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FLORENCE PUGH

The actress on pushing herself to global success

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Editor's notes...

NOVEMBER 2022



Nik Allen, Editor

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

The text message, the DM, the 140-character tweet, the trend to abbreviate phrases into acronyms (LOL!), the 15-second TikTok videos, the Snapchat content that deletes itself after 24 hours.

Why are we in such a rush? Why is the obsession in this era for punchy, fast, to-the-point content, where it feels like every digital interaction must be conducted at triple speed?

We don't act like this in person - we don't greet people by shaking hands like a piston engine; we don't go to the pub only to neck a pint and leave; we don't break speed limits just to get to the supermarket for the weekly shop.

My point is, are we losing the ability to give that most precious commodity, time, to the people and things we love? Are we being conditioned to reinvent everything at high speed?

This week, why not make an effort to give extra time to the people around you? Why not give yourself time too - just lay in bed pondering your thoughts, or go the long way home from work for a change?

Our lives don't have to be conducted as a blur. Let's slow down and savour the wonderful things we have.

Nik Allen

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CONTRIBUTORS | Tabatha Fabray, Darius Morgan, Bryn Holmes, Jacob Collick

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is the NARRATIVE

CELEBRATING 40 YEARS OF COUNTDOWN AND CHANNEL 4, AND LOOKING AHEAD TO A NEW ERA

Is there a single adult in the UK unaware of the TV quiz show *Countdown*? The vowels, the consonants, the numbers game, Dictionary Corner, the 30-second clock that never ticks past halfway, the *Countdown* Conundrum and, of course, that iconic music playing in the background while contestants hurriedly attempt to make words or solve a number puzzle.

Countdown is a national institution, and its popularity is such that it celebrates its 40th birthday this month. Where *Countdown*'s birthday is concerned, so too does Channel 4 itself revel in the celebrations, given that the show was on the original schedule that launched way back on November 2, 1982.

Countdown was in many ways one of the showpiece pieces of programming – a quiz that featured the effortlessly amiable Richard Whiteley OBE DL, and doyenne of the digits Carol Vorderman MBE.

Since then, Rachel Riley has succeeded Vorderman, and after Whiteley's death in 2005, permanent hosts have included Des Lynam OBE, Jeff Stelling, Des O'Connor CBE, Nick Hewer and Anne Robinson, in the accumulation of more than 7,000 shows.

One of Channel 4's true success stories, and certainly its longest lasting, *Countdown* has enchanted its weekday audience for four decades, even extending into spin-off fodder with *8 out of 10 Cats Does Countdown*, which is hosted by Jimmy Carr and has run since 2012.

Naturally, Channel 4 has extended its reach much further in the four decades since its launch. While the very nature of *Countdown* means it's not evolved too far from a weekday web of wordplay, the schedule elsewhere has incorporated many other successes, from its edgy *Channel 4 News* to innovative programming across breakfast TV (*The Big Breakfast*), soaps (*Hollyoaks*, *Brookside*), comedy (*Peep Show*, *The Inbetweeners*, *Brass Eye*, *Smack the Pony*, *Desmond's*), drama (*Skins*, *Queer as Folk*, *It's a Sin*, *Black Mirror*, *Top Boy*, *This is England*), and of course reality TV monsters such as *Gogglebox*, *First Dates*, *Made in Chelsea*, *Come Dine with Me*, *24 Hours in A&E*, *Married at First Sight*, *The Great British Bake Off*, *Grand Designs* and *Big Brother*.

And of course, while *Countdown* may lay claim to being the longest-running quiz show on Channel 4, can it top the cultural or iconic impact of *The Crystal Maze* and *Taskmaster*?

Sport has also been prevalent on Channel 4's menu – from the early days leading the surge in the popularity of cycling with Tour de France coverage, to NFL Sunday nights and, more recently, F1 coverage.

Channel 4 has always prided itself on innovation in its programming and its delivery – a fact no better exemplified than in the Film4 and All 4 spin-offs. And for the 40th birthday celebrations, a raft of specials has been planned, many of which rebel against the wealth of ultra-safe programming that other broadcasters have bowed to.

In an era where people want to be as challenged through terrestrial TV as they are online, Channel 4 continues to lead the way. Racing headfirst towards its half-century, the directive from above is to keep forcing the narrative.

THE WONDERFUL WORLD OF

Jellyfish

You're never too humble to have your own international day of celebration – and November 3 is World Jellyfish Day. While these creatures have no brain, heart, bones or eyes, they're still fascinating. They have been around for more than 600 million years and existed before dinosaurs, trees and fungi. And they live in all of the Earth's five oceans.

Jellyfish have an umbrella-shaped body with trailing tentacles, which are armed with stinging cells used to stun their prey before gulping them down. They're helpful for self-defence, too.

Jellyfish mostly eat shrimps, crabs and small sea plants. And in their turn, they're an essential source of food for other ocean creatures like sea turtles, tuna and sharks. In some cultures, jellyfish are also a food source for humans, particularly in South East Asia. Only the main body is eaten, which is said to have a delicate, slightly salty taste. Sometimes they're thinly sliced and eaten raw, or dipped in batter and fried.

As well as using their mouth to eat and get rid of waste products, jellyfish also use their mouths to squirt out a jet of water to move themselves forwards.

There are thought to be 300,000 different types of jellyfish. Some are as small as 5mm in diameter, and some are as big as 2m. They come in an impressive array of colours – some are clear, but some are pink, yellow, blue or purple. Some are even bioluminescent, which means they produce their own light.

Most jellyfish stings aren't serious. But stings from some species – most of them living around Australia, the Philippines, the Indian Ocean and the central Pacific – can be severe or even deadly. Incidentally, the Portuguese man-of-war, a creature often mistaken for a jellyfish, is actually a colony of polyps. However, watch out for them – their stings can be excruciating.

