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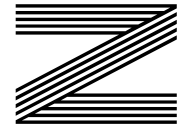
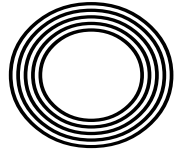
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HEROES**
honoured

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about Valentine's Day

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Editor's notes...

FEBRUARY 2022



Brett Shohet, Editor

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

Many of us will have entered 2022 with a sense of renewed optimism and hope, and that has only been buoyed by the lighter mornings and evenings. Personally, I've been focusing on adopting healthier habits and, as a result, I feel better both physically and mentally. I'm able to think more clearly and go about my day with more energy.

Recently, I've been enjoying networking face-to-face with our local clients, without whom we wouldn't be able to grow our business as we have done. There are big things on the horizon for **VISION** in 2022, and it's all down to our loyal clients and readers.

I've also been enjoying the latest series of *The Apprentice*, which never fails to inspire me to step up my game in the business world. Read our feature on the successful businesswoman, Baroness

Karren Brady CBE, in which she talks about her journey to success, in this month's issue.

Now is the time when many people will start thinking about their summer holidays. After the uncertainty of the past two years, I'm certainly among those hoping that I'll be able to spend some time relaxing on a warm beach this summer. Let's all continue the drive to make 2022 a better year and make the most of the opportunities that come our way.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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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

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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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BEAUTY

SPONGES special

If you struggle to get your foundation to look just right, it might be because you're not using the right make-up sponge or because you're not using it correctly.

THE TRIANGULAR SPONGE

One of the first make-up sponge shapes on the market, triangle-shaped sponges are usually disposable, making them ideal for people on the go. That being said, owing to their rigid lines and points, you can struggle to distribute your foundation evenly and you may find you are left with a streaky finish.

BEST BUY: Avon Triangle Make-up Sponge

THE EGG-SHAPED SPONGE

A favourite among make-up artists and beauty editors alike, the iconic egg-shaped sponge has the ability to seamlessly apply a coat of liquid, gel or cream formula without any clumps in sight. Once wet, this sponge can double in size, helping you to control coverage with ease.

BEST BUY: Beautyblender

THE EGG-SHAPED MINI SPONGE

About the size of an almond, a mini egg-shaped make-up sponge is designed to for smaller areas of the face, such as around the eyes and nose. It can also be used to apply cream or powdered highlighter to the cheekbone, brow bone and bridge of the nose.

BEST BUY: Beautyblender Micro Mini

THE TAPERED END SPONGE

It may appear as though someone has taken a chunk out of this make-up sponge, but the combination of a rounded side and tapered end make this option perfect for both basic application and detailing.

BEST BUY: Real Techniques Miracle Complexion Sponge

HOW TO CLEAN YOUR SPONGES

- > Soak in warm water
- > Using circular motions, rub the sponge in the palm of your hand until all excess make-up comes out
- > Leave to dry naturally.

You should aim to clean your make-up sponges regularly and replace after three months of use.





LEATHER-FREE ALTERNATIVES

for the cruelty-free fashionista

Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called phellinus ellipsoideus, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.



RAYNAUD'S

Awareness Month

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK. While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.





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.

crucial for those wanting to boost their metabolism 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



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FROM OUR NUTRITIONAL THERAPIST, *Natalie Lamb*



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

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.

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.

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.



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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.

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.

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.

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.

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.

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.

3. SYDNEY, AUSTRALIA

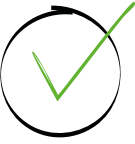
Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

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.



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



EASY PEASY

Lemon Squeezy



Did 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.





Your simple guide to WALL PANELLING



Wall 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.



Healing Herbs & Super Spices

If your four-legged friend suffers with osteoarthritis or any other inflammatory disease, botanical therapies can be used alongside pharmaceuticals to help improve their quality of life.

TURMERIC: The most widely used natural remedy for joint pain and inflammation, turmeric contains curcumin, which is known for being a powerful antioxidant. Antioxidants have the ability to neutralise free radicals which can contribute to painful inflammation and damage to joints.

How to take: Sprinkle dried turmeric directly onto your dog's food, approximately 1/8 tsp per day for every 10 pounds of body weight.

BOSWELLIA SERRATA: Recent research has shown that Boswellia serrata can be beneficial in combating the effects of pain conditions. It works by inhibiting the production of a specific type of leukotriene which modulates the immune response to inflammation.

