



2020
VISION

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FREE

SKY BROWN

*GB's youngest summer
Olympian in 50 years*

**QUIRKY
LEAP
YEAR
FACTS**

TEA FOR TWO

Try the Kombucha
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Making HISTORY

Dancing on Ice features UK's first same-sex couple

VISION Woodbridge | Edition 20

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February 2020

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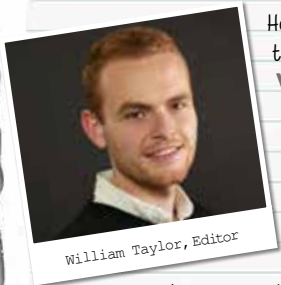
CONTACT US

www.visionmag.co.uk/woodbridge
woodbridge@visionmag.co.uk
 01728 723305 | 07940 834629

@WoodbridgeVMag @WoodbridgeVMag

FOUNDER | Nik Allen | CREATIVE DIRECTOR | Misha Mistry
 CO-ORDINATORS | Rebecca Fryer, Amy Pollard, Tim Green
 CONTRIBUTORS | TFS Photo Woodbridge, Tabatha Fabray

Editor's notes...



William Taylor, Editor

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

Last month the leader of Suffolk County Council, Matthew Hicks, announced his opposition to plans to build a multi-million-pound bypass to the north of Ipswich.

More than two-thirds of people who took part in a public consultation on the road were vehemently against it and campaigners argued it would destroy the countryside, cost the taxpayer millions and increase pollution substantially.

I'm not ashamed to say, I was very much one of those two thirds. There's no question that we would have been greatly affected by any such bypass being built, with the most southern option proposed likely to have connected to the A12 at Martlesham, and the most northern at Melton.

Added to that, the 15,000 extra homes that would have needed to have been built to secure the government funding; there was a very real possibility that Woodbridge could have ended up as nothing more than a 'suburb' of Ipswich, while some of our beautiful surrounding villages may well have been lost forever.

Of course, I don't think this is the last we'll hear of it. There's some real drive within parts of Ipswich to get this pushed through. I have to say, though, surely there must be a better option.

Until next month, take care.

Will


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SKY IS THE LIMIT

Sky Brown, at 11 years of age, has been picked for the GB Skateboarding team, making her the youngest summer Olympian in 50 years. We look at what she has achieved thus far, and what this sensational youngster might accomplish going forward.

Sky was born in Japan – Miyazaki to be exact, on the south-eastern coast – to a British father and a Japanese mother. The pre-teen prodigy still officially resides in south-east Asia but spends the majority of her time in the United States.

Global sports giant Nike made her its youngest-ever acquisition in February 2019, and she has appeared regularly in ad campaigns with iconic female athletes, including fellow Briton Dina Asher-Smith, American artistic gymnast Simone Biles and South African middle-distance runner Caster Semenya.

At the age of eight, Sky became the youngest female to compete in the Vans US Open Pro Series. Although failing to place in the medals, she did finish higher than a number of competitors 20 years her senior.

This year, Sky clinched gold at Simple Session, a senior women's competition in Estonia's capital of Tallinn, and on a park course specifically designed for male competitors typically twice her size. It is this increased success in competition, matched with a squeaky clean image and the potential of youth, that has elevated her into superstar territory, and she is expected to become a multimillionaire long before she is even able to buy an alcoholic drink.

Dancing is another of Sky's talents and she was the winning celebrity on the US reality TV show *Dancing with the Stars: Juniors* in 2018.

While experts agree Sky's natural talent for skateboarding is without question, it was feared she may not be ready to compete at Olympic level owing to a lack of speed or power from her slight frame.

However, the decision by the British Olympic Association to invite her to compete for them – a significant 'win' given Japan's interest in her and the fact that the 2020 event is being held in Tokyo – has cemented the old adage, 'if you're good enough, you're old enough'.

And yet some commentators have queried the extent to which someone so young is able to cope with the pressure not just of high-level competition, but also of the media glare that will surely confront such a young talent. In Sky's defence, she is a youngster who exudes confidence. She practises surfing, does karate, jujitsu, dancing and singing, thrives on activity and equips herself as a modern, fearless youngster too young to have experienced the pressures that often only begin to surface in the teenage years.

"I just go about things in the way that feels natural," she says. "I am enjoying myself too much to feel the pressure and I'm keen to keep pushing forward with these opportunities that I have."

Those opportunities are probably somewhat wider than she herself appreciates. Competitive events she can handle, and media commitments are, it seems, a doddle. Yet stepping up as a cultural icon across social media, whose movements and actions are going to be lapped up by an adorning fan base spread all around the world... Sky Brown is going to have a busy few years ahead.



“I AM ENJOYING MYSELF
TOO MUCH TO
FEEL THE PRESSURE”

29
FEBRUARY

LEAP OF FAITH

This year is a leap year, with 366 days instead of 365, the extra day falling on February 29.

The extra day is traditionally when women can turn the tables and propose marriage. It also means people born on February 29 can actually celebrate their birthday on the proper day.

Here are six facts about leap year:

1. The leap year's extra day is vital because a complete orbit around the sun takes slightly longer than 365 days – five hours, 48 minutes and 46 seconds longer, to be exact.

At one time, people observed a 355-day calendar with an extra 22-day month every two years. But in 45bc Julius Caesar ordered his astronomer, Sosigenes, to simplify things.

Sosigenes opted for the 365-day year with an extra day every four years to use up the extra hours. The extra day is added to February because it used to be the last month of the Roman calendar.

The system was then fine-tuned by Pope Gregory XIII. He coined the term leap year.

2. The tradition of women proposing on leap day is thought to date back to fifth-century Ireland when St Brigid complained to St Patrick that women had to wait too long for suitors to propose.

He then gave women a single day in a leap year to pop the question – the last day of the shortest month. Legend has it that Brigid dropped to a knee and proposed to Patrick that instant, but he refused, kissing her on the cheek and offering a silk gown to soften the blow.

3. Others believe the tradition originates from Scotland when Queen Margaret, then aged just five, declared in 1288 that a woman could propose to any man she liked on February 29.

She ruled that men who refused the proposal would need to pay a fine in the form of a kiss, a silk dress, a pair of gloves or one pound. To give suitors fair warning – and possibly a chance to escape – a woman was required to wear breeches or a scarlet petticoat on the day of the proposal.

4. In Denmark, a man refusing a woman's leap-day proposal must give her 12 pairs of gloves, while in Finland it's fabric for a skirt.

