



2020
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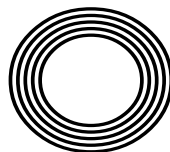
**EGG-
CELLENT
EASTER
BONNET**

**MUSCLE-
BUILDING**

7 techniques for a
full body workout

CAROLINE FLACK

*The media backlash following
the star's tragic death*



FREE

Photo credit: Dave Shopland/BPI/Shutterstock

TYSON FURY

The story behind the Gypsy King's heavyweight success

Be a little bit braver....a little bit bolder.



Rob Kahl
Office Manager
Scott & Stapleton

Over the weekend I had the great pleasure of visiting Ikea at Lakeside in search of bedroom furniture...

After winding through the retail maze, we left with a white chest of drawers and white bedside cabinets to go with our white fitted wardrobes, that sit proudly in our new white bedroom, that fits nicely with the rest of the house, which, as you may have guessed is.....well, white!

I look with envy at peoples homes, who have had the courage to be bold with their colour choices and often wish I had the same conviction. I marvel at the pink rooms, purple sofa's, yellow bathroom suites and every shade in between.

I think that if you are considering selling your property, a splash of colour can help you secure that all important buyer.

Back in the day when I first started out, it was Magnolia walls and beech laminate flooring. Then we progressed to white walls and engineered wood flooring (where I am now) and finally an elegant grey throughout, set off by tiled flooring. I often tell clients that grey is the new magnolia and by and large it is fairly neutral, inoffensive and a pleasant canvas for the majority of interior design.

When you do see something different though, it really does stand out and in a competitive market, trying to appeal to prospective purchasers, standing out is key. Give them something to remember you by. Imagine your buyer is viewing six, seven or even more properties over the course of a weekend, how is he or she going to remember your property, in a sea of grey?

When I call for feedback for vendors, following a viewing, it is common for them to have forgotten the property entirely! *'Hello Mr Smith, the property you viewed on the Marine Estate on Saturday, what*

did you think?'... 'Um, which one?'... 'The four bed detached house at £900k?....the one with the grey kitchen?'.....'Oh, the one with the white bathroom with the um....grey tiles?'....'Not to worry Mr Smith, if you can't remember, you obviously aren't interested!'. Imagine not even leaving a lasting impression! Love it or hate it, your house should at the very least be memorable.

When people sell, they often ask how to present a property, if they have, let's say, a pink ceiling (I kid you not, I've seen it with my very own eyes!) They ask if they should paint that pink ceiling and everything else neutral. Mostly my answer is a resounding, no. Don't dampen your style, just to fit in with the supposed norm - if bold is your bag, then shout about it and be proud. It may not appeal to everyone, but in a sea of grey it is guaranteed to stand out from the crowd.

“ Love it or hate it,
your house should
at the very least
be memorable. ”

If, like me, you are slightly nervous about colour choices, then baby steps might be the way. Maybe don't throw a lurid green at the walls, simply to sell. But do consider creating a bolder picture, for your audience - striking cushions, brighter curtains or a single piece of statement furniture, is more likely to stay logged in the memory bank. These things can be easy to install, create the desired impact and best of all, when you do sell, you can gather them up and take them with you.

My mantra has long been, it's not necessarily about how modern your property is inside, or even the condition it is, the three p's - presentation,



presentation, presentation. Imagine your lounge photo online - what's going to make people stop their scrolling and pause on your property, through the hundreds available to view. Is it the luminous green picture frame or the yellow splash backs in your kitchen? Either way, it doesn't matter, just make sure there is something that makes those buyers stop, look and most importantly remember your property, over the obligatory grey!

It's all very well me eyeing up those bold choices out there, now I just have to practise what I preach!

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March 2020

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www.visionmagessex.com

los@visionmag.co.uk | 01702 898026



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Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecca Fryer, Amy Pollard, Dean Shaw

CONTRIBUTORS | Tabatha Fabray, Maria Walsh, Maria Pierides

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh-on-Sea.

I was recently asked to do a talk to a small community group. These events can be anything from raucous to sombre, but they're a great

way to reach out and communicate what we do, as well as showing the way businesses and communities can benefit from having a dedicated, hyperlocal magazine on their doorstep.

In the aftermath, people generally mill about, but on this particular occasion I was bowled over by the number who came up to me to tell me how much they loved the magazine.

