

2020  
VISION

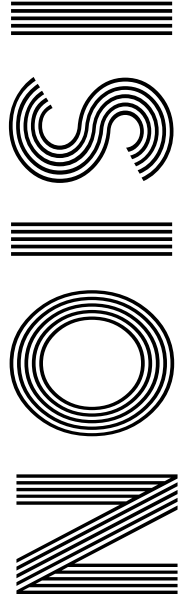
UK'S  
NOT SO  
SMART  
MOTORWAYS

LOVE IS IN  
THE AIR

Online dating tips

CHOCAHOLIC

*Ways to use leftover Easter eggs*



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- 6 NOT SO SMART MOTORWAYS
- 8 IT'S A DATE...
- 11 HOME & DIY
- 23 LOCAL NEWS
- 30 MARY BERRY
- 32 HISTORY
- 35 GARDENING
- 38 BUSINESS & PROPERTY
- 42 KIDS
- 45 FOOD & DRINK
- 46 HEALTH & FITNESS
- 49 BEAUTY
- 51 FASHION
- 52 TRAVEL
- 54 MOTORING
- 55 SPORT
- 56 THE **VISION** LISTINGS
- 58 PUZZLES

# Editor's notes...



Nik Allen, Editor

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

As you will know, we're all about keeping the E local - that's Andy the architect, Bev the beautician, Claire the, err, clairvoyant! The point is, whatever the

product, service or craft, we make a point of supporting local trade over the big brands and multinational conglomerates. Why? Well, for trust, for expertise, for local knowledge and for the familiarity of a personal touch that can only come from small businesses, independent experts.

There's a wonderful contrast between the pandemic that's sweeping the globe and the idea of going right back to the smallest tradespeople in the heart of our communities, but it's one we have to throw all our weight behind now. Why? Because those who suffer from a commercial downturn as a result of coronavirus won't be the big chains - they've got resources aplenty and can take the strain.

It's Andy, Bev, Claire and others - their partners and their dependants - who will rely on 'business as usual'. Once these small businesses are gone, there's little chance of them coming back.

Some of us may be spending time away from the office over the coming weeks, so let's make the most of it. If you are in good health, support the local businesses by getting some of those outdoor jobs done - they need us now more than ever before.

Remember to keep your distance and keep washing your hands.

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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# *(not so)* SMART MOTORWAYS

## ARE SMART MOTORWAYS ONE OF THE TRANSPORT INDUSTRY'S LEAST CLEVER IDEAS?

The concept of the smart motorway is, on initial inspection, a good one... a smart one, in fact.

It uses active traffic management to increase the capacity of a motorway, with the main premise being to free up the hard shoulder for regular traffic use.

Also factoring in variable speed limits, the aim is smoother flow of traffic, quicker journey times, a reduction in both noise and air pollution, and fewer road traffic collisions.

On that basis, the concept, first introduced back in 2006 on the M42 in the West Midlands, is a sound one. The vast majority of us will have been in a situation where overhead information boards divert, guide and advise us in smart motorway settings, and we'll have experienced the benefits.

Sure enough, more than £2billion of contracts

have so far been issued in order to extend, renovate and convert existing routes into smart motorways, with the M1, M4, M5, M6, M60 and M62 all actioned. In addition, other variations, such as controlled motorways, dynamic hard shoulders, all lane running and through junction running routes – which use the same concept but cannot be fully utilised for hard shoulder use, for instance, because of bridges – have come into effect.

However, in recent years, the effectiveness and safety levels of this traffic management solution have been called into question. Despite a conversion cost of between £5million and £15million per mile, the Campaign for Better Transport has consistently claimed no positive impact on CO<sub>2</sub> emissions.

Most alarmingly, though, is a swell of evidence suggesting that rather than reducing collisions and

accidents, smart motorways are actually causing them.

This point was first raised by the RAC, who discovered that motorists' confusion over whether a smart motorway was, effectively, 'in use', led to many driving on the hard shoulder when they were not permitted to.

Then, in January of this year, a Freedom of Information Act revealed a 20-fold increase in near misses on smart motorways, caused when a motorist has broken down and has with no hard shoulder or safe space to retreat to.

The original M42 pilot scheme offered emergency refuge areas (ERAs) 500m apart – that's less than a third of a mile. The logic therefore is that anyone sensing they are breaking down can 'limp' to the next safe space.

However, some stretches of the M25 have these spaces up to 1.6 miles apart, leaving motorists in real danger in the event of mechanical failure or a collision, with no means of removal. In real terms, this has led to 38 deaths on smart motorways across the UK.

To that end, Police Federation of England and Wales chief John Apter said, "I do not like the term 'smart motorways' because it infers they're a good idea. They're anything but, and a recipe for disaster. It's a death trap. It's inherently dangerous and putting lives at risk."

It seems a full-scale review of smart motorways is imminent, and this apparently innovative measure to alleviate the ever-increasing demands we have on our roads could find itself consigned to the annals of road traffic experimentation.



# It's a date...

## TOP TIPS TO GET YOU BACK IN THE GAME

**A**re you single, spent too long huddled around your radiator and run out of shows to binge on Netflix? Now's the time to revamp your online dating profile, ready for when you can start getting out there again – hopefully in time for a summer romance...

### NAIL THE PROFILE

- ♥ Use recent and unfiltered pictures. Most people who are serious about dating prefer to see the real you as opposed to manipulated images. Don't just post selfies – include pictures with friends too.
- ♥ Be honest. Don't lie about your age or your past, and if you're between jobs, that's fine too.

- ♥ Be open, but don't give it all away – mention that you like travel, for example, but leave it to them to find out what your top five destinations are.

### FIRST DATE TIPS

- ♥ Activities such as minigolf or bowling are low-pressure ways of getting to know someone.
- ♥ Avoid the conventional cinema, but an open-air cinema is a fun alternative. And a great excuse to cuddle if the weather turns chilly.
- ♥ Go to a comedy club to see if you share the same sense of humour.
- ♥ If you both listed a love of food on your profiles, then dinner should definitely be on the cards.
- ♥ Stay safe. Let someone know where you are going, and share your location via WhatsApp once you get there. Have someone nearby so they can come to the rescue, if needed.

### RED FLAGS

- ♥ Run away if they're a sore loser or an ungracious winner on your activity date.
- ♥ If they spend longer staring at their phone than into your eyes, hit the road.
- ♥ Beware if they have absolutely everything in common with you – they might have stalked your social media.
- ♥ Everyone has a past, but constantly mentioning their ex is not okay.
- ♥ Neither are any of these things: ordering for you, being overly critical of everything, and arriving late with no excuse or apology.



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# Dishwasher

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**3 CRYSTAL:** If you have a set of expensive  
crystal glasses, you will want to avoid  
cleaning them in the dishwasher as the high  
temperatures can cause them to chip and become  
cloudy.

A dishwasher is  
designed to make your  
life easier. That being said,  
there is nothing easy about trying to  
salvage your kitchen treasures.

Therefore, it is a good idea to know exactly what  
you can and can't put in your dishwasher.

**4 ALUMINIUM PANS:** Even if you have old  
aluminium pans that you are not worried about  
staining or damaging, putting these pans in the  
dishwasher can lead to other items becoming  
marked. Always check to see if your pans are  
dishwasher safe before adding them to the cycle  
because harsh dishwasher detergents can dull the  
finish.

**1 SHARP KNIVES:** If you have invested in a set  
of self-sharpening knives or the one that claims  
to be the sharpest knife in the world, don't go and  
ruin its reputation by putting it in the dishwasher,  
as the cycle can warp the metal and cause the blade  
to become dull.

