

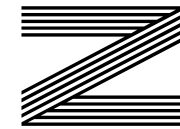
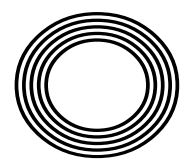
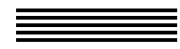


TOP TIPS FOR TANNING SAFELY

Celebrating 50 years of hip-hop music

CHERRY PICKED
The latest kitchen colour trend

PROSECCO PAIRING
Top foods to pair with your bubbles



FREE

Photo credit: Anthony Harvey/ Shutterstock for Sport Industry Awards

SIMON THOMAS

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Editor's notes...

AUGUST 2023



Nik Allen, Editor

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

Over the last few years, women's football has made enormous strides, breaking barriers and gaining recognition on a global scale.

I'm currently enjoying watching the Women's World Cup, which has evolved into a competition of immense significance as it showcases the exceptional talent, dedication and passion of female footballers from around the world. Gone are the days when women's football was relegated to the shadows; today, it stands proudly in the spotlight, drawing millions of fans and leaving an indelible impact on the sporting landscape.

One striking development that exemplifies the progress of women's football is the France Football advertisement that embraces the potential of artificial intelligence (AI). This innovative advert uses AI to seamlessly blend the men's and women's game, highlighting the similarities in skill, intensity and excitement that both genders bring to the pitch. If you haven't yet watched the advert, I suggest you do.

By employing AI technology, the France Football advert effectively breaks down outdated stereotypes and misconceptions about women's football, proving that gender is no barrier to playing at the highest level. It serves as a powerful statement, celebrating the game's universality and reinforcing the message that talent knows no gender.

Nik Allen

Delivered in Frinton-on-Sea, Manningtree, Mistley, Brantham, Walton-on-the-Naze and Clacton-on-Sea every month.

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HIP-HOP... AND YOU DON'T STOP

Hip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. “With black music,” he continued, “there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else.”

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original ‘sound of the underground’ style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of ‘rapped’ poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called ‘golden age’ between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

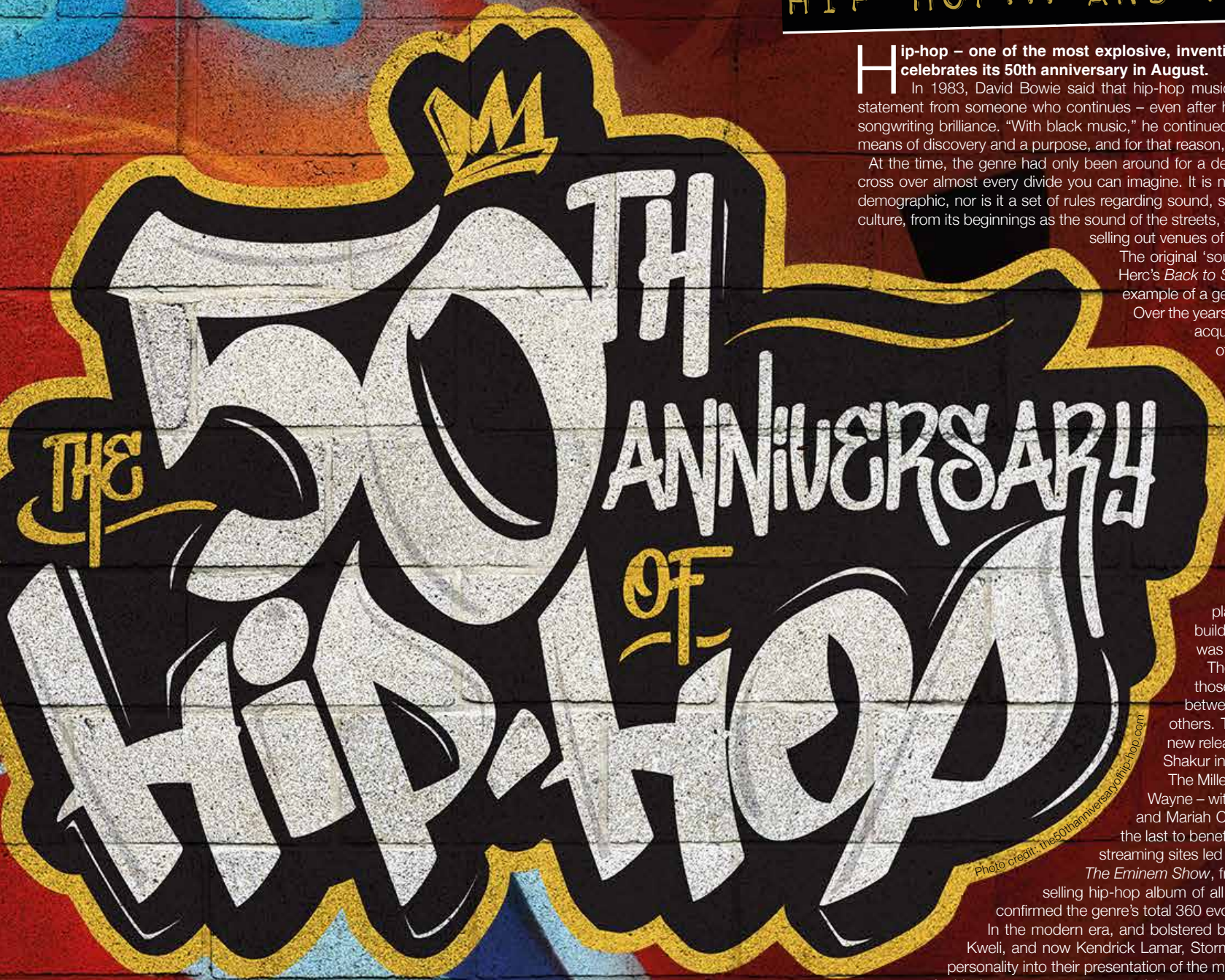
The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of ‘bling bling’ – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

