

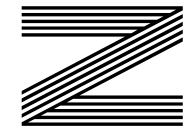
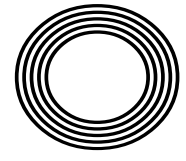
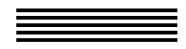


Could COVID-19 science help cure other illnesses?

50 YEARS OF ONE DAY INTERNATIONAL CRICKET

BOTTOMS UP! Celebrating National Beer Day

*J.K. Rowling*  
The author's success with Harry Potter



FREE

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# ROMAN KEMP

Opening up conversation about men's mental health



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# Editor's notes...

JUNE 2021



Brett Shohet, Editor

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

I hope everyone is well and enjoying a bit more freedom thanks to the easing of COVID-19 restrictions. I've not been able to get out too much owing to the often-shoddy weather; however, I've made the most of my time indoors by organising some exciting opportunities.

Myself and **VISION** always like to lead by example - through hard work and critical thinking, we are always coming up with creative ideas to make the **VISION** publications and our clients even more visible.

Beyond that, we are looking at opportunities where we can support some local charities through our business ventures.

While I can't go into much detail yet, there is big news coming about a plan that will benefit our readers and clients in equal measure. So, all I'll say is: watch this space.

As I'm sure everyone can appreciate, the last year and a half has been difficult for everyone - individuals and businesses alike. Through your support, we are still here and thriving, so I thank you for that.

**VISION** likes to keep things topical, so this month we take a look at radio host and TV personality Roman Kemp, who has become a champion for mental health awareness for young men across the country.

*Brett Shohet*

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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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# Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else.”



Photo credit: NEIL HALL/EPA-EFE/Shutterstock

# CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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# NAILED IT

*Do you know your nail shapes?*

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

### SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

### OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

### COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

### ROUND

A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

### ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

### STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.



# SUPPRESS the sweat



Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered. Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. **Cotton:** Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. **Linen:** Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. **Rayon:** A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

4. **Denim/Chambray:** Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.



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# Could you do with a COLD SHOWER?

From pop sensation Lady Gaga to body coach Joe Wicks to boxer Anthony Joshua, cold showers and baths are the lockdown wellness trend taking over the celebrity world.

So what has made these famous faces take the plunge?

**REDUCE STRESS LEVELS**  
Regularly taking cold showers imposes a small amount of stress on the body which results in a process called "hardening". This enables your nervous system to get used to moderate amounts of stress, which can help you keep a cool head.

**MORE ROBUST IMMUNE RESPONSE**  
Scientific studies have shown that taking a cold shower can increase the amount of white blood cells in your body, which helps to protect your body against diseases.

**BETTER CIRCULATION**  
By reducing your core temperature, a cold shower forces your body to work harder and

faster to warm itself up, which in turn increases blood flow and promotes good circulation.

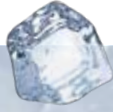
**INCREASE WILLPOWER**  
A case of mind over matter, forcing yourself to endure the cold for extended periods of time can help to strengthen your willpower and make you more ready to take on the challenges of daily life.

**WEIGHT LOSS**  
Research has shown that exposure to the cold increases your metabolic rate and directly stimulates the generation of brown fat, which is a specific type of fat tissue that generates energy by burning calories.

- HOW TO TAKE A COLD SHOWER**
- Enjoy your usual shower
  - At the end, slowly lower the temperature
  - Get the temperature low enough so that you start to feel slightly uncomfortable
  - Stay there for 2-3 minutes
  - Lower the temperature more with each shower

## DID YOU KNOW...

...that the Guinness World Record for sitting in an ice bath is a whopping 1 hour, 52 minutes and 42 seconds? This record is held by Dutch adventurer Wim Hof, aka the "ICEMAN".



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The skin is the largest organ of the human body. Our skin is constantly exposed daily to many free radicals that can damage our skins overall health. So, it is imperative we take care of skin concerns such as: Acne, Pigmentation, Ageing, Post cancer care, psoriasis, eczema, or general skin health

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FOOD & DRINK

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

### Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

### Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

### British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

### IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

### Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

### Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.

UNUSUAL FRUIT OF THE MONTH:

# Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

#### HOW TO PREPARE MANGOSTEEN

To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

#### HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

#### HOW TO STORE MANGOSTEEN

Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1-2 weeks. Store in the fridge for 3-4 weeks. Do not freeze as this will damage the flesh.