**2 CAST IRON PANS:** Although cast iron is known  
for its durability, put it in the dishwasher and all  
that changes, causing rust and stripping its non-  
stick properties.

**5 WOODEN UTENSILS OR KITCHENWARE:**  
Your wooden spoons or bowls, should never  
be put in the dishwasher as the very hot water can  
cause the wood to crack or become warped.



HOME & DIY



HOME & DIY

A LIVING WALL... for all

### MAKING A DIY LIVING WALL IN YOUR HOME

We'll go to extraordinary DIY lengths when it comes to making our homes look welcoming, inviting and homely, but why not just let nature do the job for us?

The growing trend in living wall art has reached the UK from its origins in south-east Asia, with green and flowering creepers adding benefits to your home that paint and wallpaper simply cannot provide.

*Conservation* – With the protection of nature and wildlife so talked about, the wall of your home can providing a truly functional base for new life, as well as improving air quality.

*Money-saving* – For only a small set-up cost, the subsequent insulation savings from prevention of heat loss can be considerable.

*Peace and quiet* – Your sea of green will also act as a noise insulator, softening the sound of passing traffic or people.

*Visual evolution* – Your living wall will grow, flourish and interact with walls, ceilings and furniture. It will reinvent with every passing season and disguise cracks, splits, faults and other wear-and-tear aberrations.

#### Here's how to make one:

Choose an appropriate wall. You'll need a space with good exposure to sunlight | Screw in the planters at the bottom. Make sure you have good soil | Plant and train your plants up through a mesh, adding hooked-on pots at regular intervals | Keep regularly watered (about once a week). Either water manually or install an irrigation system to water the plants for you on a timer | Fertilise to keep plants healthy | Experiment beyond the usual perennials and introduce flowering plants, herbs and even edible plants into your wall design.



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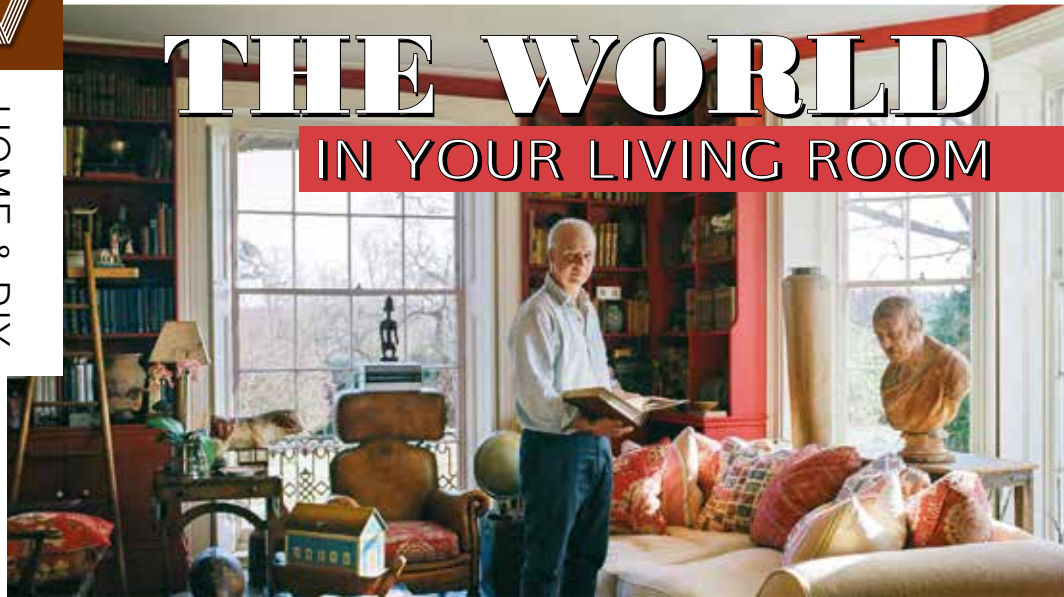
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HOME & DIY

# THE WORLD IN YOUR LIVING ROOM



Recreating the idea of interior discovery from one of the UK's most dynamic brands

The fact that interior designer Andrew Martin delivers his brand of playful, adventurous, multifaceted design from a showroom in Chelsea is perhaps at odds with the area's formal, stuffy, rather bland feel.

Sure, SW3 presents arguably London's finest exemplar of pouting, polished, Victorian and Georgian wealth, but its look jars slightly with the bright, breathless brilliance of a designer who recently celebrated 40 years at the front of a mode that celebrates intrepid spirit, hidden cultures and the world's kaleidoscope of customs and crafts.

Consider wallpaper that displays excerpts from *Pride and Prejudice*, or takes the form of old maps or sheets of stamps; think of stools, coffee tables, seats and sofas inspired by 1960s and 1970s looks, but that retain a cheeky modern-day irreverence; or what about Muhammad Ali, Kate Moss or Britain-themed cushions...?

From statement pieces to one-offs, Andrew Martin's position as an interiors visionary is exemplified in the sense that its flagship store in London has the feel of a mid-level nightclub. There is warmth, variety, detail and depth at every turn, but even the most playful of items has quality at its heart.

Founded by Martin Waller in 1978, the brand trod carefully through the somewhat cheap sheen of the 1980s, then flourished in the decade that followed as multiculturalism became a buzzword for style. Bolstered by the exposure of more than 20 books on the subject and a celebration of travel, in 2020 the Andrew Martin brand is now a platform for discovery in our own homes. And whether you've got a stool made to look like a petrified log is irrelevant.

"What we are about is detail, culture and the ability to have fun," says the founder. "It is about turning away from the formal and having fun – it is about injecting humour and philosophy into our surroundings, and this is something anyone is capable of."

Photo credit: andrewmartin.co.uk, Jooney Woodward via howtospendit.com



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House plants have become increasingly popular in recent years, along with a sudden shift in focus on sustainability and the natural world around us. With the ability to not only brighten up your home and increase your productivity, these versatile plants can also boost your physical and mental health.

### SPIDER PLANTS

These attractive plants are ideal for people who want a low-maintenance house plant that has the ability to improve the air quality within their home. Specifically, spider plants are great at removing formaldehyde from the home, which is known for causing eye, throat and nose irritations.

### ALOE VERA

Chances are you have a moisturiser or other skincare product in your bathroom cabinet that contains this anti-inflammatory substance. So, why not have your own natural source of aloe vera in your home? Use the gel-like matter from the inner leaf to treat burns, sunburn, psoriasis and cold sores.

### LAVENDER

The ideal plant for your bedroom, lavender is known for its calming and stress-relieving aroma. If you suffer from insomnia or find it difficult to switch off in the evening, a lavender plant can help soothe any restlessness, anxiety or feelings of nervousness that you are experiencing.

### PEACE LILY

Not only will this beautiful plant lift your home this spring, it will also help to remove a whole host of toxins, including ammonia, benzene, xylene, formaldehyde and trichloroethylene. However, these plants produce pollen so should be avoided if you suffer with hay fever.

### SNAKE PLANT

These clever plants are amazing at improving indoor air quality, but be warned, you need several plants for the job to be done properly, so this is a good choice if you are happy with an abundance of greenery in your home.





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HOME & DIY

## MODERNISE YOUR mantel



**Y**ou may not think that spring is the right time of year to be considering upgrading your fireplace, but you couldn't be more wrong.

As most people's thoughts turn to their outdoor space, winter-focused products such as fireplaces and their surrounds are cheaper and more readily available.

marble is a unique type of rock, which means that no two marble mantels will ever be the same. Ideal for a classic or traditional-looking home, marble suits all fireplace types.

### CAST IRON

Perfect for period properties, cast iron mantels are durable and make an impact. Although expensive, they are highly sought after by people who like original features, so purchasing a cast iron mantel for your home should be seen as a solid investment.

