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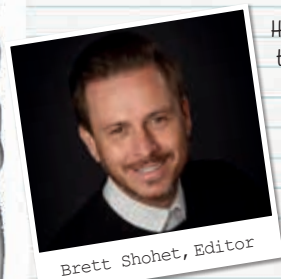


November 2019

CONTENTS

- 6 LORRAINE KELLY
- 8 BGT: THE CHAMPIONS
- 11 FASHION
- 12 BEAUTY
- 15 HEALTH & FITNESS
- 20 HISTORY
- 21 TRAVEL
- 23 FOOD & DRINK
- 27 TECHNOLOGY
- 28 BUSINESS & FINANCE
- 31 KIDS
- 32 PETS
- 35 GARDENING
- 40 LORD ALAN SUGAR
- 43 LOCAL NEWS
- 59 HOME & DIY
- 69 PUZZLES
- 70 MOTORING
- 73 SPORT
- 76 THE **VISION** LISTINGS
- 78 WHAT'S ON

Editor's notes...



Brett Shohet, Editor

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

Do you ever feel like time just flies by from month to month?

I find it hard sometimes to take some time out for

myself and do things I enjoy as I get so involved in the business.

I recently got back into snooker, something that I played so much as a child and became pretty good at it. So, I rejoined my old club and started playing again.

It's so good to reconnect and meet a new group of people to socialise with. Try it for yourself, revisit a passion or hobby you had in your younger days. I'm sure you will enjoy it, like me.

This month we launch our seventh and eighth titles of **VISION**. These will be to EppingTheydon and Leigh-on-Sea, making our monthly distribution to at least 53,000 homes. Thank you for making this happen.

In local news, a teen is jailed for the murder of a boy in Brixton, a flower arranger wins £100,000 compensation and residents are encouraged to sign up for this year's Santa Run.

We welcome any of your stories for our local news pages. So if you have a story to share, please send it to loughton@visionmag.co.uk

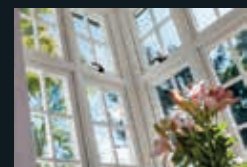
VISION is your magazine for your town. I hope you all enjoy the November edition.

Brett

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A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep... thank you, Lorraine.

THE TALENT

A LOOK AT THE HOW *BGT*'S TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable... and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT*, is the

fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers*, *This Morning* and *Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all...



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THAT'S A CAP!

V
FASHION

When *Peaky Blinders* first hit our screens in 2016, no one could have predicted the huge impact that it would have on British men's style, with one popular UK retailer reporting an 83 per cent increase in sales of flat caps after the first episode alone. But how do you pick the right style for you?

The Newsboy Cap

Notably one of the most popular styles of flat caps, the Newsboy is recognisable by its fuller crown and button accent. Available in either wool or cotton, this fun and fashionable cap can be worn throughout the year.

The Irish Flat Cap

Another popular choice, the Irish flat cap is an exciting option owing to its plaid or tweed pattern. Ideal for those wanting to look seriously dapper.

The Baker Boy Cap

A slightly more serious-looking cap, the Baker Boy has a low profile crown and sits more firmly than the Newsboy owing to its harder exterior. Perfect for those who pride themselves on pushing the boundaries of fashion. Available in felt or wool.

The Driving Cap

A unisex cap, this style sends us straight to the streets of Paris with its elegant and simple design. The driving cap can be identified by its stiff hat band and full crown. Keep it simple in plain black and let the shape do the talking.

The Big Apple Cap, aka The Gatsby

Similar to the Newsboy cap, the Gatsby is an eight-panel cap and sports a much larger and wider brim as well as the standard button accent. Wear to give off an old-school vibe.

The Shelby

Technically a Newsboy Cap, the Shelby cap was named after *Peaky Blinders* character Tommy Shelby and sports the exact same design that his character, played by Cillian Murphy, wears in the hit series.

Photo credit: www.hatsandcaps.co.uk



SKINCARE INGREDIENTS

laid bare?

Have you ever really looked at the ingredients list on your skincare products? As in, looked and found out what they actually do? Or do you just blindly follow what your preferred brand says you should be using without question? Us too.

RETINOL

If you are a fan of anti-ageing creams, then you will definitely have heard of retinol. A derivative of vitamin A, this wonder ingredient is great at reducing the appearance of fine lines, deeper-set wrinkles and also sun pigmentation.

VITAMIN C

This antioxidant is perfect for helping protect your skin from sun damage. Although not as potent as other ingredients, it is useful for brightening up dull-looking skin.

SALICYLIC ACID

Acid on your skin doesn't sound good, but believe us it is. This particular acid helps to remove old, dead skin cells and at the same time stimulates the growth

of shiny new skin cells. Ideal for those who are prone to breakouts and/or blackheads.

COLLAGEN

Collagen is a naturally occurring protein in our bodies but unfortunately, as we age, our levels of collagen become depleted. We know, it's not fair. The good news is that it can be found in many skincare products, including day and night creams.

JOJOBA OIL

Some people worry about oils, especially those with oily or combination skin, but this particular one is amazing at regenerating your skin cells and will genuinely improve your overall complexion. And as an added bonus, it can be used over your whole body.

HYALURONIC ACID

Another acid, this one works by massively hydrating your skin, resulting in a plumped-up effect. Just what you need for ageing skin that has lost some of its collagen and is looking a little thin.

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- Blackheads;
- Acne scars;
- Stretch marks;
- Sun-damaged skin;
- A dull, tired-looking complexion.

Is it safe?

Microdermabrasion is a low-risk, painless procedure that does not use needles or an anaesthetic. The treatment should only be carried out by a licensed dermatologist, plastic surgeon or registered nurse.

How much does it cost?

This is dependent on what type of specialist you book with, but on average this procedure will cost between £40 and £100 for one session. You can have this procedure as frequently as every week to kick-start the desired cosmetic effect, with most switching to monthly maintenance after three to four sessions.

Does it take long to recover from the treatment?

Your skin will be pink and feel dry and tight after the procedure, a bit like a moderate case of sunburn. However, these effects will only last for around 24 hours and can be greatly improved by regular moisturising. It is advised to not wear make-up until the skin has completely healed.

We all want our skin to look smoother, brighter and, of course, more youthful, so it's no surprise that medical professionals are constantly developing new treatments to keep up with demand.

And with our current aversion to surgical procedures, microdermabrasion has never been more popular.

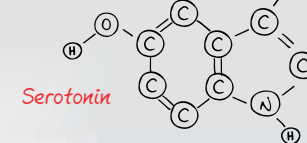
What is microdermabrasion?

Microdermabrasion is a non-surgical, minimally invasive cosmetic procedure that uses crystals and a vacuum to remove dead skin cells; it can be used on the face, neck, chest, back and hands. You should notice an improvement in the elasticity, texture and appearance of your skin after only a few sessions.

What types of skin can benefit from this procedure?

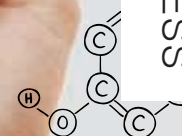
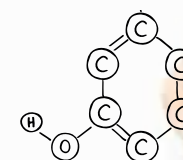
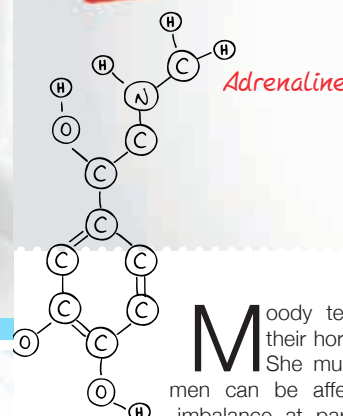
This procedure is particularly effective for those suffering with the following skin complaints:

- Wrinkles and/or fine lines;
- Age spots, brown spots or hyperpigmentation;



KNOW YOUR

HORMONES



Moody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

The key hormones and their functions:

THYROID: This hormone helps regulate our weight and internal body temperature and controls our energy levels.