#### WHAT DOES MANGOSTEEN TASTE LIKE?

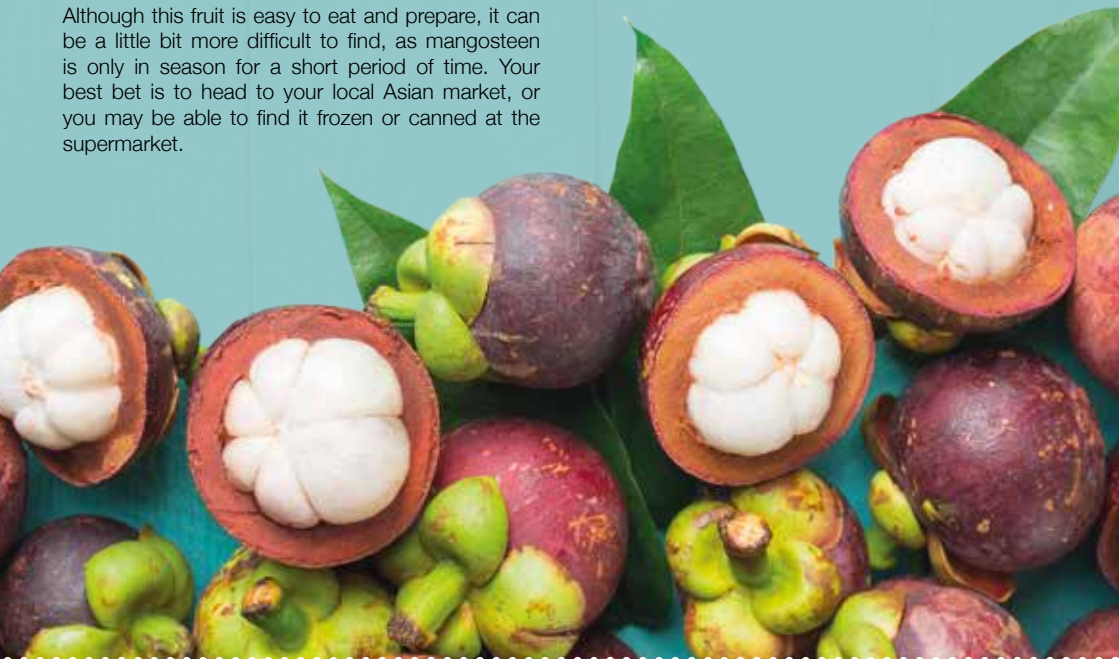
Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

#### WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?

Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

#### WHERE CAN YOU BUY MANGOSTEEN?

Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.



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KIDS



# BAD BOUNCE

THE SAFETY MEASURES YOU NEED TO PUT IN PLACE WHEN PURCHASING A TRAMPOLINE

On the face of it, it's hard to believe that trampolining is one of the more hazardous leisure pursuits out there; yet the activity accounts for almost 100,000 injuries requiring medical attention every year. Put another way, more than half of parents with children aged 12 have said their child has come to harm at some point.

The reality is, while the spring-mounted tarpaulin offers the softest of landings, kids are making contact from considerable height, and with others close by. And with a prevalence of injuries being caused by freak, awkward landings – sprains and strains account for almost half of injuries recorded – even the most cautious of happy hoppers can come unstuck.

Of course, there are a few measures you can take in order to minimise the risk of injury:

### ✔ BOUNCE ALONE

Guidelines suggest kids should trampoline by themselves rather than with buddies. Colliding with others in a confined space is common and dangerous, and the trampoline canvas will most

likely knock a juvenile jumper off their feet if a friend lands a split-second earlier.

### ✔ PROTECTIVE WALL

Most trampolines nowadays come with 360-degree netting around the edges, eliminating the danger of kids being propelled off the apparatus and into nearby hedges. If any part of the edging is broken, however, your safety net is gone, both metaphorically and literally.

### ✔ SIX OF ONE

It's recommended that no children 'bounce' if under the age of six. The reason for this is younger kids lack the muscular strength to be able to trampoline safely, leaving them more likely to come to harm.

### ✔ SUPERVISION

Perhaps the greatest deterrent of all is adult supervision. Sure, you may not want to spend your summer afternoons watching kids bounce up and down repetitively, but it's sure as hell a better sight than the inside of the A&E department.



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HOW TO CLEAN

# Blinds



LAST MONTH WE SHOWED YOU HOW TO CLEAN YOUR CURTAINS. THIS TIME WE TURN OUR ATTENTION TO YOUR BLINDS.

Whatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

## FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

## WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

## FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

## METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.



# Soften UP YOUR HOME



## SIX ALTERNATIVE USES FOR FABRIC SOFTENER AROUND THE HOME

Although its main purpose is to condition your clothes, fabric softener has the ability to facilitate many other household tasks. Check out our favourite ways to use this cheap and cheerful liquid below.

### 1. TO STRIP WALLPAPER

Once you have scoured your wallpaper, mix one cap full of fabric softener into ¼ litre of water and apply with a sponge to the wall. Leave to sit for 20 minutes and then you should be able to scrape off the wallpaper with ease.

