appeal for information following a collision involving a van and a girl in Parsonage Street, Halstead, shortly after 7pm on Sunday, October 31.

A spokesperson for Essex Police said: "The van failed to stop at the scene of the collision."

Police need anyone who saw anything or has CCTV, dashcam or doorbell footage to contact them.

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote incident 1273 of October 31.

You can also call police on 101 or contact Crimestoppers anonymously on 0800 555 111.



Photo credit: Google Maps

HOLY COW!

MICHAELS ARE NOW OPEN TO GET YOU MOOVING...

Michaels are thrilled to announce that we've now opened our fourth office here in town to offer the residents of the Halstead region the high levels of property marketing, customer service and mortgage advice that we deliver in spades to property owners in the **Braintree, Colchester, and Wivenhoe regions**. So if you're thinking of moving, but would need to initially find out the current value of your home on which to base your move, then call our Halstead team of property pros today on **01787 322799** to arrange your free, no obligation valuation today.



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LOCAL NEWS

Estate agent donates to residents' chosen charities

A new estate agency branch in Halstead donated £1,000 to residents' chosen charities. Michaels Property Consultants decided to offer homeowners a £10 donation to their charity of choice in exchange for a sign outside their property announcing the opening of its new branch. The new branch of the estate agent opened in Halstead on Saturday, November 13. With 50 residents kindly offering to help, they have managed to raise £500 for local charities. Directors Michael Simpson and Michael Rayner were so overwhelmed by the support that they agreed to match the £500 raised, so the chosen charities will

now receive £1,000. Branch manager, Gemma Ealden, said: "We are excited to have now opened our fourth branch in Bridge Street, Halstead. "Michaels like to work closely with local communities and businesses and wants a way to get everyone involved with helping to announce that we are coming to town." Michaels Property Consultants is an independent estate agency specialising in buying, selling and letting property. It has been trading since May 2014 and has branches in Colchester, Wivenhoe and Braintree.

Woman rescued from vehicle after collision

Firefighters freed a woman from a vehicle after a car hit a deer on Halstead Road. Crews were called to a road traffic collision in Braintree at around 11.48pm on Friday, November 12. Braintree and Halstead crews attended. A spokesman for the Essex County Fire and Rescue Service said: "On arrival, firefighters reported that a woman was trapped after the car had left the road following a collision with a deer. The car was in a ditch, on its side. "Crews used specialist equipment to release the casualty and she was left in the care of the ambulance service by 12.33am."





PETS

Doggy DOWNTIME

Have you ever noticed your dog watching the TV? If yes, you may want to try DogTV, a unique streaming service designed just for dogs.

WHAT IS DOGTV?

DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

1. **Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
2. **Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
3. **Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the www.dogtv.com website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