OESTROGEN: A female sex hormone that is in charge of reproduction, menstruation and menopause.

SEROTONIN: The happy hormone that regulates our moods, memory, sleep and digestion.

CORTISOL: A stress regulator, this hormone is produced by the adrenal gland.

ADRENALINE: Known as the emergency hormone, adrenaline causes the "fight or flight" response.

TESTOSTERONE: The male sex hormone; it helps build muscle and develop male reproductive tissues.

PROLACTIN: This hormone is released after childbirth so that the mother can lactate.

PROGESTERONE: This hormone helps the

body prepare for conception and pregnancy and regulates the monthly cycle.

INSULIN: Produced by the pancreas, insulin helps the body regulate blood sugar levels.

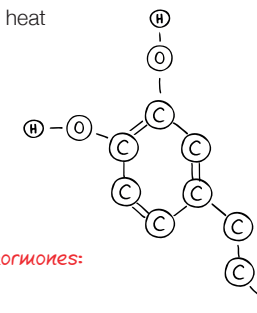
Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating

Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.





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HEALTH & FITNESS

ACANTHOSIS NIGRICANS...

What is it and why does it matter?

How do you know if you have it?

The main symptom is patches of skin that are darker and thicker than usual. They can appear anywhere on the body. The patches are dry and feel similar to velvet.

They're most common in skin folds, such as the armpits, neck or groin, and some people also have tiny growths on the patches.

The patches often appear gradually, without any other symptoms, but the skin may become itchy.

Although it's usually harmless, it's best to get any skin changes checked out by your GP because in rare cases it can be a sign of something more serious, such as cancer.

What causes it?

The most common cause is having raised insulin levels, hence it is more common in overweight people. Other causes include:

- type 2 diabetes;
- conditions that affect hormone levels – such as Cushing's syndrome, polycystic ovary syndrome or an underactive thyroid;
- taking certain medicines – including steroids or hormone treatments like the contraceptive pill;
- in rare cases, cancer – usually stomach cancer;
- in rare cases, a faulty inherited gene.

Sometimes acanthosis nigricans happens in healthy people with no other conditions. This is more common in people with dark skin.

How is it related to type 2 diabetes?

If your diet is high in carbs and sugars, your insulin will be high as a result. (Insulin controls blood sugar, so more sugar equals more insulin.) But insulin has numerous other effects on the body, one of which is cell proliferation (important, for example, at puberty, when the body grows rapidly). Uncontrolled cell growth is a bad thing, however; this is why people with type 2 diabetes are more prone to cancer. Acanthosis nigricans is essentially benign and harmless. However, the raised insulin (called hyperinsulinemia) causes proliferation of the surface of the skin as well as excess melatonin production. Hence the thickening and darkening of the skin. Interesting to note that acanthosis has the same cause, but different symptoms, as skin tags.

What is the treatment?

There is no treatment, but if you improve your diet and lifestyle you can bring your sugar levels back under control, your insulin levels will normalise and the dark, raised patches often fade over time.

Visit www.prolongevity.co.uk or contact Graham Phillips at Prolongevity, call 07768 275802 or email graham.phillips@manorpharmacygroup.co.uk



TREADcarefully



FIVE EXERCISES THAT CAN BE PERFORMED ON A TREADMILL

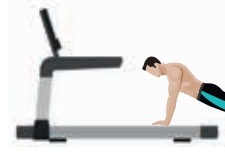
INCLINE PRESS-UPS

Turn the treadmill off and stand on the side base with your hands on top of the handles, making sure your body is in a straight line. Now bend your elbows into a push-up and take your chest down to the console, hold it and then push back up. Perform 10 reps.



REVERSE MOUNTAIN CLIMBERS

Set speed to 1-2mph, move behind the machine and face away from it, then go into the plank position. With hands on the floor, lift feet onto the treadmill, drive your right leg onto your chest and stretch, then the left one. Perform eight times on each leg.



WALKING PLANK

Still at 1-2mph, stand at the end of the treadmill and get into the plank position, putting your hands onto the base of the machine. Making sure your body is in a straight line, put your hands onto the band of the machine and simply walk them forward.



SIDE SHUFFLES

Stand sideways on the treadmill in a squat position and slowly bring the speed up to around 3mph. Moving quickly, move your feet together and out again. Repeat this on the other side. For balance, hold your hands together.



TREADMILL PUSH

Turn off the treadmill and pull the emergency tag. Then stand on the machine and grip both of the handles with your hands, and bend your elbows slightly. While in that position, drive your legs in a forward motion to push the treadmill belt back.

Complement these exercises with a brisk walk or run to get your body toned.



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लपलेबाँ

terrorist attacks



We look at the Mumbai terrorist attacks that happened in November 2008, as a new film is released that repaints the tragic events.

On November 26, 2008, a luxury hotel in India was taken under siege by terrorists, who proceeded to barricade in themselves, guests and staff.

The aggressors were 11 members of the Lashkar-e-Taiba terrorist group, an Islamist organisation from across the border in Pakistan. Their actions were the latest in a long line of coordinated attacks dating back some 15 years, and their attack on the Taj Mahal Palace Hotel was a statement intended to “strike a blow against a symbol of Indian wealth and progress”.*

The hotel was not the only place targeted – in total there were 12 coordinated shooting and bombing sites across a period of four days, including another five-star hotel, a train station, a hospital, the Oberoi Trident, a restaurant and a Jewish community centre.

In total, 174 people died (including attackers), with hundreds more injured, although to this day police are unsure of exact numbers.

The events at the Taj Mahal Palace Hotel are the subject of a new film, *Mumbai*, starring Dev Patel, Armie Hammer, Jason Isaacs and Nazanin Boniadi. It is largely inspired by true events, although parts in the film have been fictionalised in order to respect the privacy of those involved.

At the commencement of the siege, there was little information being made available through news reports, and on the first night some hostages were being freed through the windows of the building. Many staff chose to stay behind and help those being held.

Several explosions took place inside the hotel, and over the three days that followed all but one of the terrorists were captured and killed by law enforcement officers. It is believed 31 people died – around half were Taj Hotel employees.

The film serves as a tribute to the innocent civilians and the ongoing fight against terrorism.



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Top travel blogs for advice

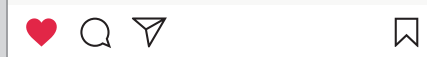


Whether you love to travel or are simply devoted to daydreaming, we have scoured the web for the best travel blogs to see you through the long, cold winter ahead.

Two Travel Monkeys

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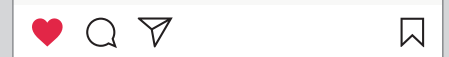
A husband and wife duo, Jonathan and Kach Howe started their blog back in 2014 when they decided to give up their jobs and travel the world. They have since visited more than 100 countries spanning all seven continents and their blog should be a go-to for anyone who has ever dreamed of selling up and starting over.



Global Grasshopper

Best for overall travel advice

Rather than the opinions of just one blogger, Global Grasshopper features a collection of diverse writers who are keen to share their experiences and knowledge of travel with others. Expect helpful posts such as how to pack light, the best pet-friendly hotels and hidden gems off the beaten track.



You Could Travel

Best for adventurous couples

If you love travelling with your other half and want to fall in love with the world together but need a little helping hand, then this married couple's blog is for you. Packed with intimate and candid first-hand travel stories, useful guides and stunning photography.



Budget Traveller

Best for those wanting more bang for their buck

Voted the National Geographic Traveller Blogger of the Year in 2016, Kash, aka the Budget Traveller, offers invaluable advice for those wanting a stylish and luxury break on a tight budget. From the best luxury hostels to free things to do in cities to finding the cheapest flights, the budget traveller has got it all covered.



