

2020
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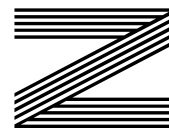
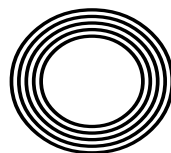
HOW TO
UPCYCLE
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HAS YOUR
HOROSCOPE
CHANGED?

MARKING 80 YEARS SINCE
the Battle of Britain

Andi
PETERS

Celebrating decades on the small screen as he turns 50



FREE

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September 2020

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon. I hope everyone is doing well and beginning to find their footing in this 'new normal' we're living in. While we're not out of the woods with

COVID-19 yet, businesses such as ours are beginning to get back to a place not so far from where we were pre-lockdown. All it takes is a walk down local high streets to see that we're not the only ones getting over the worst of it now; it really is a pleasure to see shops and restaurants lively again. It also means that I'm able to have little trips out with my family from time to time, and to take clients out for lunch again.

I'm finding myself able to focus on the more trivial aspects of my life again - some days, for example, my biggest concern is the weather. I can head out on a sunny morning confidently sporting shorts and a T-shirt, but by midday I'm often wishing I'd worn a jumper instead.

Usually, I'd be sick of all the summer rain we've been having in recent weeks, but since moving into my new home last month, the garden has become a priority for my girlfriend Kirstie and me. When we first moved in and the days were purely hot and sunny, we noticed the garden's grass wasn't turning green at all after being watered. I remember looking up whether rainwater would be better for it and, lo and behold, along it came.

Brett

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WORDLADDER: PREP, PEEP, PERK, PORK, WORK



THE KINGS of the castle

Celebrating 30 years together, Ant and Dec remain at the top table of British entertainment... which may come in handy for this year's *I'm A Celebrity... Get Me Out Of Here*.

From spotty lads in Ellesse jumpers, baggy jeans and Fila trainers skulking their way round the streets of Newcastle, Ant and Dec's rise to becoming the modern-day majesties of light entertainment has been unparalleled.

Now, 30 years after Anthony McPartlin and Declan Donnelly first met on the set of kids' BBC drama *Byker Grove* – a series based around a tatty youth club and the life events of its members – the duo are celebrating the three-decade milestone by swapping the Australian jungle for a couple of weeks bolted up in a haunted castle.

The coronavirus outbreak has made even the most basic travel arrangements complicated, and as for transporting a film crew and a selection of celebrities halfway around the world... forget it. So rather than give up entirely on a television experience that is one of the keystones of ITV's autumn output, the show's producers have kept things much closer to home, with Gwrych Castle in Wales providing the base for what will be a unique spin on the *I'm A Celebrity... Get Me Out Of Here* format.

With an experience that will be less bugs and more bumps in the night, the 200-year-old Conwy residence has a chequered history, one that its presenters are certain to work to their advantage in their own inimitable style.

The ghost of Countess of the Dundonald is said to prowls the castle ruins, with reports detailing the outline of an angry woman dressed in white. And during the Second World War, the castle housed 200 Jewish refugee children who had made it to Wales having fled the Nazis.

The much anticipated Bushtucker Trials will find themselves transformed this year, with the as yet unrevealed celebrities undertaking ghastly gothic, mind-bendingly medieval and ruggedly ruined challenges.

For Gwrych Castle, which has regularly been threatened with closure and was saved by the campaigning efforts of a 12-year-old boy back in 1997 when he wrote to then-Prime Minister Tony Blair, it is an incredible rebirth, and one that is hoped will protect its future.

As for what is to come for Britain's favourite presenting duo, anything is possible. Ant and Dec have ridden the waves of success for so long, the spotlight has become second nature. That means when controversy does arrive – notably the playing out of Ant's personal troubles over the past couple of years – the duo have stuck together in much the same way as they did when PJ and Duncan first buddied up way back in 1990.

"I think it's clear now we are going to be side by side until the day we die, like it or not," Declan commented recently. "People look at the shows and the awards, but what we have is friendship, respect and an affection that only comes between two best mates. We both feel very lucky."



HORROR-scope

IF YOU'RE A SCORPIO, BAD NEWS COULD BE ON THE WAY, WITH A 13TH SIGN OF THE ZODIAC COMING INTO PLAY.

NASA's apparent 'discovery' of a 13th star sign has created furore in the astrology world... if you'll excuse the pun. From way back, 3,000 years ago, when the Babylonians created the zodiac chart, we have always recognised 12 star signs or constellations, representing the 12 months of the calendar.

In recent times – aided by the Twitterati wind-up merchants – a 13th sign has come to the fore: Ophiuchus, the serpent-bearer. Recognising this, with a proposed window of between November 29 and December 17, has meant true Scorpions now have a timeframe of just seven days, beginning on November 23.

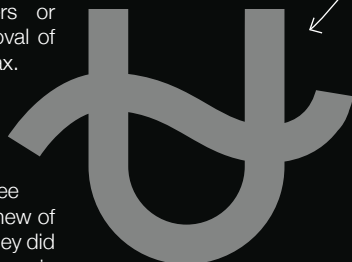
Worse news is to follow, with the revelation that because constellations have shifted so much in the time since the Ancient Greeks first threw together a chart of the skies, the dates of all the other star signs have changed too, as follows:

CAPRICORN: January 20 – February 16
AQUARIUS: February 16 – March 11
PISCES: March 11 – April 18
ARIES: April 18 – May 13
TAURUS: May 13 – June 21
GEMINI: June 21 – July 20
CANCER: July 20 – August 10
LEO: August 10 – September 16

VIRGO: September 16 – October 30
LIBRA: October 30 – November 23
SCORPIO: November 23 – November 29
OPHIUCHUS: November 29 – December 17
SAGITTARIUS: December 17 – January 20

Yet before you rip up your posters or begin laser removal of that tattoo, relax. NASA's 'new discovery' is anything but – even Ancient Greeks from three millennia back knew of Ophiuchus, as they did another eight stars in the sky that could legitimately have been included on the zodiac. Simply, some appear much less prominently in the sky, so only the largest 12 were chosen.

And the shifting of dates? Well, astrology is a very personal thing, and whether we follow a star sign of what we once were or what we are now, it makes little difference – we are all invested in this existence, and no matter what star sign we are, none of us is getting out of here alive!



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BEAUTY

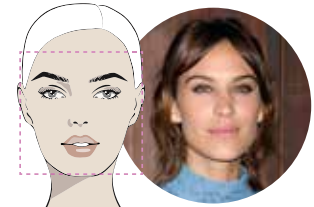
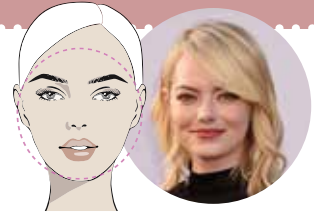
The flexible and fabulous fringe rarely goes out of fashion. Instead, it adapts to the season at hand and offers a simple yet stylish way to update your look.