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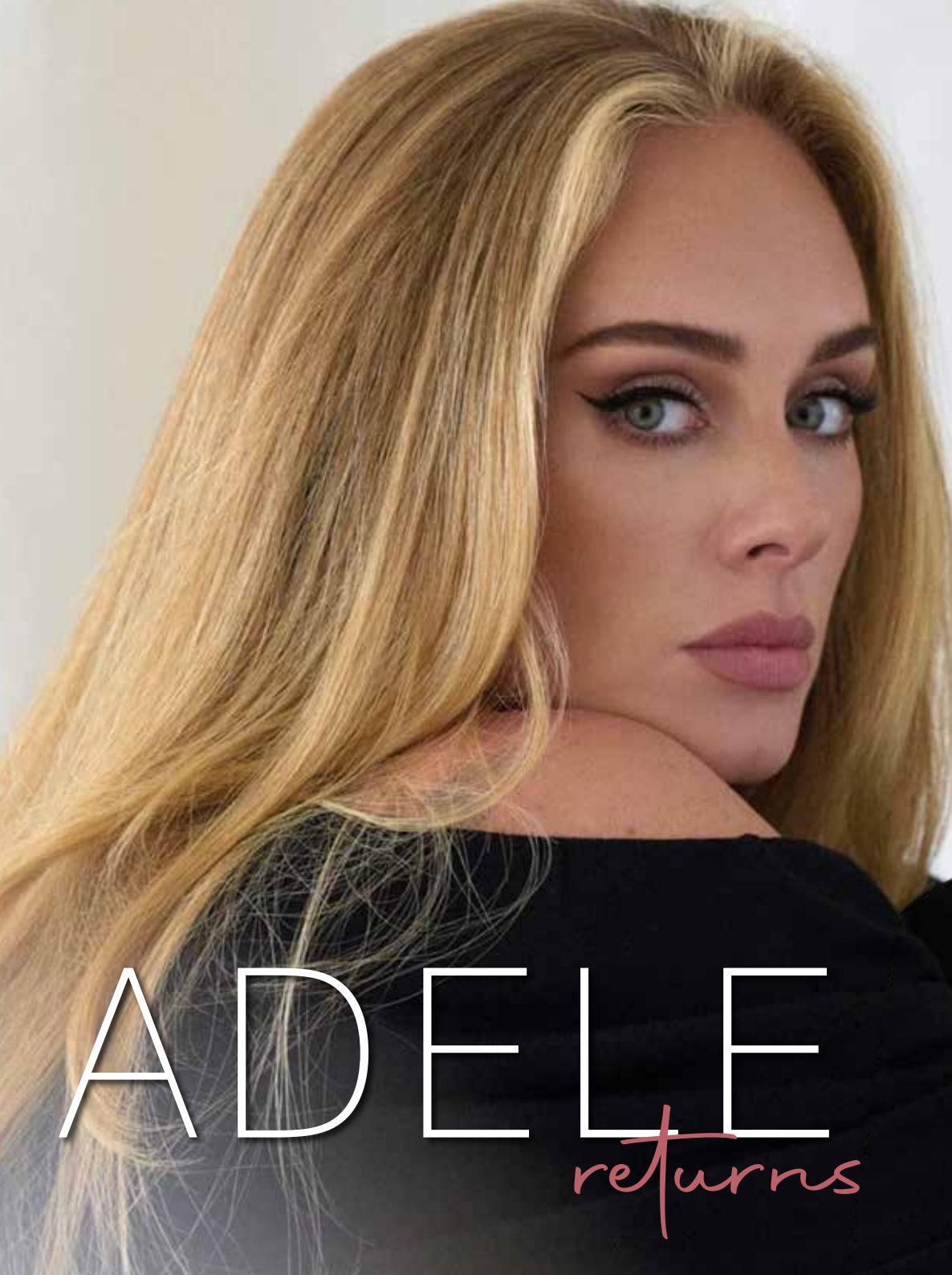


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ADELE

returns

Adele is one of the most successful female artists in history, and the universal acclaim behind **30**, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

19 earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”



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LOVE YOUR LEFTOVERS: Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

Christmas Pudding Ice Cream – serves 10

You will need:
4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

- How to make:**
1. Whisk the yolks and sugar until pale and thick.
 2. Stir in the pudding.
 3. Pour in the brandy and mix.
 4. In a separate bowl, whip the cream until it holds soft peaks.

5. Fold the cream into the mixture.
6. Pour into a freezer-proof container, cover and freeze until set.

Mini Christmas Pudding Cheesecakes – makes 12

You will need:
300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

- How to make:**
1. Line the tray with paper cases.
 2. Crush the biscuits and stir in the melted butter.
 3. Pour into the cases and press down. Chill in fridge.
 4. Whisk the soft cheese and fold in the cream.
 5. Sift in the sugar and add the zest of the clementines.
 6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
 7. Top with fruit and chill for at least 2 hours.
 8. Remove from the fridge half an hour before serving and remove the paper cases.



Christmas Pudding Soufflé – serves 4

You will need:
1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

- How to make:**
1. Heat oven to 180°C/160°C fan/gas mark 4.
 2. Grease 4 x 150ml ramekins.
 3. Coat each one with sugar.
 4. Whisk the egg whites until stiff peaks form.
 5. Add the sugar and whisk again.
 6. In a bowl, mix the custard and pudding.
 7. Stir in ¼ egg whites and gently fold in the rest.
 8. Pour into the ramekins.
 9. Bake for 12-15 minutes until risen and golden.
 10. Top with caramel sauce.

Photo credits: thefoodpochequid.com, wallrose.com, greatbritishchefs.com

HOW TO MAKE YOUR OWN

Eggnog

Although not as fashionable as it once was, eggnog is still synonymous with the festive season. Easy to make and with a real boozy kick, help us keep this Christmas tradition alive by giving these eggnog recipes a try.

Eggnog cocktails to try...