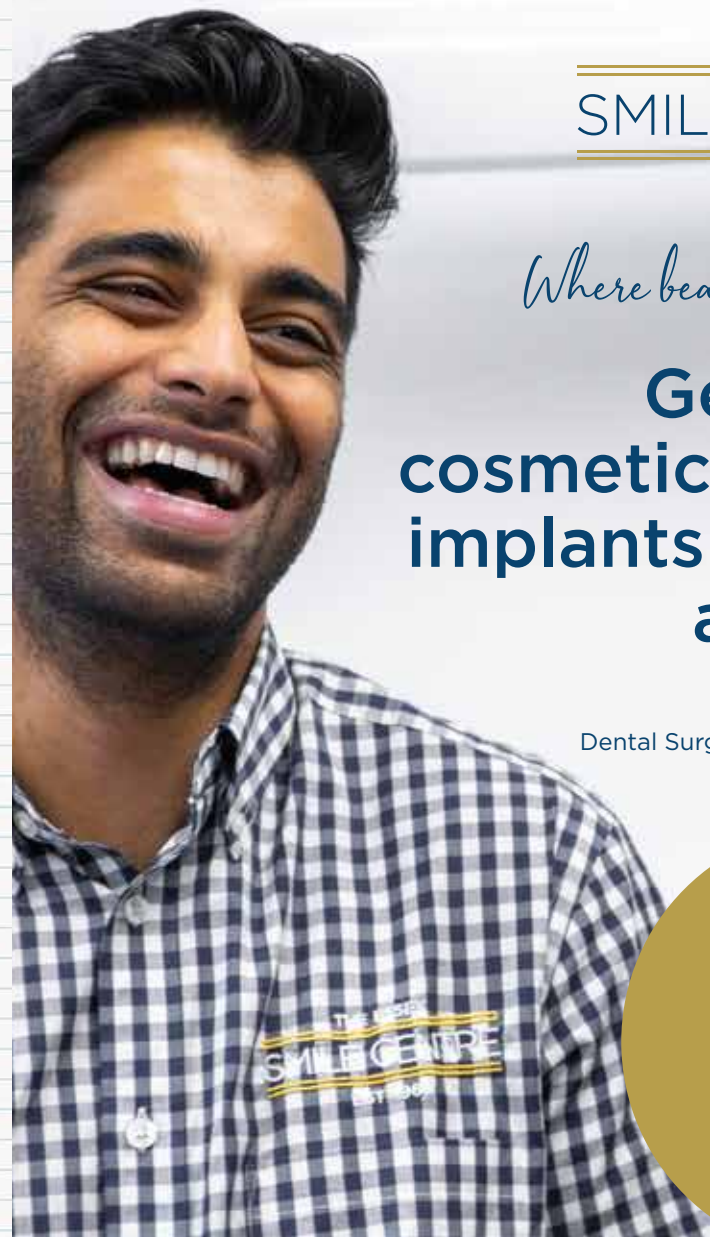
I had a retired lady saying how delighted she was to have such a high-quality title drop through her letterbox; a building contractor truly impressed with the feedback his advert was getting; and a young lad who used the title to check out what events are happening in the local area.

The point is, three very different demographics each find something inspiring and worthwhile in what we provide each month, and in the reader/advertiser relationship that fuels the whole thing, it's a shared passion for keeping the E local.

In publishing, it's easy sometimes to become lost in deadlines, spreadsheets and statistical analysis; but there is nothing quite like face-to-face feedback and hearing genuine praise.

So please keep the feedback coming - good and bad. You, our readers, are the best voice we have.

Nik



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DOWN: 1. SPITTING IMAGE, 2. CHEWY, 4. MODIFY, 5. REDISTRIBUTE, 6. IVORIES, 7. GOOD NATUREDLY, 8. HOPELESSNESS, 14. ARCHAIC, 16. ARRIVE, 19. WINCH

A MOUNTAIN AMONG MEN

A full-page background image of Kobe Bryant in a yellow and purple Los Angeles Lakers jersey, number 24. He is in a dynamic pose, jumping with his arms outstretched, looking upwards. A basketball is suspended in the air above his head. The background is dark and out of focus, showing the basketball hoop and some arena lights.

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the worlds to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28

Photo credit: Kevork Djansazian/AP/Shutterstock



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

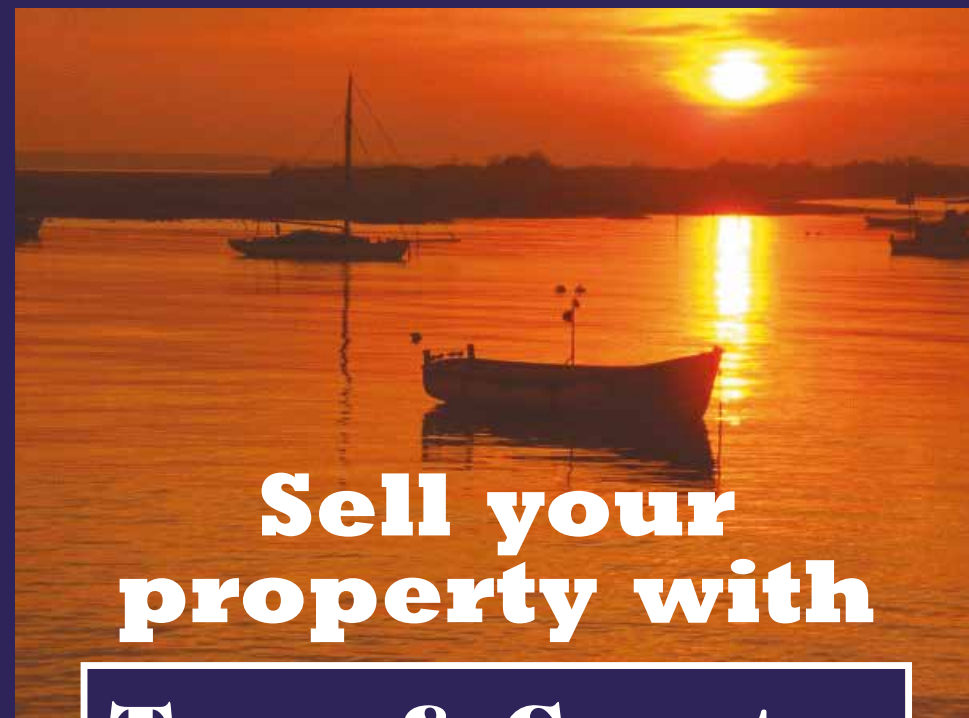
While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.



