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# Editor's notes...

JUNE 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. I finally managed to get away on holiday recently and had a wonderful time in the Italian sun. We chose a less popular destination and found it made for a much more authentic experience, proving that sometimes it's good to veer off the beaten track and walk the roads less travelled.

I'd like to take this opportunity to once again encourage our readers to support local businesses. Before making your next purchase, consider if you could buy it from a small business rather than a multinational corporation.

I know local business owners would highly appreciate it, and you can rest safe in the knowledge that your money is making a positive difference in your community.

As well as distributing magazines to thousands of homes and businesses, **VISION** is available at various pick-up points throughout the local area. If any companies would like to be considered as a pick-up point, please don't hesitate to get in touch.

Lastly, I hope everyone is enjoying the celebrations for the Queen's Platinum Jubilee. It is truly a momentous occasion, as the Queen is the first British monarch ever to have reached this impressive milestone. It offers a fantastic opportunity for families, friends and neighbours to get together. After all we've been through over the last two years, we certainly deserve it.

*Brett Shohet*

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

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# SPECULATE TO ACCUMULATE

**FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK**

---

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon’s is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn’t enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors’ money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don’t fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he’d sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

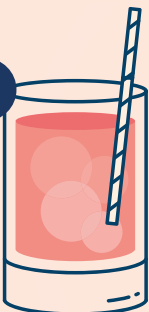
As a phrase, ‘speculate to accumulate’ has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.



HAVE YOU BEEN

# SP KED?

1



## HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

**WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?**  
The most common illegal drugs to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

### HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

### THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

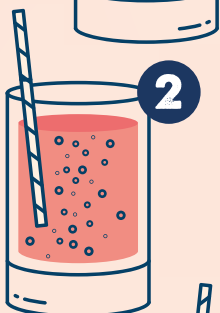
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

### WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

### HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



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BEAUTY

# 5 NATURAL ALTERNATIVES TO deodorant



If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.



**Witch hazel**  
Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.  
Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.



**Baking soda**  
Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.



**Lemon juice**  
Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.



**Apple cider vinegar**  
This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.

**Coconut oil**  
Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.





# BRA 101: *style guide*



**D**id you know that the average woman owns between nine and 12 bras? However, the majority purchase the same type of bra time and time again. If this sounds familiar, maybe it's time to branch out and try a different style?

**Balconette bra**  
A popular shape that provides a rounded look and great support, this type of bra offers less coverage than a full cup style. With wider straps, a balconette bra is not the best choice for women with narrow shoulders. However, it is perfect for any occasion where you want to achieve great cleavage.

**Plunge bra**  
Offering less coverage but plenty of support, a plunge bra is best worn with low-cut outfits. A good choice for women with a fuller chest who are looking for a comfy yet sexy bra.

**Full cup bra**  
As the name suggests, a full cup bra provides all-over coverage and support. The straps tend to be closer-set, making them ideal for women who have narrow shoulders.

**T-shirt bra**  
Available with padded or non-padded cups, every woman should own at least one t-shirt bra. Offering a seamlessly smooth silhouette, this style of bra is designed to be worn under tight-fitting tops but can be worn with almost anything.

**Strapless bra**  
Having come a long way in their design, strapless bras are now a feasible option for small- and large-chested women alike. Created to prevent slipping, strapless bras give you the freedom to wear whatever you want without any straps on show.

**Sports bra**  
Providing maximum hold and minimum movement, sports bras are usually made of non-stretch fabric designed to beat the bounce.



Balconette



Plunge



Full cup



T-shirt



Strapless



Sports

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# BEWARE THE *booze!*

**S**truggling to lose weight? It may not be your choice of food that is holding you back from dropping the pounds but, instead, your favourite tippie that is sabotaging your weight loss efforts.

### LONG ISLAND ICED TEA

A summer cocktail that definitely packs a punch, a Long Island Iced Tea contains a whopping 424 calories. With an impressive ingredient list that includes vodka, gin, rum, tequila, triple sec and Coca-Cola, it's no wonder this boozy beverage will see you packing on the pounds.

**LOW-CALORIE SWAP:** Cosmopolitan = 100 calories

### PIÑA COLADA

Creamy and delicious, who doesn't love a Piña Colada or three when relaxing by the pool? Sadly, this summery cocktail contains a hefty 300 calories.

**LOW-CALORIE SWAP:** Fuzzy Navel = 120 calories

### ALCOPOP

Although convenient, most alcopops contain a lot of added sugar, which makes them bad for your waistline. Plus, as they tend to taste sweet rather than strong, you may find yourself knocking back more than you intended, which is bad news seeing as these contain 250 calories per bottle on average.

