

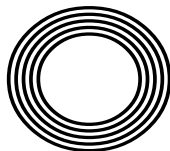
HOW TO
PERFORM
CPR ON
A CHILD

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors

ALEX SCOTT

The sport pundit rising through the ranks



FREE

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Editor's notes...

SEPTEMBER 2021



William Taylor, Editor

Hello and welcome to this month's edition of **VISION**ManningtreeMistley.

Sometimes I look back at my editor's notes from years gone by to read what I was up to at that particular point in time.

A couple of years ago, almost a year before our Frinton magazine had launched, and Manningtree was not so much as a sparkle in my eye, I was penning my notes for the September edition of **VISION**Woodbridge. I was commenting on what a challenging issue it was to put together, due to so many of our clients being away on holiday in August.

It just goes to show that not a lot changes with some things! I was only grumbling about that the other day. It is what it is, I suppose, and we all deserve a well-earned break after the last 18 months.

I also had a wry smile because at the time, I noted that my daughter was starting nursery, and that we'd just welcomed the arrival of our son. Now, Alice is starting her first year at school and Bobby is the one going into nursery - doesn't time fly!

I hope you enjoy your latest edition of **VISION** this month. As always, if you have any local news you'd like to share, feedback to give, or would like to advertise your local business, do not hesitate to contact me.

Have a great month!

William Taylor

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DOWN ON THE FARM

**“I’VE SWAPPED SUPERCARS
FOR TRACTORS, AND I DARE
SAY I’VE LEARNED SOMETHING
ALONG THE WAY.”**

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”



HISTORY

Photo credit: Anthony Correa/Shutterstock.com

REMEMBERING

20
YEARS OF 9/11

September 11 marks two decades since the largest modern-day assault on the Western world

Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



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LOCAL NEWS

from your neighbourhood



New exhibition encourages people to consume food differently

A gallery in Manningtree has announced a new exhibition which will encourage people to consume more local produce.

The North House Gallery's new exhibition, 30 x 30: A Cornucopia, pushes people to try to source all their food from within a 30-mile radius for 30 days.

The exhibition was inspired by the 2021 campaign of the River Stour Festival, as the Stour Valley and the surrounding countryside are home to many producers

of different types of food.

The collection comprises paintings, pastels, drawings and monotypes and features work from artists Fiona Lewis, Alan Turnbull, Jane Lewis, Ruth Philo, Sarah Milne and Tilly de Willebois.

The exhibition can be viewed every Saturday from September 4 to October 2 between 10am and 5pm.

For more information, visit www.riverstourfestival.com/event/30-x-30-a-cornucopia/

Town council to hold Remembrance Day event

Manningtree Town Council will be holding a Remembrance Day event and is calling on residents to attend.

The service will take place at 3pm on Sunday, November 14, at the memorial in Manningtree Town Centre.

A statement on the council's Facebook page reads: "We are not sure of the format just yet; a lot

will be dependent on any restrictions that may yet be imposed as we head into winter.

"That said, we are still planning a memorial and are calling for local residents to take part in a service with a difference.

"We wish to honour the sacrifices made during all and any conflicts by men, women and children from around the globe."



News from MANNINGTREE HIGH SCHOOL with headteacher Mrs Sally Morris



September brings the start of the new school year, and with it, the sense of something new, fresh and uncharted. This year is unusual in that what we are most looking forward to is a return to the way things were. We are very keen to get back to our pre-COVID-19 normal and are valuing the old and familiar instead of the new and unknown.

At the end of the last academic year, in July, we were able to welcome our new Year 7 students into school for a day. This gave them a chance to gain some familiarity with the school and so be able to comfortably picture themselves in this new context. We also managed a sports day event in which every member of the school community, students and staff, took part – though not all at the same time, of course.

There are other annual activities that are very important to Manningtree High School (MHS), and the sponsored walk and charity days are two of these. Thankfully, we were able to fit these in at the end of term and finish the year on a high note.

August 12 was another joyful day as students received their centre-assessed GCSE grades. Staff took very great care to fulfil their responsibility to



award students grades that fairly reflected their ability in the different subjects studied, and it was delightful to see students celebrating as they opened their results envelopes. As usual, student attainment was above average. They are now able to move on to the A Levels, BTECS, college courses or apprenticeships of their choice.

