

**TIPS
FOR
CURLY
HAIR**

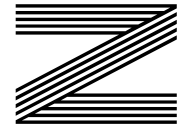
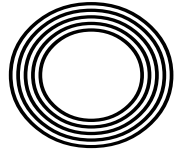
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Editor's notes...

APRIL 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hornchurch. Have you noticed anything different about this month's magazine? Here at **VISION**, we've taken one step further in our commitment to the environment by changing our printing process so that our magazines are now 100 per cent recyclable. This is the result of hard work over several months, but it's worth it to know we are doing our bit for the environment.

We know many of our readers like to keep their **VISION** magazines - we even know of some who have a collection going back to the first edition - but if you do decide to throw it away, you can now put the whole magazine in the recycling bin without having to remove the cover first.

On the cover of this month's magazine is Phillip Schofield, who celebrated his 60th birthday at the beginning of April and also marks an impressive 40 years in the spotlight this year. From his first turn on Children's BBC's *The Broom Cupboard* to starring on the ever-popular *This Morning*, he's endeared his way into the nation's hearts and homes.

It would be remiss of me not to mention the current situation in Ukraine. Many of us, horrified by what we are witnessing, are keen to help. Whether it's offering your time, money or donations, I encourage you all to help those in need in whatever way you can.

Brett Shohet

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Jake Levison, Bryn Holmes, Lizzie Ellis

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



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SEWING THE SEEDS OF SUCCESS



Photo credit: BBC and Comic Relief



FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."



STORM CHAOS

STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email nameourstorms@metoffice.gov.uk with your own cute (or totally terrifying) choice.

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FASHION

GETTING Shirty!

THE HISTORY OF THE SLOGAN T-SHIRT

Since the first slogan t-shirts were worn in the 1950s, our desire to shout messages – without the use of a megaphone – has never relented.

Across political statements, pop culture (think Frankie Says Relax), Fila and Champion leisurewear, the slogan t-shirt has become a fashion icon that goes beyond visual appeal. It is used to express opinion, reference popular culture, and has accelerated campaigns, initiatives and product sales for its ability to unite people with similar perspectives.

The popularity of the casual t-shirt came to prominence some 70 years ago, prompted by a young Marlon Brando in the film *A Streetcar Named Desire*.

In the years that followed, innovations in print technology saw everyone from Disney to Andy Warhol decorate the fronts of our chests with a desire to make statements.

By the 1970s, and led by designer Katherine Hamnett, the slogan t-shirt was being adapted for more political purposes.

She said: "It seemed as if democracy was slipping through our fingers. The slogan t-shirt was something to give you a voice... something to believe in that you could wear on your chest that could be read from 200 yards away."

In recent years, the visual t-shirt has become as much a reference to being fashionable as it is an indicator towards a political or social movement. From Nike to Hugo Boss, French Connection to Fortnite, the signifier of a brand or product is a nod to our own preferences.

And yet, in these challenging social times, the expectation is of a return to stronger statements around gender, Brexit, diversity and general politics.

Whatever the message, the slogan t-shirt is here to stay.



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TAME THE CURLS



Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy?

As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair.

Find out how to manage your mane below.

Layer up products

If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.

Avoid hair-styling tools

Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

Deep condition frequently

When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

Try the pineapple trick

If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.





GET READY TO *ice-roll*



The beauty world is currently going crazy for cold, with a massive surge in popularity for treatments such as ice baths, cryotherapy and cool sculpting.

So, what is the latest freezing fashion? Introducing ice-rolling, the new skincare technique that promises to tighten and brighten in an instant.

WHAT IS ICE-ROLLING?

The process of ice-rolling is actually very simple and involves massaging your face with an ice-roller. This nifty gadget contains a mixture of gel and water which turns to ice once placed in the freezer. However, unlike normal ice, which when placed on the face melts in a matter of seconds, the ice within an ice-roller will stay solid for longer so you have more time to reap the rewards.

HOW DO I USE AN ICE-ROLLER?

- For best results:
1. Roll the device in a zigzag motion up and down your forehead and then from left to right.
 2. Move down to beside your nose and lower cheek, working upwards and applying a little pressure.

3. Roll outwards on the sides of your mouth and then down under your chin.
4. Finish with your neck.
5. An ice-roller can also be used on your collarbone and upper chest if desired.

WHAT ARE THE BENEFITS OF USING AN ICE-ROLLER?

There are multiple benefits to using an ice-roller, both in terms of the massage technique used and the application of cold. These include:

- > Boosts circulation
- > Restores radiance
- > Encourages optimum skin cell function
- > Reduces puffiness and redness
- > Reduces the appearance of broken capillaries
- > Decreases any inflammation
- > Tightens the skin

DOES ICE-ROLLING HURT?

Although some cold therapies can be a little bit uncomfortable, ice-rolling is not one of them. However, it is recommended that you do not leave the roller on one area for too long as it will get very cold, and this can cause discomfort.



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HEALTH & FITNESS



**TRADITIONAL
DEADLIFTS**

When it comes to strength exercises, the deadlift is one of the most versatile and effective. Deadlifts require core strength and stability, help to improve your range of motion, and target multiple muscle groups.

There are different types of deadlift, but two of the most popular are the traditional deadlift and the Romanian deadlift. But what's the difference, and which exercise is better?

The key difference between a traditional deadlift and a Romanian deadlift (also known as an RDL), is the starting position. The traditional deadlift starts from the bottom position to target the quads and mid-back area, while an RDL starts from a standing position to target the glutes and hamstrings. A traditional deadlift typically allows for a heavier lift than an RDL, which can also be performed using dumbbells.

THE TRADITIONAL DEADLIFT

1. Place your feet shoulder-width apart, with your barbell placed at your feet.
2. Hinge at your hips and keep your chest wide to allow you to bend and take the barbell.
3. Grip the floor with your feet while dropping your hips back.
4. Move your hips forward so that you arrive at a standing position.
5. Bring the bar to just below your hips, with your

knees, legs and back all remaining straight.

6. Push your hips back and bend your knees to squat down and return the bar to the floor. Complete 1-6 reps and repeat for 5 sets.

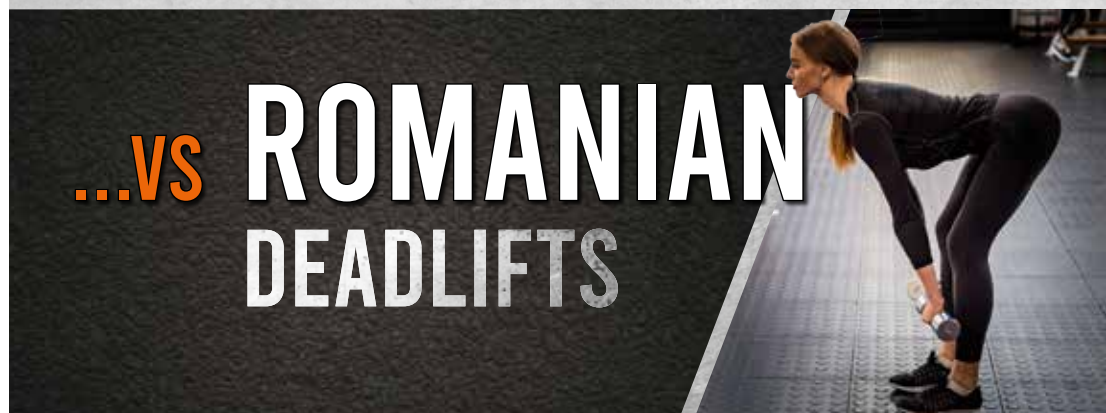
THE ROMANIAN DEADLIFT

1. Use an overhand grip to hold the bar at hip level. You can also use dumbbells in each hand instead of a bar.
2. Keeping your back straight, draw your shoulders back.
3. Send your hips back while lowering the bar towards your feet.
4. Complete the move by pressing your hips forward until you are back to standing. Complete 5-10 reps and repeat for 3-5 sets.

