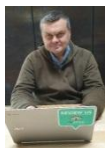


FROM THE HORSE'S MOUTH – February 2023. Edition No 98.



Hello! I hope you are Ok when you are reading this e-magazine wherever you are in the world.

On a personal note, things have not been very easy for me as I had to have a camera down my throat and stomach to see why I cannot digest certain foods – it seems that I have a Hiatus Hernia and hopefully nothing more serious. On a brighter note, if I make it to the 17th of February, then I will have abstained from alcohol for 25 years!

Anyone can contribute to this magazine as long as it is in a non-racist, non-sexist and non-homophobic way. Please send your ideas to us at: dean@fthm.org.uk and remember that our website address is: www.fromthehorsesmouth.org.uk Best wishes, Dean.

[POETRY COMPETITION:](#)

[MY NOT VERY SERIOUS STARS](#)

[GRAHAM TOWNSEND'S MONTHLY QUIZ](#)

[HAWORTH](#)

[DIETING MAKES YOU FAT \(Revised\)](#)

[GOING TO DISNEY WORLD – A HISTORY OF SUPER BOWL](#)

[LETTERS PAGE](#)

[JUNE'S WORLD](#)

[BRENDA'S WILDLIFE CORNER](#)

[SOME MORE MINDBLOWING RECIPES FROM JUNE CHARLTON](#)

[BIBLE TALK](#)

[THE CHANGING FACE OF MUSIC SALES – FROM FORMAT TO FORMAT](#)

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

POETRY COMPETITION:

This latest competition is open to anyone and invites you to write a poem about any subject. There will be two prizes of £50 for the two best entries which will appear in a future edition of the magazine. The closing date for entries is midnight (GMT) on the 31st of March 2023. Good luck! Please send your entries to: dean@fthm.org.uk

MY NOT VERY SERIOUS STARS



Scorpio 24 Oct – 22 Nov

Christmas is now a distant memory and spring is just around the corner, so maybe spend some time planning excursions for later on in the year. Also maybe, do something about your poor fitness as you have really let yourself go – haven't you!? Your head is clearly too big for your body and this explains why you are

very intelligent and oh, so strange. Buy chocolate.

Sagittarius 23 Nov – 21 Dec

You are a nice person but you suffer from verbal diarrhoea, so, try and bite your tongue sometimes and let other people express themselves otherwise you will be left talking to yourself in the future. A woman with more than a huge heart will invite you to her home, but do you really want to be alone with her? – Or are you looking for a new adventure? Eat less.

Capricorn 22 Dec – 20 Jan

Some good news will come your way this month so, keep going and your life will improve on a financial level. In addition, you will feel happier than you have done for a while. You are not as young as you were and time is dripping away, so make sure you do not find yourself older, soaking with sweat and with little to show for it. Do make sure you keep warm though.

Aquarius 21 Jan – 19 Feb

It is a good time to take on board that everything's not black and white in life and realise that sometimes you have to read between the lines to get the full story. Try to be more perceptive and understanding of others. An email may bring some shocking news, so, brace yourself for a rough ride this month. However, you will emerge a much stronger and wiser person. Fart.

Pisces 20 Feb – 20 Mar

A good time to take up horse riding in order to impress someone you fancy, but don't expect them to just fall into your arms. You may have been poor for most of your adult life, but that's all going to change as a large slice of financial good luck is coming your way. You are a sweet person who consumes far too much sugar so look at making changes to your diet.

Aries 21 Mar – 20 Apr

A lover will give you a relatively inexpensive gift that will mean more than your other valuable possessions because it is from them. You will also realise that alcohol is not your friend and that you will soon be in the spirit world if you don't cut down. A text will make you feel like you're walking on air but remember that everything has a cost. Eat a mango.

Taurus 21 Apr – 21 May

The pain you have been feeling will begin to subside and your foundations which have been shaken will seem more stable. You may still be questioning your sexuality, but there is nothing to worry about as long as you are loving and not hating. Someone will come into your life who is wise enough to see what a decent, caring person you really are. Wash more.

