

**HOW TO
BUILD A
COLD
FRAME**

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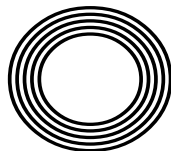
The perfect present this Christmas

PRINCE CHARLES'

Aston Martin runs on cheese and wine

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Editor's notes...

NOVEMBER 2021



Sean Purcell, Editor-in-Chief

Hello and welcome to this month's edition of **VISION** Woodbridge. As you read this, the great and the good will have descended upon Glasgow for the COP26 conference to discuss the climate crisis and attempt to agree steps to reduce the level of global warming. Watching the coverage got me thinking: what can I really do to make a difference?

Of course, one man on his own cannot make a massive difference, but collectively, the actions of individuals can have an impact. However, sometimes it is hard to know what we can do. For example, I use jute bags, thinking this would help, but I recently read that I would have to use them thousands of times and probably for the rest of my life for this habit to have an impact. Again, one man using jute bags for shopping may not make a difference, but hundreds of thousands of people doing the same would.

The mission of **VISION** magazine is to inform as well as entertain, and you will start to see articles included that I have selected that may help inform you. I am a particular fan of our 'alternatives uses for...' pieces, and the research carried out by our team has certainly opened my eyes to how I can use everyday products more broadly. If you have any alternative uses for products, please do drop me an email as I would love to hear from you.

Sean Purcell

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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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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock

SUPER subscriptions

THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

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Recognition for Tuffour Group's Reavley Chemist PLUS Giving Back to the Community

Chemist of the Year Award 2021

One of our Tuffour Group, Reavley Chemist in Burford, is delighted to have been awarded Global Health & Pharma's sixth annual Chemist of the Year 2021 award for Oxfordshire! After serving the local community for over four centuries it is wonderful for our iconic pharmacy to be given recognition as we embrace modern advances in pharmaceuticals and actively participate in supporting ongoing efforts to combat the global pandemic.



We recently sponsored the Oxfordshire Windrush Valley Flower Show with Virgin Hot Air Balloon Flight vouchers for their star raffle prize, helping to raise more funds this year (despite the challenge of lockdowns and unreliable weather) than ever before! A wonderful traditional village fête complete with the Yarnton Band, classic cars, go cart race and dog show, the event supports four local villages with community projects.

In addition, we recently sponsored a drinks event for the new Burford Archive, an important project ensuring the preservation of historical records and documentation of local history for future generations.

Supporting Our Community

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Inspired quadruplets follow mum into NHS careers

A set of quadruplets have followed in their mother's footsteps by pursuing careers with the NHS.

Joby Shibu Mathew, a nurse from Woodbridge who works at Ipswich Hospital, is the mother of 21-year-olds Aneetta, Aleena, Anjel and Aneesha.

Anjel, Aleena and Aneetta are currently working as registered nurses at Royal Papworth Hospital, Cambridge, while Aneesha is working at Kettering Hospital as a physiotherapist.

Joby completed her nursing degree in India. After working in India and the Middle East for a few years, she moved to the UK and had to complete her nursing degree again between 2014 and 2017.

Joby said: "As a mum, there is not a better feeling than knowing you are their role model."

"Myself and Shibu [her husband] were ever so happy and proud of how our girls became part of the NHS, taking their mum as an inspiration and following in my footsteps, developing their skills and knowledge each day and being able to share their skills."

Aneetta said: "I always knew nursing is a profession that brings a lot of satisfaction by curing an individual physically, mentally and psychologically."

"Knowing that I had someone in my house who did this on a daily basis, no matter how much stress it may create, did make me think more deeply about pursuing a nursing career."

Aleena added: "I will never regret the decision I have made about being a nurse and I am so happy and honoured to follow in my mum's footsteps."



Photo credit: Paul Leech

Woodpeckers push for high finish after tough month

Matches have come thick and fast for Woodbridge Town FC's first team, who sit nicely in seventh place in The Eastern Counties League at the time of writing.

Despite being unable to pick up another consistent run of victories, the points are still being added to the board, and the second half of the season is sure to be exciting as the team push for a high finish in the league.

The final first team home games for 2021 are as follows:

- > Saturday, November 27, vs Norwich United
- > Saturday, December 11, vs Thetford Town

The reserves team now have a settled squad and management team and usually play at Notcutts

Park when the first team are away. A local derby on December 18, hosting Hadleigh, will be their final game of the year.

The Under 18s team, under the management of former player, Matt Mackenzie, find themselves mid-table of the Thursday night league.

A spokesperson for Woodbridge Town FC said: "The young Woodpeckers are doing a fantastic job and have pulled off some fantastic performances against some very tough opposition. There are certainly some stars of the future in the team.

"Off the pitch, it's been heartening to see an influx of enquiries for room hire. A variety of parties have been booked at Woodbridge Town, many having been postponed from the previous 18 months."

2,000 students dress up for 8-mile charity hike

Pupils and staff from a secondary school in Woodbridge completed an eight-mile walk to raise money for various charities.

On Friday, October 22, 2,000 pupils and staff from Farlingaye High School walked through the town and along the river, with a lunch break at Kingston Playing Fields.

