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MAKE  
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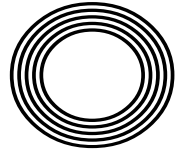
**COVID-19  
HEROES**  
*honoured*

**6 UNUSUAL FACTS**  
*about Valentine's Day*

**NATURAL WAYS**  
to boost your metabolism

*Karren*  
**BRADY CBE**

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# Editor's notes...

FEBRUARY 2022



Hello and welcome to this month's edition of **VISION** Manningtree Mistle. It is that time of the year when the TV schedules start to be filled with some of the old favourites, and there is a comfort to be had in seeing two staple programmes back on our screens last month in *Dragons' Den* and *The Apprentice*.

Pretty much all of my working life has revolved around entrepreneurship, and whilst each show is designed for TV and not truly representative of what it is to run a business, it does at least bring the concept of 'business' to the forefront of our water cooler chats.

In this month's edition, we look at the life of Baroness Karren Brady CBE, one of the most prominent female business leaders in the UK. Not only has she held roles in Premier League football clubs, she is notable for being the youngest ever managing director of a UK public limited company.

She is also a great role model for young people considering the world of entrepreneurship. If you have a young person in your family who is interested in all things business-related, do them a favour and hand them a copy of this month's magazine - you could be the person that starts them on a journey to the very top!

Have a great month in life and business!

*Sean Purcell*

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CONTRIBUTORS | Tabatha Fabray, Holly Bullen

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

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**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  
Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS  
01206 573519  
[uhi@lexden.essex.sch.uk](mailto:uhi@lexden.essex.sch.uk)



# HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

**Sir Chris Whitty:** One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

**Sir Jonathan Van-Tam:** Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

**Dame Jenny Harries:** The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

**Sir Patrick Vallance:** The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.



## DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

### *Valentine's Day was founded on rebellion*

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

### *The x symbol originated in medieval times*

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

### *Valentine's pairings used to be random*

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

### *Juliet still receives love letters on Valentine's Day*

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

### *Henry VIII chose February 14*

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

### *The majority of Valentine's gifts are bought by women*

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

# ...Valentine's Day?

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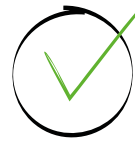
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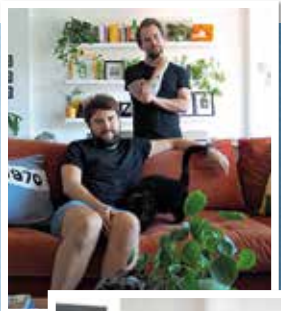




# The Renting Rules



Tips and tricks from Forward Features on how to make your rented house a home



If you haven't heard of the Forward Features bloggers, it's time to check them out. A fun and insightful look at urban living, it's your go-to for incredible interior design that looks great in any home.

Written by blogging duo David and Mark, Forward Features started as "the journey of two interior geeks trying to find a flat", and now covers everything from design and art to events. But it's their Renting Rules section – full of cool design tips to help renters make their house a home – that's got us hooked right now.

So what are the renting rules you need to know?

### Make a rented space more homely

Rentals tend to favour white or magnolia walls, which can make the space feel cold and impersonal. So David and Mark recommend to add an accent colour. Choose one or two colours to liven things up and create a little depth, using curtains, cushions, coloured vases, or even flower arrangements. You can also add colour and comfort to your sofas with some cosy throws, to help give your home a more personal touch.



### Nail the WFH setup

If working from home has become a long-term arrangement, then you'll need to set up the perfect home office space. In a small house or apartment, this can be difficult, but not impossible. Forward Features recommends keeping things small and compact with multi uses.

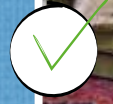
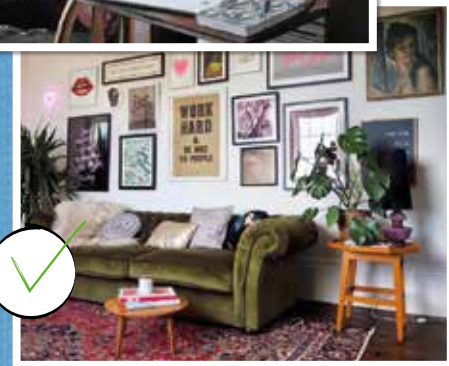
Add some decorative touches like vases, photo frames and candles to blend the space with the rest of your decor.