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HOME & DIY

EXPLORING THE TALENTS OF THE STUDIO ASHBY COLLECTIVE

While interior design is very much a personal thing, the collective that is Studio Ashby likes to approach the sumptuous styling of homes in a way that draws in expertise and influence from across the team.

Studio Ashby is the brainchild of creative director Sophie Ashby. A designer of real talent, her formative years were spent studying in both the UK and the US, resulting in a coming together of classical ideas that permeates through a look unswayed by passing dictates of fashion. Instead, the outcome is about contemporary world art, ageless yet modernist furniture, natural and clear palettes and a variety of materials and textures.

While colour tones are uncomplicated, the overall look is one of richness and intense detail, looking at cohesive space and the fingerprint of collaboration and integrity.

"There is no set look that we always replicate,"

says Sophie, "though many of us will view whites and greys as a classic start point, whereby delightful detail can be added."

Sophie talks not just about shade, but shape too, with smooth curves of furniture interrupting sharp lines. In addition, velvet on wood, ruffled cushions on carved chairs, and fluffy rugs on a chic wooden floor belie the idea that textures need to nestle into each other in order to work.

The studio also has an extensive shop, selling objects that perfectly match an eye for unique elements that really make a room.

A number of high-profile clients have trusted in Studio Ashby's design eye, leading Sophie to conclude: "I believe there is a poetry in the tension of combining art, antiques, craft, colour, pattern and texture; the careful layering brings character and feeling to a home."

To find out more, visit studioashby.com

Photo credit: studioashby.com





POPPIN' Paprika

2023'S HOTTEST COLOUR TREND FOR YOUR HOME

There may be a couple of months left in 2022, but that doesn't mean we can't look ahead to next year's interior trends. One of the hottest trends already making waves is paprika, the spicy colour that's about to give your décor a cheeky kick.

WHAT IS PAPIKA?

Paprika is a shade in the burnt orange family. Think terracotta with a hint of pink. It lets you experience the warmth of reds and oranges, without going overboard with a bold and bright colour.

THE ULTIMATE MOOD-BOOSTER

Paprika is the perfect shade to add a touch of warmth to your home. Used as the main colour, it adds interest to the plainest of rooms, while as an accent colour, it goes perfectly with shades of navy, grey, yellow and others. It also looks great as a contrasting shade to a monochrome space.

USING PAPIKA IN YOUR HOME

Some of our top tips for using paprika in your home include:

- > Go for a paprika colour pop on a wall, either as a block colour or by adding it as a shape or pattern to a neutral wall.
- > Use paprika-hued accessories to brighten up your space. Curtains and cushions in this delightful shade will help you embrace the trend easily and affordably.
- > Refresh some of your older furniture by coating them in paprika – an easy way to give your pieces a new lease of life and make a cool contrast against the rest of your décor.

As the colour to look out for in 2023, you can get ahead of the trend by embracing paprika in your home now.



Photo credit: Popsally Co/Pinterest/Dunelm.com

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HOME & DIY



Did you know that by simply draught proofing your windows you can save around £45 a year? And a further £65 a year if you draught proof an unused chimney.

Draught-free homes are comfortable at lower temperatures, so you can turn down your thermostat and slash the cost of your energy bills.

HOW TO DRAUGHT PROOF WINDOWS:

For windows that open, draught-proofing strips can be placed around the window frame to fill the gap between the window and the frame. Self-adhesive foam strips are the cheapest option but will not last as long as metal or plastic ones.



HOW TO DRAUGHT PROOF EXTERNAL DOORS:

Purchase a purpose-made cover that drops a metal disk over the keyhole, use a letterbox flap or brush, place a hinged flap draught excluder at the bottom of the door, and fit foam, brush or wiper strips on gaps around the edges of the doors.



HOW TO DRAUGHT PROOF A CHIMNEY:

If you have an unused fireplace, then you are likely to be losing a lot of heat through your chimney. You can draught proof a chimney by either fitting a cap over the chimney pot or by buying a chimney draught excluder.



HOW TO DRAUGHT PROOF FLOORING:

Block any cracks in your flooring by squirting filler directly into them. Use either flexible fillers or decorator's caulk for best results. These can be used to fill gaps in floorboards and skirting boards.



HOW TO DRAUGHT PROOF A LOFT:

Hot air rises and can get lost in your loft or attic, so you need to make sure you block off any draughts around the hatch. You can use the same strip insulation as you would on a door to prevent draughts.



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light up MY LIFE



There's hardly a home in the country that doesn't have a set of fairy lights – or several. And these days, they're not just for decorating Christmas trees. We love using them all year round to add a warm glow to our rooms and gardens. And there's always a pretty new shape to tempt us – flowers, hearts, stars, and even multicoloured skulls, should the fancy take you. But where did it all begin?

