

FROM THE HORSE'S MOUTH – January 2020.

Edition 61.



Hello. I hope you have an enjoyable, fruitful and peaceful 2020.

This year has been a difficult one for me as I have had a bad chest for the last six months, but hopefully some work on my rented flat will do the trick.

The magazine has covered many areas of interest in the last five years and is ever-evolving, but please remember that anyone can contribute to it in a non-racist, non-sexist and non-homophobic way by sending things to be considered for publication to: dean@fthm.org.uk

Financially, the magazine could be doing better but we are now going to actively try and offer some cheap advertising – initially to local businesses. Any help with meeting the running costs of this publication would be most welcome and appreciated.

If you have any suggestions on how we could improve the magazine, we would be keen to hear from you.

Once again, I hope you have a great year this year and experience good health. Dean

[MY NOT VERY SERIOUS STARS](#)

[INTERVIEW WITH JAMES PREECE ABOUT HIS LIFE AND SEXUALITY](#)

[KETOSIS - THE NEW DIET TREND?](#)

[JUNE CHARLTON REMINISCES A BIT MORE](#)

[NEW YEAR RESOLUTIONS AND HOW TO BE SUCCESSFUL AT COMPLETING THEM](#)

[LETTERS PAGE](#)

[BIBLE TALK](#)

[SOME NEW RECIPES FROM JUNE CHARLTON](#)

[VARIOUS CULTURAL CELEBRATIONS OF THE NEW YEAR](#)

[TRADITIONS AND RESOLUTION IN THE NEW YEAR](#)

[WHY TIMES SQUARE ARGUABLY HAS THE BEST NEW YEAR CELEBRATIONS](#)

[GRAHAM TOWNSEND INTERVIEWS DEAN CHARLTON](#)

[ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH](#)

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

You are getting uglier as you get older but don't worry as your partner's eyesight is deteriorating rapidly. It is time to cut down on the cakes and biscuits as your diet is appalling. On a positive note, a stranger will make your day by telling you what a lovely person you are. Start wearing a sport

bra when you are out shopping. Change your internet provider.

Sagittarius 23 Nov – 21 Dec

A snooker enthusiast will bore you this month, but remember we can all pot our balls anyway we like. It is a good time to take up cycling and burn away those numerous tyres of fat around your waist. People think you're strange but don't worry too much as you are. A new window cleaner may be a good idea as your old one as often seen you streaking around your home.

Capricorn 22 Dec – 20 Jan

Someone from the past will reappear in your life and will make you happy as they come bearing lots of gifts. A trip to the zoo would be a good idea as we are arguably only animals too and need to touch base with our cousins from time to time. Maybe you should have a tattoo on your face if you want to stand out from the crowd. Buy some new plants for your home.

Aquarius 21 Jan – 19 Feb

It is time to buy a gift for someone you love, as after all, love is the most important thing in life. A stranger may do you a bad turn, but maybe they have a reason for acting that way that you don't know about. Now you should start looking for a new job as you are capable of doing more than you are currently doing. Your life is about to improve so enjoy it!

Pisces 20 Feb – 20 Mar

An email you receive will start your pulse racing and make you think you have not been barking up the wrong tree after all. Toothache may be a problem this month so don't be tight and go see a dentist. The menopause continues to be a problem for you but at least you don't need to holiday in warm places. A neighbour will do something kind for you.

Aries 21 Mar – 20 Apr

Give your partner an ultimatum this month i.e. start treating you better or pack their bags and leave. Why not jump on the bandwagon and join a Womens football team - or support one. Your OCD will improve quickly and allow you to enjoy a good New Year. Maybe you should start eating mints as your breath is foul. Be kind to someone less fortunate than yourself.

Taurus 21 Apr – 21 May

Buy some chocolates for someone you are sweet on. If you're a woman, remember that a little can go a long way so don't be so judgemental. A trip to Bristol would be a good idea as it is a lovely city to visit. You really need to improve your image as you often look like Coco the Clown when you go out. Try to introduce more plant-based food into your diet.

Gemini 22 May – 21 Jun

A man with a bald head will do something that really impresses you. You may start to question your sexuality this month as you find yourself attracted to someone of the same sex. A winter break would be a great idea as long as it doesn't mean your children have to go without their pocket money. Two strangers will really liven up your life in the near future.