### Personalise your space with art

Art is a simple and affordable way to personalise your space when your options are limited. Use a combination of standing frames and wall art to help bring a touch of colour and style to your home.

Worried about putting things on the wall? David and Mark recommend Command Strips to combat the 'all holes barred' clause that appears in most rental contracts. Now that gallery wall can finally become a possibility.



Making the most of your rental can be difficult, but thanks to Renting Rules, you can get all the inspiration you need to add some personal touches to your space. Check out the blog at ForwardFeatures.net

Photo credit: forwardfeatures.net, Lisa Dawson via forwardfeatures.net

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# Your simple guide to WALL PANELLING



**W**all panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

**FIND THE IDEAL SPACE:** Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

**CHOOSE YOUR TYPE OF PANELLING:** There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

**GET YOUR MEASUREMENTS RIGHT:** There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

**BUY YOUR SUPPLIES:** To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

**TIP:** You can get your MDF cut to size at your local hardware store.

**ATTACH YOUR PANELLING:** A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

**FILL IN THE GAPS:** Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

**PAINT YOUR PERFECT FINISH:** With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.



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# AWESOME HOME STYLING WITH

*Sarah Akwisombe*



**S**arah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah’s interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah’s décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah’s interior design portfolio is edgy, interesting and full of colour. Showing you don’t have to stick to traditional looks and colour schemes, she’s the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah’s looks in your own home include:

**Go back in time:** A lot of Sarah’s influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

**Make it fun:** Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

**Don’t be afraid of colour:** Sarah’s home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah’s bold choices inspire you to inject colour into your interiors?

Photo credit: SarahAkwisombe.com



# EASY PEASY

## Lemon Squeezy



**D**id you buy a few too many lemons to go with your pancakes? Don’t let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

**MAKE YOUR TAPS SHINE:** Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

**DESCALE THE KETTLE:** When was the last time you looked inside your kettle? If it’s been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

**CLEAN THE MICROWAVE:** If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

**CLEAN A CHEESE GRATER:** Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

**REMOVE STAINS ON LINEN:** To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.





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HOME & DIY

# SINKselection

**LOOKING TO REPLACE YOUR KITCHEN SINK? HERE WE COMPARE THE DIFFERENT TYPES AND MATERIALS YOU CAN CHOOSE FROM**



**STAINLESS STEEL SINKS:** By far the most popular type of kitchen sink in the UK, stainless steel offers unrivalled durability and practicality. Available in both traditional and contemporary styles, you can also find a wide range of matching taps and other appliances.

*Benefits:* Hard-wearing | Scratch-resistant | Versatile | Affordable



**CERAMIC SINKS:** Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

*Benefits:* Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours



**BELFAST SINKS:** Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

*Benefits:* Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent



**COMPOSITE SINKS:** As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

*Benefits:* Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

**UNDERMOUNT SINKS:** Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

*Benefits:* Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes

Photo credit: www.tapwarehouse.com



AN EASY GUIDE TO

# distressing FURNITURE

There are a lot of great reasons to distress furniture. It adds character and charm and can be a simple way of making your pieces look more unique and expensive.

Distressing furniture is part of the upcycling trend that is seeing people ditch the flatpicks and pick up quality items that last. And the good news is, it's simple to do yourself. Check out this easy guide.

### USE CHALK PAINT

Chalk paint is one of the most popular methods of distressing furniture. Simply apply two coats of chalk paint – either in the same shade or in a combination of two different shades – and allow it to fully dry. Take some furniture wax and a cloth to buff away at the paint to create a distressed look. It's ideal for furniture with edging, moulding, or other raised details.

### SAND AWAY

An alternative method to distress furniture with chalk

paint is to use some furniture wax and sandpaper to buff the furniture to the desired finish. A final coat of wax will give added protection to your furniture.

### GO LUXE WITH GOLD LEAF

With some sheets of gold leaf, you can give furniture a luxurious, distressed look that's perfect for adding a little glamour. The leaf is brushed onto the furniture and buffed to the desired finish with furniture wax.