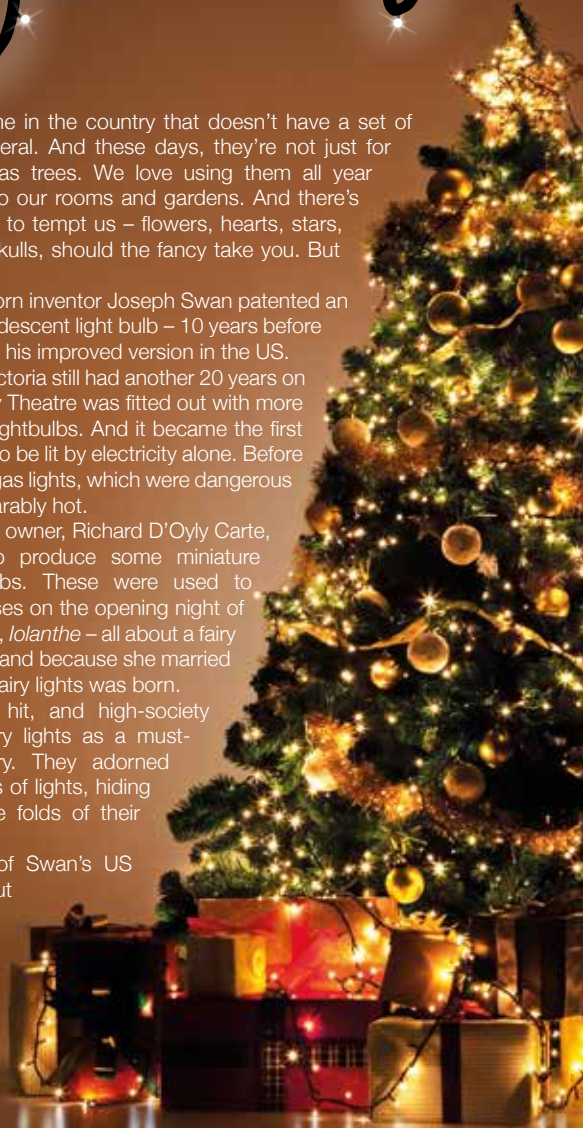
In 1869, Sunderland-born inventor Joseph Swan patented an early version of the incandescent light bulb – 10 years before Thomas Edison patented his improved version in the US.

In 1881, when Queen Victoria still had another 20 years on the throne, London's Savoy Theatre was fitted out with more than a thousand of Swan's lightbulbs. And it became the first public building in the world to be lit by electricity alone. Before this, theatres were lit with gas lights, which were dangerous and made theatres unbearably hot.

In 1882, Savoy Theatre owner, Richard D'Oyly Carte, commissioned Swan to produce some miniature versions of his lightbulbs. These were used to decorate the fairies' dresses on the opening night of Gilbert and Sullivan's opera, *Iolanthe* – all about a fairy who was banished from fairyland because she married a mortal. And so the name fairy lights was born.

The opera was a big hit, and high-society ladies soon adopted fairy lights as a must-have clothing accessory. They adorned their dresses with strings of lights, hiding the battery packs in the folds of their voluminous skirts.

By 1883, a colleague of Swan's US rival, Thomas Edison, put a set of fairy lights on a Christmas tree. It was a publicity stunt. But there started a global Christmas tradition that became so popular that we now use fairy lights almost everywhere.



LOCAL NEWS

from your neighbourhood



MP 'honoured' to be knighted by His Majesty the King

A Maldon MP has received a knighthood after being recommended by a former Prime Minister.

On October 14, Sir John Whittingdale OBE MP received the honour of being one of the first individuals to be knighted by His Majesty the King.

A statement on gov.uk reads: "The King has been pleased to approve that the honour of knighthood be conferred upon John Whittingdale OBE MP.

"The Prime Minister has recommended these honours to the King, further to advice from the former Prime Minister, Rt Hon Boris Johnson MP."

Sir John MP has been the Conservative MP for Maldon since 1992, winning four consecutive elections, and was formerly the Secretary of State for Culture, Media and Sport. He was awarded the knighthood for his "political and public service".

He said: "I am deeply honoured and grateful to

receive the award of a knighthood from His Majesty the King. I have been very touched by the many messages of congratulations that I have received from constituents and would like to thank them for their kind words. It is a privilege to represent the residents of the Maldon constituency in Parliament, a job that I have thoroughly enjoyed for the past 30 years and which I hope to continue."

Sir John MP has had a colourful political career, with strong views against allowing same-sex marriages and the hunting ban, and has more than once come under public scrutiny for his past personal relationships.

Most recently, Sir John MP has been campaigning for support for Ukraine. He was present at the 145th Inter-Parliamentary Union Assembly in Kigali and spoke about "why we must continue to condemn Russia's blatant breaches of international law".



Photo credit: Active Essex

Family begins litter picking to help community

A Maldon family has begun litter picking in a bid to keep active as part of a county-wide scheme. Active Essex's Find Your Active scheme helps people with their first steps to a more active lifestyle. Mum-of-two and local resident Clare got in touch with Amy Melton, Active Essex's ambassador for Maldon, as she hoped to find ways for her and her sons to be more active and help the community. Amy provided the family with adult and child litter pickers so the family could clear up rubbish together in the local area.

Clare said: "Thank you for the kit. The boys loved their first day out with their pickers." Charlie, eight, explained: "It's great to pick up litter, as it's saving our planet, but it's shocking sometimes what we find." Finley, six, said: "I loved picking up the litter and making the park clean." The family is hoping to go litter picking at least once a month. To find out more and get involved, please visit www.activeessex.org/find-your-active

Christmas lights switch-on and fayre to return

Festive celebrations will soon begin in Maldon as the annual Christmas Fayre and lights switch-on returns. The event will take place from 4pm to 9pm on Thursday, November 24, with the lights being turned on at 5pm by Maldon Town Mayor councillor Andrew Lay, from the Moot Hall Balcony. An all-new set of lights will adorn the High Street from West Square all the way down to Bar 185. This year's Christmas Fayre promises to provide an evening of entertainment and late-night shopping opportunities, with the High Street closed to traffic from 2pm onwards. After a flood of applications to Maldon Town Council (MTC), which organised the event, more than 100 stalls will be lining the High Street offering festive crafts, food and drink. A spokesperson for MTC has also announced: "The library will be open for Christmas crafts at the Maldon Christmas Fayre this year from 4pm until 7pm and we will also be joined by guide dog puppies. We look forward to seeing you there."