The Eminem Show, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.





Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its 3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Notes expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



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CHERRY ON TOP KITCHENS!



Like to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.

Photo credit: Magnet via IdealHome.co.uk; j99_ozziesplash.com.au; jinteriordesign.com



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Whiffy WASHING



HOME & DIY

Do you sometimes forget to take your washing out of the machine and it all starts to smell a bit musty? Or perhaps your washing machine is past its best and prone to bad odours? Either way, if you want your laundry to smell amazing, try these top tips and tricks.

TACKLE MUSTY SMELLS

If you have left laundry in your washing machine for too long, it may start to smell a little musty. Fortunately, you can easily rectify this by filling your machine with the hottest water your clothes will tolerate and adding one cup of vinegar. Leave to soak for 10 minutes and then wash as usual but with the addition of one cup of baking soda. Voilà no more musty smells!

PRE-TREAT SMELLY STAINS

If an item of clothing has a bad odour owing to a smelly stain, then simply mix one tablespoon of baking soda with a little bit of water to form a paste and then apply directly to the offending spot.

Allow it to sit for 10 minutes and then wash in your washing machine on its usual cycle.

MAKE YOUR OWN DRYER SHEETS

Dryer sheets have a number of uses, such as to soften, eliminate static and remove bad odours, and you can easily make your own. All you need is a small piece of cotton fabric from an old t-shirt or sheet and 5-10 drops of an essential oil such as lavender or eucalyptus. Place in your dryer for the last 10 minutes and your clothes will smell amazing.

USE SCENTED DETERGENTS OR FABRIC SOFTENER

One of the simplest ways to make your washing smell good is to use a scented washing powder or fabric softener. However, it is worth noting that these can leave residue in your machine, which can cause mildew over time.



From Banking Hall to Curtain Call

Following the closure of Barclays Bank in Tiptree Curtain Call Interiors have taken over the former bank building and transformed the space into an inspirational home interiors showroom and new workroom.

The new space showcases a wide range of designer fabrics, curtain displays as well as home accessories including, a beautiful home fragrance range, cushions, lamps, furniture and tableware.



Curtain Call specialise in making hand finished bespoke curtains, Roman blinds and soft furnishings all made by their experienced team of curtain makers. With their new workroom located adjacent to the Showroom, it allows



owner Natalie and her team of makers and designers to assist customers in finding the right fabric and style for their decoration projects.