How to take: Ingest in tablet form.

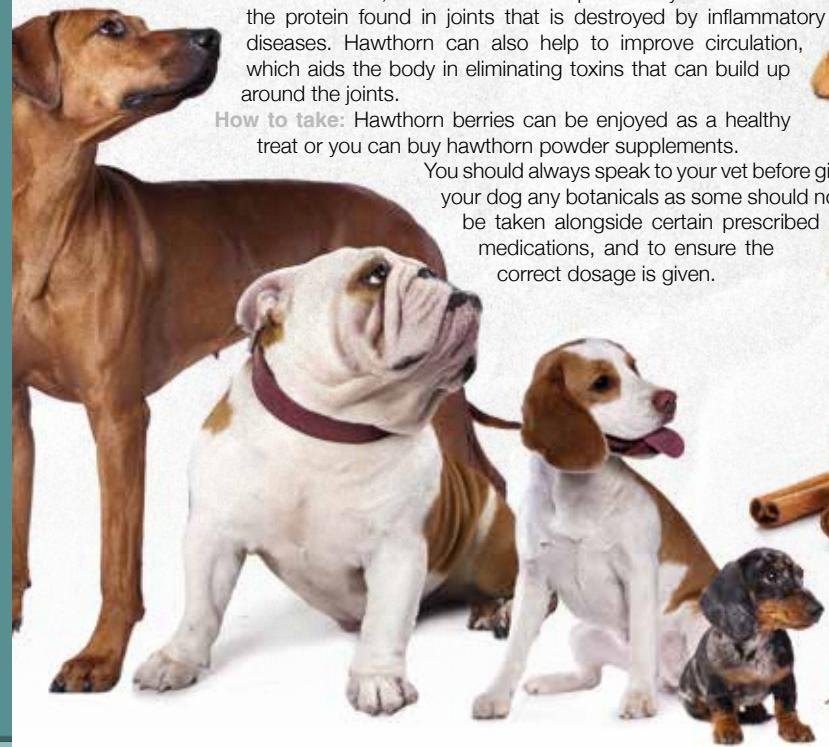
CINNAMON: Cinnamon has been linked to a reduction in symptoms associated with conditions such as irritable bowel syndrome, diarrhoea, and inflammation of the joints. In small human studies, it has also been shown to have anti-inflammatory properties that may slow down the wear and tear of joint tissues.

How to take: Mix powdered cinnamon into their food. Approximately 1/4 tsp twice daily for two weeks for a 50-pound dog.

HAWTHORN: If your dog suffers with arthritis, their symptoms may be alleviated with the use of hawthorn, as this herb can help the body to stabilise collagen, the protein found in joints that is destroyed by inflammatory diseases. Hawthorn can also help to improve circulation, which aids the body in eliminating toxins that can build up around the joints.

How to take: Hawthorn berries can be enjoyed as a healthy treat or you can buy hawthorn powder supplements.

You should always speak to your vet before giving your dog any botanicals as some should not be taken alongside certain prescribed medications, and to ensure the correct dosage is given.





KIDS

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.



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Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness 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 battling 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."



