

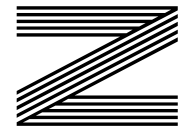
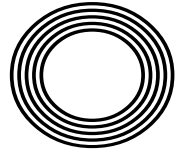
**RONALDO
RETURNS TO
THE PREMIER
LEAGUE**

Anton Du Beke
Waltzing onto the Strictly
judging panel

CELEBRATING 50 YEARS
of Walt Disney World in Florida

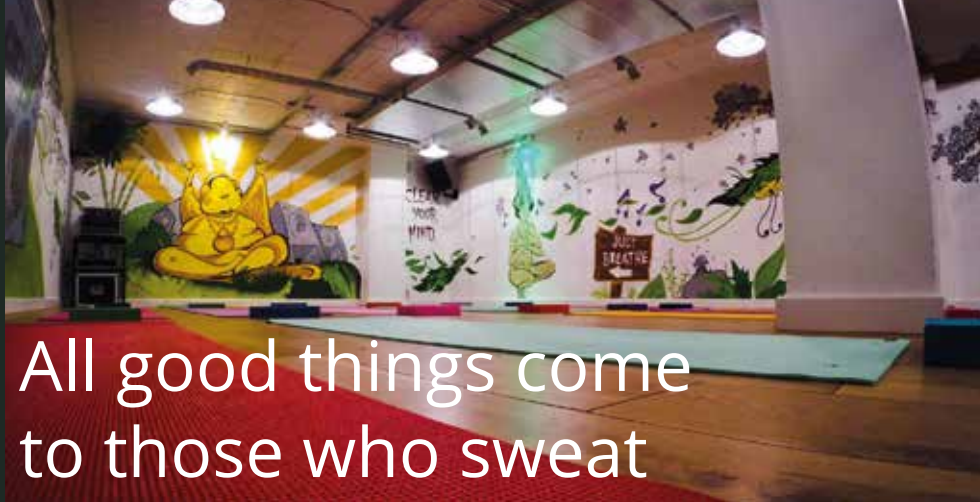
Emma
RADUCANU

The tennis star writing her name in the history books



FREE

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All good things come to those who sweat

Based in the heart of Hornchurch Essex, 121 Urban Hot Yoga is the only Hot Yoga and Reformer Pilates studio in the local and direct surrounding areas. With a vibrant basement studio (The Hot Room) using a state of the art heating system & ventilation system controlling the room temperature at a hot 35-38 degrees for all Yoga & HIIT classes and a second adjacent mirrored studio being the home of Reformer Pilates.

Here's why this fitness studio is the area's best kept secret and is a must for fitness & wellbeing!

The Hot Room

Offering a blend of Yoga styles from Ashtanga, Hatha, Vinyasa, Rocket & Power, to Yin, Restorative & Mandala, to accommodate all levels of ability, fitness and age.

Class are taught by a selection of some of the best teachers in the area, bringing their own individual styles of practice, allowing diversity for each individual to progress with their Hot Yoga & Fitness. With plenty of chilled & funky House playlists to assist your practice in every class, to the underground vibe of our basement studio, allowing you to escape the distractions of outside world and focus solely on your Yoga, fitness and wellbeing.

Not only is the heat extremely inviting and soothing as you walk through the doors of the Hot Room. The benefits of practicing and training in such an environment are highly effective, helping you to achieving quicker results. Hot Yoga & HIIT classes are possibly one of the best ways to achieve a high number of calories burned in an hour. Out of all the forms of Yoga and Fitness training, it is perhaps the most challenging. It is not

unheard of for an hour session of Hot Yoga or HIIT can burn up to 500 - 1000 calories, approximately 30% higher than other room temperature Yoga/ Fitness practices, making these forms of exercise a calorie burning wonder!

Reformer Pilates

Reformer Pilates is a form of exercise which shares the principles of centring, concentration, control, precision, breath and flow of a traditional mat class performed on specialist equipment (the Reformer), allowing a more dynamic and targeted workout. The Reformer machine involves a carriage and a system of springs, ropes and pulleys creating resistance to provide an intense full body workout. A wide variety of slow controlled exercises/movements can be performed on the reformer to promote length, strength, flexibility and balance.

An extremely versatile piece of equipment, exercises on the reformer can be performed seated, standing, pulling the straps, pushing the foot bar, perched on the foot bar, perched on the shoulder blocks, sideways, as well as the use with additional equipment such as Pilates ring, small weights, resistance bands, poles and much more...

With some of London & Essex's leading Reformer Pilates teachers instructing classes offering a diverse and innovative approach to Reformer Pilates and full body conditioning, as well as mindfulness. Motivating and inspiring you on a daily basis, pushing you to your limits to work muscles you have never felt before and encouraging you to take a step out of your comfort zone to achieve your fitness goals.

Once you experience the magic our Hot Room Classes & Reformer Pilates can bring your body and wellbeing, there will be no looking back! The ultimate fitness & wellbeing combination.



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Editor's notes...

OCTOBER 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. It's occurred to me this month how Funny it is that we often don't notice what's right under our noses.

Recently, I visited a local business - a client of two years - to drop off copies of **VISION**. While we were having a chat, the owner said to me: "Did you used to live in Mawney Road?" I said yes, and it turns out he used to have a bathroom shop and refitted my parents' bathroom when I was a child. It's amazing the connections you can have without even realising it.

I also recently visited the Epping Ongar Railway. It was like taking a step back in time. After my visit, the vintage bus dropped me off at the stop right outside my house, which I didn't even realise was there. It was great to explore this local gem and I'd encourage others to do the same - you never know what you might discover.

Things are coming back to life in the business world, with the change of seasons heralding the promise of a new start even as we head into the darker months. Together with this has come a slew of invitations to weddings, gatherings and events. Let's hope that hospitality venues can now begin to recover and we can all look forward to spending more time with Friends and Family.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Lizzie Ellis

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

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A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

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

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

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

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

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

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

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

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

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

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



Beke TO BASICS

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

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

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

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

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

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

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

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

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

Photo credit: BBC



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HOWDY COWGIRL



FASHION

Spotted at Saint Laurent and Isabel Marant, not to mention worn by the likes of Kendall Jenner and fashion influencer Camille Charrière, cowboy boots are definitely enjoying something of a renaissance this year. If you want to get the look, here's what you need to know:

DETERMINE YOUR BUDGET: As with any purchase, you first need to work out what you can afford. Fortunately, you can find cowboy boots to suit any budget, with prices ranging from £30 to more than £1,000.