WHICH IS BETTER?

One type of deadlift isn't superior to the other; they both target different muscle groups and can form an effective part of your exercise routine. They can boost your strength, help to tone your muscles, and improve your posture.

It's important that any kind of deadlift is performed correctly to avoid injury, and you may want to ask someone to watch your form.



**...VS ROMANIAN
DEADLIFTS**



Natural MENOPAUSE MANAGEMENT



A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.



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EASTER FEAST

for less

If like Jesus you have to feed the five thousand, but are lacking quite the same level of holy assistance, these tips will help make your meal go further.

LOSE THE LEG

Whilst a succulent leg of lamb may be considered the traditional option for an Easter roast, it is one of the more expensive joints of meats you can buy. Consider swapping it for a shoulder – actually from the bottom of the lamb – which is a cheap and equally tasty cut.

Alternatively, ask your butcher for the scrag and middle neck, which are marbled with fat and when simmered make a delicious Easter stew.

BAKE YOUR OWN

Forget readymade cakes and buns this Easter, make like Mary Berry and create your own. Hot cross buns are surprisingly simple to make and taste fantastic fresh out the oven. The traditional Simnel cake tastes far better with homemade marzipan and can be made in advance.

HAVE A HUNT

Rather than buying expensive individual eggs, buy

bags of smaller ones and stage an Easter egg hunt. Not only is this a fun activity for all the family, it also helps burn off the calories from the treats they find.

BE GENEROUS WITH VEG

With spring comes an abundance of garden vegetables: cabbage, broccoli and Jersey Royal new potatoes to name but a few. Don't be afraid to fill your lunch table with platters of vibrant and delicious side dishes - braised red cabbage, minted spuds and garlicky greens - and if harvested from your very own garden, all the better.

GO POT LUCK

For Thanksgiving in America, it isn't uncommon for guests to bring their own food dishes or bottles of wine. Easter is a time for family and friends to come together, and by giving each guest a different course to provide we can embrace the generous spirit of the holiday, creating a diverse and thoughtful meal at the same time.



FOOD & DRINK



FOOD & DRINK



2022 FOOD festivals in the UK

Do you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

PUB IN THE PARK
All over the UK, May 12-September 18
Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at pubintheparkuk.com

BIGFOOT
Buckinghamshire, June 17-19
A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at bigfootfestival.co.uk

THE BIG FESTIVAL
The Cotswolds, August 26-28
Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at thebigfestival.com

MEATOPIA
Tobacco Dock, London, September 2-4
One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at meatopia.co.uk



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HOW TO COOK PERFECT ROAST



FOOD & DRINK

Does your roast beef always end up dry and overcooked? If so, don't despair. Here's how to cook the perfect roast beef.

WHAT YOU NEED:

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil

HOW TO MAKE:

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
 - > Baste the joint halfway through and add water to the veg as necessary.
 - > When cooked, place the joint on a chopping board to rest for 15 minutes.
 - > Use the juices and vegetables to make gravy.



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KIDS



LEARN how to say NO

STRUGGLING TO UTTER THAT TWO-LETTER WORD TO YOUR BELOVED YOUNGSTER? HERE'S HOW TO MASTER IT AND WHY YOU NEED TO TAKE BACK CONTROL

Constructive, confident and considered parenting means not always bending to your child's wants and desires. Sometimes the simple action of saying 'no' can seem obstructive and unkind, but when coaching our kids, the logic and reasoning behind our decision is vital.

Turning down some of our youngsters' requests is a key part of their development, but only if done in the right way.

ONE: WHAT'S IN A WORD?

An obstructive 'no' is rarely going to garner a positive response. As well as being blunt, it leaves a child with little explanation as to the decision reached. Instead, parents are reminded of the benefits of using positive and negative wording. So instead of saying "Stop hitting", say "Keep your hands to yourself". Or replace "No, you can't have that" for "Why don't we look at these?"

TWO: THE EXPLAIN GAME

No, if accompanied by an explanation that uses

emotion, empathy, consequences and alternatives will steer your child into a place where they not only go along with the response, but also agree with the sentiments behind it.

THREE: WHAT WE HEAR

Furthermore, as humans listening to a sentence, we listen to some of the first part, all of the last part and very little of the middle. Consider this when outlining something to your child that they perhaps don't want to hear.

FOUR: ACTION STATIONS

Accompanying rejection with a hug, or holding a hand, will soften the action and reduce the sense of loss a child may feel.

FIVE: BALANCE

Finally, perhaps the true art of saying 'no' is to ensure you practise saying 'yes' as well. Children will be more understanding of the things they don't have if they know there are many other things that they have received, or will over time.



TITANIC'S WATERY

Grave Remains

SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York. It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists. And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.



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3 REMOVAL REMEDIES FOR BLACK MOULD

Black mould is a common, yet nasty, household problem that no homeowner likes to face. However, there are remedies that promise to eradicate all signs of this troublesome tarnish.

BAKING SODA: If you want a natural remedy to remove black mould from your home, then a little baking soda is all you need. Used for generations to banish black mould, baking soda has a pH level of around 8-8.1, which is too high to allow mould to thrive.

HOW TO MAKE AND APPLY A BAKING SODA SOLUTION:

Add ¼ tsp of baking soda to 2 cups of water | Pour into a spray bottle | Liberally spray the affected area and scrub thoroughly with a brush | Rinse with cold water | Treat again to prevent the mould from returning.

VINEGAR: Another natural remedy, vinegar is acidic, with a pH of around 2.5, which means it can attack the structure of mould and actively break it down.

HOW TO APPLY VINEGAR:

Pour undiluted vinegar into a spray bottle | Spray directly onto the affected area | Leave for 15 minutes | Spray again and wait a further 15 minutes | Wipe clean with a damp rag.

BLEACH: Known for its ability to kill practically everything in its path, bleach is a powerful cleaner that can effectively get rid of black mould on non-porous surfaces such as tiles and sinks. The only problem with using bleach is that you need to be aware of the bleach fumes. Make sure you wear rubber gloves and a faceguard before you start cleaning.

HOW TO MAKE AND APPLY A BLEACH SOLUTION:

Mix one part bleach with four parts water | Pour onto the affected area and gently scrub with a damp cloth | Once finished, dry the area with a soft cloth.

OUR TOP TIPS FOR PREVENTING BLACK MOULD: Invest in a dehumidifier | Keep kitchens and bathrooms well ventilated | Tackle leaks as soon as they appear | Spread out towels and shower curtains to dry.