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

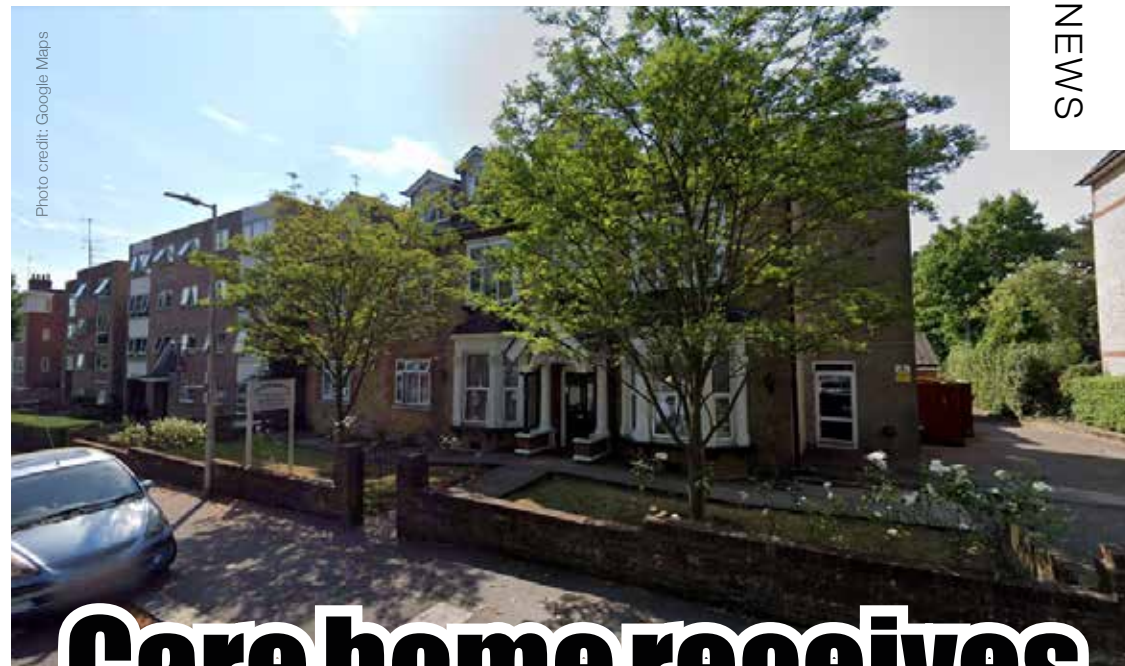


Photo credit: Google Maps

Care home receives downgraded rating in inspection

A care home in South Woodford was ranked as requires improvement in a recent inspection by the Care Quality Commission (CQC).

Churchfields Nursing Home, located on Churchfields, was downgraded after previously receiving a good rating in August 2019.

Following an inspection in November 2021, a series of recommendations were laid out.

These recommendations came to light in a CQC report published on January 13, where it was revealed that "there were a lack of risk assessments in place to ensure people were safe at all times".

The report reads: "We found no evidence that people had been harmed. However, risk assessments were either not in place or were not robust enough to

demonstrate safety and risk was effectively managed. This placed people at risk of harm."

The report added that complaints "had not been managed in a timely manner".

Despite this, included in the report were favourable quotes from residents and relatives.

One person said: "They [staff] treat me with respect, always say what they have come to do and would like to do. Staff are kind."

Another person commented: "Staff are excellent. Over the years, I have seen staff come and go, but they have good staff retention. All seem very good, caring and engaging. I have got no complaints."

Churchfields Nursing Home has been contacted for comment.



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Men jailed for killing teenager in crash



A man from Woodford Green has been jailed for nine years for his part in a collision in which a 16 year old was killed in Birmingham last year.

Dale Sharpen (pictured above right), 31, of Vicarage Road, Woodford Green, appeared at Birmingham Crown Court last month and was sentenced to nine years in prison after pleading guilty to manslaughter.

Paul Biggs (pictured above left), 26, of Hutton Drive, Brentwood, pleaded guilty to manslaughter and was sentenced to 11 years and three months in prison. He was also disqualified from driving for 12-and-a-half years.

On March 22, 2021, Liam Mooney was riding on the back of a moped in Rocky Lane, Perry Barr.

Following an altercation with a Volvo at a roundabout, the driver of the car began chasing the moped. In an attempt to avoid being hit by the car, the moped rider tried to escape by driving onto the kerb.

The Volvo, driven by Biggs, deliberately hit the moped, which crashed into a stationary car.

Liam was taken to hospital with serious head injuries, and died the following day.

Detective Inspector Ranj Sangha, from the West Midlands Police homicide team, said: "Liam's death was tragic and completely uncalled for.

"The level of aggression and rage used was totally disproportionate and their actions have left a young man dead, and his family and friends devastated.

"I hope the fact that they have admitted their guilt today and saved Liam's loved ones the pain and anguish of a trial offers them some comfort."

Aspiring politicians battle for seat in Youth Parliament

Ten young politicians, including South Woodford residents, have been given the chance to battle it out to represent Redbridge in the Youth Parliament.

In elections which take place across the UK every two years, budding politicians fight for the chance to meet with MPs and local councillors and ensure that

the views of young people are listened to.

Redbridge has two Members of Youth Parliament who run the Youth Council and work on manifestos to improve the borough and make it a better place for local people.

Councillor Jas Athwal, Leader of Redbridge Council, said: "It is inspiring to see so many young people from Redbridge engaged in politics and our borough. The UK Youth Parliament offers a fantastic opportunity for people aged 11 to 18 to learn new skills, to get involved in their community and to put issues affecting their peers on the agenda. I wish the candidates well in the forthcoming election."