### APPLY A COLOUR WASH

A subtle wash of colour can add a distressed look to furniture without covering the original grain. Apply a coat of diluted paint to the furniture to create the desired look. The colour can then be sealed using wax or varnish.

Distressing furniture can be a lot of fun and is an easy way to give a new look to your items. Which technique will you try first?



Photo credit: bhg.com, aminecan.com, dododsondesigns.com, nuneated.blogspot.com



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Google Maps

## Community slams shop for loud air conditioning unit

Councillors have unanimously rejected an application to permit the use of CO<sub>2</sub> gas coolers at a Tesco store in Manningtree after they were installed without permission.

At a meeting of Tendring District Council's (TDC) Planning Committee last month, councillors refused retrospective permission for the coolers to be installed at the Tesco Express store on the High Street.

The supermarket giant had installed the coolers without permission, which left residents and councillors alike furious.

One resident, Mandy Rose, who spoke on behalf of residents at the meeting, said they had all been "adversely affected" by the installation of an air conditioning unit, which had been carried out without planning permission.

She said: "We're all regular users of Tesco and love

living in the centre of a wonderful community.

"But we couldn't believe our neighbours would do something like this without consultation.

"The unit is often referred to as a 'frog box' because it is ugly and croaks.

"It's loudest in the summer when people are outdoors and have their windows open."

Councillor Jeff Bray, chairman of TDC, commented: "I'm disappointed a company like Tesco put this in before asking us if they could – and they compounded that by making no attempt to be represented at the planning meeting."

A Tesco spokesperson said: "We are really sorry that the noise from our new refrigeration unit is disturbing local residents. We are working with the council to find a solution as quickly as possible and we'll update residents on our plans as soon as we can."



# SIR BERNARD JENKIN MP



Member of Parliament for Harwich and North Essex

Residents of Manningtree will be all too familiar with the flaws in national planning rules and regulations. The need for more homes in the UK is widely accepted. I want to see housing suitable for our children to be able to start families and get on the housing ladder in the communities they have grown up in if they so wish. But this must always be done in a suitable and sustainable way. This does not mean jamming as many houses as possible into available spaces, come what may.

I am pleased that Tendring District Council has passed its own Local Plan. This has strengthened that council's hand, particularly against the speculative development applications we have seen spring up all across North Essex, and which have impacted Manningtree, Mistley and Lawford.

It is clear that the present planning system

has alienated local communities. Sensible developments are needed which can also meet ambitious environmental targets, all while allowing families to remain local for years to come. New greenfield development should prioritise self-sufficient new communities, creating mixed-use, mixed-income places with health and education within easy reach. There are developments that square this circle, like Poundbury in Dorset.

Such developments are possible; they are just not adequately incentivised in the UK housing market. I am working on this issue in Parliament and am hoping that, in the future, new developments can, and indeed should, serve both new and existing residents. We must learn from the experiences of communities like Manningtree's and improve the system for future generations.

# New eco-friendly toy library

A new addition to Manningtree beach is set to help reduce single-use plastics and provide fun for children at the same time.

Manningtree residents can now head to the beach to find the new beach toy library, which will be filled with buckets, spades, toys and more.

Manningtree Town Council took to its Facebook page to announce the news and asked residents to donate any unwanted toys.

It wrote: "If you have any beach toys that are in excellent condition that you no longer require, please feel free to donate them to the new beach toy library.

"Once it's full of toys, please feel free to borrow, play and replace.

"The play box has been built for Manningtree Town Council by Salvage Stitch Restore, which, as the name suggests, reuses and recycles materials. By having it on our beach, it will help us honour our pledge to reduce the use of single-use plastics in our town.

"Thank you to everyone in our town who will be donating to it and thank you to all who will be using it."



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS MISTLEY



## Controversial plans for new homes dismissed

Plans that have sparked controversy among Mistley residents for years have been refused after they were sent for appeal.

The application, which was first submitted to Tendring District Council in 2011, proposed to build 65 new homes near Trinity Road in Mistley.

An updated design and access statement, which was submitted in 2018, was rejected in 2020 after residents raised concerns about the proposal.