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BURNHAM



Photo credit: Sue Pelling, Roger Mant

Club raises money with annual competition

A Burnham-on-Crouch yacht club hosted its annual dinghy racing event last month.

The Royal Corinthian Yacht Club's 61st Investec-sponsored Endeavour Trophy dinghy champion of champions event took place on October 7-9.

Tom Morris and Guy Fillmore (both pictured left) were victorious in a close-run affair, with last year's winners Luke Patience and Faye Chatterton coming in second.

The event was held this year in aid of Leukaemia UK and dedicated to the memory of Pat Buckley, who

died of acute myeloid leukaemia in January 2022 at the age of 73. Pat had been a member of the club for 30 years.

To mark the occasion, sponsors of the event RS Sailing donated 30 new suits of sails emblazoned with the Leukaemia UK logo, for use during the event.

To support Leukaemia UK and its efforts to fund research and provide care for leukaemia patients, donations can be made by texting 'ENDEAVOUR' followed by the donation amount to 70450.

Pub relaunches its Christmas toy campaign

Residents are being asked to donate toys as part of a Burnham-on-Crouch pub's Give a Child a Christmas campaign.

Starting from November 1, The Victoria Inn is asking parents and shoppers to pick up an extra toy when out shopping and bring it to the pub, which will donate the toys to good causes.

Last year, the local food bank, The Salvation Army,

social services and children from local schools were recipients of the gifts. This year, the Lennox Children's Cancer Fund has been added to the list of recipients.

Landlady of The Victoria Inn, Lorna Hart, said: "We are thrilled to be doing this again. Things are quite difficult for a lot of families and the added burden of buying gifts for children can be extremely stressful, so it's great to be able to help."

Pugh

AGAINST THE MACHINE

HOW FLORENCE PUGH HAS INVENTED HERSELF AS AN ALTERNATIVE HERO FOR THE HOLLYWOOD MACHINE

Florence Pugh may have hit the big time, but she is in no mind to play along with any of the niceties that may be expected from a Hollywood sweetheart. Take, for example, her audible frustrations at the furore surrounding her recent big project, *Don't Worry Darling*, which saw the leading lady in some parts referred to, in a rather derogatory way, as Harry Styles' "onscreen lover".

Or what about the fuss made during her recent fashion foray at the Valentino couture show in Rome, to which she wore a stunning pink gown through which her nipples could be visibly seen.

After receiving negative feedback online for both, the beauty boldly challenged the critics on Instagram, booming: "Why are you so scared of breasts?"

The response was perfect, proving beyond doubt that Pugh is as ferocious and bold as the strident characters she has become known for playing. From the plotting and seductive Lady Macbeth in the eponymous indie masterpiece, to the assertive female wrestler Saraya Knight in *Fighting with My Family* and, most recently, super assassin Yelena Belova in Marvel's *Black Widow*.

And for the ballsy 26-year-old, the battle rages on...

"I have always tried to force myself to pursue not just new avenues, but uncomfortable ones," she says. "Fear plays a big part of that, of course, and fear for an actor is something that can really ground a career.

"I have always had the view that to really succeed you need to push yourself further and harder than the last time, and that's the way I go about what I do, to the extent that the more I fear something the more I have to do it. That's just who I am."

‘ I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of ’

In terms of pushing herself, 2022 has proved more forward-thinking than any year previously. The aforementioned *Don't Worry Darling*, a dystopian look at social values, personality and community, and our ability to accept and challenge the norm, has been well received. Yet almost to prove she is an actress unafraid to mix it up, she has since been announced as reprising Yelena in 2024 Marvel release *Thunderbolts*, and before that is contracted to appear in *Dune: Part Two* next year, alongside Timothée Chalamet, Stellan Skarsgård and Zendaya.

There's also Netflix movie *The Wonder*, which airs in November. The drama/mystery, set in Midlands Britain in 1862, tells the story of a girl who stops eating but miraculously remains alive and well. An all-British cast, the production aims to look behind the mask, and is based on the 'fasting girls' phenomenon from the Victorian era, as documented by author Emma Donoghue.

"I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of. The truth is I don't want to be defined by anyone other than myself." That logic is certainly reflected in the actress's burgeoning Instagram presence, with a large following brought about in no small part by a number of endearing cookery videos filmed during lockdown.

"To have that connection was so valuable," she says. "It's such a relief we are through those days, though I learned so much about myself and community through food; it's a passion that has stuck with me."

Between her creative cookery videos and her accolades on screen, the young actor is definitely cooking up a storm across the globe.



FOOD & DRINK

GUIDE to GAME

Have you always wondered about game but been too timid to try? If yes, then the below guide is just what you need. Popular at Christmas, discover all the best game meats for the festive season and their perfect pairings below.

WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

- 1. **WINGED GAME:** This includes quail, duck and pheasant.
- 2. **GROUND GAME:** This includes hare and rabbit.
- 3. **BIG GAME:** This includes bison, venison, elk and wild boar.

WHY EAT GAME MEATS?

Game meats are primarily raised on pasture, which means that they are better for the planet as they require fewer natural resources to raise. They also provide lean, high-quality, nutrient-rich protein that adds some much-needed diversity into our diets.

WHERE TO BUY GAME MEATS

You can buy game at your local butchers, online or in most major supermarkets, including Asda, Tesco and Waitrose.

GAME MEATS TO TRY THIS CHRISTMAS

PHEASANT: Pheasant is a great alternative to chicken and turkey, providing lots of flavour and a lean source of protein. It is also great for making stuffing if you fancy a change from sausage meat.