### 2. TO ELIMINATE HARD-WATER STAINS

If you struggle to remove hard-water stains from your glassware, apply undiluted fabric softener to the stain, leave for 10 minutes and wipe off

with a cloth. Wash and rinse before use.

### 3. TO REMOVE BURNT FOOD

To remove burnt food without ruining your pots and pans, fill them with warm water and then add a few drops of fabric softener. Let them sit for an hour and any burnt food should wipe straight off. Wash and rinse before use.

### 4. TO CLEAN PAINT BRUSHES

Fabric softener is a surfactant, meaning it makes water wetter, and is therefore ideal for removing water-based paint from your brushes. Mix one cup of water and one teaspoon of fabric softener and dip your brushes in for up to 30 seconds.

### 5. TO MAKE HOME-MADE ROOM FRESHENER

Save money on room fresheners by mixing one part fabric softener and two parts water with two tablespoons of baking soda. Pour into a spray bottle and spray liberally around your home. This can also be used to repel insects.

### 6. TO BANISH DUST

Hard surfaces in your home are prone to dust. Minimise these pesky particles by creating a spray solution that is made from ¼ cup of fabric softener and one cup of water. Spray onto the surface and wipe away with a dry cloth.



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## Luxury residential interior design



Hi, I'm Shanna, founder of House of Ella Interiors.

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# Hoover user



The mistakes most of us make when hoovering. How many are you guilty of?

### Setting it right

The settings on your hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

### Skirting around the problem

Most modern hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

### Top form

Many of us store the hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then hoover.

### Bagging it out

Regular changing of the hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your hoover.

### It's behind you

The temptation when hoovering is to see a floor and hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.



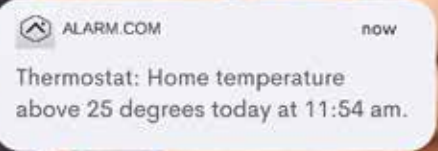
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# MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN  
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock



# LOCAL NEWS

*from your neighbourhood*



## Community football team signs to Veterans League

A football team set up by a dad to bring the South Woodford community together is joining the Veterans League.

Antaeus Schulz set up the Woodford Old Boys in 2018 after becoming a father, as a way of meeting other dads in the community.

The team train every Tuesday at 8pm and recently made the decision to enter the Veterans League, which is aimed at over-35s.

Antaeus said he decided to set up the team after the birth of his daughter as he was looking to get to know other local parents.

He said: "In 2018, I had a little girl, and that was a new adventure. I was doing the family thing, but also thought it would be great to meet people.

"So I set up a football group for local dads in the community instead of joining a team with younger players, which can be quite intimidating."

The team has faced a challenging year, but recently welcomed a new group of dads as training begins again.

Antaeus said: "The past year has been really difficult. When the restrictions were in place, we couldn't play, and then it was a stop/start scenario.

"This time round, we have recruited a new bunch of dads and everyone was really keen and excited. I think everyone wanted to get out of the house because we've all been cooped up."

For more information, search 'Woodford Old Boys' on Facebook.

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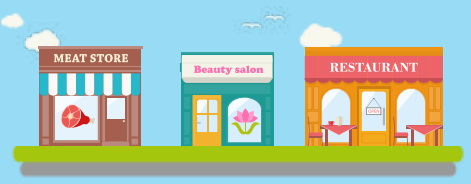
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## Police issue reappeal for witnesses to robbery

LOCAL NEWS



Photo credit: Met Police

Detectives investigating a series of robberies in the Woodford Green area are renewing appeals for witnesses to come forward.

Officers have also released an E-fit (pictured) of a man they would like to identify. The description was provided by the female victim of an attempted robbery in Roding Valley Park at 4pm on Sunday, January 24.

The woman was walking along Roding Valley Park Trail while talking on her phone when a man approached her and threatened her with a knife. He shouted at her to hand over her phone.

The victim gave her phone to the suspect, who then fled. Some passers-by witnessed the incident and attempted to chase the suspect. He threw the phone onto a path before running away.

The suspect is described as a black man aged around 18 years old. He was wearing a black hat and black clothing, possibly with a blue stripe down the side of his tracksuit trousers.

Police are asking for any witnesses, or anyone who recognises the man in the E-fit, to call 101, quoting reference Cad 5632/24Jan.

To remain anonymous, call Crimestoppers on 0800 555 111 or contact them via [crimestoppers-uk.org](http://crimestoppers-uk.org)

Enquiries remain ongoing to establish whether the offence is linked with two robberies that occurred in the same area on December 18 and 27, 2020.