Last month, an appeal lodged to the Planning Inspectorate against the rejection was dismissed, pleasing residents who had objected to the application.

Residents' concerns focused on the fact that the area falls in a green gap in the Manningtree and Mistley conservation area.

In the appeal statement, the developer said: "The proposed area of public open space will retain a degree of openness in perpetuity and provide recreation space and connectivity to the town centre for all those new residents to the south of Long Road

as well as surrounding existing residents.

"In addition, the location of the proposed housing, in the north-eastern corner of the site, off Trinity Road, will not result in an overall urbanisation of the site as a whole."

In the appeal decision, which was made after a site visit in November 2021, the inspector said the development would have a negative impact on the local landscape.

He said: "This quite scenic area of undulating green space is of some local landscape value, particularly within the aspects from surrounding homes.

"The green gap designation is long-standing, to be carried through in the emerging plan, and preserves a valuable degree of openness, greenery and spatial relief within an otherwise extensive and expanding built-up part of Manningtree, Lawford and Mistley. The proposal would substantially erode this openness, causing significant harm."

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# Historic milestones installed at the Swan Basin

Mistley residents are invited to check out two beautiful milestones that have been recently installed next to the Swan Basin in the village.

The two milestones, which have been installed thanks to a community effort, allow residents to see the distance between the village and London.

The one on the left of the basin is the original Mistley to London milestone, dated approximately 1750, which was originally sited halfway up Mistley Hill, and in the mid-19th century was moved to Mistley Quay.

Until recently, it was situated behind Thorn Quay Warehouse at Mistley Quay, and when the warehouse was demolished in 2018, the milestone was removed

and stored safely, pending re-siting.

The white cast metal marker on the right is a replica of a milestone made at Bendall Foundry in Lawford and was also originally sited further up Mistley Hill. The milestone is shown in the André and Chapman map of Mistley, drawn in 1777.

A spokesperson for Mistley Parish Council said: "We are so grateful to all those who kindly helped with this wonderful project for Mistley – to Bob Horlock for his historical research and for proposing, coordinating and overseeing the project, to EDME for its kind financial contribution, and to Rose Builders for installing both the milestones. Thank you to you all."

# Parish council plants new war memorial tree

A memorial tree in Mistley which had died has been replaced thanks to the help of Mistley Parish Council (MPC).

The tree, which was part of a memorial in Welcome Home Field honouring Mistley and Manningtree residents who sadly did not return home from the Second World War, was recently replaced. The photo (right) shows Mistley parish councillor Geraldine Carter with the new tree.

MPC arranged for the planting of a new tree with the help of Essex county councillor, Carlo Guglielmi.

A spokesperson for MPC posted on Facebook: "MPC recently arranged for the purchase and planting of one of the horse chestnut trees to replace one that had died and we are delighted that the full complement of trees is now restored.

"MPC is grateful to councillor Carlo Guglielmi for kindly assisting with finances."



# How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

## TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

## TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

## BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

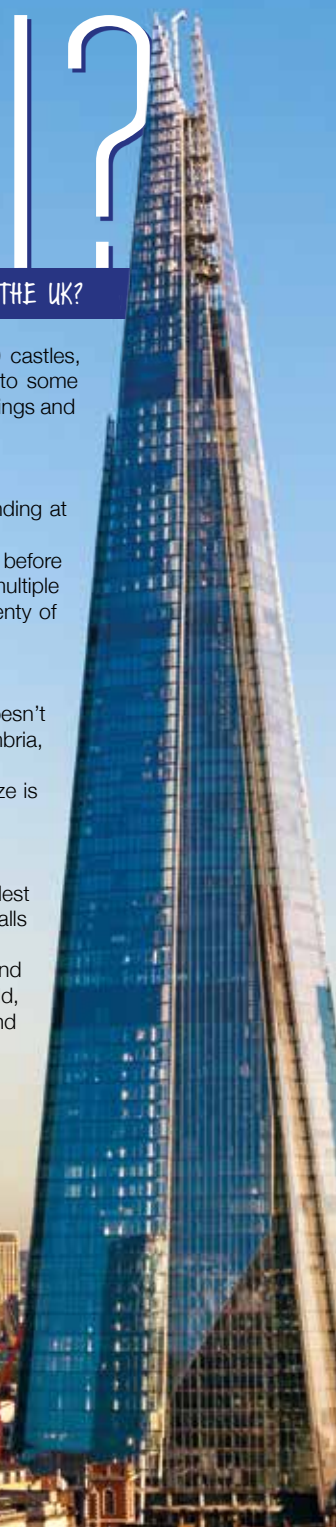
While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.