### WOOD

A cost-effective option, there are many different types of wood to choose from to suit every budget. Some of the main advantages of wood are that it is extremely versatile, easy to fit and non-imposing, making it ideal for first-time homeowners.

### TILED

Tiled mantels are perfect if you want your fireplace to be the stand-out feature within a room. There are many tile designs to choose from and they also act as a non-flammable barrier, making them a good option for a wood fireplace.

### HOW TO CHOOSE THE RIGHT FIREPLACE MANTEL FOR YOUR HOME

Before deciding what mantel you want to use, you need to assess a number of key elements:

- > What type of fireplace do you have? Electric, gas or solid fuel?
- > What is your home décor like?
- > What size surround do you need?
- > What material would you prefer your mantel to be made of?

### WHAT MATERIALS CAN I CHOOSE FROM?

Whichever type of fireplace you have, you will be able to find the perfect mantel or surround to suit your property.

### MARBLE

Arguably the most luxurious type of surround,



Photo credit: castirfireplaces.co.uk; backhoven.com



HOME & DIY

# WILD LIFE



biophilic design

## BIOPHILIC DESIGN CAN BRIGHTEN YOUR MOOD, YOUR OUTLOOK ON LIFE AND YOUR HOME

For many years, people have been saying that feeling glum can be countered by getting outside and being at one with nature. But with wet, long winters, and given that many of us live in concrete jungles, spending time outdoors is neither practical nor desirable. The solution is to bring the outside in... biophilic design.

Of course, no one is suggesting you start knocking down any of the walls of your home or take inspiration from the set of the film *Jumanji* as far as interiors go; this is a subtle trend in which nature leads the way. And the best part? You get all the benefits of the great outdoors – calm, clarity, peace of mind – without having to go near a campsite.

### HOW TO CREATE YOUR BIOPHILIC HAVEN...

#### Let the light in

Pull back the curtains, wash the windows and let the natural light flood in. If your home is naturally gloomy, use large mirrors to create the illusion of space and brightness, and don't forget to fill the place with fresh air too.

#### Go green

Not only does the colour green bring life and vigour to your home décor, it also possesses meditative qualities which quieten and soothe the mind.

#### Plant life

Possibly the most obvious way to bring nature into your home: is to buy a plant. Hanging baskets with vines that adorn your walls, potted herbs on your windowsill and a gorgeous succulent on your coffee table. Beautiful, oxygen-giving and living works of art.

#### Texturise

Reclaimed wood is very popular in interior design right now, and this characterful, evolving material also adds an earthy warmth to your home. Any natural material, in fact, is ideal for the biophilic trend, from wool blankets to granite countertops and stone ornaments – just be ambitious, and let the outdoors flow in.



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# LOCAL NEWS

from your neighbourhood



## Hub created to help most vulnerable in community

A Community Response Hub has been created in Rayleigh to help the most vulnerable in the community during the coronavirus pandemic.

The Megacentre, on Brook Road, closed its doors for its traditional use on March 18 and soon established itself as a hub to support the community.

The hub is one of several set up across the district by faith, community and agency groups to support the most vulnerable during the coronavirus crisis.

Leader of Rochford District Council, councillor Mike Steptoe, said: "The hubs are being designed to be able to act as the primary vehicle for supporting Rochford and Rayleigh residents who have been identified as

part of the at-risk groups by the NHS.

"The hubs will take the lead in coordinating the response to vulnerable residents to ensure the right help is given in the right places at the right times."

The council has also confirmed council tax payments will continue as normal. However, anyone in financial distress is asked to contact the council.

Elsewhere, Rayleigh Windmill did not open for the season. It was due to open on March 28.

For those who need community support, including those who are self-isolating or are vulnerable, visit the council's website for up-to-date information.

Search [www.rochford.gov.uk/HelpingOthers](http://www.rochford.gov.uk/HelpingOthers)



# News from THE ROTARY CLUB

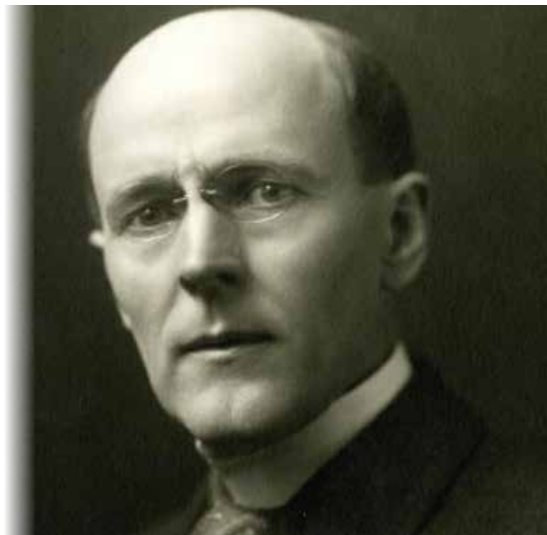
Rayleigh Mill

Very soon after the Rotary Club of Rayleigh Mill was founded in 1995, it instigated a meeting to celebrate the birth of Paul Harris (pictured), the founder of Rotary International, in February. Initially it invited a small number of clubs from the surrounding area to join them at this event as a way of fostering friendship and fellowship among the neighbouring clubs as well as celebrating the birthday of the creator of Rotary International.

The event proved to be extremely popular and became an annual event, with additional clubs gradually joining in the celebration and each club taking a turn to host the event.

This year it was again the turn of Rayleigh Mill who, on February 17, invited the Rotary Clubs of Rochford, Westcliff, Thorpe Bay, Leigh-on-Sea, Hadleigh Castle and Wickford together with the district governor, Pauline Dean, and her husband Terry, to join them at Saxon Hall in celebrating the life of Paul Harris by enjoying dinner and an excellent talk by Leigh-on-Sea author Peter Jones.

In other news, the Rotary Club of Rayleigh Mill was approached by Citizens Advice who needs to renew its computers. The members voted to donate £500



towards the cost of the computers.

Following the recent devastating floods all over the country, the club responded to the Rotary Disaster Recovery Trust Appeal by donating £500.

## Attacker handed indefinite hospital order



A man has been handed an indefinite hospital order after stabbing a police officer. John McCartney, 40, from Rayleigh, was sentenced on March 6 under Section 41 of the Mental Health Act. He had previously pleaded guilty to attempted murder.

Basildon Crown Court heard McCartney, who had been to the same school as the officer, had become fixated with him and began a campaign of harassment.

On Wednesday, April 24 last year, the officer was at his family home in Rayleigh with his wife and children when there was a knock at the door.

The officer went outside to answer it and it was then that, without warning, McCartney launched a sustained and frenzied knife attack.

Despite his serious injuries, the officer managed to tackle McCartney to the ground, jump on his back and then lay on top of him, restraining him until help arrived.

The sergeant was taken to hospital in a critical condition where he underwent surgery and, thankfully, survived.

During sentencing, a victim personal statement from the officer was read out.


Part of it read: "Physically things are fixing well but the physical scars are a constant reminder of that night. All the little things add up and are constant reminders of what McCartney has done to me and put my family through. It will stay with us for the rest of our lives."




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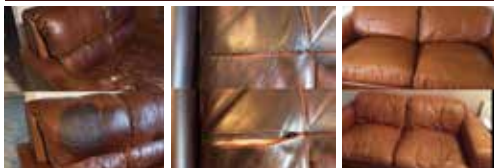
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# THE LIONS CLUB

of Rayleigh

LOCAL NEWS

Rayleigh Lions held its annual charity fundraising quiz night at the Hullbridge Community Association on March 6 and raised £600 for local charities.