**LOW-CALORIE SWAP:** Rum and Diet Coke = 115 calories

### SWEET WHITE WINE

Any wine or fizz with the word sweet attached to it is going to contain more sugar, which means more calories. In fact, a medium glass of sweet white wine has around 160 calories.

**LOW-CALORIE SWAP:** Champagne = 89 calories

### CIDER AND BEER

Two of the most popular drinks in the summertime, some ciders contain as much as 210 calories per bottle and beer up to 208 calories per pint. This is the equivalent of a glazed donut or a slice of pizza.

**LOW-CALORIE SWAP:** Light beer = 144 calories



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# 5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

- 1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID**  
Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.
- 2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS**  
When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.
- 3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED**  
As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.
- 4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER**  
While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.
- 5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER**  
There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.







# KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

### Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

### Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

### Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

### Mosquitos | Danger rating: 2/5

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

### Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

### Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



# Robust

# Rosemary



A hardy herb that will grow with abandon once established, rosemary has a long history of culinary, aromatic and medicinal uses.

### WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

- > A rich source of antioxidants and anti-inflammatory compounds
- > Improves digestion and helps to treat indigestion
- > Enhances memory and concentration
- > Relieves stress and anxiety
- > Protects against cancer
- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

### HOW TO USE ROSEMARY IN THE KITCHEN

#### Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

#### Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

#### Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

#### Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

#### Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.







# Sustainable Salad

**A**re you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge? Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

**GIVE IT SOME TLC:** If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

**DRY YOUR SALAD:** Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

**REMOVE ANY SPOILT LEAVES:** When you get

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

**PLACE IN AN AIRTIGHT CONTAINER:** Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

**STORE IN THE FRIDGE:** Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

**FOLLOW THE SEVEN-DAY RULE:** Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.



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## GUIDE TO CLEANING PAINTED WALLS



There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.

### HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

### HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

### HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

### HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

### WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.







# 5 ALTERNATIVE USES FOR DENTURE TABLETS

Denture tablets can be used to clean so much more than just your dentures. Discover five surprising uses for denture tablets below and you may be tempted to buy some – even if you have all your teeth.



**1. TO CLEAN YOUR KETTLE:** Mineral deposits can quickly build up in your kettle, which can cause your hot beverages to taste less than their best. To combat this, fill your kettle with water, drop in a denture tablet and allow to soak for a few hours. Follow with a good scrub and a thorough rinse.

**2. TO REMOVE HARD WATER STAINS:** If you are struggling to remove the hard water stains from your toilet bowl, then denture tablets offer the perfect solution. Simply drop in a few tablets, wait for the fizzing to stop and then scrub the bowl using your toilet brush.