## Residents rally to preserve space for community use

A petition calling for a disused bowling club in a South Woodford park to be transformed for use as a community space has gained nearly 1,000 signatures.

The petition, by community group Elmhurst for Everyone, was started after it was announced that a

private nursery would take over the former bowling club in Elmhurst Gardens.

Residents were disappointed by the announcement, as they had been lobbying Vision Redbridge Culture (VRC) and Redbridge Council to transform the venue into a community space.

A message on the petition site reads: "The repurposing of the bowls club presents a wonderful opportunity for something positive in our community. In recent surveys, many residents have said they would welcome a cafe and community space."

The petition also raises a number of concerns to VRC and Redbridge Council, such as the many elderly people who previously used the bowls club and who would benefit from a community space, pressure on parking in the surrounding area, and the lack of partnership between the council and the community.

Redbridge Council has been contacted for comment.

## Residents invited to consult on prostitution order

Redbridge Council is inviting residents to have their say on the potential extension of a Public Spaces Protection Order (PSPO) to target people using prostitutes.

The consultation for the extension follows the introduction of the order in August 2018, which saw Redbridge become the first London borough to introduce a three-year PSPO to target people using prostitutes.

Since then, nearly 200 fixed penalty notices have been issued and the demand for prostitution has dropped significantly. The number of women involved in street prostitution has also dropped by approximately 83 per cent.

Councillor Khayer Chowdhury, cabinet member for crime, safety and community cohesion, said: "Extending the scheme will ensure that we can continue to crack down on street prostitution."

Fill out the survey at [engagement.redbridge.gov.uk/communities/pspoextension/](http://engagement.redbridge.gov.uk/communities/pspoextension/)



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NEWS FROM

**THE 100 CLUB**

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



LOCAL NEWS

The Tea & Cake Party is back. Michelle Vanlint will be holding her 16th Annual Tea Party at her home in Derby Road, South Woodford, on Friday, June 25, from 11am, in aid of Haven House Children's Hospice.

This event has grown year on year and is a lovely way to catch up with friends, or even meet new ones, relaxing in the garden over a cup of tea and delicious cake. There will also be a number of local businesses selling handbags, jewellery, homemade chutneys and jams, and more. Cake, a cup of tea and shopping – what more could you wish for?

Michelle bakes around 30 cakes herself, but always needs more as the event is so popular – in 2019, more than 120 cakes were sold. Without extra donations, this event would not be possible, so if you are a seasoned baker or even a keen novice and can donate some delicious homemade cakes, get in touch.

In 2020, the Tea & Cake Party was called off owing to lockdown. However, knowing that Haven House badly needed financial support as all its events had been cancelled, Michelle came up with the idea of a Pop-up Cake Trail. She encouraged people to set up a socially distanced cake stall outside their house to sell their bakes to friends and neighbours. She even had international support from friends overseas.



The 2020 event was very successful, raising more than £24,000 for Haven House. The second Pop-up Cake Sale will take place on June 26 and 27 and promises to be even bigger and better.

Please help if you can by baking cakes, volunteering on the day, donating a raffle prize from your business or signing up for the Pop-up Cake Sale. For more information, please contact [communityengagement@havenhouse.org.uk](mailto:communityengagement@havenhouse.org.uk) or [mrvanlint@yahoo.co.uk](mailto:mrvanlint@yahoo.co.uk)

**Singer to perform at town gig**

A local singer is jumping at the chance to perform again following the easing of lockdown as she prepares for an in-person gig in South Woodford.

Bailey Marie, an 18-year-old music star, will be performing at the Parlay E18 Cocktail Bar and Grill on June 12, the day after the release of her new single, *Say To You*.

The singer, who released her debut single in September last year, has just released her second single, *Love Language*, which has so far been streamed 80,000 times on Spotify.

Bailey said she is looking forward to the gig after the success of her music during lockdown.

She said: "I am so excited. It's near my hometown so it's going to be a familiar surrounding for me, which is super nice.

"I've never been to a show where you can eat a full meal watching someone perform, but I think it's great. I actually had a previous gig at the start of December in London, which sold out, so I am by no means a stranger to gigs since the pandemic. But this is a lot different. Owing to eased restrictions, I have a lot more guests attending who couldn't make it before. I am super thrilled."

For tickets and to keep up with Bailey, check out [@bxileymarie](https://www.instagram.com/bxileymarie) on Instagram.





# Woodford and District National Trust



At last, some light at the end of the tunnel that has been this global pandemic. We have, with thanks to our various marvellous local publications, managed at least to remind you all of our being here still. And through Zoom we have been able to keep in touch with some of our members and interested people with our talks. These have reminded us how much we have missed the emotion of being together. With the easing of restrictions, we can now plan for that, and we have a date and subject ready.

