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ISSUE 155
FREE

HALLOWEEN HOME
Spooktacular décor to make!

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Championship rules

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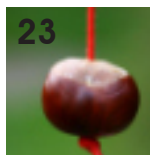
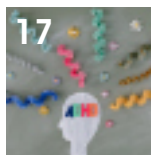
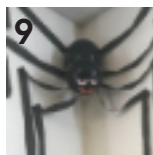
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LOCAL LINKS



ISSUE 155

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Dear Readers,

WOOOOOooooo! Ok, that's about as terrifying as we get here at Local Links! We're a big fan of all things holidays and with Halloween on the horizon, this month we thought it would be fun to share with you some easy and affordable decorations you can make for your home.

Outside the leaves are changing colour and we're feeling very autumnal! What could be more seasonal than a game of conkers? Just a bit of fun... or is it? Could you be a world champion? Read on to find out more!

With the turn in the weather we'll soon be sliding into the winter and if you enter this month's competition you could literally be sliding into it too! In a toboggan! Yeah, we know you're interested! How could you not be?

Hope you enjoy October's magazine!

The **LOCAL LINKS** team

Next issue deadline:

Tues 2nd November

Next issue out from:

Wed 10th November

This magazine
delivered free to:

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Brizlincote Valley,
Rolleston,

Stretton &
Walton on Trent

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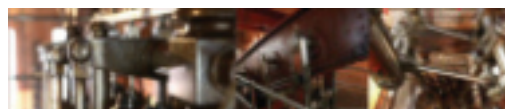


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By The Barn *by Angela Sargent*

When we first moved into the farm and for the next few years, we cropped roughly half the land (wheat, Barley, later Oats, at times triticale, field beans and field peas).

Now only half of that ground is given over to arable crops, including field margins around each field and a section for wild bird seed. The changes were mostly to make life easier, as there were only the two of us.

Autumn has always been a busy time harvesting, followed by field work (which would mostly drag into this month and, hopefully, with the weather holding because,

being on red clay, once the Autumn/ winter weather settled in, the ground wasn't fit to get on.

We've always had an eye on our soils, trying to keep lots of organic matter in them. We've also tried Spring sown crops too, but our ground hasn't dried up enough for them to be successful these last few years and so have returned to Autumn sown crops.

Root crops, such as potatoes, will be lifted and moved into storage, needing a cool and dark place. Here (before my time) sugar beet would be grown and transported to Colwick near Nottingham, where there was a processing

plant, now long since gone and before 'sugar' became a dirty word. Now sugar beet production is mainly concentrated in the east of the country.

Farmers may be able to take the day off for the ploughing matches, which can hopefully go ahead, where completions for all produce from silage to grown crops and cakes to pickles are judged alongside the plough and hedge laying competitions.



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Halloween Home Style

Does the thought of Halloween fill you with dread? Well it ought to, isn't that the point of its ghouliness? Don't let decorating your home for this terrifying holdiay wake you up in the middle of the night screaming though! Here are some creepy decorations that you can make without breaking the bank!

A Cauldron of Bats

Did you know that the group name for multiple bats is a 'cauldron', we didn't but we do now! Use the bat outline in the background of this page to create your very own



cauldron of bat decorations!

You will need:

- scissors
- black paper
- blue-tack (or white tack)

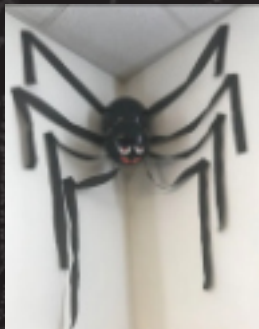
Method:

Use the template on this page to cut out as many bats as you'd like (the more the better!) out of the black paper.

Slightly crease in half to give the wings a 3D effect and stick them to your walls and ceiling.

Giant Spider

You will need:



- 2 x black balloons
- white paper
- black ribbon or streamers
- pens
- scissors
- sticky tape

Method:

Draw & cut out eyes and fangs for the face.

Inflate one balloon smaller than the other and stick the face to the smaller balloon.

Stick the two balloons together and then attach 8 streamer legs to the largest 'body' balloon.