Some of the money raised by students was donated to the school to purchase computer and PE equipment, while the remainder was given to other charities chosen by the students. These were the WWF Australia Fire Appeal, Just 42, Young Minds, and Cancer Research UK.

Andy Sievwright, headteacher, said: "It was a very proud moment for us when we could reintroduce the sponsored walk this year. It was great to see nearly 2,000 students dressing up and having fun."

Arabella Moore-Smith, a Year 12 student, said "As a new student to the school, it felt like a nice community, and everyone was happy to be doing something together."



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News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

With the most solemn day in Woodbridge's year, Remembrance Sunday, now past, we can start to turn our attention to the most joyful time: Christmas.

Once again, the Thoroughfare and Market Hill will be adorned with Christmas trees and lights. Many of the town's traders have helped to fund the Christmas lights, alongside a grant from the town council. Thanks must go to former town mayor, Clare Perkins, for organising both the trees and the lights. The Christmas lights switch-on will take place on Thursday, November 18, at 6pm outside Barretts/John Ives, Thoroughfare, and on Market Hill.

In addition, Clare has organised The Spirit of Christmas 'Son et Lumiere' – a spectacular magical

world of light and sound projected on to the Tide Mill. This event will take place on Wednesday, December 22, following the Woodbridge Rotary Club 69th annual open-air carol service, which will start at 6.30pm at the new venue of Whisstocks Place, Tide Mill Way, and not on Market Hill as in previous years. As ever, Father Christmas will also be attending with sweets for all the children.

There will be a barbecue, kindly organised by 5th Woodbridge Sea Scouts, with hot dogs, tea, coffee, hot chocolate and non-alcoholic mulled wine available for purchase. Please come dressed for the weather as it can be a bit chilly down by the river.



Competition winners named

Woodbridge Tide Mill has announced the winners of its 2021 photo competition.

Sam Pyle (pictured centre), of Woodbridge, took first place with her shot, *Serenity*. In second place was Zoe Harris, from Maldon, with *Maritime Festival Fun*, and the U16 winner was Lawrie James, from London, with *Mill and Mini-Saxon Ship*.

The winners were selected by a panel of judges led by award-winning photographers.

The competition attracted nearly 200 entries from a wide range of entrants. The images all reflect the enduring popularity of the mill in the town and its importance to the local community.

Twelve of the judges' favourite photos feature in a Tide Mill calendar for 2022, which is now on sale, to raise money for the Tide Mill Charitable Trust and to help keep the mill in working order.

Chairman of Woodbridge Tide Mill Trust, John Carrington (pictured right), said: "We have been pleasantly surprised by the popularity of the photo competition.

"We are very grateful to all those who entered, many of whom will see their work in the Tide Mill 2022 calendar... to raise funds for the charity."

For more information and to purchase a calendar, visit woodbridgetidemill.org.uk



News from

Councillor Caroline Page

The County Councillor for Woodbridge

This month, I am writing as someone who swims in the River Deben, raging about the state of the county's (indeed the country's) waterways.

Apparently, there is not a single river in England and Wales that is in good overall health.

Last month, Parliament rejected a proposal from the House of Lords to end raw sewage being dumped in our rivers and off our coasts, something that is not good for either environmental or human health.

It is particularly unfortunate that this coincides with an increased interest in wild swimming. Some take part in wild swimming as a healthy pastime, and some because cold water is considered to be particularly beneficial to sufferers of long COVID – which affects one in 20 people who catch COVID-19, according to the UCL Zoe study.

Britain is currently experiencing around 50,000 new COVID-19 cases every day – which translates into

something like 2,500 new long COVID cases daily.

In 2020, Anglian Water reported worse serious pollution and worse self-reported pollution than its targets. None of these targets was anywhere near zero. I find that last bit pretty worrying.

Forty years ago, our water system was privatised, supposedly to bring in public sector money to modernise our Victorian drains system. Instead, this brought water companies huge profits and paid billions in dividends to shareholders, and so little investment in water infrastructure that we are now told that if we insist on having sewage-free rivers, it will increase bills and could bankrupt water companies, and could lead to sewage overflowing into streets and homes.

A key issue is that water companies are allowed to release untreated sewage into waterways at times of extreme flood. Since climate change, unbridled development and poor investment in infrastructure is leading to much more flooding. Maybe the best thing would be to take back the water companies' moneymaking monopolies into public ownership.

Pub submits safety application

The Bull Inn in Woodbridge has submitted a new Temporary Pavement Licence application.

The application, which would allow for temporary seating until the end of September 2022, was submitted on October 14.

The pub's mission is to make the front of The Bull a more attractive and safer area for the pub's guests, pedestrians and road users.

The pub would be able to set up eight tables and 32 chairs until 9pm under the Temporary Pavement Licence.

In a Facebook post, a spokesperson for the pub said: "We would hope that by making the bottom end of the square safer and more attractive, it will increase footfall for all the businesses around this part of Market Hill.

"We hope you like our vision as to how the front of The Bull Inn could look with a little imagination."

Liberal Democrat councillor for Woodbridge, Caroline Page, said: "This brings a double benefit: Woodbridge Market Hill will become more attractive



Photo credit: The Bull Inn

and user friendly, and at the same time it will help Suffolk achieve its net zero target by 2030."