Cancer 22 Jun – 23 Jul

Your health will really improve this month and you will feel better than you have done for years. A cyclist you fancy will prove too hot to handle and get your barred from many public houses in your town - so give him a wide berth. Remember that the New Year is a good time to make new friends and show your love to everyone. Don't get carried away at the pub.

Leo 24 Jul – 23 Aug

Romance is on offer at the moment so don't look a gift-horse in the mouth – you may not get many more chances looking like you do. Your bad times are about to come to end which shows you should always wait rather than do something drastic. A new pet would enrichen your life and give you a focal point so go to a local rescue centre. Be careful with peanuts.

Virgo 24 Aug – 23 Sep

A French woman will come into your life and show you the benefits of being European. It might be a good time to start looking for a new home as your terrible neighbours don't seem to have any intention of moving any time soon. It is a good time to start to learn a foreign language as we can't expect everyone to speak English all the time. Do something about your boil.

Libra 24 Sep 23 Oct

If you still have a craving to be fashionable then why not start to vape? – whether you smoke or not. Money will cease to be a problem for you as a large windfall is about to come your way. You are a lovely person but you must stop letting people take advantage of you – learn to say no sometimes. It is not a good time to start a family as you can barely look after yourself.

[BACK TO CONTENTS](#)

INTERVIEW WITH JAMES PREECE ABOUT HIS LIFE AND SEXUALITY



James, can you tell me a bit about yourself? My name is James Preece. I'm 22 years old and I'm currently living in Halifax. I work at the Square Chapel and I've always been interested in the arts e.g. drawing and painting. I have also focussed on acting and studied it at college.

So, are you an actor? Well when I was studying acting, I found I'd always rather play the female roles but I knew I'd never be cast as them because... well I'm not female! That's how I discovered the art of drag. I now want to pursue acting alongside drag.

Have you got a drag name? Marina Ted – it comes from the word marinated

which means “allowing makeup to rest”. I haven't had a lot of experience yet, but it is something I want to do in the future – definitely as a career.

What's it like working at the Square Chapel? It's honestly, such an experience. You get to meet so many different people involved in the arts and you have the opportunity to see shows as well.

Is it hard work? Is it physically demanding? It depends on the shift. I work in both the café and the kitchen.

Which do you prefer? Definitely the café.

Why's that? There's more chance to interact with customers.

So, you're a people-person? Definitely as I pride myself on my customer service and making sure customers are comfortable and leave happy.

Would you classify yourself as gay? If yes, why? I'm actually bi-sexual, that's a difficult question to answer why I am...

But do you find yourself more attracted to men? I am more attracted to men. I am bi-sexual though but find it easier to identify as gay.

What was it like for you at school? Were you bullied? Yeah. I was. Being gay wasn't talked about as much as it is now. It wasn't just for being gay though, it was for being a nerd and being different. I was always quite loud and think I made myself a target.

Did you act in plays or anything? Yeah. I was really interested in acting but my school didn't do drama so the only acting experience I got, was in school plays.

How would you describe what it is like being a 22-year-old gay man in modern Britain?

Do you ever feel in danger? I don't feel in danger but I definitely feel if I was in a dangerous situation, I'd find it hard to defend myself. However, I think we live in a world where being gay is so much more acceptable now than, say, even five years ago. As I've got older, I've realised people don't care as much as I thought and that it's become quite normal.

Would you say it's normal to be gay? I would say it's normal but I think at times it can be made into a big deal...like on nights out women ask if I'm gay as if it's an exciting thing.

Do you get on with women more? I get on with women cos I understand them more. I have more in common with them like I'm into makeup. At school I seemed to flock to girls more. Saying that, I do have straight guy friends too.

What do you make of the Pride Movement? My opinion is that I think it's important to celebrate who you are. However, I think there are too many Pride events to keep up with!

Do you think you'd ever want children? Yeah. But it's a difficult subject.

Do you think it's alright for two gay men to bring up a child? Definitely. I've done research and there's no negative side effects for the child. I'd consider it but maybe in ten years' time.

Do you think there's still negative religious views about homosexuality? I can understand that people have different beliefs and have been brought up differently. I have religious family members so am always quite understanding if people don't get it. I understand some people aren't used to it, but it's not cool when it causes hatred.

Does your mum get it? I think so. She's been as supportive as she can be.