Gemini 22 May – 21 Jun

This week love will knock on your door, so, let it in and remember to put in the necessary work to keep it alive. It is therefore, time you bought some new underwear so that you don't feel embarrassed at a vital moment. Be careful if you play cards as you may dig yourself further into debt and be left heartbroken by the experience. Try not to give any love bites.

Cancer 22 Jun – 23 Jul

A Turkish man will offer to delight you by cooking his national dish for you, but is this what you really want and what would your husband/wife think? You have clearly benefitted from the kindness of others in your life, but now things are better, why not give something back and spread a little happiness? An unwanted Christmas present will come in handy this month.

Leo 24 Jul – 23 Aug

The rich are getting richer and the rest of us are just treading water or getting poorer, but you will be the exception as money is heading your way in the form of an inherited property. You have been very lonely for a long time but your soul mate is about to make an appearance in your life and you will graduate to happiness and have peace of mind. Wash under your arms.

Virgo 24 Aug – 23 Sep

A religious figure will instruct you how you should live, but continue to operate the way you do as your actions are harmless. We will experience inclement weather so why don't you stay indoors and do some of those jobs you have been meaning to do for the last ten years? A handsome man will try and make out something is a cinch when he wouldn't buy it himself.

Libra 24 Sep – 23 Oct

In every barrel there is a bad apple, but it's not you, as you are good through to the core and will shortly see your efforts to climb higher up the tree of life succeed. It is however, time that you stopped talking and put your money where your mouth is as people are starting to view you as a fake – which you clearly are not. A good time to eat a tuna fish sandwich.

GRAHAM TOWNSEND'S MONTHLY QUIZ



Questions:

- (1) Umami is one of five basic what?
- (2) Which English footballer, and World Cup winner, died in December 2022?
- (3) Hogwarts Legacy is a video game based on which series of novels/films?
- (4) The Frick Collection, an art museum specialising in Renaissance paintings, is in which US city?
- (5) Which novelist wrote “The Life and Loves of a She-Devil”?
- (6) Which musician, known as “The High Priest of Country Music” was born Harold Lloyd Jenkins”?
- (7) Which British children’s TV series featured two ragdolls who lived on a narrow boat?
- (8) What kind of fruit is a pamplemousse in France?
- (9) Which gland, found at the front of the neck, controls your metabolism?
- (10) Who is the patron saint of dancers?
- (11) Which US comedian, who had his own BBC TV series in the UK, was born in St Louis, Missouri in October 1942?
- (12) Crewe is a town in which English county?
- (13) How many individual movements are there in Vivaldi’s “Four Seasons”?
- (14) Which fish is also known as “rock salmon”?
- (15) A small amount of what is said to be a dangerous thing?
- (16) In food and drink, aspartame is a replacement for which ingredient?
- (17) Which element of the periodic table has the chemical symbol Hg?
- (18) Who played Rachel Green in the TV series “Friends”?
- (19) What nationality is tennis player Casper Ruud?
- (20) Welsh software engineer Josh Wardle created which web-based word game?

Answers

- (1) Tastes (2) George Cohen (3) Harry Potter (4) New York City (5) Fay Weldon (6) Conway Twitty (7) Rosie & Jim (8) Grapefruit (9) Thyroid (10) St Vitus (11) Kelly Monteith (12) Cheshire (13) Twelve (14) Dogfish (15) Knowledge (16) Sugar (17) Mercury (18) Jennifer Aniston (19) Norwegian (20) Wordle

HAWORTH



Haworth is a very interesting village which is situated near the city of Bradford in West Yorkshire, England. It is known for its strong association with the Bronte sisters and for the preserved heritage Keighley and Worth Valley Railway. It is actually 10 miles west of Bradford and 212 miles north of London.