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WALK-IN SHOWER vs



Walk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

WET ROOM



WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



5 USES FOR

SODA CRYSTALS

Cheap and versatile, soda crystals can be used for so much more than just softening water or cleaning your washing machine. A powerhouse of a product, soda crystals will fast become your go-to cleaner for many common household tasks.

1. TO UNBLOCK THE SINK – If your plugholes become clogged with food waste, debris and grease, you are likely to experience unpleasant odours and slow-draining water. Rectify this by pouring one cup of soda crystals directly down the plughole, followed by a kettle of boiled water.

2. TO CLEAN YOUR EXTRACTOR FILTER FAN – If your extractor fan is covered in grease, this can be easily remedied with soda crystals. Create a strong solution using one cup of soda crystals and one pint of water, pour into a bowl, and let your filter soak for 10-15 minutes. Scrub any leftover residue using a sponge and then rinse.

3. TO REMOVE ALGAE FROM PATIO OR DECKING – Over the winter, your outdoor patio or decking may have succumbed to algae and moss. To get it looking new again, create a regular solution of soda crystals using ½ cup of crystals and one pint of water and pour over the surface. Leave to sit for an hour, scrub with a firm bristle brush and rinse with a hose.

4. TO RESTORE CARPETS AND RUGS – Soda crystals are the perfect cleaning solution for dull and faded carpets or rugs. All you need to do is sprinkle an even layer of soda crystals over the area and leave for a few minutes. Then apply your normal carpet cleaner to finish.

5. TO SOFTEN TOWELS – Crunchy towels are the worst, but fortunately, this problem can be easily solved by soaking them in a regular solution of soda crystals – mix ½ cup of soda crystals and one pint of warm water. Leave for one hour then rinse.



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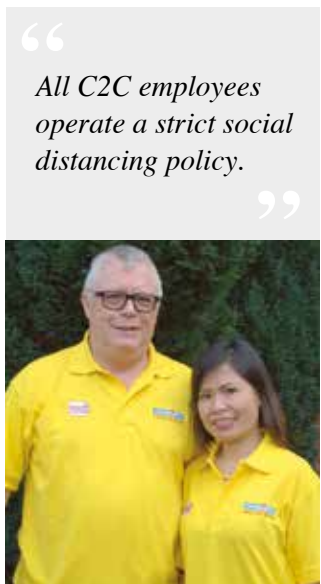


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NICK OF TIME



NICK KNOWLES CELEBRATES 30 YEARS ON OUR SCREENS

When Nick Knowles said an emotional farewell to his *DIY SOS* show at the end of 2021, it brought the curtain down on an impressive period of renovating, refreshing and reviving people's living spaces.

It's a shame the 59 year old's tenure ended in such acrimonious fashion – the presenter was unceremoniously binned after appearing in an advert for Shreddies. In mimicking his role in *DIY SOS*, he had broken a BBC contract rule, and the axe fell. Comedian Rhod Gilbert replaced Knowles, who has since not been short of offers for new work. So it appears that life – and home improvements – continue.

Knowles got his break in television back in the early 1990s as a reporter on nightly news show *Coast to Coast*, which aired on TVS, the precursor to ITV Meridian.

From 1994, he presented a motorcycle programme called *Ridge Riders* for eight years, before the BBC saw Knowles' potential and

matched him up with Lowri Turner for a new-launch DIY show that would ride on the coattails of the hugely successful *Changing Rooms*.

The format of *DIY SOS* was fast-paced and usually leant on solving property issues for those in need of help, rather than people simply wanting a change of decor.

The success of *DIY SOS* led Knowles into daytime shows such as *Real Rescues*, *Wildest Dreams* and *Last Choir Standing*. However, it was becoming a game show host, notably through the lottery programme, that shaped the charismatic Southall-born frontman. *Who Dares Wins*, *Secret Fortune*, *Perfection* and *Break the Safe* guided him to star presenter status, and the inevitable *I'm A Celebrity* invitation. He subsequently finished sixth in the 2018 show, which was won by Harry Redknapp.

As for what comes next, Knowles's *Heritage Rescue* show on Quest looks at historic buildings in need of restoration – proof that there's always another DIY project lurking just around the corner.



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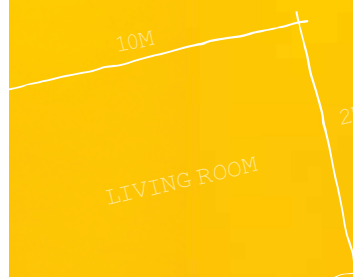
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HOW TO CALCULATE HOW MUCH PAINT YOU NEED WHEN DECORATING

Painting is one of the easiest DIY jobs you can do around the house. There's not much skill involved, materials are cheap, and it's easy to do once you get the time.

But one thing that frustrates DIY painters is not knowing how much paint is enough for their project. This leads to repeat visits to the decorating supplier, delays to your job, and frustration.

We're here to help you work out how much paint you need for your next project. Take a look at this simple guide for our top tips.

MEASURE YOUR SPACE: Knowing your figures will make the process of buying paint much simpler. Multiply the height and width of your walls to give you a square metre measurement to work with.

CONSIDER HOW MANY COATS YOU NEED: The number of coats you will need will depend on the type of paint you use. Some paints may only need one coat, but the majority will need two or three coats to achieve the desired look.

MAKE YOUR CALCULATION: Your paint tin should tell you how much coverage per square

metre it provides.

Divide the square metre number for your space by the suggested coverage amount on the tin, to work out how many tins you'll need.

For example: If you're painting a wall that's 10mx2m (20m²), and a 5-litre tin of paint covers 10m², you'll need two tins of paint. Et voilà, it's that simple.

SOME QUICK AND HANDY TIPS: These tips can provide you with a rough guide for calculating paint for different spaces:

- > 1 litre of paint will cover a feature wall (approx 2.5m²)
- > 2.5 litres of paint will paint an entire small room (approx 2mx2m)
- > 5 litres of paint will paint an entire medium room (approx 4mx4m)

This is for two coats of paint, for a standard wall height of 2.4m.

Knowing how much paint you need will help you get started on your projects, help you save money, and avoid the frustration of having too little or too much paint.



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- > **Resistant to spills:** One of the main reasons why people choose not to lay carpet in their homes is because this type of flooring is known for absorbing water. However, Berber carpet is considered to be spill-resistant, making it a good option for those with young families.
- > **Affordable:** Another big plus point, Berber carpet comes in a variety of different types, with options to suit all budgets. If you don't have much to spend, opt for olefin or polyester Berber carpets, or, for those who don't mind splashing the cash, wool offers a touch of luxury.

REASONS TO AVOID BERBER CARPET

- > **Prone to snagging:** Although designed to last, Berber carpets are prone to snagging owing to their looped nature. Even if only one loop becomes snagged, you need to repair this immediately or risk the whole carpet coming apart.
- > **Not good for pets:** As Berber carpets are easily snagged, pets can cause havoc with this style of carpet. Cats, in particular, are attracted to the roughness of this carpet and may use it as their new scratching post.

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OUT OF THE BROOM CUPBOARD... *and onto centre stage*

CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning's* steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dying his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.



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Hotel chef who stabbed colleague given hospital order

A Hornchurch man who wounded a colleague with a kitchen knife has been detained under the Mental Health Act.