What's your plans for the future? Do you think you'll settle down? Or do you just want to have a good time? I think you can do both. You can have fun and settle down. I also want to focus more on my drag act.

What makes a good drag artist? Originality, entertainment and giving out a message as you are like a spokesperson. Drag intrigues me cos it's a combination of acting and art.

[BACK TO CONTENTS](#)

KETOSIS - THE NEW DIET TREND?

From [Robert A Williams](#)

Ketogenic diets seem a new thing but really, they are not. A lot of research has gone into the Keto state that a body can put itself into during periods of fasting or low carb intake.

On the surface of it Keto-based diets look very similar to the Atkins diet that was popular over a decade ago, in short you drastically reduce your Carb and Sugar intake and by doing so your body then starts to naturally produce Ketones which can help to bust the flab.

What Happens in the Body During Ketosis?

If you follow a standard high-carb diet, your body's cells typically rely on glucose for fuel.

Glucose comes from the carbohydrates in your diet, including sugars and starchy foods like bread, pasta and some vegetables.

If you restrict those foods, as with a ketogenic diet, you force your body to look for alternative fuel sources.

Your body then turns to fat for fuel, which produces ketone bodies when broken down in excess.

This shift in metabolism puts your body in a state of ketosis.

Most people naturally experience a mild state of ketosis during periods of fasting or strenuous exercise

The two main ketone bodies produced during ketosis are acetoacetate and beta-hydroxybutyrate. Acetone is a third, less abundant, ketone body, responsible for dog breath or keto breath which can accompany the restrictive diet plan.

These ketone bodies replace glucose as fuel and provide your brain, heart and muscles with energy.

It's thought that the ketone bodies themselves may be responsible for the weight loss associated with a ketogenic diet.

Keto diets are very hard to maintain due to the limitations on what you can eat and drink, even harder if you are Vegetarian, which is my own path.

I managed for almost three weeks. There can be no doubt there are benefits to being in Ketosis, including weight loss. Stopping the processed carbs from things such as sliced white bread, and a lot of instant ready meals, reduces the amount of brain fog. There is a lot of clarity in fact, that comes through putting your body into Ketosis.

What is better almost than the diet itself is the fact that by being so restrictive you can really begin to notice what it is that you eat and drink and then potentially make some significant changes to your food intake, for life. In fact, I can pretty much safely report that I have broken the snacking behaviour as a result of putting myself into Ketosis for some time. As it is a very hard path there are a number of Social Groups that can help you through it, one resource on Facebook is a group called [Keto for Beginners](#), beware of meal plans and Keto supplements that are available online, many of them are simply money making scams !

For a decent book about finding a good way to live through the Food you eat, check out the Hybrid Diet Book by Patrick Holford and Jerome Burne, [click here](#)

Next month I will write about what happened and how I felt whilst doing the three weeks of Ketosis.

[BACK TO CONTENTS](#)

JUNE CHARLTON REMINISCES A BIT MORE



From being a young girl around 12-13 years old, I loved going to the Theatre Royal which wasn't far from where I lived down the Potteries, Castleford.

In those days, money was very hard to come by and I used to do things like take bottles back to the shops when they were finished and ask neighbours if they wanted any messages or errands doing in exchange for a few coppers. When I had earned enough, I would go to see a picture that I really wanted to see, or go to the Theatre Royal. It was such a thrill to be able to go and watch a pantomime or see a picture.

There were four cinemas in Castleford or picture houses as they were then called, but unfortunately the picture houses closed one by one, as television began to take off in a big way. The television was a real novelty. However, one day, I decided to go to the Theatre Royal on my own, and as I didn't have much money, I went up to what was called the bug-rush which was cheap as it was high up and catered for people who didn't have much money.

I was sitting quietly when a man came and sat next to me but I was so engrossed in watching the chorus girls, that I didn't realise what he was trying to do. Fortunately, a woman sat behind us told me he was trying to touch me with the result that me and the man both ran out of the theatre at the same time. When I got home and told my dad, he said he would knock the living daylight out of the man if he ever saw him – he would have given him a right belting because he used to be a successful boxer.

As time went by, I began to work and so had the money to sit downstairs in the theatre, which was very nice.

As television became more popular this saw the closure of many theatres and cinemas but this didn't bother me too much, as when I got older, I preferred to go dancing and meeting my friends.