The name Haworth is first mentioned as a settlement in 1209 and it was recorded as “Howorth” on a map dated 1771. Today, it depends heavily on tourism, in particular on the heritage railway and Bronte Parsonage Museum and there are plenty of tea rooms, souvenir and antiquarian bookshops as well as pubs, restaurants and hotels. Branwell Bronte is alleged to have frequented the Black Bull public house where it is thought his alcohol and opium addiction began.

Although the Bronte sisters were born in Thornton, near Bradford, they composed most of their novels whilst living at Haworth Parsonage where their father was the parson at the Church of St Michael and All Angels. The parsonage is now a museum that it is owned and maintained by the Bronte Society. At this time in the 19th century, the village and its environs were largely industrialised but the conditions were very unsanitary with excrement flowing down the main street and housing was also largely unsanitary and overcrowded. The parson, Patrick Bronte, in 1850, invited Benjamin Herschel Babbage to discover why the village’s early mortality rate was so high and his conclusions were presented to the General Board of Health and led to an improvement of conditions in Haworth – at this time, the average life expectancy was only 25.8 years.

Significantly, Haworth was granted Fairtrade Village Status in November 2002, and then in October 2005, it became officially twinned with Machu Picchu in Peru.

Now, the village is vibrant with much to interest the curious visitor. One interesting event is “Scroggling the Holly” which takes place in November and involves bands and Morris men leading a procession of children in Victorian costume and following the Holly Queen up the cobblestones where she is crowned in a ceremony on the church steps. The queen then unlocks the church gates and invites the spirit of Christmas into the village, followed by Father Christmas arriving to bring glad tidings. If you appreciate the arts, you might like also to witness the Haworth Arts Festival which combines performing and visual arts and street performance, and has had headline acts like John Cooper Clarke. This is held on the first weekend in September and has been expanded across the Worth Valley outside of Haworth. There is also a 1940s weekend when people don wartime dress for a series of nostalgic events. One should also mention the existence of Haworth Band which is a very old secular musical organisation in the Keighley area.

As already touched upon, many people visit the village to experience Haworth railway station which is part of the Keighley and Worth Valley Railway and is a preserved steam railway which circulates in the area and passes through places like Lower Laithe Reservoir, Stanbury,

Bronte Waterfalls and the Bronte Stone Chair. It has been the setting for film and TV productions like The Railway Children, Yanks and Pink Floyd's The Wall.

If you think you would like to visit the village of Haworth, it is accessible by road and served by a local bus service from surrounding areas including Hebden Bridge. However, if you are interested in living in the village, you should be aware that there is only one primary school and older pupils need to travel outside the area for a secondary education.

Interestingly, Stage 2 of the 2014 Tour de France from York to Sheffield passed through the village. So, for a small place, Haworth punches far above its weight, and in terms of interest, it is well worth investing a bit of time to experience this lovely village.

*With a lot of help from Wikipedia

DIETING MAKES YOU FAT (Revised)

Sent in by Peter Smith

I recommend the book with this title, by Geoffrey Cannon, published in 2008.

The human body is programmed to stay healthy. But if we want good health, we have to listen to our bodies and to give them the right amounts of what they need: sleep, exercise, good food.

We should live in harmony with our bodies, and not fight against them. A dieter fights their body. The body says, "I'm hungry, please feed me". The dieter responds, "NO!"

THE DINING DOUBLE ACT:

- Ghrelin and CCK

Ghrelin is made in the stomach. It makes us feel hungry when the body needs food.

CCK (cholecystokinin) is made in the small intestine just past the stomach. It makes us feel full when we've eaten enough.

By obeying these two 'voices' we can arrive at a healthy weight and stay there. But we have to let our bodies decide what this weight should be: NOT the scales or an image in our mind.

However, two things are crucial:

- WHEN we eat, and
- WHAT we eat (baddies or goodies?).

WHEN SHOULD WE EAT?