PICK A STYLE: Cowboy boots come in countless different styles, which, although good for finding the perfect pair, can make the search process a little daunting. Consider the length of the shaft, the height of the heel, the toe style and the material of the sole when selecting your boots. You should also think about when you want to wear them – are you looking for an everyday style or an extravagant pair to wear to parties?

SELECT A MATERIAL: The most popular material for cowboy boots is calfskin leather, although you can find boots made out of leather from goats, bovine, snakeskin, alligators and even ostrich. For vegans, you can find cowboy boots that are made from artificial materials such as polyurethane.

CHOOSE A COLOUR: You can purchase cowboy boots in every colour under the sun, so you are guaranteed to be able to find a pair to complement your style. If you want your boots to go with almost anything in your wardrobe, opt for brown, black or tan, or, if you want to stand out from the crowd, choose a brighter colour such as purple or red.

CONSIDER EMBELLISHMENTS: The small details matter when it comes to choosing the perfect pair of cowboy boots, so make sure you consider fringe, rhinestones, stitching and inlays.

STYLE TIPS:

- > Nearly all cowboy boot styles match well with blue or black jeans
- > If you wear short dresses or shorts, choose a boot that stands lower on your leg
- > High- or low-standing boots look good with skinny jeans or leggings
- > Cowboy boots can be worn by men and women, with women's boots tending to have a narrower heel and a taller arch.



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Beer beauty



BEAUTY

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

Beer facial mask – to promote younger-looking skin

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

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

Beer nail soak – to strengthen brittle nails

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

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

Beer foot soak – to soften hard skin

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

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

Beer hair rinse – to repair damaged hair follicles

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

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

Beer bubble bath – to soften and smooth skin

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

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

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





Are you SUFFERING with SAD?

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

WHAT IS SAD?

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

WHAT ARE THE SYMPTOMS OF SAD?

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

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

WHAT CAUSES SAD?

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

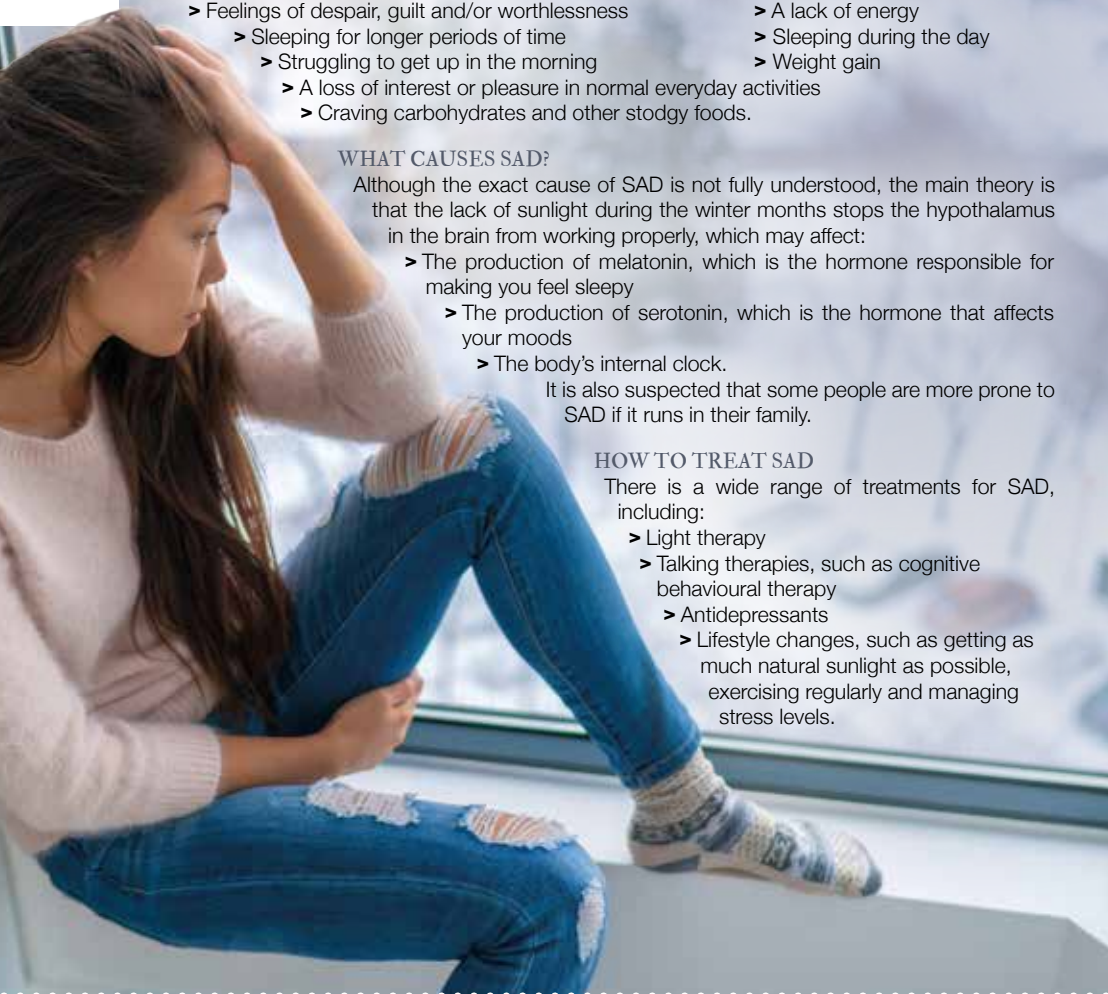
- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

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

HOW TO TREAT SAD

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

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



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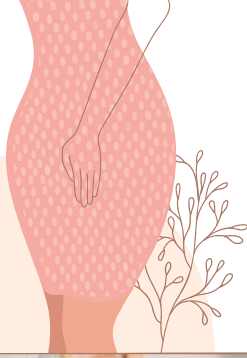
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WHAT ARE pelvic floor EXERCISES?