Offering a free estimating and consulting service, using the vast library of fabric samples and pattern books, they can help bring your ideas to life with advice in choosing the right fabric and style for your space.

Curtain Call are open Monday to Friday from 9am until 5pm and 9am until 3pm on Saturdays, with free customer parking available at the rear of the building.

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LOCAL NEWS

Hundreds of cannabis plants seized by police



Photo credit: Essex Police

A man has been charged after police seized hundreds of cannabis plants from an address in Clacton-on-Sea.

Essex Police executed a search warrant at an address in Ottershaw Way under the Misuse of Drugs Act 1971 on the morning of Monday, July 17.

Officers found thousands of pounds worth of cannabis plants in five rooms of a four-bedroom house, alongside growing equipment. A total of 143 of the plants were taken by the police to be destroyed.

Arrested at the scene was Olsi Muneka, 24, of Ottershaw Way, Clacton-on-Sea. The following day, he appeared at Chelmsford Magistrates' Court and was officially charged with cannabis production.

He was then remanded in custody pending a trial at Chelmsford Crown Court at a later date in August.

After the raid, Tendring Community Policing Inspector Aaron Homatopoulos said: "We have prevented a significant amount of cannabis from reaching the streets of Tendring.

"The trade in illegal drugs, no matter what class they are, is often associated with violence and other serious crimes, which cause untold harm both to vulnerable people and to our communities."

Events organisers encouraged to apply for grant

Organisers of free events taking place in Tendring over the coming months could qualify for a grant of up to £1,000.

Tendring District Council (TDC) has been allocated £10,000 from the government through the UK Shared Prosperity Fund.

Councillor Ivan Henderson, TDC's cabinet member for economic growth, regeneration and tourism, said: "The aim is to help local independent organisations either make the most of the summer season or look to extend the season and increase footfall during traditionally quieter months.

"We recognise that tourism plays a key role in our economy, but we also know the sector is keen to develop our year-round offer; these grants can help to support that."

Applications will be reviewed as they are received, and the fund will remain open until the allocation has been spent.

To find out more and to apply, visit www.tendringdc.gov.uk/business/business-support-grants-and-loans

Events must take place by March 31, 2024, and be free to attend for the public.

Probus group welcomes visitor from down under

Frinton, Walton and District Probus Club recently welcomed a visitor who travelled all the way from Australia to meet with its members.

The club, which is for those who are retired or semi-retired, welcomed Australian Probus and Probus Global member Howard Massey as its guest at Frinton Golf Club at a recent meeting.

A spokesperson for the club said: "Probus Frinton is pleased to be part of the global movement and remains in regular contact with Howard's club and other clubs in the UK.

"We are always keen to welcome new members to our club, which offers friendship and support. Please contact the recruitment officer Ian Stansfield on 01255 679575 for more information."





SIR BERNARD JENKIN MP

Conservative MP for Harwich and North Essex



Summer on the Essex coast, and a great many local people and visitors are on the water or in the water. Bathing water status, as designated by the government, has become a benchmark of environmental standards, as well as an essential indicator of the safety of bathing water. Not in my lifetime has there been a golden age of bathing water purity around the Essex coast.



summers to come, we cannot rest on our laurels.

In my view, the government is going to have to be more imaginative about how to direct the income of water companies more towards investment. Whether publicly or privately owned, the maths does not alter, and polarising the debate around that issue is likely to create more uncertainty and delay to necessary investment.

I wish everyone a good summer, filled with hot days, clear skies and clean, well-looked-after waters.

Anglian Water managers are doing what they can under the competing pressures of shareholders, lenders and regulators. Water quality is very closely monitored now and residents can monitor all the publicly available water quality measurements themselves by visiting the following website: environment.data.gov.uk/bwq/profiles and searching for their local area.