[BACK TO CONTENTS](#)

NEW YEAR RESOLUTIONS AND HOW TO BE SUCCESSFUL AT COMPLETING THEM



From Francis Tait

It's that time of year again! End of the old year and beginning of the New. It is the time when we may reflect on things we have been meaning to do and for many reasons 'life got in the way' and we did not simply get around to doing them.

Some 4,000 years ago the Ancient Babylonians are said to be the first people to make New Year

Resolutions. In the past, New Year Resolutions had links to religious roots, however, today they are usually based on promises to oneself and mainly focus on self-improvement.

Have you been considering making a New Year Resolution this coming year? It may be in

To exercise more

To lose weight

To be organised

To learn a new skill/hobby

To live life to the fullest

To save money/spend less

To quit smoking

To spend more time with family and friends

To travel more

To read more books

Unfortunately, approximately 80% of New Year resolutions fail by February. So why do so many resolutions fail? And how can we get the resolutions to stick?

A lot of resolutions fail because they are not the right resolutions. A resolution may be the wrong one because it may be based on what someone else or society is telling us to change. Another main reason why resolutions fail is because they are too vague.

One way of making resolutions stick is to set S.M.A.R.T resolutions. This means being Specific, Measurable, Attainable, Realistic and Timely.

So how can you set S.M.A.R.T resolutions? Let's take one resolution from the common top ten list i.e. to read more books. You can see this is only a general statement, perhaps a little too vague. It lacks the SMART-ness of being Specific, Measurable, Attainable, Realistic or Timely.

Therefore, design a specific resolution rather than a vague or broad based one. One specific resolution may be "I will read two books by March 2020".

Consider measurable resolutions. When setting your resolutions, make sure you can measure your progress. Your small steps and goals are the pathway to your overall long-term goal/resolution.

Consider attainable resolutions using a balance between challenging but not too ambitious. Completing something small is better than not achieving a large goal.

Consider realistic resolutions and ask yourself the question – what is realistic for me? If you lead a busy lifestyle then reading a book a day may be unrealistic!

Consider timely resolutions. Make sure you have a start time and end dates, for example: "I will start reading my first book on January 1st and will have completed it by 31st of January.

So, if you are considering setting New Year Resolutions, think carefully how you plan to carry them out!

Remember to use the S.M.A.R.T way to achieve them. This way you will not end up in the 80% category of people who fail by February.

Ref. Wikipedia, NHS, Brad Zomick

[BACK TO CONTENTS](#)

LETTERS PAGE



Dear Editor

What a terrible result for Britain i.e. The recent General Election.

Just wait until the changes come in and we are faced with higher prices for goods in the shops and when we come to travel in Europe, everything will be much more expensive and we will all regret our decision to leave the E.U.

As for Jeremy Corbyn, I think he did extremely well when you consider the vitriolic attacks on him by the right-wing media over a period of 4 years – he must be a very strong individual and I respect how he has conducted himself despite everything.

Paul Shaw, Bolton

Dear Editor

I recall in a past edition of the magazine that someone complained about busking on the high street.

Well, I don't mind hearing the odd melodious song whilst I am out shopping, but what I don't think should be allowed, is the amplification of the music – nobody should be forced to listen to something they don't want to listen to whilst they are walking down the high street.

Is there any regulation concerning this issue?

Madelaine Lescott, Whitby

Dear Editor

Does anyone share my opinion that the Royal Family is an out-dated concept?

Surely, we are all equal and should have equal rights?

I have nothing against the individuals who make up the Royal Family, but in modern Britain, it is clearly wrong to have to look up to an extremely wealthy family in the south of England.

I also think the Honours List is a joke with awards frequently going to very wealthy and successful individuals who don't deserve their social status to be enhanced anymore.

I can understand it being a good thing to recognise ordinary people's contribution to society but not those who have already have so much. **Rupert Brown**

Dear Editor

I am very relieved that the Tories got in again in the recent General Election as they are clearly the only party fit to lead the country.

I can't wait until we are free from Europe and free from superfluous regulations!

George Peters, Dover

Dear Editor

People go on about the improvements brought by the increases in Minimum Wage and the Living Wage but I think people lose sight of the fact that it is only a small minority of people who possess most of the wealth.