The Bull Inn has asked residents for representations of support or objection to be made in writing to the Licensing Team at East Suffolk Council by emailing licensing@eastsoffolk.gov.uk

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SOFA, *so good*



From striking shades to fabulous fluting, tactile textures to durable designs, these five sofa trends for 2022 are anything but boring.

Bold colours: Moving away from more muted shades such as grey and dark slate blue, 2022 sofas are unabashedly bold and beautiful. Think bright blue and ruby red, as well as more subdued, warm colours such as paprika. Keep your walls neutral and let your sofas do the talking.

Curves and fluting: A key sofa trend that emerged in 2020 and is still going strong as we move into 2022, expect to see more intricate pleating combined with chunky quilting for a cosy yet stylish look. For an added sense of luxury, opt for velvets that perfectly complement the curves of the flutes.

Raw materials: Arguably one of the biggest sofa trends for 2022, the appearance of sofas will become more natural and pared back as people strive to embrace a more simplistic lifestyle. Look out for heavy textures such as bouclé which add softness, and more earthy tones like rust and green that simply scream 'au naturel'.

Sustainability: With consumers becoming increasingly interested in how their goods are made and how it affects the world they live in, ethical sofa designs are becoming much more mainstream. From sofas that are made using 100 per cent recycled fabric to styles that are designed with durability in mind, it has never been easier to buy a stylish sofa that also helps to reduce your carbon footprint.

Mismatched sets: Say goodbye to three-piece suites and hello to more eclectic, mismatched sofa arrangements. With spaces in the home now needing to be both versatile and tactile, regimented furniture schemes are no longer relevant. Instead, embrace different shapes, sizes, colours and patterns in your living room.

Photo credit: cloud-interiors.com, coconepublic.com.au, heels.com, Studio McGee via thespruce.com

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HOME & DIY

BREAK OUT THE Brake cleaner

Brake cleaner isn't just for vehicle maintenance. It can also be used in several household applications, with unbelievable results.

How to use brake cleaner

If you have used brake cleaner on your car, then you won't have any problems using brake cleaner in your home as the application process is the same. However, if you haven't used brake cleaner before, simply follow the below steps:

- > Shake the can thoroughly to activate the formula.
- > Hold the can about 30cm away from the surface and apply.
- > Allow the brake cleaner to soak in and evaporate.
- > Reapply to stubborn areas and wipe away any excess dirt with a clean cloth before it evaporates.

Always wear gloves and use in well-ventilated areas. Do not allow brake cleaner to come into contact with plastic or rubber, and keep away from any open flames.

To clean windows: With the ability to cut through grease without leaving any residue, apply sparingly when using brake cleaner to achieve streak-free

windows. Wipe with a microfibre cloth for optimum results.

To remove stains from a driveway: Unsightly oil stains can ruin the look of your concrete driveway, but can be easily removed by throwing down some cat litter or sawdust to get rid of the worst of the spill and then applying brake cleaner.

To remove ink and paint: Brake cleaner can effectively remove stains made by permanent markers, paint and nail polish on surfaces such as walls, tables and countertops.

To remove stains from fabrics such as tablecloths: Perchloroethylene, a chemical that is commonly used in chlorinated brake cleaners, is also used by professional dry cleaners to remove food and oil stains. Always test in a non-conspicuous spot first and wash the fabric as usual after application.

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GARDENING



Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.



HORTICULTURAL HEROES: Monty Don



Even after almost four decades studying the flora and fauna of our gardens, green-fingered expert Monty Don's passion shows little sign of waning.

A love affair with the outdoors that has lasted a lifetime might be taking its toll physically on the 66-year-old broadcaster and writer Monty Don OBE, who suffered a bout of peritonitis in 2007 and a stroke that could have killed him a year later. But the everyday rigours of flowering and weeding, pruning and digging have left his body "happily weathered", as he puts it.

"It comes with the territory when you get to my age," he says matter-of-factly. "I'm not going to start complaining – by the very nature of gardening, you are outdoors, filling the lungs up with oxygen and experiencing what it is to be around plants and trees and flowers. If that isn't good for the soul, I don't know what is."

Monty's garden at Longmeadow in Herefordshire has undoubtedly provided an antidote to seasonal depression, which the presenter has battled with for a long time.

"It's tremendous for clearing away the debris in my mind," he explains. "There is nothing better."

Monty has published 26 books during his career and still pens a number of popular newspaper columns. He became the welcoming, enthusiastic, all-knowing expert on BBC's *Gardeners' World* between 2003 and 2008, returning again in 2011, and is now completing a full decade of stewardship. He also took on lead presenting duties for the flagship Chelsea Flower Show in 2014.

Well dressed in his 'painterly' style and with a sparkling demeanour, Monty's delivery to camera is composed and natural, charismatic yet down to earth, knowledgeable yet easy-going – through to the fact that he refuses to call himself a professional gardener.

"I'm an amateur gardener, that's the truth," he says. "I taught myself how to garden. That's why I say to people, 'Don't worry about the process – do it your way, try it out; just make sure you enjoy yourself'."

Photo credit: BBC/Glenn Dearing



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Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

How to make flavoured gin

Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- Strong flavours such as chilli, vanilla and citrus = less than one day
- Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- Berries and other potent fruits = three to four weeks
- Milder ingredients like apple or pear = up to one month

Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.