* Peter Foster, The Telegraph, 2008 | Photo credit: Altat Qadri/AP/Shutterstock

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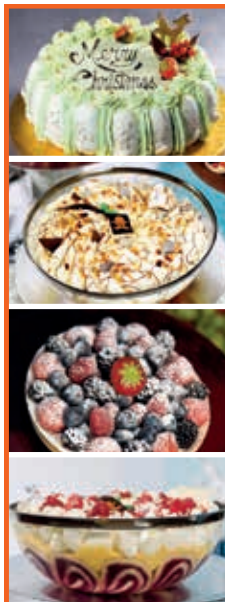


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**DYNAMIC DELIA CHALKS UP
50 YEARS OF FOOD**



In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3-2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience... and that goes for any footballers in earshot too.



FOOD & DRINK

Photo credit: ANL/Shutterstock



Lambtastic!

You may not believe it, but lamb is actually one of the most consumed meats in the UK, beating the humble chicken and even British beef. Both professional chefs and amateur cooks just love its soft, melt-in-the-mouth pink flesh, and who can blame them?



What should I look for when choosing lamb?

Lamb is one of the types of meat where you should try to push the boat out if you can afford to. Go organic, British and grass-fed where possible. Lamb meat should be deep pink in colour with dry, white fat.

How should lamb be stored?

Lamb should never be exposed to heat until cooking time, neither should it be left out at room temperature. It should always be stored in the fridge or freezer to prevent it going bad.

How do I cook lamb?

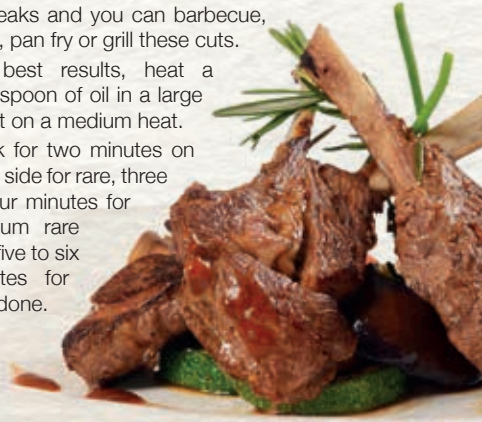
If you want to cook lamb shoulder or a leg of lamb, your best option is to slow cook them.

- Set your oven at 160°C or fan 140°C.
- To ensure the meat does not dry out you need to add plenty of liquid, whether that be red wine or stock plus your chosen herbs.
- We recommend placing your lamb on a bed of onions or vegetables.
- Cover with foil and cook for three hours.
- Remove foil and cook for a further 30 minutes.
- Remove from oven, re-cover and leave to rest for 15 minutes.

Can lamb be cooked quickly?

Yes, it can. The best cuts for this are lamb chops and steaks and you can barbecue, griddle, pan fry or grill these cuts.

- For best results, heat a tablespoon of oil in a large skillet on a medium heat.
- Cook for two minutes on each side for rare, three to four minutes for medium rare and five to six minutes for well done.



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TECHNOLOGY

THE BEST TIPS FOR SAVING A WATER-DAMAGED PHONE

We've all been there – you're sat having your morning cereal... checking messages, browsing social media or looking something up online, when out of nowhere a tidal wave comes cascading over you. You were helpless to prevent your phone becoming soaked through, and this categorically didn't actually happen because you knocked it in the washing-up bowl.

Whatever the careless reasons for having a water-soaked phone, acting quickly can save you:

✓ ONE: POWER OFF

If the phone has switched itself off, leave it off; if it's still on, kill the power. Don't attempt to plug it into the mains as we are in full recovery mode.

✓ TWO: REMOVE

Remove the microSD and SIM cards from the phone to prevent further damage to them.

✓ THREE: POSITION

Position the phone upright so any remaining water

can drain from it. Don't shake, bang or blow into any of the open slots. While it seems plausible that physical action can get water out, you're more likely to be sending it further into the delicate areas of the phone.

✓ FOUR: HIGH AND DRY

Avoid the temptation to take a hairdryer to your phone. While heat may seem a good solution for the removal of water, it's more likely you'll end up frying your components. Instead, dry the phone gently with a paper towel or a cloth.

✓ FIVE: ABSORB

Pack rice around the phone inside an airtight container or zip-lock bag. Place phone in an airing cupboard or somewhere humid but not hot, and leave for 24 hours.

Fingers crossed, when turning your phone back on it should be back to full working order, but be sure to check touchscreen functionality, microphone, speakers and charging potential in particular.



CHEQUE

it out

THE HISTORY OF THE NOW (ALMOST DEFUNCT) CHEQUE BOOK

It's peculiar to think that just as we've reached the point where the trusty personal cheque can be processed and credited to a person's account in little more than 24 hours, this form of payment is now virtually obsolete.

Although no date has yet been set for the removal of what now appears a largely primitive way of sending and receiving money, the cheque's day is almost done. After all, why bother with flimsy bits of paper, the postal service, bank queues and hold-ups in processing funds when everything these days is digital and instantaneous?

The fact that the cheque is desperately hanging on is a credit to its heritage. First gaining popularity in the UK around 1770, it has never moved away from its sole purpose – namely as an order sent to a bank to pay a sum from the drawer's account.

From humble beginnings, the cheque grew in popularity during the 19th century, removing

the need for businessmen to carry around large quantities of money.

The format's death knell has often been said to be the time it takes for the item to clear, and this is because the law still requires a cheque to be returned physically to the payer's bank. It's also much less security-tight than a card payment; and although more than 400 million cheques were written last year, only the habits of the elderly – a demographic notoriously resistant to change – have ensured the format stays.

Whether that will remain the case for the next generation remains to be seen, though what is clear is that cheques will still be around for a little while to come. After all, they remain popular with institutions paying out – HMRC included – who know that this slow, sluggish, sloppy process of paying means the longer money stays in their account, the more interest they earn.



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KIDS

How to NIP NAIL BITING in the bud

An incredibly common problem, trying to stop your child from biting their nails, can be a hard task that you may keep putting off in the vain hope that they will simply grow out of it. Unfortunately, that may not be the case.

Why do children bite their nails?

There are many reasons why your child might be biting their nails, including boredom, to relieve stress, as a habit or simply because they have seen someone else do it.

Is it bad for your child to do this?

Nail biting, like thumb sucking, hair twisting and teeth grinding, is a nervous habit that your child may grow out of. Unfortunately, nail biting is the habit that children are most likely to continue into adulthood.


How can you help your child to break this habit?

- Try to identify when your child bites their nails. Is it during times of stress or do they do it mindlessly when watching TV?

- If they are anxious, talk to your child and try to identify what is worrying them. Sometimes there can be an underlying problem, such as bullying, divorce or another big life change.
- Talk to your child about how to break a habit.
- Work with them to become aware of when and where they nail bite.
- Offer an alternative at these times, for example a fidget spinner to keep their fingers occupied.
- Try some relaxation and stress-busting activities, such as deep breathing or a shoulder massage.

What not to do

- Do not punish your child for nail biting.
- Do not continuously nag at them to stop; it takes time to break a habit.
- Try not to lose your temper with your child; this will only make them feel more ashamed of this behaviour.



ANIMAL LOVERS look this way...

Is your morning not complete without a daily fix of funny felines or pooches living their best lives? If you are nodding your head vigorously right now then these five fabulous "petfluencers" are exactly what you need to brighten up your inbox.

1. Jiffpom: 9.2 million followers

Jiffpom the Pomeranian has developed a somewhat cult following owing to his unbelievable cuteness and almost toy-like appearance. In nearly every post Jiffpom is in some sort of adorable outfit or sweet setup. Follow if you want the ahh factor.

2. Doug the Pug: 3.8 million followers

Pugs are undeniably fashionable at the moment. We just can't seem to get enough of their squished-up faces and tiny little bodies. Doug the Pug has everything that you could possibly want from a Pug Insta page. He loves to dress up and imitate celebrities and, of course, he loves his food.

