



# Skating Sisters

By Diana Cormack  
Eleven-year-old Kelly Artemiou, of St. Mary's Green, Thomas More Estate, East Finchley is pictured proudly holding her most recent trophy. She won the Inter-Bronze level for girls of eleven and under at Romford Ice Rink. Since then her fourteen-year-old sister Lisa has skated to joint first place for girls of twelve and over, Inter-Bronze level.



Kelly Artemiou and the I&R Sports Trophy.  
Photo by Diana Cormack

**Following in her tracks**  
Their love of skating follows in the footsteps of elder sister Katie. Now aged eighteen, Katie took up ice-skating when she was a pupil at Holy Trinity School. She was so devoted to the sport that, over the years, Katie worked hard to earn money to pay for her skating lessons and her enthusiasm and devotion ensured that she became an excellent skater. Now a student at Woodhouse College, Katie is hoping to become a physiotherapist.

The sisters have taken part in skating events and competitions all over the country and have been regular performers in shows at Alexandra Palace Ice Rink, where they train.

**No magic wand**  
This Christmas they are taking part in "Cinderella", with Kelly playing a mouse and Lisa playing the Fairy Godmother. It won't be a magic wand, but months of hard practice which produce the impressive performance these girls are sure to give.

## KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

### Racin' in the streets

I think I've decided to become a Tory. Bit of a shocker that really, I mean in the genetically modified world of King Tony who'd expect someone as out-to-lunch as me to become a Tory? Well, not me, but that's the way it's going.

Look, don't get me wrong, I still think that Boy William should be in short trousers and that John Major is really the 'Y' Fronts Kid, but there are more important things in life than politics and one of them is cars.

I love cars, gimme something that is seriously fast and a load of exotic narcotics and I'm in seventh heaven. Any bunch of politicians who promise to cut taxes on cars, build motorways and even raise the speed limit to something sensible like 150 miles an hour is always a better bet than some eco-warrior who wants me to drive a bicycle made from recycled lentils.

The future under Boy William looks not so much bright as fast and dangerous. Under the Tories I'll be able to take advantage of those nice new bypasses taking the lorries away from pretty villages. Alright, so I'll do it by driving fast and loud through the middle of the village in the knowledge that I'll only have to avoid the locals and not some clown towing a caravan.

It's not just the villages, what about doing something to make town driving seriously good fun again. Let's get rid of the buses, ban traffic lights and bung a red route from High Barnet to Highgate so that I can finally go past Budgens at the speed of light.

And there's another reason to become a Tory, they've promised cheap petrol and seriously out-to-lunch fuel heads like me don't want to pay a fiver a gallon to save Wales or badgers or buses. I want to be able to blast to hell and back at a steady 95 and still have change from a pound.

So that settles it. Sorry Tony, but the Boy William's going to get my vote next time so that I can go mental at the wheel on the cheap. The time has come. The Tories are the party of the car. All the seriously deranged fuel heads out there should join me in welcoming the new leader who will lead us to a promised land of motorways and red routes and speed and insanity. It might be stupid and it might be selfish, but I want to go racing in the streets and anyone who'll help me gets my vote.

## HEALTH MATTERS

Advice from David Needleman

As well as being the pharmacist at Cory's, 166 High Road, David Needleman practises homeopathy. He has broadcast on radio stations such as LBC and written for national magazines like "Bella". If you have any questions which you would like him to answer, please write to him at The Archer, PO Box 3699, London N2 8JA, leave a message on our voice mail on 020 8914 7280, or e-mail him at the-archer@england.com.

**Q. I am on a self-imposed pre-holiday diet. However, I need to keep my strength up and do not want my energy levels to fall. Also, I am concerned about getting enough vitamins. What should I do?**

**A.** It is very important to remember that diets on their own do not work! In the first few weeks you will lose a little weight but after resuming your usual eating habits you will inevitably put it all back and MORE. What is required is a complete change of eating habit. The best advice can be sought from a fully qualified dietician, some of which are attached to doctors' surgeries. Or from a fully qualified naturopath preferably one practising locally, again I can recommend one if you contact me. Apart from these routes the most sensible changes that you can make are, a reduction in the intake of foods containing high levels of saturated fats, a reduction in the amount of carbohydrates, but do not cut them out altogether, alongside an increase in the amount of fibre and commensurate with this an increase in the intake of water. The corollary to this is that a change in diet also requires an increase in exercise, please check with your doctor before embarking on anything unusual or strenuous especially if starting from scratch. As far as your question regarding supplementation is concerned if your diet is a varied one containing lots of fresh foods the likelihood is that you will not need much in the way of supplements. Most pharmacies in the area and all the health food stores carry a very comprehensive range of these products, if you would like individual advice please pop in to Cory Pharmacy and have a chat.

## Tell us more, Michelle!

Not so long ago, actress Michelle Collins told a member of THE ARCHER team that East Finchley was a lovely place to live. So we were a bit surprised to read this in a recent Evening Standard magazine: -

**ES:** "Where do you live and why?"

**MC:** "East Finchley...I had to buy a house very quickly. It was near the EastEnders studio."

**ES:** "If money were no object, where are you least likely to live?"

**MC:** "East Finchley".

Come on, Michelle! We can't be as bad as that. If you think we are, tell us why.

At least the Phoenix gets an honourable mention - as one of the most comfortable cinemas in London.

## A Pizza Nonsense

By Diana Cormack

How often do you read the free delivery pizza leaflets which drop through your door? The latest one I received offers "new Italian Susage" which is a "tasty new addition". Or I could try a "special blend of three chesses" which might be nice with some "cougettes".

They assure me that I "won't get better".

I know that THE ARCHER sometimes has the odd spelling mistake, but I really find that lot hard to swallow!

**Pianist required for stage production.**

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