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A
LAUGH

ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."



BEAUTY

Hairband HEROES

Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair
Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair
If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair
Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair
People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair
Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



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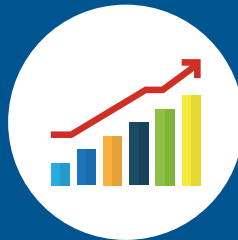


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BRUCE KING

on how to sell yourself and what you do



BUSINESS & PROPERTY



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

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



IS NEW ALWAYS BETTER?

If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.



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Tim Giles

Are you missing out on marriage allowance?



1.8 million married couples and civil partners are taking advantage of marriage allowance, but are you missing out?

MJB Avanti advise, if you are entitled to the marriage allowance and have not yet applied, then you could receive a payment of up to £1,220 from HMRC. The marriage allowance is available to qualifying married couples and those in a civil partnership where a spouse or civil partner is a non-taxpayer i.e. has an income below their personal allowance (currently £12,570).

The allowance works by permitting the lower-earning partner to transfer up to £1,260 of their personal tax-free allowance to their spouse or civil partner. The marriage allowance can only be used when the recipient of the transfer (the higher-earning partner) doesn't pay tax at more than the basic 20% rate of Income Tax. This would usually mean that their income is between £12,570 to £50,270 in 2020-21. The limits are different if you live in Scotland.

What to do if you have not yet claimed

If you meet the eligibility requirements and have not yet claimed the allowance, then you can backdate your claim to 6 April 2017. This could result in a total tax break of up to £1,220 if you can claim for 2017-18, 2018-19, 2019-20, 2020-21 as well as the current 2021-22 tax year. If you claim now, you can backdate your claim for four years (if eligible) as well as for the current tax year.

The MJB Avanti team help clients to maximise their tax allowances with efficient tax planning, call us on 08000 388799 to see how they can help you achieve your financial goals.

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WIKI-WONDER

Celebrating 20 years of Wikipedia



In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.



Photo credit: IB Photography/Shutterstock.com



TECHNOLOGY



VICKS VapoRub

7 ALTERNATIVE USES

Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard. However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.

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Self-care *is not selfish*

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

- Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

- > Manage your stress levels
- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drinks lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit www.mind.org.uk or www.youngminds.org.uk



JUST breathe



IMPROVE YOUR QUALITY OF LIFE WITH THREE EASY BREATHING TIPS

You don't need to be a philosopher to know that people can spend their days navigating between a negative inner critic and a more positive and less apparent inner believer. Allowing the latter to express itself more is a key part of healthy living, positive self-image and good self-esteem.

Well, imagine if something as simple as breathing could be the key to being more positive, more confident, less stressed and more physically strong to boot.

Check out these three easy ideas and get started today.

Five deep breaths

If you are feeling stressed or self-critical, take five deep inhalations and exhalations through the nose. Clear your mind and focus on the sensation of breathing. This is part of breaking the negative inner dialogue. Closing your eyes can also help. When ready, you can go back to what you were doing.

Diaphragmatic breathing

Another easy win is to breathe diaphragmatically. This means using the belly muscles to fully fill and empty the lungs with each breath. As well as being calming, this can help with public speaking, as it allows you to control your breath and voice far more effectively.

This breathing also helps the body discharge waste and take in more oxygen, which boosts brain activity.

Quick energy

For a short, sharp boost that will make you feel up for anything, take a deep breath and hold for a second or two, then make a loud 'hmm' sound on breathing out. Not only does this break negative thought patterns, but it will also provide you with a welcome mental lift.

Breathing is something we do every minute of the day – it's time to make it work for us more than ever before.



PETS

Peculiar PET LAWS



We are a nation of pet lovers, so we think you need to know about the following pet laws in the UK. Some are common sense, some are a bit weird, and others are just plain hilarious.

1. NOT HAVING POO BAGS

In Daventry, Northamptonshire, you can be issued a £100 fine for not having a spare poo bag, regardless of whether your dog has fouled or not.

2. BURYING YOUR PET IN THE WRONG PLACE

It is illegal to bury your pet anywhere other than the grounds of the home that they lived in. You need to own your home, not just rent it. If you plan to sell, it is not a legal requirement to tell buyers about the burial, but you may want to mention it as a courtesy.

3. NOT SECURING YOUR PET WHEN DRIVING

You can be fined up to £5,000 and have your insurance invalidated if you fail to buckle up your pet when driving. This law applies to all pets, as not only can they act as a distraction, but their wellbeing is also at risk without suitable restraint.

4. RIDING A HORSE OR CATTLE WHILE UNDER THE INFLUENCE

Everyone knows it's illegal to drink and drive, but did you know that this law extends to horses? Yes, under the Licensing Act 1872, it is illegal to be drunk and in charge on any highway or other public place of any carriage, horse or cattle.

5. MATING WITH A ROYAL DOG

Although we admit this scenario is unlikely, if you do stumble upon one of Her Majesty's corgis while walking your dog, it is illegal for your pet to mate with it without seeking permission first.