One in five engaged couples in Greece avoid getting married in a leap year because they believe it's bad luck.

In Italy, legend has it that women are erratic during a leap year, and several proverbs warn against planning important life events in a leap year. *Anno bisesto, anno funesto* means leap year, doom year.

5. Workers paid fixed annual or monthly salaries essentially work for free on February 29 because wages are not usually calculated to account for the extra day. And prisoners with one-year sentences must serve the extra day if the term crosses leap day.

6. People born on February 29 are called leaplings or leapers. The chance of being born on a leap day is one in 1,461. There are five million leaplings around the world.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Delight as bypass plans hit the skids

One of the founders of a campaign against plans for a northern bypass around Ipswich said there is no way he can see the project moving forward.

Nick Green, of the Stop the Northern Bypass campaign, spoke after Matthew Hicks, leader of Suffolk County Council (SCC), said he would be recommending that the controversial project should not proceed to the next phase of development. A final decision was expected as **VISION** Woodbridge went to press.

Nick said Woodbridge would have been fundamentally affected.

He said: "The five years of building it would have been horrific. All machinery and earth movers would have had to come in. Woodbridge would have been one permanent traffic jam of lorries, earth movers all starting and ending their journey by Woodbridge. The pure volume of traffic would have had a devastating effect.

"As far as we are concerned, they are not going to take it any further. It was obviously a clear and overwhelming no from the public."

Meanwhile councillors in Woodbridge said they were pleased at the news.

Caroline Page represents Woodbridge on SCC.

On Facebook, she said: "Such good news. Now let's get back to really solving our lack of rural transport and Ipswich traffic jams by means of a sustainable transport strategy (Oh, and building a Basculle bridge next to the Orwell bridge for windy days and other relief needs)."

John Jewers, of Woodbridge Town Council, said: "Delightful news about the demise of the northern bypass. People power can work."

Figures released after the public consultation on the project showed that 71.2 per cent of those surveyed were against the inner route while 80 per cent were against the outer route.



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Pride is coming to town this summer



History will be made in Woodbridge later this summer when the town hosts its first pride event.

The festival is due to take place on June 27 to acknowledge Woodbridge's growing lesbian, gay, bisexual and transgender (LGBT) community.

Town councillor John Jewers, 24, who is bisexual, said he feels the time is right for the event to be held. He explained: "It is hugely important. Woodbridge has a traditional reputation – there are a large amount of forward-thinking people who are behind this. The town has aN LGBT population so we are pushing at an open door. Everybody is universally enthusiastic about this. This will be the first of its kind and it's a great opportunity to bring the whole community together."

The day itself is set to include a march from the Shire Hall down through Church Street to the river, along with other activities including live music, an art exhibition and a drag show. Woodbridge Pride is also set to coincide with a car-free day.

A committee has been set up to organise the day and cllr Jewers said he is delighted that the event has also been backed by the organisers of Suffolk Pride.

If you would like to help organise the day, contact cllr Jewers on his facebook page or email councillorjewers@woodbridge-suffolk.gov.uk

Nominations wanted for local heroes

Do you know someone who has made an outstanding contribution to the life or name of Woodbridge over the past year? Woodbridge Town Council wants to hear from you.

That's because nominations are now open for this year's Potter Community Cup, an award previously won by the Friends of Woodbridge Library, Woodbridge Town Youth Football Club, Woodbridge Town Pastors and a whole host of individuals.

Submissions with supporting details should be forwarded by letter to Greg Diaper, deputy town clerk, Woodbridge Town Council, Market Hill, Woodbridge, IP12 4LP or by email to deputytownclerk@woodbridge-suffolk.gov.uk by Monday, March 2 from whom further details can be obtained if required.

Club should be pitch perfect with new equipment

The standard of the pitches at Woodbridge Rugby Club (WRUFC) should be as high as ever after officials bought new equipment recently.

The equipment was paid for with the help of a Sport England Small Grants Award, an RFU Local Club Facilities Grant administered by Eastern Counties Rugby and fundraising throughout the club.

The £7,500 grant from Sport England enabled the club to purchase a trail mower and aerator after machinery and equipment supplier and club sponsor, Thurlow Nunn Standen (TNS) offered some discounts. Eastern Counties Rugby (ECR) meanwhile donated further to boost the £11,950 raised by the club's members to reach the required amount.

WRUFC volunteer Bob Double, and groundsman Garry Sykes, coordinated the grant applications.

He commented: "I would like to extend the club's gratitude to ECR, the RFU and Sport England in support of the club's fundraising efforts that has enabled us to provide this equipment. Groundsmen's work may be unglamorous but it is essential and best done with the right kit. Thanks to these grants, we now have it in place."

WRUFC chairman Rob Simpson added: "Bob and Garry have done a first-class job getting the grants and a good deal so that we can invest in our assets. I would also like to thank club members who raised a significant proportion of the price in the period running up to Christmas, when money can get tight. It's a great way to celebrate the end of the club's 50th anniversary year."



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News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

Now that spring is just around the corner, a lot of my time is being spent helping to organise this year's Woodbridge Regatta and Riverside Fair.

After some discussion, mainly about the tides, we decided to hold the 2020 event on Sunday, May 24, at the start of the spring bank holiday week.

All the usual activities, both on and off the water will be taking place; dinghy and yacht races, raft building and racing, crabbing competition, children's craft activities, the Lions Duck Dive and much more.

The day's events will start slightly earlier than usual, at 11am, to make the most of the tide so please come along and enjoy yourselves.

Further information about the programme of events will be posted on Woodbridge Regatta's Facebook and on our website woodbridgeregatta.com

From May 8, there will be a Spot the Duck competition in 32 shop windows in Woodbridge. Entry forms will be available in the library or online.

We still have a few spaces left for stall holders on



the Model Yacht Pond Field, Ferry Quay or Whisstocks Place.

If you are interested in one, please contact me on woodbridge.regatta@btinternet.com to reserve a spot.

Also, if you want to help out on the day or beforehand please contact me. We are a friendly bunch and always welcome any help you could offer.

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Woodpeckers knocked out of FA Vase

Woodbridge Town FC's run in the FA Vase came to an end recently as they were knocked out by Plymouth Parkway FC.

The 0-1 defeat came in front of the Woodpecker's largest crowd of the season so far, with nearly 300 spectators coming to support their side.

It was a close game, with Plymouth taking their chance late in the second half and scoring.

However, Woodbridge were unable to take advantage of their second half chances to equalise.

In the league, at the time of writing, the Woodpeckers were in seventh place and mixed results continue.