One thing that the pandemic has taught us all is that making accurate predictions about what the future will bring is impossible. We can have hopes, though, and at MHS we are hoping that in 2021/22 we will be restarting the Duke of Edinburgh scheme, our music clubs, playing competitive sports, running a school production to showcase our new performing arts facilities, and re-engaging with all the other extracurricular events that enrich the school experience.

Air ambulance lands in town

An air ambulance landed in Manningtree after a person was injured in town.

The incident happened in the High Street and three ambulances were seen outside Tesco Express.

A spokesman for the East of England Ambulance Service (EEAST) said: "We were called at 2.36pm with reports that a person had been injured in High Street, Manningtree.

"We sent the Hazardous Area Response Team, an ambulance, ambulance officer and Essex and Herts Air Ambulance.

"One person was taken to Colchester General Hospital for further care."

Essex Fire and Rescue Service confirmed it was also requested to attend the incident by the ambulance service, but wasn't needed in the end.



A spokesperson from the Essex and Herts Air Ambulance said: "On August 19, an Essex and Herts Air Ambulance rapid response vehicle was tasked to assist EEAST with a male patient trauma incident. The patient was transferred to the emergency department."

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS MISTLEY



Man helps raise money for children's mental health charity

A man has completed a run from Harwich to Mistley to help raise money for charity.

Mark (pictured) completed his challenge for Brentwood Catholic Children's Society's (BCCS) Relay 100 journey. BCCS, a charity that supports the emotional health and wellbeing of young people, has been recruiting a band of volunteers to help complete 100 individual sponsored walks, runs or jogs.

The aim is to cover almost 500 miles throughout the summer months.

In a Facebook statement, a spokesperson said: "This is the second leg of three which Mark is running for us in our attempt to travel across Essex and East

London, increasing awareness of our work and raising funds for children's mental health.

"We have now completed just over half of our legs, and with the help of our dear supporters, we have covered more than 250 miles – taking us just past the halfway mark.

"Please help us by sharing our posts, telling families about our work, remembering us in your prayers or by making a small donation to support our work."

The fundraising target of £10,000 has been smashed, with a total of £14,522 raised so far.

To donate, visit uk.virginmoneygiving.com/Team/Relay100



Club announces appointment of new manager

Ramsey and Mistley FC have announced the appointment of a new manager after previous boss, Jason Bearder, made the decision to step down.

A few days after putting up the advertisement for the position, the club announced Sam Reeve as the new manager of the Saturday First Team.

A statement read: "The club are delighted to announce Sam Reeve as the new manager of Ramsey and Mistley Saturday First Team. We all wish Sam the best for the season and with his passion. I'm sure he'll be a success for the club.

"We would also like to thank Jason Bearder for his hard work to get the team going."

The club are also looking to add talented, dedicated and enthusiastic players to further the competition within their women's team.

A spokesperson for the club said: "We are a club on the rise who are passionate about women's football, and we want you to be part of our journey.

"We are currently training on Tuesday nights in Ramsey and Thursday nights in Mistley. Anyone interested in joining is welcome to come along to a session."

For more information and to keep up to date with the football club, search 'Ramsey & Mistley FC' on Facebook.

Service held to commemorate VJ Day

A service was held to mark VJ Day last month, with the chairman of Mistley Parish Council (MPC) and many residents in attendance.

The North Essex Veterans' Support Group (NEVSG) held a service on Sunday, August 15, to commemorate the poignant date. MPC chairman, councillor Charlotte Howell, laid a wreath at Mistley's memorial.

Cllr Howell also carried out a reading during the service, which was conducted by Kerry King.

NEVSG was launched in May, with the aim of helping soldiers suffering from post-traumatic stress disorder.

It was set up by former British Army soldier, Jamie Robinson, and his wife, Sharon, with the help of volunteers from the community.

The service was well-attended by members of the public, with NEVSG also present on the day.

Victory over Japan Day is the day on which Imperial Japan surrendered in the Second World War.

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LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook

With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to “inspire with achievable home decor ideas, tips and makeovers”. The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases “inspirational yet achievable home interiors”. Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family homes don't have to be boring.

EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- > Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- > Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- > Look to your high street, local independent shops or boutiques to find some amazing items.