Twenty teams took part in a hard-fought and lively contest. Pondlife came first and won £300 for local charities. They donated £200 to Trust Links mental health charity and £100 to Kingsdown School. Runners-up were The Thomas's + 1 who nominated Farleigh Hospice to receive their £200 prize. The Hopefuls came third and gave their £100 to Rayleigh and Rochford Citizens Advice.

Rayleigh Lions has raised and donated more than £1million to good causes in the Rayleigh, Hockley, Hullbridge and Rochford areas since it started in 1974.

In the last three years, Rayleigh Lions has donated around £65,000 to local good causes, including:

- > £15,000 towards a new minibus for the Hockley Day Centre
- > £8,000 for a breakout area at Fitzwimarc School
- > £5,000 towards refurbishment of two classrooms

for hearing-impaired pupils at Sweyne Park School

- > £3,000 towards a new scanner at Southend Hospital
- > £2,700 for one mission for Essex Air Ambulance

Lions Clubs of South East Essex (Rayleigh, Castle Point, Eastwood, Leigh-on-Sea and Southend) also donated £10,500 to help fund a prostate cancer treatment trial at Southend Hospital. This helped Southend Hospital make the pioneering treatment available to all in July 2019.

A Lions Club spokesman said the quiz night was very memorable.

He added: "It was another great evening thanks to a massive turnout of local people supporting our Lions Charity Quiz Night.

"Thanks also to Royal Tiger and Shaw Farm for generously donating raffle prizes. Well done to Pondlife for winning the trophy again."

# DAVID LEPINE

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## Man wins medal in skating competition

A 50-year-old man from Rayleigh competed and won a silver medal in an international skating competition last month.

Jay Hanson is one of the captains of the adult synchronised skating team from Lee Valley Club in Hackney who took part in the 2020 Steel City Trophy competition.

Speaking to **VISION**Rayleigh, Jay said: "The team comprises 16 actually skating and we have ages ranging from early 20s to early 50s.

"I started to learn how to skate when I was 30 and did my first competition when I was 31. The skating at this time inspired me to continue and take private lessons and that is when I joined the team.

"I always enjoyed watching it as a young child and I grew up with amazing skaters such as Robin Cousins and Torvill and Dean. It's a great form of exercise."

The competition, which took place on March 7, saw skaters from across the globe take part.

Jay said: "We have been training the whole year. We were so elated as we have worked so hard to get to this point.

"It was so emotional as we achieved a personal best

under the great leadership of Chrissy Richards, the coach.

"The next step is the regional championship in November, where we won gold last year. It's new music and new costumes this season.

"Our coach, Chrissy, and other captain, Harriet Rushmer at Lee Valley Club, have been spectacular and we couldn't do this without them."





# Opportunity for talented youngster to win hundreds of pounds worth of training

For children with the drive and determination to make it in the world of performing arts but who don't have the training behind them, there is a fantastic opportunity to win a year's worth of tuition at Razzamataz Theatre Schools.

Razzamataz Rayleigh has joined forces with *The Stage* newspaper to offer a scholarship worth up to £800 for one lucky youngster aged between six and 17 to attend its part-time theatre school free of charge for a year.

Entrants should film a short demo showing him/herself performing any genre of a dance, song or a drama piece. The demo does not have to be professionally filmed and should last no longer than two minutes. The scholarship audition process opens on April 13, the judges would like to hear from young people displaying raw talent and showing potential.

Razzamataz offers a wide range of performing arts styles for youngsters aged between two and 18.

The curriculum covers the whole of the performing arts, from classic musical theatre to street dance, pop singing and acting for stage and screen. Many students leave Razzamataz as 'triple threat' performers, which means they are skilled in singing, dancing and acting, giving them the best opportunity to work in this competitive industry.

Successful Razz alumni have appeared on many programmes and in West End shows including *Matilda*, *Hamilton* and *School Of Rock*. Razz Rayleigh's past scholarship winner Ellie Wilcox recently played bass player Katie in *School Of Rock*.

To find out more about the classes, which are held every Saturday at Sweyne Park School in Rayleigh, contact Catherine on 07787 570760 or email [rayleighwest@razzamataz.co.uk](mailto:rayleighwest@razzamataz.co.uk)

The deadline for the scholarship entries is June 19, visit [www.razzamataz.co.uk/what-we-do/the-stage-scholarship/stage-scholarship-application-form/](http://www.razzamataz.co.uk/what-we-do/the-stage-scholarship/stage-scholarship-application-form/)

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AT 85 YEARS YOUNG, MARY BERRY IS STILL  
AT THE PEAK OF HER POWERS



For so long one half of *The Great British Bake Off*'s dynamic judging duo alongside Paul Hollywood, Mary Berry coached amateur bakers through years of soggy bottoms and wheat-free triumphs. Yet in the context of her wider career, the baking doyenne's stint on the hit BBC reality show – which ended when Channel 4 swiped the contract, leaving Mary to mark her loyalty by refusing to move with it – accounts for only a very small part of a baking success story that has seen her rise to prominence with every bit the beauty of a loaf of bread.

In more than 50 years delighting on screen, at cookery demonstrations and in the pages of countless cookery books, Mary Berry's culinary career has taken her far and wide. Ever since discovering a passion for cooking in her domestic science classes at school in Bath ("the first thing I made was a treacle sponge and everybody seemed to enjoy it"), Berry's career has always revolved around the kitchen in some way, shape or form.

There were home visits to show people how to use their electric ovens in the early days, studies abroad at France's prestigious Le Cordon Bleu, plus cooking for the Egg Council and the Flour Advisory Bureau. She even worked as a magazine food editor while raising her family – it's been a varied but produce-led career.

Berry penned her first culinary tome, *The Hamlyn All Colour Cookbook*, back in 1970, and since then she's overseen a further 75 tomes of kitchen cleverness.

Like many chefs, her preference for fresh, locally sourced produce shines through. A Royal Horticultural Society Ambassador who proudly tends her own vegetable garden at home in Buckinghamshire, Mary places great importance on the idea of home-grown, seasonal produce. "I think people more and more are wanting to know where their food comes from," she says. "If it comes from your own garden or your allotment, you know all about it, don't you?"

When it comes to home cooking, Mary follows the traditional route, favouring what is available rather than sugar-free or pesticide-ridden fodder. "We grow what we eat," she says.

Famous for her bakes, Mary likes to use "all the natural ingredients", and you won't catch her shaping her recipes to fad diet requirements. "I don't do low fat," she says firmly. "I'd rather have a smaller portion." Perhaps these calorific but micro portions are the answer to Mary's trim figure. "I don't have a slimming secret; I believe in everything in moderation," she says.

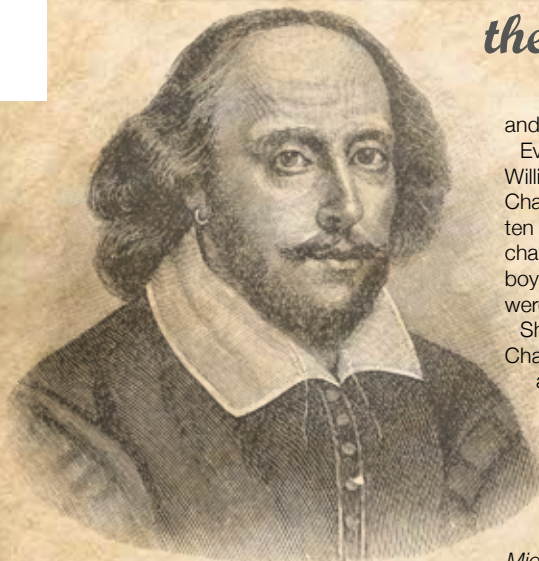
That moderation now sees her 85 years young, fit as a fiddle and, inevitably, eyeing up the next project. This year she is fronting BBC show *Best Home Cook*, and as the weather warms up, she will be seen around the country at a number of food events.