BAILEYS EGGNOG

What you need: 200ml eggnog | 35ml Baileys | 1 cinnamon stick | 1 sprinkle of nutmeg

How to make:

Mix the eggnog and Baileys, pour over ice, add a cinnamon stick and sprinkle with nutmeg.

SPICED EGGNOG

What you need: 45ml vanilla vodka | 30ml amaretto | 55ml eggnog | Ground nutmeg and cinnamon stick to garnish

How to make:

Add the ingredients to a cocktail shaker filled with ice, shake for 20 seconds and strain into a martini glass. Garnish with a cinnamon stick and nutmeg.

HOMEMADE EGGNOG: SERVES 4-6

What you need:

50g caster sugar | 4 egg yolks | 1 tsp vanilla essence | 400g can condensed milk | 100ml brandy

How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Beat the egg yolks until smooth and add the vanilla essence.
4. Mix in the milk, brandy and cooled sugar syrup.
5. Pour into a jug and chill in the fridge for 2 hours.

ALCOHOL-FREE EGGNOG: SERVES 4-6

What you need:

50g caster sugar | 1 vanilla pod – seeds removed | 4 egg yolks | 100ml double cream | 500ml whole milk

How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Add the eggs, cooled sugar syrup and vanilla seeds to a bowl and whisk until pale.
4. Add the cream and milk and beat until combined.
5. Fill a large jug with ice and strain the eggnog mixture into it.
6. Stir and serve in tumblers.



Whispers

Christmas Menu

**Christmas Menu for 2 people
£55 per person**

1 Bottle of Prosecco or Bottle of Wine

Starters
Basket of Bread
Scallops With Carrot Puré
Premium Iberian Ham

Main Course
Turkey Fillet served with Pigs In Blankets,
Sautéed Potatoes, Yorkshire Pudding, Sautéed Vegetables,
Gravy and Cranberry Sauce
Or
Mushroom and Asparagus Risotto

Dessert
Crème Brûlée or Chocolate Mousse Tart
with Raspberry Sauce followed by glass of Port Wine

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AROUND THE WORLD ON NEW YEAR'S EVE

Have you ever wondered how people celebrate New Year's Eve around the globe? From the funny, to the fabulous, to the ever-so-slightly frightening, discover our six favourite worldwide NYE traditions below.

SMASHING PLATES IN DENMARK

If you were celebrating the start of a new year in this Scandinavian country, you would pop over to your neighbours' house and smash a plate on their doorstep. Not an act of vandalism, but a ritual to bring good luck for the next 12 months.

EATING LENTILS IN BRAZIL

Lentils are a store cupboard essential for most UK households, but for the people of Brazil, lentils represent money. To mark the start of a new year, Brazilians tuck into a bowl of lentils in an act that is said to bring good fortune for the year ahead.

DRESSING UP AS BEARS IN ROMANIA

According to Romanian folklore, bears are special and are able to protect and heal people. Therefore, on NYE, you will see people dressed up as this wild animal to chase away evil spirits.

RINGING BELLS IN JAPAN

In both Japan and North Korea, you can expect it to get a little noisy when the clock strikes 12 as it is tradition for people to visit their local temple and contribute to a whopping 108 rings to see in the new year.

THROWING FURNITURE OUT THE WINDOW IN SOUTH AFRICA

In Johannesburg, people like to start the new year without any unwanted items in their home. But rather than take them carefully down the stairs, they throw them out of the window. Well, that's one way to spring clean.

WALKING WITH AN EMPTY SUITCASE IN SOUTH AMERICA

Believed to deliver a year full of adventures, in some South American countries, you can expect to see people walking around with an empty suitcase on New Year's Eve.



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Tenerife, Spain



Campania, Italy



Ashford, Kent



Newent, Gloucestershire

Wine o'clock DESTINATIONS

Do you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.

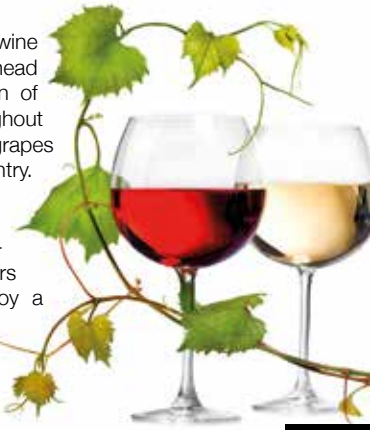
Languedoc-Roussillon, France: A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

Tenerife, Spain: While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

Campania, Italy: If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

Ashford, Kent: If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenterden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

Newent, Gloucestershire: Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.



