

HOW TO MAKE GIANT GAMES

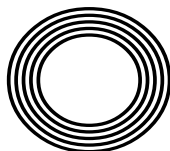
*The benefits
of upside-down
exercise*

NEIGHBOURS
ends after 37 years

A tribute to the late
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Editor's notes...

AUGUST 2022



Brett Shohet, Editor

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

I'm happy to say that **VISION** is now going from strength to strength after the difficulties we've all had to face over the last couple of years.

The main thing I want to talk about this month is visibility, which is so important in business. If a potential customer doesn't know your number, how are they going to contact you? Do you think your phone will ring more or less often if you invest in advertising?

I was lucky enough to recently attend the Grand Prix, where I couldn't help but notice that the brands who splashed out on advertising at the

event included Rolex and Coca-Cola. Despite international fame, these brands still set part of their budget aside for advertising in print and on TV, radio and billboards.

These multimillion-pound companies know it doesn't pay to be complacent. Advertising gives you the opportunity to stand out from your competitors and to get yourselves seen, and if Coca-Cola says it's worth doing, who are we to say differently?

Finally, as the weather continues to heat up, make sure to check in with your neighbours to see if there is anything you can do to help. Let's not lose that sense of community that was forged in the fires of lockdown.

Brett Shohet

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B^{OWEL} babe

THE AMAZING IMPACT DAME DEBORAH JAMES DBE HAD ON OUR AWARENESS OF BOWEL CANCER, AND THE COURAGE TO FIGHT THIS DISEASE

It's a marker to the strength and resilience of Dame Deborah James DBE that, even in her final days fighting against cancer, she was still able to laughingly refer to herself by a nickname that had done more than just provide a natty piece of alliteration for headline writers.

The self-confessed Bowel Babe, Dame Deborah James, had immersed herself in a wholly public battle with cancer after being diagnosed with the illness back in 2016. She was just 35 at the time. When she received the news that she had stage 4 bowel cancer, Deborah immediately threw herself into work as a patron for Bowel Cancer UK.

And rather than recoil at the shock of the news, Deborah, who at the time was working as a teacher at The Matthew Arnold School in Staines-upon-Thames, found incredible support across social media. Her outspoken voice was picked up by *The Sun*, for whom she began working as a journalist and columnist.

BBC 5Live stepped in shortly afterwards to take on her original, no-holds-barred podcast, entitled *You, Me and the Big C*, with its unapologetic, graphic and unrelenting portrayal of the many elements of cancer gaining admirers from all quarters.

'Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo—it could just save your life'

In October 2018, her book, *F*** You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself*, became a cult read. However, while she publicly continued to show strength and courage, the scourge of her disease sometimes made the easiest parts of everyday life difficult.

Two years on, she revealed that her body's tolerance to the drugs was waning. By May 2022, she posted on social media that she was receiving hospice-at-home care and was, ultimately, entering the final stages of the disease. Within 48 hours, more than £3million had been raised for her Bowel Babe campaign, and just two days after that she was awarded the title Dame Commander of the Order of the British Empire. Her damehood was conferred on her by Prince William, Duke of Cambridge, at her parental home.

Dame Deborah passed away on June 28, 2022, leaving behind a husband and two children. At the time of her death, she had raised a colossal £7million to fund clinical trials and research into personalised medicine for cancer patients, and to support campaigns raising awareness of bowel cancer.

This inspirational person used her platform to put perhaps the most candid slant on cancer treatment we have ever seen in the public space. As she said: "Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo – it could just save your life."

For more information, please visit www.bowelcanceruk.org.uk



Photo credit: Ken Mckay/TV/Shutterstock

Neighbours ...NO LONGER

IT'S THE SOAP OPERA THAT PERMEATED BRITISH CULTURE – AND OUR POP CHARTS – LIKE NO OTHER, BUT THE RAMSAY STREET ERA IS APPROACHING AN END

Some of us are old enough to remember the early episodes of *Neighbours* in the UK, when a sparky mechanic named Charlene (AKA future global superstar Kylie Minogue) was caught apparently breaking and entering the home of Madge Bishop by her son, Scott (Jason Donovan, no less).

As the storylines unfolded, so the characters became part of our teatime routines, as Aussie life seemed a sun-drenched fantasy world that became all the more accessible as its stars swapped Erinsborough for record contracts and model photoshoots in London.

When the Reg Watson-produced series was first picked up by the BBC in 1986, the UK was some 18 months behind episodes being created Down Under, yet such was the efficiency of the team in Melbourne that it would take three years for UK viewers to catch up.

The success was extraordinary, however. At its peak, 16 million UK viewers watched

the daily lives of these cool kids and their parents – that's more than the population of Australia.

Yet the advent of the internet brought a new era of TV consumption, where viewers no longer wanted to be tied by time. In 2008, the BBC gave up the rights to *Neighbours*, and only Channel 5's interest kept production alive in Australia.

When Channel 5 stated its aim to end the commitment, the death knell finally sounded in Ramsay Street.

Across almost 9,000 episodes, hundreds of stars – including Margot Robbie, Holly Valance, Guy Pearce, Liam Hemsworth, Natalie Imbruglia and more – have gone on to impressive careers in entertainment, and with an instantly recognisable theme tune, *Neighbours* has occupied a special place in our hearts.

And there was no better way to go out than to see Kylie, Jason and a host of other alumni return on July 29 for a special reunion show.

Fair dinkum!

Photo credit: Fremantle Media/Shutterstock, mediasetlect.pa.media

The original cast

The 2020 cast

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Pineapple Perfection

Pineapple skincare is all the rage, with many well-known beauty brands bringing out their own range of products containing this nutrient-rich fruit.

Why is pineapple good for your skin?

- > It contains antioxidants that protect against free radicals
- > It contains bromelain, which has anti-inflammatory and antibacterial effects
- > It can gently exfoliate the skin and remove dead skin cells
- > It has a high water content so can hydrate the skin
- > It can clear up acne and prevent future breakouts
- > It can be used to stimulate collagen production.

DIY pineapple face masks

Mask for oily skin

You will need: 1 tbsp pineapple purée | 2 tsp raw honey | 2 tsp oatmeal powder

How to make and apply: Mix the ingredients in a bowl to make a smooth paste | Apply to a clean face and leave for 10-15 minutes | Rinse and apply a lightweight face moisturiser.

Mask for acne-prone skin

You will need: 1 tbsp of pineapple purée | 3 tsp rose water | 2 tsp oatmeal powder

How to make and apply: Mix the purée and rose water together in a bowl | Gradually add the oatmeal powder until you have a smooth paste | Wash your face and apply while skin is still slightly damp | Leave on for 10 minutes | Wash off with warm water and a gentle cleanser.

