



Tribute to Pope John Paul II at Tu Destino. Photo by John Dearing

Tribute to the Pope

By Diana Cormack

The passing of Pope John Paul II was marked in a particularly memorable way by an East Finchley shop.

Many passers by stopped to admire the impressive display in the window of Tu Destino at 128 High Road. Specialists in floristry Rosario, Marco and Sue had joined together to create a beautiful tribute to the late Pope.

His picture, framed with white flowers, was the centre of a themed display. History plants reflected John Paul's prominent place in history, whilst Bird of Paradise plants represented his passing into heaven. A profusion of peace lilies emphasised that the Pope had been a man of peace.

There was a tremendous

reaction from the public. Rosario Castro-Garcia told THE ARCHER that she had seen people outside praying, crying and taking photos. Many, from a variety of faiths, came inside to comment favourably, and some wanted to contribute to the two memory trees.

Labels were provided so that people could write the names of lost loved ones to hang on the branches. Some even left photos of their dear departed, which was in itself a tribute to the quality of Tu Destino's window display.

Time to get on your bike

By Jonathan Blackstaffe

You could say that cyclists are lunatics. Cycling is really hard work, hard work that motorised transport has made avoidable. It can be dangerous. It's almost anathema to our speed-driven, technology-obsessed, polluting world. And it often involves wearing skintight lycra.

But it is exactly these things - even the lycra - that give cycling its nobility. And it is an appreciation of these things - particularly the lycra - that defines cyclists. So, I imagine you are now asking yourself, how do I get into both cycling and skintight lycra?

Well, your options are manifold. You could just ride around, inhaling the smoke that is the incense of a mechanised society. If this doesn't appeal, however, despair not. In Hackney is Eastway Cycle circuit, a traffic-free route that hosts races throughout the summer.

Similar shenanigans take place at the circuit in Hillingdon. Information about events in and around London can be found at www.londoncyclesport.com.

A team with local connections is Ride Beyond Racing Team, a new north London-based charity team. This competes in top level circuit and road races throughout the south east and includes two of the staff from our very own Bike and Run shop on the High Road.

Speaking of which, Bike and Run would appear to be the hub from which the spokes of an enthusiastic cycling community

radiate. The shop has friendly, knowledgeable staff, links (and even sponsorship deals) with cycling organisations across the capital and, of course, equipment. It is also the start point for leisure rides, making it as good a place as any to get into gear.

Finally, if you're a real masochist, you could try your foot at triathlon. Optima Racing team, although it's a south London-based team, already has a couple of Archer-area nutters... I mean members. Another option is Finsbury Park CC. If interested, your best port of call would be www.trilondon.co.uk.

Bouncing back

By Jonathan Blackstaffe

As we all know, sport has a lot to offer, like fitness, discipline, responsibility and community. Through these things, sport can create a sense of self-worth - and there are few better examples of this than the Barnet Bulldogs.

Formed six years ago, the Barnet Bulldogs are more than simply a sports club; it's also a youth club, drug rehabilitation centre and an educational effort. Oh, and it's good fun too.

Courses, some of which are free, run seven days a week and year round at various venues throughout the borough. Barnet Bulldogs also organise various community programmes, run police-sanctioned drug-awareness programmes and organise trips to Spain, where the club has links with professional teams.

According to founder Ted Polson, sport teaches team spirit and is a "great social leveller". It offers the perfect environment for the development of youngsters and, indeed, has helped many a child bounce back from a troubled past.

Last summer Barnet Bulldogs ran courses in Cherry Tree Wood. However there will be no holiday courses in East Finchley this year because Barnet Council, which funds the courses, feels there is a greater need for them elsewhere in the borough. Ted currently runs an after-school basketball club on Fridays at Martin School. For more information call Ted on 020 8449 4883 or visit www.barnet-bulldogs-basketball.com.

Our bodies' changing nutritional needs

By Simone Baroke

Amongst the plethora of nutrition articles in the mainstream press, issues affecting older people are often overlooked. Many people aren't even aware that their nutritional requirements change with advancing years.

As we get older, although our metabolism slows down and we burn up fewer calories, our need for extra vitamins and minerals increases. Our systems, though, produce less stomach acid and other digestive juices, which means we absorb fewer nutrients from our food than when we were younger. This is known to contribute to many medical conditions, including osteoporosis, heart disease, arthritis and loss of eyesight, as well as declining mental function and Alzheimer's.

Dietary change

The sad result is that many elderly people become frail and immobile, losing their independence years before their time. The great news is that this decline can be prevented, slowed, or sometimes even reversed by dietary change. We need to consume better quality foods, and to remember that small meals and snacks every three hours are much easier for our digestion to handle

than three big main meals.

