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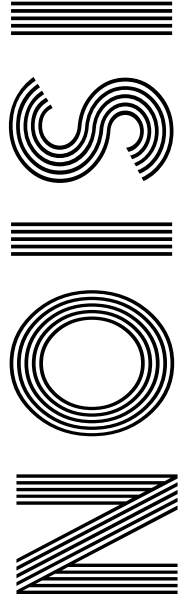
UK'S
NOT SO
SMART
MOTORWAYS

LOVE IS IN
THE AIR

Online dating tips

CHOCAHOLIC

Ways to use leftover Easter eggs



FREE

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MARY BERRY

Celebrating the cook's career as she turns 85



Renovation of the Angel Hotel in Bury
St Edmunds, completed in 2019.

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April 2020

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CONTACT US

www.visionmag.co.uk/woodbridge
woodbridge@visionmag.co.uk

01728 723305 | 07940 834629

@WoodbridgeVMag @WoodbridgeVMag

FOUNDER | Nik Allen | CREATIVE DIRECTOR | Misha Mistry
 CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Kim Plater
 CONTRIBUTORS | Tim Green, Charles Rae, Maria Pierides

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

Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. Should I mention the C-word? I think I'll just refer to it rather than saying it out loud. I write my editors notes a few weeks

before the magazine hits your doorsteps, so I cannot even begin to imagine how different things might be by the time you are reading this.

Of course, this is the biggest challenge we have faced to our way of life and freedom in several generations, but as a community we must do everything we possibly can to help get things under control.

Right now, the advice is stay home and stay safe - one thing I'd really urge you to do as well, is support your local businesses.

I don't just mean the local farm shops, butchers and bakers. I mean the trades and services, the consultants, the personal trainers, the hairdressers, the interior designers.

If you were hoping to get a new kitchen or bathroom but that has been put on hold for now, still give them a call and let them know that you're interested in their services.

Other things you can do include heading to these businesses' social media pages, and not just like, but comment. Assure them that you're thinking of them and look forward to using their services soon.

And finally, keep safe and take care.

Will

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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 CO₂ 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

Are 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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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Seckford Foundation

Care home residents raise money for unique 'memory box'

Residents at Seckford Care in Woodbridge have been raising money for a 'memory box', from a local Suffolk-based small business called Chronicle Digital Storytelling, and taking part in an intergenerational art project.

The new invention will allow residents to record and preserve their stories for future generations.

The memory box allows people to listen to audio recordings via printed photographs.

The residents and staff have raised £500 towards the project by creating a tea towel to sell. They have also sold second hand books and received donations. Chronicle is also donating to the project.

Mandy Button, Seckford Care activities co-ordinator, said: "The memory box offers an innovative and

interactive way of recording the life stories of residents to create an invaluable aural history record and share in their adventures. We have had a really positive start to the fundraising and hope to reach our target in the coming months."

Residents have also been taking part in an intergenerational art project which was on display at Woodbridge Library throughout March. Residents from Seckford Care worked with students from Woodbridge School Prep and Barnabas Pre-School to create a rendering of a magnolia tree.

Seckford Care is made up of Seckford Almshouses, residential care in Jubilee House and a day club for those who live in the community and would like to meet other people and take part in activities.

Fire crews praised for their prompt action

Firefighters have been praised for their reactions after they quickly extinguished a chimney fire at a pub in the town last month.

Crews were called to The Angel, 2 Theatre Street, in the early hours of March 27 and saved the building from serious damage.

Landlord Chris Mapey took to social media to express his gratitude.

He wrote: "So grateful to Woodbridge's retained firefighters tonight for promptly extinguishing our chimney fire at The Angel. Thank you all for what you do."



Mill bids a fond farewell to John



Tributes were paid to the leader of the maintenance and engineering team at Woodbridge Tide Mill after he stood down as a trustee recently.

John Smith's skills and leadership abilities meant the Mill became largely self-sufficient in maintenance and engineering. As the team were all volunteers, the Mill was also able to save a significant amount of money.

After he stood down as a trustee of Woodbridge Tide Mill when the new incorporated charity took over the running of the building, the other trustees were determined to express their thanks and admiration, but were prevented from doing so by the coronavirus pandemic.

However, John Carrington, chairman of the Tide Mill Charitable Trust, came up with a solution.