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How to sell **UNWANTED TECH DEVICES**



Did you know that the average British adult has just under £600 worth of unwanted technical devices gathering dust in their homes? From smartphones to tablets, games consoles to wearables, here's how to make some money from these highly sought-after items before it's too late.

WHERE TO SELL UNWANTED TECH

You have several options available to you when it comes to selling unwanted or unused tech:

SELL ON THE HIGH STREET

Second-hand shops such as CeX or Cash Generator will give you cash for smartphones, wearables, satnavs, speakers, headphones, laptops, cameras and sometimes even TVs. To sell on the high street, your devices need to be working but you do not need the original packaging.

SELL ONLINE

Websites such as Mazuma and musicMagpie will buy your old tech items, and they don't even need to work for you to make some cash. You can sell old laptops, consoles, smartphones, tablets and wearables.

MusicMagpie also buys CDs, DVDs and video games.

TRADE IN

Many retailers such as Apple, Amazon and Carphone Warehouse allow you to trade in your old tech for money or gift cards. How much you get will be dependent on the age of the device and its condition, although most places will accept broken gadgets.

SELL ON SOCIAL MEDIA

More than 450 million people use Facebook Marketplace to buy and sell goods, making it a quick and easy way to offload any unwanted tech. Craigslist is another option, although this selling site can be a bit hit and miss.

WHAT TO DO BEFORE RECYCLING OR SELLING YOUR TECH

- > Remove the SIM card and micro SD card if there is one
- > If using iCloud, sign out before passing on the device
- > Use the factory reset tool to remove photos, music, documents, etc, and to erase social media accounts.





BRUCE KING

on public speaking with confidence



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn't know what I was smiling at.

The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

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

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Headstart For Happiness



Much of the stress we feel during the Christmas / Hanukkah / Solstice holidays is a direct result of our own expectations.

For many, these festivities cause us to feel pressure to be wonderful hosts, entertain lots of loved ones, and remain calm amid the fun and chaos. Often, it's our own belief that we must be 'perfect' in hosting, gifting and creating a happy mood that causes this pressure. In our efforts to please others and deliver an unforgettable celebration - especially after last year when Covid kept many of us apart - we might overwhelm ourselves and miss out on the spirit of the season.

This year, consider transforming your approach. Instead of craving perfection, focus on enjoying being with family and friends, and the little unexpected events that make each year special. My family still laugh about our many

Christmas Day Disasters and the list seems to grow every year!

As the the big day draws nearer, resolving to give up your dreams of perfection can help you avoid anxiety. If you shift your mindset to have a good, if imperfect, day yourself, you can enjoy it without feeling that your loved ones' happiness is all on your shoulders. Spoiler alert - it's not! Remember that you and your family are unique, which means that your experience need not conform to that of your parents, your neighbours, your work colleagues, or the pretend families in the media.

Understand that you cannot please everyone. Don't forget, what the people you care about want most during the holidays is your time and attention. Say "no, thank you" without guilt to invitations and dish up shop-bought foods instead of homemade if it means you get

more time with the kids, friends and family.

If stress strikes, remember that the holidays are a few days each year. Enjoying those few days is often a matter of identifying your motives and shifting gears if necessary. Ask yourself whether your need for perfection is a case of impressing others or celebrating with people you care about. There's also lonely, bereaved or ill people not celebrating with loved ones and thinking about them can often put your feelings in perspective. Can you invite them to join you?

A year from now, you'll have a handful of vivid memories to look back on. If you take a realistic and heartfelt view of the holidays, you'll remember them fondly.

Season's greetings to you all!

Helen Reade is a certified Positive Psychology practitioner and Coaching Psychologist



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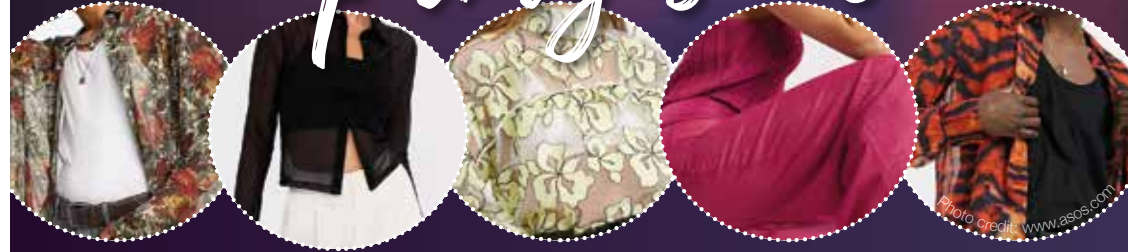


FASHION



HOW TO WEAR

Sheer THIS party season



Both alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.