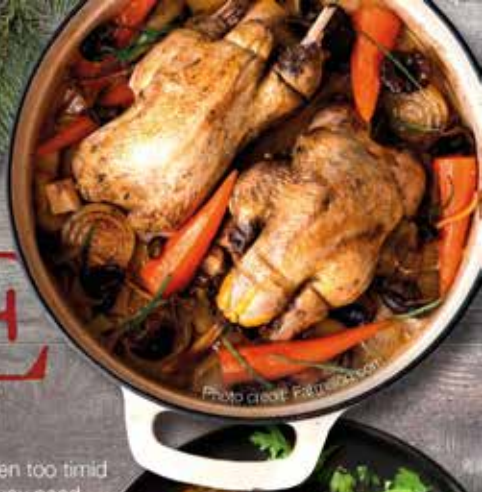
FLAVOUR PAIRINGS: Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

QUAIL: One of the smallest game birds; quail meat looks very similar to chicken but boasts a much more intense flavour. Typically, one whole quail is the perfect size for a starter or appetizer.

FLAVOUR PAIRINGS: Winter citrus fruits, grapes, cranberries and pomegranates, as well as spices such as cumin and coriander, and honey.

VENISON: If you want a change from beef, then venison is a great choice. Venison, which refers to meat from a deer, has a very strong gamy flavour and is extremely versatile. It is also very lean and rich in iron.

FLAVOUR PAIRINGS: Blueberries, cherries, cranberries and dates, as well as sage, juniper berries and black pepper.



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LOAFING AROUND

Whether you're tucking into hot buttered toast for tea or chapati with your curry, you have to agree that bread is filling, comforting and totally delicious.

Homemade Bread Day, which falls on November 17, celebrates bread from around the world. And to help you mark the day, we've created two mouth-watering recipes.

FLUFFY NAAN BREAD
INGREDIENTS: 2 tsp dried yeast | 1 tsp sugar | 120ml warm water | 300g plain white flour (and a bit more) | ½ tsp salt | 60ml olive oil | 80ml natural yogurt | 1 large egg

- HOW TO MAKE:**
- > Whisk the yeast, sugar and water together in a small bowl until frothy, then whisk in the oil, yogurt and egg.
 - > Combine the salt and half the flour in a medium bowl, pour in the yeast mixture and stir well.
 - > Gradually add the remaining flour (you might not need all of it) until you have a firm dough.
 - > Knead for a few minutes on a floured surface.
 - > Cover the dough and let it rise for an hour, then divide it into eight small balls.
 - > Flatten the balls so they're 15cm in diameter.
 - > Cook one at a time in a heavy frying pan on medium heat until they're golden on both sides.

FRUITY SODA BREAD
INGREDIENTS: 250g plain white flour (and a bit more) | ¼ tsp salt | 1½ tsp baking soda | 1 tsp caraway seeds | 75g raisins | 75g dried cranberries | 50ml orange juice | 100ml buttermilk | 3 tbsp runny honey | 2 tbsp sunflower oil

- HOW TO MAKE:**
- > Heat the oven to 200°C/180°C fan/gas mark 6.
 - > Mix the flour, salt, baking soda, caraway and dried fruit in a large bowl.
 - > Mix the orange juice, buttermilk, honey and oil in a jug. Pour it into the dry ingredients and mix into a dough.
 - > Turn the dough onto a floured surface and shape it into a round.
 - > Place it on a greased baking tray and slash the top.
 - > Bake for 30 minutes until a deep brown colour.





Are you getting ENOUGH IRON?

Iron deficiency affects a whopping two billion people worldwide and is the cause of more than 57,000 hospital admissions each year.

Responsible for many important processes in the body, let's take a closer look at iron and how you can ensure you are getting enough of it.

WHY IS IRON IMPORTANT?

Iron plays a crucial role in making red blood cells, which carry oxygen around the body. A lack of iron can lead to iron deficiency, known as anaemia, which can cause fatigue, heart palpitations, pale skin and breathlessness. Iron also helps to promote a healthy pregnancy, to increase energy levels and to enhance athletic performance.

HOW MUCH IRON DO YOU NEED?

According to the NHS, the amount of iron you need per day is as follows:

- > For men over 18, 8.7mg
- > For women aged 19 to 50, 14.8mg
- > For women over 50, 8.7mg

Women who experience heavy periods are at

a higher risk of anaemia and may be required to take iron supplements.

WHAT FOODS ARE HIGH IN IRON?

There are two types of iron: heme and non-heme. The former is found in animal foods that contain haemoglobin and the latter primarily comes from plant sources and fortified foods.

These include: Organ meats such as liver and kidneys | Soybeans | Clams and mussels | Spinach | Fortified cereals | Dried fruits like raisins and apricots | Legumes such as beans, lentils and chickpeas | Pumpkin seeds | Turkey | Tofu

WHAT FOODS CAN HELP YOU TO ABSORB MORE IRON?

Iron has a low bioavailability, which means that the small intestine does not readily absorb large amounts of it. This increases the risk of deficiency.

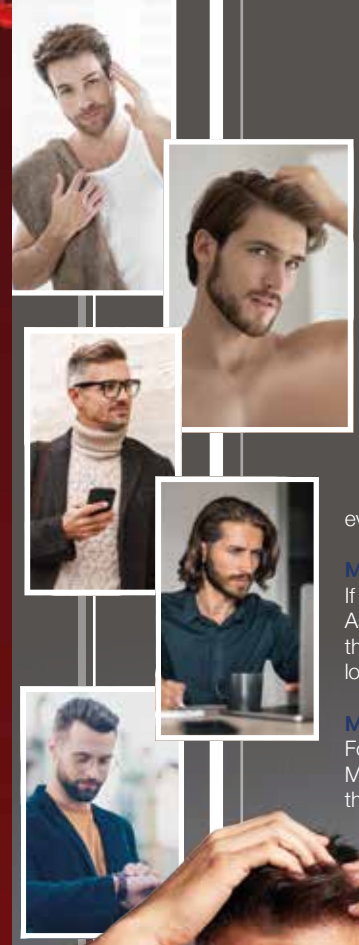
Fortunately, there are some foods that enhance your body's ability to absorb this key mineral. These include foods rich in vitamin C such as citrus fruits and bell peppers, foods with vitamin A and beta-carotene like carrots and sweet potatoes, and meat, fish and poultry.