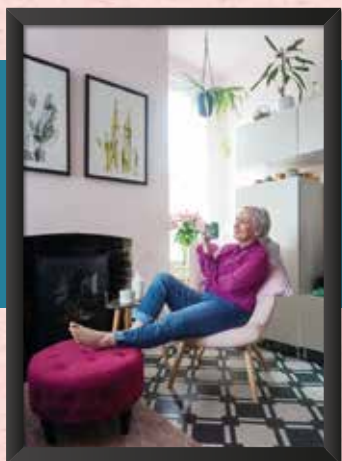


Photo credit: lovedchicliving.co.uk



A CLEAN night's sleep?



HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month





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Have you got a near-empty bottle of vodka gathering dust in your cupboard? If your answer is yes, you will be pleased to know that there are countless ways to use this odourless spirit around your home.

TO DEODORISE CLOTHES: Fallen behind on your washing? Simply spritz your blazer or suit jacket with vodka and marvel as the spirit eliminates smelly bacteria and leaves your clothes odour-free.

TO CLEAN WINDOWS: Getting your windows streak-free can be a challenge, but not anymore. All you need to do is create your own homemade window cleaner using one cup of water, half a cup of vodka and ¼ teaspoon baking soda. Spray directly onto the glass and wipe with a microfibre cloth.

TO REMOVE GREASE: Both straight vodka and a one-to-one vodka-water mix can be used to degrease range hoods, backsplashes and countertops. You can also add a few tablespoons of vodka to your washing-up bowl to cut through the grease on oily dishes.

TO PROLONG THE LIFE OF RAZORS: Banish dull razors for good by cleaning the blade and then soaking in a glass of vodka for 10-15 minutes. Not only does this completely disinfect your razor, but it also helps to remove rust.

TO REMOVE MOULD: Vodka can be used to quickly and effectively clean mouldy spots around your home. Just pour some vodka directly onto the affected area and then scrub with a sturdy brush.

TO PRESERVE PLANTS: Vodka has the ability to inhibit ethylene production, so add a few drops of undiluted vodka to cut flowers or plants to extend their lifespan.

TO REMOVE VOMIT STAINS: Spray diluted vodka directly on to a vomit stain, scrub and then blot dry. Voila! No more nasty stain.





SHAPE YOUR DAY WITH fragrance zoning

Fragrance zoning, also known as scent-scaping, is the process of differentiating spaces in your home using the power of fragrance. Allowing you to create zones for productivity, relaxation and invigoration, scent-scaping is one wellness trend we can definitely get on board with.

KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.



Boujee BOUCLÉ

If there's one home trend that Instagram can't get enough of, it's bouclé. Cosy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?





Flooring Solutions to Transform Your Home

Over the last 18 months, the way day-to-day life looks has changed enormously, with many people now spending more time working from home.

It's no surprise, then, that this added time people are spending in their own homes has seen a big surge in people making home improvements.

Of course, any re-decoration invariably includes new flooring, and with over 40 years' experience, **Suffolk Carpet Weavers** have the solution for every flooring requirement.

Teresa Knights, Head of Sales and Marketing at the company, said that they pride themselves on the "huge depth of knowledge" that they can impart to their customers.

"We want to make our customers' lives as hassle-free as possible whilst they are with us. To date, no dilemma has confounded us!"

The company, which is around 25 minutes from Manningtree by car, strives to ensure all the flooring they supply is not only fit for purpose, but made to the finest quality, to look and feel fantastic underfoot and to create the perfect finishing touch.

Teresa added: "The flooring should complete the perfect look in any home or business. It will add style and comfort to any room.

"We also have a great bespoke option in our Martlesham showroom, where you're able to design your own unique carpet or rug either from scratch or with some patterns available, in the colours of your choosing."

The idea of this unique offering is to enable customers to have exactly what they're looking for – patterns, favourite paintings, a child's drawing or even a favourite film character or a company logo.

Suffolk Carpet Weavers also whip and bind carpets and rugs in-house, and are able to cater for any budget.

Manningtree is very much at the heart of where Suffolk Carpet Weavers cover, with North East Essex, Suffolk and South Norfolk being their territory.