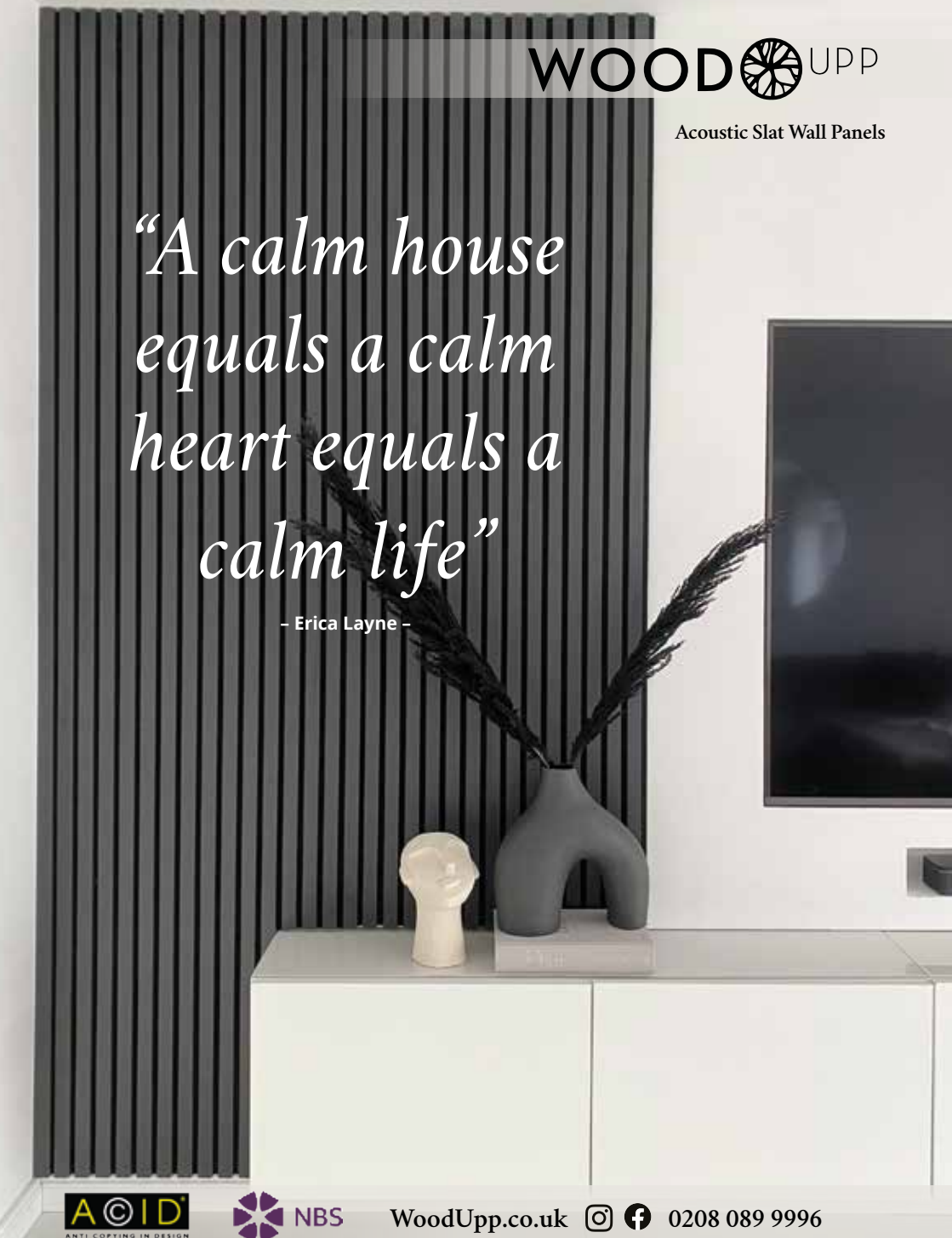
**3. TO ELIMINATE BURNT FOOD FROM PANS:** For times when soaking just isn't enough, add a denture tablet to your sink or a bowl of warm water, drop in your pan and leave to soak for 15-20 minutes. Give the pan a gentle scrub and the burnt food should slide right off. Do not use denture tablets on cast-iron pans.

**4. TO RESTORE SHINE TO GLASSWARE:** If you find that your glasses often look cloudy after washing, then a denture tablet is all you need to restore them to their original glory. Fill the glass with water, drop in a denture tablet, wait for the fizzing to stop, and rinse.

**5. TO BANISH TOMATO STAINS:** If you batch cook or take leftovers for lunch, you will know how hard it is to remove tomato stains from plastic containers. Banish these stubborn stains for good by filling the container with water, dropping in a denture tablet and leaving to soak overnight. Come morning, all you need to do is rinse.

*“A calm house equals a calm heart equals a calm life”*

- Erica Layne -







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HOME & DIY

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Who doesn't love an Ikea hack? Enabling you to incorporate the latest designer trends into your home at a fraction of the price, we have fallen head over heels with gold leaf furniture.

#### WHAT YOU NEED:

Imitation gold leaf | Sandpaper | Furniture primer | Water-based gilding size | A soft brush | A clear gloss spray sealer or permanent solvent-based varnish

#### HOW TO APPLY GOLD LEAF TO FURNITURE:

##### Step 1: Prepare your furniture

For wooden furniture, sand down or fill in any bumps or holes so that you have a smooth surface to work with. Then apply your chosen primer to ensure it is not porous. If you are upcycling metal furniture, give the item a dust or clean it with soap and water.

##### Step 2: Apply water-based size to the area

Decide where you want to apply the gold leaf and section off this area with masking tape. Then apply a thin and even layer of water-based gilding size. This is the adhesive that will bond the gold leaf to your furniture. Leave this adhesive until it is nearly but not completely dry.

##### Step 3: Start adding your gold leaf

Your gold leaf should be backed by tissue so lay it tissue-side up and then gently rub the gold onto your furniture. Keep going until the area is completely covered. To avoid any gaps, you can overlap the squares of gold leaf slightly. Leave until fully dry. This can take up to six hours.

##### Step 4: Remove any excess gold leaf

Once the area is dry, take your soft brush and gently remove any excess gold leaf. You then need to leave your item for a further 24 hours so that the gold leaf can cure.

##### Step 5: Cover with a sealant

The final step is to cover the area with a sealant so that it is protected from chips and scratches. Leave this to dry for 24 hours, and then your gold leaf furniture project is complete.



Photo credit: @mrsjessicahayes on The Last Magazine - All Home Hub content copyright © 2018 Home Hub Group Ltd. All rights reserved.