We plan to reopen our meetings with the first at All

Saints Church Hall, in Woodford Green, on Thursday, September 23, at 2.30pm. The speaker is Ed Fairey, talking about the National Gardens Scheme in Essex, which we hope should appeal to all.

In next month's edition, we will outline the rest of the winter season meetings and other National Trust local news. Certainly, one item will be London visits, as plans are in action to take a group to the National Army Museum in Chelsea, hopefully in October.

Best wishes to all in the Woodford and Wanstead areas, Buckhurst Hill, Loughton, Highams Park, Chigwell and Chingford. Keep well and safe.



Photo credit: West Midlands Police



Photo credit: Nina Alcarde/Shutterstock

## Man charged with murder

A man from Woodford Green has been charged with the murder of a 16-year-old boy in a fatal moped crash.

Dale Sharpen, 30, of Vicarage Road, Woodford Green, has been charged alongside Paul Biggs, 25, from Brentwood, with the murder of Liam Mooney (pictured).

On March 22, the two men were allegedly chasing the moped Liam was riding in Rocky Lane, Birmingham. The moped was involved in a crash with a Volvo car and Liam was critically injured. He died from his injuries in hospital the next day.

A spokesperson for West Midlands Police said:

"We arrested Paul Biggs at his home in Hutton Drive, Brentwood, and Dale Sharpen at his home in Vicarage Road, Woodford Green, on Tuesday, May 11.

"It's alleged Biggs and Sharpen were in the silver Volvo S60 and deliberately chased the moped before the fatal collision. They have been charged with murder and wounding after another teenager on board the moped was also injured in the collision."

Liam's family previously paid tribute to him, saying: "Fly high our beautiful little angel. We love you so much. We will all be together again one day."

Both Sharpen and Biggs were due to appear at Birmingham Magistrates' Court on Thursday, May 13.



# Pups for PROFIT



## THE WORLD'S MOST EXPENSIVE DOG BREEDS

We all know dogs are man's best friend... and they need to be, given some of the prices currently being asked for some of the UK's most sought after breeds.

In 2020, the average price of a puppy came in at around £1,750, an amount that soared during lockdown as the demand for companionship – and our ability to look after a pet, given people were either furloughed or working from home – skyrocketed.

Remembering that puppies should always be acquired from registered, verified breeders, here are the top six most expensive breeds:

**Chow Chow:** This Asian breed looks compact, sturdy and full of personality, yet is actually shy, stubborn and independent. And that comes at a cost – around £4,000 for a puppy.

**English Bulldog:** Fun-loving dogs who convert playfulness with courage and strength. Now fetching more than £3,000, your bulldog is a full-on investment in every way.

**Goldendoodle:** A cross-breed that has risen to prominence over the past few years, the Goldendoodle is patient, gentle and cheerful, and will cost upwards of £2,750.

**Golden Retriever:** Traditional, gentle and friendly, this dog's reputation as a perfect family dog means it carries a price tag to match, often in excess of £3,500.

**Miniature Schnauzer:** If ever a dog's looks matched its personality, then the Schnauzer is the one. Intelligent, smart, wise and often cautious, your invested £2,500 is probably in good hands (or paws).

**Cavapoo:** Finally, another trendy cross between a Cavalier and a Poodle, this designer dog regularly fetches more than £3,000 by way of its playful, semi-scruffy and buoyant personality, which comes complete with a teddy bear-esque coat.

Of course, at the heart of dog ownership is love, fun and the acceptance of looking after your new member of the family over a concerted period. That could mean upward of 15 years, and at an estimated total outlay of more than £30,000, so choose wisely.





# A GUIDE TO PATIO FLOORING

A well-designed patio can act as a second living room for your home, transforming your garden from basic to beautiful. However, you need to make sure you choose the right materials and style for your property if you want a showstopping end result.

## PICK PATIO FLOORING TYPE

**WOOD** – Timeless and extremely versatile, wood can be used to create a rustic or modern-styled patio area. You can also sand down wood multiple times, making it a great long-term investment for your home. Apply a protective wood oil for enhanced longevity.

**NATURAL STONE** – For the epitome of luxury, natural stone is hard to beat. Popular natural stone options include slate, travertine, granite and marble. Avoid light-coloured natural stones if you have pets or young children.

**CERAMIC TILE** – A classic flooring material, ceramic offers a durable and cost-effective way to create a patio area in your garden. Opt for unglazed tiles to reduce the risk of slipping and consider adding a sealant to protect from wear and tear.

**BRICK** – Low maintenance and slip resistant, brick gives off an old-world feel that is ideal for period properties. If cost is an issue, brick pavers make a cheaper alternative.