Recently, the team had defeats to Norwich United (0-4) and FC Clacton (1-2) and a convincing 5-1 win away at Ely City.

Upcoming home fixtures include:

- > February 22 vs Newmarket
- > March 6 vs Hadleigh
- > March 21 vs Stowmarket
- > April 11 vs Stanway Rovers

We are hosted in the Longshed by Woodbridge Riverside Trust, who lease it from the council as a community boatshed, with lots of different maritime related activity going on.

And if you visit the Longshed – which you can between 11am and 1pm every day except Mondays and Thursdays – you can see the three things we are building.

The first is an elegant 1:5 scale model. Just to give a sense of scale, a one in five model is one in five in length, depth and beam or width. So you would be able to fit 125 of them into the Saxon ship.

We are also building, a 12 foot section of the ship as a testbed, and the third thing is the base to build the ship on, the strongback. It is a big, solid foundation and gives a good sense of the ship itself.

Even more; this week we took delivery of ash poles from Bradfield to make the oars – a very welcome local



Hoo Ship's Compar

contribution to us in the Sutton Hoo Ship's Company of Woodbridge.

We are very pleased that already three of the oars have been sponsored at £1,000 each – but there are still plenty of numbered rivets to sponsor at £20 each, more information can be found at our website, at saxonship.org

New chairman for the Seckford Foundation

A charity which promotes and supports the education and care of the young and the elderly in and around Woodbridge and across Suffolk has appointed a new chairman.

Clive Schlee will replace Roger Finbow as the chairman of the Seckford Foundation at the end of February, having spent the last 16 years as chief executive of Pret A Manger.

Clive helped to grow Pret into a billion-pound business and more than 500 stores in 10 countries. Prior to that, he spent 17 years in restaurants and financial services at Jardine Matheson & Co Ltd, the Hong Kong based conglomerate. He is also chairman of Itsu, the London based sushi chain.

During his career, Clive has a track record of giving back to the community. He championed the Pret Foundation, increasing its income and starting to offer jobs and accommodation to the homeless in addition to distributing unsold food to hostels every night.

Clive spent much of his childhood in Suffolk. Following his retirement from Pret in October 2019, he plans to spend more time in Suffolk and hopes to use his business experience to help the local community.



Roger said: "It has been a great privilege to be chairman of the Seckford Foundation over a 10-year period which has witnessed many changes in the fields in which the foundation is active. I am delighted that Clive has been appointed to succeed me and am confident that he will find the role as challenging and enjoyable as I have."

Clive said: "It is an honour to be able to serve the foundation as it plays such an important role in the lives of so many people in Woodbridge and Suffolk."



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HOME & DIY

5 uses for a PAPER BAG

If you think that paper bags can only be used for bringing your shopping home from the supermarket, then think again. These environmentally friendly carriers are ideal for a number of household tasks and DIY projects.

MAKE DIY WOVEN BASKETS

You can never have enough storage solutions in your home, and these DIY baskets are ideal for smaller items such as keys or sewing materials. Simply cut your paper bag into long strips and then, starting with the base, start weaving. Finish with a handle if desired.

CLEAN YOUR WINDOWS

If you have ever experienced problems in getting your windows to shine rather than streak, then a paper bag could be your saviour. Merely tear up your bag, scrunch it together and get scrubbing. You can also apply a light spray of white vinegar for increased sparkle.

WRAP PRESENTS

With the sudden surge in nature-inspired design and décor, why not jump on the bandwagon and create some sustainable wrapping paper? Just cut up your paper bag, lay it out flat and then wrap up your item. Add some simple twine and a sprig of your favourite herb to create a unique and gorgeous gift.

CREATE DIY LANTERNS

Whether you want to create an inviting atmosphere for your next party or just love to experiment with crafts and candles, this is the ideal project for you. Simply use silhouette stamps to create your chosen design and then pop an LED candle into your bag. Do not use a real lit tea light or candle for safety reasons as the bag is flammable.

IN THE KITCHEN TWO WAYS

1. Ripen fruit. Place your fruit in a paper bag, seal and leave at room temperature for a few days. The result? Perfectly sweet and juicy fruit.
2. Make popcorn. Simply pour ¼ cup of uncooked popcorn kernels into a plain paper bag, seal and cook in the microwave for 2½ minutes or until the popping stops.

Photo credit: denise carbonell/Flickr/CC BY 2.0, One Good Thing by Jillee, www.notonthehighstreet.com, www.amazon.co.uk, www.allrecipes.com



Tranquil Dawn

Dulux Colour of the Year



Interior designers and homeowners across the country have been waiting with bated breath to discover what shade Dulux has named as its Colour of the Year for 2020.

And it couldn't be more different from last year's strong Spiced Honey shade.

Why has Dulux chosen Tranquil Dawn as this year's Colour of the Year?

This cool-tone shade of green, which is extremely versatile, was picked to offer an antidote to an "increasingly disconnected" modern society.

What exactly does this mean?

Put simply, Dulux believes that modern technologies have left us feeling chaotic and lost, unable to identify with what makes us human. Therefore, this calming and natural shade is supposed to remind us of our real selves and the natural world around us.

How can you use Tranquil Dawn in your home?

What makes this colour different from other shades of green is its ability to subtly shift its tone depending on what other shades it is used with, allowing you to create many different vibes in your home.

Design a luxurious living room

Combine Tranquil Dawn with a soft, sandy shade to create a living room that is warm, inviting and promotes positive social interactions.

Create a calming bedroom

Jumping on the two-tone trend, paint the top half of your bedroom walls in Tranquil Dawn and the bottom in a soothing shade of bluey-grey. Not only will these make your bedroom appear more spacious, they will also bring the focus on to the bed, which should be the main feature in a room designed for restoration.

Update your woodwork

If you don't fancy steering away from your preferred wall colours, why not paint your woodwork in Tranquil Dawn? This versatile shade has been matched with 36 other colours by Dulux so there are literally thousands of combinations you could go with.



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BACK TO THE FUTURE



FUTURISM, THE LATEST TREND IN HOME DÉCOR, TAKES ALL THE BEST ELEMENTS FROM THE PAST AND PLACES THEM FIRMLY IN THE MODERN WORLD

We may not be zooming around on spaceships just yet or wearing anti-gravity belts, but beloved 1960s cartoon *The Jetsons* certainly predicted some of the technology we now use daily. But beyond video calls and smartwatches, the futuristic family also had some very enviable décor in their Orbit City apartment, as style which is very much the basis of futurism.