Mask for dry/dehydrated skin

You will need: 1 tbsp pineapple purée | 2 tsp cucumber purée | 1 tsp rosehip seed oil

How to make and apply: Mix the pineapple and cucumber purée together in a bowl | Add the rosehip oil and mix again | Wash your face with a gentle cleanser and apply the mask | Leave on for 15 minutes and, during that time, regularly apply more of the mixture | Wash off the mask and apply a face cream.



BEAUTY



FASHION

Photo credit: www.shutterstock.com



LEARN HOW TO Colour BLOCK

Not heard of colour blocking? You're in for a treat. Offering a fun and vibrant way to express your style personality, read on to discover everything you need to know about how to wear this trend.

What is colour blocking?
Colour blocking involves the use of block colour in your outfit to create bold and eye-catching looks. It can be rocked by people of all ages, skin tones and body types.

Three ways to use colour blocking
1. Monochromatic: To get the monochromatic look, you need to pick one colour and then layer different shades and tones of it. This is a great choice for people who have a favourite colour or those who know that one specific shade suits them best. It is also ideal for fashionistas who prefer a

more understated look.

2. From the same colour family: If you want to be a bit bolder in your look, then you can choose different colours from the same colour family. For example, purple, green and blue shades come from one colour family and yellow, orange and red are from another. When colour blocking this way, choose one side of the rainbow and stick with it.

3. Contrasting tones: The brightest and boldest of the three colour blocking techniques, contrasting colours are the way to go if you want to create a 'look at me' vibe. This involves choosing colours from opposite ends of the colour wheel, such as blue and orange, or yellow and purple. Be warned: this can be tricky to get right, but if in doubt, choose a saturated colour and block it with a softer shade rather than two opposing vivid colours.








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How's it HANGING?

Have you ever tried exercising upside down? Also referred to as an inversion, there are many physical and mental health benefits to upside-down exercises. Discover them below.

1. ENHANCED MENTAL FOCUS

When you hang upside down, oxygen-rich blood flows directly to your brain. Although it may feel weird at first, as you adjust, you should start to experience better brain function and enhanced mental focus.

2. TO TREAT BACK AND JOINT ISSUES

Inversions are the ideal exercise for back and load-bearing joint issues as they help to reverse the harmful effects of gravity. Focus on straight alignment exercises such as headstands and handstands and you should notice a significant improvement.

3. REDUCED STRESS LEVELS

If you suffer with unhealthy levels of stress, then upside-down exercises can help you to unwind and relax. Enabling you to let go of any negative thoughts and feelings, even 10 minutes a day of inversion exercises can make you feel less stressed.

4. STRENGTHENED CORE MUSCLES

Upside-down exercises can help to push your body out of its comfort zone as many different muscle groups are needed to hold these types of positions. As well as strengthening your core, inversions can help to improve your balance, flexibility and posture.

5. POSITIVE INFLUENCE ON ALL FOUR BODY SYSTEMS

When you carry out inverted exercises, you can enjoy a positive effect on all the four main systems within the body. These are the cardiovascular system, the lymphatic system, the nervous system and the endocrine system.

BEST UPSIDE-DOWN EXERCISES TO TRY:

- > Headstand – this requires you to activate your core and builds upper body strength
- > Forearm stand – this pose builds strength and needs a lot of mental focus
- > Handstand – this requires concentration, technique, strength and flexibility. It can be done against a wall to give you more stability
- > Plough pose – this can relieve tension in the neck, shoulders and back
- > Inverted V plank – this tones your core and improves stability and flexibility.

YOU SHOULD NOT DO INVERSIONS IF YOU HAVE:

High blood pressure | A heart condition | Glaucoma | A back or leg fracture | Osteoporosis | A hernia | You are pregnant, obese or overweight.



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MAKING FRIENDS

later in life

While it can be easy to make friends at school, it can become increasingly difficult to reach out and meet new people as you get older. Here are five ways to begin making new friends.

- 1. TAKE UP A NEW HOBBY**
If you often feel bored as well as lonely, then why not kill two birds with one stone and take up a new hobby? Whether you fancy trying a local painting class, would enjoy a book club, or want something more physically challenging, partaking in a new hobby offers many opportunities to make new friends.
- 2. PUT YOURSELF OUT THERE**
New friends are not going to knock on your door and introduce themselves, so you need to take the initiative to actively seek out new friendships. This could be by sparking up a conversation with someone new or by inviting an acquaintance on an outing. If you have mobility issues, Age UK offers transport services for the elderly and disabled. Call the charity's free, confidential advice helpline on 0800 678 1602 to find out about local services.
- 3. JOIN A VOLUNTEER GROUP**
For those who need a little bit more time to get to know people, a volunteer group or community project allows you to gradually build up a rapport over time. This can also help you to build deeper friendships. Try reaching out to your local community centre to find out how you can get involved.
- 4. GO ONLINE**
There are so many ways that you can meet people and make new friends online, from social media sites to online forums to blogging. If you are not overly confident in your technical abilities, many libraries offer courses for people wanting to explore the world wide web.
- 5. REACH OUT TO LOST FRIENDS**
Have you lost touch with friends over the years? Instead of trying to build new friendships from scratch, you may find it easier to try to reconnect with faces from your past.







How to Bakewell



National Bakewell Tart Day falls on August 11 this year. But let's face it, any day is a great day to enjoy this delicious treat. Legend has it that these lovelies originated in Bakewell, Derbyshire, in the 1860s. A pub landlady asked a member of staff to make a jam tart, but instead of mixing the almonds and eggs into the pastry, the cook poured the mixture

on top. The result was a baking sensation. So much so that a local lady got hold of the recipe and made a handsome living off the back of it. It's a great story. However, the recipe had apparently already featured in a cookbook published 15 years previously.

Food historians also squabble over the tart's topping. Viewers of *The Great British Bake Off* took to social media to share their outrage when the bakers decorated their tarts with white icing and glacé cherries. Your traditional Bakewells are apparently topped with just a smattering of flaked almonds. Those other ones are Cherry Bakewells.

THE RECIPE

Ingredients for shortcrust pastry base:

- 175g plain flour
- 75g cold butter
- 55ml water

Ingredients for filling:

- 1 tbsp raspberry jam
- 125g butter
- 125g caster sugar
- 125g ground almonds
- 1 egg, beaten
- ½ tsp almond extract
- 50g flaked almonds

Method:

Make the shortcrust pastry in the normal way and use it to line a 20-cm flan tin. Chill for 30 minutes. Preheat oven to 200°C/180°C fan/gas mark 6. Bake blind (using foil and baking beans) for 15 minutes. Remove beans and foil and bake for another 5 minutes. Spread the jam all over the base. Melt the butter. Then stir in the sugar, ground almonds, egg and almond extract. Pour the mixture into the tin over the pastry and sprinkle over the flaked almonds. Bake for 30-35 minutes (cover with foil if the almonds are browning too quickly). Chill and enjoy.