Nepalese-born Arun Purja, 27, previously of Kempton Avenue in Hornchurch, worked as a chef at the Premier Inn hotel in Rickmansworth. He had been hallucinating and hearing voices threatening him in his native language when he attacked the victim in the hotel lobby on September 6, 2021. He has since been diagnosed with paranoid schizophrenia.

Purja appeared virtually at St Albans Crown Court from a medium secure unit at St Bernard's Hospital in Southall, London, last month.

Having previously pleaded guilty to wounding with intent at a hearing on December 23, 2021, an order was made under section 37 of the Mental Health Act with a section 41 restriction, meaning Purja will be detained in the mental health unit with no time restriction applied.

The court heard from prosecutor Matthew Walsh that the day before the attack, Purja had been asked

to go home after hearing voices making threats in Nepalese.

At around 6pm the next day, he chased the victim from an office and used a steak knife to stab her in the back. It was initially believed that her injuries were life-threatening, but thankfully the knife missed her vital organs and she was able to recover.

After stabbing his colleague, Purja ran from the hotel and discarded his clothing, before handing himself in to the police. He had previously been convicted for owning a knuckle duster in 2013 and assaulting a police officer in 2016.

Judge Caroline Wigin said: "There was concern that she [the victim] had suffered a life-threatening injury. Fortunately, the knife had missed the vital organs and she has recovered well physically.

"However, it is clear from her victim personal statement that the long-term effects on her psychologically are considerable. She has in large measure lost her confidence and her trust in others.

"There was no provocation by her of the defendant."



Resident releases new book to help others succeed

A Hornchurch author has released a motivational book in the hopes of inspiring others.

Rita Kakati-Shah's new book, *The Goddess of Go-Getting*, offers insights into confidence, leadership and workplace success for both individuals and corporations.

Kakati-Shah (pictured second from left) shares early childhood attempts to fit in with girls who preferred dolls to the cars she cherished; the politics of advancing in a male-dominated industry; being one of the few senior executives of colour in the workplace; and re-entry into the job market after being a stay-at-home mother. These personal stories demonstrate an understanding of what it takes for women and minority

groups to recognise their potential and emerge as impactful leaders.

Kakati-Shah said: "I've always been acutely aware of my role as the 'other'. As I grew professionally and personally, I began to understand that my efforts to build bridges first with friends and then with colleagues helped me not just advance my career, but also develop skills that are lacking in the corporate world.

"*The Goddess of Go-Getting* represents my passion to help companies find opportunities to build common ground, cultivate empathy and enjoy success by celebrating and respecting our differences."

The Goddess of Go-Getting is now available from bookshops and Amazon.

Detectives appeal for witnesses after collision

Detectives are appealing for witnesses following a fatal collision in Hornchurch.

Police were called at 10.27am on Sunday, March 13, to reports of a collision involving a Jaguar and a Mercedes on Hacton Lane in Hornchurch.

Officers, the London Ambulance Service and London Fire Brigade attended. Despite the efforts of emergency services, the driver of the Jaguar, who was believed to be a 73-year-old man, died at the scene.

His family has been informed and is being supported by officers.

The driver of the Mercedes, a 32-year-old man, was taken to hospital as a precaution. He has since been arrested on suspicion of offences including driving under the influence of alcohol.

Detectives from the Roads and Transport Policing Command are investigating. They would like to speak with anyone who witnessed the collision or the moments leading up to it.

Any witnesses and anyone with dashcam footage is asked to call police on 101, quoting reference CAD 2581/13Mar.

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LOCAL NEWS



Hornchurch and Upminster

Residents will be aware of my campaign for a new NHS hub in Hornchurch on the former St George's Hospital site. I am really pleased to say that the business case was formally approved this month, which means we are one step closer to getting spades in the ground. It is testament to the hard work of the team behind the project that it has jumped this big hurdle, and we hope there will be even more details to share with everyone soon about the services proposed and the way the building will look.

Last month, I spoke at the Boundary Commission's public hearing in Havering Town Hall to object to Emerson Park moving out of the Hornchurch and Upminster constituency and into the Romford seat at the next election. This follows the significant concerns expressed by Emerson Park residents about the plan and its impact on community ties.

The Mayor of London has disappointingly announced his intention to expand his Ultra Low Emission Zone (ULEZ) to include outer London boroughs. I completely oppose these plans as they would have a significant impact on our community, particularly vulnerable and elderly people who rely on their vehicles for seeing family and friends. I am also concerned about the impact of the ULEZ on local businesses when we are starting to see the local economy get back on its feet after the COVID-19 pandemic. The London mayoral system and the funding of outer London boroughs was raised as an issue by local residents with Levelling Up Secretary, Michael Gove, when I arranged for him to visit Upminster Golf Club last month.

Understandably, a lot of residents have been in touch with me and my team about the despicable actions of Russia in Ukraine. Our thoughts are with the Ukrainian people at this difficult time. I have set out to constituents and on my website some of the work we have been doing to aid residents with Ukrainian family members at a local level, the national government response, and the work I have been engaged in through my role as Minister for Media, Data and Digital Infrastructure.

Finally, my team and I visited Queen's Hospital this month to catch up with the amazing lead chaplain, Reverend Phil Wright, and chief executive, Matthew Trainer. Rev Wright and I talked about his experience of the pandemic and the way in which it has changed the hospital's approach to bereavement support services, while Matthew set out some of the work underway to address residents' concerns about emergency services and the management of the hospital's front door.



www.julialopez.co.uk



LOCAL NEWS

ANDREW ROSINDELL



MP for ROMFORD

The war in Ukraine has been dominating things in Parliament and especially the Foreign Affairs Committee, which I am proud to sit on. The Ukrainian people have my prayers as well as my support against the Russian tyranny they are facing. It reminds me of the Cold War, which we all hoped had ended with the fall of the Berlin Wall in 1989. How sad it is to see war in Europe again.

With just over a month to the local elections, your vote will count in Havering now more than ever. Mayor of London Sadiq Khan has already declared war on motorists by proposing plans to extend the Ultra Low Emission Zone to the whole of Greater London, including our area; now he wants to desecrate our Town and Country Borough and turn us into inner London. I hope we will keep our Town Hall in safe

hands in May. It is only thanks to the Conservative-run council that we have managed to, so far, hold off the Mayor of London's plans to turn Havering into a concrete jungle. We need to ask ourselves, 'what do we really want?' Do we want a Town and Country Borough or do we want more high rises and more overdevelopment?

We all know that Khan is a Zones 1-3 mayor and has continued to neglect outer London boroughs. As we are seeing the cost of living soar, Khan has decided to hit the commuter, as well as the driver, in the pocket. He has tried to blame the government for his mismanagement of Transport for London (TfL) and has only himself to blame for the financial black hole which has been created in their accounts. The government has already bailed TfL out to the tune of £4.5 billion since 2020, but Khan always wants more.

Actors nominated for awards

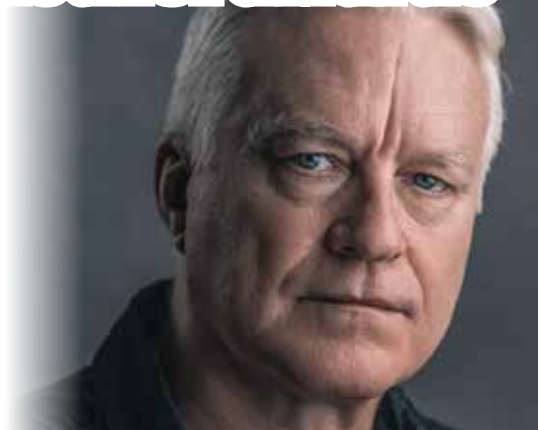
Queen's Theatre Hornchurch is celebrating a second award nomination for its revival of Arthur Miller's powerful drama, *All My Sons*.