Nutrient-dense foods

You may have been eating white bread and jam rolls all your life, but now it's time for a rethink. White flour is seriously deficient in essential nutrients, so it's time to switch to more nutrient-dense foods. The most nutrient-dense food group is vegetables. Government advice is to eat at least five portions of fresh fruit and vegetables daily - one portion equalling an apple, a carrot or a handful of cabbage. Adding just two more portions to your current daily intake goes a long way towards disease prevention.

Remember, though, a little of what you fancy does you good. So, instead of guilt-tripping over what you 'shouldn't' eat, it's better to focus on what you could be adding to your diet.

In the coming months I shall be writing about a range of common conditions, and which particular foods and nutrients have been shown to be of benefit.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Dog days

Remember Rover? You know, a dog by any other name is still a dog even if it's got a Viking longboat on the front and if every dog has its day, then this dog's day was yesterday.

Yes, the music hall joke that was British Leyland has finally gone belly-up. So what if it's been Austin Rover, Rover Group, MG Rover and Dog's Dinner on its way down, but down it has gone.

Once upon a time Rovers were driven by the kind of people who did something a bit dodgy in an Agatha Christie novel, you know, bank managers and dubious doctors. In between the doctors and bank managers, Rover came up with gas turbines, Land Rovers and the first small executive performance saloon.

Yes, 40 years ago the Rover 2000 was the car to have if you were young and thrusting because back then BMWs were small, German and 'not bought by us'.

Then Leyland bought Rover and BMC, including Jaguar, which BMC had grabbed earlier, and the rest is a music hall joke.

British Leyland gave us such cars as the miracle Maestro, the Montego and the two worst cars ever made in Britain, the Allegro and Marina. And Rover, that once proud name, got the same bad name as the rest. Even Jaguar suffered until they were allowed to get on with it without interference.

By the mid 1990s the whole company was dead in the water but not so dead that BMW weren't interested in having a bash at fixing it. They couldn't. Their English patient did its best to bankrupt the Germans and calling a re-badged Honda a Rover didn't make it less of a dog.

In the end the Germans flogged the best bits and tried to close the rest, before giving it to management company Phoenix. But this phoenix didn't rise from the flames; instead it plummeted straight back into them.

Shame really, but there you go, another motoring music hall joke. If only they'd been better informed we'd still have a motor industry.

Ken-Bu-Kan SCHOOL OF KARATE

What Ken-Bu-Kan Karate School offers you:

- Kids take part in physical activities under qualified instructors.
- Adults take part in a sport that offers stress relief through exercise.
- Self defence, awareness and respect.
- An inexpensive way to keep fit & fun.
- Students can be of any age above 5 and any ability.

Chief Instructor
Andy Michaelides, Black Belt 4TH DAN
6 x National Champion, England Team Member
Tel: 07956 165 826 OR 020 8443 5635

Muswell Hill N10 (Tetherdown)
Tue & Thu 6.30pm - 7.30pm

Bounds Green N11 (Rhodes Ave)
Tue 8.30 - 10pm, Thu 8pm - 10pm

Highbury N5 (Ronalds Rd)
Mon & Wed 5.45pm - 7.30pm

Wood Green N22 (Lymington Ave)
Thu 3.45pm - 4.45pm

Enfield EN3 (Head Dojo)

Visit website or call for more details
www.kbk-karate.co.uk

MO & ANDY HORT

Are Up & Running
in East Prawle, S. Devon
tel: 01548 511151

4 B&B rooms + 3 bed s/c unit

SEE OUR WEBSITE
www.wellehouse.co.uk

10% discount
for any N2/N10 resident!



ANDREWS OPHTHALMIC OPTICIANS

Contact Lens Practitioners

153 Haverstock Hill, Hampstead London NW3 4QT 56 High Road, East Finchley London N2 9PN
Tel: 020 7722 5446 / 8025 - Fax: 020 7586 6087 Tel: 020 8883 6693 - Fax: 020 8883 6512

A team of qualified and dedicated eye-care professionals are at your service from both the above addresses.

We specialise in:

EYE-EXAMINATIONS: To include Glaucoma tests and Diabetic screening.

CONTACT LENSES: All types expertly fitted.

DISPENSING: Hundreds of frames in stock - from budget to designer frames.

Concessions:

FREE EYE-EXAMINATIONS for children, over 60s and many others.

NHS VOUCHERS where applicable.

STUDENT DISCOUNTS / COMPETITIVE PRICES

Please telephone any of the above numbers for further information or to make an appointment.