For more information, visit their website at: **www.suffolkcarpetweavers.com** or call them on **01394 610202** to arrange an appointment at their Martlesham showroom.



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GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK.

Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."

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5 Gardens

TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG

Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ

Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND

If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU

At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breathtaking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX

Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds.

Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



Photo credit: hergest.co.uk, visit-dorset.co.uk, getstmary.co.uk

HOW TO

PERFORM CPR

ON CHILDREN AND BABIES

1



2



3



4



5



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100–120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
Use the beat of
the song *Nellie the
Elephant* to keep
the right pace

CHILD



BABY UNDER ONE-YEAR



Lexden School

with Enhanced Provision for Hearing-Impaired Pupils



The school has an 18-place Enhanced Provision catering for deaf children with EHCPs from across the whole of North East Essex.

Children can start with us in Nursery aged 3 years.



A Total Communication approach is used, meaning we use speech, sign, gesture and other visual ways of communicating according to the needs of the individual child. Children have access to regular BSL instruction and Speech and Language Therapy as required.

We can offer support to parents in dealing with any issues that arise in raising a deaf child.

The Enhanced Provision is staffed by Teachers of the Deaf, teaching assistants who are specifically trained to work with deaf pupils, and a midday assistant. All of these sign to a minimum of BSL 1, most to BSL 2.

Our signing choir is open to children across the school so they can sign too!



Children wear radio aids in class to give them the best access to the teacher's voice and all mainstream classrooms have sound field systems which enhance the quality of sound.

Children have opportunities to work with a Teacher of the Deaf on a daily basis.

What OFSTED says:

"For pupils in the hearing impaired unit, individual needs are precisely met. Adults provide a language rich environment so pupils build their vocabulary and reading skills. Work demonstrates good progress and pride in their learning." (2018 report)

Contact Kate Purcell

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FOR GOODNESS'

sake

WHY THE JAPANESE RICE DRINK IS BECOMING POPULAR IN THE UK

If the beverage sake conjures up memories of a warm boozy elixir, washing down a mouthful of sticky, salty noodles – not unpleasant, but decidedly unrefined – you may struggle with the concept of this ancient Japanese rice drink becoming a celebrated spirit among bartenders and liquor connoisseurs.

Made in much the same way as beer – polished rice is washed and steamed, then cooled before the addition of koji (a mould culture) breaks down the enzymes into fermentable sugars – sake has an umami flavour profile that makes it compatible with almost every kind of meal, or, as the Japanese proverb states: “Sake never fights with food.”