OTHER UNUSUAL PET LAWS IN THE UK:

- > You are not allowed a pigsty in front of your house unless it is appropriately hidden
- > It is illegal to run cows through the street during the daytime, although after 7pm is fine
- > In the Lancashire coast area, it is illegal to encourage your dog to bark.

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30 years since the death of the icon

FREDDIE MERCURY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lilt that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.

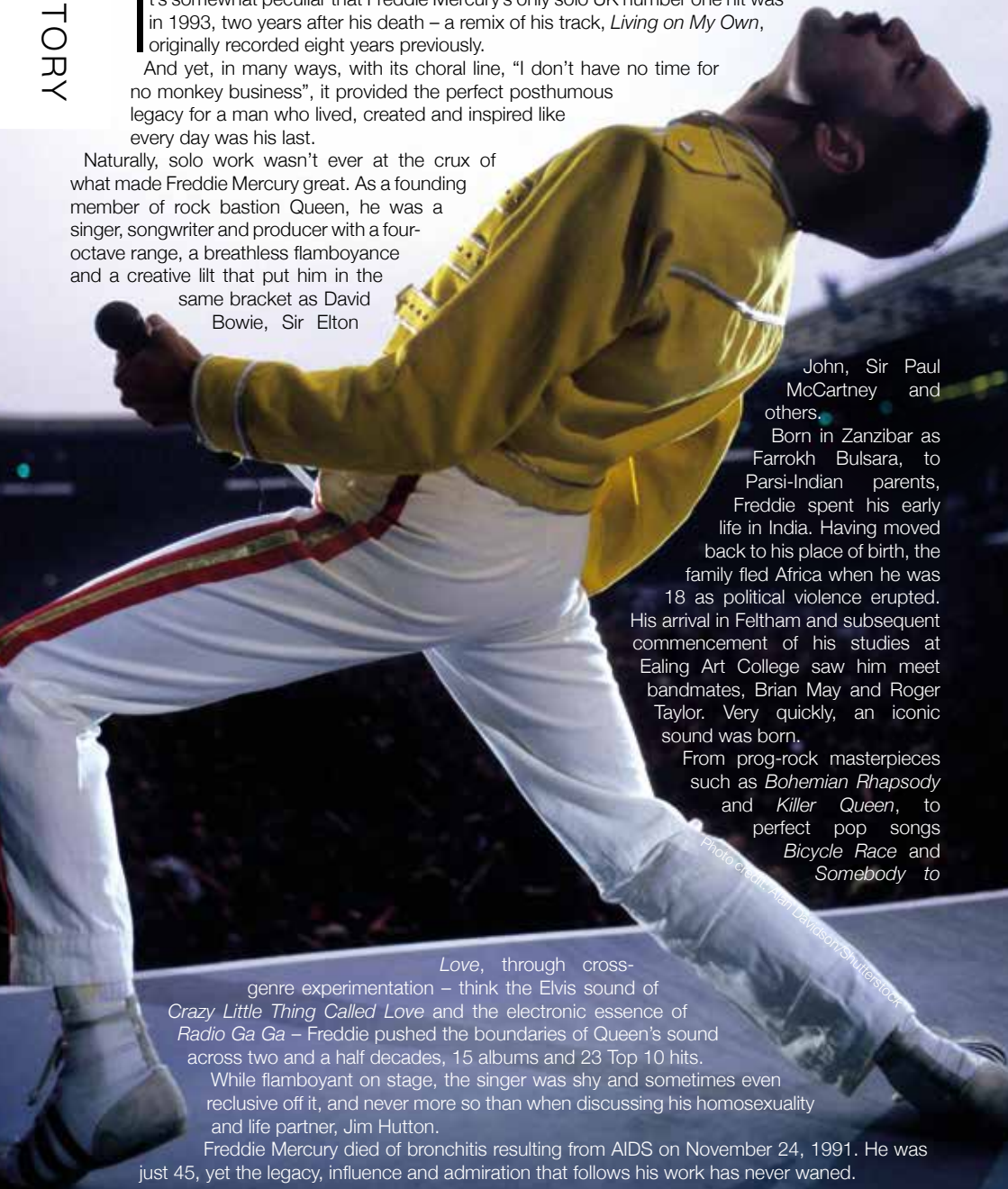


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BRITAIN'S GREATEST SPORTING MOMENTS...

DENNIS TAYLOR

We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches.