However, to get it right and avoid the common pitfalls of bad bangs, you need to choose the right fringe for your face shape.

THE SIDE FRINGE

Best for round face shapes

Popular with the likes of Mila Kunis, Emma Stone and Renée Zellweger, the side fringe is incredibly flattering for those with more round faces. Opt for a feathered fringe to give your face a more slender look and to draw attention to your eyes and mouth.



THE A-SHAPED FRINGE

Best for square and oblong faces

This face shape tends to be wider at the cheeks and more angular around the jawline. A soft A-shaped fringe can help soften your features and switch the focus to your eyes.



THE CURTAIN FRINGE

Best for heart-shaped faces

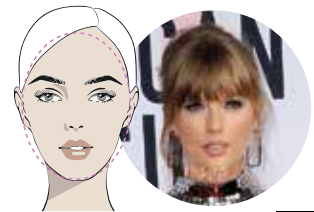
A long side fringe, aka the curtain fringe, is ideal for those with a heart face shape as this style will help widen out a narrow chin and highlight both your cheekbones and jawline. Ask for a feathered look to perfectly balance softness and structure.



THE FULL BLUNT FRINGE

Best for those with a small forehead

You may think that having a small forehead means you cannot pull off a fringe, but this is simply not true. A full and blunt fringe will instantly add length to your face and broaden your forehead. This style suits those with poker-straight hair better than those with waves.



THE FULL CHOPPY FRINGE

Best for oval face shapes

With this face shape you want a full fringe that will cover your forehead but not one that will overpower your delicate features. Adding choppyness at the ends will create a softer and more textured feel.

Photo credit: Featureflash Photo Agency/Shutterstock.com, Kathy Hutchins/Shutterstock.com, Tinseltown/Shutterstock.com



Discover the beauty of NON-COMEDOGENIC skincare

The latest buzzword in beauty, non-comedogenic, refers to any skincare product that is formulated to not cause blocked pores. It's ideal for those who suffer with acne, blackheads and oily skin. Let's take a closer look at non-comedogenic make-up and skincare products and how they work.

What are blocked pores?

Comedogenic originates from the word 'comedones', which are the imperfections commonly found in those who experience acne, otherwise known as blocked pores. There are two types of blocked pores:

- > Open comedones, or blackheads, which are caused when sebum reaches the skin's surface, opens and turns black.
- > Closed comedones, whiteheads, where sebum grows beneath the skin surface.

What causes blocked pores?

There are many factors that contribute to blocked pores, including:

Heavy make-up use | Excessive oil production | Hormones | Not having a good skincare routine | Sweating | Sun exposure | Genetics

Does non-comedogenic make-up work?

Although non-comedogenic make-up and skincare products will not prevent breakouts, what they will do, unlike other beauty products, is not contribute to

any more acne. Not the ideal solution to your stubborn spots, but a helping hand, nonetheless.

What is the difference between non-comedogenic products and oil-free products?

Those with oily, blemish-prone skin will be all too familiar with oil-free skincare and make-up products that promise to reduce spots and balance out your skin. Oil-free products are free from petrolatum but can contain other oils. However, non-comedogenic products differ in their approach as they are completely free of pore-clogging ingredients.

Here are a few non-comedogenic skincare products that you can try:

- > Estée Lauder Double Wear Stay-in-Place Make-up Foundation
- > NARS Radiant Creamy Concealer
- > Maybelline New York Shine Free Oil Control Loose Powder
- > Neutrogena Oil-Free Acne Moisturiser
- > Cetaphil Cleansing Lotion for Sensitive Skin
- > Neutrogena Ultra Sheer Dry Touch Sunscreen



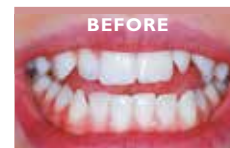
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ARE YOU AN emotional eater?

Many people have understandably struggled with healthy eating during lockdown, with stress, boredom and increased feelings of wanting to treat ourselves all being contributing factors.

However, now that we have started to return to normality, are you still eating for reasons other than hunger?

MINDLESS EATING

Do you often find yourself eating for no particular reason? Do you simply take mouthful after mouthful without even registering what the food tastes like or whether or not your appetite has been sated? If yes, you need to stop eating in front of the TV and start appreciating your food more. Ensure you chew your food as many times as you can and listen to your stomach when it tells you that it's full.

BOREDOM EATING

If you find that you reach for the snacks when you

have nothing else to do, then you are eating out of boredom rather than because your body needs sustenance. Try to find yourself something else to do, such as read a book, phone a friend or go for a walk: any activity that will take your mind off eating.

STRESS EATING

We've all been there. Perhaps you have an important meeting at work, you are struggling to make ends meet or maybe your relationship is going through a rough patch. Whatever the reason, eating when you are stressed can help to alleviate anxiety, even if only momentarily. The key to avoid stress eating is to know your triggers and to actively try to avoid them.

EATING TO MASK YOUR FEELINGS

Whether you feel sad, depressed or lonely, eating to try to push down your feelings is never the answer. Instead, try to identify why you are feeling this way and talk to someone if you need to.



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THE WORLD OF

Mr Smith

In the age of Instagram personal trainers, it takes quite something to stand out from the crowd, though British muscleman and health heavyweight James Smith seems to have achieved just that.

James Smith, a personal trainer (PT), body coach, diet expert, life guide and educator, is the perfect foil to all the impossibly toned, happy, talented, loaded influencers that saturate our Instagram feeds.

Sure, the 31-year-old Bondi-based trainer has a physique most of us will never get anywhere near, and if you look at the simply seductive backgrounds on his photo shoots you will get the impression his is a life to be craved. Yet as soon as James begins speaking on health, fitness, well-being and our ability to be better people both physically and mentally, you discover that this is someone not dressed up in the fake realities of so many PTs.

He is self-deprecating, funny and, while a slight upper middle-class twang may tell us more about his background than he would like to give away, his expetive-decorated videos and posts paint someone fully appreciating the fact that inspiring people to be better means being down to earth.

His Instagram feed (@jamessmithpt) has more than 640,000 followers; and in November, his book *Not a Life Coach* hits the shelves, following on from the hugely successful *Not a Diet Book* which, somewhat fortuitously, was released just a month before lockdown.