Your pelvic floor acts as a sling between the pubic bone and the coccyx. Pelvic floor muscles support your spine and your abdominal muscles, as well as your bowel and bladder. While pelvic floor exercises are often recommended for women, men can also experience the benefits.

They can help you combat different conditions, including urinary incontinence, painful sex and weakened muscles following pregnancy. For women, pelvic floor exercises can also strengthen your pelvic floor before childbirth, and are generally recommended by midwives from the time you find out you're pregnant.

Doing pelvic floor exercises three times a day can help you see results in just a few weeks. Women after birth should discuss with their doctor when it's okay to resume the exercises.

Pelvic floor exercises include the following:

KEGEL EXERCISES: You can work out which are your pelvic floor muscles by stopping your urine stream mid-flow and feeling which muscles are working. To work these muscles, contract them for five seconds and then release. You can repeat this up to 10 times each time you do it.

SPLIT TABLE TOP: A basic move that can work your pelvic floor to help keep it strong.

1. Lie on your back, with your feet flat on the floor and your knees up. Your arms should be out to the sides, palms facing up.
2. Tighten your core and ensure your thighs are touching.
3. Separate your legs outward towards the floor to a position that's comfortable for you.
4. Raise your legs back up slowly to their starting position, maintaining core stability.
5. Do three sets of 10.

BIRD DOG: Bird dogs are ideal for toning abs, glutes, back and shoulders, benefiting your core and your pelvic floor.

1. On the floor, get onto all fours in a table top position.
2. Tighten your core and draw your shoulder blades down.
3. At the same time, extend your left arm and right leg, keeping everything else in a neutral position, including your head and neck. Hold for up to five seconds.
4. Using your core to support you and maintain balance, return to your starting position. Repeat using the opposite arm and leg.
5. Complete three sets of 10 reps.

Other exercises to help strengthen your pelvic floor include **SQUATS** and **GLUTE BRIDGES**.



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RED ALERT

HEALTH & FITNESS

CANCER SIGNS YOU SHOULD NEVER IGNORE

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

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

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

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

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

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

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





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FOOD & DRINK

UNUSUAL FRUIT OF THE MONTH:

Atemoya



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

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

WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

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

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

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

HOW TO EAT ATEMOYA

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

HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good.

For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.

WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

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



PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

THE MUMMY

A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

WITCHES' FINGERS

If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



Photo credit: familyfreshmeals.com

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FOOD & DRINK



perfect Pasta Pairing

Have you ever wondered why there are so many different shapes of pasta? It's not just to jazz up the look of your dish, but also to hold onto the sauce and improve your dining experience.

Find out which pasta to pair with which sauce below.

Long and skinny: Long and skinny pasta, such as spaghetti, linguine and vermicelli, is perfect for pairing with light seafood and cream- or oil-based sauces.

Long ribbon: Long ribbon pasta, such as tagliatelle, pappardelle and fettucine, suit rich and meaty sauces like ragu, as well as thick, creamy sauces like carbonara.

Shells: Conchiglie and lumache make a great pairing for heavy cream and meat sauces, while larger shells can be stuffed with tasty fillings such as minced meat or ricotta and spinach.

Twists: Twist pasta shapes, such as fusilli, gemelli and strozzapreti, should be served with light and smooth sauces, like pesto, which will easily cling to their shape.

Tubes: Tubular pasta, such as penne, rigatoni and macaroni, go well with hearty vegetable sauces, baked cheese dishes, bolognese and ragu.

Filled: Filled pasta, like ravioli, tortellini and cappelletti, tend to have a rich filling, so their accompanying sauces are traditionally light and either butter or oil based.

Mini shapes: Mini pasta shapes, such as orzo, fregola, canestrini and stelline, are great for bulking out soups and stews. They can also be used to make tasty pasta salads.

Top tips for cooking pasta:

- > Always cook pasta in a large pan with plenty of salted water.
- > Do not add olive oil to your pasta when cooking – this doesn't prevent it from sticking
- > Do not cook the pasta all the way through; leave it al dente and then add to the sauce for a few minutes
 - > Combine your pasta and sauce in the pan rather than pouring it over once plated up.



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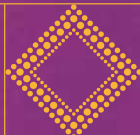
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Covid curtailed many of the normal interactions that children would have had which has made lots less independent than they would otherwise have been. Many found returning to face-to-face classes really challenging and have suffered a huge loss of confidence which we are working to rebuild. Through performing arts, we can encourage our students to express any worries they have and help them build resilience through teamwork.

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impact that being part of our Razz family has on them.

Although some go on to gain places at prestigious performing arts colleges and into West End shows such as Hamilton, & Juliet, Matilda and School of Rock, many attend Razzamataz because of the huge difference it makes to their confidence and the life skills that they learn through quality training. Research has also found that children participating in creative activities are often happier than those that don't.

Razzamataz staff will be working on helping students to reconnect with any loss of confidence and life skills that occurred as a result of the pandemic, whilst making new friends and having lots of fun!

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PAINT YOUR PUMPKIN

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

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

FRANKENSTEIN PUMPKIN

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

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



SPIDERWEB PUMPKIN

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

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



MONSTERS INC PUMPKIN

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

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

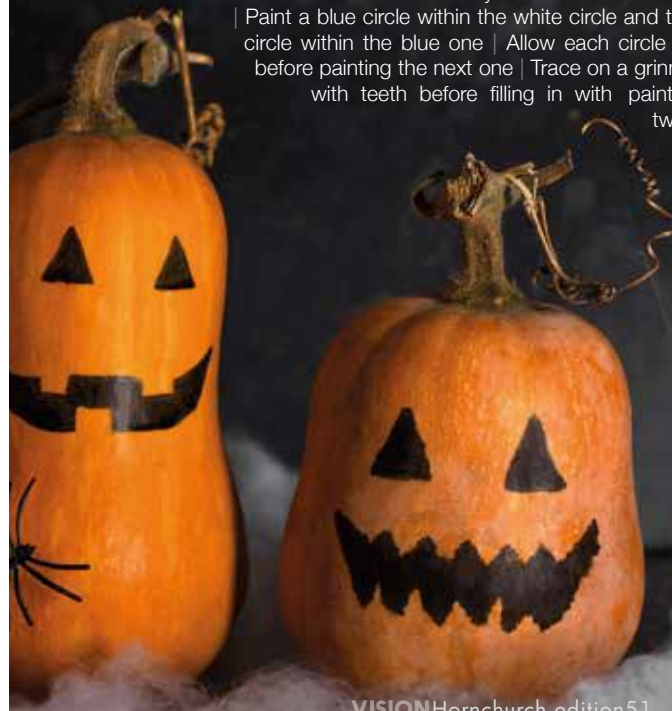


Photo credit: Pinterest, Wilkinson, www.wocbcharlotte.com



KIDS



SLOPING OFF

Skiing has become extremely popular in recent years, as the slopes are no longer exclusive to the rich and famous. For resorts that offer excellent pistes for all abilities, look no further.