But just because our water quality is rated so highly does not mean that we can take this for granted. Increasing house numbers on a sewage system with finite capacity is just one pressure to consider as we look to the future. If we want to retain this level of water quality and keep our waters clean for many more



GILES WATLING MP

Conservative MP for Clacton

It's been a busy month, but I'm very pleased to share some updates with you. First, you may have seen in the news that after careful work with the local NHS board and mydentist, the largest NHS dental provider, we've been able to negotiate a deal that could see around 1,750 more hours of NHS dentistry (an estimated 1,200 appointments!) introduced in Tendring for residents. I am very grateful for the support of Ed Garratt OBE and the team at mydentist in getting this deal done, and I hope that you are able to feel the benefits when the scheme begins in September!

I've also been out and about in the constituency with the Police, Fire and Crime Commissioner Roger Hirst (pictured left) and Julie Taylor (pictured second from left) to hand out bleed kits to venues in the constituency. Julie's tireless campaigning to increase access to these kits after the tragic death of her grandson is truly inspiring, and I hope that more venues are able to receive these life-saving medical devices.

Over the summer, I'm trying to do more to raise awareness of what an MP's job entails – keep your eyes peeled over on my social media for more behind-the-scenes videos and explainers to find out what I'll be up to when I get back to Parliament in September! I hope to be able to show you what an MP can do to represent their constituents here and in Parliament.



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Castle ruins offer a glimpse into our medieval past



Here we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.



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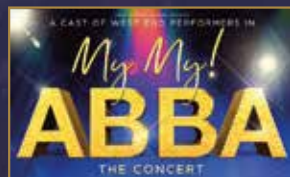
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Tuesday, August 22, to Sunday, September 3, various times



Photo credit: Frinton Summer Theatre

With the continuation of the Frinton Summer Theatre event, West End glamour comes to the seafront with this special run of beloved Sixties musical, *My Fair Lady*. See Eliza Doolittle go from Cockney flower seller to a 'proper' lady in this memorable show.

Tickets are priced between £35 and £40. To book, visit www.frintontheatretickets.co.uk

CLACTON AIRSHOW

Top Promenade, Marine Parade West, Clacton-on-Sea, CO15 1LT
Thursday, August 24, 11am – 10pm, and Friday, August 25, 11am – 5pm

Celebrating its 30th anniversary, this spectacular aerial display will see all kinds of fantastic planes flying through the air, including the RAF Red Arrows, a Battle of Britain memorial flight and some beautiful displays at twilight.

Attendance is free. To find out more, please visit www.clactonairshow.com

BOUNCY CASTLE AND BBQ

Brantham Leisure Centre, New Village, Brantham, Cattawade, Manningtree, CO11 1RZ
Sunday, August 27, 1pm – 11pm

Members and non-members are invited to the leisure centre's beer garden and terrace for this August bank holiday event. Guests can enjoy a BBQ and music, with children able to jump on a bouncy castle, play table tennis and compete in a giant Jenga contest.

Entry is free. Find out more via www.bitly.ws/RqPn

SUMMER AND SMOKE

The Manifest Theatre, 2 Oxford Road, Manningtree, CO11 1BP
Sunday, August 27, 7.30pm

For one night only, this acclaimed show from beloved American playwright Tennessee Williams sees an unmarried minister's daughter in 1910s Mississippi develop a strange romance with her wild and undisciplined doctor.

Tickets cost £12 for non-members and £10 for members. Book your tickets via www.ticketsource.co.uk/whats-on/manningtree/the-manifest-theatre/summer-and-smoke/e-zqrrky

DAN FRASER LIVE

Queen's Head Pub, 76-80 High Street, Walton-on-the-Naze, CO14 8AD
Monday, August 28, 2.30pm

Enjoy an afternoon of acoustic and folk sounds from Colchester-based musician Dan Fraser, all in the setting of this cosy, traditional English pub.

Attendance to the show is free. To find out more about Dan and his music, visit www.bit.ly/3DyOjJS

THE WITCHFINDER GENERAL ESSEX INTERACTIVE GHOST WALK

Mistley Towers, Church Hall, Mistley, CO11 1ET
Saturday, September 2, 8pm – 9.30pm

Organised by Haunting Nights, go on this ghost hunt for the spirit of one of Essex's most infamous historical figures, the 17th-century witchfinder general Matthew Hopkins.