Whether focusing on diet or self-help, his mode is as the maverick, and someone bringing enjoyment into personal improvement.

"For me, real help must come in the form of true honesty. If you start from a point of wanting to achieve something unrealistic, you will never get there," he says. "Start low, hit your target, then restart at a higher level. By trying not to change your life so much, you may inadvertently do just that!"



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FOOD & DRINK

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Although traditionally used for stews and soups, slow cookers are now being tested out on a wide variety of dishes, including cooked breakfasts, lasagne and even steaming hot cocktails. What more could you want on a blustery autumn day?

BUTTERBEER RUM (YES, JUST LIKE IN HARRY POTTER BUT WITH A BOOZY HIT)

You will need: 6 cups water | 2 cans cream soda | 1 cup brown sugar | ½ cup unsalted butter | ½ cup butterscotch syrup | 3 cinnamon sticks | 1 tsp vanilla essence | 1½ tsp salt | 2 cups spiced rum | Whipped cream and golden sparkling sugar crystals for decoration

How to make: Put in the water, cream soda, sugar, butter, ¼ cup of butterscotch, cinnamon sticks, vanilla and salt | Cover and cook for 3–3½ hours | Stir in the rum | Use the remaining butterscotch to coat the rims of your glasses | Pour, top with whipped cream and sprinkle with sugar crystals

INDULGENT HOT CHOCOLATE

You will need: 1 litre milk | 300ml double cream | 200g chopped dark chocolate | 100g chopped milk chocolate | Whipped cream, marshmallows and chocolate shavings to serve | Optional: liqueur or schnapps – coffee, peppermint or cinnamon

How to make: Pour the milk and double cream into your slow cooker | Add the chocolate | Cover and cook on low for 2 hours | Remove the lid, give it a good stir, then replace the lid and cook for a further 20 mins | Add 4 shots of your chosen liqueur | Spoon into mugs and top with marshmallows, cream and chocolate shavings

CARAMEL APPLE CIDER

You will need: 2 cups vodka | 8 cups apple cider | 1 cup caramel syrup | 2 tsp ground cloves | 2 tbs cinnamon | ¼ cup brown sugar | Apples to garnish

How to make: Add all the ingredients to your slow cooker | Cook on low for 3 hours | Serve in mulled cups or glasses with sliced apples and cinnamon sticks



Photo credit: realhousemoms.com, amindfulmom.com



Weight WATCHERS

The dream foods that burn more calories than they provide

It seems perverse that the eating of food and quaffing of drink could actually lead you to lose weight, but this is the reality of 'Negative-Calorie' foods, even if their existence has been called into question by some.

Certainly, for dieters or those simply looking to watch their figure, the era of feeling guilty about burgers, sweets, biscuits and more could be over... that is, if you can stomach some of the following:

CELERY

The go-to choice among Negative-Calorie foods – this peppery stick requires more energy to eat than it gives you in return.

APPLES

A tough food item that requires a fair amount of mouth-work. Combined with the fact that our favourite fruit is high in water content, it's little surprise that the energy effect is minimal, although the fibre will do you good.

TOMATOES

Another supermarket favourite that's high in water content. Eating a simple tomato often feels like a waterfall for the mouth. At just 18 calories per 100g there's little to worry about as far as the waistline goes, and the statins present offer a great potential fix for those suffering from high cholesterol or high blood pressure.

CAULIFLOWER

Tough as old boots and with the aroma of them too, cauliflower is a versatile veg that offers bags of vitamin C and contains absolutely zero fat.

COFFEE

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That's salty...

Salt has been used for thousands of years to preserve food and is the most common seasoning that we use today. However, do you know your Kosher from your Celtic? Your Himalayan from your Hawaiian?



1. Table Salt: Table salt is typically mined from underground salt deposits and is highly processed, containing additives to prevent clumping. This type of salt dissolves very quickly owing to its small grains and is therefore great for use in baking.

2. Sea Salt: Obtained from evaporated seawater, sea salt is typically unrefined and contains minerals including zinc, iron and potassium. Ideal for pairing with delicate foods like fish and shellfish or for sprinkling over salads.

3. Kosher Salt: Used for drawing out the moisture in meat, this salt is perfect for use in the koshering process. Once dissolved in food it tastes the same as table salt, but its unique texture sets it apart. Use to season meat and vegetables.

4. Himalayan Pink Salt: The purest form of salt in the world, Himalayan pink salt is mined in Pakistan. As well as its distinctive colour, this variety of salt has a much higher nutritional value than table salt. Use as a finishing salt on popcorn, steamed fish or even toast.

5. Celtic Sea Salt: Originally popular in France, Celtic salt is distinguishable by its greyish colour and moist texture. Lower in sodium than table salt, Celtic sea salt has many health benefits, including promoting brain function and improving cardiovascular health. Great on fish and meat.

6. Hawaiian Red Salt: Also known as Alaea salt, Hawaiian red salt is a type of unrefined sea salt that has been mixed with volcanic clay. It is instantly recognisable by its brick red colour. Discerning palates will be able to identify a slight sweet finish to this salt. Pair with seafood and pork.

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BATTLE STATIONS

This year marks eight decades since one of the most important British victories during the Second World War: the Battle of Britain.

It's June 1940 and France has been quickly defeated by Germany in Adolf Hitler's march across Europe. His aim: to bring Gleichschaltung (coordination), the process of Nazification and totalitarian control to the continent.

Hitler was expecting the British to also fall into line and to try to agree a peace deal with Germany. In the first instance, he knew that to have any chance of setting up a successful invasion of British shores (which was codenamed Operation Sealion), he would need to combat the formidable Royal Air Force. Subsequently, he gave the Luftwaffe (the German equivalent of the RAF) the go-ahead to engage with it.

Even though the German occupation of France was rapid, the country had experienced severe damage to its air fleet; yet when asked to go to battle in the skies of Southern England two months later, it was ready.

However, the Luftwaffe hadn't reckoned on Britain's secret weapon in the Battle of Britain – the Dowding System. Named after Commander in Chief of the Fighter Command, Sir Hugh Dowding, it was a remarkable network that brought together ground defence, radar and fighter aircraft.

Knowing where and when the Luftwaffe was on its way to Britain was of huge advantage to the RAF, whereby it could then scramble fighters quickly – notably the Spitfire – to intercept the threat.

However, in truth, it was in the way the Spitfire was armed that gave it a significant edge. And that was thanks to a young mathematician, whose brilliant calculations meant it could leave the ground with

double its original gun capacity.

Her name was Hazel Hill, and she was the daughter of Fred, who was part of the Air Ministry,

Fred returned home from work one day and asked for help in providing a solution to the Spitfire's perceived lack of firepower. The iconic British warplane was initially only designed to have four guns on it; he felt it could be more but needed his daughter's help.