**CONCRETE** – Arguably the most versatile choice, concrete can be moulded to fit any shape, and you can personalise it with colouring, stamping, brushing, painting and patterning.

## CHOOSE THE RIGHT SIZE

There are three steps involved in sizing your patio flooring:

1. Decide how big you want your patio to be
2. Determine the size of your chosen patio material
3. Work out how much flooring you need to cover your chosen area

## PATIO STYLE IDEAS

- > Surround tiles with decorative stones for a more organic look
- > Swap grass for a paved patio and surround with raised flowerbeds
- > Select interior and exterior flooring in the same tone to create a seamless flow



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GARDENING



# Garden Goldmine

OUTDOOR FEATURES THAT ADD VALUE TO YOUR PROPERTY

**C**OVID-19 and the associated stamp duty holiday have made a lot of us think about the saleability of our homes, and perhaps even consider a move. While countless television shows point us in the right direction as far as interior décor goes, what can we do to spruce things up on the outside?

*Wood you dare?:* Wood effect adds a rustic, natural, earthy feel to any outside space, and the popularity of decking – and, to a lesser extent, patios – also makes a big difference when it comes to maximising property value. And the good news is that modern composites will give that ‘indoor wood’ finish and quality, even in exposed outdoor areas.

*Natural landscaping:* While for years we’ve obsessed over new kitchens, bathrooms, conservatories and more, it seems that landscaping garden spaces – from lawn care to water features and even planting small trees – will add more value to your property than any of the others listed, according to research undertaken last year.

*The paint saint:* A paint job – the entire house, the front wall or perhaps just a new garden gate – will give a real sense of style and cleanliness. Our outer walls and pathways take a real battering across the seasons, so brightening them up can make a big difference when it comes to adding value.

In reality, it makes sense. In Britain we love the idea of reclining in peaceful, tranquil, stylish surroundings with a drink, a magazine, some music and the gentle breeze of summer... even if the season comes and goes in under a fortnight.

*Light show:* We’re very much in the area of strings of bulbs lighting up entrance ways, trees and even whole gardens. For a relatively low cost, it’s possible to give those dusky evenings a real glow of homely warmth.



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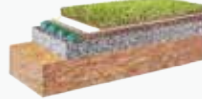
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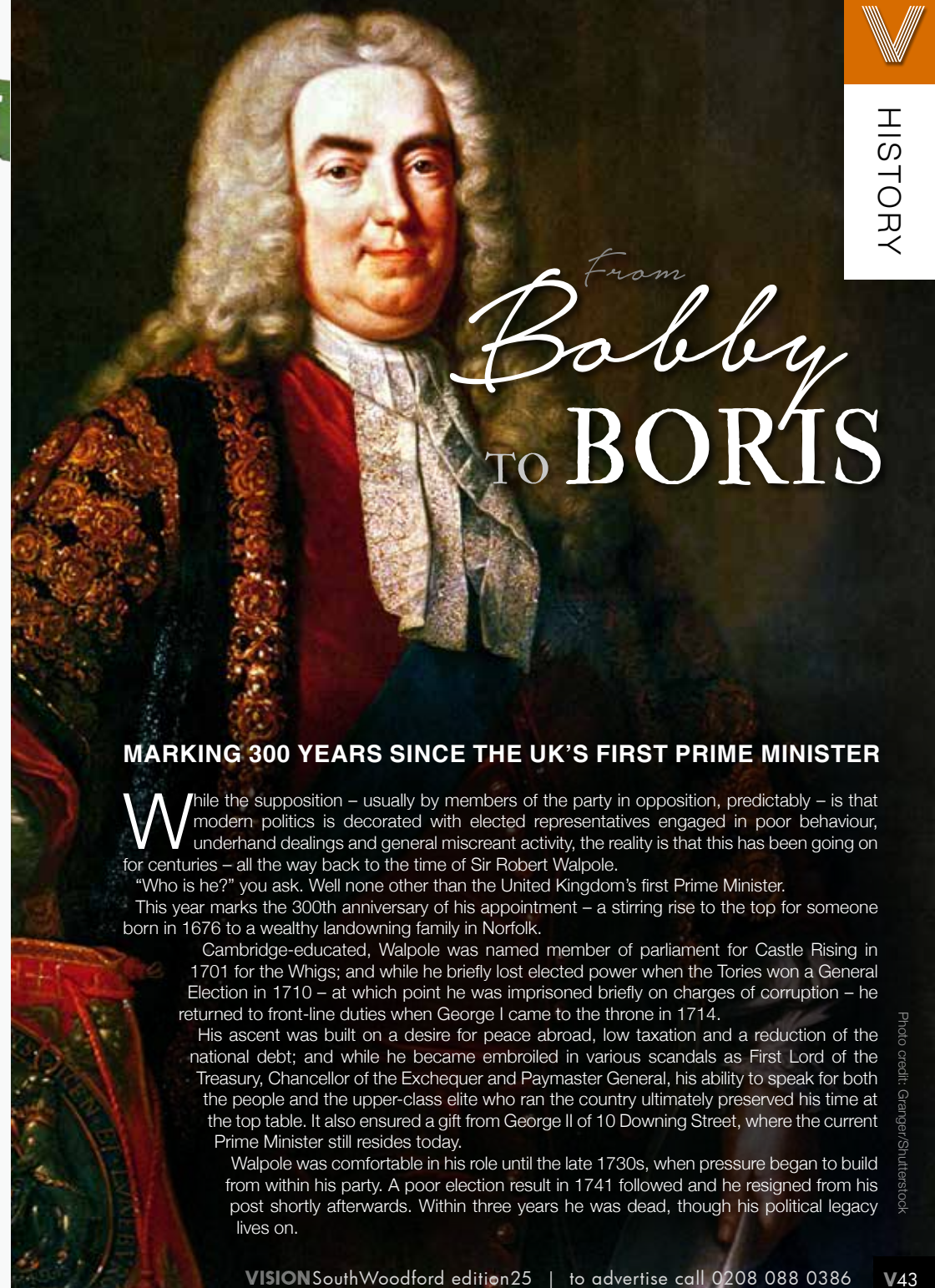
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TO **BORIS**