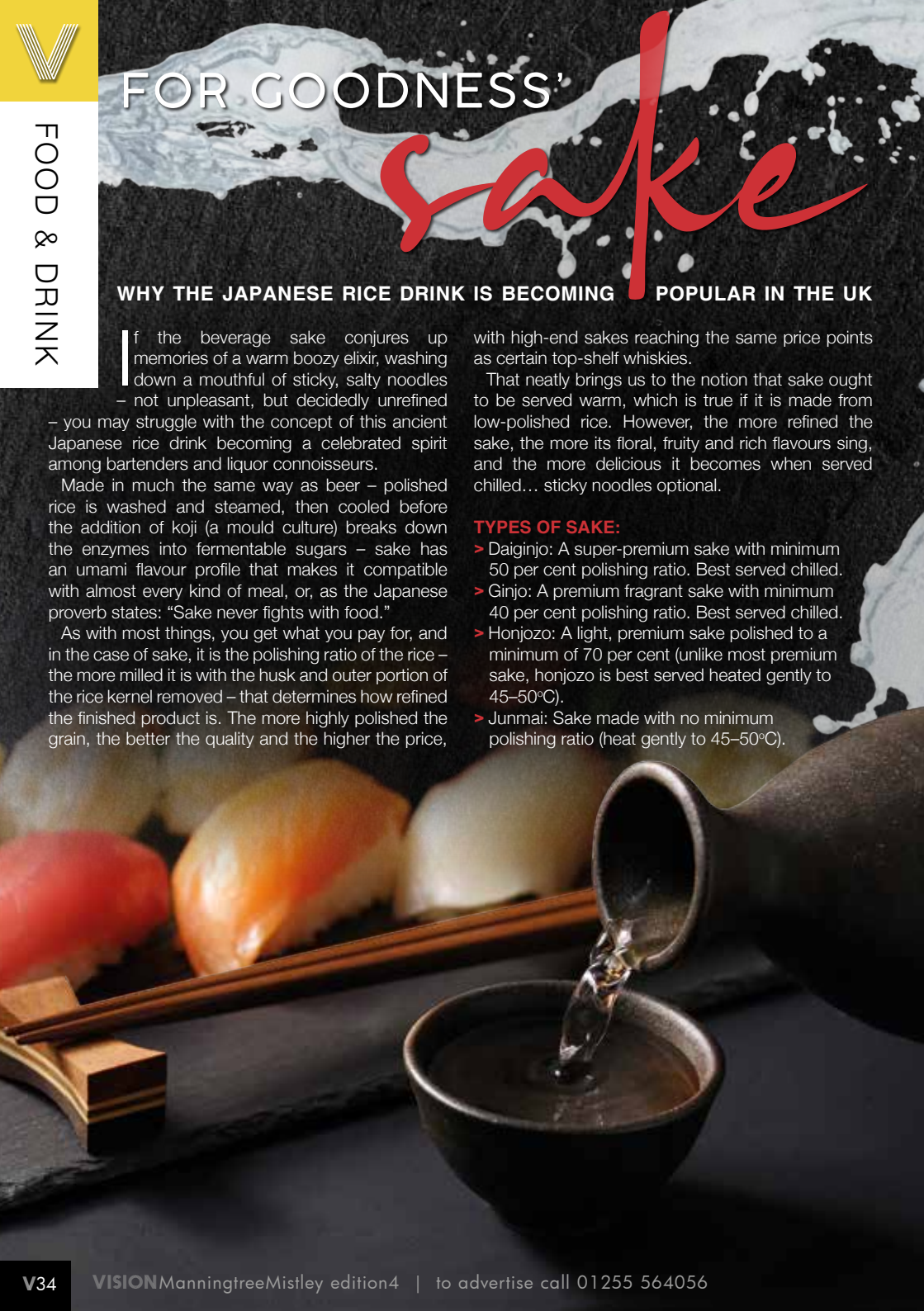
As with most things, you get what you pay for, and in the case of sake, it is the polishing ratio of the rice – the more milled it is with the husk and outer portion of the rice kernel removed – that determines how refined the finished product is. The more highly polished the grain, the better the quality and the higher the price,

with high-end sakes reaching the same price points as certain top-shelf whiskies.

That neatly brings us to the notion that sake ought to be served warm, which is true if it is made from low-polished rice. However, the more refined the sake, the more its floral, fruity and rich flavours sing, and the more delicious it becomes when served chilled... sticky noodles optional.

TYPES OF SAKE:

- > Daiginjo: A super-premium sake with minimum 50 per cent polishing ratio. Best served chilled.
- > Ginjo: A premium fragrant sake with minimum 40 per cent polishing ratio. Best served chilled.
- > Honjozo: A light, premium sake polished to a minimum of 70 per cent (unlike most premium sake, honjozo is best served heated gently to 45–50°C).
- > Junmai: Sake made with no minimum polishing ratio (heat gently to 45–50°C).



UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?
Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish
You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings
Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish
Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.





How to repair damaged hair

Do you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

Which type of leave-in conditioner should I use for my sun-damaged hair?

Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

Top tip: Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.



Know Your Numbers!

Week 2021

Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

Why you need to Know Your Numbers!

- 1 in 2 strokes and heart attacks are the result of high blood pressure
- 1 in 3 adults in the UK have high blood pressure
- 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- High blood pressure costs the NHS £2.1 billion every year.