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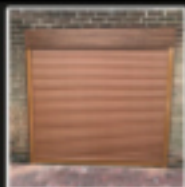
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Autumn In The Garden



As the weather turns and the trees begin to drop their leaves, there's lots to do in the garden to keep things tidy, protect plants over the winter and give them a good head-start for spring next year.

Autumn is the perfect time to plant and move shrubs and trees. Also, the bare root and root-ball hedging season starts in November so it's a good

time to start planning any hedging projects. Here are some top jobs to be getting on with in the cooler weather:

Top 9 jobs this month

- Plant shrubs and trees to fill gaps and add structure, planning for year round colour.
- Keep up with watering of newly planted or newly moved plants, using rainwater if possible
- Cut back herbaceous perennials that have died down, leaving those with interesting seed heads and apply a fresh layer of mulch

- Divide any congested herbaceous perennials and redistribute to fill any gaps

- Plant spring flowering bulbs

- Autumn is also a good time to lay new turf and re-sow bare patches of lawn.

- Cover leafy vegetable crops with bird-proof netting

- Continue to harvest and tidy the vegetable garden

- Clear dead leaves promptly once they start to fall, as rotting leaves can be a source of disease in the garden. Add some to the compost heap or bag up to create valuable leaf mould in time.

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Not Just A Childhood Condition

Attention deficit hyperactivity disorder is not just a childhood problem. October is ADHD Awareness Month. Here's some potential signs and symptoms of adult ADHD - and what you can do about it.

ADHD/ADD in adults

Life can be a balancing act for any adult, but if you find yourself constantly late, disorganized, forgetful, and overwhelmed by your responsibilities, you may have attention deficit hyperactivity disorder (ADHD), previously known as ADD. ADHD affects many adults, and its wide variety of frustrating symptoms can hinder everything from your relationships to your career.

While scientists aren't sure exactly what causes ADHD, they think it's likely caused by a combination of genes, environment, and slight differences in how the brain is hardwired. If you were diagnosed with childhood ADHD or ADD, chances are you've carried at least some of the symptoms into adulthood.

But even if you were never diagnosed as a child, that doesn't mean ADHD can't affect you as an adult.

Many adults with attention deficit disorder have found meaningful ways to manage their symptoms, take advantage of their gifts, and lead productive and satisfying lives. You don't necessarily need outside intervention—at least not right away. There is a lot you can do to help yourself and get your symptoms under control.

- Hyperactivity or restlessness

Some ideas to help:

- Exercise and eat healthfully
- Get plenty of sleep
- Better time management
- Supportive environment
- Practice mindfulness

The good news is that no matter how overwhelming it feels, the challenges of attention deficit disorder are beatable. With education, support, and a little creativity, you can learn to manage the symptoms of adult ADHD—even turning some of your weaknesses into strengths.

If the symptoms of ADHD are still getting in the way of your life it may be time to seek outside support. Adults with ADHD can benefit from a number of treatments, including behavioral coaching, individual therapy, self-help groups, vocational counseling, educational assistance, and medication.

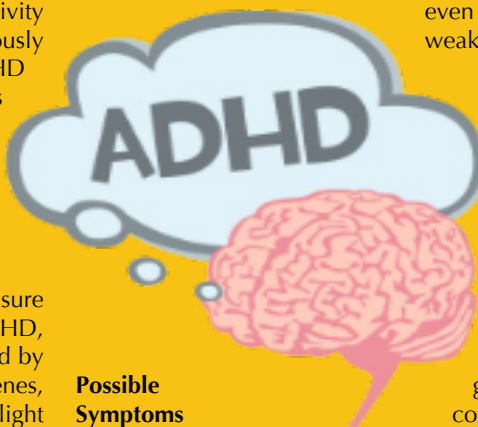
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Possible Symptoms

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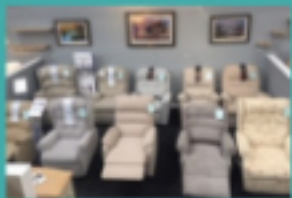
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Lip liner enhance £150 - NOW £110

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For this month's competition, TWO lucky readers can win a FAMILY TICKET FOR FOUR from **Swadlincote Snowsports Centre.**

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The centre also has function rooms available to hire for special occasions and they also offer birthday party packages.