Photo credit: Michael Whitfield/Skelton Transmitting Station for Wikimedia Commons

The Skelton Mast in Cumbria





# Inspirational K A R R E N

**BARONESS BRADY OF KNIGHTSBRIDGE CBE**

**B**aroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



GARDENING



Photo credit: ©Spin Gold TV 2021

# Storm FORCE

*How Charlie Dimmock blew a path through our approach to gardening*

There was a time when gardener and presenter Charlie Dimmock was almost solely responsible for putting a sense of sexiness back into sage, saffron and sunflowers.

That reputation came about during her time as a presenter on the BBC's hit gardening show, *Ground Force*, alongside Alan Titchmarsh and Tommy Walsh, among others.

From 1997 to 2005, the show revolutionised our love of outdoor space, with previous gardening programmes usually making for rather serene viewing.

Just 30 at the time, Dimmock struck gold after meeting TV producer John Thornicroft at Romsey Garden Centre, where she worked.

Dimmock and her team revved up the adrenalin on the popular programme, transforming people's spaces with a punchy format that, at its peak, had more than 12 million viewers each week.

The show is also thought to deserve credit for

accelerating the trend for garden decking.

"If in doubt, deck it," laughs Dimmock. "It was certainly in trend back then, and we became a bit renowned for throwing some planks of wood at a problem; though of course the show was about much more than that, and we were sad to see it go."

Dimmock moved on to other projects, including presenting the BBC's Chelsea Flower Show coverage and the ITV series, *River Walks*. And *Ground Force* was revived, in part, when *Garden Rescue* brought the idea of home transformations back to terrestrial TV in 2016.

While the screen laps up her 'girl next door' approach to horticulture, Dimmock is an independent soul who has never married nor had children.

"There is a solitude to gardening and I think that has permeated through to the rest of my life," she says. "I value that and find it very important, and I'm at the age now where I don't think I'd want it any other way."

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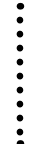


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# BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

### 1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

### 2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

### 3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

### 4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

### 5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



# THINGS TO PLANT IN FEBRUARY

As the cold weather continues, gardening might be the last thing on your mind. However, if you want to enjoy a pretty and plentiful spring garden, you need to start sowing sooner rather than later.

### HARDY ANNUALS AND PERENNIALS

Annuals that require a long growing season, such as lobelia, petunia, snapdragon and verbena, can benefit from being sown early. Start indoors or in a heated propagator to harden off before moving outside in the spring. Tough perennials, such as lupins, violas and hardy geraniums, can tolerate being planted in February and will brighten up even the barest of gardens.

### GREENHOUSE CROPS

Chillies and tomato seeds can be sown indoors on a windowsill or in a heated greenhouse from February and will thrive as long as they have enough heat to germinate. Aubergines can also benefit from being sown early as the longer their season of growth, the greater chance they have to fruit. They need a minimum temperature of 25 degrees to germinate.

### HARDY VEGETABLES

Vegetables such as peas, broccoli, kale, leeks and spinach are all strong enough to survive a cold snap. Start inside to establish growth, thin to leave the healthiest seedlings, and then move to the garden. Broad beans can be sown directly outdoors as long as the soil isn't frozen, and garlic and shallots can be planted in light soil from mid to late February.

### SUMMER-FLOWERING BULBS

Lily bulbs can be planted in a sunny spot outside in rich, well-drained soil from February onwards and make fantastic summer border flowers. Agapanthus bulbs are also perfect for this time of year, but should be planted in containers so that they can be brought under cover if frost occurs.

### OTHER JOBS TO DO IN THE GARDEN IN FEBRUARY:

- > Prune winter-blooming shrubs
- > Sprinkle slow-release fertiliser around the base of roses
- > Cut down deciduous ornamental grasses
- > Chit seed potatoes by placing them in trays (sprouting eyes up) in a light, dry room.