David Hounslow (pictured), who plays Joe Keller, has been nominated for Lead Performance in a Play at the OffWestEnd Theatre Awards (Offies). This follows a recent nomination for Oliver Hembrough, who plays Chris Keller in *All My Sons*, for Supporting Performance in a Play at the same awards.

David, who is best known for his roles in *Coronation Street* and *Doctors*, took on the role in performances between February 10 and March 12.

He said: "Playing Joe is an absolute joy. He is a strong yet delusional man who is living a lie, a lie that he has convinced himself to be the truth. He is a flawed but likeable character. Audiences recognise his working-class origins – the self-made man, following the capitalist dream and prepared to make a dreadful compromise to maintain his place. It is one of the greatest plays of the 20th century. I am delighted with this nomination."

Director Douglas Rintoul said: "We could not be more delighted that David has been recognised for his role in *All My Sons*. He brings such depth to



the character of Joe who, although flawed, we can recognise as a man who is just doing what he has learned is the 'right' thing to do by society, and asks us all as an audience to look more deeply into the costs of the choices we are making."

These nominations are for the 2023 Offies, so the winners will not be announced until early next year.

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Permission sought to turn snooker club into flats

A planning application has been submitted to convert a snooker hall in Hornchurch into five apartments. The applicant, Parkhall Estates, is seeking permission from Havering London Borough Council to convert the first floor of Knights Snooker and Pool Club, on 127-133 High Street, into one one-bedroom and four two-bedroom apartments. According to the plans, the existing staircase would

become an entrance for the new dwellings, while little change would be made to the High Street frontage. To find out more about the planning application, search reference P0099.22 on the Havering London Borough Council planning portal. Parkhall Estates and Knights Snooker and Pool Club were contacted for comment but hadn't responded at the time of going to print.



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Councillor lays golden brick at development

The Leader of Havering London Borough Council (pictured third from left), has laid the 'golden brick' at a landmark development in Hornchurch. Councillor Damian White performed the symbolic duty, declaring the structure to be "residential" for tax reasons, last month at the development at the former St George's Hospital site off Suttons Lane, which Bellway purchased for more than £40million in 2018 in what was at the time the biggest land sale in NHS history. Bellway is delivering 356 new homes at the development, with 280 homes for private sale and 76 affordable homes being built within the development, including 36 for Havering London Borough Council, which will be provided for local people through rent or shared ownership. The council's wholly owned development company, Mercury Land Holdings, is project managing the delivery of the new homes in partnership with Bellway. Cllr White said: "It has been great to visit the site and see first-hand the progress that's being made. "While our regeneration projects are going to deliver new homes and communities in the future, we have to



address the current shortage." Tom Sherriff, managing director for Bellway London, said: "With construction work now well underway, the event was a fitting way to mark another milestone in a project which is delivering hundreds of much-needed homes to the area. "Bellway is proud to have worked with Havering London Borough Council and Mercury Land Holdings to provide affordable homes at the development, giving more local people the opportunity to find a new home while staying close to family and friends in the area."

Photo credit: Havering Council



Liam NASH GOAL!



Photo credit: Hornchurch FC

Urchins win despite 70 minutes without a keeper

Hornchurch FC climbed to fourth in the Isthmian Premier Table thanks to a midweek win against mid-table side, Corinthian-Casuals, on March 22.

What's more, the home side won 2-0 despite going down to 10 men just 20 minutes into the game. Disaster struck when Hornchurch keeper Joe Wright, who was playing his 100th match for the club, ran out a fraction too far when Casuals played a long through ball, and he handled outside the area.

When he was shown a red card, outfielder Joe Christou went in goal in the absence of a reserve keeper on the bench.

Luckily, Hornchurch already had a 1-0 lead, Tom Wraight having scored in the second minute.

With 78 minutes gone, and Hornchurch still holding

on to their narrow lead, there came an incredible run down the left by Tobi Joseph, who pulled the ball back to Tom Wraight, who swept the ball into the centre for Liam Nash (pictured) to slide home.

Six minutes left in normal time and Joe Christou punched away a corner from Cheklit. The ball was promptly played back into the middle, where Christou saved again, with the crowd now in good voice.

A minute later, Hornchurch had a great chance to increase their lead, when a Wraight free kick found Muldoon, but his shot was wide.

Lewis Spence tried one of his trademark 40 yarders, which had Agboola scrambling back in an attempt to save, but the ball drifted wide, as Hornchurch held on to take a deserved victory.

Best small businesses honoured at awards

Small businesses in Hornchurch celebrated their victories at the first annual Havering Small Business Awards on March 16.

Havering London Borough Council received more than 15,000 votes from members of the public, with more than 250 individual businesses nominated.

The winners were presented with their prizes – a trophy, certificate and vinyl 'winners' sticker – at a ceremony at Premiere Cinemas in Romford.

The Best Beauty or Service Business award went to The Vanilla Room in Hornchurch, with Upminster Sports Massage and Pilates Studio being awarded for

Best Customer Service.

Wings Plastering was crowned as Havering's Best Tradesperson, while Best Newcomer went to desserts takeaway, Simply Wafflez, and Hornchurch's Best Sellers won the Best Shopfront award.

American-style sweet shop, Mr P's CornerShop, in Romford, was crowned Havering Small Business of the Year, as well scooping the Best Small or Independent Business award.

Meanwhile, Essex-based The Baby Bank HQ won the Best Social Enterprise or Community Interest Company category.

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Photo credit: David Hawgood



Leader of the council opposes ULEZ expansion

Leader of Havering London Borough Council, councillor Damian White, has spoken out following the announcement that the Ultra Low Emission Zone (ULEZ) could be expanded to the whole of Greater London, including Hornchurch, by 2023.

Plans announced by Mayor of London Sadiq Khan last month will see the zone expanded from the end of next year to cover the whole city, which will include Hornchurch and the surrounding Havering area.

The ULEZ charges drivers £12.50 daily for vehicles that are non-compliant with emissions standards.

Cllr White has accused the expansion of being nothing more than a quick fix for the financial troubles of Transport for London (TfL).

He said: "Obviously, as a council, we wish to improve air quality in London, but this smacks as a way of raising money for a cash-strapped TfL."

"Secondly, this penalises boroughs such as

Havering, which has low public transport investment with a lack of decent TfL buses and routes.

"Until some of these problems are resolved, we will not be supporting this proposed increase."

The plans are currently under investigation, and will only be implemented following a consultation period.

A spokesperson for the Mayor of London said: "Only people driving the most polluting cars will have to pay the ULEZ – and the mayor has committed to as big a scrappage scheme as is feasible in order to help Londoners most in need clean up their vehicles."

"Too often we have seen measures to tackle air pollution and the climate emergency delayed because it's viewed as being too hard or politically inconvenient, but the mayor is not willing to put off making the changes that are in his power. The proposal to extend the ULEZ will have the biggest effect on emissions and congestion relative to the potential financial impact."