The Redbridge Youth Election 2022 will take place between Monday, January 31, and Thursday, February 10. The new Members' term will start in March and run for two years until March 2024.

Book written by schoolboy promotes eco initiatives

South Woodford residents can check out a new book written by a local schoolboy who is hoping to inspire green action in the borough.

Available in libraries across Redbridge, *Lark the Shark*, written by Henry Newman (pictured with his mum), follows the story of a litter-clearing shark.

Henry is hoping the book will inspire residents to join green initiatives across the borough and pledge to protect the local environment.

The young author said: "I wrote the book to highlight pollution in the sea, but whether it's on land or water, there are lots of things we can all do to look after the environment. Even things like making sure we recycle as much as we can makes a difference.

"If you're stuck for ideas, you can find out about different ways to help the environment by searching online. The council website also has lots of information to help you, and can tell you about green activities."

To find out what Redbridge Council is doing to tackle climate change in the borough and how you can get involved, please visit www.redbridge.gov.uk/about-the-council/climate-change



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LOCAL NEWS



In early January, we held our second Haven House Christmas tree collection. Fuelled by bacon butties and coffee kindly provided by Salway Cookhouse, our volunteers collected an amazing 630 trees from 599 households in the local community. These were delivered to our hubs at Woodford Rugby Club and Woodford County High School to be chipped and recycled.

We couldn't have achieved this feat without the help and support of a number of local businesses providing vehicles and crews, as well as members of

Cannon Lodge 1539 and our amazing Haven House volunteers.

Huge thanks also go to Balgores Property Group for sponsoring the event and to Stork Distribution for distributing thousands of flyers on our behalf.

Thanks to our incredibly generous supporters, we generated an amazing £12,000 for Haven House to support our vital work with seriously ill children and their families.

Teamwork really does make the dream work. See you again next year.

Man charged following crash

Officers are appealing for information following a fatal collision on the M11 near South Woodford last month.

Police were called at around 12.50am on Saturday, January 8, to a collision on the M11 involving a silver Vauxhall Vectra and a grey BMW 1 Series.

The Vauxhall Vectra had collided with barriers near Junction 4 of the motorway. A man, aged in his 20s, who was a passenger in the Vectra, was pronounced dead at the scene. His next of kin have been informed. Formal identification will be arranged in due course.

Three other men who had been travelling in the Vectra were taken to hospital. One of these men, remains in a critical condition.

On January 9, the driver of the Vectra, Hugues Mike, 24, of Sheffield, was charged with causing

death by dangerous driving. He appeared at Thames Magistrates' Court on January 10 and was released on bail to appear at Sharnbrook Crown Court on Monday, February 7.

Mike was also charged with causing serious injury by dangerous driving, causing death when driving while disqualified, causing serious injury when driving while disqualified, driving without insurance and driving while disqualified.

The driver of the BMW, a 22-year-old woman, was also arrested on suspicion of causing death by dangerous driving. She has been released under investigation.

Investigating officers continue to appeal for any witnesses to call police on 101, quoting reference 300/08jan.



Woodford and District National Trust



Whether you are a National Trust member or not, everyone is welcome to join us at our series of local talks, outings and even holidays. Meetings take place at Memorial Hall, South Woodford, and All Saints Church Hall, Woodford Green, throughout the autumn, winter and spring months. The meetings offer good company, interesting topics and the

chance to socialise with local people. Please note that our next meeting has had to be rearranged owing to problems with the Memorial Hall on the original date of February 8. Our talk, Audley End by Dr Peter Moore, will now take place on Tuesday, February 22, at 10.30am. We hope to see you all there. Our meeting on March 9 at All Saints is still on as advised.



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Firefighters tackle blaze

Around 100 firefighters were called to tackle a huge blaze at a dry cleaning unit in South Woodford last month. Fifteen fire engines were called to the blaze at the industrial unit on Raven Road on January 3. Most of the first floor and part of the ground floor of the two-storey building were damaged in the fire. There were no reports of any injuries. Firefighters worked quickly to cool a gas cylinder and remove it from the building, as cylinders can explode when exposed to heat.