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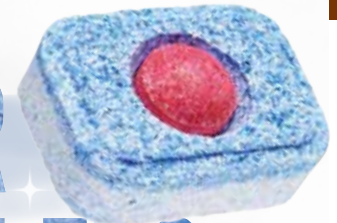
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5 *surprising* USES FOR

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Whether you have bulk bought enough dishwasher tablets to clean your whole street's washing-up three times over, or if you have mistakenly purchased the wrong brand for your dishwasher, it can be handy to know what else you can do with these clever little tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always seems to need cleaning, but oven cleaning kits can be expensive, so why not use a dishwasher tablet instead?

Simply soak the oven with warm water for 10 minutes, rub the tablet across the surface to remove stubborn grease and stains and rinse.

REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if they do so with crayons, you are in for a tough job trying to remove the marks. Fortunately, dishwasher tablets are perfect for this task. Just crumble a tablet into water to make a paste and gently rub the affected area.

ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are adamant you don't want to throw it away, then a dishwasher tablet could be your saviour. All you need to do is fill your cup three-quarters full with warm water, add a dishwasher tablet, leave for one hour and then rinse with hot water.

GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto your driveway or in your garage, then simply make a thick paste using a dishwasher tablet and some warm water, scrub into the stain and rinse with a garden hose.

CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making your toilet bowl sparkle. Just drop in a tablet, wait for it to dissolve and scrub as normal.



DIY

Mother's Day GIFTS

HERE ARE SOME GREAT HOME-MADE MOTHER'S DAY GIFTS THAT ARE SURE TO PUT A SMILE ON MUM'S FACE...

Inspirational Tea Towel

You will need: A stencil • Washed and ironed tea towel • Access to a printer • Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft knife • Cutting surface, e.g. cardboard

How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10–15 minutes.
- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.

Ombre Tie Dye Tote

You will need: Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp

How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1–2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.

Mason Jar Photo Vase

You will need: A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.

Photo credit: wemakeanything.net, hisugarplum.com, homestoriesatoz.com

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Before **After**

f



HOME & DIY

WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatching fabrics, wrought iron and wood; and most definitely no fluffy carpets.

Photo credit: Livingetc.com



LOCAL NEWS

from your neighbourhood



Student takes over as headteacher for the day

A school in Leigh-on-Sea had a new headteacher for a day after a pupil won the chance to take on the role.

Alex Miller won a school election at West Leigh Junior School, which meant he got to have a day in the school's hot seat as he became head for the day.

Alex replaced the headteacher, Mr Lear, on February 7, and he quickly left his mark.

Children were treated to games in their English and maths lessons, an extra afternoon break and an exciting whole-school art project.

Alex started his day completing a full health and safety check of the school with site manager, Mr Silver, who was extremely impressed with Alex's questions and attention to detail.

Next, he entered the staffroom to address the full staff and fill them in on his plans for the day.

Alex then delivered an assembly to the whole school, including a very inspiring story that he chose himself. He also completed break duty and helped cover the office staff lunch, as well as checking the dining hall and prefect monitor duties during lunchtime.

The afternoon was just as busy as the morning, including a meeting with the chair of governors and editing the weekly newsletter.

Talking about Alex's day as headteacher, the school said: "Everyone commented on Alex's enthusiasm, professionalism and the hard work that he had put into preparing for the day. He was a fantastic headteacher – Mr Lear might need to watch out."

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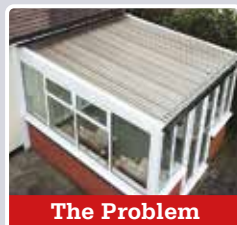
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Tributes paid to brave and inspirational teenager



Tributes have been paid to a brave Leigh-on-Sea schoolgirl who sadly passed away after a battle with brain cancer.

Lily Wythe, 14, who attended Eastwood Academy, had an incurable form of brain cancer and died on February 15.

However, the inspiring teenager bravely battled the disease while the community rallied behind her to raise £300,000 for treatment that's not available in the UK.

Unfortunately, Lily was unable to benefit from the money raised to get her treatment at Seattle Children's Hospital, but it underlined the impact she had on others.

Since she died, tributes have been paid, with hundreds of people leaving messages of support on her Facebook campaign page.

Meanwhile, dozens of yellow flowers were left outside her school.

News of Lily's passing was shared in an emotional post on her fundraising page by her mother.

It said: "It's with the heaviest of hearts we announce the passing of our beautiful brave Lily.