He revealed: "We commissioned a glass bowl, inscribed to John. It was due to be presented at an evening team briefing for wardens and volunteers. That was cancelled because of the COVID-19 situation. So I met John at the Mill last month and presented the bowl to him in the open air."

In view of the developing COVID 19 situation, The Tide Mill is closed until further notice. Maintenance of the Mill and its machinery will continue during the closure.

Go to woodbridgetidemill.org.uk for further updates.

Man charged in connection with indecent exposure

A 20-year-old man has been charged in connection with a number of incidents involving indecent exposures last year.

Police were called shortly after 4.15pm on Thursday, August 8, 2019, following reports that a man had

exposed himself to an 11-year-old girl in Brook Street, Woodbridge.

A man was also reported for exposing himself to a group of children in a car park in Parklands, Ufford, also on the same day between 5pm and 5.15pm.

Officers had also received reports of a man indecently exposing himself to children in Woodbridge and Rendlesham and on two separate occasions between July 9 and July 23.

A 20-year-old man was arrested on suspicion of exposure and voyeurism offences on Friday, August 9. He was taken into police custody for questioning and was released on bail while further enquiries were carried out.

Adam Wells, 20, of Low Road, Hasketon, was charged on March 15, with two offences of exposure.

Wells was released on bail and is due to appear before Ipswich Magistrates Court on Tuesday, June 2 at 1.15pm, although this may change due to the coronavirus pandemic.

Season over for the Woodpeckers

The football season has come to an abrupt end for all Woodbridge Town Football Club sides.

The Football Association announced recently that the 2019/2020 season would end immediately, with no promotions or relegations.

The decision follows the suspension of all matches and training sessions following the coronavirus outbreak.

Prior to the pandemic, the first team won 6-3 away at Thetford Town and drew 3-3 at home to Hadleigh United.

Woodbridge Town Ladies ended the season before lockdown in the top spot following a 4-0 home win against Ramsey & Mistley.

A spokesperson from Woodbridge Town FC said: "All functions at the club were also cancelled so the club and bar are also closed until further notice.

"The club hopes that everyone keeps safe in these difficult times."



Photo credit: Paul Leech

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News from

Councillor Caroline Page

The County Councillor for Woodbridge

As I write, a pandemic is spreading through our country and our community – and I don't suppose for a moment it will have resolved by the time you read this. I anticipate that you – like me – will be indoors. I hope that you are well, and that your loved ones are well – but I know sadly that some will not be.

This is not a situation we have ever experienced in our lives, or one that we anticipated. Even in the last war the problem came from outside. This time we are fighting an invisible army that has no face, no country, no purpose. It just wants to multiply.

How do we best get through this? First thing is to look at our lives. Many of our concerns have become unimportant, our certainties vanished – and, wonderfully, many antipathies and rivalries seem to have evaporated. So many more things hold us together than keep us apart. It's a shame it took a

pandemic to get us to realise it.

Secondly, it's when we are deprived of things, that we realise their true worth. The trip to the beach, the evening in the pub, that family meal. They were lovely. They will be lovely again – and we will value them.

Thirdly, all the most important people in the world have come out of the shadows. They are carers, nurses, doctors, cleaners, drivers, posties, your milkman... they are all the people who make our lives possible. Let's not forget them when this is all over.

Finally – the birds. Let's face it – they're loving things. Amidst our worries and our ailments, they are singing their hearts out in a world they have taken back. And they give us joy.

Please stay safe.



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Staff and students at Woodbridge School were invited to the opening of a new project which they helped to raise money for last month.

Laurence Denvir, the school's head of rugby, met John Winders, president of the Eastern Counties Rugby Union, to open a learning kitchen at the Porch Project in Hadleigh, Suffolk.

The Porch Project aims to support young people's physical, mental, social, educational and their emotional health and wellbeing through its social activities, learning and support programmes, school visits and outreach.

Derek Grimwood, Porch Project manager, described the new facility as: "Somewhere where young people and their family will be able to learn about food hygiene and healthy eating across the family unit."

The kitchen is just part of a larger upgrade to the centre, which was established in 2009 to give people between the ages of 11 and 20 somewhere to go and socialise.

The school helped raise the money with Wooden Spoon ambassadors Ollie Phillips and Tamara Taylor at a dinner and silent auction back in November 2019, which made £4,500.



News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

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Fund launched for vulnerable residents

As part of East Suffolk Council's response to the impact of COVID-19 on vulnerable residents, a new community fund of more than £70,000 has been launched to support those in need.