Many of the Air Ministry felt that eight guns would be too heavy for the Spitfire – and for its compatriot, the Hurricane – but Fred and his daughter Hazel found a way to equip the machine with double the artillery. It was a significant advancement, and it worked.

As the conflict heightened, with support from Commonwealth pilots, and as the Luftwaffe fatally miscalculated its own successes, a three-month-long skirmish in the skies eventually started to go the way of the Allies.

The Battle of Britain will go down in history as one of the most important parts of the Second World War and a colossal reason as to why Germany was unable to seize Great Britain. It was a barrier that ultimately led the Nazis to fail in their attempt to take control of Europe, and it preserved the freedom that we acknowledge with gratitude and humility today.



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HOME & DIY



SHOWTIME

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Gone are the days of cheap interior design shows produced on a shoestring budget – TV DIY these days is big business and even bigger impact.

INTERIOR DESIGN MASTERS

Fearne Cotton is the perfect foil for a show that delves into the personal stories of the amateur designers featured, even if the end assessments can be brutal. The aim is to win a major design contract, and because of that the tasks are on the edgier side, from minimalism to brutalism to over-the-top floweriness.

ABSTRACT: THE ART OF DESIGN

An intense watch that really delves into the elements of design and form, this Netflix series tours a number of salubrious destinations (from Soho House to Michelin-starred restaurants) in search of not just the art of design, but also how structure and form works to create something that fulfils a purpose, both in provision and comfort.

AMAZING INTERIORS

From indoor roller coasters to secret bedrooms and cinemas in the basement, *Amazing Interiors* looks behind the door of supposedly ordinary homes to find inspiring spaces lurking.

GRAND DESIGNS

Arguably the most popular design programme of the past decade, host Kevin McCloud MBE is the perfect master of ceremonies in overseeing renovations across a lengthy time period that often – though not always – go to plan.

THE GREAT INTERIOR DESIGN CHALLENGE

While the producers of this show may have been short of a catchy title, they more than make up for it with a vast array of brilliant platforms on which contestant designers work their magic – from 17th-century cottages to seaside villas and Victorian terraces.

TIDYING UP WITH MARIE KONDO

No matter what style guide you apply to your living space, without tidiness and a desire to remove the clutter, you'll quickly have something resembling chaos. Step in Marie Kondo, the queen of declutter, and a show that offers a bevy of brilliant tips for keeping your home in great shape.



Photo credit: BBC/DSP/Tom Scott, indb.com, Netflix.com, lifestyle.com.au, idealhome.co.uk, embracinghomemaking.net

SHRED IT or FILE IT?

Documents: what to keep and what to shred

While moving so much of our lives online means the amount of paper we have to deal with is perhaps not as great as it once was, it's still very easy to get swamped by documents, forms, booklets and more.

Here's a simple guide to what you should be keeping and what can be satisfyingly put through the shredder:

> **Home documents:** This includes everything from your car logbook (V5C) to building and contents insurance printouts, house deeds, mortgage statements, vehicle records and any rental agreements. These should be kept for as long as they are valid. Utility bills should be kept for a year.

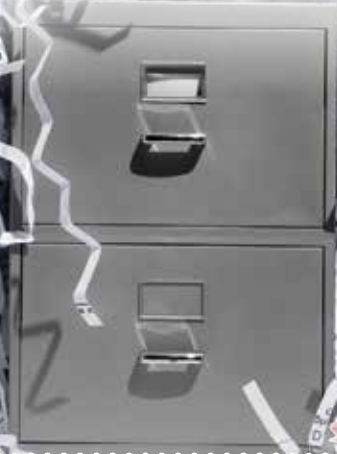
> **Personal documents:** Birth and marriage documents obviously sit high up on this list and should be kept forever; but consider as well life insurance, Disclosure and Barring Service (DBS) certificates, medical records, driver's licence and pension details. These should be kept for as long as they are valid.

> **Financial documents:** These include National Insurance cards, which should always be kept, to tax affairs and recent bank and credit card statements, even if you access these online. Financial documents should be accessible for seven years, but taking this online means your provider can store them rather than you.

For the most part you should now be able to shred anything else, but if you've something you're uncertain of, by all means hold on to it until your next sort-out.

The important thing is to keep hold of what's still relevant and rid yourself of what isn't. On that note, it's a good idea to keep some documents for a year after you dispose of the thing it relates to – for instance, a rented car – in case you need to check back for the purpose of a tax return, or similar.

And it's a good idea too to go back over all paperwork every now and again. Some personal effects that were important then may now be outdated, and keeping your documents organised and up to date is vital.



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Love YOUR LAMP SHADES



HOME & DIY

If lockdown has unleashed your inner craft fiend, you won't be able to wait to get stuck into the following ideas for transforming any uninspiring and unimaginative lampshades you have lying around the house. Be prepared to be amazed.

FABULOUS FABRIC

One of the simplest ways to change a lampshade so that it matches the rest of a room's décor is by covering it with fabric. All you need to do is purchase enough fabric in your chosen colour or pattern or, if you are feeling particularly thrifty, you can use a selection of different scrap fabrics that you already have, and then glue it around your shade using an adhesive spray.



WONDROUS WALLPAPER

If you have recently decorated one of the rooms in your home or added a feature wall and you have some wallpaper left over, instead of throwing it away, why not use it to upcycle a lampshade? In the same way that you can attach fabric, simply use adhesive spray or craft glue to stick the wallpaper around your shade.

STUNNING STENCILS

For those who are feeling a bit more ambitious, you can transform a dull lampshade into a thing of beauty using just a stencil and a little paint. Simply purchase a stencil design from your local craft shop or make your own using plastic or vinyl and gently dab on your choice of paint.

GORGEOUS GOLDEN LEAF

Looking for a decadent design? By applying gold leaf, either in a particular pattern using painter's tape or all over, you can create a luxurious and expensive-looking lampshade at a fraction of the cost.

NB: Make sure you let all of the above designs dry fully before reattaching your shade to the lamp.



HANDY ANDI

The Peter Pan of daytime TV and a career both in and out of the spotlight

If you're of a certain demographic, you've undoubtedly seen the Twitter posts, Facebook pictures and Instagram uploads detailing the so-called 'golden era' of kids' TV, when terrestrial television was a metaphorical playground for some of the biggest stars of our time.

From the basics of *Blue Peter* and *Grange Hill* in the 1970s through to big-budget kid-themed quiz shows and youth soaps, the presenters were our link between a mind-boggling array of British brilliance that has since gone by the wayside in favour of American imports.