# CHINTZ

*is making a comeback*

If you're a millennial or younger, you'd be forgiven for not knowing the word chintz. Often regarded as a dated decor trend, you'll be more likely to see it in your grandmother's house than on Instagram or Pinterest. But could chintz be making a comeback?

### WHAT IS CHINTZ?

Chintz has a very long and fascinating history. It's a cotton textile dating to 4,000 years ago, originating in the Indus Valley between India and Pakistan. Made using a specialist dye method, chintz fabrics typically feature colourful floral designs. As the fabrics were traded around the world, they soon found their way into home textiles, made popular in more recent times by designers such as William Morris.

### WHERE DID IT GO?

In more recent times, chintz was seen as a dated fabric, and it has been declining in popularity since the 1980s. IKEA caused a stir in the 1990s by encouraging people to "chuck out your chintz" in favour of its own interior products, based around simple details and block colours.

For a long time, neutrals have reigned supreme, but now chintz is starting to reappear. This time around, colours are bolder and brighter and patterns are even more lavish.

### BRINGING CHINTZ INTO YOUR HOME

There are a lot of great ways to bring chintz into your home, including:

- > Chintz sofas and upholstery add a contrasting detail to neutrals and solid colours
- > Curtains in floral patterns add a little romance to your space
- > Patterned chintz-inspired wallpaper can add some colour and character to a room, bringing fantasy and fun to a child's bedroom or creating a feature in a cloakroom or dining room
- > Invest in cushions, table linens and other accessories to add a subtle hint of chintz to any interior style.

Incorporating some chintz into your home brings a modern take on a classic style. Keep an eye out for chintz-inspired décor making its way to a homeware section near you.



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# OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com

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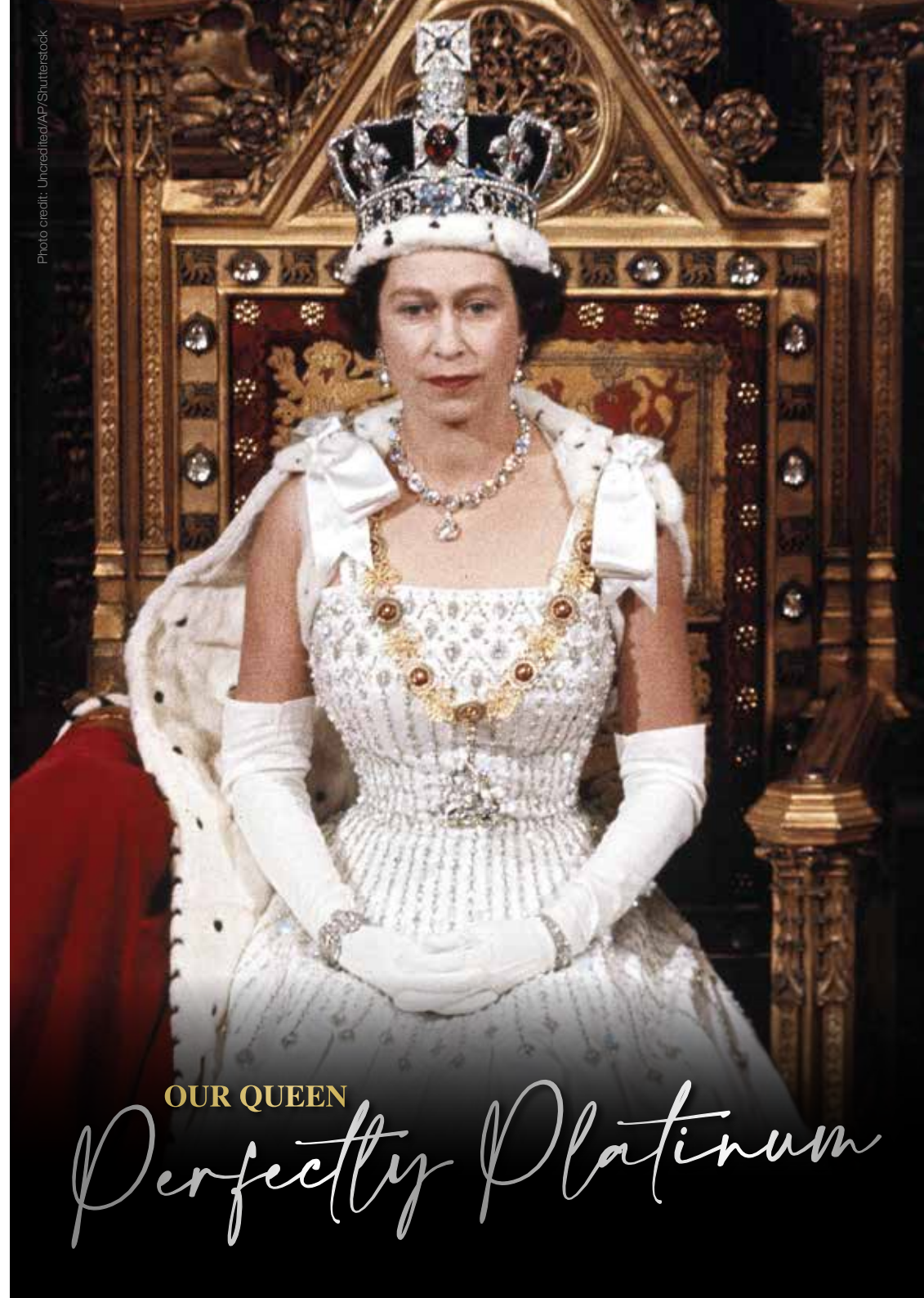
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**OUR QUEEN**