3. Hamlet the Piggie: 394k followers

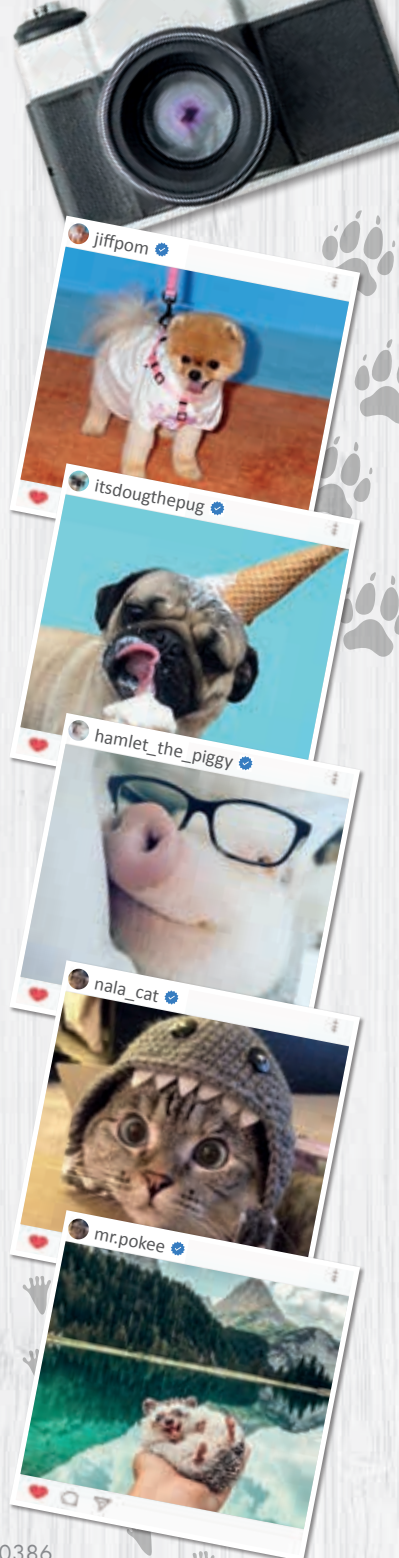
Hamlet lives in Nashville and enjoys the finer things in life, from the latest fashions to cool convertibles. He loves to dress up, especially for the holidays, and can often be seen trying to sneak food.

4. Nala Cat: 4.2 million followers

This eight-year-old Siamese-Tabby mix is known for her wide eyes and mischievous nature. Originally a rescue cat, Nala loves posing for the camera and lots of cuddles. Less gimmicky than some other pet Instagrammers, Nala lets her unique personality shine through.

5. Mr. Pokee the Hedgehog: 1.5 million followers

Sadly Mr. Pokee himself died in March of this year, but his memory and joie de vivre lives on through his Instagram account where his owner continues to share photos of his hilarious and heart-warming exploits. You can also enjoy the adventures of their new hedgehog Herbee.



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PLANT OF THE MONTH:

Poppy

Most famous for being the symbol of remembrance for soldiers who died during World War I, poppies make a beautiful addition to any garden and are simple to grow.

WHAT TYPE OF PLANT IS A POPPY?

A poppy is part of the Papaveraceae family and is a herbaceous plant that is known for its colourful flowers. Poppies can grow to more than a metre tall and up to 15cm across.

WHAT TYPES OF POPPIES ARE THERE?

There are roughly 120 different varieties of poppies, with the most popular being the field poppy, or papaver rhoeas, which is an annual and bee-friendly variety that suits a wildflower-filled garden. Or if you want a real showstopper of a flower, then oriental poppies are about as flamboyant as they come and are available in many eye-catching colours, including salmon-pink, scarlet, plum and orange.

WHEN AND HOW SHOULD YOU PLANT POPPY SEEDS?

Poppies should be planted in either late autumn or early winter as they need to be exposed to the cold in order to germinate, making November the ideal month to sow poppy seeds.

- Start by preparing your soil by removing as many weeds as possible.
- Lightly dig the soil over and rake to create a bed for your seeds.
- Sprinkle the seeds over the surface – they do not need to be raked in owing to their tiny size.
- Water immediately and re-water only if weather is very dry.
- Expect flowers from June onwards.

WHAT GROWING CONDITIONS DO THEY LIKE?

The poppy is an easy plant to grow and favours full sun rather than a shady spot. Although they will grow in most soil conditions, they will flourish in soil that is well drained, erring on the side of dry.



GARDENING



WINTER JOBS in the Garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months. But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

remove

First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

prune

Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

move and protect

Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

feed

Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.



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But if you're thinking of going all Monty Don, you'd better make sure your ground matter is up to scratch.

pH

Finding out the acidity of your soil using a testing kit means you can best match it to whatever it is you want to grow. A slightly acidic result of pH 5–7 represents the best conditions for anything in your garden, with fruit at the lower end and sometimes as low as pH 4.

Readjusting your soil pH can be

done by adding either acidity (if too alkaline) or lime (if too acidic).

Soil texture

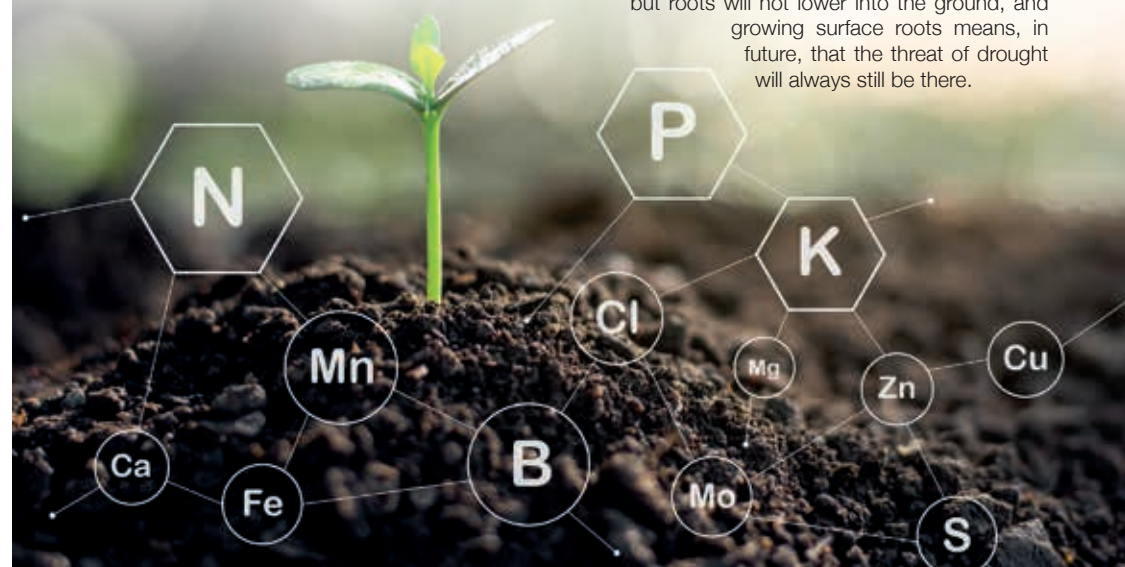
Plants and vegetables require a richly organic bedding, with a crumbly texture that's moist to the touch and dark in colour.

Improving earth quality requires nothing more than a trip to your garden centre – simply add one or two inches onto the top six inches of soil already there. This will also improve drainage quality.

Watering

Whatever the soil type, never underestimate how much water you'll need to keep your earth in good shape. As a general guide, it's around 25 litres of water square metre every seven to 10 days to ensure you are maintaining optimum plant growth.

If you're worried your soil doesn't have sufficient moisture, insert a spade to maximum depth, remove, and check the end for dampness. And remember, always water in the cool of the evening or very early morning. Day watering is prone to evaporation – not only will your plants not flourish, but roots will not lower into the ground, and growing surface roots means, in future, that the threat of drought will always still be there.