To consider that Andi Peters was at the centre of such an era is remarkable, for two reasons. First, he's still on our screens today, most recently covering for Lorraine Kelly on her eponymous weekday morning chat show. Second, there's the small point that Andi barely looks any older than the bunch of Generation X youngsters currently at the forefront of youth entertainment.

Chelsea-born presenter, journalist and actor is 50. That makes him less Andi Peters and more Peter Pan, though securing both longevity and relevance is no pantomime in the current era where TV producers are even more cut-throat than Captain Hook.

Peters' ability to survive and, indeed, flourish has as much to do with his proficiency behind the camera as in front of it. He started out in the famous CBBC broom cupboard (where he succeeded the likes of Andy Crane and Philip Schofield), and despite retaining presenting duties alongside Emma Forbes in the hugely successful *Live & Kicking*, his skill as commissioning editor, producer and versatile creative is ultimately what has kept him in such high demand.

Always affable and famously clean-living, from continued BBC work with *The O-Zone* and *Top of the Pops* to *The Noise* (ITV), *T4* and *Shipwrecked* (Channel 4), diversity and desire to keep adapting have always been at the forefront for Peters.

And discovering Dermot O'Leary, who introduced him to the world of adult programming (*Dancing on Ice*, *Ant & Dec's Saturday Night Takeaway*), proved a joint enterprise that has garnered more success.

"At the heart of it I am just someone in love with TV," he says. "To bring so much joy, entertainment and fun into people's front rooms has always been a pleasure, and to this day I still get the same thrill at being broadcast live on air that I did all those years ago.

"I have had odd breaks from the cut and thrust of it,

but it is always something I know I will come back to, and of course I count myself very lucky to have been able to sample this from so many different sides."

Being the first man to stand in for Lorraine for more than a decade proves Peters' relevance and ability is still as strong at 50 as it was when he started out on radio way back in the 1980s, on the advice of Schofield.

"If the work keeps coming, I'll keep doing it," he says.

"It's a dream come true, and even at 50 I'm not ready for it to end."





LOCAL NEWS

from your neighbourhood

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Photo credit: Metropolitan Police

Man jailed for seven years after hit-and-run

A man has been jailed for seven years for dangerous driving after a 20-year-old woman from Epping lost her life in a hit-and-run earlier this year.

Quincy Anyiam, 26, of Oxted, Surrey, was sentenced at the Old Bailey to spend seven years in prison for causing the death of Anisha Vidal-Garner by dangerous driving in February in Brixton Hill.

Anyiam pleaded guilty on Tuesday, March 23, at the same court, to charges of failing to stop and dangerous driving.

The initial incident happened just before 10pm on Wednesday, February 19, when Anyiam was driving a car that sped off from police in Brixton Hill after officers signalled for it to stop.

His vehicle then hit 20-year-old Anisha Vidal-Garner. Despite the best efforts of the emergency services, Anisha was pronounced dead at the scene.

Anyiam did not stop after the collision and his car

was found abandoned nearby. Two days later he handed himself into police and was charged with the above offences.

A spokesperson for Anisha's family paid tribute to her, saying: "Anisha was a beautiful, intelligent, witty, fun and hugely kind person who had time for everyone. She was passionate about many things and all her passions became our passions. She was complex and interesting and interested in everything. She had so much to look forward to. She wanted to travel and see the world and experience everything it had to offer.

"Her life was taken away by the reckless actions of Quincy Anyiam. She stood no chance. She was just in the wrong place at the wrong second. His failure to show any real remorse or take responsibility – including his failure to turn up to court on two occasions – has dragged this case out and caused even more distress."



Council welcomes Qualis consultation



Photo credit: Qualis Commercial

People in Epping can get a glimpse into the town's future after a consultation on the future of key sites was launched. The scheme, proposed by Epping Forest District Council's development company Qualis, could see a £25million leisure centre being built on Bakers Lane, a cinema on Cottis Lane and more residential housing being built elsewhere.

Council leader Chris Whitbread said he believed it was vital for residents to have a say.

He commented: "This is an exciting consultation geared towards bringing major benefits to the town of Epping and the wider district so it's really important that Qualis hears the views of as many local people as possible.

"The aim is to deliver a tremendous boost to the local economy, providing jobs as well as residential, leisure and retail opportunities to local people. I would encourage everyone to have their say via the online consultation.

"We are really pleased to see Qualis starting the consultation on draft proposals which have been developed to complement the existing town centre and meet the needs of Epping and its communities. A vision is being created for Epping that will deliver new housing that is required for the district as well as community facilities, jobs and investment."

To have your say, visit workingtogetherforepping.commonplace.is

School group celebrates after GCSE results

The Oak-Tree Group of Schools, a privately owned group of independent schools in Essex, was celebrating last month after this year's GCSE results were published.

Chloe Moon, headteacher of Braeside School in Buckhurst Hill, praised her pupils for staying positive and remaining focused and calm.

Nearly half of the grades were at least 7, 8 or 9 and more than 96 per cent of all results were passes at grade 4 or above.

She said: "We are not only celebrating that they are able to go to a range of excellent sixth forms to enable their ambitions for the future, but we are also celebrating the amazing individuals they have become. I have no doubt that they all have a bright future ahead of them as they are such positively wonderful characters."

The headteacher of Normanhurst School in North Chingford says she is very proud of the achievements of her Year 11 pupils.

Half of the results were at grade 7 or above, while 99 per cent passed.

Claire Osborn said of the students: "Faced with the enormous challenges of the pandemic, cancellation of exams and consequent uncertainties about GCSE results, they have remained focused, calm and positive.

"We wish them every success in the next stages of their lives, and hope very much that they will stay in contact."

Hotel being used to place asylum seekers

It has emerged that The Bell Hotel in Epping was one of 20 locations chosen by the Home Office to temporarily house asylum seekers during the pandemic.

Using housing associations, the Home Office booked various hotels across the UK to house asylum seekers while claims are assessed, as there is a shortage of permanent accommodation.

Epping Forest District Council (EFDC) has said the occupants have had no effect on the lives of residents in the town.

EFDC housing portfolio holder, Holly Whitbread, said: "It is not costing EFDC anything. It is not affecting our council house allocations or being funded through our local housing budget, and it is not impacting local crime levels, with no increase in crime or crime linked to the hotel. If anyone needs further reassurance, I strongly suggest reading the Home Office Fact Sheet."



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LOCAL NEWS

from your neighbourhood



Photo credit: Sue Sowerby

Woman struck by falling tree

A woman had a "very lucky escape" after she was struck by a falling tree in Theydon Bois.

