



Lord Winston talks to sixth formers at Christ's College. Photo Mike Coles

## Eye-opening insights into human biology

Two students at Christ's College Finchley tell us about the day Professor Robert Winston, eminent professor of genetics and member of the House of Lords, spent with GCSE and A-level biology students.

**A-level student Neima Roodbari writes:** Lord Winston's visit to Christ's College Finchley was as thought-provoking as it was inspiring. The thought of meeting him was quite daunting but after an anecdote about his journey from college to medical school to the theatre and eventually to research on genetics, hands started to shoot up.

When asked about career prospects for women in science, Lord Winston announced that every girl in the room should pursue her scientific interests. He told us that more than 50 per cent of the scientists at his lab are women.

The answer I received after asking Lord Winston about his views on the CRISPR gene editing technology was eye-opening. He said that modifying a single aspect of our genome could cause unforeseen prob-

lems down the line and these changes would be irreversible for future generations. Lord Winston said he was more in favour of changing our environment to improve our health rather than our genetic code.

**GCSE student Jus-Karun Grewal writes:** Professor Lord Robert Winston has cultivated our knowledge in complex subjects such as how a simple mineral called flint was instrumental in human development, and the protocols taken to ensure that the Ebola epidemic in 2014 did not wipe out a proportion of our species.

Going into 21st century technology, the class learned about lasers and the applications their inventors never dreamed about. The students of Christ's College Finchley remain grateful for the efforts of Lord Winston; truly a day to remember for the students.

## Become a friend of someone with dementia

By Diana Cormack  
More of us, whether young or old, will be experiencing dementia in one way or another, particularly with an ageing population. Now an initiative launched by the Alzheimer's Society is attempting to alter how dementia is dealt with in the community.

You can become a Dementia Friend, which simply means learning how dementia affects a person and using that understanding to help. This could be having patience in a shop queue behind a person you think is taking too long or spending time with someone you know with dementia.

There are also Dementia Friends Champions, volunteers who encourage and inform others how to make a positive difference to people in their community living with dementia.

### Here already

Dementia Friends already exist on the High Road. Two members of staff at the Phoenix are trained and the cinema regularly screens free 'Cinememories' for over 60s along with two guests of any age. These screenings have a mid-film comfort break and a sing-a-long, as people with dementia often have a good memory of songs from their past.

Over the road at Iceland all staff are given the opportunity to be trained as a Dementia Friend. Alzheimer Research UK collection boxes have been at their check-outs since 2011, with millions of pounds raised for this worthy cause since then.

Iceland's Chief Executive Officer Malcolm Walker is patron of the charity and has completed many extremely challenging fund raising activities. Every 5p made from the sale of carrier bags is donated to the UCL Dementia Research Centre and Iceland was the main sponsor of this year's Memory Walk (*The Archer*, September 2017).

If you would like to become a Dementia Friend or would like more information visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk).

**Festival date**  
The organisers of the East Finchley Community Festival have announced that next year's event will take place in Cherry Tree Wood on Sunday 24 June. Roll on summer!

## Does an apple a day really keep the doctor away?

By Thalia Pellegrini

Colds may be common, affecting most of us two or three times a year, but they can also be miserable while they last. Most of us reach for over-the-counter remedies but food can be medicine too.

An apple a day keeps the doctor away, or so goes the old adage. But what about an orange or a couple of kiwis? Most people reach for vitamin C when they start to sneeze, but numerous scientific studies have shown it does little to help.

Take heart, however; the answer to our winter health woes doesn't just lie at the bottom of a bottle of Night Nurse. There are other traditional remedies that have shown promise in scientific tests.

**Chicken soup:** This generational gem is not just good for the soul, according to some studies. The combination of chicken, broth and vegetables can have an anti-inflammatory effect, easing congested noses and chests.

**Garlic:** While there is some evidence that taking garlic might stop you getting a cold in the first

place, it is also considered antibacterial, so if you have a cold, try adding some to your cooking.

**Turmeric:** Considered a natural antibiotic in Ayurvedic medicine, its golden colour comes from curcumin which some research suggests could have therapeutic properties: try a teaspoon of turmeric powder in a cup of warm milk (with a little honey).

**Honey and Lemon:** This traditional remedy is well worth trying to ease cold symptoms, as studies have shown honey to be an effective cough suppressant and lemon may also have antimicrobial qualities. (Don't give honey to children under 12 months old).

So, while the best thing you can do for a cold is to stay well hydrated and rest, maybe dip into your kitchen cupboard for a little relief too.

## RICKY SAVAGE ...

"The voice of social irresponsibility"

### Big bird takes over

The tree is up, the tinsel is draped across the dog and the re-runs of the *Cliff at Christmas* special you did not want to see are on again. Now is the time for the star of our show to make its appearance: yes, folks, the large bird that will dominate our lives for the best part of two weeks.

I've got nothing against turkeys; they can't help having the intelligence of a house brick and the taste of carpet. What I don't like is the way they take over.

The first day of turkey domination starts before dawn. That's the time when someone, occasionally homo stupido in his cooking pyjamas, ventures down to the kitchen to wrestle the thing into the oven at 4am. Presuming the man who does barbecues has remembered to switch the oven on, you then have an eight-hour wait before it emerges, either viciously under-cooked or mouth-spittingly dry.

A turkey is just another part of the disappointment that is Christmas, along with the lack of batteries in the new toy and running out of booze at 2pm. But the big bird is unique, because it is going to be around a lot longer than your hangover.

On day two it does its first encore as part of a cold platter. Next it gets put in sandwiches or served with chips and by day four invention is necessary. Anyone for turkey vol au vents, turkey curry, turkey pizza, turkey stir fry, turkey and sprout quiche? I thought not. By the time you get to turning the last of the beast into soup it's mid-January, the Harrods sale is over and the cat has left home in disgust. Only now is the bird that keeps on giving ready for its final curtain call: salmonella surprise!

So this year try something different: eat pigeon or go vegetarian. You won't regret it.

### Holy Trinity Church

Church Lane, East Finchley  
Church of England

We're a warm and friendly congregation who look forward to welcoming you

Sunday Parish Communion at 10.00 am

Children's Sunday Club ♦ Meet over coffee after church  
Fr. Marius Mirt is happy to answer any enquiries:  
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[www.holytrinityeastfinchley.org.uk](http://www.holytrinityeastfinchley.org.uk)

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ST MARY'S CATHOLIC CHURCH  
279 High Road N2 8HG

### CHRISTMAS EVE

6 pm Children's Mass with Nativity Play  
10 pm Midnight Mass

### CHRISTMAS DAY

10 am Family Mass, with carols  
12 noon Sung Mass, partly in Latin