Councillor Steve Gallant (pictured), leader of East Suffolk Council and councillor Letitia Smith, cabinet member for communities, leisure and tourism, have agreed to allocate £1,000 from each of the 54 ward councillors' 2020/21 Enabling Communities Budgets towards an East Suffolk COVID-19 Community Fund. In addition, each of the eight Community Partnership areas in the district has allocated £2,500 to the fund.

The fund will provide financial support for new and existing groups who are helping vulnerable people in their homes, and relieve the financial hardship of residents during these uncertain times. Funding can be used in many ways, including the support of pop-up food banks, buying essential goods or services for individuals, supporting telephone befriending services or providing funding for fuel to enable volunteers to deliver medicines across the district.

Cllr Letitia Smith said: "To ensure we can respond quickly to help ease the challenges faced by our residents during this crisis, the fund will have a straightforward application process and funding will be prioritised for those most in need. We will always provide support to our residents who are experiencing difficulties, and this is now more important than ever."



Grants of between £50 and £2,500 will be available for projects which support local residents who are struggling due to the virus. Larger requests for funding will be considered under exceptional circumstances.

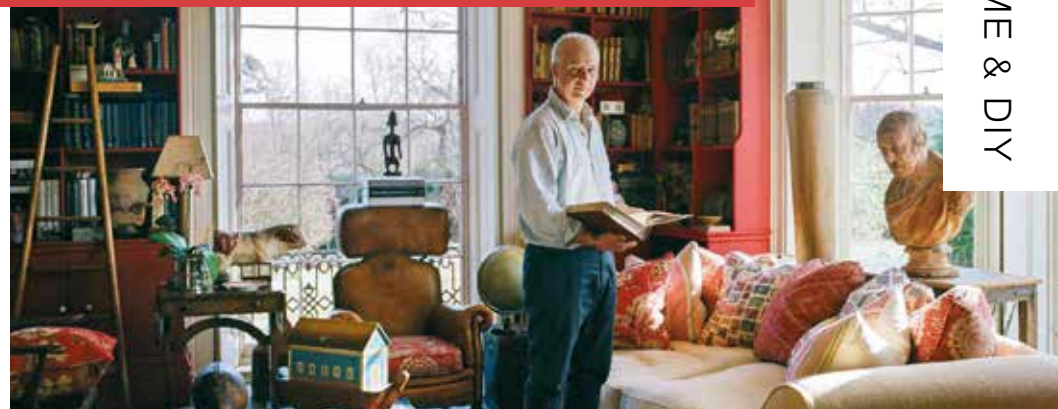
Anyone wishing to highlight a resident or group in need of support is asked to contact the Communities Team by emailing communities@eastsuffolk.gov.uk

Anyone in genuine need of help is asked to call freephone 0800 876 6926.

As **VISION** Woodbridge went to press, Suffolk was reporting more than 450 cases of coronavirus.



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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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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Dishwasher

NO-NOS



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.

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.

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.

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.

Hone your health with HOUSE PLANTS

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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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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WHAT DOES YOUR

birth flower

SAY ABOUT YOU?

GARDENING

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.



USE YOUR noodle in the Garden

FIVE WAYS TO USE A POOL NOODLE IN YOUR GARDEN

If you think the only purpose of a pool noodle is to keep your child afloat, then think again. There are many ingenious and innovative ways that you can use these naturally buoyant and highly water-resistant swimming aids in your garden.

Home-made sprinkler system

Whether you want to regularly water your grass or your flower bed, a sprinkler system is a handy tool to have. However, you don't need to go out and buy one. Simply puncture holes in your noodle, stuff one end with foam and secure with duct tape and then insert your hose into the other end. Place vertically for a kids' fun water toy.

Trampoline springs cover

Improve the safety of your trampoline by using pool noodles. Simply cut a slit down one side and slot over the springs and metal edges.

Plant protector

It wouldn't be spring without the arrival of sunflowers and other big, beautiful blossoms. Unfortunately, the more towering the plant, the more likely they are to bend and snap. However, if you surround each stem with a pool noodle, they will stand tall and proud throughout the summer.

Drinks holder

If you find your cans of fizzy drinks often get knocked over in the garden, then a pool noodle drinks holder is exactly what you need. Glue two pieces of noodle together, then simply cut out a small circle, insert your drink and you can sip safely in the knowledge that your beverage will not be spilt.