However, there is no denying that it takes guts to rock this style.

WEAR A CAMISOLE UNDERNEATH

If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

COMBINE WITH HIGH-WAISTED GARMENTS

For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

THINK ABOUT YOUR CHOSEN COLOURS

While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

USE EMBELLISHMENTS

Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

EMBRACE SHEER PRINTS

This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.



INDIGESTION *be gone!*



SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



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GARDENING

Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

TURN YOUR TREE INTO MULCH: Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

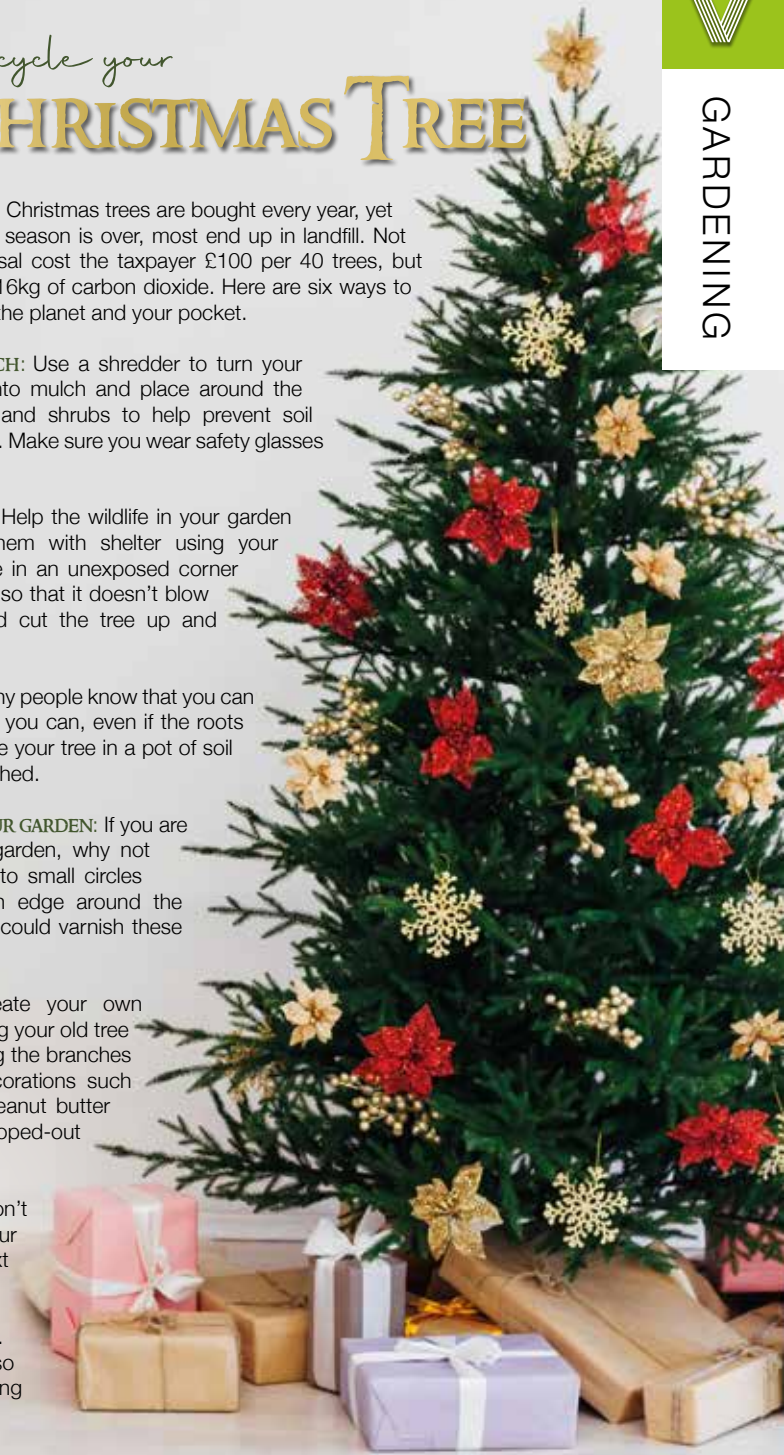
USE AS AN ANIMAL HABITAT: Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