To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

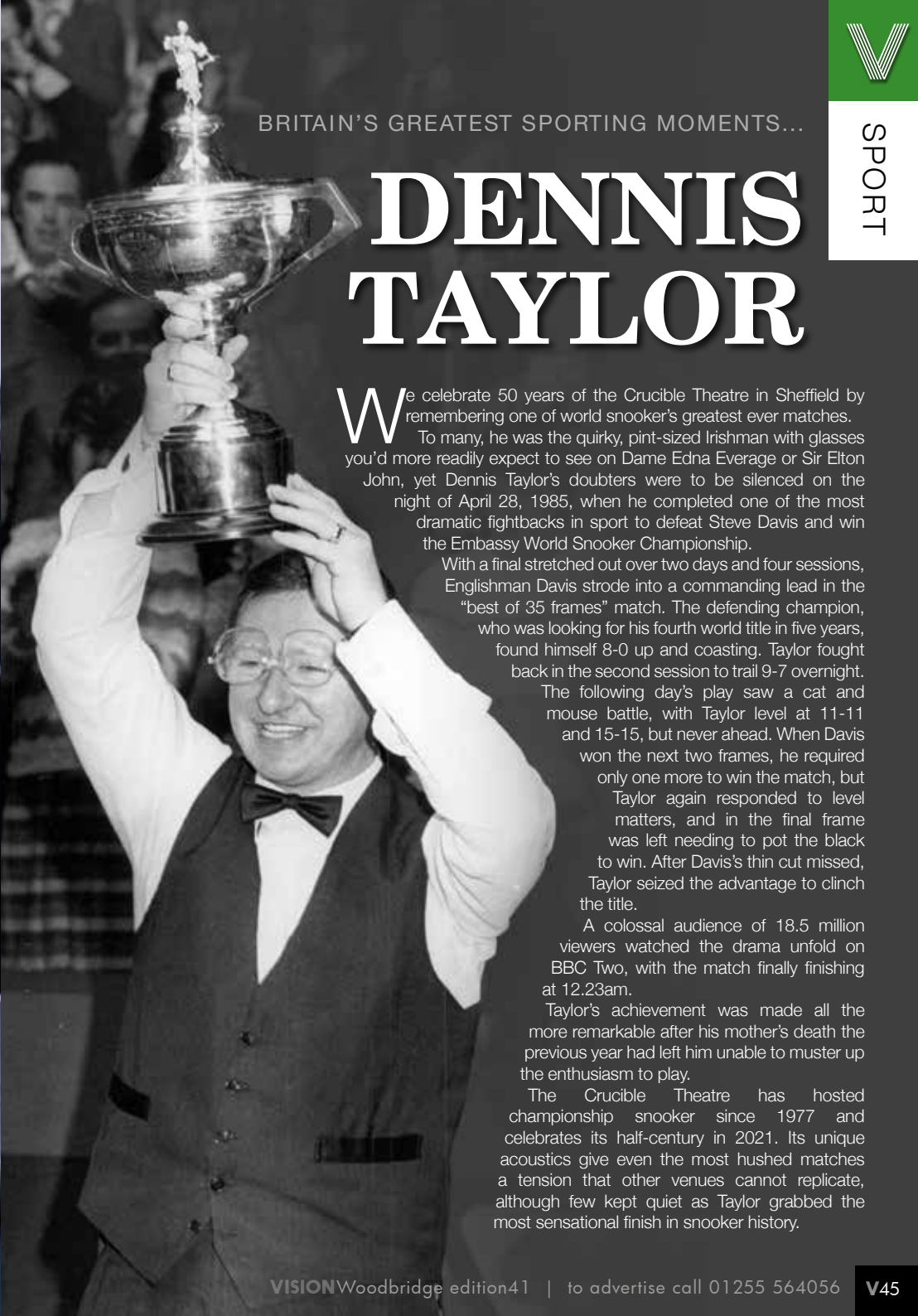
With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting. Taylor fought back in the second session to trail 9-7 overnight.

The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.



THE BOXING

King



Photo credit: Chase Stevens/AP/Shutterstock

TYSON FURY TAKES ANOTHER MAJOR STEP TOWARDS THE ULTIMATE PRIZE

Many judge Tyson Fury as the best British fighter we have, even as the tormentingly long wait for him to prove that – when he steps into the ring with Anthony Joshua – goes on.

And yet, across two weekends, the armchair experts who decreed the Gypsy King as the ultimate number one added considerable weight to their argument.

First, on September 25, at the Tottenham Hotspur Stadium, Anthony Joshua lost his multiple heavyweight belts to Ukrainian Oleksandr Usyk. The manner of the defeat had echoes of Andy Ruiz Jr all over again, with Joshua looking unthreatening, hesitant and stuck in first gear. Subsequently, he lost to a unanimous points decision to take a major step back.

Then, just 14 days later, Tyson Fury stepped up once more against Deontay Wilder. After a draw in the first epic against the brazen American and a comprehensive victory in the first rematch, the

33-year-old Brit was looking to cement his reputation as the leader of the pack. And while, by his own admission, he was “rusty”, Fury again showed power, guile, craft and the ability to pick himself up off the canvas as he despatched Wilder, finally seeing off his opponent in the 11th round with a devastating blow.

So over the course of a couple of weekends, we learned a bit more about how the heavyweight division would play out. We also have a new champion in Usyk, although many will speculate his victory had as much to do with the poor performance of Anthony Joshua.

As far as the prospect of a Fury v Joshua fight goes, we still seem some distance away. The most anticipated British heavyweight boxing bout of all time slipped through the promoters’ fingers against Usyk.

Joshua will need to get past his dogged, clever and unrelenting opponent in the rematch for serious talk of the all-British showdown to restart.

TIME TO APPLY

for schools

WHAT TO CONSIDER WHEN APPLYING FOR A SCHOOL PLACE

Applying for a school place can be a stressful time for parents, filled with worry and apprehension. While the criteria will be different depending on whether you’re looking for a primary or a secondary school, what should remain the same are the checks and investigations you undertake before cementing your choices.