Floating mood lights

Lighting is a key component in creating a relaxing and inviting summer garden vibe, but you don't need to spend a fortune on outside lights. Just take a selection of different coloured noodles, cut into rings and insert LED tea lights (don't use real tea lights).

Photo credit: capturingparenthood.com, shareably.net, hometalk.com, createtocraftlove.com

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LOVE YOUR LEFTOVERS:

Easter Eggs

With 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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AGED TO *perfection*

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."

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FOOD & DRINK

FULL OF THE joys OF spring

Fancy putting a spring back into your step this season? Why not try one of these nourishing and nutritious, not to mention tasty, spring vegetables that are in season this month?

SPRING GREENS

You may not know this, but spring greens are actually the first cabbages of the year, although they do not have a hard core but instead can be recognised by their thick, green leaves. Part of the brassica family, spring greens contain a whole host of essential minerals and vitamins, including vitamins A, C, K and iron.

Spring greens peak from April to June and are best served in a stir-fry or added to a stew or soup.

SPRING ONIONS

Spring onions are incredibly versatile vegetables as they have a milder taste than most other onions, meaning they can be eaten raw or cooked. Often used in Asian cooking, spring onions, or scallions as they are also known, are an excellent source of

vitamin C and calcium.

Add to a spring vegetable omelette, make a pea, mint and spring onion soup, or simply chop up and scatter over a salad.

SPRING PEAS

The spring pea season is short but is definitely worth taking advantage of as fresh spring peas are sweet and delicious. You have two options when it comes to spring peas – garden or sugar snap. Both can be eaten raw or cooked and they have identical nutritional profiles; however, sugar snap peas can be more flavourful.

Peas are surprisingly high in protein compared to other vegetables and are a great source of dietary fibre.

Make a pea pesto with rocket and parmesan, add to a kedgeree or create your own homemade mushy peas.

OTHER VEG IN SEASON IN APRIL INCLUDE:

- Asparagus
- Kale
- Chard
- Spinach



Fine Foodies

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.



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JUICER OR BLENDER?

With many health professionals now advising that you eat a whopping 10 portions of fruit and vegetables a day for optimal health, it can be a good idea to drink your recommended daily intake rather than struggle to eat it. However, should you be juicing or blending?

Pros of a juicer:

- ✓ Juices provide the majority of vitamins and minerals found in whole fruits and veg
- ✓ Juices are healthy meal replacement options

Cons of a juicer:

- ✗ Juicer removes vital fibre from your produce
- ✗ Juices made from only fruit are high in fructose which is absorbed quickly, leading to a sudden spike in blood sugar
- ✗ Juicing can be expensive – you need a lot of produce to create one glass of juice

Pros of a blender:

- ✓ Smoothies include fibre so leave you feeling fuller for longer
- ✓ No waste – you will drink the whole fruit or veg that you add
- ✓ The fibre helps to aid your digestive system, flushing out any toxins in your body

Cons of a blender:

- ✗ Messy to clean
- ✗ You need to add liquid, and ice is preferable
- ✗ Can struggle to blend hard fruits and veg

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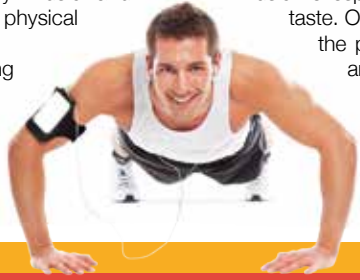
THE SCIENTIFICALLY PROVEN BEST MUSIC FOR YOUR GYM ROUTINE

From stretches to dips, lifts to sprints, turns to curls, our time in the gym is a very personal, private affair.

With that in mind, there's nothing more satisfying or motivating than the feeling of working out. But across warm-ups, nutrition and body conditioning, what if the thing that is stopping us from achieving our full potential in the gym is something as simple as the music being piped out of those little buds that rest in our ears?

Scientists now believe that what we listen to, if anything, when working out can have a dramatic effect on performance. There have been countless studies over the years that all point to the reality that the brain is stimulated by music and converts that motivation into physical energy.

There are other strands. Listening to music can also act as a distraction technique from the pain of exercise, as well as fending off boredom. Indeed, a study in 2018 conducted



by the University of Maryland found that having a soundtrack to your workout meant a 28 per cent increase in enjoyment compared with no auditory stimulus.