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## CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

---

*“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”*

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Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.





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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



Photo credit: Everything Local News

## School building named in honour of ex-Secretary of State

A new building at a Loughton secondary school has been named in honour of former student and ex-Secretary of State for Northern Ireland, James Brokenshire.

Mr Brokenshire, who died in October last year after being diagnosed with lung cancer, attended Davenant Foundation School in the 1980s.

A ceremony on Friday, May 13, to open the new Brokenshire Building was attended by James' widow, Cathy (pictured second from right), some of his close friends and family, Dame Eleanor Laing, MP for Epping Forest (pictured right), and artist Deborah Frank (pictured second from left), who painted a portrait of James to be displayed in the building, based on Cathy's favourite picture of him.

Mrs Brokenshire said: "It's an amazing building. The painting has blown me away. The building is a fantastic tribute and legacy to all that James achieved

and will help his name and legacy live on for longer. It's a lovely honour."

Dame Eleanor Laing MP said: "It's great that his memory is being honoured here at Davenant where he started his education – an education on which he built because he was a brilliant man, a brilliant and successful lawyer and then a brilliant and successful politician."

Adam Thorne (pictured left), headteacher of Davenant Foundation School, said: "This is the first new building the school has had for many decades.

"To name the building in honour of an ex-pupil like James, who did so much for so many, means that future students can learn about him and be inspired.

"His legacy will live on at Davenant for many years.

"The new building accommodates computing, economics and business studies, subjects that are very popular at A Level."





# Trip to Thailand gives students new specialist skills

A group of students from New City College (NCC) in Loughton have had the trip of a lifetime, studying the art of Thai massage and cookery in Bangkok.

The students, who are studying the hospitality and catering and beauty therapy courses at the college, were able to explore Thailand's rich culture, visiting temples, eating street food and taking the sky train.

The trip also gave them the chance to earn specialist professional qualifications, at no cost to themselves, which will set them apart from the competition when they go into the world of work.

The beauty students, who worked 60 hours during their two weeks away, all passed the qualifications needed for the Level 3 CIBTAC Approved Traditional

Thai Massage certificate.

Meanwhile, the catering students worked the same hours and mastered more than 40 dishes, from pad thai to fish soufflé.

Tutor Farrah Mirza said: "It was a wonderful experience for the students and the qualifications are a brilliant addition to their CVs. The trip gave them the chance to see and experience a completely different part of the world."

Jeff Mason, hospitality and catering tutor, added: "This was a truly inspirational and rewarding experience for the students. International trips of this nature are part of NCC's drive to become London's leading hospitality college."

# Netflix fantasy series spotted filming in forest

Eagle-eyed fans of the popular Netflix show *The Witcher* have spotted filming of the third season taking place in Epping Forest.

The Strawberry Hill Pond and Jacks Hill in Loughton were briefly transformed into a medieval campsite for filming recently, complete with tents, torches and barrels.

*The Witcher* is a fantasy series, based on the books by Polish author Andrzej Sapkowski, which stars Henry Cavill as Geralt of Rivia, a 'witcher' who uses his magical abilities to fight monsters.

It is unknown whether Cavill, who is also famous for his role as Superman on the big screen, has been in Essex to film scenes.

The first two series have been hits for streaming giant Netflix, which has commissioned two spin-off programmes.

The filming schedule for the new season is expected to finish around late August or early September.



Photo credit: Duff



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## Have your say on new political wards

LOCAL NEWS



Photo credit: Norman B. Leventhal Map Center

Loughton residents are being asked to have their say on the proposed new wards for Epping Forest District Council (EFDC).

EFDC currently has 58 elected seats, but this will soon be reduced to 54. As a result, the commission wants to hear from members of the public about how the new map should look.