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5 unspoken rules of BOTTOMLESS BRUNCH

Bottomless brunches seem to be popping up everywhere – at chain restaurants, luxury hotels, your local pub... the list goes on.

However, how do you navigate these events with dignity and decorum? Or at least without waking up the next morning with the dreaded 'beer fear'. Find out below.

1. DO NOT MAKE PLANS FOR AFTERWARDS

Think you are going on a bar crawl after a bottomless brunch? Planning to take a leisurely walk around the shops? You are sadly mistaken. If you are attending a bottomless brunch, do not make any plans for afterwards as you'll most likely want to spend the rest of the day catching up with the same friends and family you went to brunch with.

2. ARRIVE ON TIME

Whether it's one, two or three hours, bottomless brunch hosts can be ruthless, and they will stop serving you when your time slot is over. Therefore, if you want to get maximum bang for your buck, make

sure everyone in your party arrives on time and that you order asap.

3. BE POLITE TO YOUR SERVER

Manners cost nothing, but they can help you to have a more enjoyable bottomless brunch experience. Even if you and your friends are getting a little rowdy, that doesn't mean that you can't be polite when ordering your drinks.

4. CHOOSE YOUR FOOD WISELY

Although brunch conjures up images of scrambled eggs, smoked salmon and avocado on toast, most bottomless brunch packages offer much more substantial food choices such as burgers, pizzas and even pancakes. To avoid all that fizz going to your head, make sure you stock up on plenty of stodge.

5. HAVE FUN

Rather than stressing about your empty glass or worrying about how much time you have left, just sit back, relax and have fun with your family and friends.

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HOME & DIY



THE WORST COLOURS TO USE IN YOUR BATHROOM (AND THE BEST)

Decorating a bathroom can be tricky, as you need to create a space that is restorative, practical and stylish. When it comes to colour schemes, there are certain colours that you should avoid at all costs.

PEACH

The colour peach can make a bathroom feel both outdated and unappealing. It may also make you want to spend less time in the room owing to its ability to decrease energy and make a space feel uninviting.

RED

You don't see many red bathrooms, and there is a good reason for this. While this vibrant shade can bring about feelings of empowerment, it is not very good for creating a relaxing atmosphere, which is paramount in a bathroom.

OLIVE GREEN

Although green bathrooms are becoming increasingly popular, you need to make sure you select the right shade of green. While dark greens such as forest green and bottle green can create a great contrast with white bathroom furniture, olive greens can make the space look drab and dull.

GOLD

Goldish yellow and beige colours are a big commitment for a bathroom as it can be hard to find tiles and finishings that go with these tones. These shades also date quickly, so you may find yourself having to redecorate sooner than you would like.

BROWN

As you might expect, brown is not a great choice of colour for a bathroom. Not only can it create dark corners which can make it more difficult to clean, but it is also not very visually appealing.

BEST COLOURS FOR BATHROOM

- > Rich greens – these are bold and provide a fresh and vibrant feel.
- > Black – this can add contrast and depth when paired with a lighter colour.
- > Blue-grey – this is airy and tranquil without being overpowering.

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Marvellous MARBLE

Marble accessories for the home have never been more popular, yet they can be expensive to buy. So why not make your own at home?

Check out our simple guide to marbling and start upcycling your household items today.

WHAT KINDS OF OBJECTS CAN YOU MARBLE?

One of the best things about marbling is that it works on almost any material. You can marble wrapping paper, Christmas baubles, coasters, candle jars, plant pots and so much more. If you are new to marbling, it can be a good idea to practise on paper first.

WHAT YOU WILL NEED TO MARBLE AT HOME

2 x marbling inks or nail polishes in different colours | A tray (plastic or metal) or a bowl | A waterproof tablecloth | Water | A cocktail stick | Your chosen item

HOW TO MARBLE AT HOME

1. Cover your table with a waterproof tablecloth to protect it.
2. Next, fill your tray or bowl with room-temperature water two-thirds of the way up.
3. Pour a small amount of ink or nail polish across the surface of the water, swirling in a zigzag shape.
4. Repeat with your second ink or nail polish, layering the new colour on top of the other.
5. If you are using marbling ink, use a cocktail stick to mix the colours together.
6. Place your chosen item on top of the water and ink mix and then fully submerge it.
7. Gently pull it out and leave to dry – this can take up to 24 hours depending on the item.

TOP TIPS FOR MARBLING AT HOME

- > Wear gloves
- > Dip quickly as marbling inks don't take long to set
- > Pick your colour combinations carefully
- > Use one marbling solution per object
- > 3D items should be dipped in a bowl that is deep enough for the object rather than a tray, and may require double-dipping
- > Don't be afraid to experiment with more than two marbling ink colours.



Dish the DIRT



Is your glassware looking grubby? Your dishes a little dirty? If the answer is yes, this could be because your dishwasher is in dire need of a deep clean.

HOW TO CLEAN YOUR DISHWASHER

1. DO A DEEP CLEAN

Once a month, give your dishwasher a deep clean. Fill a bowl with one cup of lemon juice or one cup of white vinegar, place it on the top rack and then run your machine on an empty cycle. This will help to banish bad odours, counteract the effects of hard water and keep your dishes sparkling clean.

2. CLEAN THE SPINNING ARMS

Dishwashers work by spraying out water from their spinning arms, so if these are not working properly or they are full of dirt and debris, then they will not be able to effectively clean your dishes. You can

remove any build-up with a toothpick or small pair of pliers.

3. CLEAN THE FILTERS

Over time, the filters in your dishwasher can become clogged, which means your appliance is not able to clean as efficiently as it should. To remedy this, remove the filters, rinse with hot water and replace. Do this monthly

for best results.

HOW TO KEEP YOUR DISHWASHER PERFORMING AT ITS BEST

- > Use it regularly – at least once a week to keep the motor seals working
- > Scrape food off your plates but do not pre-rinse
- > Clean the seals after each use
- > Keep your rinse aid reservoir full
- > Do not overcrowd or overload your appliance
- > Use a high-quality dishwashing detergent.