# BEAN Bonanza

**D**ried beans often don't get the attention and appreciation they deserve, with many people allowing them to languish at the back of their cupboards. However, with so many different varieties, each with its own taste, texture and accompanying health benefits, you'd be foolish not to take advantage of these bountiful beans.

**PINTO BEANS**  
Meaning 'painted' in Spanish, pinto beans are orange-pink with rust-coloured specks. High in fibre and protein, they provide an earthy flavour and smooth texture. Use to make refried beans or dips, or add to stews.

**CANNELLINI BEANS**  
Also known as white kidney beans, cannellini beans offer a nutty taste and boast a thick texture on the outside, with a smooth centre. Known for their healthy credentials, cannellini beans help the body eliminate toxins. Delicious mashed or added to pasta dishes.

**CHICKPEAS (GARBANZO BEANS)**  
Used predominantly to make hummus, chickpeas are round in shape, firm in texture and offer a nutty taste. Packed full of fibre and

protein, chickpeas are also known to lower cholesterol. Roast with olive oil for a crunchy snack, or add to curries.

**BLACK BEANS**  
A staple in Mexican cooking, black beans have a velvety-smooth texture and a mild flavour. With a lower glycaemic index than other high-carb foods, black beans also contain magnesium, calcium, iron and zinc. Add to soups, salads and casseroles, or as an alternative for meat or even flour.

**KIDNEY BEANS**  
Instantly recognisable by their vibrant red skin, kidney beans have a mild flavour, making them ideal for adding to chilli recipes. Containing as many antioxidants as blueberries, they are also rich in protein, omega-3 fatty acids and iron. Add to rice, tacos or curry, or mash to make a dip.

**HOW TO COOK DRIED BEANS**  
Dried beans treble in volume when cooked and need to be soaked, preferably overnight, in cold water to soften before cooking.



# Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

**GLUTEN-FREE PANCAKES** - serves 4  
You will need:  
125g gluten-free plain flour | 1 large egg | 250ml milk  
How to make:  
> Put flour into a bowl and make a well in the centre  
> Crack in the egg and add ¼ of the milk  
> Combine using a hand or electric whisk  
> Once smooth, mix in another ¼ of the milk and whisk again  
> Mix in the remaining milk.

**DAIRY-FREE PANCAKES** - serves 4  
You will need:  
125g plain flour | 1 large egg | 300ml hemp or coconut milk  
How to make:  
> Put flour into a bowl and make a well in the centre  
> Crack in the egg and add 100ml of milk  
> Whisk until you have a smooth paste  
> Add another 100ml of milk and whisk again  
> Mix in the remaining milk.

**SUGAR-FREE PANCAKES** - serves 4  
You will need:  
125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon  
How to make:  
> Mix all the dry ingredients in a bowl  
> Mix all the wet ingredients in a separate bowl  
> Pour the wet mixture into the dry ingredients and whisk together.

- HOW TO COOK PANCAKES:**
1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
  2. Set a non-stick frying pan or crêpe pan over a low to medium heat
  3. Carefully wipe the pan with a piece of oiled baking paper
  4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
  5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



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# BANISH THE BALD



BEAUTY

**M**ale pattern baldness affects 6.5 million men in the UK. Although it is most common in men aged 60 and over, it can also occur in males in their 20s and 30s.

It is caused by a number of hormonal and genetic factors, but you can fight back against male hair loss with the below vitamins.

### BIOTIN

If you follow the keto diet, have had bariatric surgery, or you drink high amounts of alcohol, you could have low levels of the vitamin biotin in your body, which can result in hair loss. By taking a biotin supplement, you can get rid of this deficiency and should see either a stabilisation of hair loss or even a reversal.

### VITAMIN D

A deficiency in vitamin D is common in vegans, people with milk allergies, those with Crohn's or celiac disease, and men who don't get enough sunlight. Vitamin D is needed to generate new hair follicles, and a prolonged deficiency can result in brittle hair and hair loss.

### ZINC

Low zinc intake has been linked to a range of hair loss conditions such as alopecia and telogen effluvium, which is a hair thinning disorder that is often caused by stress. By increasing your zinc intake, you can boost sebum production, increase hair growth, and protect your hair cells from free radicals.