CHECK OFSTED RATINGS: Ofsted ratings exist to help schools to improve, while also enabling parents a full view of what level an institution is at. Although inspections are irregular, reports are always full and detailed and often provide a good read, so check them out.

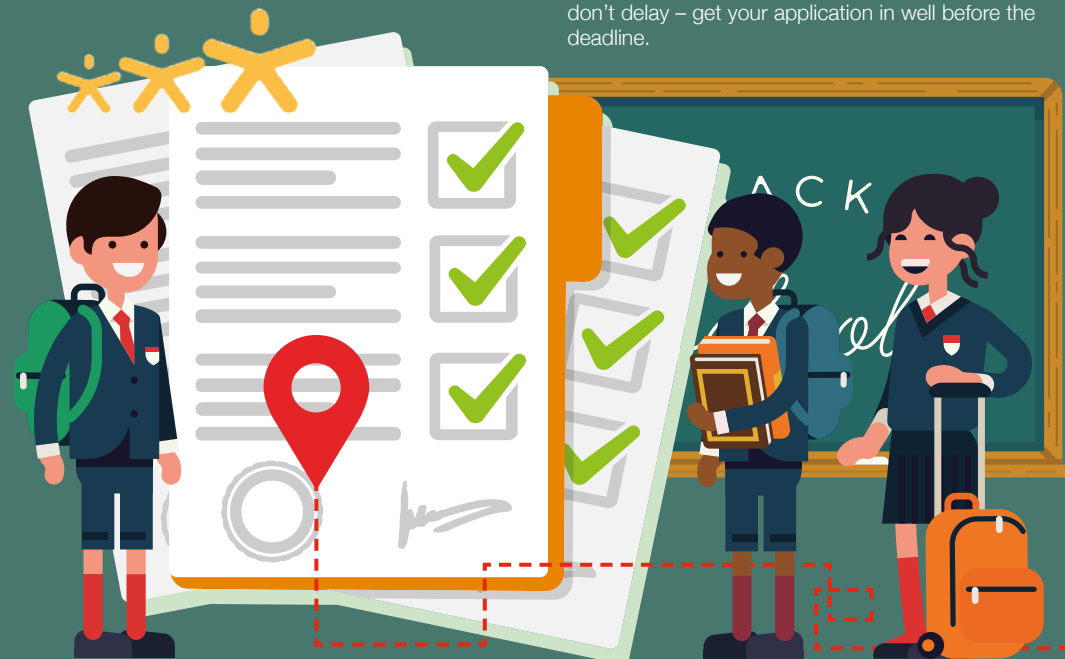
CHECK YOUR SCHOOL RUN: Have a look at the distance and route your child will be taking to school each day – is it practical, are there any hazards, does it fit in with your other morning commitments? Remember, for primary school children, proximity is the lead criteria.

CHECK NUMBERS: Being realistic about getting a place also means knowing the school’s capacity, so have a look at last year’s intake figures in order to give you a better idea of success rates.

SPEAK TO PARENTS: There’s nothing quite like the experience of others, so chat to people locally whose kids already attend and gain a first-hand picture of what the school is really like.

CONSIDER SECOND CHOICES: If the worst thing happens and, for whatever reason, you don’t land your first choice, look at and imagine your child attending an alternative school. Consider the positives, embrace the opportunity to go somewhere different and convey any optimism you have to your child – it will be vital should things not go to plan.

DO NOT BE LATE: Applying for a school place is essential parenting, so when the process opens, don’t delay – get your application in well before the deadline.





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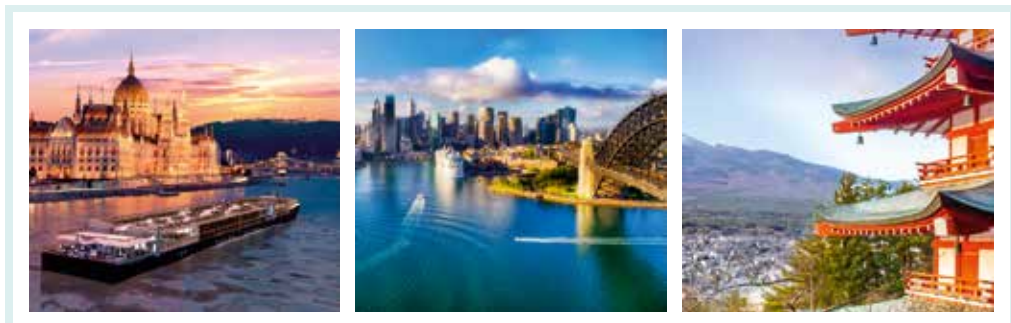

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Electric dream

LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.



MOTORING

THE ALGARVE



My name is Gayle and I am your personal Travel Counsellor here in Woodbridge.

Back in June I headed off to the Algarve for a few days. It was an experimental trip as much as anything to see what travel is looking like now.

As Portugal is on the Amber list, the airport experience and the flight itself was quiet. Airport security was a breeze and the plane only a third full with mask wearing and social distancing in place.

The Algarve is Portugal's southernmost region and is known for its Atlantic beaches framed by golden cliffs and golf resorts. With over 3,000 hours of sunshine per year and a low annual average rainfall the it is a perfect destination all year round.