But what about the genre of music? Typically, we would expect high-energy styles to engage and motivate us most. Dance music, tracks with strong percussion, heavy riffs and even the rather cliched genre of 'driving music' can all work well. Certainly, regular and repetitive rhythm is a big driver to adopting a 'trance-like' state for exercising, taking a level of consciousness out of what we do and ensuring we can compete harder and for longer.

Ultimately, though, scientists found that the music we respond to best is a matter of personal taste. Our own music preferences dictate the positive effects, but those effects are real, given that listening to music we like can expand blood vessels by up to 26 per cent, helping the flow of oxygen-rich blood to improve performance and, with it, PBs.

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Anti-cosmetic surgery fixes



BEAUTY

Following the news that former *TOWIE* star Amy Childs was among a long list of celebs who openly admitted to having cosmetic surgery regrets, we're going to explore some quick beauty fixes that don't involve going under the knife...

The Quick Nose Job

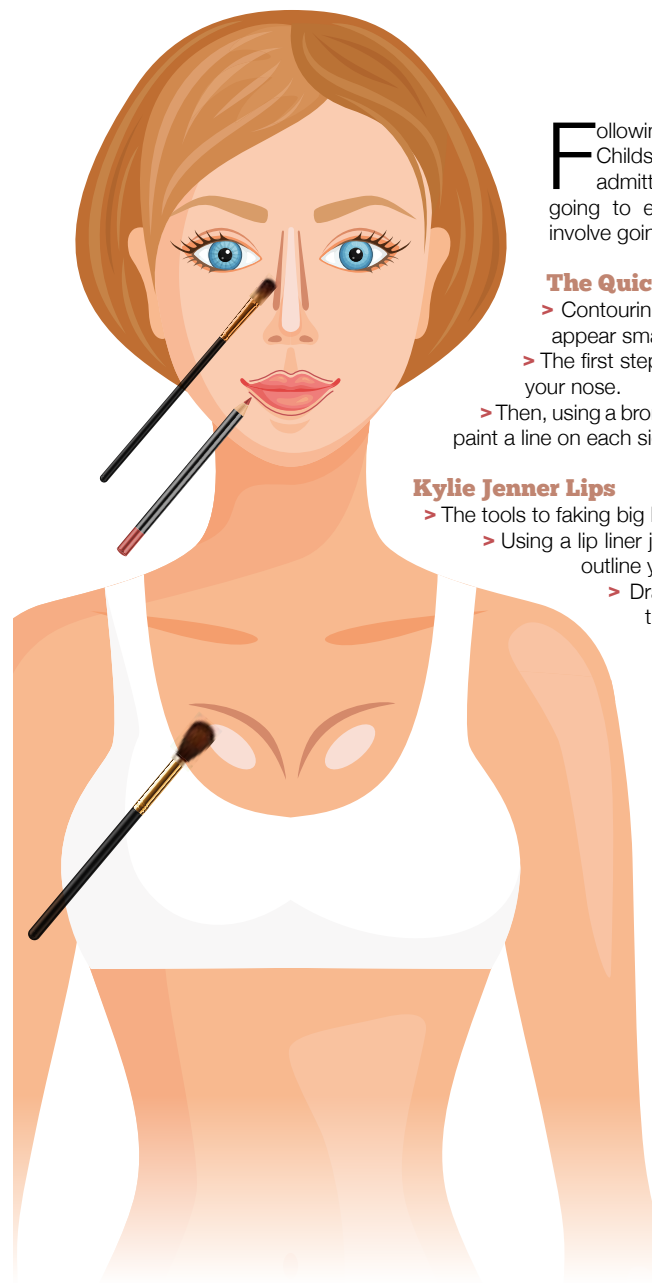
- > Contouring the side of your nose will instantly make it appear smaller.
- > The first step is to use concealer to highlight the middle of your nose.
- > Then, using a bronzer a few shades darker than your foundation, paint a line on each side of your nose, and blend, blend, blend.

Kylie Jenner Lips

- > The tools to faking big lips without fillers are all in your make-up bag.
- > Using a lip liner just one shade darker than your lipstick, over-outline your lips.
- > Draw an 'X' just above the Cupid's bow, and then complete the lip outline from that point. This creates an exaggerated outline, while still sticking to the natural shape of your lips.
- > After you've applied your lipstick, add a hint of concealer or highlighter to the centre of the lips. This will create an ombré effect, which makes the lips look even bigger. This can also be achieved by using a lipstick in a slightly lighter colour in the centre, for a more subtle and natural effect.
- > Go one step further with ombré lips by playing with more than one shade of liner and lipstick. The internet is filled with helpful tutorials to nail this trick.