A consultation is being launched that will run until July 18. It will review the area, making sure councillors represent the equivalent number of electors, and that the map reflects the community and its identities.

Launching the consultation, Professor Colin Mellors, chair of the commission, said: "We are starting to draw up new wards for Epping Forest. We want our proposals for new electoral arrangements to reflect communities. We also want them to be easy to understand and convenient for local people.

"Residents and local organisations can help us understand community ties and identities at this early stage of the process."

To submit your views, visit [www.consultation.lgbce.org.uk/node/34398](http://www.consultation.lgbce.org.uk/node/34398) or email [reviews@lgbce.org.uk](mailto:reviews@lgbce.org.uk)

To post your views, please send a letter to Review Officer (Epping Forest), LGBCE, PO Box 133, Blyth NE24 9FE.

## Refuse collector dies a month after car collision

Police are appealing for witnesses to a collision that occurred in Loughton after the man who was injured in the incident recently died.

The man, who was a refuse collector in his 40s, was involved in a collision with a black Mercedes S350 on Alderton Hill, Loughton, as he crossed the road shortly

after 2.25pm on March 10.

He sustained a broken leg from the incident and was taken to hospital for surgery, but was later released. However, on April 20, he sadly passed away. Police are currently investigating to establish if there is a link between the collision and the man's death.

A 62-year-old man from Chingford has been questioned on suspicion of dangerous driving, but enquiries are ongoing.

A spokesperson for Essex Police said: "We appreciate that this incident took place some time ago, but we need anyone who has any information about it to contact us."

Information can be reported at [www.essex.police.uk](http://www.essex.police.uk) quoting incident number 625 of March 10.

Information can also be given via the non-emergency number 101 or anonymously through Crimestoppers at 0800 555 111.

## Conservatives stay in control despite slight dent in armour

The Conservative Party remains in control of Epping Forest District Council (EFDC) following the local elections on May 5.

The Tories kept control of 10 seats but lost one to the Liberal Democrats, while councillors from Loughton Residents' Association were re-elected in the five seats they already held.

Incumbent independent Stephen Murray also kept his place in Loughton Roding.

There was only one change in the makeup of EFDC, as Conservative councillor for Theydon Bois Sue Jones lost her seat to Lib Dem Clive Amos by just 14 points following a recount.

Despite the relative stability in Epping Forest, it was far from a positive night for the Conservatives in the rest of the country, particularly in London, as the party lost its former strongholds of Barnet, Wandsworth and Westminster to Labour control.



Photo credit: Epping Forest District Council



News from

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LOCAL NEWS

Last month was Mental Health Awareness Week. One in four adults feel lonely some or all the time. There's no single cause and there's no one solution. After all, we're all different. But the longer we feel lonely, the more we are at risk of mental health problems. Some people are also at higher risk of feeling lonely than others. We work with and support the vital work of the NHS, and in particular Epping Forest and Loughton Mental Health Service (EFLMHS). The team offers therapeutic interventions, and we offer volunteering opportunities within an inclusive environment.

Jo, from EFLMHS, said: "It creates a sense of belonging and reduces isolation. For example, volunteering and helping others can help us feel a sense of belonging, make new friends and connect with our communities. Face-to-face activities such as volunteering at a food bank like 3food4u can also help reduce loneliness and isolation. They have been fantastic for the wellbeing of clients referred to them."

Contact us at [www.3food4u.org](http://www.3food4u.org) or [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com) or 01992 842642.



Photo credit: Everything Local News

## Club secures promotion

Despite their loss in the First Division South of the Thurlow Nunn League's play-off final, Buckhurst Hill Football Club will be promoted this season.

Crushing disappointment after the loss to Halstead Town FC has now turned to jubilation for the side, who will be playing in the Essex Senior League and Step 5 Football.

This follows an outside season for Buckhurst Hill, having finished second in the league on 98 points with only two defeats – an outstanding achievement for a team experiencing senior football for the first time.

Club chairman Simon Cornwell said: "This is just incredible news for the Buckhurst Hill family. Mark,

JP, Harry, Steve, all the players and everyone involved throughout the club – and I mean everyone during our 37-year history – have all played a part.

"This is three successive promotions through the divisions and the football pyramid, which is just sensational."

Mr Cornwell added: "Not only is this another piece of history for this club, it is also a huge congratulations to our trustees, management committee, everyone within the community, all the local and district councillors, our new supporters that have enjoyed their first season, and all the girls that work in the bar, turnstiles and The Stags Kettle – this is all for you."