### MARKING 300 YEARS SINCE THE UK'S FIRST PRIME MINISTER

While the supposition – usually by members of the party in opposition, predictably – is that modern politics is decorated with elected representatives engaged in poor behaviour, underhand dealings and general miscreant activity, the reality is that this has been going on for centuries – all the way back to the time of Sir Robert Walpole.

“Who is he?” you ask. Well none other than the United Kingdom’s first Prime Minister. This year marks the 300th anniversary of his appointment – a stirring rise to the top for someone born in 1676 to a wealthy landowning family in Norfolk.

Cambridge-educated, Walpole was named member of parliament for Castle Rising in 1701 for the Whigs; and while he briefly lost elected power when the Tories won a General Election in 1710 – at which point he was imprisoned briefly on charges of corruption – he returned to front-line duties when George I came to the throne in 1714.

His ascent was built on a desire for peace abroad, low taxation and a reduction of the national debt; and while he became embroiled in various scandals as First Lord of the Treasury, Chancellor of the Exchequer and Paymaster General, his ability to speak for both the people and the upper-class elite who ran the country ultimately preserved his time at the top table. It also ensured a gift from George II of 10 Downing Street, where the current Prime Minister still resides today.

Walpole was comfortable in his role until the late 1730s, when pressure began to build from within his party. A poor election result in 1741 followed and he resigned from his post shortly afterwards. Within three years he was dead, though his political legacy lives on.

Photo credit: Granger/Shutterstock



# Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

**W**e've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost

immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.



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# CRACKING UP!

THE BEST LOW-COST WAYS TO  
PREVENT YOUR CHERISHED  
PHONE SCREEN FROM DAMAGE



TECHNOLOGY



It's arguably the most advanced piece of everyday technology ever invented, yet the demands we place on it mean our phones are always in use, always on the move and forever susceptible to damage.

Our humble devices endure a lot, and we often fail to give them the protection they deserve. Here are five sure-fire ways to preserve the usefulness (and cosmetic appearance) of your cherished mobile phone.



### ONE: ON THE CASE

It's the simplest advice you'll ever receive, but adding a protective case to your phone will preserve its life like nothing else. A tempered glass screen will ensure you lose no performance from your device while saving on scratches and impacts on the front. It can also be replaced cheaply, quickly and easily.

Remember, though, bashes, knocks and drops on the sides and corners can travel across the outer shell to create cracks, so investing in an all-over protective case is smart.



### TWO: POCKET ROCKET

What's in your pocket that may scratch or make other abrasions on your phone? Keys and coins are the biggest culprits, and scratches usually occur when we're in a hurry, or are distracted by friends (or alcohol). Keep pockets clear of debris if you want to preserve your mobile's aesthetics.



### THREE: GRIPPING STUFF

Mobile phone holders and grips have grown in popularity over recent years. They prevent gadgets from slipping through fingers and aid functionality when we're using them. What's not to like?



### FOUR: WATER AND TEMPERATURE

Phone malfunctions often have a lot to do with water, heat and extreme cold. Exposing your device to any of these will speed up its deterioration.

### FIVE: CURIOSITY KILLED THE... PHONE

The other enemy to mobile phone health is of course leaving it unattended. Small kids, toddlers and even pets can wreak massive damage, so keep it under a watchful eye at all times.