Tickets cost £10 per person. To book, please visit www.bit.ly/3QjJoUJ



Photo credit: Tim Heaton



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SOCCER SATURDAY

LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a panel of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another *ex-Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."



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GRASS IS GREAT
 Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering. Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

RESEARCH YOUR REVIVAL
 Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

SUN SORCERY
 When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

CROP, DON'T CHOP
 Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

PERFECT PATHS
 Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant. Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

BE BOLD
 Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.

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SPORT



WREXHAM RED DRAGONS RISING AGAIN

HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

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Do you love a glass or two of Prosecco?

Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

POLPETTE: Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

BRUSCHETTA: You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

SALADS: While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

MILD CHEESES: If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

DESSERTS: When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.



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HOW TO FIT MORE IN YOUR SUITCASE

Do you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

SHORTLIST YOUR CLOTHES: Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

ROLL YOUR CLOTHES: This is a very effective space-saving techniques. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

PLACE ITEMS INSIDE YOUR SHOES: Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

USE TRAVEL SPACE BAGS: Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

THE BUNDLE PACKING METHOD: The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.

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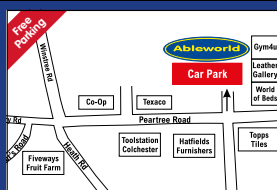
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How to TAN safely



HEALTH & FITNESS

Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

1 Avoid sunbeds. These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.

2 Choose the right sun cream. Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.

3 Watch the clock. Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.

4 Spend time in the shade. This reduces your sunburn risk and helps prolong the life of your tan.

5 Cover up. Wear protective clothing, especially if certain areas of your body are prone to sunburn.

6 Eat sun-friendly foods. Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.

7 Don't mix fake tan with SPF products. This can cause the SPF to break down, reducing its effectiveness.

8 Be cautious during peak sun hours. Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.

9 Choose the right aftersun. Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



KIDS

Lollylicious!

If you have children, you will know only too well how quickly a freezer full of ice lollies empties during the summer holidays. Fortunately, you don't have to keep running to the shop for more, as these homemade lollies are guaranteed to go down a treat.

Orange and Carrot Ice Lollies (makes 6, vegan)

You will need:

5 large carrots | Juice of 3 large oranges and the zest of 1 | 1 satsuma, peeled and chopped

How to make:

Finely grate the carrots and place them in the middle of a clean tea towel | Gather up the towel and squeeze the carrot juice into a jug | Add the juice of the oranges and top with a little water if needed until you have 360ml liquid | Stir in the zest and satsuma pieces | Carefully pour into lolly moulds and freeze overnight

Ice Lolly Pens (makes 6, vegetarian)

You will need:

50ml sugar-free blackcurrant cordial | 50ml sugar-free orange cordial | Red and orange natural food colouring | 50g blueberries | 50g chopped strawberries | A handful of halved red grapes

How to make:

Pour each cordial into a separate jug and add 5 tsp of the corresponding food colouring into each one | Stir 100ml of water into each | Place a few blueberries, strawberries and grape halves into 6 lolly moulds | Top up 3 moulds with blackcurrant cordial and 3 with orange cordial | Freeze for at least 4 hours | Remove the lollies from the moulds and pour extra food colouring into a small dish | Dip the lollies into the colouring and use them to draw on clean paper, licking as you go

Strawberry Milk Pops (makes 12)

You will need:

400g ripe strawberries | 200ml semi-skimmed milk | 405g can of light condensed milk

How to make:

Place the strawberries in a food processor or blender and blitz until smooth | Add the milk and condensed milk and blitz again to combine | Pour the mixture into 12 moulds | Freeze for a minimum of 4 hours until solid



To make the above quantities, use lolly moulds sized at 16x15x10cm, or you can use moulds you already have but adjust accordingly.

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BUSINESS & PROPERTY

Are you looking to drive customer engagement? Turn one-time buyers into loyal customers? If the answer is yes, then you need to know about omnichannel marketing.

WHAT IS OMNICHANNEL MARKETING?

Omnichannel marketing is a cross-channel content strategy that includes both traditional and digital forms of marketing. Designed to deliver a seamless customer journey, all channels need to work together to create a unified experience.