Are you passionate about snowsports? Why not get started with Swadlincote Snowsports Centre's courses and do what you love. They have plenty of courses available for those looking to get started. Snowsport England run various coaching courses at the centre.

You can find more information at: **www.jnlswadlincote.co.uk**

To enter this month's competition, all you have to do is email your name, address and daytime telephone contact number to:

local@locallinksmedia.co.uk

Alternatively, you can post your details to:

**Local Links Media
Swadlincote Ski Centre Comp
PO Box 8049
Burton-on-Trent
DE14 9NQ**

The closing date for entries is the 9th of November and the winners will be announced in our December edition.

Good luck to everyone who enters!



Swadlincote Snowsports Centre
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Derbyshire
DE11 8LP

t: 01283 890089
www.jnlswadlincote.co.uk



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Bonkers for Conkers!

October and it's official conkers season! Did you know that there is a World Conkers Championships which is held in Southwick, Peterborough?

Set within the picturesque county of Northamptonshire, the World Conker Championships takes place each year in the beautiful village of Southwick near Oundle. Hosted in the grounds of the local pub, the Shuckburgh Arms, and supported by the villagers.

Thousands flock to the event to watch the competitors battle and to support our cause to raise money to help the visually impaired. As this is a 'world' championship, people come from across the globe to join the experience.

Organised by Ashton Conker Club, the competition has taken place since 1965. Through the years, it has allowed them to successfully raise a large sum for charity. The grand total currently sits at around £420,000.

What are the origins of the game of conkers?

There are references in Robert Southey's memoirs published in 1821 to early games similar to Conkers being played with Snail Shells or Hazelnuts, but the first recorded game using Horse Chestnuts is in 1848 on the Isle of Wight. The game

spread gradually throughout Britain during the next hundred years.

It is reported that the Horse Chestnut tree was only introduced into England from the Continent in the late 1500's, so perhaps the raw materials were lacking until the tree spread further across the country.



Official Conkers Rules!

1) The game will commence with a toss of a coin. The winner of the toss may elect to strike or receive.



2) A distance of no less than 8 inches or 20cm of lace must be between knuckle and nut. In turn, each player takes 3 strikes at the opponent's conker.

3) Each attempted strike must be clearly aimed at the nut, with no deliberate misses.

The game will be decided once one of the conkers is smashed.

4) If any conker remains on the lace, it will be judged play-worthy or not, by the stewards.

5) If both nuts smash at the same time then the match shall be replayed. Any nut being knocked from the lace but not smashing may be re-threaded and the game continued.

6) A player causing a knotting of the laces (a snag) will be noted. 3 snags will lead to disqualification.



7) If a game lasts for more than 5 minutes, each player will take up to 9 further strikes at their opponent's nut, alternating with 3 strikes each. If neither conker has been smashed at the end of the 9 strikes, then the player who strikes the nut the most times during this period will be judged the winner.

**To find out more, visit:
www.worldconkerchampionships.com**

Virtual & Outdoor Events What's On Guide!

MONDAY 18TH OCTOBER

Beginners Watercolour - Tutbury

Every Monday at Tutbury Village Hall from 10am - 12 noon. Ideal for anyone who has never painted before. For details or to enrol contact Ann on 07816 118776. Admission by prior registration only. www.artmoves.co.uk

TUESDAY 19TH OCTOBER

Online Life Drawing

Free event. Donations welcome. Every Tuesday at 7pm and Friday at 10am. Our life drawing sessions are perfect whether you're a complete beginner or the next Picasso! www.eventbrite.co.uk/e/online-life-drawing-with-brixton-life-drawing-tickets-117373428083?aff=ebdssbnonline

WEDNESDAY 20TH OCTOBER

Priory Art Group

Every Wednesday morning 9.30 to 12. We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton. New members always welcome. Contact Sandra 01283 329743 or call in and see us.