Station commander Paul Green, who was at the scene, said: "Firefighters worked hard to bring this significant blaze under control. "Owing to the nature of the business, there were a lot of materials inside, including bed linen and towels, which caught alight. "The fire created a lot of thick smoke, so we asked local residents to keep windows and doors closed." Firefighters were called at 9.56pm and the fire was under control by 1.34am. The cause of the fire is under investigation.



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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.

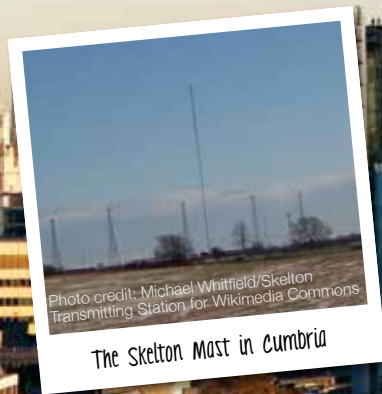
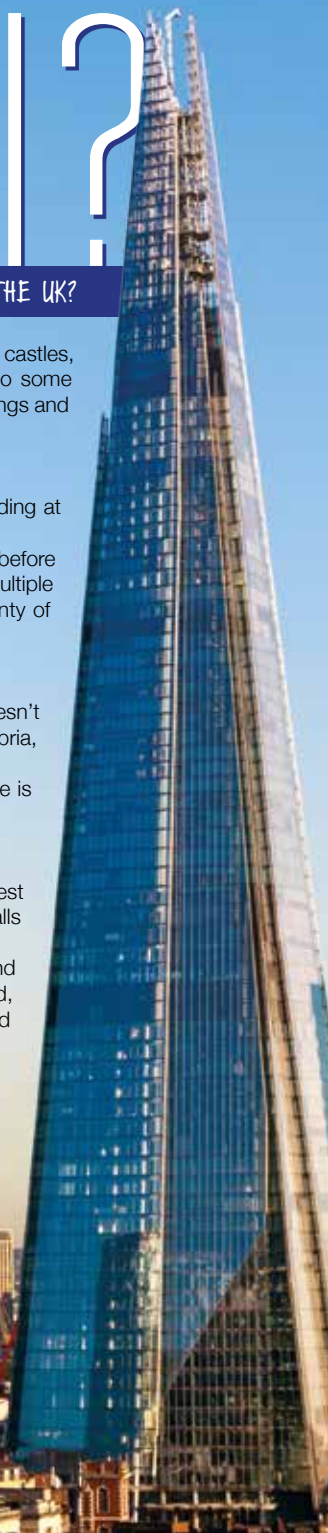


Photo credit: Michael Whitfield/Skelton Transmitting Station for Wikimedia Commons

The Skelton Mast in Cumbria



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, 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.





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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 adrenaline 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."



GARDENING

Photo credit: ©Spin Gold TV 2021



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.



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



STEP-BY-STEP GUIDE TO BUYING A HOUSE



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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UNUSUAL SPORT...

KNOB THROWING



Photo credit: www.dorsetknobthrowing.co.uk



Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

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50 years of RENAULT 5



MOTORING

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called 'supermini' with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model's launch price in the UK was £4,149 – that's around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



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PUZZLES & TRIVIA

PUZZLES

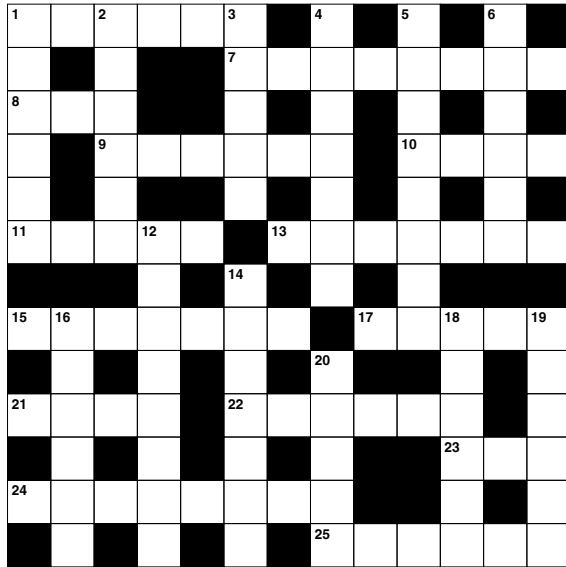
Answers: see end of The VISION Listings

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)
- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- 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

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

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