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## HOW TO SET UP A FRESHWATER FISH TANK



PETS



Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

### 1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

### 2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

### 3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

### 4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

### BEST FISH FOR BEGINNERS:

Danio | Guppy | Platy | Tetra  
Avoid mollies as these fish are prone to disease and hard to keep alive for beginners.







GARDENING



Even during the warmest months of the year in the UK, the evenings can get a little chilly. Fortunately, you can still enjoy your outdoor space after sunset with an outdoor heating source.

**WHAT IS A PATIO HEATER?**  
In its simplest form, a patio heater is a device that allows you to heat the patio area of your home. Some patio heaters run on electricity, whereas others burn wood, gas or butane. Patio heaters are designed for outdoor use, and you can find many different types to suit your space.

**WHAT IS A FIRE PIT?**  
Fire pits, just like patio heaters, are designed to keep you warm in your outdoor space. Some fire pits use wood, coal or propane as their heat source, whereas others have an electronic ignition to light the fire. There are many different shapes, sizes and styles of fire pits available.

**PROS OF PATIO HEATERS**  
Versatile – can be used for home or commercial use | Good temperature control | Safe for children

and pets | No embers or sparks | Low maintenance | Easy to move | Some approved for tent/garage use

**CONS OF PATIO HEATERS**  
Limited design choices | Require fuel or a power source | Cords can create a trip hazard | Propane is expensive | Not a significant light source

**PROS OF FIRE PITS**  
Lots of design options | Provide both warmth and light | Have roasting capabilities | Easy to move | Less messy than a campfire

**CONS OF FIRE PITS**  
Danger of sparks or embers | Limited heat range and temperature control | Open flames | Cannot be used indoors

**WHICH IS BETTER?**  
Both patio heaters and fire pits offer a great way to heat your garden. The former is a good option for those who can't have an open fire for safety reasons or if you don't like cleaning. The latter can be more economical and can also double up as a barbecue.

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# Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

## CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

## BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

## GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

## CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

## GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.

Photo credit: ideahome.co.uk, ao.com, cinemathire.co.uk



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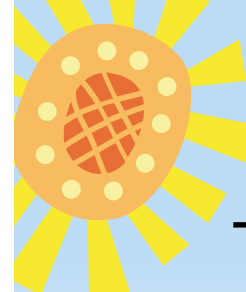
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### AS THE WEATHER HEATS UP, MAKE SURE YOU DO YOUR BIT FOR LOCAL WILDLIFE



The temperature is hotting up, and while most of us welcome these sunnier days, the same isn't always true for our community critters. The good news is that there are a lot of things you can do for wildlife in the hot weather to help keep them safe from the sun.

**Fill up your feeder:** Birds can find it tough to find food when the ground is dry and worms are scarce. Keep your bird feeder topped up and put out some fruit, such as apples and soaked raisins, for animals on the ground.

**Provide fresh water:** Spells without rain can mean that a lot of natural water sources have dried up for your garden visitors. Putting out some fresh water will help thirsty animals and insects. Keep it shallow and put some rocks in there to help insects get out if they fall in.

**Create shaded spots:** Animals may struggle to find shade on a hot day, but you can help by putting logs, large rocks or wooden planks around your garden to help create shade.

**Put in a bird bath:** A bird bath is a great way for birds to keep clean and cool. You can buy them at garden centres and other retailers, or you could make your own as a fun DIY project.

**Keep your pond topped up:** Remember to keep an eye on your pond and top it up if needed. This will help any fish that you have, as well as other visitors who use your pond as a water source.

These simple steps will make a big difference to your local wildlife.



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## Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.



Windsor Castle

### Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Castle Combe

### Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.



St Nectan's Glen

### Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer.

A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



Chatsworth House

### Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.







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# The LONGEST WORDS *that exist*

What would be the longest word you can think of right now? Perhaps it could be **Llanfairpwllgwyngyllgogerychwyrndrobwllantysiliogogoch** – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's **Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu** at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.  
Eighty-five letters is a lot for one word, so what are the other longest words that exist?

**Pneumonoultramicroscopicsilicovolcanoconiosis** (45 letters)  
This is a type of lung disease caused by inhaling quartz dust or silica.

**Hippopotomonstrosesquipedaliophobia** (36 letters)  
Of course, the word for a fear of long words would be long.

**Supercalifragilisticexpialidocious** (34 letters)  
While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

**Pseudopseudohypoparathyroidism** (30 letters)  
A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

**Floccinaucinihilipilification** (29 letters)  
This means the estimation of something having no value or being worthless.

**Antidisestablishmentarianism** (28 letters)  
This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

**Honorificabilitudinitatibus** (27 letters)  
Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

**Thyroparathyroidectomy** (22 letters)  
The name for the process of removing the thyroid and parathyroid glands.

**Incomprehensibilities** (21 letters)  
A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.



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Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

make you less aware of what's going on with your property.