REPLANT YOUR TREE: Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

CREATE EDGING AROUND YOUR GARDEN: If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

MAKE A BIRD FEEDER: Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

DONATE YOUR TREE: If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



Tasty titbits for Rudolph



If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas?
A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

- REINDEER FOOD MIX:** YOU WILL NEED:
- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
 - > A few rolled oats
 - > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
 - > Small amount of grated cheese
 - > Some dried insects (optional)
 - > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

HOW TO MAKE:

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

- REINDEER COOKIES:** YOU WILL NEED:
- > 250g lard, suet or vegetable shortening
 - > 500g wild bird seed mix
 - > A handful of dried cranberries
 - > Christmas-shaped cookie cutters

HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.



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PEARL HARBOR

remembered

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



HISTORY



SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

HEAVYWEIGHT CHAMPION

of the world: Frank Bruno

FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

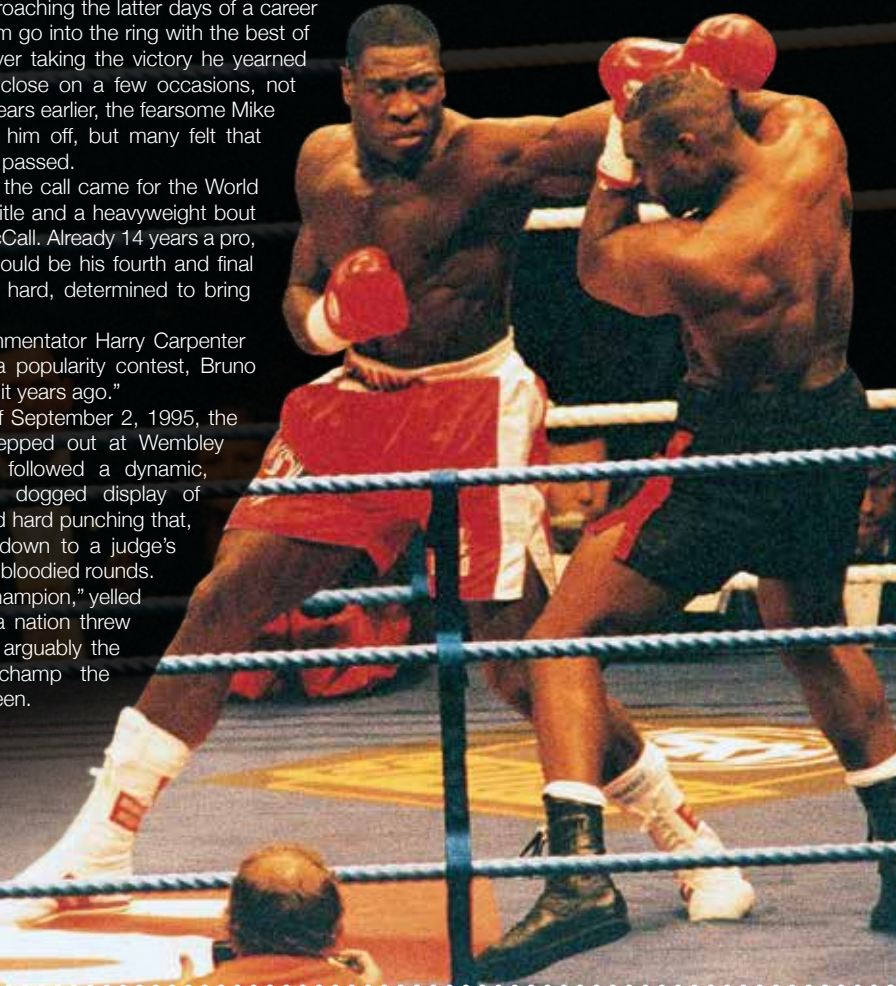
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.