Very often people who are overweight (Body Mass Index 25-29) or obese (BMI 30+) do not eat three meals a day. But we should eat three meals a day.'

Our weight is affected both by what we eat and by how fast this is 'burned up' in the body. If we skip a meal, the body 'thinks' there is no food around, and slows down the speed at which

it uses what's left from what we ate earlier. That is: our 'metabolism' slows, and we burn fewer calories and store more fat.

Breakfast (as long as it's not an 'English' full of saturated fat) is particularly important.

THE BADDIES:

- Saturated fat, free sugar, alcohol

We can eat these in moderation, but we have to see clearly that these are the foods that will make us fat if we eat a lot of them.

Saturated fat: the fat of meat, milk, butter and cheese. In the body this forms LDL, a low-density combination of cholesterol, other fats and protein. Too much LDL can clog the arteries and cause heart attacks.

Free sugar is found in foods to which sugar has been added and in 'juiced' drinks where the cells of fruits have been crushed to release sugar. It is absorbed (passes into the blood) very quickly when it reaches the intestine. When moderate amounts of sugar are absorbed, they are used up keeping the body at 37 degrees, keeping the brain, heart and muscles working, and so on. But when a large amount of sugar enters the blood in a short time it cannot all be used up, and the surplus might be turned into fat.

Alcohol: fermented sugar. We all know someone with a 'beer belly'.

THE GOODIES:

- Unsaturated fat, complex carbohydrate, fibre

We can eat these freely when we are hungry, and they will not make us fat.

Unsaturated fat: the fat of olive and other oils, sunflower spread, soya and oat 'milk', and fish. In the body this forms HDL, a high-density combination of cholesterol, other fats and protein. HDL protects the heart.

Complex carbohydrate: mainly starch. This consists of chains of sugar molecules. When it reaches the intestine, the chains have to be broken down (digested) to single sugar molecules before they can be absorbed. So, the sugar enters the blood more slowly, and much is used up instead of being turned to fat. This is why (contrary to popular myth) potatoes, wholemeal bread and brown rice are not fattening.

Fibre (or 'roughage'): the part of a plant that cannot be digested. It passes right through the gut and forms stools. Fibre is mostly different kinds of carbohydrate (such as cellulose), but also includes lignin - a substance that makes plants more rigid. Good sources of fibre are wholegrains (e.g., wholemeal bread, cereals), pulses (e.g., lentils), and dried fruit.

Eating enough fibre protects against bowel cancer and piles: the advice is 30 grams of fibre a day. This is one reason why a 'low carb diet' is a very bad idea.

The great thing about fibre is that it helps to fill the stomach and relieve hunger, but the calories in it do not enter the blood. This is one reason why counting calories is a very bad idea.

SUMMARY:

- deciding what to eat is helped by asking three questions about any food item.

1. Does it come from a mammal or a bird?
2. Does it contain ADDED sugar or alcohol?
3. Has it been debased (e.g., juiced fruit, white bread)?

If YES to any question, don't eat or drink much of it.

If NO to all three, eat as much as you need to satisfy your hunger.

GOING TO DISNEY WORLD – A HISTORY OF SUPER BOWL

Written by **Graham Townsend**



As Super Bowl LVII is due to be held at State Farm Stadium in Glendale, Arizona on 12th February 2023, now seems as good a time as any to look back at the history of the event which sees the victors lift the Vince Lombardi Trophy to cap off their successful campaign.

As for the title of this article, well this will become clearer later on, however, let us start at the beginning. In 1966 the National Football League (NFL) agreed a merger with the competing American Football League (AFL) whereby an end of season play-off game would take place between the best team from each organisation. It would supersede the NFL Championship Game.

It wasn't until 1969, when Super Bowl III took place, that the event actually became referred to as Super Bowl. Prior to this, it was known as the AFL-NFL World Championship Game.