SCHMITTENHÖHE, AUSTRIA

One of the most popular ski resorts in Salzburg, Schmittenhöhe offers unbeatable diversity. Beginners can look forward to flat family pistes, while experienced skiers can showcase their skills across the Standard and Trass piste. You can take in the breathtaking views as you look out with views to 30 3,000metre high mountains. This resort also offers cosy huts, sunny terraces and good food – perfect for the whole family to enjoy.

THE PARADISKI, FRANCE

The huge Paradiski area includes three resorts – Les Arcs, Peisey-Valley and La Pagne. Covering 425km of piste, this area caters for every level of skier and snowboarder. With most of the accommodation ski-in/ski-out, you can make the most of your time on the

slopes. There's a range of green, blue, red and black runs which are sure to keep you busy.

Off piste, there are restaurants for all budgets, nightlife for the pub drinker or the outgoing party-goers, as well as plenty of non-ski activities. The Paradiski offers something for everyone.

GRANDVALIRA, ANDORRA

Grandvalira, located in Andorra, covers the skiable areas of two of Andorra's seven parishes. It was founded back in 2003 when two of the Pyrenees' oldest resorts joined together. This gave rise to one of the largest resorts in Europe with 210km of ski run spread over 128 slopes for all abilities. After a huge €1billion renovation investment, the resort is now capable of handling more than 100,000 skiers per hour.



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Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places? From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

PLUCKLEY KENT

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

PENDLE LANCASHIRE

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

ST GEORGE-IN-THE-EAST LONDON

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

THE JAMAICA INN BOVENTOR, CORNWALL

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

CONWY NORTH WALES

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



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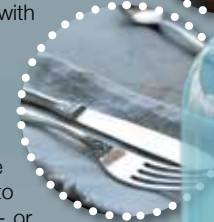
1. TO CLEAN YOUR EYE/SUNGLASSES

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



2. TO POLISH SILVER

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



3. TO CLEAN YOUR KEYBOARD

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



4. TO REMOVE STAINS

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



5. TO REMOVE STICKER OR GLUE REMAINS

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





Find your FLOORING

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

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

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

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

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

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

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

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



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

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

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

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MODERN CLASSICISM:

Making the old new again



Photo credit: Unsplash under Creative Commons, @lilfeathomevithemma, @Nattuzzi

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

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

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

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

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

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

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

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HOME & DIY



DIVIDE and conquer

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

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

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

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

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

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

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

Photo credit: housebeautiful.com





Wonder WASHING

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

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

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

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

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

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



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White is white, right? Well, no actually. There are in fact many different shades of white paint that you can choose for your home.

UNDERSTAND UNDERTONES

There are two main categories of white paint: cool whites and warm whites. The former have a bit of a blue undertone whereas the latter will be yellowish. You should never mix warm and cold whites in a room as this can leave the space feeling disjointed.

CONSIDER LIGHTING

If you have ever brought home a tester of white paint only to find it looks completely different on your walls than in the shop, this is most likely down to lighting. Again, this is because of conflicting undertones. For example, if you have warm lighting in a room, you should opt for warm whites, and if you have cool lighting, you should pick cool whites.

PICK THE RIGHT FINISH

The finish you choose for your white paint should be dictated by your lifestyle. For instance, if you have children or pets, you should opt for a glossy or semi-gloss finish as these are easy to wipe down. Alternatively, if you can keep your walls smudge-

free, you are safe to go with a matt paint.

BEST WHITE SHADES FOR EACH ROOM:

Living room

- > Good natural light: Cool white with a hint of orange or gold.
- > Poor natural light: A warm white such as honey or primrose white.

Bedroom

- > Good natural light: Cool white with a hint of teal or moss.
- > Poor natural light: Warm white with tones of cream or peach.

Bathroom

- > Good natural light: Cool white such as pearl, almond or a duck-egg blue.
- > Poor natural light: Warm blue-white or white with a hint of purple.

Kitchen

- > Good natural light: A cool white with a touch of fresh pastel green or blue.
- > Poor natural light: A warm white with a hint of lavender, mauve or amethyst.



HOME & DIY

RADUCANU



TOTAL TENNIS HERO

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Photo credit: Ella Ling/Shutterstock



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Indian Restaurant named best in the South East

An Indian restaurant in Hornchurch which opened four years ago has won a prestigious national food award.

Tandoori Lounge, on Hornchurch High Street, was named the Best Asian Restaurant in the South East of England at a gala dinner and ceremony in Manchester.

The restaurant is owned by husband and wife, Honey and Sukh Uppal, who were delighted to beat the competition to win the prestigious title.

They said in a Facebook post after the event: "It was a great honour to win the Best Asian Restaurant South East of England Award. Thank you to everyone that has supported us. Much love to you all."

Hundreds of customers and residents praised the owners on social media.

One said: "Congratulations to both of you. I have seen the hard work and efforts you put into it. Very well deserved."

Another added: "Amazing! Well done to all. Can't wait to come to eat with you soon!"

Honey and Sukh say their award-winning restaurant is the only Indian restaurant in Hornchurch that provides authentic Punjabi cuisine. The pair founded the business after moving to the area and struggling to find local restaurants their family enjoyed.

The awards were organised by the Asian Catering Federation (ACF) and the ceremony was held at the Manchester Mercure Piccadilly with more than 500 guests in attendance.