"On February 13, Lily suffered a huge seizure, she was ventilated and we were transferred to Addenbrooks Paediatric Intensive Care Unit.

"On Friday she was removed from breathing apparatus and seemed to be doing well.

"During the evening she struggled to breathe alone, she also had regular intervals where she was unresponsive and continued to have seizures.

"She fought long and hard all-day Saturday into this morning. We are utterly heartbroken but we couldn't be more proud of our girl. Fly high beautiful, cancer free and forever 14-years-old."

Her school paid tribute to her on its website. It said: "It is with great sadness that we recently learned of the passing of Lily.

"Her loss marks a very sad day for all those who knew her. Our thoughts are with her family and friends during this very difficult time. Rest in peace now #bravelily."

Series details how crimes are solved

A BBC documentary series detailing how police have solved serious crimes, including in Leigh-on-Sea, started on February 24.

Murder 24/7 follows Essex Police's major crime team from the moment a crime happens right through to arrest and conclusion in court.

Some of the cases in the documentary include the murder of Courtney Valentine-Brown for which Ian Slater, 50, of Leigh-on-Sea was convicted of murder.

The series also followed the investigation into the death of 79-year-old June Knight.

June was killed by her only son, Robert from Leigh-on-Sea, after being pushed off a balcony.

Robert, 53, says he killed her to "end her suffering" as she had been receiving end-of-life palliative care.

He claimed he had thought of other ways to end her life, such as holding a pillow over her face, but said it wasn't something he could do.

In the end he pushed her off a balcony and she fell to her death.

Despite admitting and being found guilty of manslaughter, Knight was spared jail.

However, he was handed a 24-month sentence which was then suspended for 24 months.

Essex Police said: "The documentary series shows how officers from across Essex Police come together to support each other when a murder happens – from senior investigating officers who lead a murder investigation to manhunt specialists, blood spatter and forensic specialists, phone and intelligence analysts and uniformed officers who are often the first to arrive at the scene of a crime.

"It is the first time that Essex Police has opened its doors to the public, allowing unprecedented access to a team of filmmakers from production company Expectation Factual, to show the work of our major crime team detectives who investigate the most serious of crimes."

Murder 24/7 can be found on BBC iPlayer.



Photo credit: BBC Expectation Factual Jon Attenborough

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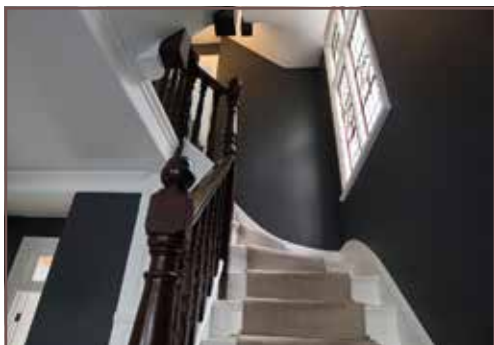
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Leigh-on-Sea

TOWN COUNCIL

In October 2018, the council launched a new monthly social club for local residents over 60 as a way to help combat social isolation and loneliness for some of our elderly residents.

As of the start of 2020, the council has increased the amount of sessions available and the club will now run on the first and third Wednesday of the month at 2pm – 3.30pm.

The club takes place in Room 3 at Leigh Community Centre. The building is fully accessible, with ramps at the entrances, a lift and a disabled toilet. There is also a cafe on site serving hot drinks, cakes and lunches if you needed anything to eat during your visit.

The Social Club is a friendly group which is helped by several local volunteers. We always aim to make

people feel welcome, and we run different activities at each session, so you will get the chance to learn something new and try new things.

Refreshments are included; there is unlimited tea and coffee as well as biscuits, and at special events throughout the year we have extra treats as well. Each session costs just £2.

We regretfully are unable to offer transport to the Club, but Age Concern Southend may be able to help. It provides a transport scheme for people who struggle to get out of the house, at a cost of fuel by mile, making it very affordable compared to a normal taxi service. Call 01702 345373 for more information.



Photo credit: Twitter @eastwoodsport

Coronavirus advice for ski trip pupils

Public Health England (PHE) has issued advice to pupils at a Leigh-on-Sea school after they returned from coronavirus hit Italy.

A group of pupils from The Eastwood Academy spent February half term skiing in Italy and returned before the epidemic spread more widely through the country.

Following their return, the school's principal, Mr Houchen, issued an update to parents on February 26.

He said: "Following recent coverage with respect to the spread of coronavirus, I wish to provide some clarity with regard to that which has been reported.

"During the half-term closure period, a party of pupils

and staff attended an annual ski trip in Temu, Tonale, Italy.

"This area of Italy is not a specific lockdown area as designated by the government of Italy and the ski resort remains open."

The advice from PHE to those who returned from the ski trip says: "Travellers do not need to undertake any special measures, but if they develop symptoms, however mild, they should self-isolate.

"They should also call NHS 111 for advice. They do not need to follow this advice if they do not have any symptoms."



LOCAL NEWS

SIR DAVID AMESS MP



Member of Parliament for Southend West



The Prime Minister has now formed a new government, so we know with some certainty who the key members of his cabinet are.