Presenting a retro vision of the future, this trend incorporates many classic furniture pieces from the past – think the classic Eames lounge chair, the Thunderbird sofa and pendulum floor lamps – against a colour palate and textural backdrop that is extremely up to date.

Think stainless steel lighting fixtures and rich suede furnishings against a textural rose-gold wall, curvaceous fibreglass dining table and chairs with a huge overhanging light, and heavy granite coffee tables on textural rugs in ethereal hues.

A style that is utterly earthbound but also out of this world, it evokes all the best scenes from classic sci-fi... the *Star Trek* command deck if it had Laurence Llewelyn-Bowen at its helm, or a luxury condo on Magrathea.

So how do you incorporate a little stardust into your current home? Consider adding a little textural juxtaposition, such as natural stone sculptures or clay vases against embossed wallpaper. You can also invest in another current trend of the moment: cacti. These magnificent, verdant beauties stand out beautifully against a softer colour background and are reassuringly low maintenance as well.

In all, futurism isn't something to fear; it's to be embraced – oh, and by the way, it's here right now.



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It's not ROCKERY SCIENCE

A rockery makes the perfect garden feature, adding structure and providing the ideal environment for alpine plants. Plus, you can recycle any unwanted bricks or tiles you have lying around.

FIND THE IDEAL SPOT

Before you start building your rockery, you need to pick the perfect location that will allow plants to thrive. Alpine plants, the type you need for a rockery, need lots of light, so it is important that you choose an area that is not overshadowed by trees or shrubs.

CHOOSE THE RIGHT ROCKS

Depending on your budget, you can either visit your local reclamation yard to pick whatever rocks you like (natural-looking ones work best), or you can utilise any broken bricks, tiles or even paving slabs that you have left over from another DIY project.

CLEAR THE GROUND

The worst thing for a rockery is an abundance of weeds as they can weaken or damage it over the years. Therefore, you must ensure that you

thoroughly remove any existing weeds. Then you should add a layer of rubble on the ground, which will improve drainage and support the rocks. Finally, cover these with landscape fabric.

POSITION THE ROCKS

Start with the larger rocks, creating a mountain shape, and make sure to point them in a variety of directions. Use smaller rocks and topsoil to stabilise them. Next, add smaller rocks in a horseshoe shape to create planting pockets.

MAKE ALPINE COMPOST

If you want your plants to thrive in your rockery, then they need the right type of compost. Alpine compost should be made up of weed-free topsoil, leaf mould and horticultural grit.

ADD PLANTS IN EARLY SPRING

Plants that love rocky ground include:

Alpine pink | Creeping thyme | Mount Atlas daisy
Saxifraga | Fairies' thimble



PLANT OF THE MONTH:

Lilies

Who doesn't love to be gifted a beautiful bunch of lilies? Among the most recognisable flowers in the UK, lilies are known for their stunning scent, their bold colours and their imposing size. And, thankfully, they are relatively easy to grow.

When should I plant lilies?

Lily bulbs can be planted as early as autumn or winter, but they are perfectly fine to plant in early spring as long as they are in by the end of March.

Where should I plant my lily bulbs?

Lilies will reappear year after year, so it is important that you bear this in mind when choosing where to plant them. As a rule, they like a sunny spot or an area with some light shade. However, brightly coloured lilies keep their colour better in areas with consistent shade.

How to plant lily bulbs

Soak your bulbs in warm water for 12 hours before planting – this will save you 2–3 weeks of growing time | Plant your lily bulbs in groups of 3–5 for a more effective display | Dig a 20cm -deep hole for each group of bulbs | Spread a 5cm layer of grit over the bottom for improved drainage | Plant the bulbs pointy end up | Cover with soil

How to protect your lilies

Lily leaf beetles are your lilies' biggest threat, with the ability to munch their way through their foliage and flowers when they are in bloom. Luckily, these beetles are easy to see and can be easily squashed with your fingers. Alternatively, spray the beetles with a mixture of olive oil and water.

What do lilies represent?

Lilies symbolise humility and devotion and this is why they are the 30th wedding anniversary flower. They are also often used at funerals to symbolise that the soul of the deceased has had their innocence returned after death.

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WHAT IS AI BEAUTY?

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BEAUTY

IS AI BEAUTY THE FACE OF THE FUTURE?

AI, or artificial intelligence, is already an integral part of our daily lives, with many people utilising smart technologies such as Siri or chatbots; so, of course, the beauty industry is also getting in on the action.

WHAT IS AI?

To put it simply, AI is a computer system that imitates intellectual human behaviours; basically, you provide your personal information and then the computer uses an algorithm to provide you with the service, product or solution that you need.

Sometimes, it can predict your needs before you even know about them yourself.

HOW IS AI BEING USED IN THE BEAUTY INDUSTRY?

1. A BESPOKE SHOPPING EXPERIENCE

The beauty industry is completely over-saturated with products, which can make the buying process difficult. However, by completing a simple questionnaire before you shop, AI can provide you with a tailored number of products that suit your individual beauty needs. A certain make-up brand even has a custom-made foundation machine that promises to find your exact match.

2. A PERSONALISED BEAUTY ROUTINE

If you have ever worried that you are applying your foundation wrongly or that you are missing parts of your face when applying creams, then AI can help you. There are now beauty tools available that use AI to let you know how to improve your make-up and skincare routine, such as a facial cleansing brush that uses skin sensors to analyse your skin.

3. MORE RELEVANT PRODUCTS

If you sometimes feel that the beauty industry is just churning out more and more products to make money, then AI could signal the end of this. AI can utilise customer data to help strategically create products that are actually in demand, rather than marketers just guessing what we want.



As BOLD as ice



Dancing on Ice glides over new ground as Ian Watkins and Matt Evers are unveiled as the show's first same-sex duo

.....

It's both encouraging and demoralising that ITV's dance reality show *Dancing on Ice* should court so many headlines over the decision to showcase its first same-sex couple – encouraging in the sense that prime-time television is embracing a move regarded as an industry first; demoralising in the sense that such a simple reflection of everyday society finds itself worthy of headlines in the first place.

Equality campaigners will also point to how long it has taken the terrestrial networks to reach this point, although there is still no indication that BBC big brother *Strictly Come Dancing* will follow suit.

The dancers in question are Ian Watkins – former member of Steps and better known by his stage name of H – and professional dancer Matt Evers, whose debut performance in the first week of January wowed the live audience and provoked widespread approval across social media.