"The great thing about food is it keeps on evolving," she says. "It's so rich, so diverse and, more than anything else, so tasty. It keeps us all coming back for more and I'll never tire of sharing my passion with other people."



# SHAKESPEARE

*the great English icon*



and twins Hamnet and Judith.

Eventually the family ended up in London, where William was part of an acting company called Lord Chamberlain's Men. There were typically around ten actors in a company, comprising a lead actor, character actors and some comedians. Young boys typically played women's roles as women were not allowed to act.

Shakespeare wrote plays for the Lord Chamberlain's Men. He worked as an actor as well. His plays became very popular in London and soon the Lord Chamberlain's Men was one of the most popular acting companies in the city, even performing for Queen Elizabeth I and James I. Some of Shakespeare's early plays include *The Taming of the Shrew*, *Richard III*, and *A Midsummer Night's Dream*.

After a theatre landlord closed down the premises, several members of the company dismantled the theatre and moved the timber across the River Thames to another spot. There they built a new theatre called the Globe Theatre.

The Globe Theatre became the place to be in London. It could house up to 3,000 spectators and had a uniquely designed stage with a painted ceiling, columns and stage wall. They had specially trained musicians who made special effects noises during the plays.

Many of Shakespeare's greatest plays were written in the last half of his career. These included *Hamlet*, *Othello*, *King Lear*, and *Macbeth*. His success in the theatre, as well as his investments in land and the Globe, made Shakespeare a wealthy man. He purchased a large home in Stratford for his family, called New Place. William retired to his home in Stratford and died on his fifty-second birthday.

But he did not forget his unique link to St George, and Henry V's speech, in which he urges his troops into battle, ends with this classic line: "Cry God for Harry, England, and Saint George."

It is perhaps apt that two of England's greatest heroes share the same date for their death, although centuries apart.

St George and William Shakespeare have been continually linked as they both died on April 23 and they are celebrated in the UK each year.

Shakespeare, coincidentally, was born on the same date in 1564.

Shakespeare is considered by many to be the greatest writer of the English language and is also one of the most influential. Through his works he is credited with introducing nearly 3,000 words to the English language. In addition, his works are the second most often quoted after the Bible.

Many of his plays are taught in schools not only in the UK but around the world.

Shakespeare was born in Stratford-upon-Avon, the third of six children. His family was reasonably well off and he went to the local grammar school where he learned about poetry, history, Greek and Latin.

When William turned 18 he married Anne Hathaway. They soon started a family: daughter Susanna

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GARDENING

WHAT DOES YOUR

# birth flower

SAY ABOUT YOU?

Everyone knows what star sign they are, and most know their birthstone, yet not very many are aware of what their birth flower is.

Starting in our next issue, we will be running a regular feature on each month's birth flower, revealing what your birth flower says about your personality, plus tips on how to grow your flower in your own garden.

### WHAT IS A BIRTH FLOWER?

Every month has a flower that symbolises that month, and it is said that the characteristics of this flower may be inherited or passed on to the people who are born during that month. These flowers are known as birth flowers.

### WHAT IS THE HISTORY OF THE BIRTH FLOWER?

It was the Romans who first started the concept of flowers as gifts rather than just as decorations, by giving flowers to

people on the day of their birth becoming commonplace. It was this act that led to the creation of the birth flower.

### WHY DO WE GIVE FLOWERS AS GIFTS?

Today, people tend to give flowers as gifts to convey a certain message, normally of love, congratulations or commiserations. Flowers are a simple and effective way to express emotions without actually saying a word. As gifts, flowers are always warmly welcomed owing to their sweet fragrance and visible beauty, but they are actually so much more than that, with each flower symbolising something different.

### WHAT IS THIS MONTH'S BIRTH FLOWER?

Just to give you a little taster of what is to come in next month's first birth flower feature, the birth flower of April is the daisy. This flower is known for conveying innocence, love and purity, with people born in this month being playful and loyal.

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GARDENING

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With all this in mind, the protection of our beautiful and curious bees has really come to the fore in recent years. Their decline across wild spaces has been caused by loss of habitats and food sources as well as exposure to pesticides and the effects of climate change.

The good news is that protecting these little wonders is not just good for the environment, but is also a joy in itself. Several organisations run bee initiatives, from Bee Walks, in which volunteers traverse set routes to map out observations of bee activity, to community and education groups at libraries, stalls and fetes that raise money and awareness.

You can also create a buzz in your own back garden, by...

- ✂ using bee-friendly plants. Patio pots, herbs in a planter, hanging baskets and crocuses create colour and help bees flourish;
- ✂ considering fruit and veg as well. Bees will be instantly attracted to these;
- ✂ planting throughout the seasons to provide food and shelter all year round;
- ✂ keeping the grass long. This is another way to provide shelter;
- ✂ removing pesticides. Throw away that 'bug gun' and let nature do its bit;
- ✂ welcoming in 'beneficial insects'. Hoverflies, beetles and ladybirds will all help your bees flourish.

Why not start a buzz in your community, and help nature in the process



# BREXIT & THE HOUSING MARKET

NOW BORIS'S BREXIT IS SECURED, WHAT DOES IT MEAN FOR OUR BRICKS AND MORTAR?

The brazen upward surge of the UK housing market offers cause for both celebration and concern for the nation's population.

A seemingly unerring rise over the past decade sees house prices currently at record highs. For those looking to get on the ladder, the task seems less achievable than ever before, while even property owners find themselves on a runaway train that demands even more from them should they wish to step up.

The only real winners in the housing market are those looking to sell up and drift away from the madness, and in some quarters the uncertainty over Brexit has only exacerbated fears of what may happen with our biggest life investment.

In the first instance, however, the UK experienced a positive surge in the aftermath of the Conservatives' comprehensive General Election victory in December 2019. A stable and growing economy

clearly bolsters the housing market, and the 'getting done' of Brexit appeared to release waves of pent-up uncertainty that had stagnated the market for the best part of three and a half years.

It's perhaps no coincidence then that prominent 'remain' UK cities such as Cambridge, Bath, Bristol and York are now top of the tree in terms of an upturn in buyer demand.

Before COVID-19 hit the country, this 'gloves off' idea was great news. With the ability to invest, and continued government house-building programmes, the market was set to be boosted.

That said, with stagnancy comes stability, and in the past few years the market has been fairly steady. The fears from experts were that when sellers got a little carried away, it would rock the property ladder somewhat, and that would mean uncomfortable exchanges for those looking to put down roots.

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KIDS

LOVE YOUR LEFTOVERS:

# Easter Eggs

**W**ith the average child set to receive eight Easter eggs over the Easter weekend, worth a whopping £56, it can be a good idea to find out some interesting and fun ways to use up any leftover chocolate to avoid unnecessary waste.

### CREATE A CHOCOLATE FONDUE

What could be more fun than making your own chocolate fondue? You could even ask your little ones to make a selection of tasty and nutritious fruit kebabs to dip in the decadent dish. Simply melt your leftover chocolate in a bowl and then get dipping.

### MAKE A CHOCOLATE FACE MASK

If you have girls who love a pampering session, why not make your own chocolate face masks? They can even lick them off after. All you need to do is melt a quarter of a cup of chocolate (preferably dark), add one tablespoon of cream and a few drops of honey, and then apply to the face.

### CONCOCT A CHOCOLATEY DRINK

Everyone loves hot chocolate with a few marshmallows thrown in for good measure, and thankfully, now you have all this leftover chocolate, you can make your very own version. Simply heat 150ml milk and 50ml double cream in a pan and then add 50g chocolate. Optional: add the zest of half an orange.