As a local MP I will not hesitate to raise matters of concern to local residents with appropriate ministers and challenge their conclusions if I disagree with them.

My primary ambition now is for Southend to become a city, and accordingly a local committee has been formed to launch the bid. If any reader would like to get involved with this project, I would be delighted to hear from them via my Westminster office.

Southend is more than big enough to be declared a city, and while size of population is important, you do not need a cathedral to make it happen.

Talking to other colleagues who represent cities,

the status pays dividends in terms of attracting future investment, and I have already started inviting ambassadors and high commissioners to Southend not only to build cultural and education links, but also to attract inward investment.

On a recent trip to Qatar I met the Emir and raised with him two potential local projects – a marina and a new care centre. In the coming months we will have visits from India, Japan and Thailand, just for starters, and, working with the local authority, I will do my best to ensure that local businesses and residents who have an interest in these countries are made aware of the visits.

Other Members of Parliament continually boast about the areas in which they live, yet in reality they do not have the unique qualities that Southend can offer, with the beauty that the tidal coastline reveals.

Artist proves life and art begins at 60

Quitting your job and pursuing your passion is never an easy decision, but Essex artist Barry Andrews is proof it could be a life-changing one.

Barry left his corporate job at the age of 56 to chase his dream of becoming an artist.

He went on to study at university and is now a successful artist. Barry's art adorns the walls in Chelsea homes, Claridges, Paris and the USA.

Talking to **VISION** Leigh-on-Sea about his journey, Barry said: "I wasn't fulfilled or happy in my job, so I never saw it as a brave choice.

"I knew I didn't want to be a weekend painter, or just dabble; I wanted to know and understand the psychology behind it – the emotions of painting.

"I contacted a handful of the artists I admired – Nick Botting was one of them. He wrote to me saying, 'If you are going to do this, you need to go back to school and study, take the formal route,' so I did.

"Others in my life questioned my choice, but with the unwavering love and support of my wife, Jan, I dismissed the naysayers, returned to university and graduated with a first-class degree in fine art at the age of 59.

"My style is neither figurative, nor abstract; it's what I



see and feel based on the drawings I've made – it's a spontaneous reaction.

"Being an artist is a lifetime journey; the more you read, the more you sketch, the more you listen and learn all impacts upon your work.

"I feel very lucky to have an incredible family and a career I am passionate about. Not all artists achieve both."

Barry is inspired by the surrounding brackish landscape, the people he loves and The Rolling Stones.

For more on Barry, visit www.barryandrews.co.uk

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Dick Davies MONTHLY ROUND UP

SPORTS
CORRESPONDENT
BBC ESSEX



Photo credit: Southend United FC

January is the only “transfer window” during the English football season; it is the period when football clubs can transfer players from other playing staffs into their own.

For struggling Southend United, this opportunity was anticipated as a possible time of salvation as the Blues desperately try to avoid being relegated back to the fourth tier of football after five seasons in League One.

Sadly, this did not materialise. Southend were unable to sign any new players, whereas five players left, including Nathan Bishop, who must have been delighted to sign for mighty Manchester United.

In any sphere of activity, especially sport, a settled and consistent group is more likely to succeed than one in which changes are constantly being made: after 32 matches, 39 different players had represented the team.

None of this is the fault of manager Sol Campbell, for he is one of the victims of a situation in which there

appears to be no impending investment in the future of the club by those in a position to do so.

The supporters are, justifiably, frustrated, as Campbell must surely be, although, wisely, he keeps his feelings to himself. One can only conjecture as to what promises may have been made to him when being interviewed for the post last autumn.

Relegation is not yet a certainty, but it would be a brave man who bets against it – and there’s a very thin line between bravery and folly.

On a happier note, a little piece of history was made in mid-February when goalkeeper Harry Seaden made his debut.

His father, John, also played for Southend during the 1980s, and such a father/son duo had never occurred for the club before.

Every team in sport goes through its lean times. Sport is a fickle friend and its fans are kept buoyant by the sure knowledge that the good times are always around the corner.



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PLANT OF THE MONTH:

Asparagus

Asparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2-3 days.

Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.



BRITISH BULLDOGS

TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.



Photo credit: Dave Shopland/BPI/Shutterstock



PETS

What's in your pet's



In all likelihood, you probably haven't thought that much about what ingredients are in your pet's food. You have simply picked a brand that is well known, cost effective or that you know your pet will eat. However, maybe it's time you started to look a bit more closely at the preservatives that your preferred pet food contains.

Why do pet companies add preservatives to pet food?

Preservatives are essential for dry pet food as without it the fat in the food would oxidise and go bad. Wet pet food, on the other hand, does not need to have preservatives added as the seal on the can or pouch will keep the contents fresh. Preservatives are also added to pet treats.

Are preservatives bad for pets?

There are some preservatives that are natural, and these do not have a detrimental effect on your pet's health; in fact, they can be beneficial for your pet. However, chemical preservatives that are added have been linked to cancer and other health issues.