The pair, who are both openly gay, have captured the imagination and admiration of the watching audience during an era in which LGBT issues are at the forefront of hearts and minds.

ITV's decision to feature the pair will almost certainly prove a ratings winner; but more

than that, it is hoped the move will set a positive precedent across other prime-time shows, reflecting the progressive values of acceptance, tolerance and respect that our nation has always found itself a world leader in displaying.

Watkins said after the first dance, "It was emotional, because I have wanted this for so long and it means so much to so many people, and the world is ready for this."

The judges – including Jayne Torvill, Christopher Dean and Ashley Banjo – were ubiquitous in their acclaim of the dancers, while John Barrowman broke down in tears in admiration of the duo.

He said to the performers, "I am emotional; it makes me happy on a complete multitude of levels, just because of seeing two men who represent someone who is like me, and to skate as well as you did... you've done it now, the nerves are out of the way."

Watkins and Evers were second-favourites to take the crown, but were eliminated from the competition on Sunday, February 9. Also present in the 12th iteration of the reality series are, among others, Paralympic sprinter Libby Clegg, presenter Joe Swash and magician Ben Hanlin, with Diversity dancer Perri Kiely tipped as early favourite to lift the *Dancing on Ice* crown.

As for Evers, who is a former world figure-skating competitor, he credits both Watkins and the show's producers for taking such a positive step. "I just have to say thank you to the network, thank you to ITV and thank you to everybody at home who is accepting of this, because this is normal... this is absolutely normal."

"This is my 12th series of *Dancing on Ice* and this year is special. This journey is going to mean a lot to a lot of people in this country and around the world."



KIDS

BANISH BEDTIME BLUES

If your little one's bedtime routine has become a living nightmare, consider sprucing up their bed so they'll never want to get out of it

Every parent knows the perils of bedtime. The repeated calls to get pyjamas on, the never-ending stories, followed by the midnight excursions into your room which usually result in no one getting a decent night's kip. The trouble is, kids never want the fun to end, which is why turning their regular bed into a themed one could be a great way to make bedtime the final exciting event to end every day.

Deciding on your design and theme is really down to space, money and your little one's personal taste. And really, there is no need to spend a fortune when children have such vibrant imaginations. One of the cheapest and most obvious alterations is to attach wheels and a toy steering wheel to a basic wooden frame. Add a lick of red paint and you've got a racing car bed – licence not required! You can also erect a tent over the bed – because what child wouldn't want to pretend they were camping every night? Or perhaps a sail to transform it into a pirate ship?

If your little one is lucky enough to have a midsleeper (higher than a regular bed with the space underneath usually housing storage or a desk) you can afford to get really creative. You could add a slide, or even build a playhouse or cardboard castle, converting a boring old bed into a veritable playground.

But remember that, with kids, you sometimes don't need to do very much to bring magic to a dull routine. Just adding some fairy lights, glow stars or some cool new bedding can be enough to get them leaping under the covers, every single night.



Photo credit: matrixkids.com, Victoria Pearson for goodhousekeeping.com



OUTDOOR LEARNING COMPANY IS NOT JUST FOR THE CHILDREN!

A former teacher and former headteacher are encouraging both young and old to embrace the outdoors, as their unique outdoor learning business goes from strength-to-strength.

Wild Play Ltd was founded in 2018 by Denise and Heidi with the initial aim being to cater for children of Primary School age.

Whilst offering support for schools and pre-schools with Outdoor Learning & Forest School, Wild Play also offer Explorers Holiday Club for children age 5-11yrs, Sunday Club for children with Additional Learning Needs, Muddy Hogs toddler group and Natures Newborns.

The multi award winning company also works with local businesses through its monthly networking group, Wild Connections.

With a no fuss, no hard sell ethos, the sessions enable like-minded small business owners to chat about the nitty gritty of running their own companies,

whilst taking some time out and clearing their heads in the fresh air.

"The feedback from Wild Connections has been superb," said Denise. "Everyone has found it a valuable experience to share the common things that small business owners deal with. It helps people to gain confidence, grow their businesses and look after their own wellbeing."

"There's a raft of research underpinning each element of the business to ensure that everyone gains maximum benefit from the sessions."

Corporate 'Feel Good' days are an invaluable addition to the menu. Businesses have a duty of care to their employees and it is important to fulfil this in a meaningful manner.

Heidi added: "Feel Good days are all about choice and our aim is for clients to leave feeling better than when they arrived! Everything is bespoke and is tailored to the needs of the organisation."



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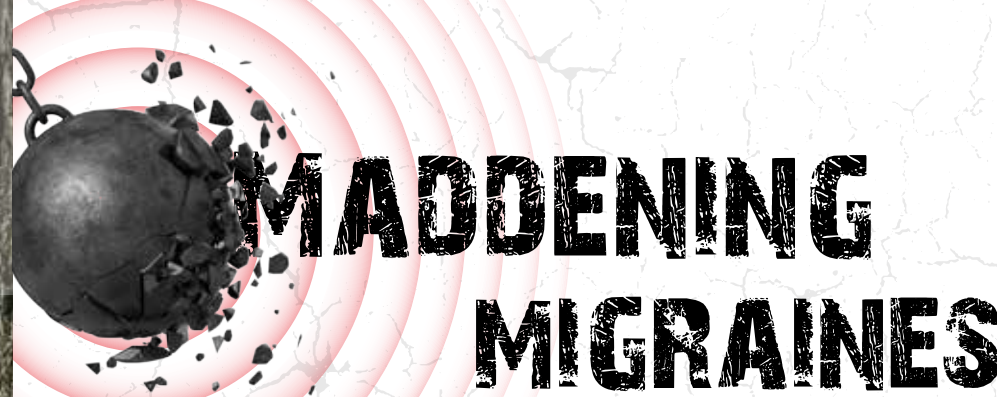
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Anyone who experiences migraines will know only too well the tell-tale signs, including nausea, vomiting, an increased sensitivity to light and sound, and, of course, the unbearable throbbing pain on the side of your head.

WHAT CAUSES MIGRAINES?

Around 1 in 5 women and 1 in every 15 men experience migraines. The exact cause of this debilitating affliction is still unknown, although some experts believe that it could be the result of a temporary change in the chemicals, blood vessels and nerves in the brain. Migraines can also be hereditary, as well as be brought on by stress, tiredness and/or specific foods and drinks.

HOW CAN YOU PREVENT MIGRAINES?