I don't think we should get too carried away by getting some more scraps from the rich man's table.

Lesley Priestley, Goole

Dear Editor

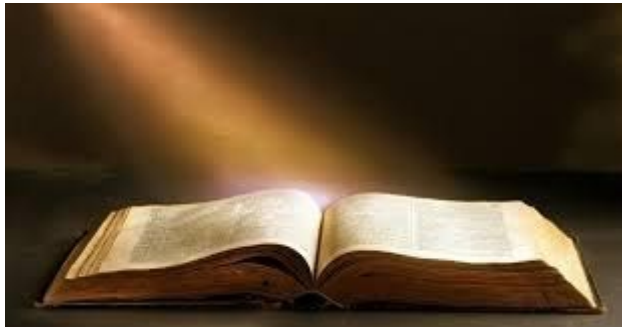
I am of the opinion that it is a waste of time reading British newspapers as they are so obsessed with being biased and far from the objective truth.

It is surely better to think for yourself and weigh up life in your own way. Of course, the TV can open up the world to you, but remember that too is biased. You can't win!

Sonia Lockwood, Huddersfield

[BACK TO CONTENTS](#)

BIBLE TALK



Sent by Peter Smith

ATHEISM, BELIEF and HOMOPHOBIA
Etc.

John 6.29

INTRODUCTION

Contrast a compassionate, humane atheist with a hard-hearted religious zealot, and most of us know at once whose outlook we prefer.

But there is a problem: our existence.

13.8 billion years ago an unimaginable quantity of subatomic particles appeared. They went on to form billions of galaxies. An atheist has to believe that they materialised spontaneously. Even Darwinism is not as watertight as its champions would have us believe. The question of how the anatomical basis of binocular vision could possibly have arisen from natural selection of random mutations is intriguing, to say the least. Ditto, the way the hypothalamus controls secretions from the pituitary gland.

OLD TESTAMENT or NEW COVENANT

Religious violence, from the Old Testament (OT) slaughter of Canaanites to that of the present day, is what drives many to atheism. Along with religious edicts that cause immense human misery.

But one cannot conclude that God does not exist because one abhors religion.

And now that the string theory of matter postulates the existence of other universes alongside the one we know, it is not even 'unscientific' to believe in an invisible God.

To progress, we have to look to Jesus himself, (and not to judgemental individuals who claim to follow him).

Jesus repudiated the violence of the OT. "An eye for an eye" became "love your enemies, do good to those who hate you" (Matt 5).

And he replaced the legalistic Old 'Testament' (or 'covenant' or 'binding agreement') between man and God with a New Covenant, in which "you shall know the truth, and the truth shall make you free" (John 8).

HEARTS and MINDS, NOT PAPER

The New Covenant is explained in the letter to the Hebrews, and elsewhere. Its crux is God's promise to believers: "I will put my laws in their minds and write them on their hearts" (Heb 8). Meaning that, instead of following rules in a book or a leader, we think for ourselves and follow our hearts.

The wrongs of religion come from an 'old testament approach': obeying directives from books or religious leaders, instead of thoughtfully being guided by one's own conscience.

Paul wrote: "The law was our tutor to bring us to Christ, but after faith has come we are no longer under a tutor" (Gal 3).

Problems arise when 2 Tim 3:16 is translated as: "all scripture is inspired by God and profitable for doctrine . . .", because this disallows challenges to (for example) Paul's censure of homosexuality.

But the Greek word 'kai' means 'also' as well as 'and'. So, linking to what is said about the "sacred writings" in verse 15, it seems more logical to translate verse 16 as: "all writing inspired by God is also profitable for doctrine . . .". Something quite different.

The great themes of the New Testament (NT) are expressed again and again. No tenet depends on a single verse.

And the beginning of John's gospel tells us that the Word of God is a person, Jesus.

HOMOPHOBIA

"Judge not, that you be not judged" (Matt 7). These words of Jesus seem to be missing from the bibles of many Christians.

All Jesus wants from our lives is summed up in the directives: love God with your whole being, and love the person near to you as you love yourself (Mark 12).

Does a loving gay relationship go against these? Definitely not. Censure of homosexuality in the OT or by Paul does not override what Jesus said about the primacy of love.

No-one has the right to judge what loving people do in private. "Judge not, that you be not judged."