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Colour Code

HOME & DIY

Banjo Beale INTERIOR DESIGN WHIZZ AND HIS DRIVE FOR DESIGN

Anyone who has seen the BBC's *Interior Design Masters* series will have been wowed by the verve, voracity and vision of some of the country's most impressive amateur interior designers.

The series was eventually won by sparky designer Banjo Beale, and the Australian revealed after the show that he employs an unconventional technique when it comes to styling the perfect space.

"I still feel like a fraud when it comes to colour," he said. "I always picked my colour last. I don't know if that's what interior designers do, but because I'm a collector and curator first, I like to take a step back and look at my pieces, then pick a colour that might tie it all together."

Beale's confession, that his priority in a room is always to provide a base of variety and personality that inspires and entertains the mind, may not be a first for interior design, but it's an original perspective as far as the expected norm of makeover shows goes. Previously, there has been an almost assumed start point that the colour of a room is the first thing, not the last, that's decided upon.

Subverting that expectation not only meant the visionary won first prize, but it has also set him on the path

to potentially a full-time career in the design world from his sleepy home on the Isle of Mull in Scotland.

He added: "I always say interior design is 99 per cent logistics and one per cent design, and through the contest hopefully I've given others the chance to look at projects from a different angle too. It's been a brilliant ride."



Photo credit: banjobeale.co.uk, BBC and Darlow Smithson Productions





Praying for REINVENTION

MONASTERIES FINDING NEW LIFE THROUGH SENSITIVE REINVENTION

Dare we say it, there may just be something godlike about the way British designer John Pawson has masterminded an incredible range of renovations across Europe.

The realities of religion's dwindling appeal (at least in the sense of parishioners needing to congregate in a towering space) has created an availability of incredible buildings – churches, monasteries and more – the sensitive reinvention of which into extraordinary, iconic hotels has certainly saved them from disrepair and, in some cases, total collapse.

Pawson represents a breed of architects taking the best traditional features and enveloping these former religious spaces in a veil of luxury and style.

With huge ceilings, elegant windows, sumptuous arches and a wondrous feeling of space and freedom, these are structures so extroverted and unrestrained that they would never make it past first base were they designed as hotel spaces from scratch today.

Pawson says the technique used is almost at odds with itself. "You need to accentuate what is already a huge space," he says, "yet at the same time be respectful and cautious that you are not interfering with the sensibilities of generations who have gone there for comfort and solace."

"I think if we were turning these buildings into nightclubs or shopping precincts, we may encounter more pullback, but the reality is we're repurposing them with a similar goal – to offer those who go there calm, hope and mindfulness."

From the Jaffa Hotel in Tel Aviv to the conversion of an old chapel in Antwerp by Belgian architect Vincent Van Duysen, to all manner of ecclesiastical bases across famously religious countries like Italy and Romania, the sweeping tide of change is creating incredible travel experiences for those on a pilgrimage looking to try something a little different.



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HOME & DIY



Did you know that dusting sprays contain toxic ingredients that are bad for the environment and your health? Fortunately, there are several natural alternatives that promise to banish dust without any negative side effects. Plus, all you need is a few storecupboard staples to make them.

DIY CITRUS SPRAY

Ideal for all types of surfaces, this homemade citrus spray will eliminate dust and make your home smell wonderful.

You will need:

1 cup water | ¼ cup white vinegar | 2 tsp olive oil | 10-15 drops orange essential oil

Pour all the above ingredients into a spray bottle and shake vigorously.

DIY VINEGAR SPRAY

The simplest DIY dusting spray available, vinegar is a versatile all-purpose cleaner which cuts through grime and acts as a disinfectant. Ideal for use in the kitchen and bathroom.

You will need:

½ cup water | ½ cup white vinegar

Add both to a spray bottle, shake, and spray where desired.

DIY ESSENTIAL OILS SPRAY

Similar to the citrus spray, this DIY recipe will

effectively get rid of any dust and fill your home with lovely scents.

This spray is perfect for creating a relaxing vibe in the bedroom.

You will need:

1 cup water | ½ cup of witch hazel or vinegar | 1 tbsp olive or sunflower oil | 1 tbsp unscented liquid soap | 15 drops of lemon essential oil | 1 drop tea tree oil

Add all ingredients to a spray bottle and shake vigorously.

DIY WOOD DUSTING SPRAY

This DIY dusting spray is specially designed for use on wooden surfaces and will effectively remove both dust and dirt.

You will need:

1 cup water | ½ cup vinegar | 2 tbsp olive, sunflower or grapeseed oil | 10 drops lemon essential oil | 5 drops cedarwood essential oil

Mix the ingredients together in a spray bottle and spray directly onto any wooden item or surface.

Once sprayed, all of the above DIY dusting sprays should be wiped with a clean cloth, preferably a microfibre one.



KHAN'T *stop Adil*

ADIL RAY OBE CELEBRATES 25 YEARS IN THE ENTERTAINMENT INDUSTRY

We're in an era where some claim the path for ethnic minorities is blocked by prejudice, bias, racism and more. Adil Ray OBE, the DJ, presenter, scriptwriter and unashamed cricket fanatic, is one man who roundly disputes that assumption.

In fairness, the 48 year old need only look at the success of his own career to see how a constant battle to innovate, inform and enthuse an audience will not only create great TV or radio, it will also keep an ambitious career moving forward.

"I'm not blind enough to suggest there aren't challenges for a lot of people in our society, pretty much all across the board," begins Adil, "and that applies to indigenous members of the population too.

"Yet my own experiences are that if you are original, open, confident and malleable to the norm while also looking to push beyond it, you really can get on, and when that happens, life gets exciting."

Adil kicked off an impressive voyage through the entertainment world in pirate radio during his degree at the University of Huddersfield. Before graduating with a 2:1 in marketing in 1997, the son of a Pakistani father and Kenyan mother had already landed a gig with Choice FM, and he was swiftly to move on to Galaxy 105, Century Radio in Manchester, and Ministry of Sound.

Things really began to accelerate when he joined BBC Asian Network in 2002, with the station having just gone digital to a nationwide audience. His award-winning stint included hosting the *Breakfast Show* and led him to BBC 5 Live, where he quickly worked his way across to TV projects, with presenting duties on *The One Show*, as well as taking on a number of documentary commissions, notably about community, Asian integration and, of course, cricket.

Versatility had always been at the heart of what Adil preached, and back in 2012 he co-wrote the comedy *Citizen Khan*, featuring central character Mr Khan and his long-suffering family. The sitcom was taken up by the BBC and went primetime, and to date has returned for five series and 34 episodes, clinching four Royal Television Society Awards along the way.