Bigger Chest

- > A push-up bra is a girl's best friend if you want that extra lift. However if that still doesn't cut it, a silicone insert can also be used inside each cup.
- > Contour. Contouring isn't just for your face – you can fake a rounder and bigger bust by contouring the top of your chest and creating a fuller, more voluptuous shape.





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

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 or get in touch at alex@luxeopardlifestyle.co.uk

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THE BENEFITS OF HAVING A PET FISH FOR CHILDREN WITH AUTISM

You'd need to have a heart of stone to not feel a sense of joy when watching a fish perform its underwater ballet. Graceful, quiet and strangely hypnotic, the simple, soothing sight is one of life's simple pleasures, and one that can be appreciated in your very own home.

It makes perfect sense, then, that fish make ideal pets for autistic children. Studies have shown that gazing at aquariums, whether small or large, can lower blood pressure and heart rate. This also makes our marine life an effective antidote to highly emotional outbursts, which can be so severe in some with autism that they can physically endanger the child. Better still, an aquarium in the home can prevent fits of rage by offering a soothing constant for the highly sensitive.

Pets in general have been found to benefit those with autism, and while cats and dogs have many wonderful attributes, they aren't quite as easily attainable or maintainable as our finned friends. For starters, fish are low maintenance, requiring very little from their owner other than a daily sprinkle of food and the occasional tank clean. They are also very unlikely to respond when a child is emotionally charged, unlike their four-legged counterparts who are armed with claws and teeth.

Another benefit of investing in an aquarium is that it helps development and social skills. Fish don't judge; they are patient listeners and offer unconditional love. They also teach empathy and a sense of responsibility for your child. A fish cannot feed itself; it has

needs that must be met by its caregiver, and such obligations can lay the foundation for helping your little one lead an independent life in the future.

And finally, there is that bond, for there is very little that can come between a child and their fish.



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Is Working From Home The Future?

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Working at home was once regarded as a luxury, with the lucky few the envy of commuters and office dwellers alike. These days of course, many of us work from a home office either full or part-time. More recently, it's something that's been forced upon us.

The challenge with working from home is it can blur the lines between work and home life. Not only in terms of hours worked, but also with the creep of work-related materials as they seep into various locations around the home. This is especially true if you commandeer the dining table or breakfast bar. Without a home office where you can close the door, you're also subject to unwanted noise or interruptions, at least in many family homes!

The recent Covid-19 lockdown has meant many people have been thrown together under one roof, with workplaces, schools and nurseries all closed. This has highlighted the challenge of working from a family home when everyone is in the house.

What better than to be able to work from a completely detached home office, yet only a few steps from your kitchen and essential supplies?



The beauty of creating a home office space is that it can be tailored to your unique requirements. If you need one half to be office, the other a gym, no problem. Part office, part studio? Totally possible, along with a variety of other uses and needs, from soundproofing to plumbing, timber to glass.

The additional bonus of a garden building or bespoke home office is that it can be your flexible friend. A home office today can easily become an annexe tomorrow if your needs change. And with children staying at home longer, it could be just the tonic for preserving family relations and sanity.

With more and more businesses seeing the benefits of allowing employees to work from home, from not only a financial point of view but also from a mental health perspective, everyone benefits.

Finally, by not travelling, we have an instant impact on our environment. One of the most remarkable factors of international lockdowns has been on air and water quality around the world. It's great for us all to be able to contribute and with that in mind, we have many great ideas and green solutions to make your home office (and home) as eco-friendly as possible.

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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.

Avoid The Rush: Invest Your ISA Allowance NOW!

Investing your ISA allowance early in the tax year can prove rewarding over the long term. The traditional last-minute dash again saw UK savers rush to beat the tax year-end deadline to invest their ISA allowance. And having done so, many will do the same thing as next April approaches.

Human nature dictates that we are often only prompted to act when faced with a deadline, particularly when it's a 'use it or lose it' opportunity such as the annual ISA allowance.

But there are many reasons why it makes sense to invest in an ISA earlier in the tax year instead.

Perhaps most obvious is the peace of mind that comes from getting ahead with your ISA planning and avoiding any end-of-year panic.