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DOWN: 1. IRREPRESSIBLE, 2. CUT UP, 4. ABSURD, 5. HOMELESSNESS, 6. RETRACT, 7. DISRESPECTFUL, 8. BOTTLE OPENER, 14. HEADSET, 16. ALBEDO, 18. STOVE



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PUZZLES

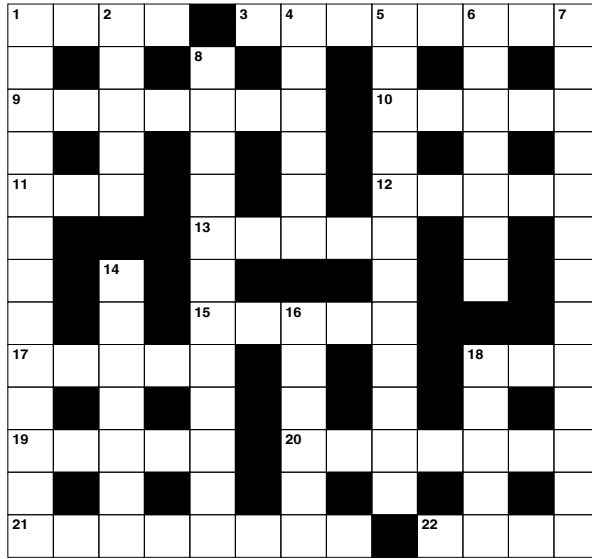
Answers: see end of The VISION Listings

ACROSS

- Skin irritation (4)
- Assembled (8)
- Allocations (7)
- Small dust particles (5)
- Drivel; nonsense (3)
- Exit (5)
- Long-handled spoon (5)
- Ellipses (5)
- Steep slope (5)
- Intentionally so written (3)
- Buffalo (5)
- Become less intense (4,3)
- On the outer side (8)
- Examine by touch (4)

DOWN

- Not capable of being restrained (13)
- Destroy (3,2)
- Utterly senseless (6)
- Vagrancy (12)
- Take back (7)
- Rude and discourteous (13)
- Metal device for removing tops (6,6)



- Receiver (7)
- Ratio of reflected to incident light (6)
- Heating apparatus (5)

DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in *Guinness World Records* as the most fearless animal on the planet.

SUDOKU

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

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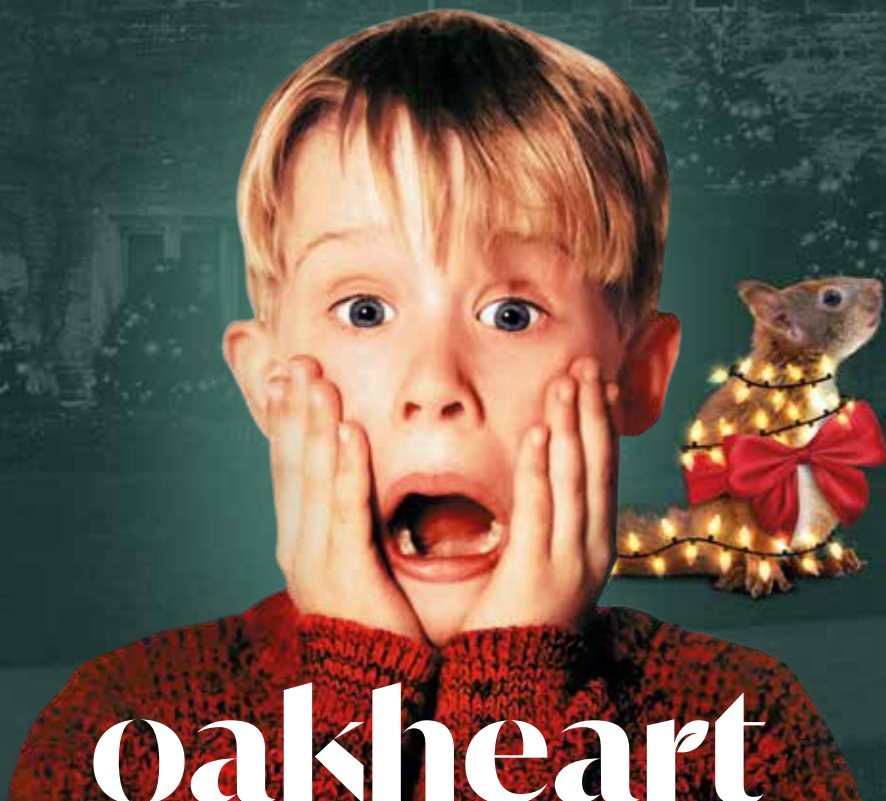
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