PORNEIA

Much distress comes from how the Greek word 'porneia' - denounced in the NT - is interpreted. It is usually translated as 'fornication' or 'sexual immorality', and it is not defined in the bible. Its root is the source of the English word 'pornography', which implies casual or loveless or abusive sex.

Again: "Judge not, that you be not judged."

THE STATE OF THE WORLD

Mankind is destroying our planet. The earth is heating up, land and air are polluted, oceans are acidifying and awash with plastic, and leaders could wipe us out at the push of a button. Is there hope?

Much is foretold in the bible, but this is often misinterpreted, Anyone, interested should read the original texts and draw their own conclusions. Mark 13, 1 Thess 4, and Revelation are good places to start.

Of modern bibles, only the New King James Version (the source of my direct quotes) both aimed for 'complete equivalence in translation' and used the 1516 Received Text of the Greek NT.

Biblical passages refer to a messianic world dictator, a sidekick bumping off refuseniks, the earth devastated but a minority of Israelites kept safe, and Jesus returning to meet resurrected martyrs and 'raptured' Israelites.

Then follows a long period of peace on earth, wonderfully portrayed in the first ten verses of Isaiah 11.

And after that . . .

[BACK TO CONTENTS](#)

SOME NEW RECIPES FROM JUNE CHARLTON



Cream of cauliflower soup

Ingredients:

1 cauliflower (medium size)

Small onion (finely chopped)
3 white peppercorns
½ oz of margarine
Pinch dried parsley
1 bay leaf
Seasoning
1 pint of stock / 1 pint of milk
1 oz of arrowroot

Method:

Place stock, peppercorns, margarine, parsley, bay leaf, onion and seasoning in a pan. Bring to the boil and cook gently for 20 minutes. Add prepared cauliflower (cut into small pieces). Blend in the arrowroot with a little of the measured milk. Add remainder of milk to soup, stir in the blended arrowroot. Bring to the boil, stirring continually, cook for 3 minutes. Sieve, season and reheat.



Mmmm Cake

Ingredients:

8 oz of self-raising flour
4 oz of soft margarine
4 oz of sugar
1 egg
8 oz of mincemeat
1 ½ dessertspoons of marmalade
2 oz of glace cherries
2 teaspoons of sherry (optional)

Method:

Cream margarine and sugar until light and fluffy. Add marmalade and beat again. Beat egg and add to the creamed mixture.

Fold in the flour. Add mincemeat, sliced cherries and sherry. Turn into a well-greased 6-inch cake tin and bake in the oven at gas mark 3/325 F for approximately 1 ½ hours, until firm to the touch. Turn upside down on a tray to cool. Will keep several weeks in an airtight tin.



Viennese Biscuits

Ingredients:

4 oz of butter or block of margarine
1 oz icing sugar

4 oz of plain flour
Vanilla essence
Glace cherries

Method:

Cream butter and sugar together until light and fluffy, stir in a few drops of vanilla essence and gradually work in sifted flour.

Put mixture into a piping bag fitted with a nose piping tube and pipe fingers or rounds on to a greased tray. Decorate each biscuit with a piece of glace cherry. Bake at gas mark 4/350 F for 15-20 minutes or until lightly browned. Leave on a tray for a few minutes before removing to a cooling tray.

Sienna Cake

Ingredients:

3 ½ oz of self-raising flour
1 level tablespoon of unsweetened cocoa
1 level teaspoon cinnamon
1 level teaspoon of nutmeg
4 oz of chopped, candied peel
1 lemon
Rice paper
2 oz of almonds
1 oz of walnuts
3 oz of hazelnuts
3 tablespoons of honey
3 oz of sugar

Topping: 3 tablespoons of icing sugar, 1 teaspoon of cinnamon

Method:

Lightly grease shallow 7-inch round cake tin and line base with rice paper. Roughly chop nuts, keeping pieces fairly large, and mix chopped candied peel and rind grated from lemon. Sieve flour with spices and cocoa and stir nuts and peel into it. Squeeze juice from lemon into a pan with honey. Add sugar and heat slowly until sugar dissolves, stirring continuously, boil gently for a few minutes until syrup becomes quite tacky (soft ball stage).

Pour over ingredients and stir it – it should form a sticky, rather than solid mass. Spoon into a prepared tin and bake at gas mark 3/325 F for about 35-40 minutes. When cool, sprinkle with icing sugar, mixed with cinnamon, and preferably store in an airtight tin for two or three days before eating.