Council and police launch new safety platform

Hornchurch residents will benefit from a new scheme being launched across the borough to improve community safety.

Havering London Borough Council is working with the Metropolitan Police to create a new neighbourhood watch scheme.

Online Watch Link (OWL) makes it easier for residents and communities across the borough to keep up to date with incidents in their local area.

This includes issues of crime and antisocial behaviour, and gives residents the chance to hear about the action being taken to resolve these problems.

Chief Inspector Chris Nixon, from the Neighbourhood Policing Team, said: "This system means residents will get to hear directly from the police on incidents and events that may concern and matter to them."

Residents can sign up for free alerts at www.owl.co.uk to receive emails about incidents in Hornchurch.



News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

Will you be voting?

The local elections are taking place on May 5. This will be to elect your local councillors and will determine who runs the council for the next four years.

The Conservatives have been in power for the last 20 years. Are you happy with the way things have been run? Is it time for change?

The mix of the current 54 councillors in Havering is 25 Conservative, 19 Residents' Association, five Labour and five other, giving the Conservatives the overall majority and therefore control of how the council is run.

In this election, there will be 55 councillors to be elected. As you can see from the above numbers,

it won't take much for the Residents' Association to gain the majority of seats and have overall control of how the council is run.

The Residents' Association councillors live in the local area and will listen to the residents in their wards. The Residents' Association is not a political party and works solely on behalf of the local residents their councillors represent. They are not beholden to any political party.

So, when you cast your vote on Thursday, May 5, you have the chance to make a real change to how this council is run. Please pick your three candidates carefully.

To find out more about Hornchurch Residents' Association, visit its website at www.hxra.org

Mayor plants tree for jubilee

Mayor of Havering, councillor John Mylod (pictured left), planted a tree in Hornchurch last month to mark Her Majesty The Queen's Platinum Jubilee.

All 32 London borough mayors received a sapling from the Lord-Lieutenant of Greater London, Sir Kenneth Olisa OBE, at the end of last year.

Mayor Mylod planted the tree on Friday, March 11, in Langtons Gardens, Hornchurch.

Tree planting is a key theme of the jubilee celebrations this year, with The Queen's Green Canopy initiative encouraging people to "plant a tree for the jubilee" and create a legacy for future generations.

Mayor Mylod said: "Joining the other London borough mayors to honour Her Majesty The Queen's Platinum Jubilee was an honour and a privilege.

"We have all been through a challenging time with the pandemic and Her Majesty's Platinum Jubilee is the perfect opportunity for people to come together and celebrate this remarkable milestone in our country's history.

"I will continue to work with our communities in Havering to promote tree planting and greening projects, as we all want to leave a lasting environment for future generations."

This year, The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years on the throne. The landmark will be celebrated with an extended bank holiday weekend from June 2 to 5.



Photo credit: Havering Council



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GARDENING

CONTAIN YOURSELF

Five ways to master container gardening, for maximum effect

Container gardening is pretty much what it sounds like – the display of plants, flowers and herbs in containers.

Gardening this way offers variety, flexibility and a great deal more control than placing plants in flowerbeds or around borders. To get it right, you need to abide by a few simple rules.

ONE:
Location location location

The ability for your plants to flourish will almost certainly depend on location. Around six hours of sunlight a day and a south-facing position will offer them the best chance to make something of themselves.

TWO:
Choose your container wisely

While containers come in all shapes and sizes and cater for various budgets, the golden rule is to allow adequate room for your plants to grow, and to ensure there is adequate drainage in the bottom.

THREE:
Heavily soiled

You can pick up a bag of high-nutrient, moisture-retaining, airy soil at the garden centre for less than the price of a glass of wine, and it will be considerably better for your plants than standard garden soil.

FOUR:
Water lovely plant

Try to water plants every morning to allow them to flourish during the day. Watering in strong sunlight runs the risk of leaves being singed. Positioning containers next to a natural water source will help as well.

FIVE:
Feed greed

Adding nutrients, slow-release fertilisers and liquid feed to your watering can – or even directly to the container – will give your soil and your plant a perfect boost each day, as well as helping it to fend off any nasties.



Photo credit: idealhome.co.uk

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GARDENING

Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space. Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends. Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends. Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

MEASURE YOUR SPACE: You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

FIND THE RIGHT APPLIANCES: Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

GET YOUR CONNECTIONS IN PLACE: You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

BUILD A SHELTER TO COVER ALL WEATHER: A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

MAKE SURE YOU'VE GOT ENOUGH STORAGE: Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.



Photo credit: Grillo via housetobeautiful.com, Morso/Landform Consultants/area via ideallhome.co.uk



PLANTS THAT STAVE OFF SLUGS AND SNAILS

Are you being driven to distraction by slugs and snails in your garden? If the answer is yes, then a few well-placed plants are just the solution you have been seeking.

FERNS: Ferns are low-maintenance, hardy, and make an attractive addition to any sized garden. Plus, they are way down on the list of the favourite foods of slugs and snails as their thick leaves are hard to chew. Plant in a moist, well-drained spot for optimum results.

HYDRANGEAS: Instantly recognisable by their pretty pink, blue and white flowers, hydrangeas may appear beautiful to us, but, fortunately, this is not the case for slugs and snails. With the ability to create the ultimate barrier against these slimy creatures, hydrangeas thrive in moist, well-drained spots with some shade.

LAVENDER: While this sweet-smelling herb does attract the attention of bees, its strong fragrance is off-putting for slugs and snails. Place lavender strategically around your garden to help protect your other plants from the destructive habits of gastropods.

GERANIUMS: Geraniums are not an attractive option for slugs and snails as travelling across their hairy stems and leaves is too uncomfortable. There are more than 300 species of geraniums, so you are guaranteed to find one that complements your garden.

FOXGLOVES: Foxgloves can be perennial or biennial and produce stunning bell-shaped flowers that sit on long, swaying stems. Toxic when eaten by slugs and snails, as well as humans, foxgloves look lovely in borders around your garden.

OTHER WAYS TO DISCOURAGE SLUGS AND SNAILS

- > Create barriers with crushed eggshells, pine needles or thorny cuttings
- > Remove slug shelters such as bricks and large logs
- > Lay down copper tape around your plants
- > Sprinkle a little salt on your most valuable plants.



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Guide to the best hot springs in the world



TRAVEL



Pamukkale Thermal Pools



Banjar Hot Springs



Kerosene Creek



Cascade del Mulino

While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.

blue Lagoon geothermal spa, iceland: One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.

pamukkale thermal pools, turkey: Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.

banjar hot springs, bali: The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.

kerosene creek, new zealand: New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

cascade del mulino, italy: One of Tuscany's most popular spots, the Cascade del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?

Photo credit: Unsplash under Creative Commons/jef-sheldon

Reaching for REPTILES

THE REPTILES THAT MAKE GREAT PETS... AND THOSE THAT DON'T



The lure of sharing time and space with reptiles links us back to a rugged and prehistoric past – after all, these creatures date right the way back to when dinosaurs were roaming the planet.

An acquired taste, certainly, reptiles can be great pets, are largely self-sufficient, and act as a constant source of wonder for kids and adults alike.



Bearded dragons

A dragon by name, but in truth more of a lizard, this gentle creature isn't the most sociable of its kind, but enjoys being handled nonetheless. They have a varied diet, including vegetables, crickets and worms, and can live for more than a decade.