HAIRSTYLES FOR MEN

WITH

Thin hair



Is your hair looking a little thin? If yes, you are far from alone. By the age of 35, approximately 66 per cent of men will have experienced some degree of hair loss.

It's happened to the likes of Channing Tatum, Ashton Kutcher, Ben Affleck and even David Beckham. Fortunately, you can fight back.

MESSY TEXTURED CUT

If your thin hair is also prone to frizz, then this is the perfect hairstyle for you. Ask your barber to add texture to your hair with a messy and irregular cut that features subtle spikes. This is also a great haircut for men who want a low-maintenance style that only takes minutes to master.

MEDIUM SCISSOR CROP

For those who feel self-conscious of their receding hairline, this is a great choice. Make sure that your barber leaves enough hair on the top and the sides to create the illusion of volume and get practising how to style this youthful and trendy cut.

HIPSTER HAIR

Hipster hair offers a good solution for men who are only experiencing minor thinning. Opt for a close cut around the sides and the back and keep as much hair up top as possible. Add a few days of facial hair growth for even more fullness.

ADD LENGTH

Although many men believe that you should keep your hair short if it starts to thin, longer styles can in fact make your locks appear thicker and fuller. Grow out your hair as much as you can and then add in a square bottom cut midway down the neck.

SLICKED-BACK FADE CUT

Slicked-back hair is the obvious choice for men with a receding hairline as this style adds height and distracts from the lack of thickness. Add a fade cut along the back and the sides and your full-head-of-hair look is complete.



WAVE goodbye TO WEEDS

Do the weeds in your garden just keep coming back no matter what you do? If the answer is yes, then maybe it's time to try a different approach.

Natural weed killers are not only better for the environment, but they can also be more effective at banishing weeds in the long term, and they are cheaper too.

A SALTY SOLUTION

Salt has been used as both a herbicide and a pesticide for centuries and can be highly effective at killing off stubborn garden weeds. Simply dilute three parts water to one part salt, mix and leave to dissolve for 10 minutes. Spray liberally over the weeds and wait for them to die off.

A JUG OF BOILING WATER

As simple as it sounds, all you need to do is pour boiling water directly over growing weeds to stop them dead in their tracks. Be careful not to splash on any nearby plants or flowers as this could kill them also.

A SPRINKLE OF BAKING SODA

If you are struggling with weeds growing through the cracks in your patio or pavement, then a liberal sprinkling of baking soda is the perfect solution. Again, be careful not to spill on any healthy vegetation growing nearby.

A LAYER OF MULCH

Chemical-free and available in abundance, mulch is most effective at killing pesky weeds when layered with newspaper or old cardboard. Plus, this will help to prevent new weeds from growing through.

A TITTLE OF VODKA

For weeds that live in the sun, mix 30ml of vodka with two cups of water and a couple of drops of washing-up liquid. Pour onto the weeds and they will quickly dry out and die. This is not as effective on shade-loving weeds.

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TULIP FEVER

If you plant tulip bulbs this month, you can be sure of a bumper display of dazzling flowers come springtime.

There are two main types of tulips: **BORDER TULIPS** are usually grown as annuals, so they're dug up and thrown away after flowering. They're readily available at garden retail outlets. Despite their name, you can grow them in containers as well as borders.

SPECIALIST TULIPS are usually smaller. They'll often naturalise in your garden and flower year after year. Sometimes you can find them at garden retail outlets, but you might need to buy them by mail order or online.

Specialist tulips usually have specific needs, so check you can meet these before you buy, and follow these tips for the best results.

HEALTHY BULBS: Select bulbs that are firm and watch out for mould. Don't worry about any flaky skin – this won't affect flowering.

THE RIGHT NUMBER: For a border, you'll need 25-50 bulbs for every square metre you want to cover. Use 12-20 bulbs for a 45cm diameter pot.

CHECK YOUR SOIL: Border tulips like well-drained soil in a sunny spot. If you're planting in a container, make compost by mixing three parts of multipurpose compost with one part of grit.

HOW DEEP? If you're planting border tulips in a flowerbed, as annuals, plant your bulbs 10cm deep with the pointed end up. If you're putting them in pots, plant them 15cm deep.

FEEDING: Use a potassium-rich liquid fertiliser such as Tomorite on your border tulips in containers in spring. You don't need to feed the ones in borders.

DID YOU KNOW?
> Tulips were first discovered in Kazakhstan.
> The word 'tulip' comes from the Persian word 'tulipan', meaning 'turban'.
> During the tulip craze in 17th-century Europe, a single bulb once cost the same as a house in Amsterdam.



Cooper's case

EXAMINING THE NEW NETFLIX DRAMA AND AVIATION'S GREAT UNSOLVED MYSTERY

While in 2022 we bemoan the lengths we need to go to when navigating a path through airport security, what is certain is that we have never been safer while airborne. Certainly, the audacity of hijackers, hostage takers and those demanding cash ransoms seems of a past era. The vast majority were unsuccessful, of course, though whether the infamous DB Cooper case of 1971 can be classed in the same terms remains up for debate.