For more information, visit tandoorilounge.com



Pub submits application to create separate lounge area

A pub in Hornchurch has submitted an application to make changes to its layout, including a new separate lounge, outside toilet and smoking area.

The Rising Sun, which markets itself as a pub and function room, is based on the High Street and wants to amend its licensing conditions to include a separate function room, another bar lounge and smoking area, which they say will be used for functions and operated as a separate area from the pub.

This comes after two recent incidents where police were called to the venue to reports of disruption and an alleged assault.

Entry and exit from the lounge will be via a rear gate only with no access to the pub, and additional CCTV cameras would be installed. The application also

states there will be a minimum of three licensed door supervisors in the rear lounge at all times, with all staff trained in queuing, dispersal and security.

The application, submitted by Joseph Sullivan and Peter Faires, was discussed at a Havering Council meeting on September 13. Prior to the meeting, councillor Paul Middleton, who represents Saint Andrews Ward, made clear his objections to the proposals, stating that he does not think the establishment will be able to maintain a quiet enough level of noise that residents will not be disturbed.

According to the application, "no musical noise shall be heard at the boundary of the nearest noise-sensitive premises".

The Rising Sun was contacted for comment.

Building gifted to use as RAF heritage centre

The Hornchurch Aerodrome Historical Trust (HAHT) is pleased to have been gifted Sutton's House to use as its RAF heritage centre.

The premises was gifted by building firm, Bellway Thames Gateway. HAHT will use the location to house a variety of displays and preserve the history of Suttons Farm, used as a landing ground by the War Ministry during the First World War, and the Hornchurch Aerodrome.

A spokesperson for HAHT said the gift was a dream come true, with the aim being to remember those who

had served at the aerodrome, as well as civilians who worked at and lived near the site.

HAHT is a registered charity consisting of enthusiastic amateur local historians who are helping to preserve the past of RAF Hornchurch for future generations to enjoy.

HAHT is also looking for regular volunteers to help keep on top of gardening at the new heritage centre. To find out more, contact info@rahornchurch.com, visit rahornchurch.com or search 'Hornchurch Aerodrome Historical Trust' on Facebook.



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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS

It was three years ago now that I first visited the old Sutton's House, part of the former St George's Hospital site in Hornchurch, which had stood empty since its closure in 2012. At that time, the building had been earmarked by local volunteers and history enthusiasts from the Hornchurch Aerodrome Historical Trust (HAHT) as a potential site for a new RAF Hornchurch Heritage Centre to mark the incredible contribution the area's airbase made to our war effort, particularly during the Battle of Britain.

When I visited Sutton's House in September 2018 with HAHT, you could still see the old medical rooms, and the building clearly needed a lot of work. So it is with great pleasure that this month, following years of hard graft by the team behind the RAF Hornchurch Heritage Centre, it will officially open as a tremendous local asset and tribute to all who served in the war. By the time this column is published, I will have attended the formal opening ceremony, which includes – weather permitting – a flypast by the Battle of Britain Memorial Flight. I hope as many residents as possible will have been able to see these incredible old aircraft, which are always a very moving sight.

Alongside the new heritage centre and homes on that same site, as we look to the autumn, I am anticipating the business case for the new St George's NHS Hub being published. I have written a supporting letter to the new Health Secretary, Sajid Javid, reiterating the vital need for this health centre and to ensure that it remains a priority for the Department of Health as we emerge from the pandemic. Improving care locally has always been a priority for me and it is increasingly vital as we now look to rebuild and tackle the significant health challenges that have been exacerbated by COVID-19.

Last month, I was able to catch up with our Borough Police Commander, Stephen Clayman, to get the latest picture on community safety and raise any constituency concerns. As part of our efforts to boost police numbers, I was very pleased to learn that there has been an uplift to the Borough Command Unit's response and investigation support teams, with 69 additional posts. We also discussed recent crimes



in Hornchurch, including the mugging of a young teenager, to seek assurances that this does not seem to be part of any emerging pattern.

Residents have been in touch with me after a planning application was made to build 87 new homes on Bryant Avenue at the Gallows Corner Tesco site. I will be compiling constituents' concerns and comments to submit to the council's planning committee about the proposal. I have my own concerns about any impact from this development on the viability of plans to replace the ageing flyover at Gallows Corner. I recently met Transport for London, which has been looking at a number of different design options. Next spring, it will be submitting its full business case to the Department for Transport to unlock the central government funding I secured a few years ago.

As ever, if you need my help or assistance, please get in contact with me and my team at julia.lopez.mp@parliament.uk

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LOCAL NEWS

ANDREW ROSINDELL



MP for ROMFORD



I am delighted to inform readers that over the coming weeks, I will be proposing two pieces of legislation which will be of great significance to the people of Hornchurch. I am doing this through a mechanism known as a private member's bill.

On Monday, November 1, I have the first stage of a bill based on something that I'm sure all in Hornchurch will be acquainted with: the tragic and avoidable death of Harvey Tyrell.

Harvey was a seven-year-old boy who was electrocuted and died when he touched a metal railing at the King Harold Pub in Harold Wood. The pub owner pleaded guilty to gross negligence and manslaughter, and his brother-in-law was found guilty of a health and safety breach.

This tragic case demonstrates that the laws around electrical safety in pubs are inadequate. Currently, regulations require that records be kept and that installations are regularly tested and inspected. However, there is no one monitoring this.

My bill will require that pubs are certified yearly to check that electrical works have been tested and inspected and that local authorities and licensing departments confirm this.

The other bill I am proposing has its second stage on October 29. It would create a system of fines for animal welfare and health offences. At present, the



only punishments available for enforcement agencies are improvement notices/warning letters and full criminal prosecution. My bill would fill the gap that currently exists.

These fines could go up to £5,000, which would be halved if paid within 14 days. If an individual disagrees with a fine, then they don't have to pay, at which point it would be up to the enforcement agency to take the individual to court for the original offence.

I will be doing whatever I can to successfully pass these bills into law.

Arts and crafts sessions held

Staff at a care home in Hornchurch organised one-to-one arts and crafts sessions for residents to enjoy.