Leopard geckos

Leopard geckos can live twice as long as the bearded dragon and are nocturnal, so will stress if not allowed time to relax in dark spaces. You'll need to ensure they have cover in their terrarium, and keeping two males together is a strict no-no as they are known to fight.



Box turtles

Box turtles may look cute, but they are a lifelong commitment and can live for more than 40 years. This pet is not suitable for kids – despite their sluggish demeanour, the turtle has complex care requirements, can suffer from anxiety, and requires cleaning out each week.

Chameleons

We know chameleons are ever-changing, ever-evolving creatures, and that extends right the way through to liking different temperatures at different times of the day, so as maintenance goes, they require more than most.

Factor in a need for good ventilation and natural sunlight, and a preference for living in trees, and it all points to this being a tricky reptile to maintain unless you can ensure plenty of foliage and a clean, non-toxic surrounding.



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OUR Queen

This year, Her Royal Highness, Queen Elizabeth II, will celebrate her Platinum Jubilee, marking 70 years of service on the throne and cementing her as Britain's longest-serving monarch.

After reigning for so long, the Queen has had a wonderful and interesting life. But how much do you know about the Queen? Here are some facts you may not have heard before.

THE QUEEN HAS TWO BIRTHDAYS

I'm sure we'd all love two birthdays, especially if only one adds another year to our age. The Queen has two birthdays: April 21 – the day she was born – and her 'official' birthday, which takes place on the second Saturday in June with a celebration known as Trooping the Colour. This is so that her birthday can be celebrated when the weather is better.

THE QUEEN SUPPORTS ARSENAL

Whoever knew Her Majesty is a Gunner?

THE QUEEN DOESN'T NEED A PASSPORT...

British passports might be issued in her name, but the Queen herself doesn't need a passport. She's never needed a passport to travel, but has visited more than 100 countries.

...OR A DRIVING LICENCE

The Queen is the only person in the UK who doesn't

need a licence to drive. She continues to drive at 95 years old.

THE QUEEN LIVES AT WINDSOR CASTLE

Windsor Castle is one of 26 royal residences and also has the title of being the largest castle in Britain.

THE QUEEN OWNS STRANGE PETS

The Queen is famous for owning corgis, but she also owns an elephant, two giant turtles, a jaguar and some sloths. They were all gifts from overseas and live at London Zoo.

THE QUEEN'S NICKNAME IS 'LILIBET'

Which is the name Prince Harry and Meghan Markle chose for their first daughter – Lilibet Diana Mountbatten-Windsor.

And there you have it. Now you know a bit more about Her Majesty ahead of her Platinum Jubilee.

Photo credit: Alessia Penderonico/Shutterstock.com

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BRUCE KING

on why people buy



BUSINESS & PROPERTY



What shall we buy?

In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

More information:

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



How to choose an ESTATE AGENT

If you are looking to sell your home, the right estate agent is worth their weight in gold. However, how do you weed out the weak from the wonderful?

COMPILE A SHORTLIST

Don't just decide upon the first estate agent that you see or the one that puts the most leaflets through your door. Instead, compile a shortlist using recommendations from family and friends, online reviews and testimonials. You should also look for an estate agent that has experience selling properties similar to yours.

CHECK THEIR PERFORMANCE

Once you have your shortlist, invite each estate agent round to your home to discuss their offerings and to conduct a valuation. This is the perfect opportunity to find out more about how they operate. You may want to ask:
➤ How quickly do they sell homes?
➤ Are they a member of an accredited independent ombudsman service?

- What would they do if your property was not selling as quickly as you would like or at the price you expected?
- Do they carry out viewings at weekends?

FIND OUT THE FEE

You need to know what percentage of the sale price each estate agent would take upon completion. Currently, the average estate agent fee in the UK is 1.18 per cent for a sole agency agreement. Going with a sole agency usually means a lower fee, but this does mean that you only have one agency marketing your property. Remember these fees are negotiable.

HIGH STREET VS ONLINE-ONLY AGENT

Online-only estate agents such as Purplebricks make up only five per cent of the overall property market, yet they are increasing in popularity. These typically have a fixed fee that needs to be paid up front, rather than the 'no sale no fee' commission charged by high-street companies.

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We're living in an uncertain era prompted by a pandemic, lockdowns and insecurity for the future. The result of all this is, more than ever before, a desire in people to take greater responsibility for their own actions – across health, employment and, of course, finances.

So while we can't be totally sure of what's to come, we can at least organise our money and budget according to what's laid out in front of us, and that has made cash management apps really popular. Here is a selection of some of the best on the market:

EMMA (free or £59.99 for enhanced annual subscription)

Emma assesses all spending, including loan and credit card repayments, and works out a full schedule of income and expenditure so that you can restrict or extend depending on where you are at certain points of the month.

Handily, it integrates with the likes of Boots, B&Q and Gousto to offer cashback initiatives. However, the constant pushing to upgrade to the paid product can become annoying.

MONEY DASHBOARD (free)

This app operates in much the same way as Emma, but plots graphical representations to take a deeper dive into personal finances.

YOLT (free)

This app comes with a prepaid debit card as well as a set of money management tools. This gives greater control and enables a 360-degree solution for consumer spending that is reported directly back into the app, meaning no money will mysteriously go missing.

PLUM (free or up to £3 per month for premium)

An app for savers, this tool is great for those who want to know, on a month-by-month basis, how much they can afford to put to one side.

Premium options even offer opportunities by which money can be invested directly from the app.



TECHNOLOGY

BRITAIN'S GREATEST SPORTING MOMENTS...

THE GREAT *Dame*

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold

SPORT

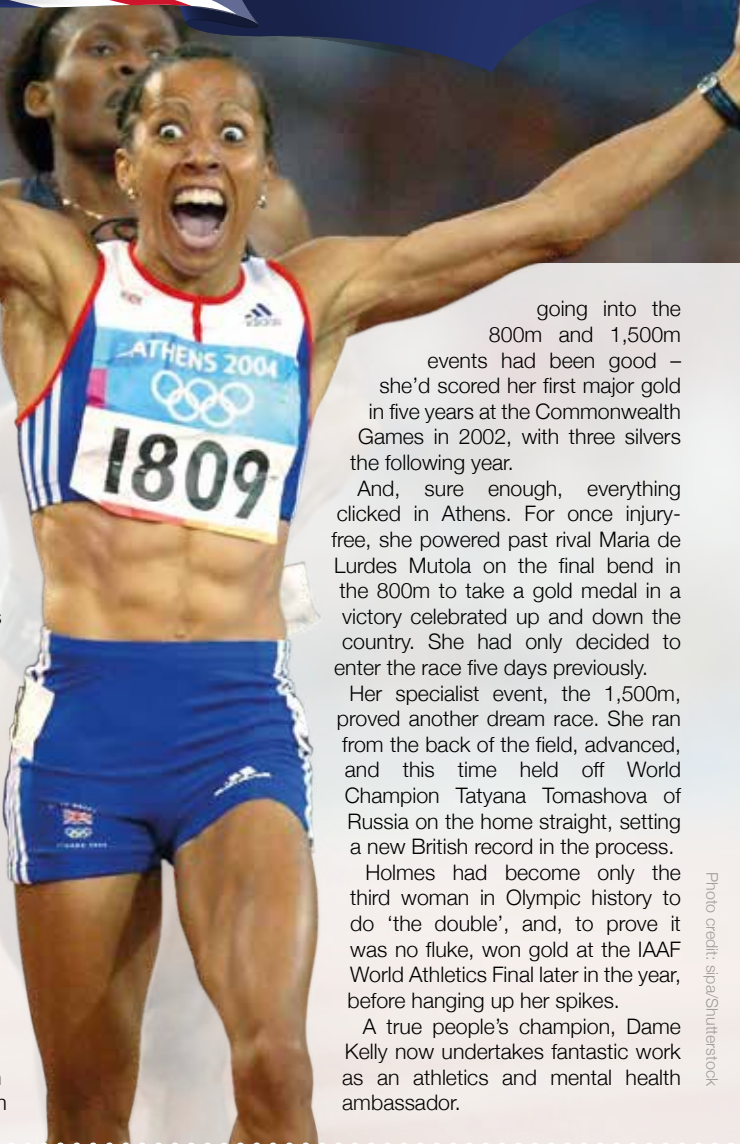
It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form