THURSDAY 21ST OCTOBER

Tahitian Dance with Hinatea

Free event, every Thursday, starts 6pm. Through this class, there is no worry over performance. The focus is on feeling good about ourselves, being kind with ourselves and having fun with our body. www.eventbrite.co.uk/e/tahitian-dance-with-hinatea-online-tickets-148335865567?aff=ebdssbnonline

FRIDAY 22ND OCTOBER

Every Body Exhibition

Free event from 22nd - 24th October at The Trinity on George Street, Burton on Trent. Ticket entry only on the Friday night, and open to everybody from 11am - 4pm on the Saturday and Sunday. Tickets can be purchased by email. The Trinity bar will be open for the duration serving drinks and refreshments. For tickets and further info email: info.antonijolleyart@gmail.com

SATURDAY 23RD OCTOBER

Abbotsholme Arts Society- Lucy Crowe Starts 7:30pm at Abbotsholme School, Rocester, Utttoxeter. Soprano Lucy Crowe performs a programme that includes Richard Strauss' voluptuous Four Last Songs and Alban Berg's Seven Early Songs. Tickets £20 (£5 for under 25s) available at the door on the night or Tel: 01543 263304 or email: aas@tetley.org

SUNDAY 24TH OCTOBER

Vinyasa Flow Yoga

Every Sunday 10am. Contribution £5-£15 (pay what you can - contact for reduced rate due to financial circumstances). My yoga is for everyone. www.eventbrite.co.uk/e/sunday-vinyasa-flow-yoga-live-online-tickets-100825465682?aff=ebdssbnonline

MONDAY 25TH OCTOBER

Beginners Watercolour - Utttoxeter

Every Monday at Thomas Alleyne's High School in Utttoxeter from 6.30pm - 8.30pm. Ideal for anyone who has never painted before. For details or to enrol contact Ann on 07816 118776. Admission by prior registration only. www.artmoves.co.uk

The Creative Corner

Free event, every Monday. Starts 7pm. Would you like to dedicate an hour out of your week to make that thing you still haven't made? Do you need a little extra encouragement? www.eventbrite.co.uk/e/the-creative-corner-tickets-139512835647?aff=ebdssbnonline

TUESDAY 26TH OCTOBER

Photography for Children

Free event, every day. Starts 7pm. Little eyes, Big stories A photography course for children aged 6+ to encourage them to think creatively and use what they have around the house. www.eventbrite.co.uk/e/online-photography-course-for-children-tickets-155498944529?aff=ebdssbnonline

Watercolour Class for Beginners

At Checkley Community Centre in Checkley starting Tuesday September 21st, 2pm - 4pm for 10 weeks. Class is tutored by Award winning Artist Ann Stringer-Paget FRSA, an elected member of the Birmingham Watercolour Society. Contact Ann on 07816 118776 Admission by prior registration only. www.artmoves.org.uk

WEDNESDAY 27TH OCTOBER

GCSE Yr11 Maths Top-Up

Free event every Wednesday. Starts 5pm. Supporting you, as you work your way through the Maths GCSE curriculum towards your exams in 2021. www.eventbrite.co.uk/e/gcse-yr-11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbnonline

THURSDAY 28TH OCTOBER

Coffee at the Castle

Free event, every Thursday. Starts 11am. A friendly results driven online networking event. www.eventbrite.co.uk/e/virtual-coffee-at-the-castle-tickets-126994992441?aff=ebdssbnonline

FRIDAY 29TH OCTOBER

Abstract Art Workshop

Donations welcome. Every Friday. Starts 7pm. This workshop is for everyone who wants to relax, who feels isolated with lockdown and wants to enjoy art and explore new ideas. Children, adults, families, all welcome www.eventbrite.co.uk/e/abstract-art-workshop-tickets-134217729843?aff=ebdssbnonline

YMCA Burton Sleep Out

Give up your bed for one night so others don't have to. At the Pirelli Stadium or take part by 'virtual' sleepout. For more information call: 07754045869 or email paula.senior@burtonymca.org

SATURDAY 30TH OCTOBER

Electronics Club For Children

Free event. Every Saturday, starts 6pm. 1 hour session every weekend on Electronics during weekends (delivered through Zoom). Each weekly session will have unique content and will build on the knowledge from the previous sessions. www.eventbrite.co.uk/e/electronics-club-for-children-weekend-sessions-tickets-135845482495?aff=ebdssbnonline