### CHOCOLATE MUG CAKE

If your kids love baking but you hate the mess, then this is the perfect idea for you. Start by cracking an egg into a cup, then mix in 4 tablespoons of flour and 2 tablespoons of cocoa. Finally add 3 tablespoons of milk, 3 tablespoons of oil, ¼ teaspoon of vanilla extract and a tablespoon of broken-up chocolate Easter egg. Mix well and pop in the microwave for 3 minutes.

Still got some chocolate left? Why not donate it to your nearest food bank or homeless shelter?



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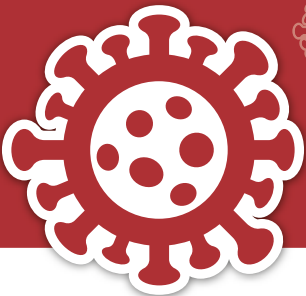
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Email [rayleighwest@razzamataz.co.uk](mailto:rayleighwest@razzamataz.co.uk)





# CORONAVIRUS

Advice on how to combat Coronavirus (COVID-19) Supplied by GOV.UK

## THE ADVICE FOR ANYONE IN ANY SETTING IS TO FOLLOW THESE MAIN GUIDELINES.

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

### PREVENTION:



wash hands often with soap



avoid touching your face



disinfect objects and surfaces



avoid close contact with people



stay home



Avoid contact with sick people

### TREATMENT:



no vaccine to prevent 2019-nCoV



no specific treatment for 2019-nCoV



drink plenty of liquids



take pain and fever medications



Last month we introduced the first five of our ten finest foods to keep you looking young and healthy, on both the inside and the outside. Here are the final five.

#### Chocolate

Not only is chocolate a proven mood enhancer, but chocolate that contains at least 70 per cent cocoa is loaded with proteins and vitamin B, meaning just a couple of squares will help burn fat and improve your skin and hair.

#### Tomatoes

You say: "Tomato;" I say: "Wow, you look fantastic." Tomatoes have proven to be double trouble for ageing. Brimming with those brilliant antioxidants and carotenoids that help fight the oxidation that ages skin cells, they also boost collagen production, keeping skin taut and youthful.

#### Wild salmon

Wild salmon, though more expensive than farmed, is thought to be better for you as it is lower in fat

and there is less chance of contamination from pollutants, but both kinds are loaded with omega-3 fatty acids. These nutrients not only protect your heart by boosting arterial function, but they also help you produce sebum, your skin's natural oil, which keeps hair healthy and skin plump and youthful.

#### Nuts

These delectable delights are literally small anti-ageing bombs, thanks to their concentrated sources of vitamins, minerals and other phytochemicals, including antioxidants. Though all nuts offer nutritional benefits, walnuts in particular are high in omega-3 and omega-6, which help keep your hair glossy and your brain young, as they are proven to help prevent cognitive decline.

#### Wine

If you want to age like a fine wine, then start drinking in moderation. Studies have shown that wine protects against heart disease, diabetes and age-related memory loss. Red wine in particular contains resveratrol, a compound that may activate genes that slow cellular ageing.



part 2



# Keeping children healthy

**A**re you worried about the amount of sugar your child is getting from the food and drinks they consume every day?

One of the main issues with young children is that some parents use sweets and chocolate as rewards for good behaviour. But do you ask yourself what effect sugar can have on your children?

For children between the ages of 2 and 18, the recommended daily sugar intake is a maximum of 6 teaspoons, which is equivalent to 25 grams or 100 calories. To put this into perspective, an average milk chocolate bar has 23 grams of sugar which is the vast majority of your child's limit for the day. Sugar is also hidden in so many foods and drinks that we would never expect. It's hidden in juices, pasta sauce, rice and even bread.

If you are a parent of a picky eater, you likely cater to what your child wants. As long as they are eating something, you are satisfied. What you may not know is that catering to your child's pickiness can have a negative effect on their behaviour, health and overall well-being. For example, if your child will only eat certain foods such as macaroni cheese and chicken nuggets, each one of their meals is loaded

with calories, sugar and carbohydrates. When every meal that your child eats is so high in calories and sugary carbs, it won't be long before they start putting on weight and developing vitamin deficiency from not eating fruit, salad and vegetables.

### What can you do about it?

When it comes to reducing your child's sugar intake you need to make the changes gradually, otherwise it will have a negative effect.

Instead, one or two everyday swaps per week can make a huge difference. For example, put a low-sugar (full-fat) yoghurt in their lunch box, swap fruit juice for water infused with chopped-up fruit, or swap a chocolate bar for an apple. A prime example to avoid is Innocent Smoothies for kids. Despite the marketing hype, these "healthy" fruit juices are concentrated sugar, and can contain more sugar than full-sugar (Original) Coke. CoCo Pops is actually a staggering 84 per cent sugar. Frightening.

If you would like more information on this, contact Graham Phillips at Prolongevity, call 07768 275802 visit [www.prolongevity.co.uk](http://www.prolongevity.co.uk) or email [phillips@manorpharmacygroup.co.uk](mailto:phillips@manorpharmacygroup.co.uk)

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ELEMIS





# IMPORTANT MESSAGE TO PATIENTS

Given the unprecedented situation regarding the COVID-19 virus, we wish to reassure you we are continuing to keep our practice safe for you and our team. However, following the latest guidelines, we are now postponing all non-essential treatments.

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# Fishtail braid UPDO

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### HOW TO ACHIEVE THIS LOOK:

**STEP 1:** Pick up a section of hair on the left side of your head and divide into two sections.

**STEP 2:** Take a small piece of hair from the back right side of your chosen section, cross it over the top and add to the front of your chosen section.

**STEP 3:** Then take a small piece of hair from the front left side of your chosen section, cross it over the top and add to the back of your chosen section.

**STEP 6:** Continue step 2 and 3 until your braid reaches the top part of your left ear.

**STEP 7:** Once you reach the ear, continue



Photo credit: www.missysue.com

braiding your hair down in a standard fishtail braid.  
**STEP 8:** Gently loosen the sides of the braid and tie the end with a hairband.  
**STEP 9:** With the rest of your hair, create a standard fishtail; taking sections from each side and crossing over until the hair is fully braided.  
**STEP 10:** Gently loosen the sides of the braid to create a fuller look and then tie off with a band.  
**STEP 11:** Twist the back braid into a bun and pin securely.  
**STEP 12:** Wrap your first fishtail braid over the top of and around your bun in a clockwise direction and pin in place.  
**STEP 13:** Use your fingers to gently make the fishtail braid fuller to cover the pins.  
**STEP 14:** Add a decorative clip or hairslide for an ultra-glam finish.



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FASHION

# Building a CAPSULE WARDROBE

With the rise of sustainable fashion and consumers beginning to understand the need for having a conscience in their fashion and style decision making, building a capsule wardrobe makes more sense than ever before. We live in a world where convenience is key, and fast fashion retailers have made it all too easy to buy into new trends every season. Yet so many women still find themselves standing in front of their bulging wardrobes at a loss, with nothing to wear. A capsule wardrobe saves you time and money in the long term, and means less of a headache.

You can build a capsule wardrobe from 20 key items. From these 20 items it is possible to create 30 different outfits (and more) – you just need the know-how to pull the pieces together. All of these pieces will last a lifetime in your wardrobe and are worth investing in. Once you are happy with your reduced wardrobe, you can still add some fresh new pieces in each season, but in a more considered way, knowing what else you already have to work with. Accessories can be a great way to do this, and they are the best way to add some print and colour into your wardrobe.