### VITAMIN E

Vitamin E is best known for its antioxidant properties that help to protect the body's cells. Early research indicates that vitamin E can also help to improve overall scalp and hair health. More specifically, it may be able to reduce oxidative stress in the scalp, which has been linked to hair loss.

### HOW TO PROMOTE HAIR GROWTH:

- > Take a supplement
- > Eat zinc-rich foods such as meat, shellfish and legumes
- > Massage a vitamin oil into your hair
- > Use a vitamin-based shampoo and conditioner.





# Get the hang of the **HANDSTAND**

Instagram is awash with Lycra-clad ladies and muscled men perfecting the art of the handstand without even breaking a sweat.

Unfortunately, for us mere mortals, it takes a little bit more practice to enjoy living the upside-down life, but the below exercises should help you get there eventually.

## THE HOLLOW HOLD

### How to do:

- > Lie face up on the floor with your arms overhead, your biceps by your ears and your legs outstretched
- > Lift your legs and your arms so that both your feet and your shoulders are off the ground
- > Try to keep your head in a neutral position to avoid strain
- > Hold for 30 seconds and repeat twice.

## THE PIKE HOLD

### How to do:

- > Find a box or chair that can comfortably support your weight
- > Crouch facing away from the box or chair with your hands shoulder-width apart on the floor
- > Slowly step one foot up on top of the box and then the other and lift your hips upwards
- > Walk your hands closer to the box, aligning your hips over your shoulders and over your wrists
- > Gradually straighten your legs to form an L shape
- > Hold this position for as long as you can and repeat three times.

## THE WALL WALK

### How to do:

- > Get into the plank position on your hands with your feet next to a wall
- > Walk your hands back a few inches until you can step your feet up onto the wall
- > Continue walking your feet up the wall and your hands closer to the wall until you are in the handstand position
- > Try not to lean your hips against the wall
- > Hold for two to three seconds and repeat three times.

## TOP TIPS FOR A BETTER HANDSTAND

- > Try to activate your glutes before kicking off
- > Push through your shoulders when kicking off
- > Lock your arms straight by your ears
- > Keep your legs tight and point your toes.



# HOW TO **boost** YOUR METABOLISM

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

## METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.

## 1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

## 2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

## 3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

## 4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is crucial for those wanting to boost their metabolism





# BRUCE KING

on 'The convincer'

## Parrot PHRASING



In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"  
That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

*More information:*  
Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)

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## STEP-BY-STEP GUIDE TO **BUYING** A **HOUSE**



BUSINESS & PROPERTY



As one of the biggest purchases you'll ever make, the stakes are high when it comes to buying a house. But until you've been through the process yourself, you'll likely have a lot of questions about how it works and what you need to do.

Take a look at our step-by-step guide for first-time buyers.

**STEP 1.** Work out how much you can afford to spend on a property. You'll need to factor in costs such as legal fees, stamp duty, mortgage application fees, and the costs of moving and furnishing your property.

**STEP 2.** Save for your deposit. You could buy a property with a five per cent deposit as a first-time buyer, but you may be asked to provide 10 or even 20 per cent.

**STEP 3.** Find a mortgage that meets your needs and get a 'mortgage in principle' – this will show the vendor that you are serious and will give you an advantage when placing an offer. Your mortgage should be enough to cover your ideal property, with affordable monthly payments. A mortgage broker could help you out.

**STEP 4.** Start looking for properties. You may want to browse websites like Rightmove, or sign up with

estate agents to make sure you're the first to be told about the latest properties.

**STEP 5.** Find a property you like and put in an offer. It can be a tense wait to see if your offer is accepted.

**STEP 6.** Apply for your mortgage. Mortgage applications require a lot of paperwork, so you'll need to get bank statements, ID and other documents ready for your application.

**STEP 7.** Get the property surveyed. This will help identify structural issues or repair work that needs to be carried out.

**STEP 8.** Engage with a solicitor to take care of all of the legal work involved in buying your property.

**STEP 9.** Exchange contracts to pay your deposit and get your completion date agreed.

**STEP 10.** Complete and get the keys. Once you complete, the mortgage arrangement is put in place, and you will own the property.