Although there is no sure fire way to prevent a migraine from happening, there are ways that you can lower your risk of experiencing one, namely avoiding the triggers that are causing your migraines, whether that be stress or a particular food. It is also advised to lead a healthy lifestyle with adequate sleep, exercise and ensuring that you

stay hydrated. Alcohol and caffeine should be avoided.

HOW CAN YOU RELIEVE THE SYMPTOMS OF A MIGRAINE?

Sadly, there is no miracle cure, but there are some medicines that you can take to help alleviate your symptoms, such as painkillers like paracetamol or ibuprofen, anti-emetics and/or triptans. Triptans are a specific type of medicine that are designed to reverse the changes in your brain that actively cause migraines and are normally prescribed to people who suffer from severe migraines.

Other tips that may help you feel better include:

- Using a cold pack
- Dimming the lights or sitting in a dark room
- Using a heat pad
- Practising some relaxation techniques
- Trying not to chew
- Drinking some ginger tea
- Giving yourself a scalp massage



HEALTH & FITNESS



TEA FOR TWO? Why not try Kombucha?

Fermented foods and drinks have been experiencing a surge in popularity in recent years, with many people singing the praise of this refreshing, if not slightly sour, tea that is known for being rich in antioxidants and probiotics.

How to make Kombucha at home (1L)

You will need;

1L water (dechlorinated) | 1 teabag (black tea is considered to be the best but other tea can be used) | 50–100g sugar (cane sugar is advised) | 1 small scoby (these can be bought online) | 100ml starter liquid (this will come with the scoby)

How to make;

Boil 250ml water | Add the teabag and sugar, stirring until dissolved | Brew for 10 minutes | Remove teabag | Add the rest of the cold water | Add the scoby and starter liquid | Ensure you leave a minimum of a 5cm gap at the top of your liquid to allow for fermentation | Cover the jar with a cloth and fasten with an elastic band | Leave to ferment for 6–9 days at room temperature | It's then ready for the 'secondary fermentation'

process | Remove the scoby and add additional flavour if desired | Store in an airtight bottle with at least a 3cm gap at the top | Leave at room temperature for between 5–14 days

What flavours can I add to my Kombucha?

This is completely dependent on your taste preferences, but some of the recommended flavour ideas include;

- | Berries or citrus fruits
- | Dried fruits such as goji berries, figs or dates
- | Frozen fruit
- | Herbs such as lavender, mint or lemon balm
- | Mild spices like turmeric, allspice or cardamom

What are the health benefits?

Kombucha has the ability to:

- | Improve your digestion
- | Strengthen your immune system
- | Reduce blood pressure
- | Alleviate gout and haemorrhoids
- | Improve liver function
- | Fight cancer



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HOW LIVING LONGER MAY BE AS SIMPLE AS EXERCISING FOR 30 MINUTES PER DAY

We all know the secret to long life is health, well-being and happiness, and scientists believe that as well as human interaction and diet, our inclination to exercise can have a direct bearing on our mental and physical welfare.

New research from Copenhagen suggests the key to extending our lives beyond the average – 79 for a man and 83 for a woman – could be the simple action of exercising for 30 minutes each day. Not only that, but the results were actually better than for those who had worked out for 60 minutes.

Here are six key benefits that are only a run, walk, cycle, swim, game or gym session away:

ONE – The heart. Exercise helps to ward off the threat of stroke, cardiovascular disease and complications borne out of diabetes.

TWO – Weight loss. We know the value of keeping mobile, active, and preventing the build-up of fat, and a 30-minute workout each day will achieve that.

THREE – Stress. Getting sweaty is the perfect way to blow a breeze through worry, anxiety and the mental tension that shortens lives.

FOUR – Energy. It sounds strange, but rather than sending us to sleep, exercise will boost alertness by delivering oxygen, nutrients and activation chemicals around the body.

FIVE – Self-confidence. 'Exercise is sanity', as the saying goes. In building confidence and offering a dynamic sense of achievement, that half-hour investment can take you to a whole new level of belief.

SIX – Clarity. Exercise transports us to a place where our minds can flush away the stresses of everyday life, where we can step back and see problems in a whole new light, all the while working on new ways to tackle them.



HEALTH & FITNESS



HEALTH & FITNESS

DO THE RUMBA

How this spirit went from being the preferred bounty of pirates to a premium tipple...

When Christopher Columbus introduced the Americas to sugar cane, he couldn't have possibly realised his actions would one day lead to the creation of one of the finest drinks around: rum.

Like many revelations, the discovery of rum was a happy accident, which occurred when sugar planters in the 17th century grew frustrated at the waste product of sugar: molasses. At a loss with what to do with the thick, syrupy liquid, any molasses they couldn't give away was simply discarded, until some bright spark discovered that by mixing the molasses with water and leaving to ferment in the sun, they created a spirit – rum!

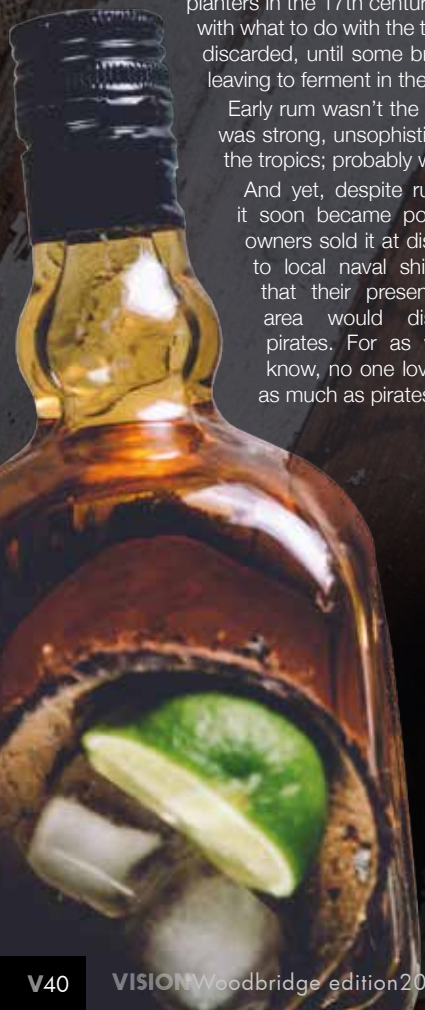
Early rum wasn't the smooth and delectable beverage we quaff these days, of course. It was strong, unsophisticated and a great cure-all for the many ills that befell those living in the tropics; probably why it was nicknamed rumbullion or kill-devil.

And yet, despite rum's more acerbic qualities, it soon became popular as plantation owners sold it at discounted prices to local naval ships, knowing that their presence in the area would discourage pirates. For as we well know, no one loves rum as much as pirates...