Natural preservatives and their benefits

- Vitamin C (ascorbic acid) – supports your pet's immune system
- Vitamin E (tocopherols) – improves digestion and heart health
- Rosemary – good source of iron and contains anti-cancer properties

Chemical preservatives and their risks

- Butylated hydroxytoluene – identified as a suspicious cancer-causing compound
- Butylated hydroxyanisole – identified as a possible carcinogen
- Tertiary butylhydroquinone – prolonged exposure has been linked to stomach cancer
- Propyl gallate – this is prohibited from being used in infants' or children's food as it has been linked to the blood disorder methaemoglobin

Food dyes are also often used in pet food but have been known to contribute to hypersensitivity reactions and behavioural problems. The caramel colour is particularly dangerous as it contains 4-MEI, which is a known animal carcinogen.



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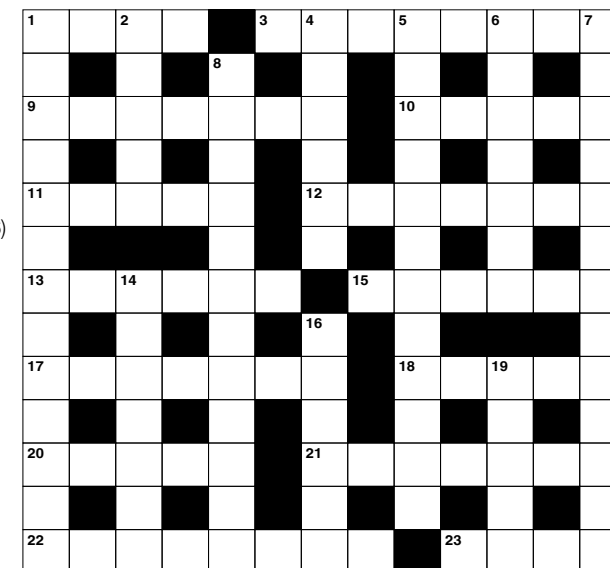
Answers can be found on the Contents Page 4

ACROSS

- Unwell (4)
- Coming out of (8)
- Freezing (3,4)
- Italian cathedral (5)
- Herb (5)
- Mode (7)
- Make tidier (6)
- Adjust in advance of its use (6)
- Sharp tooth (7)
- Shady spot under trees (5)
- Ornamental stone (5)
- Chanted (7)
- Overabundances (8)
- Dairy product (4)

DOWN

- Perfect likeness or double (8,5)
- Requiring much mastication (5)
- Change (6)
- Reallocate (12)
- Traditional piano keys (7)
- Amiably (4,9)
- Despair (12)
- Antiquated (7)



16. Reach a destination (6)

19. Lifting device (5)

DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

SUDOKU

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MUSCLE

mania

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out.

Men and women alike can incorporate the following muscle-building techniques into their workout routine.



SQUATS

Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.



DIPS

If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.



PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.



BENCH PRESS

The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.



OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.



ROWS

If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.



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LET'S
GET

Messy

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.

STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

STEP 11: Optional – alter the shape of your bun using pins to secure in place.

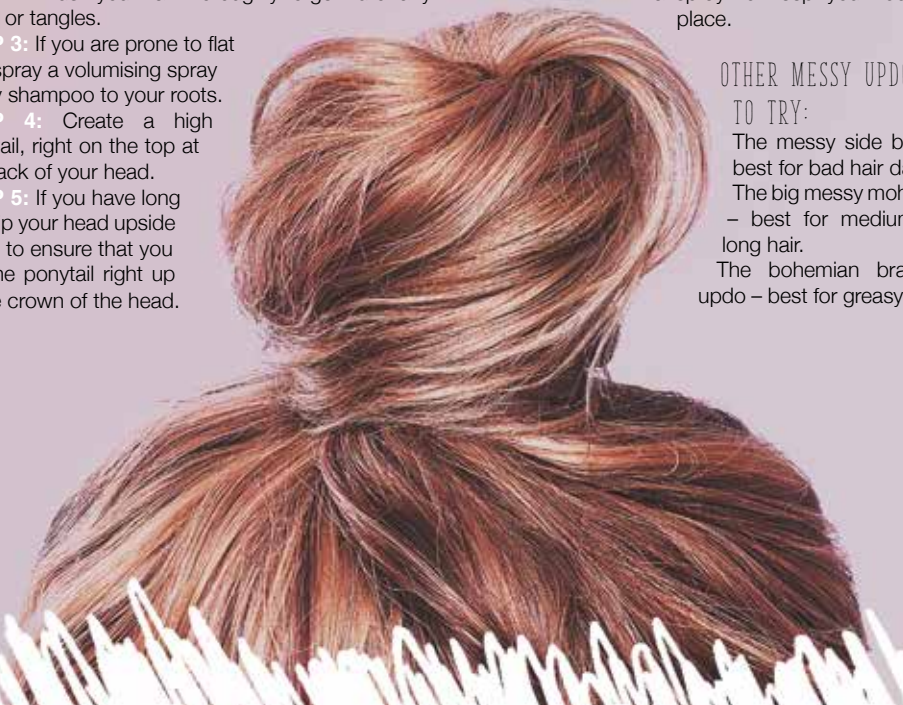
STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS
TO TRY:

The messy side bun – best for bad hair days.