## TOP 20 KEY ITEMS

- |   |                        |
|---|------------------------|
| 1. The Leather Biker Jacket                   | 12. The Lace-up Boot   |
| 2. The Pleated Midi Skirt                     | 13. The Blazer         |
| 3. The Basic T-shirt with a Twist             | 14. The Trainers       |
| 4. The Slogan Sweatshirt                      | 15. The Loafers        |
| 5. The Cashmere Sweater                       | 16. The Breton T-shirt |
| 6. The Block Heel Boot                        | 17. The Denim Shirt    |
| 7. The Slip Dress                             | 18. The Aviator Jacket |
| 8. The White Shirt                            | 19. The Statement Bag  |
| 9. The Buffet Dress                           | 20. The Jumpsuit       |
| 10. The Coated Jeggings or Leather Leggings   |                        |
| 11. The Straight-leg Jeans in a mid-blue wash |                        |

Alex Standley is a personal stylist with 15 years' experience in the fashion industry. If you would like to find out more, please visit [www.luxeopardlifestyle.co.uk](http://www.luxeopardlifestyle.co.uk) or get in touch at [alex@luxeopardlifestyle.co.uk](mailto:alex@luxeopardlifestyle.co.uk)





TRAVEL

# TRAIN TRIPS *To remember*

If you're dreaming of a holiday with a difference when the coronavirus epidemic has been brought under control, check out some of these truly memorable train trips.

### KOBLENZ TO MAINZ

For so long, the prospect of the Rhine Valley would bring about notions of wartime in arrowing a route through West Germany. These days, however, there is nothing but houses, vineyards, castles and a stunning river to transport passengers into a slightly grand, slightly gothic adventure.

### THE ROCKY MOUNTAINEER

Often the go-to train ride in the world, the excursions up through the Canadian Rockies are the stuff of adventurer folklore. From glacier-fed lakes to green forests, rivers, snow and an incredible array of wildlife, the Rocky Mountaineer is one of many trains transporting passengers into an icy wonderland straight out of Narnia.

### THE DANUBE EXPRESS

If you want to splash out and spend a few days in absolute luxury, the Danube Express – with its stops at Prague, Vienna, Berlin, Sarajevo and more

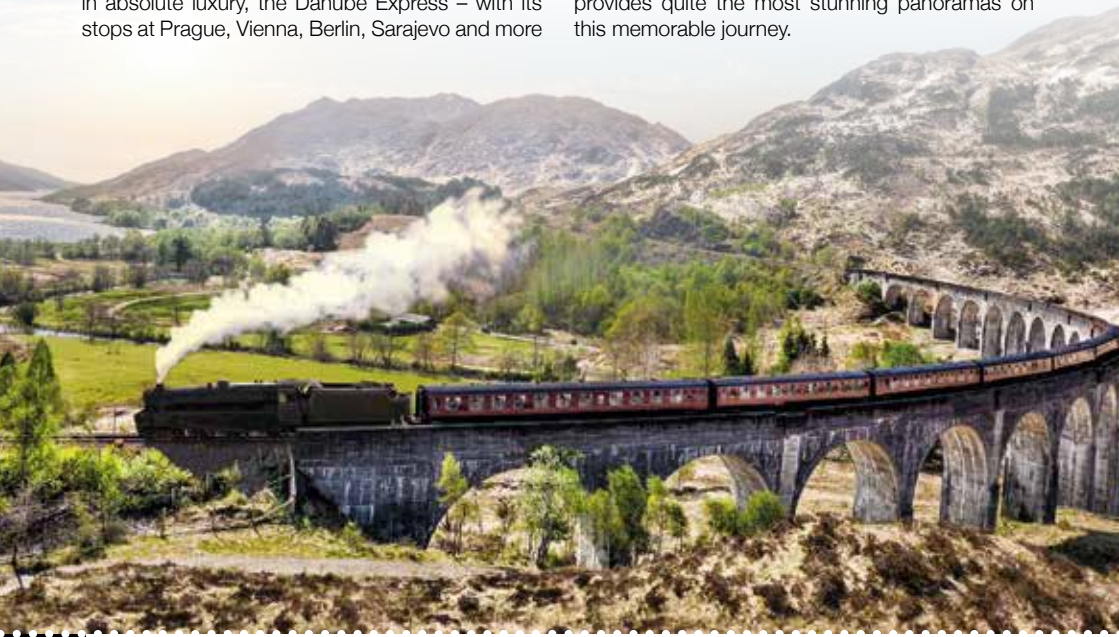
– is a five-star step back in time to a glorious age of European opulence; and given there are only 65 passengers on board, you'll most likely make some friends too.

### THE GHAN

One for those with the stamina of a camel, the Ghan route extends almost 1,900 miles across Australia, offering an awe-inspiring if, at times, somewhat monotonous trek through the outback wilderness of deserts, wide-open spaces and solitude.

### FORT WILLIAM TO MALLAIG

Finally, if you're looking for something a little closer to home, consider this spectacular 42-mile trip that features, among other stunning sights, the long viaduct seen in the *Harry Potter* films. Mixing mountains, glens, slopes and lochs, Scotland provides quite the most stunning panoramas on this memorable journey.





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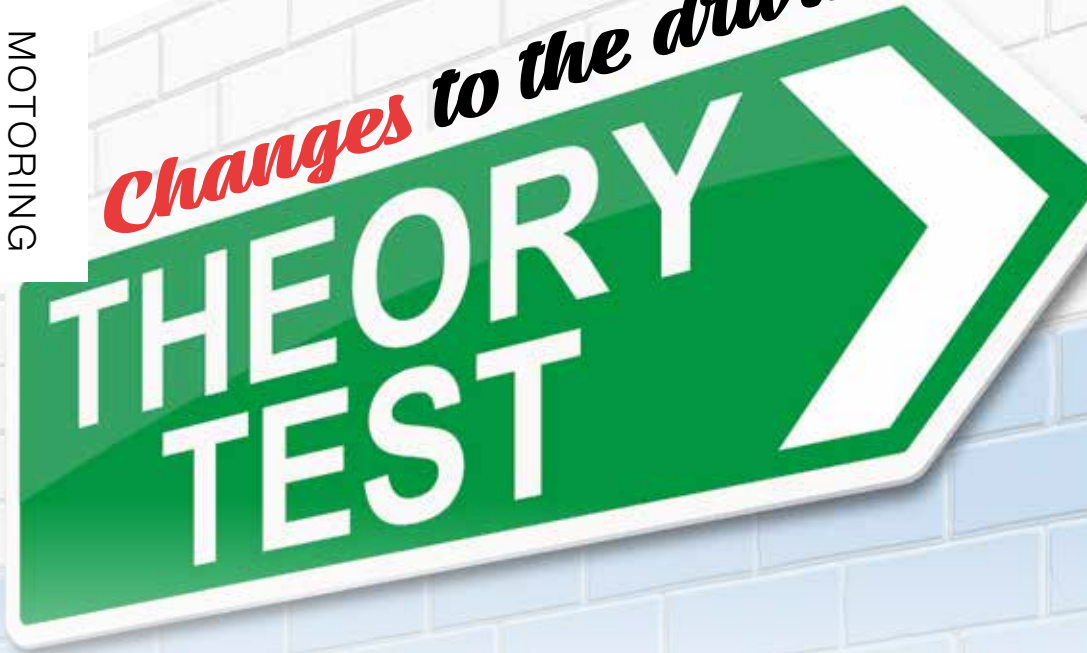
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# Changes to the driving



## OUTLINING RECENT CHANGES MADE TO THE DRIVING THEORY TEST

The safety of drivers and pedestrians on our roads has rarely been a hotter topic, particularly with car ownership now at a record high in the UK.