GARDENING



Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1 billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show... so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car arials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

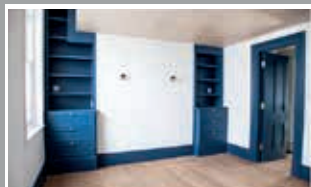
His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of... a desire to achieve and succeed.

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Flower arranger wins £100,000 compensation

A flower arranger who suffered horrific injuries when he fell while carrying a vase at Yotam Ottolenghi's Belgravia restaurant (pictured inset) has won a compensation payout of up to £100,000 from a Loughton florist.

Davy D'Agostino (pictured above), who worked for Farthing Flowers Ltd, was replenishing flowers at the Motcomb Street branch when he slipped while carrying the heavy vase upstairs in August 2014.

The vase smashed and the glass shards sliced through the flesh and tendons of his wrist.

Mr D'Agostino, 42, had to be rushed to hospital, he told Judge Christopher Lethem at Central London County Court at the end of September.

The former barman initially sued Mr Ottolenghi's company, blaming defective stairs, but dropped the case, and has now won up to £100,000 damages from his former boss, Loughton florist Caroline Farthing.

Judge Lethem said Mr D'Agostino received about 45 minutes' training from Ms Farthing in lifting and carrying, flower arranging and other parts of the job.

Ms Farthing said "not in a million years" would she

have told him to carry the heavy vase up and down the stairs.

She claimed it was his own fault because he should have filled the vase with a watering can and not attempted to manhandle it up and down the steps to the basement sink.

But the judge rejected Ms Farthing's evidence, which he said was "chaotic and contradictory".

The judge also rejected Ms Farthing's claim that she could not be sued directly because Mr D'Agostino was employed by her company, Farthing Flowers Ltd.

She claimed Mr D'Agostino only sued her personally after realising her company was uninsured and because she is a homeowner with assets to pay compensation.

Ruling that both the company and Ms Farthing personally are liable to pay damages, the judge said the work contract was between the florist and her employee.

A further hearing will take place at a later date to decide the amount in damages which Mr D'Agostino will get.



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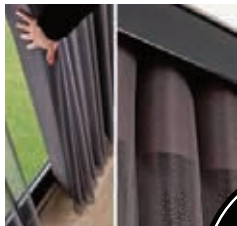


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LOCAL NEWS

New homes plan gets thumbs down from residents

Proposals to build hundreds of new homes on two former Epping Forest College sites in Loughton have been strongly criticised by Loughton Residents Association (LRA).

In a statement, the LRA set out its reasons for objecting to the proposal earmarked for Lucton's Field and the Middle Site in Loughton.

The statement read: "Developing the proposed sites would adversely affect air quality in the Epping Forest Special Area of Conservation (SAC) by pollution from residents' cars and would adversely add to the recreational pressure on the SAC."

Lucton's Field is an area of valuable open grassland that has never been developed. It was a green

meadow until 1950, then a playing field.

The LRA also believes there is insufficient infrastructure in place to accommodate any new homes.

The statement reads: "There are no school places. GP surgeries are already oversubscribed; it would make the local problems and the crowding on the Central Line worse."

"Acting as an association, LRA opposes all over-intensive development proposals in Loughton."

Developer Fairview New Homes Ltd set out its proposals at a public exhibition recently. They are for 139 flats and 281 new homes.

The proposals also set out plans for new landscaping and children's areas and a wellness centre.

Teen jailed for involvement in Brixton murder

A teenager from Loughton was jailed for manslaughter last month in connection to a man who was stabbed to death in Brixton.

Chibuzo Ukonu, from Loughton, was sentenced to 14 years' imprisonment at The Old Bailey on Tuesday, October 11.

Alongside him was Rishon Florant of Waltham Forest, who was found guilty of murdering Glendon Spence, and was sentenced at the same court to 18 years' imprisonment.

The court heard that police were called at approximately 6.45pm on Thursday, February 21 to reports of a stabbing inside Marcus Lipton Youth Centre on Minet Road, SW9.

They found 23-year-old Glendon Spence – from Lewisham – suffering from stab wounds. Despite efforts to save him, Glendon sadly died at the scene

at 7.27pm.

DCI Richard Vandenberg of Specialist Crime said: "Glendon's death underlines the vile nature of knife crime and the pain it inflicts on communities."

"Glendon was murdered in a youth club – a venue expected to be a place of safety."

"The two males who burst in, each armed with large knives, turned that on its head with their actions which were sadly witnessed by so many other people."

Glendon's parents said: "The killing of our fantastic and much-loved son Glendon has shattered us as a family. There is no comfort anywhere and it is hard to accept what has happened."

"Society will not tolerate what his killers did and we hope these sentences will allow them to recognise the evil they inflicted upon him by stabbing him to death for no reason."



School debater becomes youngest to take on Europe

A Roding Valley High School student is competing in the finals of the European Youth Debating Competition in Berlin.

Charlotte Copeman goes to the school on Alderton Hill and has already successfully competed in the UK final of the competition.

The Year 11 student is the youngest competitor to get through to the European final.

She has been praised for her extraordinary poise as

a speaker.

Katie Collins, teacher of English and associate assistant headteacher (Teaching and Learning) at Roding Valley High School, said: "This success is even more impressive as it is only the second debating competition that Charlotte has taken part in.

"We wish Charlotte success in the competition, which will undoubtedly be an unforgettable experience for her."

Eden gives the gift of reading to libraries

An author from Loughton has donated 50 copies of her first book to Essex Library services.

Down With Frogs is a series of short stories told by Eden Gruger about women's candid, humorous and sometimes painful dating lives and relationships.

Eden said: "*Down With Frogs* is inspired by true life events and I wrote the book in the way women speak to their closest girlfriends.

"Designed with dyslexic readers in mind, *Down With Frogs* has a regular shape font, slightly larger text, wider spacing between lines and bold titles to show the start of each new story. It is printed on demand, helping to reduce landfill by only producing what has already been bought."

Eden has donated 50 copies of the book to Essex Library and explained the thinking behind the move.

She said: "The library service has been a vital part of my life. Since learning to read aged four the library has been a land of wonder, peace and connection for me. Libraries offer a vital community service; central government talks about breaking down loneliness barriers, building communities and supporting good mental health, then local government shuts libraries, going against all these objectives and positive outcomes."



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Dash through the streets at 5k Santa Run

Have you ever felt like joining a group of 200 Father Christmases for a fun run though your local town during the festive season? If this sounds like you, then by happy coincidence your dreams of "painting the town red" could all come true as St Clare Hospice hosts its sixth annual Debden 5k Santa Run

St Clare's 2019 Santa Run will take place on Sunday, December 8, 2019, and as usual will begin with a giant Santa meet-up at 12pm outside Geraldine's Hair Fashions on The Broadway in Debden (IG10 3ST). With the race taking place at 12.30pm, this annual

fundraiser promises to be a ho, ho, whole lot of fun, – with spectators welcome to view this sight to behold.

This family friendly event is open to all. Entry is £12 for adults and £5 for children, and includes a Santa suit for use on the day. Enter as a team of six for £60.

To book your tickets, please visit stclarehospice.org.uk/event/debden-5k-santa-run

Alternatively, please contact St Clare's Challenges and Events Fundraiser, Emma Broadbent, on 01279 773754 or email emma.broadbent@stclarehospice.org.uk

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Fatal crash driver given bail

A man from Loughton who was arrested at the scene of a crash in which two young people died has been bailed by police until later this month.

