



A jacket two sizes too small



Professor Tape



The tape unwinds

Another film crew in East Finchley

By John Dearing

Roused from my slumbers by the telephone at some unearthly hour, I learn that a film crew is going to be filming at the Phoenix, and later in Cherry Tree Wood - sadly, I nod off again and miss the action at the cinema. When I arrive, the crew is decamping onwards and downwards to the wood. I approach them where they have set up on the open grass.

"We are making an advert for Virgin Mobile and no, you can't take any pictures!"

So your intrepid reporter gets out the telephoto lens and takes some, anyway.

A gormless looking, tall thin man in a leather jacket two sizes too small appears to be the centre of attention; obviously the main character actor.

Cycle shorts

A BMX bicycle is brought up, and the tall thin man dons a badly fitting plastic helmet and proceeds to ride up and down, his knees up near his ears. The director announces "all mobiles off, please" - the hangers on comply, reluctantly.

A second, stouter man, also behelmetted, wraps magnetic tape from an audio cassette around a tree, before attaching the cassette to the back of

the bike.

He announces to camera (I am clearly learning the jargon now) "I am Professor Tape and I am going to show you things to do with old cassettes", or something along those lines. The first man then rides away, the tape unreeling and wafting off into the breeze, while men with cameras and a microphone that looks like a large grey hamster with a pole stuck up its fundament, rush after him.

It's a wrap

Then it is all over, they start to pack up, and I wonder off down Brompton Grove - the old, rotting Rolls Royce car that has graced that unmade up road for decades seems to be slowly sinking into the mud. Perhaps it tires of the absurd pretension it witnesses at these times.

Can you help with distribution?

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If you think you may be able to help us with all or part of a round, or would simply like to find out more, please leave your details on our voicemail on 08700 293 992 and someone will call you back. We look forward to welcoming you to our team.

- ♦ Taunton Drive, Brendon Grove & Blackdown Close.
- ♦ Vanderville Gardens, Simms Gardens, Lucas Gardens & Fallows Close. ♦ The Grange (three rounds).
- ♦ Market Place, Kitchener Road, Beresford Road.
- ♦ Fortis Green (part of), Fortis Green Avenue. ♦ Lynmouth Road, Annington Road, Lauradale Road, Keynes Close.
- ♦ Creighton Avenue.
- ♦ Vivian Way, Totnes Walk, Devon Rise & Harford Walk.
- ♦ Cornwood Close, Gurney Drive, Blandford Close.
- ♦ Greenhalgh Walk, Ossulton Way (part of), Maurice Walk.

Verdant Tarmac?

By John Dearing

For many people, nirvana may only be reached on a grassy lawn on a sunny day; bring a chair, a book, and a pair of sunglasses, and heaven is yours for an hour or two. However, East Finchley is, for many, land of the blocks of flats.



The more up-market complexes are blessed with a surrounding garden, albeit communal. If privacy is not on the agenda, go out and display the pallid, dimpled flab with pride! For those of us condemned to acres of featureless tarmac, bordering on the industrial wasteland of a supermarket car park, this is an aspirational dream!

But why not create your own garden? Buy a couple of square yards (oops, metres!) of turf (in what quantities do you buy turf?), and just lay it in front of your door. Add a nice potted plant and the obligatory chair and everything is ready for that sunny day.

Quite surprisingly, several months later the grass is still alive, and badly in need of a trim!

Photo by John Dearing



Dear Deirdre...

I had such a dreadful time last winter - cold after cold after cold, and then, in about February, some kind of flu-like thing that I just couldn't shake off for almost a month. It seemed like I'd been ill nearly all winter.

Now that the cold weather is finally here again, is there anything I can do to ward off those bugs so that I don't have to go through all that again?

Edith Harper (Mrs), Great North Road

Dear Edith,

I do sympathise. It's miserable being unwell, especially when it goes on and on. But it's not possible to ward off those bugs - they'll always be around us. What IS possible though, is to minimise the effect they have on us by boosting our own germ-busting system as much as possible. How? In lots of ways: by getting lots of sleep and rest, by exercising regularly, and by drinking plenty of water, all the strategies in fact, which help us counter stress in our life. As stress depletes our immune system and leaves us wide open to infection, stress-busting strategies will also be germ-busting strategies!

In fact, one of the best lines of defence against catching a cold is to eat the right kinds of food: foods which help to strengthen your immune system so it fights invaders effectively.

First of all, make sure you eat plenty of fruit and vegetables for their **vitamin C**. You can of course take tablets, especially if you're under a lot of stress or are already ill, but it's better to get your vitamins naturally if possible. And remember that parsley actually contains more vitamin C than citrus fruits (and a whole lot of other nutrients besides) so use it liberally in salads, soups, sandwiches... and anything else you fancy! Getting plenty of **Essential Fatty Acids** Omega 3 and Omega 6 will also improve your immune system. Omega 3 is found in linseeds and oily fish like mackerel, haddock and sardines (and to a lesser extent in fish such as salmon and tuna), while you can get Omega 6 from sunflower, pumpkin and sesame seeds. **Zinc** is important too: be sure to eat eggs and red meat from time to time, or - if you're on a low cholesterol diet - seafood or leafy green vegetables. Kelp tablets are good too.

And if, in spite of your new regime, you still get a cold, then zap it with a hot toddy of whisky, honey and lemon juice and/or an onion and garlic soup to help ease the congestion. You may not be the most popular person around but you'll feel a lot better!

Good luck.

Deirdre

The Dear Deirdre column is written by Jane Revell, therapist and stress management specialist. If you have a problem you think I can help you with, please write to Dear Deirdre at THE ARCHER. All replies will be treated in confidence.