The teams from each organisation did not merge until after Super Bowl IV. At this point, the ten teams from the AFL joined three of the teams from the NFL to form the American Football Conference (AFC). The remaining thirteen NFL teams formed the National Football Conference (NFC). Going forward the winner of each conference's championship game would face each other at Super Bowl, starting with Super Bowl V in 1971.

You may or may not be aware that the divisions are made up of franchises that are based in many different cities/regions throughout the country. In 2023, there are 32 current teams/franchises. To date, New England Patriots and Pittsburgh Steelers have the joint most wins with six each. The Patriots have most appearances so far with eleven. Twelve of the current teams have never won Super Bowl and four, namely Cleveland Browns, Jacksonville Jaguars, Detroit Lions and Houston Texans have never appeared in the final game.

If you are wondering where the name of the trophy comes from then I will explain. Vince Lombardi was a successful coach. He was head coach of Green Bay Packers when they won the first two championships following the agreed merger. During 1970, Lombardi fell ill and passed away at the age of fifty-seven. The winners' trophy was subsequently named after him as a mark of respect for what he had achieved in the game.

Now, going back to the title of the article. The MVP (Most Valuable Player) or Player of the Match at Super Bowl is awarded a trophy for their performance. After winning the award in 1987, Disney launched an advertising campaign featuring New York Giants quarterback Phil Simms. He was asked what was next after winning Super Bowl. His reply was “I’m going to Disney World”. In subsequent years adverts would feature either the Super Bowl MVP or a well-known player from the game. By the way, the player with the most MVP awards, at time of writing, is Tom Brady with five, four he earned with the Patriots and more recently one with the Tampa Bay Buccaneers.

Another highlight of Super Bowl, especially over the last thirty years or so, has nothing to do with sporting prowess. The half time show has become a thing by featuring a performance from a top music artist. This kicked off in earnest in 1993 when Michael Jackson appeared during the interval to wow fans in the stadium and the millions watching on TV around the world.

I would like to think I have made a good attempt at conveying the importance of Super Bowl, particularly in the US, bearing in mind I am not a big fan of the sport. I do however have quite a few friends in the UK who support various teams involved in the game. This has enabled me in recent years to keep abreast of the latest happenings and to know who the star players are. I hope you have enjoyed reading this potted history of the sport also known as gridiron!

LETTERS PAGE



Dear Editor

I am an avid football fan and go to all the home games of my local professional team. However, there are some aspects of the experience that I definitely don't enjoy – namely the constant spitting of the players and the inappropriate and offensive chants of our own fans which is usually aimed at the opposing keeper or referee. I just wish the perpetrators would grow up and

show everyone present more respect so that we could get on with enjoying the game.

Fiona Burns, Birmingham

Dear Editor

I am another moaning pedestrian who is sick and tired of being nearly knocked down on the pavement by irresponsible and selfish cyclists. Whilst I acknowledge that there are far more important crimes that the police have to deal with, I do wish they would dedicate some time and resources to tackling this problem – before someone gets seriously hurt.

It is good that people choose this form of exercise, but it shouldn't encroach on pedestrians' safety?

Simon Taylor, Hartlepool

Dear Editor

It is becoming increasingly clear that Brexit has been a dramatic and costly flop. What I don't understand is why politicians who clearly lied about its supposed benefits have not been hauled in front of the courts to defend themselves. These people seem to be able to lie and cheat without any meaningful consequences. Europe does need reform but taking one's bat and ball home was not the answer.

Diane Cowton, Barnoldswick

Dear Editor

Like a lot of people in the UK, I am finding all these strikes most inconvenient but most justified. It is obvious that people need to protect their income against inflation, but it always seems to be ordinary people who suffer the most whilst those at the top of society are immune to disruption with their chauffeur driven cars and private health care.

Stevie Xavier, Bolton

JUNE'S WORLD



Hello everyone. I hope you are coping alright with this very cold weather. If I go out, I have to keep well wrapped up as the doctor advised me to keep warm and has diagnosed me as having Bronchitis, which could turn into pneumonia if I don't take care of myself. He said that he would try and make me better and gave me two different types of Linctus as I'd already had a lot of

antibiotics. Any way enough of all that.