The tree came down across a footpath and driveway, damaging a parked car on Forest Drive on August 21.

Local resident Kelsey Hall, whose car was struck by the tree, saw the woman being hit.

She said: "She had a very lucky escape. She was taken home but obviously very shaken up.

"This tree has been rotting."

An Epping Forest District Council spokesperson said: "The tree was cleared as quickly as possible after it fell. We take such incidents very seriously and are

investigating the circumstances that caused the tree to fall, including looking at historical data concerning this particular tree and area.

"Our priority is to ensure the safety of our tenants, to meet the highest possible fire safety standards and to identify any significant hazards.

"In 2019, the Council's Cabinet agreed a new Fire Safety Policy. Under the policy, the Council must ensure that all pathways and access routes to and from its properties are kept clear at all times so that in the event of a fire everyone would be able to escape as quickly and safely as possible."

Crime drops as new figures released

Crime offences for burglary, personal robbery and shoplifting have significantly dropped over the past year in Theydon Bois and across Epping Forest.

But the COVID-19 lockdown has seen a spike in domestic violence, safeguarding issues and fly-tipping in the Epping Forest district.

New figures released by Essex Police show a 34 per

cent increase in solved crimes across the district and a 3.5 per cent reduction in crime across the county.

The figures cover July 2019 to July 2020 – encompassing lockdown.

Three Essex Police officers are based at the Civic Offices in Epping. They have been working flat out on a whole variety of district-based crimes.

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Police tracing drivers after speeding incident



Photo credit: Paul Wishart/Shutterstock.com

Essex Police are trying to track down a number of drivers who would have seen a speeding incident on the M11 near Theydon on the evening of Thursday, July 23. The car in question is a silver Honda Jazz that was speeding and undertook two cars between the Theydon Interchange and Loughton Interchange on the southbound track at 11.25pm.

The car was stopped by a police officer, and the driver, a man aged in his 40s from London, was reported for careless driving and speeding.

The police are looking to speak to the drivers of the other two cars and any others who saw the Honda Jazz travelling in the area at the time, as they may have further information to help with their enquiries.

The authorities would also like to speak to anyone with dashcam footage.

Contact PC Gill Brettell in the Chigwell Road Policing Unit on 101 or Gill.Brettell@essex.police.uk

Council encourages community to grow own food

Residents in Theydon are being encouraged to "grow their own" after Epping Forest District Council Community, Culture and Wellbeing team put together special packs of different seeds for them to grow at home.

In the Grow at Home pack are coir pods, a recyclable paper cup, seeds and a step-by-step growing guide. Packs are free.

Television presenter and gardener, Christine Walkden, has shown her support for the Grow at Home packs.

She said: "Having sown three examples of the packs, I can say it's fun and easy to grow your own food on your windowsill. Easy, clear instructions and quick results will encourage you to go on to try other food items."

Packs can be reserved and collected from one of the pick-up points.

To get a Grow at Home pack, contact Victoria Robertson, Community Development Officer, by emailing vrobertson@eppingforestdc.gov.uk or calling 07548 162271.



M25 vehicle collision causes long delays

There were long delays on the morning of August 4 after reports of a multi-vehicle collision on the M25 between J28 near Brook Street and J27 near Theydon.

Emergency services, including Essex Police, were in attendance. Highways England officers were also present to assist with traffic management.

Highways England tweeted: "M25 J28 to J27 collision in the carriageway. Traffic officers deployed.

"If you're heading M25 anti-clockwise Essex please be aware there is approximately eight miles of congestion following this incident. Please allow time for delays to ease. Safe travels."

The lanes were open as normal, but travellers were warned to expect delays of up to 90 minutes.



Photo credit: Twitter

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SEPTEMBER BIRTH FLOWER
OF THE MONTH

If you were born in September, your birth flower is one of the most colourful flowers of autumn: the aster. Part of the daisy family, this wild flower is known for its tiny flowerheads and long petals. Loved by pollinators, asters are ideal for growing in mixed borders around your garden.

WHAT DO ASTERS SYMBOLISE?

Asters come in a variety of vibrant colours and each one carries a different meaning:

- Purple asters, the most popular colour, symbolise wisdom and royalty.
- White asters represent purity and innocence, as well as new beginnings.
- Red asters can be used to convey undying devotion.
- Pink asters symbolise sensitivity and love.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If your birth flower is the aster, you feel most at home on the stage and will embrace any opportunity to entertain others. You are an

optimist and are devoted to living life to the full. You are also predisposed to good luck.

HOW DO YOU GROW ASTERS IN YOUR GARDEN?

Asters offer great beauty with little work and are therefore ideal for less-experienced growers. You can either choose to plant them from seed in spring or purchase a potted plant later in the year.

Plant in full to partial sun in loamy, well-drained soil and keep new plants moist until they stop blooming.

WHAT ARE THE MOST COMMON ASTER PESTS AND DISEASES?

Asters attract aphids, spider mites, whiteflies and leafhoppers, all of which can be kept under control with the use of pesticides. They are also prone to stem rot, a fungus that can begin at the start of the germination process. Prevent this by not overwatering and ensuring the soil is well drained.





The battle between gardener and slugs has never been so ferocious, but getting things back in your favour may not be as difficult as you think if you follow these handy tips.

Objects of desire

Slugs love to slither under pots, planks and other objects left lying around. If those bricks serve no purpose, remove them from your garden, otherwise all you're providing is a perfect hiding spot for this gastropod mollusc who will nibble away at your finest crops, herbs and flowers.

Grass borders

Slugs love to conceal themselves in grass. The moisture keeps them happy and the protection of long blades means they can keep themselves hidden until darkness falls, when they'll venture out and demolish your prized produce. Keep your grass short and you take away their hiding place.

Bramble ramblers

A good way to keep slugs away is to build up

bramble borders to your garden. Spiky canes will also work as a barrier to keep these slimy invaders away – they'll take one look at those sharp thorns and unwelcoming lengths of wood and head straight for next door's garden.

If slugs are already in your garden

These tips will be a bit late in the day. In that case, here are a couple of handy tricks to rid yourself of guests who have already taken up residence.

Back to those objects of desire

Use those planks and pots to your benefit by propping them up so slugs crawl underneath – you've created your very own slug trap. Now, regularly, scrape the slugs from the underside and deposit them well away from your garden.

Night-time nasties

For three or four nights in a row, venture out into your garden with a torch, a shovel and a bucket and remove as many unwelcome guests as you can find. You'll find your slug population quickly diminishes.