It also makes things simpler, as you don't need to worry about any more tax returns for your investments once they're held inside an ISA.

However, what's most important is to remember that investing is a long-term game; the longer you leave your money invested, the greater the chance of achieving better returns.

Investing your ISA allowance at the start of the tax

year gives your money the opportunity to grow for up to an extra 12 months.

Of course, you are not guaranteed to do better by investing earlier, but by doing so you can get your money working harder for longer in two ways.

The sooner you use your ISA allowance, the greater the potential tax benefit because your investment is sheltered from Capital Gains Tax and Income Tax for longer.

Similarly, your investment has more chance to benefit from compound interest – what Albert Einstein reportedly referred to as the 'eighth wonder of the world'.

Over the long term, the opportunity to make gains on the gains you have already made can make a big difference to your future wealth.

Taking steps to minimise the impact of tax on your wealth should be a year-round activity, not something that we only think about in the last few weeks of the tax year. Whether through investing a lump sum or by setting up regular savings, making an early start with your ISA plans is one way to shelter more of your money from HMRC.

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ASPIRE to Inspire

If you are feeling your new year optimism already starting to wain and you could do with a little motivation, check out our top four inspirational businessmen and women for 2020. They will activate your ambition in no time.

JUSTINE ROBERTS

Founder and Chief Executive of Mumsnet, an online parenting community that brings mums together, Justine Roberts has campaigned on issues including special educational needs, improvements in miscarriage care, freedom of speech on the internet and, most recently, #PublishParentalLeave.

Motivational quote: "Good enough is good enough" (on juggling parenting and business).

JAMAL EDWARDS

Having begun his love of videoing by filming foxes in his West London council estate garden, Jamal is now the proud owner of SB.TV which has attracted more than 300 million hits globally for its music videos. Arguably his most viral moment was guiding Princes William and Harry through their first Google Hangout.

Motivational quote: "The only failure is not trying."

BETHANY FIRTH

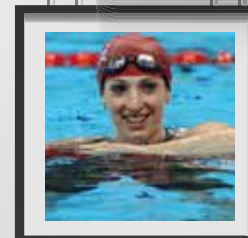
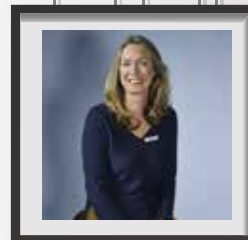
Paralympic swimmer and gold medallist Bethany Firth was all set for Tokyo 2020, which has been postponed to 2021 due to coronavirus sweeping the globe. But this doesn't mean she isn't still dedicated to encouraging people to get in the pool when they re-open following the pandemic. Bethany is a proud supporter of Swimathon, the annual fundraiser for Cancer Research UK and Marie Curie, which has also been postponed.

Motivational quote: "You can achieve anything if you put your mind to it."

TIM COOK

When Tim Cook took over as Apple CEO, critics were unsure about whether he would be able to deliver. However, Apple stock increased by a whopping 480% after he took over in 2011, and in 2018 it became the first publicly traded company to reach a \$1trillion market cap. And, with the greatly anticipated AR headsets and glasses launching in the next few years, his reign is only set to strengthen.

Motivational quote: "Let your joy be in your journey, not in some distant goal."



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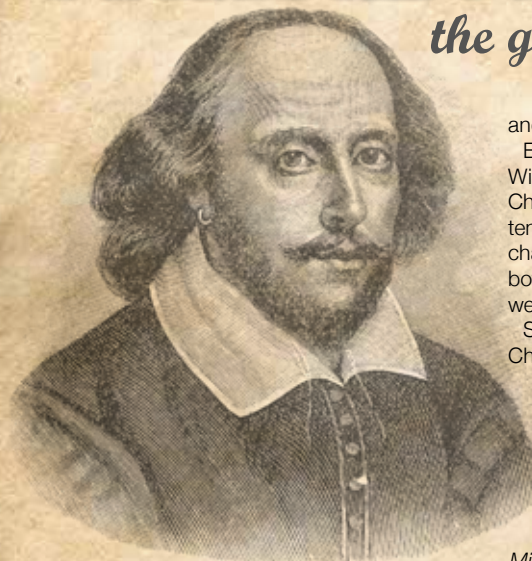
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SHAKESPEARE

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*.

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

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."

Photo credit: Nicku/Shutterstock.com



HISTORY



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, was due to be the venue for the surfing event.