Residents at The Hornchurch Care Home who expressed an interest in the sessions were provided with paint, coloured markers and glitter to decorate a plain stone, providing them with the opportunity to express their creativity and imagination.

The activity helped to increase social interaction between the residents and allowed them to get to know the wellbeing team a little better. Those who took part thoroughly enjoyed the activity and asked if they could display the decorated stones in their bedrooms.

The care home manager, Tania, said: "I am pleased that all the residents who participated in today's activity enjoyed themselves."



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Councillors bid farewell to much-loved shop after owner retires

A Hornchurch children's clothing store has closed its doors for the final time after the owner, Naseem Beg, decided to retire.

Young Fashions has been a popular shop on Elm Parade for the past 38 years and opened for one final day of trading on Saturday, September 4.

Councillors Barry Mugglestone, Stephanie Nunn, Julie Wilkes and Gerry O'Sullivan of Hornchurch Residents' Association were invited for tea and samosas at Young Fashions at the end of August to celebrate Mrs Beg and her popular store.

Other businesses also attended to give their best wishes to Mrs Beg, who was joined by her two sons for the occasion.

Mrs Beg said she had mixed feelings on leaving the shop, as she had been very happy there, but felt it was time to retire.

Councillors and the shop's regular visitors wished Mrs Beg well in her retirement and looked forward to seeing her out and about in the local area.

The shop was originally occupied by Hans Electric, which is still going strong at 22 The Broadway.

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Plans to house asylum seekers at hotel shelved

Plans to house asylum seekers at a hotel in Hornchurch have come to a halt after the proposal was met with negative reactions.

The Home Office wanted to use Palms Hotel, on Southend Arterial Road, to accommodate people seeking asylum.

However, Hornchurch and Upminster MP Julia Lopez raised safety concerns about the chosen location.

She said in a letter: "It is vital that all emergency accommodation is fit for purpose and we know that Palms has not passed safety checks, making it inappropriate for young families."

Councillor Damian White, Leader of Havering Council, wrote to Home Secretary Priti Patel last June, regarding 200 asylum seekers being placed in Palms Hotel. He stated that he did not think the location was suitable.

The letter reads: "The location of Palms Hotel



presents risks for those placed there, which I do not believe have been properly assessed and addressed. The building has been unoccupied for some time and is on a busy dual carriageway with no local facilities, such as shops and pharmacies, nearby. It is not designed for stays of more than a couple of days."

The Home Office confirmed the decision had been taken not to proceed with housing asylum seekers at Palms Hotel.

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LOCAL NEWS



Urchins hit good form after mixed start to campaign

Hornchurch FC began to reach top form in September with big wins against Barton Rovers, Margate and Walthamstow.

After the Urchins' memorable run in the FA Vase last season, another run in the country's biggest cup competition could be on the agenda for the squad this time around. They had to kick things off the hard way after failing to beat Barton Rovers in the first qualifying round at home.

The match was replayed, this time at Barton's ground, and the Urchins came out comfortably on top to confirm their place in the next round against Walthamstow, with a stunning Sam Higgins hat-trick and a fine strike from Charlie Ruff.

The Urchins' stuttering league form continued,

however, with Bishop's Stortford taking a 1-0 win against them in the second half, meaning they had to bounce back just a few days later at home to Margate. Despite going behind early in the second half, Sam Higgins came to the rescue once again to claim all three points.

It was then back to FA Cup action for Hornchurch, and this time there was no need for a replay, with Higgins, Buyabu, Nash and Ruff all getting on the score sheet in a resounding 4-1 victory over Walthamstow to progress into the third qualifying round of the Cup.

The fixtures continue to come in thick and fast for the Urchins in October, with home games against Worthing, Cheshunt and Leatherhead and away trips to East Thurrock and Corinthian Casuals.

Plea for essential items for Afghan refugees

Havering Council teamed up with Havering Volunteer Centre (HVC) to appeal for essential items for Afghan refugees arriving in the UK.

The council provided a shop in High Street, Romford, as a drop-off point for donations from residents. These will then be sent as part of the Voluntary and Community Sector Emergencies Partnership to areas across London that have the most people in need.

Councillor Damian White, leader of Havering Council, said: "We have called on our residents to help play their part in the Afghan relief effort by donating essential items to the HVC.

"Havering has a proud history of supporting those in need and I have no doubt that our borough will once again rally to help families forced to flee from Afghanistan.

"Anything you can give will be greatly appreciated and I am humbled that we are leading the way in London to provide this urgent help."





Stock image

Parking permits go virtual across the borough

Having Council has launched a new virtual parking permit system across the borough.

From Wednesday, September 8, parking permit applications completed online will no longer be sent to the applicants as paper permits to be displayed in their vehicles.

All new applications completed online via the council's website will be virtual, using MiPermit, hosted by parking industry specialists, Chipside Ltd, on behalf of the council.

Applications for Havering permits can also be made via the MiPermit app, which is available to download for free on Google Play or the Apple App Store.

Parking enforcement officers can identify virtual parking permits by using a registration number plate

scanner, which will stop fines being issued when permits fall to the floor of the car or when owners forget to display them.

Virtual permits will be active from the moment they are paid for and visitor permits can be activated via the app, online or over the phone.

Councillor Osman Dervish, Havering's cabinet member for environment, said: "The new system will be simpler and easier than the old paper-based permits.

"Moving away from paper-based permits to virtual permits will enable us to provide a better, less costly and more environmentally friendly service."

For a step-by-step guide of how to apply, visit www.havering.gov.uk/parkingpermits

Isla to celebrate birthday with charity ball

A family is hosting a charity birthday ball for their six-year-old daughter who has been fighting cancer since the age of two.

Isla Caton, from Hornchurch, will celebrate her 7th birthday in October. The charity ball, which will be held at Ingrebourne Links Golf & Country Club in Rainham, will raise funds so Isla's family can create precious memories with her.

The family is appealing to any businesses or Instagram accounts that would like to donate to the cause or items that could be prizes in the raffle.

Kristel, from Mitchell's Miracles charity, who is helping Isla's mum with organising the event, said: "We are

hoping to raise enough funds to help achieve making precious memories for Isla. She is currently receiving treatment to try to stop the disease from progressing further. She's very happy at the moment and had a break from the treatment to help her recover.