[BACK TO CONTENTS](#)

VARIOUS CULTURAL CELEBRATIONS OF THE NEW YEAR

Of course, New Year is a much-anticipated event as the arrival of another year is considered to be important by many people. But not every country in the world celebrates New Year on January 1st.

Normally, a country celebrates New Year according to their culture. For example, countries like China, India and Israel have their own calendar and celebrate New Year at different times to western countries. China celebrates the New Year at Chinese New Year with fireworks and tasty Chinese food, and with their family present.

In addition, some countries commemorate New Year in the spring while others in autumn. In Australia, they create a cacophony of sound with whistles and rattles at midnight of January the 1st. Also, they make a lot of noise with church bells, vehicle horns etc. They think that making noise will chase away evil spirits that threaten to bring bad luck for the New Year. In countries like America, New Year is a time when family comes together, share a New Year's supper and give thanks for all the blessings that they have received during the year. Aside from that, there are nations that they commemorate New Year in the church by rejoicing, singing and praising God.

In the Philippines, they have customs that involve collecting nine things for the New Year in a circle shape so that great luck will come to their door and the whole year will be filled with good luck. What is crucial is that the essence of New Year's celebrations is welcoming in nature to bring in the New Year with delight and enthusiasm. One could argue that celebrating the New Year should be a time when everyone is happy and rejoicing at a brand new period in their life.

TRADITIONS AND RESOLUTION IN THE NEW YEAR

New Year's Day, commemorated on the very first day of the Gregorian calendar year, January 1, involves different activities that mark the start of the year with an intense and colourful atmosphere. The celebrating of New Year constitutes exchanging good wishes with each other and often, the exchange of New Year's gifts.

There are many exciting New Year activities that one can experience. Eating out together with the whole family in a packed restaurant is often one of the most desirable things to do in the New Year. A light-hearted supper is also an important part of celebrating New Year.

Making a New Year's resolution is also important to many people. New Year's Eve is also a good time to reflect on the past year and decide on the changes one wants to make to one's life. A New Year's resolution is a promise that one makes in order to improve oneself at the start of each year.

Now let's talk about New Year's resolutions when numerous people promise to change something in their life e.g. 50% of Americans promise to spend more time with family and friends and less time at work. For a lot of people, their New Year's resolution involves giving up smoking cigarettes.

Also, most typical New Year's resolutions involve sorting out financial considerations or learning something new. It is wise to choose a target that is attainable and it is sensible to choose smaller targets rather than one that will prove too big for you.

WHY TIMES SQUARE ARGUABLY HAS THE BEST NEW YEAR CELEBRATIONS

New Year celebrations are a great occasion for everyone. Places like Times Square celebrate the New Year with fabulous and elaborate shows that offer something for everyone.

Many people flock to Times Square, in New York, to enjoy the New Year's celebrations. Throughout the Christmas season and New Year holidays, this place is full of life and wonderment. Also, On New Year's Eve everyone can see the Waterford Crystal Ball.

So, it is well-worth you experiencing New Year's Eve in particular, at Times Square, as you will be rubbing shoulders with people from all over the world and able to see shows featuring many of the biggest names in showbiz. It is an experience you will remember for the rest of your life!

[BACK TO CONTENTS](#)

GRAHAM TOWNSEND INTERVIEWS DEAN CHARLTON



Here we are with Dean Charlton the founder, creator and owner of 'From The Horse's Mouth' – would you like to begin by telling us a bit about yourself, where you were born,

where you were brought up and a bit about your younger days? I was born in a town in the north of England called Castleford and I was brought up in a nearby ex-mining village called Kippax. I attended Brigshaw Comprehensive. However, I have lived in many different places.

All local to where you were born? No, I've lived in places like Portsmouth, Bristol, Leeds, Halifax and France.

What were your interests when you were younger? Football and studying French. I was a very good child player but didn't have the speed to succeed as an adult.

Did you have trials for football? Yes. But I lacked speed.

Once you got to the point where you realised football was not to be your future, what else did you look at doing? Well following a successful school French exchange when I was fifteen, I've always been interested in the French language and studying it – I did it at degree level at Bristol Polytechnic in 1984.