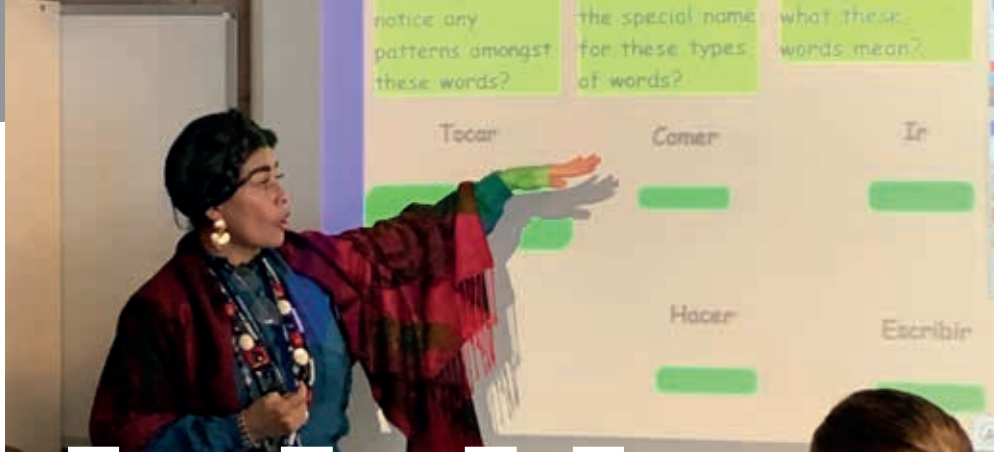
The man was arrested at Goldings Hill, Loughton, on suspicion of causing death by dangerous driving after the crash which killed Max Halcrow, 21, and Sophia Khan, 16, on Saturday, August 24.

He was also charged with perverting the course of

justice and causing serious injury by dangerous driving and bailed until September 20 after he was released from hospital.

Two girls who were passengers in the car, a 16-year-old girl from Woodford and a 17-year-old girl from Chingford, were seriously injured.

The man has now been rebailed until Saturday, November 23.



School celebrates European Day of Languages

Debden Park High School ran a series of exciting events to celebrate the European Day of Languages 2019.

Modern Foreign Languages (MFL) staff dressed as significant characters from international history and culture to teach lessons in costume and run activities throughout the day to promote a love of languages.

Year 7 and Year 8 students loved trying a huge variety of international food at lunchtime – served by the MFL department in character as Marie Curie,

Salvador Dali and Frida Kahlo, among others.

Languages teacher Dr Alex Gray said: “Each department discussed a significant person from Europe in the context of their subject, embedding a further appreciation of European history, culture and philosophy in students who are already studying both French and Spanish.

Federica Di Paolo, the head of MFL, said: “The day was an exciting occasion which boosted the passion and interest that students already have in languages.”

Four teens arrested for knifepoint robbery

Two teenage boys and two teenage girls have been arrested in Loughton in connection with a knifepoint robbery in north London.

At approximately 9.25am on Saturday, September 28, police officers attempted to stop a car in the Enfield area in connection with an ongoing investigation into a knifepoint robbery the previous day.

The vehicle failed to stop for police, and officers, including the police helicopter, gave chase.

The suspect car collided with a number of vehicles before being stopped on Langston Road in Loughton. There were no reported injuries and the occupants of the car were arrested by firearms officers.

Two 15-year-old boys were arrested on suspicion of aggravated taking and driving away of a vehicle. One boy was further arrested on suspicion of possession

of an offensive weapon, while another was further arrested on suspicion of robbery.

Two 14-year-old girls were arrested on suspicion of possession of a bladed article and allowing themselves to be carried in a vehicle taken without consent.

All four were taken to police stations.

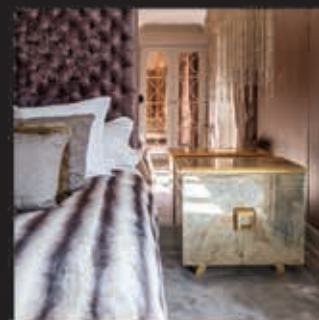
Enquiries continue to establish the full circumstances. Police are not providing further details of the robbery.

Any young people who have information about violence or knife crime can visit www.fearless.org where they can pass on information anonymously – your I.P address will not be traced. Fearless is part of the Crimestoppers charity and is also independent of the police.

To speak to Crimestoppers anonymously, call 0800 555 111.



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LOCAL NEWS



Accountants delighted to help sponsor Support Dogs

Accountants in Loughton say they are delighted to learn that money raised by their in-house charitable foundation has helped with the training of a new Support Dog.

The Haslers Foundation regularly makes donations to local causes and felt that Support Dogs was a fantastic charity to back.

The donation by the foundation, a part of Haslers Chartered Accountants, has gone to the training of a specialist Disability Assistance Dog who will assist a person who lives in Hertfordshire.

Support Dogs provides the animals to adults affected by some of the most challenging physical disabilities, as well as conditions such as autism and epilepsy. Unusually for an assistance dog charity, many of the dogs that the charity trains come to them through

rescue centres or as unwanted pets.

The dogs provide practical assistance with tasks such as opening and closing doors, picking up objects and even assisting with showering. They are also trained to raise the alarm in an emergency situation and comfort a person who is in distress.

Jon O'Shea, chairman at Haslers Chartered Accountants, said: "We are delighted that our donation will make a life-changing difference to someone affected by a significant physical disability."

Danny Anderson, fundraising manager at Support Dogs, said: "We are honoured that Haslers has chosen to support our charity like this. We are a small charity facing an unprecedented demand for our work and rely entirely on voluntary donations. This really will help us save and improve more lives."

Get the festive spirit with card competition

Christmas lovers in Loughton, whatever their age, are being invited to enter the town council's annual competition to design its official 2019 Christmas card.

An original design can be submitted as a drawing, painting or photograph; it must be Christmas-themed, of A5 size (portrait or landscape orientation) and can be in colour or black and white.

To be eligible, participants must have a connection with Loughton. They need to live, work or go to school/college in the town. There are four different entry categories covering infant, junior and secondary school years, as well as adults.

The closing date is Wednesday, November 13.

A customised entry form for an A5 design (either portrait or landscape) can be downloaded from the council's website www.loughton-tc.gov.uk or collected from its office at Loughton Library and Town Hall, Traps Hill, Loughton. Please note that the rules of the competition are detailed on the entry form.

The competition will be judged by the Town Mayor and Deputy Town Mayor.

Presentations to the winners will be made in Loughton Library at the council meeting on Wednesday, December 11.



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Young boy could be UK's next big karate star

One of this country's next stars in karate could be from Essex after a nine-year-old pupil won a gold medal at the 2019 British Karate Federation International Open Championships in Scotland recently.

Aaron Johnson-Campbell, who attends Avon House Preparatory School in Woodford Green, won the top prize in the Boys Kumite 7-9 years over 25kg category after four competitive matches against tough competitors.

A school spokesman said the school was extremely proud.

He commented: "This was a well-deserved win for Aaron after all the intense training that he put in and his school cannot wait to see the fantastic achievements he will accomplish in the future. Well

done, Aaron."

The event was held in the Ravenscraig Regional Sports Facility, Motherwell.

Avon House consists of several buildings spread around the site, including the brand new Daniels building which boasts a themed library. The original part of the school is an old listed building which incorporates the school's advanced ICT room and art room as well as two classrooms and the school kitchen. Also visible from the road is 492 High Road which the school acquired in 2003 and houses the music rooms and the school office.

The Pre-Prep Department building, school hall, further classrooms, cookery room, playgrounds and school garden spread out across the remainder of the campus.

Students to compete in rocket car competition

Pupils at Roding Valley High School in Loughton are set to take part in the Race to the Line challenge, which sees schools from across the UK compete in a rocket car competition.

The school's STEM (Science, Technology, Engineering and Maths) subjects are currently being supported by Loughton accountants, Haslers, who have committed funding to the school to help it with projects that promote study in these areas.

Using specialist materials, including a powerful rocket motor, students have been set the task of building a unique car in the hope of beating thousands of students from across the UK.

The Race to the Line project is supported by the Royal Navy, Royal Air Force and The Learning Partnership and is designed to encourage Year 7 students to pursue a career in STEM professions by helping them to understand what one looks and feels like.

If Roding Valley High School can make it through to the regional finals next year then they could be in the running for a national award.