Vilamoura is the best place to stay in Algarve if you're looking for a sophisticated beach holiday that puts the focus on a stunning beach, walks along the atmospheric marina, luxury hotels and golf courses. The marina itself has a lovely vibe when you are wandering around with many places

to stop and grab a drink or a bite to eat whilst taking in the fantastic views. Whilst I was there, the International Boat Show was on and it was eye opening to wander around the Marina looking at all the fancy boats!

I also spent some time in Albufeira. This is the largest, liveliest and most energetic of all the resort towns that line the Algarve coastline. Here you will find everything you need for a fun-packed holiday, with glorious beaches, varied activities and a buzzing atmosphere. As well as this, the Old Town has charming and historic streets lined with restaurants. This once peaceful fishing village is now the Algarve's most popular destination.

With travel opening up more all the time, please don't hesitate to get in touch to plan your own adventures with me and benefit from my caring and expert advice, full financial protection and my award-winning customer service.

In the meantime, for any holiday advice, please do not hesitate to contact me by email on gayle.chase@travelcounsellors.com, or call me on 01473 851440.

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gayle.chase@travelcounsellors.com



TRAVEL

PARK LIFE

Made famous by Disney World, Orlando is much more than that – it's the theme park capital of the world, bringing in more than 75 million holidaymakers each year. Here's our five-day guide to the ultimate thrill-seeker vacation:

DAY 1 – UNIVERSAL ORLANDO – Most people migrate towards Universal Orlando, one of the biggest theme parks in the world. Here, it's all action, adventure and showbiz, with rides and attractions focused on your favourite TV shows and movies.

DAY 2 – ISLANDS OF ADVENTURE – Universal's Islands of Adventure Theme Park – with combined tickets available for around £275 per person – showcases Hogsmeade and Diagon Alley (connected by a ride on the Hogwarts Express), plus everything from *Jurassic Park* to the Hulk. The £265million project is an escape among beloved fantasy characters.

DAY 3 – LEGOLAND/DISCOVERY COVE – This one depends on whether you're a bit of a daredevil or more the chilled-out type. If you're the latter, a semi-rest day at Legoland with the familiarity of some block brilliance is probably the way to go. Thrill-seekers may prefer Discovery Cove, where diving, snorkeling and sub-aqua pursuits invite visitors to literally immerse themselves in the action.

DAY 4 – MAGIC KINGDOM PARK – Yes, Orlando is more than Disney World, but that doesn't mean its aptly named Magic Kingdom should be ignored. The theme park, which has more than 40 attractions, is divided into six themed lands, each with a different focus, but all catering to visitors of any age. After arriving at the park by your choice of ferry or monorail, you'll stroll through the gates into Main Street, USA. From there, the majestic land is your oyster – just be sure to head back to Main Street for the iconic fireworks display.

DAY 5 – BUSCH GARDENS – Finally, wrap things up with a trip to Tampa, 90 minutes away. Busch Gardens is a safari wonderland that feels straight out of Africa, yet with that unique Florida twist. It's bigger, better and more pumped up than any animal park you've been to before, with plentiful rollercoasters and rides.

DURATION – Park-to-park passes are available from some agents and can save you money as well as helping you stay organised. Rest time is recommended, as long days in the parks can be tiring.

WHERE TO STAY – Downtown Orlando is a good place to base yourself, combining great hotels with nightlife and shopping. It's also safe, making it suitable for families.

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WORDLADDER: READ, ROAD, ROAR, BOAR, BOOR, BOOK



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ ALMOND
- ▶ BACON
- ▶ BANANA
- ▶ BLUEBERRY
- ▶ CARAMEL
- ▶ CHEESE
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ CREAM
- ▶ HONEY
- ▶ LEMON
- ▶ MUSHROOM
- ▶ PEANUT BUTTER
- ▶ RASPBERRY
- ▶ SPINACH
- ▶ STRAWBERRY
- ▶ SUGAR
- ▶ SYRUP
- ▶ THYME
- ▶ TOMATO

R	B	L	U	E	B	E	R	R	Y	E	D	O	Q	A
X	Q	C	A	A	T	P	D	N	T	F	P	L	G	H
Z	B	R	P	A	K	P	C	A	O	T	A	M	O	T
M	V	E	U	D	P	H	L	E	K	U	E	F	R	A
R	S	A	R	K	E	O	R	T	M	J	E	V	D	R
A	P	M	Y	E	C	C	I	N	N	A	M	O	N	R
S	I	R	S	O	T	M	O	O	R	H	S	U	M	E
P	N	E	H	B	G	C	Z	R	H	M	Q	R	K	T
B	A	C	Z	E	A	C	S	N	O	M	E	L	H	S
E	C	Y	Y	B	A	U	Q	U	N	E	J	Y	K	N
R	H	S	S	U	G	R	T	T	E	T	M	T	O	W
R	L	E	M	A	R	A	C	T	Y	E	C	Q	R	V
Y	Z	A	R	P	Y	R	R	E	B	W	A	R	T	S
P	E	A	N	U	T	B	U	T	T	E	R	A	L	O
Z	A	L	M	O	N	D	A	N	A	N	A	B	J	R

DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

WORD LADDER

READ
BOOK

THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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