In recent times, Adil has switched allegiance to ITV, filling in for former host Piers Morgan on *Good Morning Britain* and, as if to push his versatility even further, has entered the space of quiz show host, as in 2021 he began fronting *Lingo*.

Fans of the cult word game Wordle, which has gone viral over the past year, will recognise the format, where contestants have to identify a word using correctly and incorrectly placed letters from past attempts.

"I've always loved words and wordplay, so this one has fitted into my portfolio nicely, to be honest," laughs Adil.

"Mostly, what interests me is moving forward with new ideas. I've still got a big box of them at home – most are rubbish, but you only need to get one right, and that could lead to a lucky break.

"TV execs these days are looking for something a bit different. Shock factor will work, for a while at least, but courage and charisma will always carry people forward the furthest."



LOCAL NEWS

from your neighbourhood



Man is jailed after stabbing victim through window

A man who stabbed his victim in the chest and stomach in Loughton has been sentenced to three years in jail.

Junior Lawrence, 22 (pictured left), of New North Road, Ilford, was jailed at Chelmsford Crown Court on July 1, having previously admitted to grievous bodily harm without intent and possession of a bladed article in a public place.

Lawrence stabbed his victim, a man in his 20s, at the junction of Langston Road and Chigwell Lane at around 7.25pm on August 4 last year.

A witness told officers they saw him get out of his car and approach a white Volkswagen Caddy, before stabbing the driver through the window. He returned to his vehicle and drove off.

The victim was later discovered in Church Hill. A paramedic on the scene commented that the actions of members of the public and officers on the scene most likely saved his life, as his injuries were originally described as life-threatening.

Lawrence was arrested about 15 minutes after the attack, when officers spotted his vehicle in Chigwell.

Investigating officer PC Cove, from Loughton CID, said: "Junior Lawrence stabbed the victim in broad daylight at a busy junction.

"The actions of the attending officers and members of the public where the victim was found ensured his prognosis was not even more serious.

"Lawrence now faces a significant amount of time behind bars and Essex is a safer place as a result."

Photo credit: Essex Police, Google Maps



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BEFORE

AFTER



Photo credit: Haslers Foundation

Quiz night raises more than £8k for charity

A recent quiz night in aid of a Loughton charity raised more than £8,000.

A total of 122 people attended the Haslers Foundation Charity Quiz, run by the charitable foundation of Haslers Accountants.

The Haslers Foundation aims to relieve poverty by providing grants to charities and people in need, as well as supporting activities for young people.

The event raised £8,785 and the foundation also made several donations to attending charities, bringing total donations to more than £200,000.

Some of the charities who were gifted prizes

included The Dream Factory and the Frank Charles Give a Gift Appeal.

Jon O'Shea, chairman of Haslers Accountants and its foundation, said: "We are astonished at how much this event helped us to raise for Haslers Foundation.

"None of this would have been possible without the support of the businesses that sponsored the event and took part, so a huge thanks must go to them.

"Also, a huge thank you to those businesses that generously donated gifts to our raffle.

"Finally, thank you to Ben's Magic for coming along to entertain our guests during the intervals."

Teen charged after reports of active firearm

Police were recently called to reports of a firearm being discharged in Loughton.

Officers attended the scene in Harvey Gardens at 2.35pm on Saturday, June 18. They discovered a Ford S-Max in New Farm Drive, Abridge, which was believed to have been involved in the incident. No one was injured.

A 17-year-old boy from Buckhurst Hill has been charged with conspiracy to possess a firearm with intent to endanger life.

He appeared in front of Southend Youth Court on Tuesday, July 5, and has been remanded in custody prior to his appearance at Basildon Crown Court on August 2, as **VISION**Loughton went to print.

The investigation has led to the arrest of two further suspects in connection with the incident, and both have since been released on bail until August.

Police enquiries into the incident are ongoing and they continue to appeal for anyone who saw anything or has any CCTV, dashcam or doorbell footage of the incident to contact them.

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between Monday and Friday between 10am and 9pm.

Please quote incident 803 of 18 June.

You can also call 101 or contact Crimestoppers anonymously on 0800 555 111.



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Schoolboy killed in hit-and-run was 'let down' by police



The commissioner of Essex Police has apologised to the family of Harley Watson (pictured above left) after an inquest ruled that the 12-year-old Loughton schoolboy was unlawfully killed.

Harley died after a car was driven into a crowd of children outside Debden Park High School on December 2, 2019. Ten other people were injured.

The driver, Terence Glover, 52, was last year detained indefinitely under the Mental Health Act.

The jury at the inquest said the failings of Essex Police and mental health services potentially contributed to the schoolboy's death.

Following the end of the inquest, Police, Fire and Crime Commissioner for Essex, Roger Hirst, said: "This is a tragic case, and my heart goes out to Harley Watson's family and friends and all the victims whose lives have been impacted by Glover's actions.

"No parent should have to go through what Harley's parents have gone through and no child should have their life so cruelly taken away by a vicious, selfish act.

"It is clear to me from the evidence provided and the jury's narrative conclusion that much more could and should have been done prior to the incident.

"We work hard within the emergency services to protect people and make their lives better, but in this case, we let Harley down. I am truly sorry for that.

"Improving how the force identify, assess, respond to and share with partners the threats they receive, especially when this relates to cases where mental health appears to be a factor, is vital to reduce the risk of such an awful situation happening again.

"I will continue to work with the Chief Constable to ensure these changes are fully implemented."

New education hub opens to help adults gain skills

An open event for a new Adult Education Hub took place at a college campus in Loughton on July 14. Adults wanting to retrain, upskill or enhance their

qualifications got the chance to attend the event at New City College Epping Forest campus in Borders Lane.

The campus opened its doors to showcase the new hub to adults looking to return to studying to boost their skills for the workplace.

Visitors were able to meet tutors, hear about the courses on offer, tour the facilities and join in with one of the masterclasses.

Loughton Town Mayor, councillor Barbara Cohen, joined the guests to look around the new Epping Forest Adult Education Hub, which will bring new opportunities and career progression for those living and working in Essex and London.

Mayor Cohen said: "It's an invaluable facility for those seeking adult courses to upgrade their qualifications or gain credentials for a new career path."

Major milestone for football club with FA Cup match

Buckhurst Hill FC are set to achieve a major milestone – by playing in the FA Cup for the very first time.

Kicking off at 3pm on Saturday, August 6, at their home ground of Myrak Park on Roding Lane, the team will be taking on Walthamstow in the extra preliminary round of the knockout competition.

If Buckhurst win, they will face Stansted FC or Hadley in the first preliminary round.