And with the ongoing evolution of the motorcar, so too has the driving theory test developed to suit the times, as well as to keep prospective drivers on their toes... or is that pedals?

### What is changing?

The theory test is moving with the times and will now be using video clips instead of written case studies. It follows that visualisation is a common-sense route to take, given the nature of driving itself, and the government expects this linear delivery – whereby the user will then have to answer multiple-choice questions on what they see – to be a more realistic representation of our roads.

The new format also compensates

for reading, learning and developmental difficulties that, while disadvantaging someone on a written theory test, wouldn't necessarily have any adverse effect on their ability to drive a car or 'read' the road.

### What's not changing?

Remaining the same is the process by which those taking their theory test will revise: they will use the same books and software as before. In addition, users will still have to answer 50 multiple-choice questions in 57 minutes, with a requirement to answer at least 43 correctly.

The hazard perception part of the test also remains the same as before.

These changes to the driving theory test will not apply to those looking to qualify for motorcycle, lorry, bus or coach licences.

The changes come into effect from April 14.



# TOKYO 2021

## THE NEW SPORTS



## 4. SURFING

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo, which has been postponed until 2021 due to coronavirus, we take a look at surfing.

The sport of surfing has had a choppy ride with Olympic chiefs over the years. It was more than half a century ago that the pioneer wave rider Duke Kahanamoku encouraged the IOC to make it an official Olympic sport.

He passed away in 1968 at the age of 77, and it has taken until now for the decision-makers to agree to the Hawaiian's proposal. His name will no doubt be mentioned this summer.

Shida Beach, around 40 miles from the Japanese capital, will be the venue for the surfing event, which begins on July 24.

Ocean-based, rather than in a wave pool, heats will be 20–25 minutes long, with four people going at a time. The best two from each will advance.

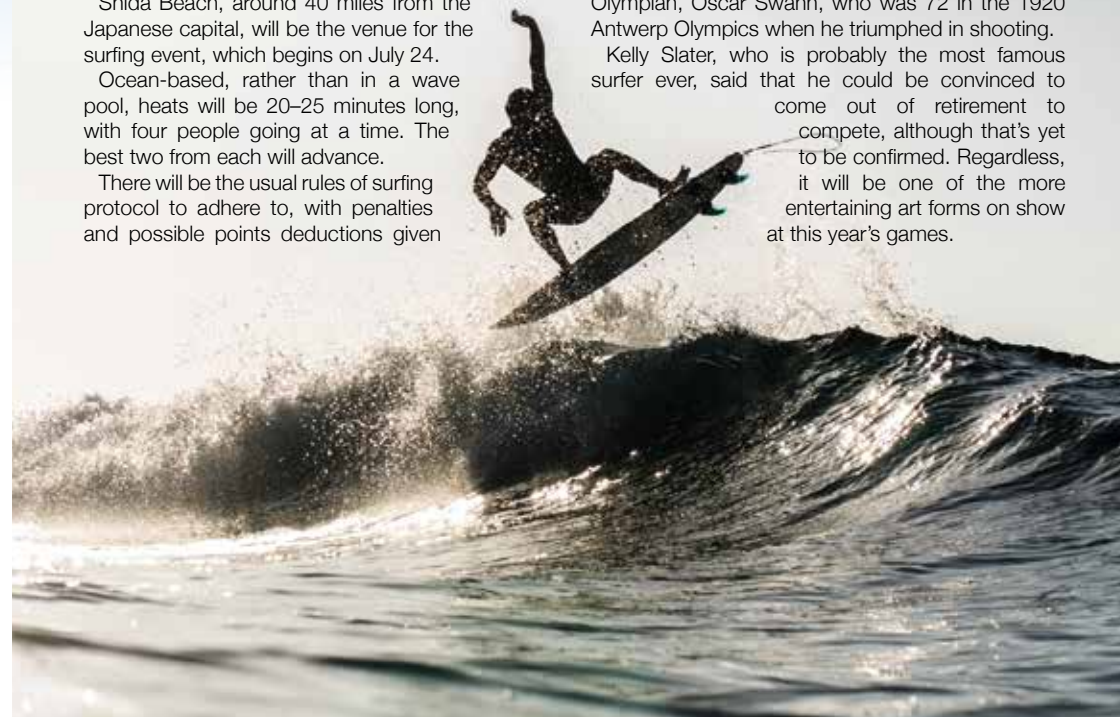
There will be the usual rules of surfing protocol to adhere to, with penalties and possible points deductions given

to those who infringe, such as interfering with the competitor closest to the wave.

Speed and power, plus the difficulty of each manoeuvre attempted and completed, will impact the judges' scores.

As a sport, surfing pays less attention than most to age. It is possible that an athlete approaching their fifties could compete in the event, but that would still be some distance short of the age of the oldest Olympian, Oscar Swahn, who was 72 in the 1920 Antwerp Olympics when he triumphed in shooting.

Kelly Slater, who is probably the most famous surfer ever, said that he could be convinced to come out of retirement to compete, although that's yet to be confirmed. Regardless, it will be one of the more entertaining art forms on show at this year's games.



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# PUZZLES & TRIVIA

PUZZLES

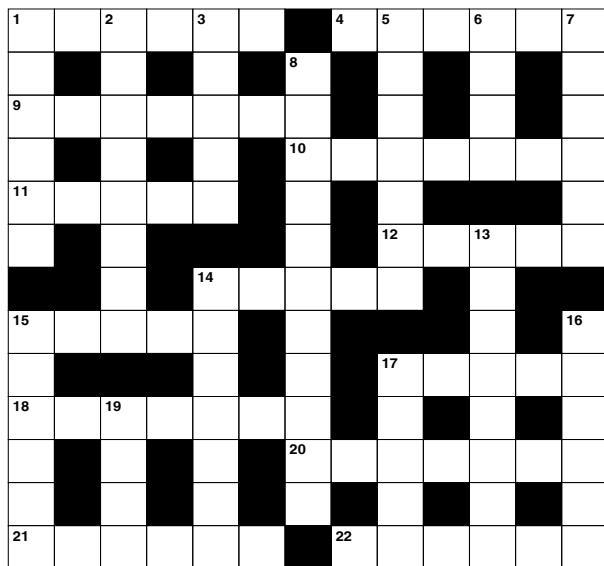
Answers can be found on the Contents Page 4

## ACROSS

- Rhesus (anag) (6)
- Less attractive (6)
- Slope (7)
- Freshness (7)
- Female relation (5)
- Words that identify things (5)
- Mistaken (5)
- Covered with water (5)
- Breed of dog (5)
- Have a moderating effect on (7)
- Strong desire for a thing (7)
- Votes into office (6)
- Unkempt (of hair) (6)

## DOWN

- Workers' groups (6)
- Large Spanish estate (8)
- Lift up (5)
- Incandescent (7)
- Indolent (4)
- Cooks in the oven (6)
- Goodwill (11)
- Infallible (8)
- Stand for small objects (7)



- Assent or agree to (6)
- Regal (6)
- Smash into another vehicle (5)
- A fever or shivering fit (4)

## DID YOU KNOW?

- ▶ Newborn puppies are born with their eyes and ears sealed shut. It takes around a fortnight for their sight and hearing to develop
- ▶ The dog Laika is thought to have been the first animal to go into space and orbit the Earth
- ▶ Dalmatians are all white when they're born. Their spots start to appear when they're around two weeks old
- ▶ A dog's sense of smell is much more sensitive than a human's. Dogs are often used by the police to search for missing people
- ▶ Wild dogs evolved over several hundred years to become the domestic dogs of today
- ▶ There are more than 400 different breeds of dog

## SUDOKU

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