



Letters to the editor

Blinkered bus managers Dear Editor

The ongoing complaints about route 263, highlighted in your letters column, and the seeming lack of interest by London Buses to do anything positive to improve the service, is another example of a huge organisation taking the blinkered approach.

Since the withdrawal of bus 17 and bus 104, East Finchley residents have been denied the option of travelling further south than Archway without needing to change bus. Why do so many bus routes terminate at Archway? Is Archway an important shopping or commercial area? This is about London Buses suiting their own operational needs, as they have a huge garage round the corner from Archway in Pemberton Gardens.

London Buses are less reluctant to provide a service that suits the travelling public's needs if their own operational needs are satisfied first. Extending buses to East/North Finchley does not fit these criteria.

And wouldn't it have made life a lot easier with the weekend Tube closures if we had a bus route that ran further south than Archway.

There are a number of options available to London Buses if they really want to demonstrate they are tuned in to local needs:

- Extend bus 390 from Archway (my preferred choice, as it links East Finchley with the West End via King's Cross and Euston).
- Extend bus 17 from Archway.

Send your correspondence to: "Letters Page", The Archer, PO Box 3699, London N2 8JA or e-mail the-archer@lineone.net.

Letters without verifiable contact addresses will not be reviewed or printed. Contact details can be withheld, however, at publication.

- Extend bus 214 from Highgate Village.
- Extend bus 271 from Highgate Village.

Here are two other suggestions to improve local links. Many people would benefit from a direct link from East Finchley to Kenwood, Hampstead Heath, Hampstead Village and the Royal Free Hospital, which could be achieved by diverting bus 234 at East Finchley Station to run via The Bishop's Avenue, Spaniards Road and Heath Street to South End Green.

Have you tried getting from East Finchley to Hampstead Garden Suburb direct? If London Buses really wanted to focus on what local people need, Bus H2 could be diverted at Market Place to run via Ossulton Way, Brim Hill, Deansway, East End Road and High Road to East Finchley Station, which would enable a really useful direct link via the Garden Suburb to Golders Green.

Good luck to East Finchley Bus Watch! You have my support.
Yours sincerely,
Peter Longmire
Albany Row
The Causeway, N2

Several readers have asked what has happened to Simone Baroke, the local nutritionist who wrote our popular series on nutrition for seniors. Simone is now concentrating on researching, writing and editing articles about the food industry. We wish her well and welcome Judy Watson as our new food expert.

How diet can make a difference

Breast cancer is common in Europe but less so in China. Judy Watson, Nutritional Therapist at Utopia in East Finchley, explains why diet may make a difference.

One in nine women now get breast cancer. Why can this be? Well, present research links it to high oestrogen levels in the body, which is not helped by modern contraception and hormone replacement therapy. Excess fat in the diet is also known to encourage more production of oestrogen.

Our busier and stressful lifestyles have left us all more reliant on processed food and snacks – chocolate, cakes, biscuits – which are high in saturated fat and may contain a deadlier fat called hydrogenated vegetable oil (which becomes hardened vegetable fat). Dairy products are also high in fat.

In China, soya is the staple part of the diet and cases of breast cancer are less common. It contains natural

plant oestrogen, which help block the absorption of stronger oestrogens in the body. So try replacing cow's milk with a litre of soya milk in your weekly shop.

Excess oestrogen is broken down in the liver and requires B vitamins and fibre to remove it. Make sure you are having three portions of wholegrain foods a day, for example 100% rye bread, oats and brown rice. Try a bowl of porridge made with soya milk to keep your hormones happy!

Other factors that may help prevent breast cancer are eating more green leafy vegetables and making sure your diet is keeping your blood sugar levels and digestion in tiptop condition.

To make an appointment with Judy, telephone 07904 335763.



artsdepot by Night. photo by Craig Johnson

Top of the class

By Craig Johnson and Alex Nunes

East Finchley film student Rachel Coletta was presented with a media award from Barnet College for her excellent work this year, which includes a horror trailer filmed in Manor Park Road and several music videos screened at the college.

Artsdepot at Tally Ho Corner was the location for the Celebrating Success Evening for Barnet's best performers. The lucky students represented all areas of the learning spectrum from those making their way to higher education to those returning to study.

Presenting the awards was guest speaker Mishal Husain, well known to audiences as a presenter of 'Breakfast' on BBC1. She is also a former BBC Washington Correspondent and hosts 'Hardtalk Extra' on BBC News 24.

"The college's ability to

provide opportunities for such a diverse learning community is proof of its importance to our society today," said Principal Marilyn Hawkins.

The event was sponsored by Alan Young and family, and prizes were donated by Field Design Consultancy and Acculith 76 Printers.

Life through a lens

By Mike Cairns

Local photographer Craig Johnson will be selling his photographs, hand made calendars, Christmas cards and magnets at Martins Primary School, High Road N2, 10-4pm on 19 November alongside other local artists at the East Finchley Open Winter Fair.

Many of Craig's photographs feature stunning UK landscapes such as the Lake District and Brecon Beacons taken in the most extreme weather conditions.

"I once camped out in the Lakes in minus six degrees," he recalls. "I awoke to find the whole area lightly covered in snowfall and a robin hopping around my tent for a photo shoot. I also remember once seeing animal bones half-way up on a ledge and really wanting to photograph them, but one slip on the ice and I would have headed straight down a 3,000ft drop!"

"I've been travelling with a high altitude walking and extreme sports group. It's great because I get to take wicked photos, meet loads of people and take part in caving and canyoning. I've abseiled down a waterfall just for the hell of it".

From the mountains to the Met

Craig's favourite subjects are wildlife and winter scenes at the tops of mountains but he also enjoys photographing close-ups of plants in spring and summer. In contrast, he

likes taking group shots for the Metropolitan Police Safer Neighbourhood teams in Enfield to use for their newsletters and flyers.

This winter show will be Craig's first since his Night of Fire exhibition at the Tally Ho gallery last year, of shutter speed experimental shots of cars at night in Haringey and Barnet.

On 10 November he will be photographing at the Cambridge Catwalk, a fashion show raising funds for a teenage cancer trust. Celebrity guests will include Craig Revel Horwood, one of the judges of BBC's Strictly Come Dancing. For more information see their website www.cambridgecatwalk.co.uk

For more of Craig's photographs check out www.britphoto.net.

OBITUARY

Dorothy Fox 1918 - 2006

The Finchley Society has told us of the death of Dorothy Fox, former Chair of its Planning Committee, on 13 October.

Dorothy was also Chair of the Finchley and District Peace Campaign, which she was instrumental in setting up, and a committee member of the Finchley United Nations Association Group.

A lifelong communist, pacifist and humanist, and supporter of The Morning Star, she had taught at Moss Hall School, and was "a mother, grandmother and great-grandmother who loved to tell stories".

The Finchley Society described Dorothy Fox as "a one-off", and remembered her sparkling personality, sense of humour, courage, tenacity and commitment.

LOOKING FOR HOMES

- Kit the Cat, affectionate male grey tabby 10 months old
- Quiet affectionate young B & W cat with her lively kitten
- And several other cats and kittens



If you think you can help get in touch with the local cats charity

ANIMAL AID AND ADVICE
48 HIGH ROAD EAST FINCHLEY
OR PHONE 7607 1723

LOOKING FOR A CAT

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