The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.



How to make an

EGGCELLENT

Easter bonnet



With Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays.

With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

1. The Traditional Bonnet

Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet

If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet

This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet

If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

Photo credit: www.netmums.com



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FOOD & DRINK



Fine Foodies

We have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

Olive oil

A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

Natural yoghurt

High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

Berries

An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

Broccoli

Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

Sweet potatoes

Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...





YOUR DEFINITIVE GUIDE TO Chocolate

DIFFERENT CHOCOLATE VARIETIES EXPLAINED, AND HOW TO MAKE IT YOURSELF

The cocoa bean – one of life's great pleasures. Having originated in the Amazonian rainforest, it found its way north where culinary experts evolved it into a solid treat, a sweet-tasting drink and even a powder that can be mixed with protein for nutritious accomplishment.

There are many different types of chocolate, from unsweetened (usually baking chocolate) to dark and white, many mixed and mangled with all manner of accompaniments.

Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.

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Travelling AFTER BREXIT

PLANNING A HOLIDAY IN EUROPE THIS YEAR?
HERE IS EVERYTHING YOU NEED TO KNOW
REGARDING TRAVEL POST-BREXIT



Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.



Photo credit: Lisa Kolbasa/Shutterstock.com



Hot off

THE RUNWAY

OUR FAVOURITE AUTUMN/WINTER TRENDS FROM FASHION MONTH

Fashion Month is over, which means that the Autumn/Winter 2020 trends have officially been unveiled. Here are some of our favourites, along with ways in which you can sport the trends instantly...

EMBELLISHMENTS

Good news for magpies, as embellishment is one of the biggest trends of the AW20 season. Embellished accents are a great way to liven up existing autumn/winter pieces, especially since colour palettes tend to be more muted and understated. Adding some embellishments in the form of a sequinned belt, a decadent brooch, or even a glittery strap à la Self-Portrait is an AW20-approved remedy for a dull autumn/winter wardrobe.

PRINTS

Another great way to add some punch to your autumnal wardrobe is to pile on the print. Leopard print isn't going anywhere, as it stormed the world's runways in all forms; our favourite being a stunning floor-length coat by Tom Ford. Tailored suits – which

also dominated the catwalks – were given an AW20 makeover thanks to subtle and not-so-subtle print detailing, meaning you can rock two trends in one if you so dare.

90S STYLE

Don't get rid of your 90s wardrobe just yet. Victoria Beckham resurrected Spice Girls era platform boots, while *Clueless* style tartan skirts and slip dresses reigned supreme throughout Fashion Month. And thankfully, these are all available to buy right now. Wear tartan skirts with warm polos, tights and knee-high boots while there's still a chill in the air, and save the slip dress for your next girls' night out.

PONCHOS

The poncho is back, but did it ever really leave? Rag & Bone, Longchamp, Carolina Herrera, and a host of other designers debuted their reimagined ponchos on the runway, proving that the poncho is here to stay for another season. Dress it up or dress it down – the styling options are virtually endless.

Photo credit: ASOS.com, dthcarolinaherrera.com



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DASHCAM

REC TO THE RESCUE

The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

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TOKYO 2020

THE NEW SPORTS



SPORT



3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.



RIGHT PLACE

right time



HOW, EVEN AT 35, CRISTIANO RONALDO REMAINS A CONSTANTLY EVOLVING MODERN-DAY SPORTING ICON

The enigma that is Cristiano Ronaldo continues to enchant, endear and entertain at every turn.

A seemingly ageless talent whose presence in the sporting arena is as strong as his appeal is ubiquitous, the Portuguese has always made the almost insurmountable task of remaining impactful appear largely effortless.

The secret to staying relevant occupies a strand picked up by so many great stars... of sport, the big screen, music, fashion and more: don't outstay your welcome.

"I have always been of the mind where I know when it is time to go," he says. "We can all do things for too long and that is when the gloss begins to fade a little."

Ronaldo's perception of when to stick and when to twist can be measured with the same exemplary precision as his leaps, salmon-like, that end with a header being powered past the flailing dive of an opposition keeper. Growing up as a kid in the system at Sporting Lisbon, he was only 18 when he switched to Manchester United, but as a career progression the time was right to step up.

Arguably, he did the same thing again when, in 2009, and at the peak of his powers in the Premier League, he left to join Real Madrid for a then world record fee of £80million.

And just as it appeared he would see out a glittering career in the Spanish

capital, a surprise switch to Juventus in the summer of 2018 flawed any notions that the player capped 164 by his country didn't still have within himself the passion and desire to freshen things up again.

Ronaldo, the man, is both effortlessly simple and hopelessly complicated. He is a brash, brazen, power-driven personality who, by the same token, will frequently be reduced to tears in interviews.

He is a man who has put a barrier between himself and the mother of his first son Cristiano Jr, yet whose dedication to all four of his children – Eva, Mateo and Alana all followed in 2017 – is unrelenting.