The glorious golden spirit continued to garner popularity, to the extent that the British Navy couldn't go without it, and in the 1730s they adopted a daily ration of half a pint of 160 proof rum, which remained (though to a diminished strength) until 1969.

These days, rum is a billion-pound industry, and there are many wonderful brands that you can happily sip neat with just an ice cube or two. So next time you're relaxing with a finger of the finest, remember to raise a toast to the sugar planters who finally figured out why you should never EVER throw molasses away. Cheers, me hearties.



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FOOD & DRINK



Whether you want to save time in the kitchen, don't always have the necessary cooking appliances to create your favourite dishes or simply love a good hack, these four unusual tips will ensure you never look at cooking in the same way again.

Use dental floss to cut

Sometimes, cutting with a knife can be tricky, especially if the food you are attempting to chop up is either very soft or prone to crumbling. Dental floss is a great tool for cutting foods such as a cake or a very mature cheddar, providing more precision and less mess than a knife.

Use cling film pouches to poach eggs

Eggs are an easy and filling snack or meal; however, poaching the perfect egg can be a challenge. Avoid your eggs disintegrating by lining a cup with cling film, spraying with olive oil and cracking in an egg. Then tie it closed, drop it into simmering water and cook as normal.

Place an ice cube in your burgers

Do you often worry about serving dry burgers at your BBQs? A simple trick is to press a small ice cube into the middle of your burger patty before cooking, sealing the beef around it and then grilling or frying as usual. The result? A moist and juicy burger that no one will suspect has had an ice cube in it.

Cook chicken in glass jar

If you do not have a grill pan but have a craving for tender chicken kebabs, this hack is for you. Simply place your kebabs (on a wooden skewer) in a glass jar, cover with tin foil and cook in the oven until the chicken juices run clear.



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Avoid The Rush: Invest Your ISA Allowance NOW!

Investing your ISA allowance early in the tax year can prove rewarding over the long term. The traditional last-minute dash again saw UK savers rush to beat the tax year-end deadline to invest their ISA allowance. And having done so, many will do the same thing as next April approaches.

Human nature dictates that we are often only prompted to act when faced with a deadline, particularly when it's a 'use it or lose it' opportunity such as the annual ISA allowance.

But there are many reasons why it makes sense to invest in an ISA earlier in the tax year instead.

Perhaps most obvious is the peace of mind that comes from getting ahead with your ISA planning and avoiding any end-of-year panic.

It also makes things simpler, as you don't need to worry about any more tax returns for your investments once they're held inside an ISA.

However, what's most important is to remember that investing is a long-term game; the longer you leave your money invested, the greater the chance of achieving better returns.

Investing your ISA allowance at the start of the tax

year gives your money the opportunity to grow for up to an extra 12 months.

Of course, you are not guaranteed to do better by investing earlier, but by doing so you can get your money working harder for longer in two ways.

The sooner you use your ISA allowance, the greater the potential tax benefit because your investment is sheltered from Capital Gains Tax and Income Tax for longer.

Similarly, your investment has more chance to benefit from compound interest – what Albert Einstein reportedly referred to as the 'eighth wonder of the world'.

Over the long term, the opportunity to make gains on the gains you have already made can make a big difference to your future wealth.

Taking steps to minimise the impact of tax on your wealth should be a year-round activity, not something that we only think about in the last few weeks of the tax year. Whether through investing a lump sum or by setting up regular savings, making an early start with your ISA plans is one way to shelter more of your money from HMRC.

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ADVERTISING IS

an investment ...not a cost



Sir Richard Branson always hoped 1994

would be a big one for his business. In the autumn of that year, the billionaire Brit entrepreneur launched his most brazen attempt at global domination: the release of his Virgin Cola brand.

In some ways, seeing Branson go up against the world's biggest drinks brand was the perfect boxing match. Not only did both companies personify their brand with the use of a posturing guy sporting a big, white, bushy beard, but the marketing ploy of Coca-Cola – to entrench a simple fizzy drink deep into the psyche of a global marketplace of customers – was very much from the Virgin chief's same school of thought.

What Coca-Cola mastered was the concept of subliminal advertising and low-level marketing. Consider the fact that, as customers, we're bombarded

with all manner of advertising messages – brands are desperate to hold our attention, and for the most part they do it very well. And yet, researchers have found that, in many cases, the most effective campaigns are the subconscious ones we don't even notice going on around us. That's why even a colossal brand leader such as Coca-Cola will spend £6billion globally on advertising each year.

Forget the showpiece ads, big promotions and special offers – we're talking about discreet in-store branding or billboards, simple page advertising, advertorials and TV activity with barely a bottle or a bubble in sight.

These adverts don't actually appear to be selling anything specific, yet they're embedding in our minds repetition and strengthening brand identity. That theoretical 'strength' translates into a level of comfort, familiarity and trust it's difficult to put a price on.

Branson knew this, and although he couldn't topple the world's biggest drinks company, his smorgasbord of Virgin brands – from gyms to holidays, financial services to internet connectivity – each involuntarily strengthened the others, which continues to today.

Our finest business brain saw advertising as an investment in the future, not a cost in the present... and these days he's toasting with something considerably stronger than cola.

Photo credit: s.jakey/Shutterstock.com



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“Support Our Independent Businesses...”

Woodbridge's newest estate agent says that with the demise of many High Streets and the subsequent loss of community that follows, it is more important than ever that we “engage our brains” to support the local businesses who give back to our community.

Potters Estate Agents argue that local businesses contribute many things: they pay their taxes locally, employ local staff, support schools, and generally help preserve the town's unique character. This, in turn, increases the desirability of all our properties and helps maintain property prices.

Bradley Potter, who went independent himself at the start of this year, said: “We want to reinvest in the local community rather than just take from it.

“It is all too easy to ‘sleep walk’ when we buy a cup of coffee from a large chain of coffee shops and not realise that the money we spend is haemorrhaging to head offices based elsewhere or worse still to offshore subsidiaries that pay no UK tax.

“With the acquisition of smaller companies by larger ones and franchising, many national chains have a name, but they also have large debts and substantial head offices to run. By the time you have paid these costs and a dividend to shareholders very little reaches the community.”

Although Potters is a brand-new business, Bradley's experience in the industry is vast.



He added: “At one point I was privileged to be managing multiple branches for a big group of estate agents, one of which was in Woodbridge.

“We are family run, we live and work in the community and... can prioritise our clients...”