How to check your blood pressure

In previous years, Blood Pressure UK set up free

checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

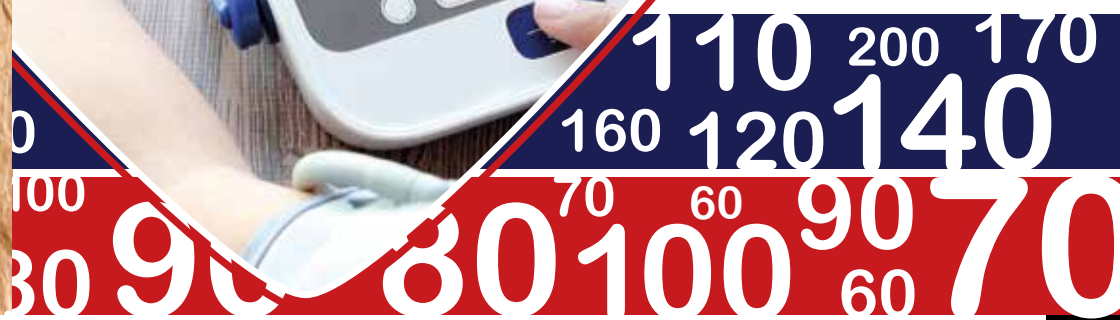
There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- Clinically validated. This means that it has been tested and gives results you can trust
- Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.





Wild WORKOUTS

SWAP TRADITIONAL INDOOR GYMS FOR AN OUTDOOR FITNESS EXTRAVAGANZA

Actor and all-round muscle mountain, Jason Momoa, recently admitted to being bored by the same old gym routine, proclaiming that he'd rather embark on some spontaneous rock climbing, surfing and hiking in order to keep himself in shape. Of course, unlike the star of *Aquaman*, not many of us have made a living from staying in shape, nor do we reside in Los Angeles. Yet there are a number of fitness-enhancing outdoor exercises that use the world around us... Jason would approve.

RUNNING AND CYCLING: The simplest of them all – pounding the pavements or getting on our bikes are the most popular outdoor workouts.

HIKING: Endurance exercise such as hiking is great for both limbs and lungs, with inclines providing the perfect platform for you to hone your physical prowess while inhaling that fresh, replenishing outdoor air.

LOG-LIFTING: Weightlifting using logs? Why not? Not only can you work on your Rambo impression, but getting to and from the forest setting can provide a workout in itself.

WOODCUTTING: How much wood would a woodcutter cut, etc. It's time to find out – take a saw with you on an everyday country walk and build arm and chest muscles by driving that serrated edge into some fallen logs or branches.

WILD SWIMMING: There is no better form of exercise than swimming, and there is nothing more invigorating than being surrounded by nature's wild waters. However, you must always ensure you are taking a dip in a designated and safe spot, preferably as part of a group.

HANGING TIGHT: A forested area will provide ample opportunities to test upper body strength with lifts, pull-ups, chin presses and other hanging practices that enable you to sample the serenity of nature around you... for as long as you can hold on, that is.



Brighten YOUR whites



Get your whites white again without the need for bleach with these tried and tested whitening techniques, which can be achieved using only a handful of storecupboard staples.

Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.



Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.



Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.



Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.



Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.

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TRAVEL



SELF-CATERING vs. ALL-INCLUSIVE:

Which one is best?

Holidaymakers tend to fall into two categories: those who swear by the savings of self-catering breaks and those who love the convenience of all-inclusive. But which one is the all-round winner? Let's take a closer look.

PRICE

Self-catering: You will pay less per head up front, but you will have to budget for food and drinks once you have arrived.

All-inclusive: Costs are higher to book, but you are free to indulge without having to count the pennies.

Winner: All-inclusive

CHOICE

Self-catering: You can enjoy as much authentic cuisine as you want, either in a local restaurant or home-cooked at your accommodation.

All-inclusive: You are restricted to your hotel unless you want to pay extra.

Winner: Self-catering

ACCESSIBILITY

Self-catering: If your chosen accommodation is off the beaten track, you may have to utilise local

public transport to buy provisions.

All-inclusive: With everything on your doorstep – or even on your bed if your hotel has room service – you won't even have to think about venturing out for a drink, snack or three-course meal.

Winner: All-inclusive

FREEDOM

Self-catering: Allowing you to dine where you like, when you like, you could potentially eat at a different restaurant for every meal if you wanted to.

All-inclusive: With most hotels having set dining times, you are restricted as to when and what you can eat. Plus, you may feel less inclined to leave the hotel once you have already paid for all your food and drink up front.

Winner: Self-catering

SO, WHICH IS THE WINNER?

Tied at two apiece, the real answer lies in what you and your family want from a holiday. Do you like to be spontaneous or do you favour convenience? The choice is yours.





How CAR-THARTIC!

HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

FOR THE MIND:

> Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

FOR THE BODY:

> Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

FOR THE SOUL:

> Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.



GET OFF MY

Cloud



Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

TWO FACTOR AUTHENTICATION

It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.

CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

NOTIFICATIONS

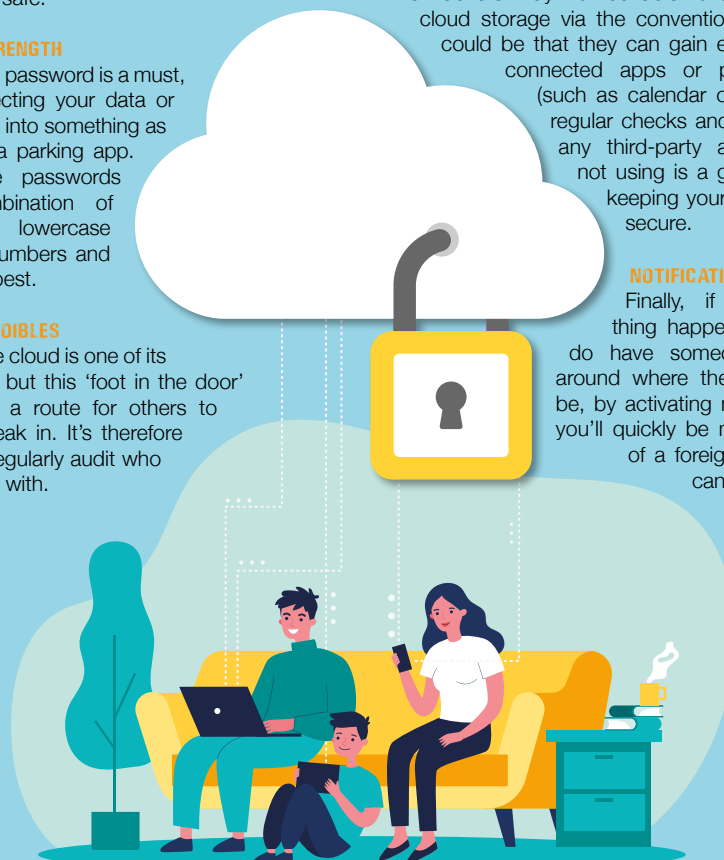
Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.

PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly audit who you're sharing with.





GET YOUR HEAD IN THE

Cloud

An estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

COST-EFFECTIVENESS: If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

not need to worry about permanent data loss. Your data will always be available as long as you have an internet connection.

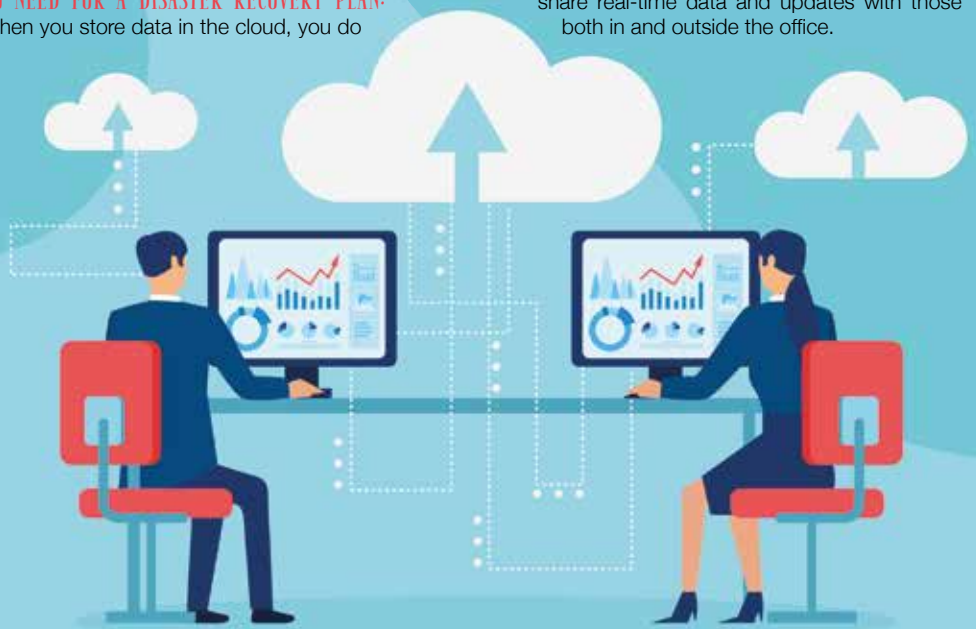
INCREASED SECURITY: Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

BOOSTED SCALABILITY: Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

IMPROVED COLLABORATION: As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.