There's a lot to learn about buying a house, but there is a lot of great advice out there to help you find and buy your dream home.

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# How to make a homemade kite

No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

## YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

## HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre
  - > Tie one end of the string around the wooden dowel at the bottom of the kite
  - > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.



# Weather WATCH



## How reliable are the weather forecasts on our phones?

As rapidly changing mediums go, the weather is one of the most extreme, yet we hang so much hope on forecasts and will happily berate the weather forecaster when expected rain – or worse, sunshine – doesn't materialise.

We are equally scathing when the technology we use – online or via apps – on our computers, tablets and phones doesn't warm our spirits as far as the weather goes. And yet, our gadgets are more accomplished and accurate than ever when it comes to giving us an indication of what lies ahead.

The simple rule as far as weather goes is that the shorter the period, the more accurate the prediction. So while modern forecasts are pulled together by networks of computerised data, in simple terms, only short-term predictions are ever to be taken as gospel.

Any predictions beyond three weeks are, essentially, guesswork, while a margin of error of around two to three degrees Celsius can be expected for forecasts around a week away. That drops to a single degree when the prediction timeframe is condensed to 48 hours.

### The most popular weather apps

**The Weather Channel:** Powered by IBM, this is the most accurate by detail and track record.

**Dark Sky:** This app is so good that Apple bought the company to ensure its bright interface and easy-to-understand design stayed exclusive to iOS.

**AccuWeather:** The firm celebrates 50 years of predicting the weather in 2022 and its app remains one of the most detailed out there.

**BBC Weather:** The most popular app in the UK, its popularity has much to do with our use of other Beeb assets, namely the website and iPlayer.

**Carrot Weather:** This chipper weather app combines accurate forecasts with sarcasm, wit and philosophy, and is well worth a look.



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TRAVEL

## Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

### 1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

### 2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

### 3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

### 4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

### 5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

### 6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.



# PUZZLES & TRIVIA

PUZZLES

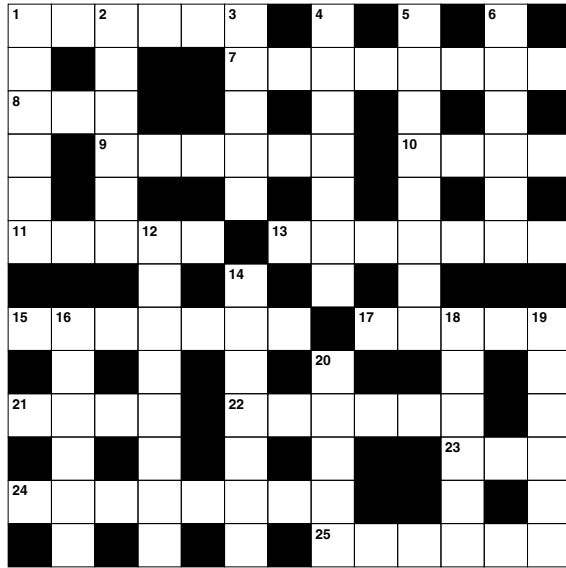
Answers: see end of The VISION Listings

## ACROSS

- 1. Set fire to (6)
- 7. Extremely tall (8)
- 8. Arrest (3)
- 9. Relating to a wedding (6)
- 10. Main island of Indonesia (4)
- 11. Discharge (5)
- 13. Writing implements (7)
- 15. Rise into the air (of an aircraft) (4,3)
- 17. Determine the quality of an ore (5)
- 21. Unit of length (4)
- 22. Capital of Germany (6)
- 23. Pecan, for example (3)
- 24. Reference point; norm (8)
- 25. Hearts (anag) (6)

## DOWN

- 1. Refuse to acknowledge (6)
- 2. Take small bites out of (6)
- 3. Composition for a solo instrument (5)
- 4. Be too hot (7)
- 5. Protrudes (8)
- 6. Cry and sniffle (6)
- 12. Infectious (8)
- 14. Unconventional (7)
- 16. Inborn (6)
- 18. Poem of fourteen lines (6)
- 19. Young people (6)
- 20. Newly-wed (5)



## DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

## SUDOKU

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