Club chairman Simon Cornwell said: "What an inspiration for every five year old upwards that joins their local football club that one day they can wear the blue/black stripes in the most famous football competition in the world.

"This is down to every trustee, committee member, manager, coach, parent, grandparent and player both current and in the past that have all played a part in realising our dreams.

"I would like to personally thank each one of you.

"We look forward to seeing the whole community get behind the boys and be a part of history for little old Buckhurst Hill."



Photo credit: Buckhurst Hill FC



LOCAL NEWS



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

We have some amazing news: our chair of trustees Pesh Kapasiawala of 3Food4U (pictured right) has been nominated for the BBC Essex Make a Difference Award. A panel of judges at the BBC have shortlisted us out of more than 500 nominations to go through to the grand final with only three others. The overall winner of the award will be announced at a prestigious ceremony on September 8.

This nomination is for all volunteers, supporters, donors and funders. This was a massive team effort by the community. We're so proud of you all.

We are also delighted to announce a great evening of music in aid of 3Food4U at 7.30pm on Saturday, September 10, at Loughton Club, organised by Stephen Selby and REPLAY. Music by REPLAY Tamla. Tickets cost £10 per person. Call 07973 166940 for tickets or email info.3food4u@gmail.com

Our Loughton Community Surplus Hub runs every Tuesday from 11.30am to 1pm at Loughton Club, 8 Station Road, IG10 4NX.

Visit our fundraising page at www.stewardship.org.uk/partners/20356308 or contact us at www.3food4u.org or info.3food4u@gmail.com or call 01992 842642.



Chef names 'best' restaurant

A renowned chef has declared a Loughton restaurant as "the best I have ever been to".

Rosemary Shrager (pictured left), who has featured in such TV shows as *Cooking with the Stars*, *The Real Marigold Hotel* and *I'm a Celebrity*, recently visited Tom, Dick & Harry's in Loughton.

After sampling a range of dishes, she said: "This is without a doubt the best restaurant I have ever been to; the food is exceptional, the atmosphere, staff and

service are all impeccable and I can't wait to come back again."

Rosemary enjoyed an evening at the restaurant with friends before demonstrating her culinary skills by making olive oil bread for guests and staff.

She added: "Now I've been to the restaurant, I never want to leave. Tom, Dick & Harry's is such a fantastic restaurant and the food is simply spectacular. I can't wait to come back again; it is the top of my list now."



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DIY SUMMER GARDEN GAMES

FOUR GARDEN GAMES YOU CAN MAKE FOR YOUR KIDS TO ENJOY THIS SUMMER

Worried about how you are going to keep the kids entertained all summer long? Check out the below DIY garden games that you'll have fun making and children will love playing with.

JUMBO KERPLUNK

You will need:

A bucket | Cage mesh or tomato plant cages | 2 wooden planks | Wooden sticks | Soft play balls

How to make:

- > Roll the mesh into a cylinder and secure with black tape.
- > Place the two planks on top of the bucket and rest the mesh cylinder on them.
- > Push the wooden sticks through the holes in the mesh.
- > Fill with coloured balls.

GIANT LAWN DOMINOES

You will need:

28 ft of 2-inch x 6-inch wood board | Chalk paint | Saw | Hand sander | White paint

How to make:

- > Cut the wood into 28 individual dominoes and sand down to prevent splinters.
- > Paint using chalk paint.
- > Paint on the dots using the white paint.
- > Leave to dry.

POOL NOODLE TENNIS

To make two rackets you will need:

2 foam pool noodles | Mesh vegetable or fruit bag | Duct tape | Lightweight sponge rubber ball

How to make:

- > Cut off 4 inches from one end of each noodle.
- > Make an angled cut on each end.
- > Fold the noodle so that the two angled cuts meet to make the head of the racket and secure with duct tape.
- > Use one of your 4-inch cut-offs to create a handle by securing to the base of the racket head with duct tape.
- > Insert the noodle racket into the mesh bag and secure with more duct tape.

BOTTLE RING TOSS

You will need:

10 glass bottles (wine, milk, etc) | 6 wooden rings or bangles | Bottle crate | If you would like to paint the bottles you will also need gloss paint and a paintbrush

How to make:

- > Remove all the labels from the recycled bottles.
- > If you wish, paint each bottle in a bright colour and leave to dry.
- > Place the bottles in the crate.



Photo credit: scout.org, ironandtwine.com, ziggityzoom.com, playpartyplan.com

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FREE flowers

August is the perfect month to collect seeds from your garden plants so you can sow them next spring and enjoy them all over again. It's simple and quick to do – all you need is some secateurs or sharp scissors, a few paper bags and some envelopes. And it costs you absolutely nothing.

Some seeds are easier to collect and grow than others. Annual plants are ideal because they produce lots of seeds.

Here's a list of some of the best: Allium | Aquilegia | Cleomes | Dahlias | Larkspur | Marigolds | Morning Glory | Nasturtiums | Petunias | Poppies | Snapdragons

When you're planning to collect your seeds, choose a dry day. Seeds definitely don't like getting damp. And make sure it's not too breezy, or your seeds could blow away before you catch them.

Now let's get started. All you do is trap the seed head or pod in your paper bag and snip it off the plant. Before you do this, write the name of the plant on the bag. You might think you'll remember, but often this isn't so.

When you're done and back inside, tip the seed heads onto a piece of plain white paper or kitchen towel. Remove any bugs or debris and check the seeds are completely dry. Then tip them carefully into named envelopes and keep them somewhere cool and dry. For something a little special – a great idea if you're going to give them as gifts or swap them with friends or family – why not decorate the envelopes?

Remember, it's usually better to choose heirloom, open-pollinated plants rather than hybrids. This is because the seeds of hybrids won't usually produce plants identical to their parents – not that it isn't fun to experiment.

Happy gardening!



Aquilegia Poppy Dahlia Marigold



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Not particularly green-fingered but still want a thriving garden? Check out these outdoor plants that promise to grow in spite of you rather than because of you.

Plus, our top tips for creating a stress-free, low-maintenance garden.

GERANIUMS: Geraniums are a popular choice for the garden owing to their vibrancy, vivid colours and stunning scents. However, they are also known for coping with even the most inhospitable situations and will thrive in the sun or shade.

EUONYMUS: Euonymus is an evergreen shrub that can bring brightness to your garden all year round. Ideal for climbing up walls or alongside brickwork, this vibrant plant requires little to no maintenance and will tolerate inferior soils, exposed areas and windy corners.