going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialist event, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

Photo credit: sipa/Shutterstock

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MOTORING



MAGNIFICENT MOTORS

THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

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PUZZLES & TRIVIA



PUZZLES

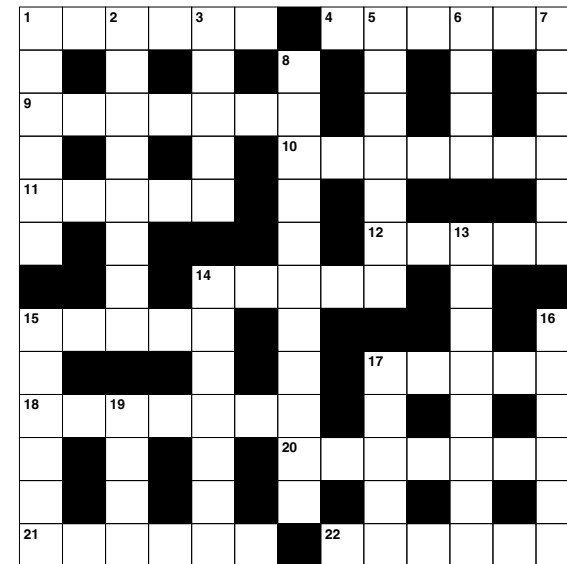
Answers: see end of The VISION Listings

ACROSS

- Creative act (6)
- Pertaining to vinegar (6)
- Nerve impulses (7)
- Not solid or liquid (7)
- Send money in payment (5)
- Country in North East Africa (5)
- Loathe (5)
- Sense of seeing (5)
- Wrong (5)
- Light shoes (7)
- Prior (7)
- Enjoy greatly (6)
- Large eel (6)

DOWN

- Wish for (6)
- Propelling the body through water (8)
- Haggard (5)
- Small mat (7)
- A group of three (4)
- Form-fitting garment (6)
- Sea beacons (11)
- Giving way under pressure (8)



- Reaches (7)
- Female sibling (6)
- Listener (6)
- Refrain from (5)
- Invalid (4)

DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

SUDOKU

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

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Puzzles 1 Across: 1. DESIGN, 4. ACETIC, 9. STIMULI, 10. GASEOUS, 11. REMIT, 12. EGYPT, 14. ABHOR, 15. SIGHT, 17. FALSE, 18. SANDALS, 20. EARLIER, 21. RELISH, 22. CONGER DOWN, 1. DESIRE, 2. SWIMMING, 3. GAUNT, 5. COASTER, 6. TRIO, 7. CORSET, 8. LIGHTHOUSE, 13. YIELDING, 14. ATTAINS, 15. SISTER, 16. HEARER, 17. FORGO, 19. NULL, 21. OBAMA, 22. URE, 23. TRAIN, 24. ASSOCIATION DOWN, 2. ESTATES, 3. CADENZA, 4. IMPUGN, 5. AESOP, 6. EVOKE, 7. AD INFINITUM, 8. LEGERDEMAIN, 14. COCONUT, 15. ORLANDO, 17. SALAMI, 19. LEERS, 20. OUTDO, 21. DEACTIVATED, 9. DUPES, 11. IRATE, 12. PEEVE, 13. FREEZING, 16. OSBOURNE, 18. IGLOO, PUZZLES 2 Across: 1. DEACTIVATED, 9. DUPES, 11. IRATE, 12. PEEVE, 13. FREEZING, 16. OSBOURNE, 18. IGLOO,



PUZZLES & TRIVIA

PUZZLES

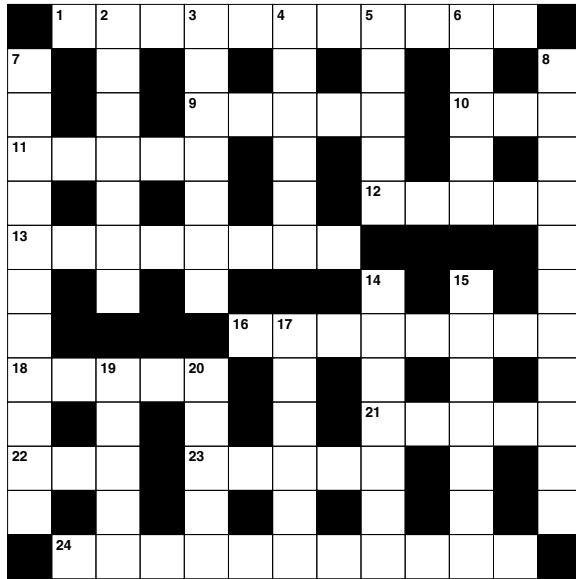
Answers: see end of The VISION Listings

ACROSS

- 1. Switched off (11)
- 9. Deceives or misleads (5)
- 10. Roe (anag.) (3)
- 11. Angry (5)
- 12. Annoy (5)
- 13. Changing from water to ice (8)
- 16. Ozzy ____: Black Sabbath vocalist (8)
- 18. Ice home (5)
- 21. Barack ____: US President (5)
- 22. Midge ____: Ultravox musician (3)
- 23. Locomotive (5)
- 24. Affiliation (11)

DOWN

- 2. Large tracts of land (7)
- 3. Virtuoso solo passage (7)
- 4. Call into question (6)
- 5. Greek writer of fables (5)
- 6. Bring to the conscious mind (5)
- 7. Forever (2,9)
- 8. Deception (11)
- 14. Seed with a fibrous husk and edible white flesh (7)
- 15. ____ Bloom: English Actor (7)
- 17. Highly seasoned sausage (6)
- 19. Looks slyly (5)
- 20. Exceed (5)



DID YOU KNOW

- ▶ The flea can jump 350 times its body length
- ▶ An ostrich's eye is bigger than its brain
- ▶ Camels have three eyelids to protect themselves from blowing sand
- ▶ The average lead pencil will draw a line 35 miles long or write approximately 50,000 English words
- ▶ Coca-Cola would be green if colouring weren't added to it
- ▶ The name Wendy was made up for the book Peter Pan, there was never a recorded Wendy before
- ▶ There are no clocks in Las Vegas gambling casinos

SUDOKU

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



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