"We hope to receive a great response to our charity ball as the pandemic has had such a negative impact on donations. We are very grateful for everyone's contributions, especially Jimmy Jones for his time."

The cost of a ticket is £60, which includes a three-course meal. The event will run from 7pm to midnight on Saturday, October 30. To get in touch, search 'Isla Caton's Fight Against Neuroblastoma' on Facebook.

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News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

The last flash of summer

The start of September was lovely – what great weather we had. Although children had returned to school, it felt like we had a few more days of summer. My wish came true. If I can put in my request for next year, can we have five or so weeks of good summer, please?

The Rising Sun pub

Many will have heard that around the end of August/start of September, there were a few incidents around the entrance to The Rising Sun pub in Hornchurch High Street.

A spokesperson for The Rising Sun released a statement explaining that only two of the three incidents were connected to the pub.

I spoke to the police, who were following up with a potential prosecution for grievous bodily harm.

Night-time – no longer peaceful

I regularly walk around my Ward of St Andrews (which includes the town centre). I vary the times I walk to

see what the issues are and where, and it is good exercise.

After receiving several night-time noise complaints, I made a point to walk about after 11.30pm for a few nights.

A few of the pubs and clubs were playing very loud music at this time of night. I am looking into the legality of this, especially where speakers are placed outdoors.

Pubs like The Rising Sun have a 1.30am licence for the pub and a 3.30am licence for the club.

Hornchurch used to be a lovely, quiet town with plenty of entertainment and nice places to go. By midnight, the town was usually very quiet.

I am not against people having a good time, but I feel for the residents who live near the town centre.

Having the late entertainment in Hornchurch is attracting similar issues to those we have in Romford. However, Romford has dedicated police officers and regularly 'borrows' other officers from neighbouring areas to keep the peace. Unless things change, can we get some extra police officers in Hornchurch, please?

Several threats in four days

Police in Havering are aware of three incidents over a number of days in the vicinity of a licensed premises in Hornchurch.

Police were called at approximately 10pm on Friday, August 27, to reports of a man, aged in his 20s, being threatened with acid by a group of three males on Hornchurch High Street.

Officers attended and arrested an 18-year-old man on suspicion of possession of an offensive weapon and public order. He was taken to the police station and bailed to return in late September. Anyone with information or footage relating to this incident has been asked to call police on 101 quoting 480/27.

Police are also investigating an assault that occurred at 11pm on Saturday, August 28, outside a licensed premises on the High Street.

A 25-year-old man was found with facial injuries. His injuries were not life-threatening and enquiries continue to establish the circumstances.

Two days later, police were called at 3.25am on



Monday, August 30, to reports of an injured man outside a licensed premises on the High Street.

Officers attended and found a 39-year-old man suffering facial injuries. He was being assisted by members of the public.

Inspector Mel Gilmour, of East Area Command, said: "We understand that these incidents are of great concern. Together with our partnership licensing colleagues, we continue to work with the licensee. Discussions around licensing conditions are ongoing."



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Build a bug hotel

GARDENING

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

WHAT YOU WILL NEED:
You can pick and choose from this list depending on what you have the easiest access to.

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

HOW TO BUILD:

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

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

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

Step 4: Add a roof: Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some old planks of wood that are covered in roofing felt are ideal for this.

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



Raise me UP

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

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

What are the benefits of raised bed gardens?

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

How to create a raised bed garden

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

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

fabric, plastic tarp or canvas.

What can I grow in raised beds?

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

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

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

Top tips:

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




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HOW TO SPRUCE UP YOUR AILING GARDEN USING OLD CAR TYRES

They're the tired, grubby, worn-out relics of thousands of miles on the road and seemingly only good for releasing plumes of dirty smoke into the atmosphere. Yet car tyres could have a second life beyond the wheel if the growing emergence of them as a clever, original and even attractive addition to our gardens is set to continue. And the good news is, they cost virtually nothing.

For most types of car tyre, you may want to paint, coat or treat them in order to improve appearance. Durable, non-toxic paints are available – these are waterproof and won't crack, and can be sprayed or applied with a brush. Once you do that, you'll find a whole world of possibilities, including:

HANGING CONTAINERS

Suspended from a wall with a small amount of earth in the bottom and some drainage holes, these containers allow light to get to the plant, and by choosing ivy, jasmine or clematis, greenery can spill out to make a unique feature.

CHAIRS

Simply use a tyre as the seat for a chair or go the whole hog with arms and a backrest too. Either way, these versatile pieces of rubber are definitely more comfortable than seating yourself on a block of unforgiving wood.

FLOOR PLANTERS

Forget expensive plant pots or complicated wooden bordering – tyres act as the perfect decorative surround for flowers.

OBSTACLE COURSE

For kids of all ages, tyres can provide balancing lengths to negotiate – you'll even be assured of a soft landing should they lose their footing.

RAISED WALL

If being creative with living matter is a step too far, just consider the effectiveness of a good old-fashioned tyre wall. You may never have thought about constructing one in your garden, but you can add colour and decoration aplenty.



Photo credit: architectureanddesigns.com, daintydressdaries.com, eXpOs@shutterstock.com

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KEEP CALM AND ENJOY FIREWORKS



Although you and your family may love Bonfire Night, it can be an extremely distressing time for your pets. Fortunately, there are ways that you can keep your pets calm during firework season.

HOW TO CALM DOGS DURING FIREWORKS

- > Walk your dog during the day so that it does not need to go outside when fireworks are going off
- > Close your windows and curtains to muffle the sound of fireworks
- > Put on some music or the TV to help mask the loud noises
- > Create hiding spaces where your dog can feel safe.

HOW TO CALM CATS DURING FIREWORKS

- > Try to keep your cat inside when fireworks are being set off
- > Create hiding spaces in your home
- > Make sure your cat is microchipped so that if it does become startled and escapes outside, you can locate it if it goes missing.

HOW TO CALM SMALL PETS SUCH AS RABBITS AND GUINEA PIGS DURING FIREWORKS

- > Partly cover outside cages with blankets so that an area of their home is hidden and soundproofed
- > Provide bedding that your small animals can burrow into
- > Consider bringing them indoors – if you choose to do this, take your time and make sure you do so gradually, so that they can get used to the new environment.