#### Why hire a property management company?

Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.

#### Pros of hiring a property management company:

- > Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- > Property management companies will source and vet tenants, taking the responsibility off you.
- > Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

#### Cons of hiring a property management company:

- > You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- > As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.
- > Using a property management company could







# Cashback CATASTROPHE?

**DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?**

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

**THE PREMISE**

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

**WHEN CASHBACK CREDIT CARDS WORK**

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you’re putting on a card is

going to be paid off, then there’s no reason not to sign up to a cashback deal... providing you only buy things you’d be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there’s little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

**WHEN CASHBACK CREDIT CARDS DON'T WORK**

If you’re not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren’t configured that way... and if that’s you, steer clear.



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Calvin Gomes, Bronze Age

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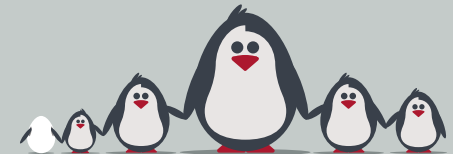


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SPORT



# HAND OF WAD

## DIEGO MARADONA'S ICONIC HAND OF GOD SHIRT SELLS AT AUCTION

When England midfielder Steve Hodge swapped shirts with Argentina double-goalscorer Diego Maradona at the end of the World Cup quarter-final at the Estadio Azteca in Mexico in 1986, he was derided by fans, sections of the press and even his own teammates.

The Argentine wizard had just knocked the Three Lions out of the World Cup with a Jekyll and Hyde display of sporting brilliance and brazen opportunism – one of the best goals ever scored at a World Cup, coming minutes after the Hand of God goal that we've all seen replayed hundreds of times.

In swapping shirts, to some, Hodge crossed the line. Wind forward three-and-a-half decades, and Hodge has the last laugh, after that prized number 10 shirt recently sold at auction for more than £7.1million.

Perhaps one of the most iconic items of sporting memorabilia – the value of which soared after Maradona's death in November 2020 – the shirt made almost twice its guide price, and was sold to someone from Abu Dhabi with links to Manchester City.

The Sotheby's auction process had all the usual twists and turns befitting of Maradona's life. In the lead-up to its sale, the infamous star's family insisted that the shirt was a fake, supposing that the striker swapped shirts at half-time during the game on June 22, 1986, and that Hodge was in fact in possession of the shirt worn in the first half.

In addition, a late plea materialised from an Argentinian delegation for the shirt to be returned to South America. The group failed with its own bid as the auction price rocketed, though the request remains to display the shirt in Buenos Aires in October, for what would have been Maradona's 62nd birthday.

The sale price mirrors the previous record for any sports memorabilia – the original autographed manuscript of the Olympic Manifesto from 1892, sold by Sotheby's in December 2019.



Photo credit: Shutterstock, Amer Ghazzal/Shutterstock

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DOWN: 1. RELATIONSHIPS, 2. OSIER, 4. OBEYED, 5. KALEIDOSCOPE, 6. DUNGEON, 7. PRETENTIOUSLY, 8. SUPERNATURAL, 14. NEEDFUL, 16. GRAZES, 19. RHYME





# PUZZLES & TRIVIA

PUZZLES

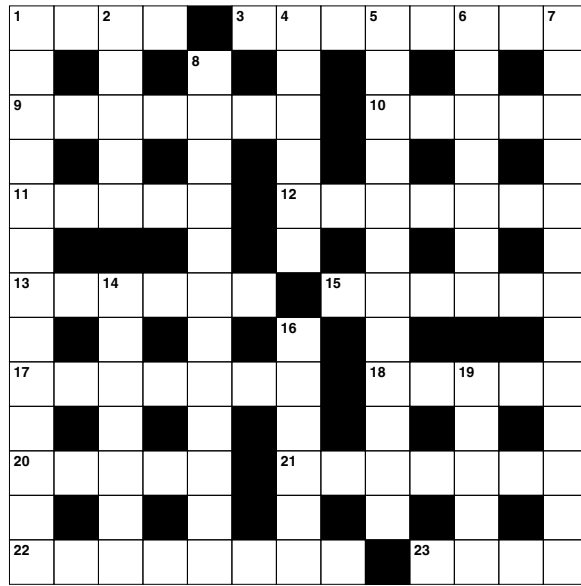
Answers: see end of The VISION Listings

## ACROSS

- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

## DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 14. Necessary (7)
- 16. Eats grass (6)
- 19. Verse (5)



## DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

## SUDOKU

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

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