That's because the hijacking of a flight from Portland to Seattle and on to Reno, Nevada, remains the only unsolved case of air piracy in commercial aviation history.

The passenger, who purchased a ticket using cash under the name of Dan Cooper, announced to cabin crew that he had a bomb shortly after the Boeing 727 flight took off from Portland International Airport at 2.50pm.

His demands were simple – he wanted around \$1.3million in cash, required four parachutes, and requested a second flight to take off once passengers had alighted at Seattle. His threat to blow up the plane appeared real – he showed the bomb to flight crew attendant Florence Schaffner.

Fearing the worst, the authorities acquiesced to Cooper's demands, with most passengers unaware of the severity of the situation until they had landed.

On the second flight, which departed Seattle at 7.40pm with the plane refuelled, remaining crew were told to head to the cockpit. When they landed, having experienced a notable change of air pressure in the cabin (caused by the opening of a door), Cooper – and the ransom money – was gone.

What makes this story so enchanting is that the hijacker was never found. Many suggest he perished en route to the ground, given inhospitable terrain and cold conditions. Small amounts of money were found, and none of the marked notes were ever spent.

The FBI kept the case open until 2006, when lack of resources led to the investigation being closed.



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THINKING OF buying a property...



abroad?



BUSINESS & PROPERTY



Thinking about buying a property abroad but unsure of where to begin?

To invest in property overseas, you need to be clued up on how the buying process differs from the UK – from mortgages and estate agents to stamp duty and bank fees.

How to find the perfect property abroad

There are several places you can look when it comes to house-hunting abroad:

- ▶ Online property portals such as Rightmove and Zoopla
- ▶ Local estate agents in the region where you want to buy
- ▶ Exhibitions such as A Place in the Sun Live
- ▶ Developers

How to get a mortgage for a property abroad

It is very difficult to get a mortgage with a UK company, for a property overseas, so you will most likely have to approach an overseas lender. Ideally, you should use a specialist broker as they will be able to give you tailored information, including a list of estate agents and lawyers to use in your chosen country.

It is worth noting that foreign banks and brokers are not covered by the Financial Conduct Authority (FCA) or the Financial Ombudsman.

Costs associated with buying abroad

- ▶ Mortgage fees such as a mortgage broker fee, arrangement fee and administrative fees
- ▶ Chartered surveyor fees
- ▶ International bank transfer fees
- ▶ Furniture, shipping and insurance costs
- ▶ Legal fees to make a will, which may be obligatory in some countries
- ▶ Translation fees
- ▶ Connection fees for water, electricity, etc
- ▶ Stamp duty or annual property tax
- ▶ Income tax or income tax for non-residents

Getting independent advice

As mentioned above, buying an overseas property is not regulated by the FCA, so it is vital that you seek independent advice from a lawyer who is not connected to anyone else involved in the buying process such as the seller, estate agent or developer. Look for an English-speaking lawyer who is fluent in the local language.



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MOTORING

Electric EXCESS

DOES A LACK OF CHARGING POINTS MEAN WE'RE NOT ACTUALLY EQUIPPED TO SWITCH TO ELECTRIC?

We are living in an electric wonderland where the government, environmentalists and Elon Musk himself are all striving to point out that electric vehicles (EV) are the future.

The 1.1 million electric and hybrid cars already on Britain's roads suggest that we are listening, and if you ever needed any further reminding that battery-powered motoring is the way forward, a simple glance at petrol and diesel prices will fuel your perspective.

When at home, we have mostly solved the problem of charging our cars. The government has passed legislation stating that new work or residential construction projects must have built-in charging points; that said, charging point access in existing high-rise developments remains an issue.

Yet it is a sheer paucity of accessible points when out and about that's beginning to set off sparks amidst the EV revolution.

And as if the current struggles weren't bad enough, the year 2030 presents additional worries, with the proposed banning of diesel engine motors. This will lead to an estimated 18 million electric and hybrid vehicles on the road by that date, further intensifying the race to charge.

At the current growth rate, only 25 per cent of the required public charging stations will be in place.

The sluggish creation of charging points isn't all the fault of government representatives promising big. In part, it's owing to a global shortage of essential EV charger components, as well as precious metals, such as lithium.

The UK and Germany are current leaders in looking to set up a worldwide-recognised EV charging infrastructure, but the clock is ticking, and putting the brake pedal on the EV revolution would be detrimental not only to the effort put in so far, but to the environment too.



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BRITAIN'S GREATEST SPORTING MOMENTS...

SPORT

England's 1966

WORLD CUP WIN

AHEAD OF THIS YEAR'S WORLD CUP, WHICH STARTS THIS MONTH, WE REMEMBER ENGLAND'S FINEST FOOTBALLING MOMENT

The events of July 30, 1966, have been replayed so many times that, while most of us weren't at Wembley to see Sir Geoff Hurst MBE's hat-trick win England the Jules Rimet Trophy, we might as well have been.

This summer marked the 55th anniversary of that great day, but it was tempered somewhat by the growing list of Three Lions heroes now not with us – in the last few years alone, we have lost Gordon Banks OBE, Ray Wilson MBE, Martin Peters MBE, Nobby Stiles MBE and Jack Charlton OBE DL.

The 1966 competition was the first World Cup to take place in the English-speaking world, and if ever the onus was on the hosts to perform in a tournament that featured just 16 teams, then it was felt in the opening game against Uruguay, when our troops laboured to a goalless draw.

By the second game, though, confidence was

flowing, and the 2-0 score that saw Mexico despatched was repeated in the final group match against France.