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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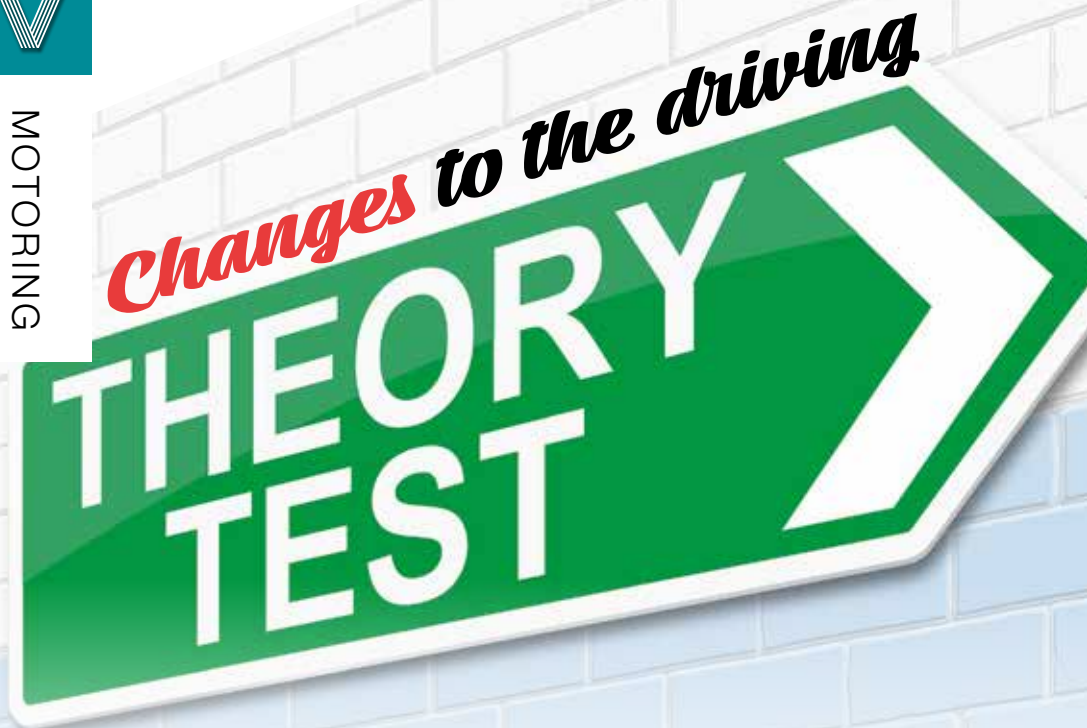
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OUTLINING RECENT CHANGES MADE TO THE DRIVING THEORY TEST

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.



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PUZZLES

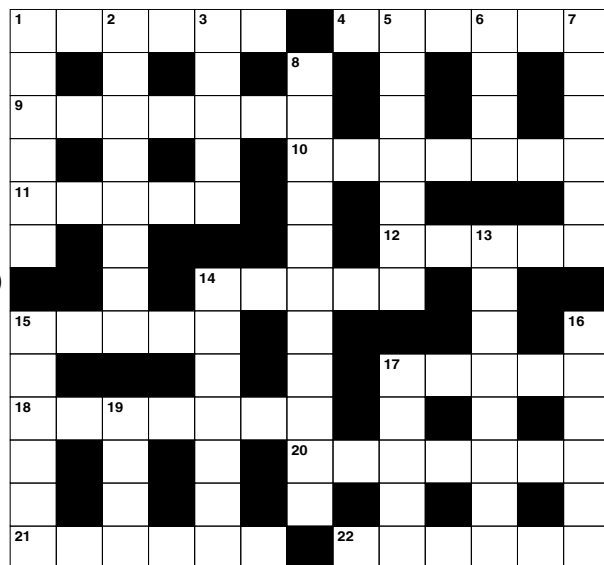
Answers can be found on the Contents Page 4

ACROSS

1. Rhesus (anag) (6)
4. Less attractive (6)
9. Slope (7)
10. Freshness (7)
11. Female relation (5)
12. Words that identify things (5)
14. Mistaken (5)
15. Covered with water (5)
17. Breed of dog (5)
18. Have a moderating effect on (7)
20. Strong desire for a thing (7)
21. Votes into office (6)
22. Unkempt (of hair) (6)

DOWN

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



15. Assent or agree to (6)
16. Regal (6)
17. Smash into another vehicle (5)
19. 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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