SUNDAY 31ST OCTOBER

Intro to Coding Workshop

Free event. Every Sunday. Starts 1pm. This workshop is intended for those who have little or no experience in coding and want to find out if a career in web development is right for them. www.eventbrite.co.uk/e/intro-to-coding-workshop-tickets-103241098906?aff=ebdssbnonline

MONDAY 1ST NOVEMBER

Drink & Draw

Free event. First Monday of the Month. Starts 7pm. Drink&Draw is a casual event, run by London ACM SIGGRAPH hosted online every first Monday of each month. www.eventbrite.co.uk/e/drinkdraw-2021-spring-zoom-edition-tickets-138439567473?aff=ebdssbnonline

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Burton Prostate Cancer Support Group
Join us online through Zoom, the first Monday of every month. Everyone is welcome and individual support is available. For more information Email: burton.prostate.cancer.support@gmail.com or call 07478889577

TUESDAY 2ND NOVEMBER

Anslov Art Class

Our friendly art classes restart at Anslov Village Hall every Tuesday in term-time from 1-3pm. Suitable for beginners and improvers, lessons are project based but one-to-one guidance will help you to achieve your personal goals. £10 per class paid 6 weeks in advance or £12 per class paid weekly. £10 taster rate for first lesson. Please get in touch for more details and to book your place: helentarrart@gmail.com or call 07791228881

WEDNESDAY 3RD NOVEMBER

Barton WI

Meeting the 1st Wednesday of every month at 7.30pm at St James's Hall Barton. For more information email pennycarthy@hotmail.co.uk

THURSDAY 4TH NOVEMBER

Creative Writing Workshop

Free event every Thursday. Starts 7pm. Flex your creative muscles, let your imagination flow and put your spiralling thoughts to paper in this light and friendly creative writing workshop. All levels and abilities welcome. www.eventbrite.co.uk/e/creative-writing-workshop-tickets-15288203247?aff=ebdssbonlinesearch

FRIDAY 5TH NOVEMBER

Latin-in-Line Dance Class

A new class at a slower pace - Fridays 12.00-12.45pm at the Priory Centre, Church Road, Stretton, Burton on Trent DE13 0HF - £4.00 per class - please book with Lorraine on 07598159744 or for more details about the class.

Pick'n'Mix Craft Session

Free Event every Friday. Starts 10am. Pick'n'Mix is a free weekly arts and crafts session for young children, hosted by Shoe Lane Library. https://www.eventbrite.co.uk/e/picknmix-tickets-145439957829?aff=ebdssbonlinesearch

SATURDAY 6TH NOVEMBER

Spirit Café

Free event. Every Saturday at 7.30pm. Live Spiritual Readings with our team. A great no pressure way to get insight, healing, and perspective. www.eventbrite.co.uk/e/free-spirit-cafe-online-free-spiritual-readings-more-tickets-134687009471?aff=ebdssbonlinesearch

SUNDAY 7TH NOVEMBER

Tai Chi Classes

Free event, every day. Starts 10am, 3pm or 7pm. The class starts with warming up exercises, deep breathing or Tao Yin and Kai Men Qigong which opens the energy channels. This takes about twenty minutes, then we have twenty minutes of Tai Chi dance and the beginners class is concentrating on the first ten moves. www.eventbrite.co.uk/e/lockdown-tai-chi-lee-style-online-global-daily-classes-registration-104447912518?aff=ebdssbonlinesearch

MONDAY 8TH NOVEMBER

Monday Meditation

Free event. Every Monday, starts 6.30pm. A free meditation session, online through Zoom, every week. I provide this as a free, spiritual practice to anyone who wants to practice meditation, and pranayama, as a gift. www.eventbrite.co.uk/e/free-monday-meditation-live-online-tickets-100830191818?aff=ebdssbonlinesearch

TUESDAY 9TH NOVEMBER

Online Breast Feeding Workshop

Free event, every Tuesday. Starts 6pm. A virtual breastfeeding workshop for mothers to be and their chosen support partners. www.eventbrite.co.uk/e/bwv-virtual-antenatal-breastfeeding-workshop-mothers-and-support-partners-tickets-131607223749?aff=ebdssbonlinesearch