He is a man demerited and scorned on social media as much as he is admired and praised... someone who thrives on the spirit of competition and never backs away from bestowing his personal image on anyone who will listen; and yet, in almost the next breath, he offers humility, charity, compassion, the like of which some will tell you is apparently absent from the modern game.

Ronaldo's defining impact will always have to be that made on the pitch, of course. The legacy of a sportsman should be centred precisely in sport itself, but it is indisputable that he has played a defining role in enriching our perception, understanding and appreciation of modern entertainment culture, and for that, no matter what our sporting allegiances, we have to applaud him.

RONALDO IN STATS

(FIFA) Ballon d'Or: winner in 2008, 2013, 2014, 2016, 2017

FIFA World Player of the Year: 2008

Holds the record for the most goals in... Champions League (129), European Championships (nine), FIFA World Cup (seven), Nations League Finals (three)

League title wins: 6 (in 3 different countries: England, Spain, Italy)

Champions League wins: 5

European Championships wins: 1 (Portugal, 2016)

Total number of goals scored for club and country: 724

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SPORT



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WHAT'S ON

in your area

Leigh Farmers' Market

**Leigh Community Centre,
71-73 Elm Road, Leigh-on-Sea, SS9 1SP
March 20, 9am – 1pm**

As one of the longest-running markets in the Essex area, Leigh Farmers' Market prides itself on delivering local produce to residents.

There will be a range of stalls selling homegrown produce. Stallholders must have grown or made the goods themselves and all traders come from within a 30-mile radius.

Forest School Family Sunday

**Belfairs Woodland Centre, Eastwood Road
North, Leigh-on-Sea, SS9 4LR
March 22, 10am – 12.30pm**

A forest-based session for families to enjoy the woodland.

Go bug hunting, build dens, balance on rope walks, make woodland crafts, use tools, create wild art and play woodland games.

This event is aimed at primary school children aged over five.

£8 per child. Children must be accompanied by an adult.

Advanced booking is essential. Call 01702 477467 or email belfairs@essexwt.org.uk



Mother's Day Lunch and Live Music

**The Arlington Ballroom, 905 London Road,
Leigh-on-Sea, SS9 3LL
March 22, 12.30pm – 3.30pm**

Treat your mum to a three-course meal with live music from Arran Harding, plus a free gift for mum.

£29.95 per person, children aged three to 12 £14.95 and children under three eat free.

£10 deposit per person, with full payment due two weeks before the event.

For more information and to book, call 01702 711350 or email info@thearlingtonballroom.co.uk

Visit www.thearlingtonballroom.co.uk/whatson/ to view the menu.

The Peterboat Ale Festival

**The Peterboat, 27 High Street, Leigh-on-Sea,
SS9 2EN
March 26 – March 30**



The Ale Festival will be showcasing some of the best tipples around from a wide range of breweries, including some award winners.

You can sample more than 40 craft beers and wines at this event. Free entry.

Over 60s Social Club

**Room 3, Leigh Community Centre,
71-73 Elm Road, Leigh-on-Sea, SS9 1SP
April 1, 2pm – 3.30pm**

At this meeting, there will be Easter crafts with the Art Ministry.

The aim of this club is to combat loneliness in the ageing population by giving people a chance to socialise and get out of the house.

£2 per person, including refreshments.

Leigh-on-Sea town council is unable to offer transport, but Age Concern Southend may be able to help. Call 01702 345373 for more information.

Leigh Travel Group

**The Iveagh Hall, 67 Leigh Road,
Leigh-on-Sea, SS9 1JW**

April 1, doors open 7.30pm for a 7.45pm start

This month's talk will be Scandinavia by Ray Brown.

Talks usually last about 45 minutes, followed by informal chats all round.

After the meeting, you are welcome to use the bar next door for drinks and more conversation.

Entrance fee is £3, which includes tea, coffee, cold drinks and biscuits.

Contact Rosalind Sandford by emailing ros.sandford@gmail.com if you feel you may be able to share any of your travel experiences.



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Thursday 19 March 2020

From 6:30pm with Mr Paul Chatrath,
Consultant ENT Surgeon.

Cataract Surgery

Tuesday 24 March 2020

At 6:30pm with Mr Niaz Islam,
Consultant Ophthalmic Surgeon.

Haemorrhoids

Thursday 26 March 2020

From 6:30pm with Mr Veerana Shatkar,
Consultant General Surgeon.

Weight Loss Surgery

Thursday 26 March 2020

At 6:30pm with Mr Sanjay Agrawal,
Consultant Bariatric Surgeon.

Knee Surgery

Wednesday 1 April 2020

At 6:30pm with Prof Kevin Cheah,
Consultant Orthopaedic Surgeon and
Mr Jesse Holloway, Physiotherapist.

Children's Ear, Nose and Throat Disorders

Monday 20 April 2020

At 6:30pm with Mr Anurag Jain,
Consultant ENT Surgeon.

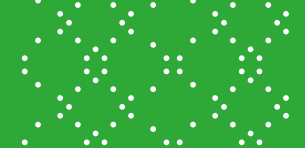
Women's Health – Menopause and HRT

Wednesday 22 April 2020

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