HOW TO TREAT A FIREWORK PHOBIA

As many as 45 per cent of dogs in the UK suffer with a firework phobia. To desensitise your dog to fireworks, follow the below steps:

1. Play a recording of a fireworks display at the lowest possible volume several times a day
2. Pair the sound with things your dog likes, such as treats, cuddles or games
3. Slowly raise the volume and continue to offer rewards
4. If at any point your dog becomes scared, lower the volume until it feels comfortable.





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TECHNOLOGY

Music TO OUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

The iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.



Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

Photo credit: Shutterstock.com

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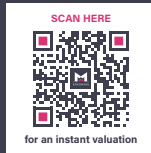
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WHY YOU SHOULD BE AWARE OF GAZUMPING

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

WHAT IS GAZUMPING?

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

IS GAZUMPING LEGAL?

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

HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

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

1. LINE UP A SURVEYOR

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

2. OBTAIN A MORTGAGE IN PRINCIPLE

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

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

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

4. GET A LOCK-IN AGREEMENT

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the correct advice there is potential for large savings for those with a mortgage. Research by a leading UK mortgage packager found that just under 50 per cent of the borrowers they contacted were either on their lenders highest rate (SVR), or were uncertain of the rate they were currently paying.

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CPI (Consumer Price Index) measures the average change in the price paid for a basket of goods and services, and it is currently increasing. Inflation in the UK climbed sharply in August with CPI rising to 3.2 per cent y/y, the highest rate recorded since March 2012. This points to one thing, and that's an increase in the cost of living for everyone.

One way to combat inflation is to reduce your monthly outgoings, and a mortgage payment is often the largest cost for most homeowners. This also means that with

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What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

What exactly is blind hiring?

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

What is unconscious bias?

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

What are the advantages?

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

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

Are there any drawbacks?

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

What are the best processes?

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

Diversity and discrimination stats you may be interested to know

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





SPORT

TOEING *the line*

COULD TOE WRESTLING REALLY BECOME AN OLYMPIC SPORT?

It's the younger, slightly cheesier cousin of arm wrestling, but is a sport to be taken seriously, with a sizeable rise in competitions year on year. Toe wrestling, created in the foothills of the Peak District in the 1990s, is here to stay.

In combat, competitors sit across from one another with the big toe interlocked into their opponent's on a cleverly named 'toedium'. On the shout of "Toes away", battle commences, with the aim of using toe strength to push the other person's foot to a vertical board a few inches away. The non-wrestling foot must be in the air at all times, while each competitor's bottom must be grounded.

The sport requires good foot strength, obviously, but also strong thighs and the mental strength to second-guess, defend and attack an opponent. Bouts usually take the form of 'best of threes', with right, left and right toes engaged in toe-tal combat.

While it is a fun, summer sport played usually in pub locations and with a detectable whiff of light-hearted British Bulldog spirit

that also embraces cheese rolling, gut barging and gravy wrestling, competitors actually take the challenge rather seriously. Some have been known to have their toenails surgically removed so as to prevent opponents from gaining added grip, while the founder of the sport's governing body, the World Toe Wrestling Federation, based in Staffordshire, shaved his buttocks as a method for gaining extra floor grip.

While the sport is popular in pub environments, its elevation into a recognised pursuit is now in conversation, given the formation of an official hierarchy, and the leaders are in dialogue with chiefs about its presentation as an Olympic sport.

Undoubtedly, to elevate the battle from a simple Peak District pub-floor activity to a global entity, it would be no mean feat.

Photo credit: Emma Wood/Caters News Agency



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BRITAIN'S GREATEST SPORTING MOMENTS...

THE BARONESS

CELEBRATING THE FIRST PARALYMPIC TRIUMPHS OF MANY IN THE LIFE OF BARONESS TANNI GREY-THOMPSON DBE, DL

There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.



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COMETH *The hour*

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

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

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

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

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

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

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

Photo credit: Matt West/Shutterstock

DON'T JUST TAKE OUR WORD FOR IT...

Dear Brett,
We would like to take this opportunity to thank you and your team at **VISION** for the expert way you have promoted our business over the past two years.

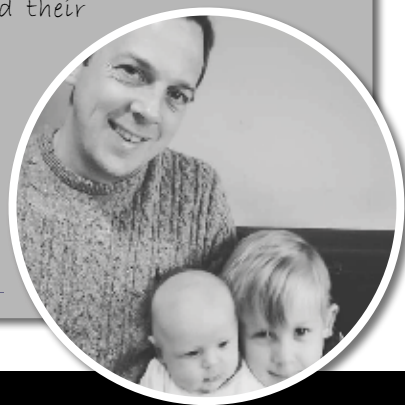
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PLATING UP

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

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

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

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

The move only applies to UK drivers and doesn't

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

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

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



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PUZZLES & TRIVIA

PUZZLES

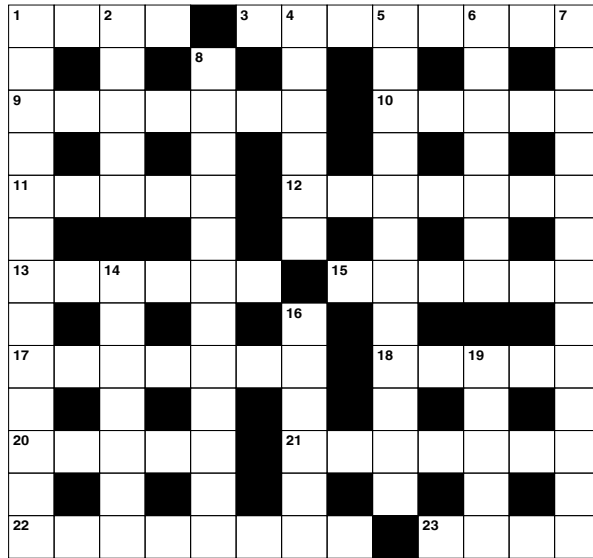
Answers: see end of The VISION Listings

ACROSS

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

DOWN

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



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

DID YOU KNOW?

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

SUDOKU

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



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