Today Saturday, we went for a meal but it was bitter cold and although I keep expecting snow, it never seems to materialise. I was just saying to my husband that we ought to go to Benidorm for a few weeks as that will probably kill all of our germs. According to a popular programme on Channel 5, many people go to Benidorm getting nicely tanned and lounging around the swimming pool – it doesn't look a bad life, and even the nightlife looks interesting.

We still go to Selby every week and go to a café called The Hub which everyone seems to love frequenting. Because I have to stay in more, I haven't been going for walks but I hope this will change once the weather improves and I can get back to enjoy being outside. It seems it's not Bronchitis that kills you but pneumonia. Anyway, that's enough doom and gloom so I'll think of some better things to say now!

My husband and I like to watch programmes about cruising as it looks very interesting going to different places. We watch a presenter and singer called Jane McDonald and she visits many places and makes them all look amazing - but I expect that's what her sponsors expect

of her. I do think however, that she does a good job and always finishes with a well-performed song.

Today (Monday) when we went to Selby again and The Hub was full inside and a few hardy people were sat outside. The town itself was pretty busy so it's good that the cold weather isn't stopping people getting out and about. We called at the Abbey to see people we know and had a cup of tea there. Like I've said many times, we love Selby and enjoy meeting up with familiar people to have a chat with them.

Anyway, that's it for now! Love June.

BRENDA'S WILDLIFE CORNER



Lynx

A lynx is any of the four species – Eurasian lynx, Canada lynx, Iberian lynx and Bobcat.

The lynx has a small tail, tufts of black hair on their ears, big, padded paws for walking on snow and whiskers on the face. Body colour ranges from medium brown-goldish to beige white. All lynx have white fur on their chests, bellies and insides of their legs. As climates get colder, the

lynx has thicker, lighter fur and their paws are larger to adapt to the increased amount of snow – their paws can actually be larger than the human hand and foot.

The smallest lynx are the Bobcat and Canada lynx whilst the largest is the Eurasian lynx. It is worth noting that the Canada lynx is a good swimmer and climber and lives under rough shelters such as fallen trees and rock ledges.

The lynx is a solitary animal though mating takes place in late winter and, once year, the female gives birth to one to four kittens. It feeds on a wide range of animals like the white-tailed deer, Roe deer and small red deer. It is true to say that the lynx is mainly to be found in northern Europe in countries such as Norway, Sweden, Estonia and northern Russia.

* Ref Wikipedia

SOME MORE MINDBLOWING RECIPES FROM JUNE CHARLTON



Countess Pudding

Ingredients:

4 oz of self-raising flour
2 oz of margarine
2 oz of sugar
2 tablespoons of currants
12 drops of lemon essence
1 egg and a little milk

Method:

Rub the margarine into the flour. Add the sugar, currants and lemon essence, then the beaten egg and a little milk. Mix thoroughly. Put into a greased pie dish and bake in a moderate oven (350 – 375 F)/Gas mark 3 – 4 for about half an hour.



Banana Bread

Ingredients:

3 bananas
2 eggs
1 teaspoon of salt
6 oz of castor sugar
8 oz of plain flour
4 oz of chopped nuts

Method:

Crush the bananas with a fork. Add beaten eggs, salt, sugar, flour and nuts. Put into a loaf tin and bake at 325 F/Gas mark 3 for 1 ¼ hours. Leave in the tin for 15 minutes, and then turn out on a rack to cool.



Scotch Eggs

Ingredients:

3 hard-boiled eggs
½ lb of sausage meat
1 beaten egg
Fresh brown breadcrumbs for coating

Method:

Shell eggs, divide sausage meat into three equal pieces and carefully mould round each egg. Brush well with the beaten egg and coat with the breadcrumbs.