PRIMROSES: Primroses make a stunning addition to any garden and come in a wide variety of colours. This flowering plant loves both the sun and shade and will seed itself about the garden without ever becoming a nuisance.

you can't kill

BAMBOO: Bamboo is a versatile plant that can survive in most conditions and is ideal for bringing a touch of the exotic to your garden. It comes in a variety of colours, heights and foliage types and is great for creating bold focal points or living screens.

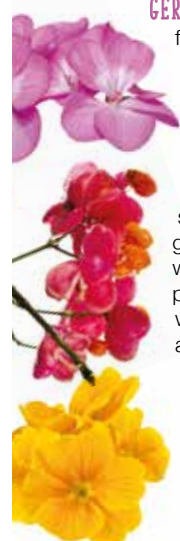
ASTRANTIA: If you have damp soil in your garden, then Astrantia, also known as Hattie's pincushion or masterwort, is a great choice. Boasting attractive blooms, astrantia is another self-seeding plant that is perfect for low maintenance and wilder garden schemes.

HOW TO CREATE A LOW-MAINTENANCE GARDEN:

- > Keep plant variety to a minimum
- > Replace fine turf with hard-wearing seed or turf mix
- > Focus on hardscaping
- > Ditch the decking
- > Add a thick layer of mulch to your garden beds to reduce the need for weeding.



GARDENING



HORTICULTURAL HERO:

ADAM FROST



Speak to almost any horticulturalist and they will praise the considered, calming and relaxing virtues of spending time in the garden – an escape from everyday life.

Yet for most of us, when we bring out the shovel and the spade, our first reaction is to embark on a tornado-like tour of our beds, lawns and pots.

Gardeners' World presenter Adam Frost is one man looking to change things. With an eye on grindingly slow green-fingered activity, Frost declares that good gardening is all about letting nature dictate the pace at which our wild spaces evolve.

Adam, who is a popular face at the Chelsea Flower Show, explains: "How do I treat problems in my garden? I don't. Even if you get greenfly on a plant, you can guarantee that within one or two weeks, something will come in and clear it. The moment you start interfering, you are unbalancing what's going on."

Instead, the award-winning gardener would rather we undertake a more passive approach to all aspects of our garden, even if encouraging wildlife to undertake jobs we would otherwise do ourselves means slightly scruffier spaces.

He continues: "Of course, there is always the lure for perfection, but even the best manicured garden requires regular maintenance; and rather than always chasing that perfect look, why not see the beauty in how nature takes over a space?"

While mowing and weeding can still be added to the checklist, slow gardening is about letting your garden discover its own voice. Assuming you have provided it with good soil, plenty of water and the right shade in certain areas, Adam believes the flora and fauna will do the rest.

He adds: "Nature has always known what it's doing, and seeing it make its own decisions, rather than having us lead, is a real thrill."

Photo credit: BBC



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Ring MY BELL!

The inventor of the telephone, Alexander Graham Bell, who died in Canada 100 years ago this month, was born in Edinburgh in 1847. In his early twenties, he moved with his parents to Canada. He'd just recovered from tuberculosis, which had killed both his brothers, and his parents were desperate to move to a healthier environment.

After a few years in Canada, Bell settled in Boston. And in 1875, he and his American business partner, Thomas Watson, invented a simple telephone. The machine converted sound into an electrical signal. This signal travelled down a wire to a receiver, which converted it back into sound.

In 1876, Bell was granted the first telephone patent for his machine, giving him the exclusive rights to the technology. But this caused something of a commotion because several other scientists said they'd invented the phone before him. In fact, Bell faced more than 500 court challenges in 20 years – but none were successful.

Surprisingly, Bell was a distinctly average school pupil even though he loved solving problems. His mother was deaf and his father was a linguistics professor, which without doubt triggered the young Bell's interest in sound and communication. Using a system devised by his father, he taught deaf children. And like his father, he married a deaf woman.

The Bell Telephone Company he established in 1877 eventually became the Dallas-based multinational known as AT&T, now the largest telecoms company in the world.

As well as the telephone, Bell invented several devices, including a rudimentary metal detector, a hydrofoil, an early version of an iron lung and a photophone, which transmitted the human voice over wavelengths of light.

Bell's main invention made him wealthy, but he sold most of his company shares early on. Like many inventors, after successfully developing one idea, he wanted to move on to the next.

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FANCY BUYING A BEACH HUT?

According to recent statistics, beach huts are now one of the most popular property purchases in the UK. However, are they really a good investment? Discover the pros and cons of buying a beach hut below.

PROS OF BUYING A BEACH HUT

✓ Access to prime coastal locations

If you love going to the beach when holidaying in the UK, then a beach hut can give you access to stunning beach spots without the need to lug your belongings back and forth each day.

✓ Income from summer rentals

Renting out a beach hut to tourists during the summer months offers a great way to earn a little bit of extra cash. This is particularly true if you live near a popular holiday destination.

✓ Enjoy the outdoors

Beach huts are not just for summer; you can enjoy them all year round so you and your family can get out in the fresh air and away from screens.

✓ A solid investment

Beach huts are in short supply in the UK, despite them being high in demand. This means that they tend to hold their value over the long term.

CONS OF BUYING A BEACH HUT

✗ High maintenance costs

As beach huts are located near the coast, they are more susceptible to damage from harsh weather conditions such as heavy rain and strong winds, as well as the close proximity to sea water. This can mean higher maintenance costs than other types of properties.

✗ Limited space and facilities

Beach huts are typically small, which means there is not a lot of space to store your belongings. Also, some do not have basic facilities such as water and electricity.

✗ Seasonal availability

Some local councils only permit the use of beach huts during the summer months, which means you get less use out of your investment.



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BEGINNER'S GUIDE TO BUYING RETURN PALLETS

Scouted as an easy way to make money fast, flipping return pallets has suddenly soared in popularity.

But is it as simple as everyone makes out, and can you really make a profit? Let's take a closer look.

WHAT IS A RETURN PALLET?

A return pallet, as the name suggests, is a pallet of returned goods, although you can also get pallets that contain end-of-line goods and clearance products. These are sold at highly discounted prices and are typically organised by category, lot size, brands, retailers and location.

HOW CAN YOU MAKE MONEY BUYING RETURN PALLETS?

- > **Buy in bulk:** Typically, the more you are able to buy, the cheaper the cost. However, bear in mind that you will need somewhere to store the goods.
- > **Stick to what you know:** When choosing pallets, make sure you pick product categories that you are already knowledgeable about. It can also be a good idea to carry out research about the value of items before you buy.
- > **Track your goods:** To maximise your return on

your investment, keep track of the goods in your pallets, including name and brand, item condition, RRP and resale price, and the amount the product sold for.

IS PALLET FLIPPING WORTH IT?