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Captain S L O W



Low maintenance, cute, curious and asleep for half the year, a pet tortoise is both intriguing and easy to cater for, which is why this crafty crawler is coming back into fashion.

For those of us of a certain age, tortoises were once all the rage. Right up there with rabbits, guinea pigs and hamsters, these sluggish, shelled reptiles were extremely popular in gardens all across the UK.

Their popularity waned around the turn of the millennium when regulations surrounding their arrival in the UK started to kick in. Too many weren't surviving our frosty winters and their importation – at its peak, 150,000 of them each year – was said to be cruel.

And yet, owning a tortoise bred in captivity in the UK is still perfectly legal. While you may need to 'shell out' (sorry) anything between £50 and £500

for one of these incredible creatures who originate from the Americas and Africa, people find their laid-back, plodding attitude to life as inspiring as it is humorous.

They will generally eat from your garden, with their diet also featuring the likes of cucumber, carrots, lettuce, fruit and flowers; and can be safely tucked up in a hutch overnight, content by themselves or alongside a life partner.

Resilient and tough, curious and playful, cats soon get bored of them, though some breeds of dog are known to pester them and can damage their shells. And you'll struggle to get too much emotion from these garden dwellers – their lack of a hippocampus means tortoises have little emotion, memory, learning capability or spatial navigation.

And yet, while tortoises appear a lot of fun for not a lot of effort, don't be deceived. Notorious for finding escape routes through fences and around walls, their life cycle is typically anywhere between 80 and 150 years – that's a lifetime commitment to your shelled buddy.



PETS



NIGHT SQUATTERS

How to keep children in their own rooms – and out of your bed – at night

When your darling daughter or darling son is able to sleep in something that doesn't come with the design feature of prison-like bars as would a cot, it's a monumental moment – your little one's ascent into childhood now means they have their own bed.

Sadly, as many parents have discovered, the lack of those confines means it's effortlessly easy for your young one to embark on night-time expeditions into your bed, something that benefits the sleep patterns of no one.

Here are some tips for ensuring your sneaky non-sleeper stays put:

Routine

As ever, a solid, settled night-time routine is essential. A set schedule and timing (dinner followed by bath followed by story, etc) will enhance and prolong sleep, as will avoiding 'over-napping' during the day.

Light and dark

In these brighter, lighter mornings, it's imperative to

have a good blackout blind – there's nothing that lures a child out of bed more than the early rising of the sun... even if that's at 5am!

On the flipside, keep a subtle nightlight nearby. Fear of the dark will always get little ones heading for reassurance and comfort... and big ones too.

Sound planning

Consider as well soundproofing and ensuring others in the home keep their nocturnal manoeuvres to a minimum, from loud late-night games to simple stuff like not flushing noisy toilets.

Encouragement

At the age your youngster gets his or her first proper bed, you'll already be working on the greatest sleep stimulator of them all – words. Reaffirming that 'big kids' sleep in their own beds, and stay there, and perhaps a gentle reminder that sleeping in one means not having to go back into a cot, can get your precious cargo journeying off on to a dreamy voyage... speaking of which, you may want to grab a few hours yourself.

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BRAESIDE SCHOOL
Buckhurst Hill
Girls 2½ to 16

Wednesday 7 October



COOPERSALE HALL SCHOOL Epping
Girls and Boys 2½ to 11

Tuesday 6 October



NORMANHURST SCHOOL
North Chingford
Girls and Boys 2½ to 16

Thursday 8 October
Friday 9 October - Early Years



OAKLANDS SCHOOL
Loughton
Girls and Boys 2½ to 11

Thursday 8 October

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OCTOBER OPEN EVENTS

S	M	T	W	TH	F	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Contact the schools directly to book a place and find out more.

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Travel ESSENTIALS

BOARDING PASS

YOUR 20-ITEM
TICK-LIST
FOR ANY
EXCURSION...

We've all arrived at a getaway destination to be confronted with that sickening feeling of having left the crimpers at home, and it's not a pleasant one. Well, with the hope and expectation of the travel industry restarting as the weeks go by, it seems pertinent to get some early planning in, so here's our all-encompassing rundown of the travel essentials you really can't leave home without:

1. Currency and cards, ensuring you have enough for both holiday treats and emergencies
2. Documents – printed is still best, from hotel information to outbound and return flights
3. Passport, if travelling abroad
4. Driver's licence – essential for car hire, but good for additional ID
5. Mobile phone and tablet, plus chargers
6. Plug adaptor
7. Daily toiletries, such as toothpaste, toothbrush, travel-size shower items, shaver, hairbrush
8. Paracetamol, ibuprofen and any prescription drugs – better to take from your home country rather than trying new drugs in a foreign country
9. List of emergency contacts to keep about your person
10. Flip-flops, for any shared bathroom space where avoiding contact with icky floors is probably smart
11. Practical essentials, depending on destination – e.g. somewhere warm, sun cream and swimming gear (including goggles); somewhere rugged, walking boots and fleece
12. Spare underwear and socks will always come in handy and weigh very little
13. Deodorant and aftershave/perfume, for basic hygiene and those special nights out
14. Microfibre towel, which takes up less space than its fluffy cousin
15. Mini first aid kit
16. Earplugs – whether for the flight or noisy guests around the hotel, these are essential
17. Glasses, sunglasses, and a protective case
18. Spare shoes, to switch things up and give your feet a break
19. Padlock, for extra security
20. Rain cover, should the heavens open



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- 3 Your sales advisor will meet you on arrival and take you on a tour of the development, maintaining social distancing at all times.
- 4 Your sales advisor will wait outside whilst you view our show homes which will be cleaned before and after each viewing. The exterior and interior doors will be open allowing you to move through the home with little or no contact whilst inside.
- 5 You can view as many homes as you wish during your visit and we will take the time to answer all your questions.



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ENSURE *you* INSURE

Your home insurance checklist

Insurance is about protecting ourselves and those around us, so here's a handy checklist outlining what you definitely need, and what might be worth considering.

CONTENTS INSURANCE

In the event of an accident or theft from within your home, it's vital your possessions are covered. Many see paying out for contents insurance as a waste of money, but we will all claim for something at some point. Knowing you're covered can bring a huge sense of relief in the midst of what is likely to be a disappointing event or episode.

You can also extend your contents insurance to items you take outside the home – consider bikes, watches, phones and more; but read the small print to ensure you're covering what you think you are.

BUILDINGS INSURANCE

Also known as house insurance, this covers your bricks and mortar, and whilst not a legal stipulation, most mortgage lenders will insist on you taking it out if you are embarking on home ownership.