Place on a well-greased tray and bake for 20 – 25 minutes at 375 F/Gas mark 5.
Serve hot or cold.



Walnut Bread

Ingredients:

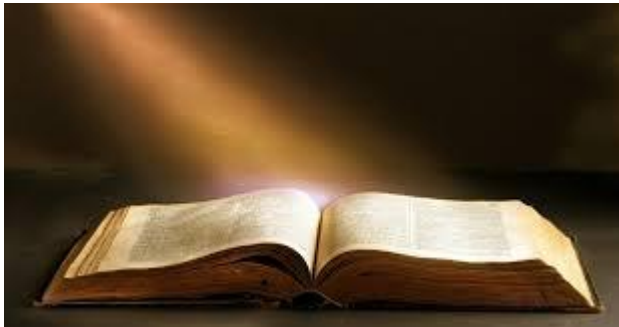
1 lb of self-raising flour
4 oz of shelled walnuts
3 oz of stoned raisins
1 egg
1 teaspoon of salt
1 oz of lard
3 oz of sugar
½ pint of milk

Method:

Mix flour, salt and sugar in a basin. Rub in the lard. Chop walnuts and raisins and mix with the flour. Beat the egg with ½ pint of milk and mix into the dry ingredients making a soft dough.

Place in a well-greased round cake tin 7" x 3" and smooth over the top with a knife. Bake in a moderately hot oven 375 – 425 F/Gas mark 4-5 for one hour. If firm put on a cooling tray.

BIBLE TALK



Sent in by Peter Smith

Wonderful words by Jesus:

'Come to me, all you who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.'

For my yoke is easy and my burden is light.'
(Matthew 11:28-30)

THE CHANGING FACE OF MUSIC SALES – FROM FORMAT TO FORMAT

Written by Graham Townsend

You will need to excuse me as this article is mostly written from a British perspective based on the fact that, I was born, raised and still reside in England.

When I was growing up in the 1970s/1980s my interest in music grew as I heard more and more of it being played by my two older brothers. They certainly influenced me in terms of what I came to like listening to as I approached adulthood, and beyond. I was intrigued by the records themselves and I would sneak into the room where they were kept, next to the stereo, when they were not around. At the point when I started to do this, the majority of the music was contained on vinyl record. There were a few seven-inch records (45s/singles/EPs) but mostly their collections were made up of twelve-inch records (33rpm/LPs). My mother also owned some older records, known as 78s but I rarely heard them played. There was also a minority of other albums which came in a small rectangular case. These were known as cassettes. They were very popular as a convenient alternative to vinyl during the 70s and 80s.

I was eager to start a collection of my own, however, as a schoolboy with little/no income my options were limited to asking for albums for Christmas or my birthday. I purchased my first LP around 1980. I knew it was going to be some time before I had a collection anywhere near as substantial as my brothers. I added a few singles over the next few years and would save my spending money to be able to buy any LPs that I really wanted. I became fascinated by the charts in my local stores and would be excited when an artist released a limited edition which often contained extra tracks, a gatefold sleeve, came on coloured vinyl (as opposed to the standard black) or was a picture disc.

I seem to remember getting my first stereo for my eighteenth birthday although, it may have been slightly before that. This machine had a turntable to play my vinyl records on but also two cassette slots as that format seemed to increase further in popularity as the decade progressed. Artists were releasing singles in this format as limited editions now as well as the albums which had been available for quite a few years.

A new format reared its head in the 1980s. This was the compact disc (CD). A foray into the digital world. This came from Japan in 1982. It would be more than a decade before I would take the plunge and purchase a portable CD player, which again came with two cassette slots. This was partly due to the initial cost of buying music on CD but also due to the fact that I had so much vinyl and cassettes I was reluctant to make the switch to the new technology.