Marstons Club - Over 50s

Over 50s Bingo every Tuesday afternoon. 1 'til 3pm. For more information contact Christine Adams on: 01283 299833

WEDNESDAY 10TH NOVEMBER

A Climate of Change

Free event every Wednesday. Starts 4pm for 8-15yrs, 6pm for 16-24yrs. Everyone has had a different experience of COVID-19 and we want to give young people a unique opportunity to express themselves through music and the creative arts, to explore how the environment and social culture is changing around them. www.eventbrite.co.uk/e/a-climate-of-change-creative-sessions-for-young-people-ages-16-24-yrs-tickets-141594540081?aff=ebdssbonlinesearch

THURSDAY 11TH NOVEMBER

Reduce Procrastination Workshop

Free event, every day. Starts 7pm. Join this free 1-to-1 workshop to better understand how you can overcome procrastination and fatigue, in order to maintain sustainable high performance and consistency towards your business and life goals. www.eventbrite.co.uk/e/how-to-reduce-procrastination-and-sustain-high-performance-tickets-134389696199?aff=ebdssbonlinesearch

FRIDAY 12TH NOVEMBER

Latin In-line Dancing

Release your inner Strictly! No partners required for any class - Solo dancing - Dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba, waltz, quickstep etc. on Fridays Intermediate class 9.45-10.45am £5.00 Beginner 11.00-11.45am £4.00. At the Priory Centre, Church Road, Stretton DE13 0HE. Call 07598159744 or email larhiney@hotmail.com for more details

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

COMPETITION WINNERS

Congratulations to our **The Mug Tug** competition winners, each winning a £30 voucher:

Wendy Huckerby - Branston

Andrea Alcock - Barton

John Brown - Rolleston

Colette Page - Stretton

Look out elsewhere in **LOCAL LINKS** this month to win a Family voucher from Swadlincote Snowsports Centre

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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2	8	9	4	7	3	1	5	6
1	6	5	2	9	8	3	7	4
3	7	4	1	5	6	8	9	2
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lostandfound@derbybranch.cats.org.uk



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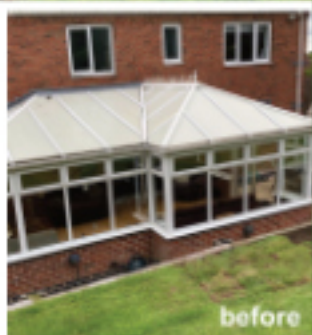
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Peter Pan in Panto



Lichfield legend, Sam Rabone, is back in a frock for his sixth year at the Garrick as he stars as Mrs Smee, as well as once again steering the ship as the show's director.

Sam says: "Finally we're back! It was great to be back at the Garrick and meet some of the cast! We're in for a right treat! I mean, I think we've actually got a real-life pirate playing Hook which is amazing! Bring on November!"

Karen Foster, the Chief Executive of the Lichfield Garrick, says: 'I'm thrilled that the Lichfield Garrick will be welcoming so many families back to the theatre to enjoy their traditional family Christmas outing. After the disappointment of closing last

year, we have looked forward to the time when we can bring the people of Lichfield and surrounding areas back to their local, independent theatre with a show which will be spectacular, funny and family friendly. The cast and staff of the theatre look forward to seeing you very soon. Oh yes we do!"

All New Adventures of Peter Pan promises to be a dazzling show with a brilliant cast, larger-than-life costumes, and more laughs than you can shake your hook at! The show opens on Thursday 25th November and runs until Sunday 2nd January 2022. For more info visit their website (www.lichfieldgarrick.com) or from our Crox Office on 01543 412121.

Don't miss the swashbuckling spectacular, All New Adventures of Peter Pan, as it flies into the Lichfield Garrick for the 2021 festive season!

The Lichfield Garrick Theatre has once again joined forces with Paul Hendy and Evolution Productions to bring audiences a real festive treat with this year's full-scale pantomime.

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	9		1	4				
8		9					7	
3				5				
4			2				5	

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Daughter of Amber Wood resident

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