MOTORING



**WILL THE UK BE THE FIRST TO INTRODUCE 'NO HANDS' TECHNOLOGY ENABLING CARS TO BE DRIVEN BY COMPUTERS?**

It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim.

In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic.

And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users.

The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country.

More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward.

There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.

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# VIRGINIA WADE

**Courting triumph, celebrating a golden day in 1977... Wade cementing her place in tennis folklore**

**B**ack in 1977, England's Virginia Wade was on the verge of completing a specular Grand Slam quadruplet. Already with US Open (1968), Australian Open (1972) and French Open (1973) titles to her name across singles and doubles, she just required victory at SW19 to complete a clean sweep of major honours.

There were times during her run to the final at Wimbledon when it seemed that elusive title would evade her, though. In the fourth round, and before the days of tie-breaks, she needed nine games to win the first set against Romanian Mariana Simionescu; while she recovered from a set down in the semi-final against Chris Evert.

The final itself, held on July 2, had an air of Britishness about it. The Queen's Silver Jubilee had taken place not five months previously, and Elizabeth II was present on Centre Court to witness, she hoped, a homegrown champion.

Yet champion status looked to be drifting

away from Wade when she lost the first set 6-4 to Betty Stöve. However, the Bourmemouth-born star, who studied mathematics and physics at the University of Sussex before turning pro, came back 6-3 in the second after producing an array of dazzling winners.

In the deciding set, the electric atmosphere coupled with the pinpoint, aggressive shot-making that was such an important part of her game, saw the Brit home, as she demolished her Dutch rival 6-1 – Wade had done it.

Celebrating her 32nd birthday a week after the championships ended, she remains one of the oldest female Wimbledon champions.

Wade, who had been world number one in 1975, didn't spend a single day outside the top 10 in a 12-year period beginning in 1967, and finally retired in 1985. She moved into media work and, to this day, is one of the only female British tennis players to have won the Grand Slam.

Photo credit: Mike Hollis/ANL/Shutterstock



# CRICKETERS

*Good day!*



**CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL**

**I**t shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a 'One Day International', comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged

as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of 'traditional cricket', where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn't hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord's to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world's best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.

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# PUZZLES & TRIVIA

PUZZLES

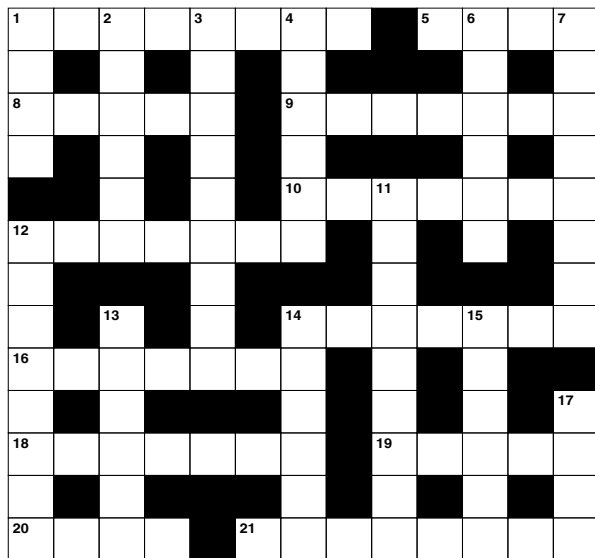
Answers: see end of The VISION Listings

## ACROSS

- 1. Succession; series (8)
- 5. Run at a moderate pace (4)
- 8. Sag (5)
- 9. Sour in taste (7)
- 10. Mountain in the Himalayas (7)
- 12. Contemplations (7)
- 14. Subdivision (7)
- 16. Part of a chair (7)
- 18. Increasing rapidly (7)
- 19. Kingdom (5)
- 20. Japanese beverage (4)
- 21. Large metal pot (8)

## DOWN

- 1. Soft drink (US) (4)
- 2. Cites (6)
- 3. Act of spying (9)
- 4. Stops (6)
- 6. Thief (6)
- 7. Not inclined to talk (8)
- 11. Let oracle (anag) (9)
- 12. Thick dark syrup (8)
- 13. Set out on a journey (6)
- 14. Mark of disgrace (6)



- 15. Make worse (6)
- 17. Word ending a prayer (4)

## DID YOU KNOW?

- ▶ Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- ▶ Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- ▶ Crackers often have holes in them to prevent air bubbles from forming when cooking
- ▶ Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- ▶ Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- ▶ A typical ear of corn has an even number of rows

## SUDOKU

					1		8	4
2		9	3					1
				4		3		
	3							
		7	4	8	9	6		
							7	
		6		5				
8					2	5		3
7	1		6					



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