Jon O'Shea, chairman at Haslers, said: "We can't wait to find out how they get on in the Race to the Line challenge. Hopefully, their car is the quickest and they can make their way to the regional finals."



News from THE ROTARY CLUB of Loughton, Buckhurst Hill & Chigwell

We had a fantastic launch of the Rotary "Soup Night" on October 10, supporting amazing local charities Spark, Haven House and the winning charity, Mumba Children's Project, who won more than £200.

A day later we had a great quiz night raising money for St Elizabeth Catholic School at Tower Hamlets. Just over £1,200 was raised, which was great. Many thanks to those who helped set up and to all who came to support.

Our next free monthly Memory Café in Loughton is Friday, November 8, for people with memory issues and their carers. It's an activity session with singing, a quiz, bingo and games with free refreshments. We hold it every second Friday of the month from 10am to 12pm at the Loughton Club, 8 Station Road, Loughton IG10 4NX.

Please contact Pesh if you would like to get involved with Rotary in any capacity: email pesh@londonresidential.co.uk or call 07973 166940.



Clean power goes live at leisure centre

A new power supply providing electricity and heat to Loughton Leisure Centre and reducing the building's carbon footprint went live recently.

The combined heating and power (CHP) unit is twice as efficient as the old system while at the same time reducing emissions and costs.

Leisure centres use tremendous amounts of power to maintain pool water temperatures, supply air conditioning, lighting and a host of other services. Traditional boilers generate large amounts of heat which is usually wasted as a by-product.

But this CHP unit generates electricity where required and uses excess heat for heating and hot water.

Councillor Nigel Avey, the Epping Forest District councillor responsible for leisure, switched on the

unit at Loughton Leisure Centre.

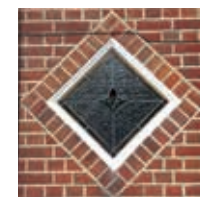
He said: "This power source was incorporated into our new-build leisure centre at Waltham Abbey but had to be fitted as a replacement to the system at Loughton.

"CHP units gain their high energy efficiency by capturing and utilising heat from the engine during electricity generation. By generating energy on site, grid transmission losses are wiped out, increasing energy efficiency and reducing carbon emissions.

"The efficiency of this technology has a key economic benefit. By maximising the transformation of fuel into energy for the leisure centre, costs are significantly reduced. Investing in the CHP has an early payback against energy costs and savings continue for the lifetime of the CHP unit."



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HOME & DIY

Go wild WITH WHITE

If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

The truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to livening things up:

MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing

individualism, excellence and no small amount of bravery.

THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean...



WHAT TO LOOK FOR WHEN SHOPPING FOR JEWEL SHADES THAT WILL BRING LIFE TO YOUR INTERIORS

Prepare yourself: jewel shades and tones are very much back in this autumn. Bold and strong, these colours are perfect for catching the eye. While a good start point is to match new purchases to existing wall colours or pieces of art, here's a more extensive guide, outlining the effect each jewel shade can produce in your home.

PERFECT PURPLE

Purple is the deepest form of amethyst, and using a sofa in this colour to blend into or complement a dark wall behind can make for stunning décor and a real statement piece in a room. Other audacious types, like deep jade or mustard yellow, can be great combos too.

ROYAL RUBY

Red already does what it says on the tin, but adapting ruby, a versatile, multi-mooded colour, can offer warmth, passion, brightness and fire. A ruby red lamp will transform the

space in a room. It instantly sets it apart from anything else, such as the regally revered hue, and combined with amethyst creates reflection and balance.

SUMPTUOUS SAPPHIRE

Sapphire is another bold jewel tone that's very adaptable. The darker blue creates feelings of peace, tranquillity and purity, and, added as a cushion or a throw onto a light object, such as a chaise longue, offers a perfect contrast that is "statement stylish".

ELEGANT EMERALD

Emerald is a gorgeous jewel tone and works brilliantly with whites, silvers, greys and browns. Its presentation, especially with wood, gives the feeling of nature, life and the outdoors, indoors; while paler shades of formal colours will allow the emerald's deep, solid earthy quality to come to the fore, giving the room an alluring mystique.

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DAVID COLLINS
and a design legacy that continues to evolve

HOME & DIY

Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design. Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenir everywhere: his touch, his taste, his flair and his blue."

Photo credit: Terence Donovan and www.davidcollins.studio

SEVEN USES FOR A USED TOOTHBRUSH

Dentists recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

5. POLISH METAL ITEMS

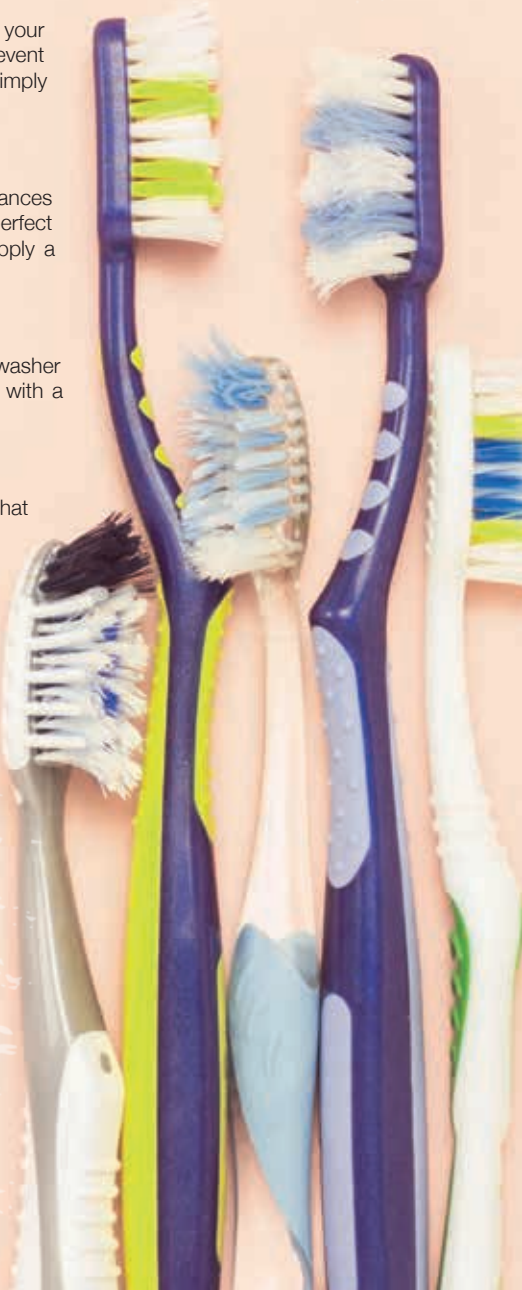
A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

6. GROOM YOUR EYEBROWS

Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.



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VISION magazine has been brilliant for us.

They've helped us increase brand awareness across the whole region and gained us a good few happy customers in the short time we've been with them.

Putting together some brilliant artwork for us, Brett has helped us continue the professional image we're looking for and established us as something of a force locally.