Most return pallets include thousands of pounds of products for a fraction of their original cost. However, as with any get-rich-quick scheme, there are risks involved. In most cases, you don't know exactly what you are buying, and you have to be prepared to put in the work as you won't sell everything overnight.

WHERE CAN I BUY A RETURN PALLET IN THE UK?

Most major retailers sell return pallets, including Amazon, Very and eBay.

You can also buy return pallets on the below websites:

- > marthill.co.uk
- > gemwholesale.co.uk
- > wholesaleclearance.co.uk
- > discounthouse.co.uk
- > williamgeorge.com



BUSINESS & PROPERTY

HERITAGE

OPEN DAYS THIS SEPTEMBER



Are you keen to find out more about England's rich history and culture? Heritage Open Days brings together more than 2,000 local organisations, as well as tens of thousands of volunteers, to celebrate what makes our great country unique.

WHAT IS HERITAGE OPEN DAYS?

Heritage Open Days is England's largest grassroots festival which brings together people from all over the country to celebrate their heritage, community and history. Offering a chance to explore new places and try new experiences without needing to travel far from your home, in 2022 you can expect more than 5,500 local events across England.

WHERE DOES IT TAKE PLACE?

Each year, a huge variety of venues take part in Heritage Open Days, including country houses, collieries, museums, gardens, country parks and more. Events can showcase re-enactments, treasure hunts, film screenings, walks, street festivals, and food and drink tasting sessions. You can find your nearest event on the Heritage Open Days website at www.heritageopendays.org.uk by simply entering your postcode.

WHEN DOES IT TAKE PLACE?

This year, Heritage Open Days takes place between September 9 and 18. Coordinated by the National Trust and with support from the People's Postcode Lottery, all participating venues are completely free.

HOW TO GET INVOLVED

If you would like to volunteer to be an organiser in your local area, you can register your interest at www.heritageopendays.org.uk. Some areas may already have a local coordinator who can help you with the registration process.

HERITAGE OPEN DAYS TO VISIT:

- > British Vintage Wireless and Television Museum – September 10 and 11, Greater London
- > Buckland Abbey, Garden and Estate – September 10 and 17, Devon
- > Heritage Day and Classic Car Rally – September 11, Greater London
- > Bobbit's Hole Nature Reserve – September 11 and 18, Essex
- > St Michael Tilehurst – A Celebration of Church Bell Ringing – September 17, Berkshire
- > Electra Boat Heritage Weekend Adult and Family Talks – September 17, Buckinghamshire

Photo credit: Heritage Open Days

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You may permit yourself to scoff very quietly when it comes to major car manufacturers rolling out terms such as sustainability, eco-consciousness and global change. The motor industry is, after all, responsible for around 30 per cent of the Earth's carbon emissions, so any virtue-signalling pledges should be taken with a pinch of salt.

However, UK manufacturer McLaren is at least aligning strong portions of its competitive arm as it enters the Formula E championship in place of reigning champion Mercedes, who is quitting to focus on road car development.

The switch enables McLaren to take on the progress Mercedes has made so far, as well as claiming the fourth quarter of its competitive motoring proposition – it will now have vehicles racing in Formula E, Extreme E (the off-road spin-off), IndyCar and, of course, Formula 1.

What's more, the team announced a new strategic partnership with NEOM, a sustainable region in northwest Saudi Arabia, with the combined e-teams

known as NEOM McLaren Electric Racing.

While leading the charge, literally, in electric car competition may seem like the work of marketing and PR, the truth is that Woking-based McLaren wants to push its competitive research edge as far as possible in creating a car that's great on the track, while adapting an engine that can be used for everyday road vehicles.

Certainly, the efficiencies gained in both specialisms lend faith to the incredible advances that continue to evolve, from the simplicity of quicker charging times and better batteries to the reality that electric sports vehicles are no longer derided or disrespected by fervent racing fans.

In this sense, Mercedes' loss is most definitely McLaren's gain, with Formula E set to make further ground on motor racing's showpiece, F1, this season.





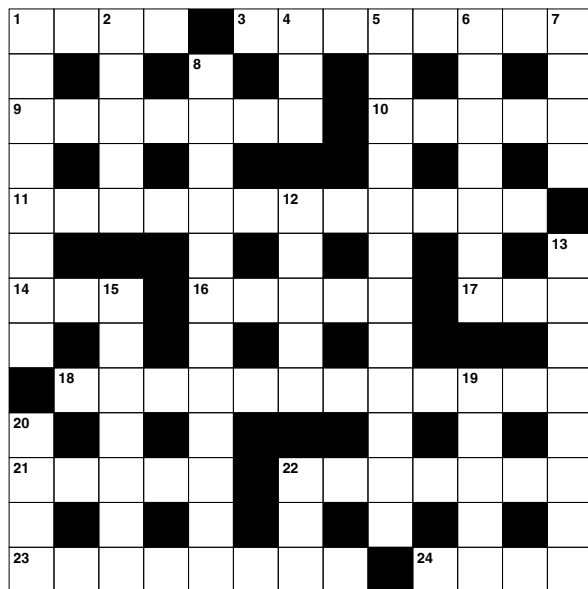
PUZZLES & TRIVIA

ACROSS

1. Guinea pig (4)
3. E.g. resident of Cairo (8)
9. Cause to absorb water (7)
10. Wanderer (5)
11. Large Brazilian city (3,2,7)
14. Short sleep (3)
16. Explore or examine (5)
17. Our star (3)
18. Someone skilled in penmanship (12)
21. Pale orange tropical fruit (5)
22. State emphatically (7)
23. Estimating (8)
24. Change (4)

DOWN

1. Orderly and logical (8)
2. Record on tape (5)
4. Command to a horse (3)
5. Persistence (12)
6. Turns upside down (7)
7. Standard (4)
8. Butterfly larvae (12)
12. With a forward motion (5)



13. Most annoyed (8)

15. Appease (7)

19. Detected a sound (5)

20. Highly excited (4)

22. Animal lair (3)

DID YOU KNOW?

- Art competitions used to be part of the Olympic Games from 1912 to 1948. This included disciplines such as mixed painting, sculpture, literature and music.
- The Olympics have been hosted by several countries that no longer exist, including Yugoslavia who hosted the Winter Olympics in 1984.
- The netball final at the 2018 Commonwealth Games was the first time since 1998 that the final did not feature both Australia and New Zealand. Australia and England faced off in the final, with England taking the gold.
- Sergio Agüero holds the record for the highest number of goals scored in the English Premier League by a football player for one club. He scored a total of 184 goals for Manchester City between August 15, 2011, and May 23, 2021.

SUDOKU

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