So, did you get a degree from Bristol? No. I didn't finish my degree as my mental health problems prevented me from doing so.

Can you tell us a bit about your mental health problems? Well I suffer from Bi-Polar and often, an anxiety-based illness that we can call OCD. What is important to realise is that everyone has up and downs and bad days, but when you're bi-polar they're more extreme. It might sound attractive to be manic and be very high, but at that time you are not in touch with reality e.g. you might look at the sky and think you can predict the weather for the next six weeks or you might be reckless with money as you believe 'it will sort itself out'. You feel like you're invincible and, in this state, many people think they are actually Jesus.

When I am in an anxious state, I churn things over in my mind and can't seem to move on and enjoy the present moment. It is torture.

At what stage did you consider creating the magazine? I created the magazine as a hard copy about 28 years ago, but I was overwhelmed by printing costs and did not have the personality to harass people to advertise in it. Then, just over five years ago, I realised that I could resurrect the magazine as an e-magazine with little printing costs.

How difficult was it to set it up? A friend initially taught me to use a program called Weebly and then I later moved on to something called WordPress with Robert Williams.

Do people help you with the magazine? Well, it is intended for anyone to use to express themselves in, in a non-racist, non-sexist and in a way that is not homophobic. I have some items like the stars, recipes and quiz and then the rest is ever changing and ever-evolving. We have also had many competitions with cash prizes, over the last five years, which have proved to be popular.

Do you have a favourite feature? Yes. The stars which are meant to be funny with a bit of insight about life in them. They are difficult but enjoyable to write.

How many hours do you spend doing the magazine each month? I can't really say as I work in little bits when I'm feeling well. I don't tend to work when I'm tired which is quite often.

I am on lots of medication for my mental health problems so I just work when I can. I couldn't do a full-time job because I'm just not well enough all of the time.

How long do you think you will do the magazine for? I Just feel it is part of my life now so there's no time limit. Every month there's a new challenge and I have to start from nothing to build a new edition. At the moment, I'm working on this edition (January) and I'm always relieved when I have enough copy to put out a new edition.

Are you constantly looking for new things to put in the magazine? Yes. And anyone can contribute in an inoffensive way.

Have you got any particular ambitions i.e. regards to developing the magazine and making a profit? In January 2020, I am going to contact local businesses for the first time to see if they are interested in advertising in the publication. However, it's the work that interests me and not making huge amounts of money.

Would you therefore, class 'From The Horse's Mouth' as being purely a labour of love? Yes, But I hope that changes and I can get some financial help with it.

[BACK TO CONTENTS](#)

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH



Questions:

- (1) What does homophobia mean?
- (2) What is a rubicon?
- (3) What is the French word for 'perfume'?
- (4) Who is arguably the fastest bowler in the world of cricket?
- (5) Who wrote the song 'Waterloo

Sunset'?

- (6) What nationality is supermodel Naomi Campbell?
- (7) Who designed Westminster Cathedral?
- (8) What is the longest river in Germany?
- (9) What is the capital of Vietnam?
- (10) Where, on the body, would you find a 'bob'?
- (11) In which county is Windermere?
- (12) When is Ramadan 2020?
- (13) What symbolises thirty years of marriage?
- (14) Where is the appendix in the human body?
- (15) Who was the fourth person to walk on the moon?
- (16) What is the capital of Mexico?
- (17) Who invented the lawn mower?
- (18) What are diamonds composed of?
- (19) What is an armadillo?
- (20) What is the capital of Montenegro?

Answers:

(1) Dislike or prejudice against homosexual people (2) (In Piquet) an act of winning a game against an opponent whose total score is less than 100 (3) Parfum (4) Mitchell Starc (5) Ray Davies (6) British (7) John Francis Bentley (8) Danube (9) Hanoi (10) Head (11) Cumbria (12) Thursday, 23 April – Saturday 23 May (13) Pearl (14) Lower right side of your abdomen (15) Alan Bean (16) Mexico City (17) Edwin Budding in 1830 (18) Almost entirely carbon with some impurities such as nitrogen (19) Barrel-shaped animal covered with natural armour (20) Podgorica

[BACK TO CONTENTS](#)

Editor's Final Word: Thank you for taking the time and the trouble to read this magazine. I hope you will be inspired to contribute something to it at some stage through: dean@fthm.org.uk

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