“We are family run, we live and work in the community and with no debts from acquisitions to service, no head offices to pay for or shareholders breathing down our necks we can prioritise our clients, pay a fair wage to staff and invest in the future of our community.”

Next time you sell or rent a property think: “Is my hard-earned money going to haemorrhage from the community I

love? Or am I dealing with a local firm that will give something back?”



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TOKYO 2020

THE NEW SPORTS

2. SOFTBALL

In the latest instalment showcasing sports set to debut or return at the 2020 Olympics in Tokyo later this year, we take a look at softball.

Five new pursuits have been added to the roster for Tokyo 2020, which kicks off on July 24. It will be the second time that the Far Eastern metropolis has hosted the Summer Olympiad... it would have been the third had the Second World War not intervened in 1940.

Softball, in essence, is a sport very much like baseball, and there will be six countries competing for the gold medal.

Last seen at the Olympics in Beijing 2008, the qualification process for Tokyo saw 2018 WBSC Softball World Champions United States, Europe/Africa winners Italy, Americas victors Mexico, and Australia as the Oceania representatives. Canada

qualified along with Mexico, while Japan is present as host.

Softball has seven innings, two fewer than

baseball, a bigger ball measuring two inches more in circumference, and a smaller bat. The pitch is also smaller than its compatriot and the pitching distance of softball is around 40ft from the plate, as opposed to 60ft in baseball. Also, whereas the ball is pitched overarm in baseball, an underhand technique is used in softball.

Returning after a hiatus of 12 years, following its removal for the 2012 Games in London, it was previously part of the programme between Atlanta 1996 and Beijing 2008.

The six countries will compete with a roster of 15 players each, with the 90 athletes helping to make up the estimated 11,091 who will compete in Tokyo.

Softball was invented in the late 19th century in Chicago as a game designed to move at a faster pace than baseball. Contrary to common knowledge, since the 1930s, the "soft" ball is actually hard... spectators beware.



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WHAT'S ON

in your area

Woodbridge Pop Up Chinwag
Woodbridge Community Centre,
Station Road, Woodbridge, IP12 4AU
First Friday of the month, 10am – noon



Stock image

Most of us love a good old natter over a cup of tea, and charity Age UK Suffolk have recognised this with their continuing series of Pop Up Chinwags – monthly social groups for older people in community venues.

The event is free of charge and open to people in Woodbridge and surrounding areas who would like to make new friends, enjoy some light entertainment and if wanted, take the opportunity to find out about any support and services that Age UK Suffolk may be able to offer.

All groups are dementia friendly.

For further details, call Tracey on 01473 298683 or email tracey.evans@ageuksuffolk.org

Quiz Night

Haughgate House, Haugh Lane, Woodbridge, IP12 1JG

February 28, 7pm – 9pm

Come along to test your knowledge and have fun.

£1 entry per person with refreshments available. Everyone welcome.

For more information and to book, please email activities@haughgatehouse.healthcarehomes.co.uk

Tackling Depression Talk

Woodbridge Library, New Street, Woodbridge, IP12 1DT

February 29, noon – 2pm

A motivational talk surrounding mental ill health.

This talk will help you to understand the issues surrounding mental health and depression, delivered by an expert in this field.

Entrepreneur and guest speaker Kerry Mussington is a survivor of suicide and child abuse. She has supported many people through their difficulties.

Tickets are £11.37 per person. To book, visit www.eventbrite.co.uk/e/tackling-depression-tickets-92300859355

Aldeburgh Music Club perform Bach and Vivaldi

Snape Maltings Concert Hall, Snape, IP17 1SP
March 21, 7.30pm

Aldeburgh Music Club Choir, Suffolk Baroque Players and soloists will perform music by the two baroque composers, Vivaldi's Gloria and Bach's Easter Oratorio, including their most loved works.

Tickets for the concert are priced at £18, £22 and £25 (students half price).

They're available from the Snape Maltings Box Office on 01728 687110, or via the club's website www.aldeburghmusic.club

Elijah

Snape Maltings Concert Hall, Snape, IP17 1SP
March 28, 7.30pm

In aid of the National Society for the Prevention of Cruelty to Children, the Woodbridge Choral Society will present Felix Mendelssohn's *Elijah*.

The choir will be accompanied by the Kingfisher Sinfonia.

Written for the 1846 Birmingham Festival, *Elijah* is an epic account of the great prophet's struggles. The dramatic story includes earthquakes, wind, fire, drought, famine, flood, ravens, and finally, resurrection.

Tickets are priced at £15, £18 and £22.

They can be purchased from a member of the Woodbridge Choral Society, by calling the Box Office on 01728 687110, or visiting www.snapemaltings.co.uk



The National Autistic Society Ipswich Lego Club
Presents:
Quiz Night
Date: Friday 17th April 2020
Time: 7pm for 7:30pm start
Venue: Scout Hut, Tide Mill Way, Woodbridge
Teams of 4
£20 per team - price includes drinks and light refreshments
Please book your team by Friday 10th April 2020
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Easter Oratorio BWV 249

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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

- 1. Creative disciplines (4)
- 3. Unyielding (8)
- 9. Shock with wonder (7)
- 10. Happening (5)
- 11. Cut of pork (3)
- 12. Public square (5)
- 13. At that place; not here (5)
- 15. Stem of an arrow (5)
- 17. Individual things (5)
- 18. Popular beverage (3)
- 19. Instruct; teach (5)
- 20. Mark the boundaries of (7)
- 21. Lenience (8)
- 22. In a tense state (4)

DOWN

- 1. Misplaced in time or date (13)
- 2. Motet (anag) (5)
- 4. Small parrot (informal) (6)
- 5. By chance (12)
- 6. Mediocre (7)
- 7. Wastefully; lavishly (13)
- 8. Most perfect example of a quality (12)
- 14. Get ready (7)

- 16. Sour to the taste (6)
- 18. Shy (5)

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DID YOU KNOW?

- ▶ An octopus has three hearts. They need all of them to circulate blood through their bodies
- ▶ African penguins can swim underwater for up to two and a half minutes trying to catch small fish
- ▶ The cheetah is the world's fastest land mammal. It can accelerate from 0 to 60mph in three seconds
- ▶ Polar bears don't hibernate, but females enter into a dormant state while pregnant
- ▶ Dark patches around meerkats' eyes help them be effective lookouts by reducing the glare of the sun
- ▶ Unlike other cats, lions are social animals and live in prides. They can keep track of one another by roaring

SUDOKU

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