LIFE INSURANCE

Purely for the protection of those around you; should the day come when you're not around, you will want to ensure your dependants have enough to get by. For what is often a small amount each month, life insurance can at least mean you are not adding financial loss to the emotional loss experienced by loved ones.

INCOME PROTECTION

Particularly good for those who are self-employed, income protection means that in the event of illness, bills can still be paid. If 2020 has taught us anything where health is concerned, it's to expect the unexpected!

CRITICAL COVER

Different from life insurance, critical cover will pay out a lump sum if you are diagnosed with a critical illness during the life of your policy. That means you'll be provided for by the policy to restore some sense of comfort and peace.



SAVE

yourself the effort?

It's fair to say savings accounts have probably never seemed less appealing. From buoyant interest rates well into double digits back in the mid-1990s, the Bank of England base rate has plummeted in recent years, dropping to a historic low of 0.1 per cent in March. The recent lockdown means government initiatives to stimulate spending are additionally affecting the appeal of savings accounts, to the point where the consideration of a negative base rate has come into view... and with it the possibility that savers will actually have to pay to 'store' their money.

But it's not all bad news for savers:

> One-year fixed rates for savings accounts are still tracking considerably above the Bank of England base rate, with rates of around 1 per cent still possible... although in relation to a similar level of inflation, there isn't any real 'gain' to be had; in fact, with most 'everyday' savings accounts you're losing money.

> For those still looking to gain a return on their savings, it could be that switching from a traditional savings account to a Lifetime, Fixed Rate or Easy Access cash ISA is the sensible way forward. The former will give you a 25 per cent return (up to £4,000 only), while a Fixed Rate ISA can still net you up to 1.3 per cent.

> Finally, remember savings aren't all about profit – many people save for security, to have a feelgood 'project', and to put money away for a rainy day. Unlike investments, savings accounts are protected to the hilt, so when you want your money it is protected and will be there.



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MOTORING

Motoring Madness

AVOIDING THE PITFALLS OF SELLING YOUR CAR PRIVATELY

Selling your motor privately can be good for a number of reasons. It's the best way to get a high price for your old set of wheels, if organised you may be able to secure a sale quickly, and in most instances you won't even need to leave the comfort of your own home... well, the driveway, at least.

However, if you are keen to strip out the middleman, beware some of the pitfalls that may lie in wait:

Telephone time-wasters

You may get countless people phoning up asking endless questions – remember, buyers will be as wary about the process as sellers. The best way to avoid this is to make your listing as detailed as possible, adding lots of photos.

Go-slow no-showers

Ever waited in for a delivery that never arrives? Welcome to the world of private car-selling.

Part-ex stress

You may find your motor is attracting the interest of

traders who would rather negotiate a part-exchange than an offer of straight cash.

Larry Hagglers

A huge worry for many vendors is agreeing a price over the phone, only to find someone at your door pressuring you for a discount.

Comeback Kings

In the event of something going wrong with the car soon after it's bought, you won't have anyone to sort this out but yourself. The buyer will also have your home address so is likely to come knocking if anything seems wrong in those weeks post purchase.

Not-so-smooth criminals

And of course, the biggest fear for those who sell privately is that someone will run off with your motor. Ensure all monies have been transferred before handing over documentation, be wary over PayPal transactions (which can be refunded) and, if accepting cash, check notes carefully.



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The man behind the idea was Sir Terry Leahy. A Liverpoolian who started on the shop floor, literally, he had risen to CEO level and was already well on the way to rejuvenating Tesco's fortunes; but his adoption of the Clubcard took the supermarket chain from a top three UK retailer (in terms of profit) to a top three global entity.

The introduction of the Clubcard drove both him and the supermarket on to unparalleled heights – the most efficient method ever for analysing consumer spending behaviour. It also sparked ferocious loyalty, and enabled Tesco to

extend into sectors it had never before touched – from tech to travel to insurance – with a certainty of success brought about from truly knowing who their customers were and how they would respond to products and offers.

These days, 17 million of us have a Tesco Clubcard – that's more than one-third of the adult population in the UK. Relaunched in 2009 and again last year with Clubcard Plus – which promised to save the average large family £400 a year on their shopping bill – our adoption of the technology has now become part of our daily routine.

Numerous other brands have followed suit and enjoyed the rewards over the past quarter of a century, yet none can boast a loyalty scheme that has had such a profound effect on an already successful business.



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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

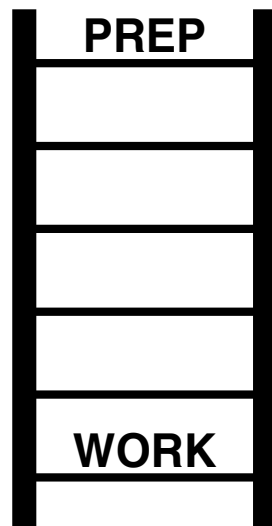
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Y	T	R	S	B	S	U	N	A	D	I	R	E	A	O
X	E	U	A	U	S	S	U	S	A	G	E	P	I	W
S	T	S	A	B	N	C	O	L	U	M	B	A	E	S
N	Q	E	G	I	C	I	U	A	Z	E	I	L	P	B
R	H	R	R	S	E	S	H	L	M	P	U	U	O	V
A	U	P	E	S	N	S	Q	P	E	Z	C	I	C	
N	J	E	Y	R	T	E	P	D	L	T	N	R	S	O
A	I	N	B	S	A	L	A	X	A	E	O	S	S	R
C	O	S	O	I	U	U	H	Q	I	I	D	R	A	V
U	K	A	O	V	R	C	T	Y	U	N	L	T	C	U
T	S	N	T	R	U	R	I	S	D	I	E	T	A	S
R	P	I	E	K	S	E	R	K	H	R	L	O	N	T
A	F	R	S	J	U	H	R	A	V	E	U	A	H	A
O	A	A	K	R	O	N	I	M	O	E	L	S	R	P
R	H	C	A	T	T	I	G	A	S	E	L	A	Z	H

DID YOU KNOW?

- ▶ Wall-E was named after Walter Elias Disney
- ▶ Disney animators often hide classic characters in scenes of their films
- ▶ There is a tunnel system in Disney World so characters aren't seen in the 'wrong' lands
- ▶ Dumbo is the only lead character in a film who doesn't speak – he only makes a few noises
- ▶ Disney World in Orlando is around the same size as San Francisco
- ▶ The original *The Jungle Book* was the last film to be overseen by Walt Disney before his death in 1966
- ▶ The first animated character to receive a star on the Walk of Fame was Mickey Mouse
- ▶ Mickey Mouse ears are one of the most popular souvenirs bought from Disneyland

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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