EXAMPLES OF OMNICHANNEL MARKETING ARE:

- ▶ A customer receives an SMS message about a sale or promotion when shopping in store.
- ▶ A customer receives a shopping basket abandonment email after browsing a website and adding an item to their basket.
- ▶ A customer receives retargeting ads for abandoned basket items they have added in an app.
- ▶ A customer receives a discount code via email after not completing a purchase on a website.

WHAT ARE THE BENEFITS OF OMNICHANNEL MARKETING?

There are multiple benefits to omnichannel

marketing, including: Greater reach | Enhanced customer satisfaction | Boost in sales | Increased customer engagement | A more personalised customer experience | Enhanced customer loyalty | Improved brand recognition and recall

HOW TO IMPLEMENT AN OMNICHANNEL MARKETING STRATEGY:

Data collection and analysis: In order to implement an omnichannel marketing strategy, you need to make sure you have collated sufficient data about your target audience. Once you have this data, you then need to translate it into actionable insights.

Map the customer journey: It is crucial that you create customer journey maps before launching an omnichannel strategy, as this will enable you to create targeted campaigns that are more likely to result in sales.

Test and optimise: The secret to any successful marketing campaign is in testing and optimising. Allowing you to see what works and what doesn't, and how to adjust accordingly, there are several testing tools that you can utilise, such as Omniconvert and HubSpot and Kissmetrics' A/B Testing.



MOTORING

CLASSIC CARS SUSTAINABLE FUEL

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic retro roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO₂ we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."



Photo credit: topgear.com

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PUZZLES & TRIVIA

PUZZLES

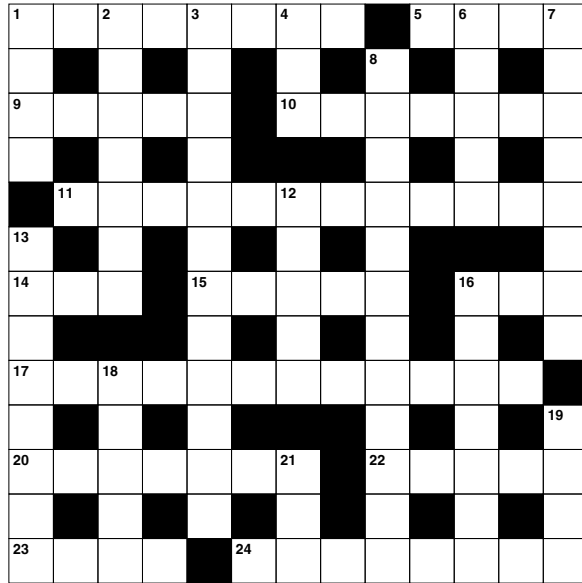
Answers: see end of The VISION Listings

ACROSS

- 1. Dawn (8)
- 5. Whip (4)
- 9. Obtain information from various sources (5)
- 10. Exposes; shows (7)
- 11. Clothing such as a vest (12)
- 14. Tear (3)
- 15. Aqualung (5)
- 16. Argument against something (3)
- 17. Person's physical state (12)
- 20. Strife (7)
- 22. Possessed (5)
- 23. Utters (4)
- 24. Gauges (8)

DOWN

- 1. Gear wheels (4)
- 2. Clear mess away (5,2)
- 3. Discussion (12)
- 4. Belonging to us (3)
- 6. Alert (5)
- 7. Suffering from indecision (8)
- 8. Unnecessarily careful (12)
- 12. Haggard (5)



- 13. Goes before (8)
- 16. Singer (7)
- 18. Beastly (5)
- 19. Chances of winning (4)
- 21. Expected at a certain time (3)

DID YOU KNOW?

- ▶ Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- ▶ The mammals can run as fast as 35mph over short distances.
- ▶ Giraffes are already extinct in at least seven countries in Africa.
- ▶ Giraffe spots are like human fingerprints; no two giraffes have the same.
- ▶ Their tongues are a bluish-purple colour and are between 45 and 50cm long.
- ▶ Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- ▶ In the wild, giraffes live for around 25 years.

SUDOKU

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



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