It was in the 1990s that we saw a big shift in the UK from buying vinyl and cassettes to buying CDs. If we thought technology would stand still, we were wrong as there have been so many developments in the music world since then. In general, technology has continued to evolve throughout my entire life. I obtained my first computer in the second half of the 90s and as I became more familiar with the workings of the internet it became clear that these tools, for want of a better word, would become vehicles for playing music on a regular basis.

I found myself in a position where I was using my portable CD player less and less and, not long after I moved into my own home in 1999, it was time to upgrade to a new stereo system with separate speakers. Whilst the new device came with cassette playing options again there was alas, no facility for me to play my vinyl music.

We were now in an era where people could choose to buy music without making a physical purchase. A format known as MP3 had first come to light in 1994. As general use of the internet increased the ability to download songs to your computer device became more widespread. People were starting to consume their music without the need to own a physical product thus saving storage space.

Whilst I have embraced this attitude to some degree over the last twenty-five years or so, I do have music in this format via an iTunes account, my personal preference is to still own a physical product.

One dilemma I had was partially resolved when technology became available which allowed me to convert my old vinyl records to the MP3 format. It used software which linked a special turntable to a personal computer. Unfortunately, I was never really happy with the quality of the playback once the conversion was complete.

As I contemplated never being able to listen to a large section of my music collection ever again, there was a glimmer of hope which has become brighter over the last seven or eight years or so. There has been a comeback for both vinyl and CDs in terms of sales, not just in the UK I might add. Record sales overtook digital downloads, from a financial point of view as opposed to volume I hasten to add, for the first time in 2016. I saw manufacturers making record players again. In my hometown we have two shops both dedicated to selling vinyl again as artists continue to release new material in the format as well as commemorative re-releases of their classic albums. I am at a stage now where I am expecting to purchase a new record player in the next twelve months or so.

It seems that we have come full circle. At the same time there are so many options out there to keep everyone happy.

Here's to a bright future for all music lovers!

ANOTHER FUN QUIZ FROM THE HORSE'S MOUTH

Questions:



- (1) What nationality was Hannibal, the great general?
- (2) What is the French word for 'bathroom'?
- (3) What is the currency of Nepal?
- (4) Who preceded Harold Wilson as leader of the British Labour Party?
- (5) The 'Alamo' was what?
- (6) Which German actress sang 'Falling in

Love Again'?

- (7) What is meant by a 'purple passage'?
- (8) Which Greek king commanded the Greek armies at the siege of Troy?
- (9) What did the Greeks call the Roman Goddess of love Venus?
- (10) La Paz is one of the capitals of which nation?
- (11) The Arab-Israeli war of 1967, lasted how long?
- (12) Who had the idea of postage stamps in 1840?
- (13) What is stoicism?
- (14) The Statue of Liberty is located where?
- (15) Where would you find the Bridge of Sighs?
- (16) Who was the Women's World Footballer of the Year 2021-22?
- (17) Who was Henry VIII's third wife?

- (18) What ancient city was destroyed by the lava from Mount Vesuvius in A.D. 79?
(19) Which is the oldest university in Europe?
(20) What is the Spanish word for 'potato'?

Answers:

(1) Carthaginian/Tunisian (2) Salle de bains (3) Nepalese rupee (4) Hugh Gaitskill (5) A battle that was a pivotal event in the Texas Revolution (6) Marlene Dietrich (7) An elaborate or excessively ornate passage in a literary composition (8) Agamemnon (9) Aphrodite (10) Bolivia (11) 6 days (12) Rowland Hill (13) The endurance of pain or hardship without the display of feelings and without complaint/a school of Hellenistic philosophy (14) New York Harbour (15) Venice, Italy (16) Sam Kerr (17) Jane Seymour (18) Pompeii (19) The university of Bologna (20) Papa

Editor's Final Word: Thank you for taking the time and trouble to view this magazine and I hope you got something out of doing so. If you would like to advertise/donate to the running costs/send in any contributions, please contact us at: dean@fthm.org.uk Best wishes, Dean, Brenda, Robert and Graham.