ENHANCED FLEXIBILITY: Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

NO NEED FOR A DISASTER RECOVERY PLAN: When you store data in the cloud, you do



Manningtree District Business Chamber

Welcomes you back

We would like to thank you for all your support over the last year. As restrictions ease shops, pubs, bars and cafes in the town are fully re-opening and we would love to see you back supporting our local economy.

Manningtree is full of wonderful independent businesses - you might be surprised by what you have on your doorstep! Take a look at our new website www.mdbc.co.uk or www.visitmanningtree.co.uk to discover more about the town, its chamber members and events planned for the summer.

At the chamber we are always welcoming to potential new members and are keen to strengthen the partnership we have between all local businesses. The current chair Steve Tattam owns and runs Vinyl, but is also a town councillor ensuring he can build relationships and common goals to promote our town.

If you want to find out more or to join our thriving chamber email manningtreetown@gmail.com. You can also follow us on Facebook and Instagram [@manningtreetown](https://www.instagram.com/manningtreetown).



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Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- Lower rates for people who buy energy-efficient properties
- Standard mortgages that offer cashback to people who buy energy-efficient properties
- Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you. Alternatively, if you are buying a new build or an existing property with an energy rating of A or B, you may be eligible for a green mortgage.

That being said, you should always compare

the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.



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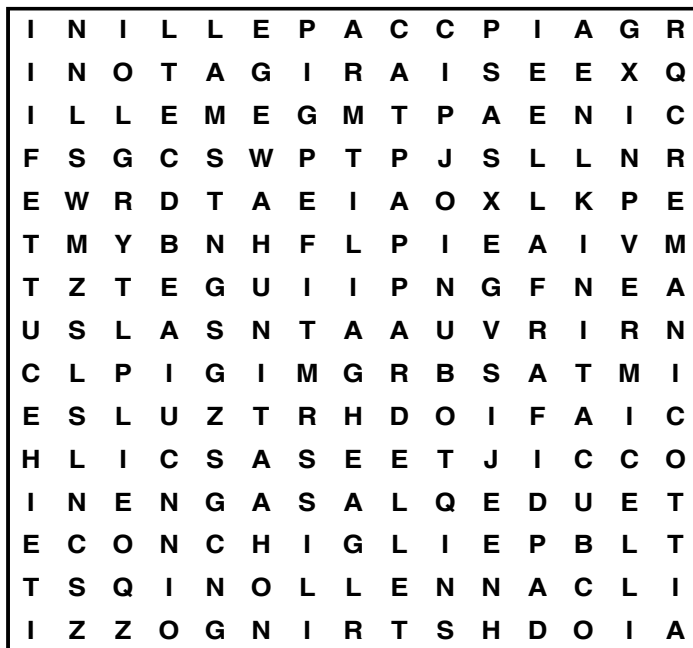


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ BUCATINI
- ▶ CAMPANELLE
- ▶ CANNELLONI
- ▶ CAPELLINI
- ▶ CONCHIGLIE
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- ▶ FUSILLI
- ▶ GARGANELLI
- ▶ GEMELLI
- ▶ LASAGNE
- ▶ LINGUINE
- ▶ MANICOTTI
- ▶ PAPPARDELLE
- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI



DID YOU KNOW?

▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud

▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today

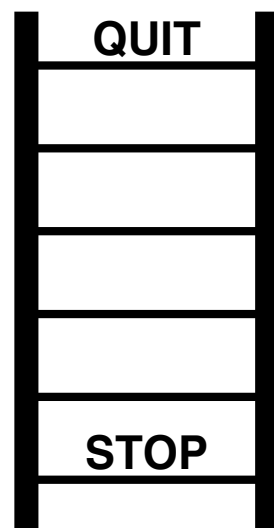
▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods

▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males

▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators

▶ Giant pandas have vertical slits for pupils, just like domestic cats

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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