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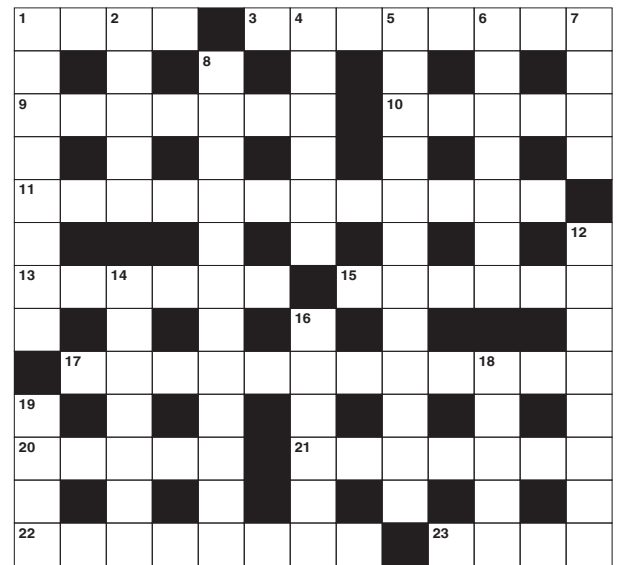
ACROSS

- 1. A single time (4)
- 3. Driver of a horse-drawn carriage (8)
- 9. Sent by sea (7)
- 10. Unfasten (5)
- 11. Advance payment (12)
- 13. ____ Wood: US actor (6)
- 15. Showy (6)
- 17. Heart specialist (12)
- 20. Small airship (5)
- 21. Outline of a natural feature (7)
- 22. Fairness (8)
- 23. Continent (4)

DOWN

- 1. Thinks about something continually (8)
- 2. Ascend (5)
- 4. Confer holy orders on (6)
- 5. Compensate for (12)
- 6. Shooting stars (7)
- 7. Christmas (4)
- 8. Spotless (5-3-4)
- 12. Exaggerated emotion (8)
- 14. Form a mental picture (7)

- 16. Compels to do something (6)
- 18. Images of deities (5)
- 19. Woodwind instrument (4)



DID YOU KNOW?

- ▶ Golf balls usually have between 300 and 500 dimples
- ▶ The Olympic flag was created in 1913 and released in 1914
- ▶ Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- ▶ Volleyball was invented in 1895 in Massachusetts
- ▶ Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- ▶ The first professional baseball league was set up in 1876
- ▶ Having begun in 1877, Wimbledon is the oldest tennis tournament

SUDOKU

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BANG-UP JOBS

HOW NOT TO GET RIPPED OFF WHEN BUYING A SECOND-HAND MOTOR

In 2019, used cars don't quite come with the same reputation as the Boycie and Arthur Daley four-wheelers of the 1980s, but it still pays to exercise caution where motors and money are concerned.

TEST RUN

Make sure you test drive the vehicle, in broad daylight and on a route you choose (unscrupulous sellers might avoid bumpy roads or sharp turns that could show up a vehicle's failings). If buying privately, meet at the vendor's house.

INSPECTION

In an ideal world, any potential purchase should be run past an independent garage who can give the vehicle a once-over to diagnose problems. An expert will be able to quickly diagnose excess wear and tear, leaks and rust.

If you don't have this as an option, inspect the car as much as you can. Look for any signs of collision repairs such as the overspray of paint near wheels, mufflers and door seals. Check beneath where the car is parked for oil, while a water leak will give off

a smell of mildew.

SELLER HISTORY

The seller should present to you a full service history and the most recent MOT certificate. If their details are hazy, ask them to clarify.

RETURN

Check out the terms and conditions over returns. Used dealers will offer warranties, but if purchasing privately you may be buying as seen. Either way, get any agreement in writing.

ONLINE RESEARCH

With a number plate, you can find out a reasonable amount of a car's history, so search online and consult with your insurance company over a quote, whereby any hidden issues with the car can show up.

Remember, when buying a second-hand car, the power is in your hands. Haggle, be firm, and be willing to walk away if you're not 100 per cent certain the motor is everything it should be.



Everything you wanted to know about leasing but were afraid to ask!

Leasing a new car used to be something that businesses did, and if an individual wanted a new car it would mean going to a main dealer. Times have changed along with buying habits, it is not unusual for people to shop for vehicles online without actually test driving the vehicle or speaking with a salesperson.

At Planet Leasing in Loughton, we adopt a unique approach. Internet pricing but with the ability to come into our office and actually talk with someone who knows what they are doing!

Acquiring your next vehicle through a brokerage has many advantages, we are not owned by any manufacturer which means you can talk to us about any make and model of brand new car, truck or van. We utilise fleet terms which, coupled with our panel of specialist lenders, enable us to provide the very best pricing.

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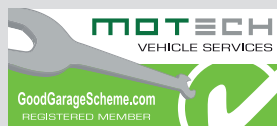


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SPORT

The most

HATED REF IN ENGLAND?

**WHY DAMIR SKOMINA IS NOT A MAN
TO BE MESSED WITH!**

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2-1 defeat in Prague did bring about one of the more incredible football statistics of recent times – it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by... yep, you guessed it.

More than that, this is the same man who sent us crashing to 1-0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2-1 capitulation to Iceland during Euro 2016? Yes, him again.

Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future – an attitude typified by England's brilliant 6-0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there... and with good reason.

The positive indications are that the era of abject, pitiful failure – penalty shoot-out or not – is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites... although those odds may well shorten if Mr Skomina keeps his distance.



SPORT

Dynamic
DINA

Photo credit: YAHYA ARHAB/EPA-EFE/Shutterstock

Meet The Brit who fired a rare spark of brightness over an otherwise gloomy World Athletics Championships.

The 2019 World Athletics Championships in Doha will forever be remembered for implausible heat, poor organisation, an empty stadium and arguably the least popular winner and runner-up of the showpiece 100m event ever.

The vast majority of onlookers will want to move swiftly on to next year's Tokyo Olympics... but not Dina Asher-Smith.

The brilliant Brit is in no hurry to leave the memories of Qatar behind. You'll not find her complaining about event logistics, nor whether the seated attendance at the Khalifa International Stadium was 40,000 or 4,000. She cares not one bit.

Allowing the gloomy, baking lull to lift off into the Arab sky, the fresh breeze of 200m success was all that remained for the 23-year-old Blackheath

& Bromley Athletics Club member, whose newfound dominance on the world scene is a marker for so many more future championships and a career that holds incredible potential.

Asher-Smith is one of the new breed of track hopefuls, and yet, unlike so many others, she actually pulled off the feat. Where Team GB peers faltered, the King's College graduate showed blistering pace, a flawless stride and a faultless, nerveless drive to the line in beating American Brittany Brown to take gold.

"It was a perfect race and I'm just over the moon," she said at the end of the run, in which she clocked a new national record of 21.88 seconds.

Where Dina Asher-Smith goes from here is up to her. She took silver in the 100m event, has age on her side, plus a level of humility, resilience and strength that can only be earned through victory.

If she can do it in an empty, echoing shell of an arena, just imagine how Asher-Smith will respond to the roar of being a world champion.

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WHAT'S ON

in your area

Daddy Cool

Loughton Library, Traps Hill, Loughton,
IG10 1HD
November 2, 11am – 11.30am



Stories, songs and rhymes for dads and their babies or toddlers, but everyone is welcome.
Term time only.

Loughton Memory Café

The Loughton Club, 8 Station Road, Loughton,
IG10 4NX
November 8, 10am – 12pm

Enjoy refreshments, entertainment, singing, bingo, informal chat and friendship.
Open to anyone with memory issues and their carers.
For more information, contact Pesh on 07973 166940 or email pesh@londonresidential.co.uk

St John's Firework Display

St John's Church, Church Lane, Loughton,
IG10 1PD
November 9, gates open 6pm

Gates open at 6pm with a bonfire at 6.45pm. The fireworks will start at 7pm.
Tickets are £15 for a family (two adults and up to three children), £6 for adults and £3 for children.
Refreshments will be available during the interval.
Contact 07383 489556 or admin@loughtonchurch.org.uk for tickets.

Rock Choir Charity Concert

St Marys Church Loughton, 201 High Road,
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November 9, 7.30pm
Woodford and Wanstead Rock Choir's charity

concert in aid of Epping Forest Foodbank.
The choir is part of the national choir, made up of local people.
A contemporary choir singing your favourite pop and rock songs to raise money for people in need in the community.
For tickets, visit rockchoir-effb.eventbrite.com

Read and Hear Literature Group

Loughton Library, Traps Hill, Loughton,
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November 19, 2pm – 3.30pm
A book group with some members who have hearing loss but still enjoy a lively discussion.
New members (hearing or hearing impaired) welcome.



High Society

Lopping Hall, 189 High Road, Loughton,
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December 5 – December 7

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