In the quarter-final, England again came up against resilient South Americans, as a late Geoff Hurst goal saw off dogged Argentina; and Sir Bobby Charlton CBE's brace in the semi-final was enough to defeat Portugal and their Golden Boot free-scoring attacking legend Eusébio. Four days later, England would be football world champions.

As we head into this year's showpiece, it's clear we now live in a world where the dividing line between success and failure is painfully thin. So with VAR and social media ready to hold Gareth Southgate OBE's men to scrutiny, it's perhaps worth taking a moment to reflect on those heroes of 1966, and in particular, the close calls they endured en route to the ultimate prize.

Photo credit: England Football Association, ANL/Shutterstock

BAD SPORT:

THE NEYMAR ROLL

SPORT

WE LOOK AT WHEN AN UNRELENTING DESIRE TO WIN MEANS SPORTSMANSHIP AND MORAL FAIR PLAY TAKE A BACK SEAT... WITH EXPLOSIVE RESULTS!

At the 2018 FIFA World Cup in Russia, Brazil played Serbia in their final group game and needed a victory to be certain of advancing to the knockout rounds. Goals from Paulinho and Thiago Silva secured the win, but there was also a sense of schadenfreude for their star player.

Striker Neymar came into the tournament with fitness worries and was attempting to play through games to prove those issues were behind him. However, a natural game based on skill, finesse and technical ability can sometimes provoke ire from opponents, and the histrionics he had shown in the previous game versus Costa Rica were a sign of things to come.

Indeed, it proved to be an evening fraught with tiny cracks in temperament and a huge gaping hole in the petulance department from the Samba sensation. Just four minutes before the opening goal came the biggest talking point of the night.

Not only has it gone down as an exercise in play-acting excellence, but it was also the subject of such derision and humour that countless memes and viral videos have been made, re-enacted by both children and adults.

The Serbian and Beşiktaş midfielder Adem Ljajić proceeded to stop Neymar's foray down the left-wing with a challenge that caught the Brazilian forward and brought him tumbling to the turf.

However, Neymar's reaction was not to lie hurt and call for treatment. Instead, he rolled over an astonishing 17 times, something that only served to convince the officials that he was not injured at all.

Brazil ended up exiting the tournament at the quarter-final stage, and Neymar remains universally noted and disliked for his play-acting, even though four years on, it is an element he has largely eradicated from his game. Although, the upcoming World Cup may again bring out the best/worst in him.



Photo credit: Kieran McNamara/Barry Shutterstock

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WORDLADDER: JIVE, LIVE, LINE, LANE, BAND

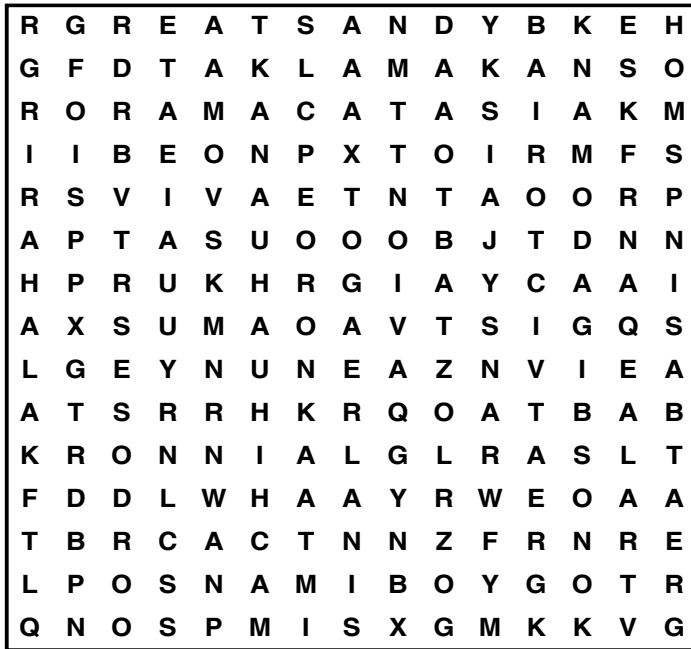


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ AGATE
- ▶ AMETHYST
- ▶ AQUAMARINE
- ▶ DIAMOND
- ▶ FELDSPAR
- ▶ JADE
- ▶ JASPER
- ▶ LAPIS LAZULI
- ▶ MALACHITE
- ▶ MOONSTONE
- ▶ OBSIDIAN
- ▶ OLIVINE
- ▶ OPAL
- ▶ QUARTZ
- ▶ RUBY
- ▶ SAPPHIRE
- ▶ TANZANITE
- ▶ TOPAZ
- ▶ TOURMALINE
- ▶ TURQUOISE

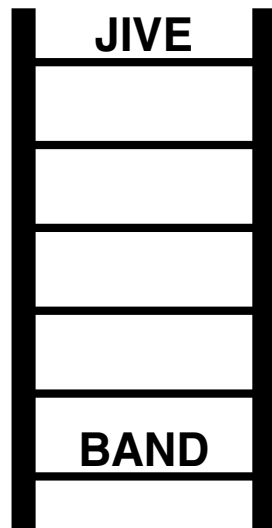


DID YOU KNOW?

- ▶ Queen Victoria was the first sovereign to live in Buckingham Palace.
- ▶ The garden at Buckingham Palace is the largest private garden in London.
- ▶ William the Conqueror chose the site where Windsor Castle was built.
- ▶ In 1992, a fire destroyed many rooms at Windsor Castle. The restoration took five years to complete.
- ▶ Frogmore House became a royal residence in 1792 when it was bought by Queen Charlotte, George III's wife.
- ▶ The Queen's Gallery at the Palace of Holyroodhouse was opened by Queen Elizabeth II in 2002 as part of her Golden Jubilee celebrations.

Facts courtesy of Royal Collection Trust

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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