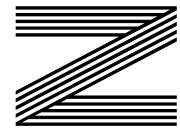
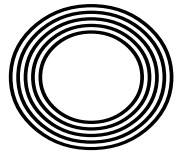


Could COVID-19 science help cure other illnesses?

50 YEARS OF ONE DAY INTERNATIONAL CRICKET

BOTTOMS UP! Celebrating National Beer Day

J.K. Rowling
The author's success with Harry Potter



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ROMAN KEMP

Opening up conversation about men's mental health



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Editor's notes...

JUNE 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. I hope everyone is well and enjoying a bit more freedom thanks to the easing of COVID-19 restrictions. I've not been able to get out too much owing to the often-shoddy weather; however, I've made the most of my time indoors by organising some exciting opportunities.

Myself and **VISION** always like to lead by example - through hard work and critical thinking, we are always coming up with creative ideas to make the **VISION** publications and our clients even more visible.

Beyond that, we are looking at opportunities where we can support some local charities through our business ventures.

While I can't go into much detail yet, there is big news coming about a plan that will benefit our readers and clients in equal measure. So, all I'll say is: watch this space.

As I'm sure everyone can appreciate, the last year and a half has been difficult for everyone - individuals and businesses alike. Through your support, we are still here and thriving, so I thank you for that.

VISION likes to keep things topical, so this month we take a look at radio host and TV personality Roman Kemp, who has become a champion for mental health awareness for young men across the country.

Brett Shohet

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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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Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else.”



CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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SUPPRESS the sweat



Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered. Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. **Cotton:** Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. **Linen:** Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. **Rayon:** A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

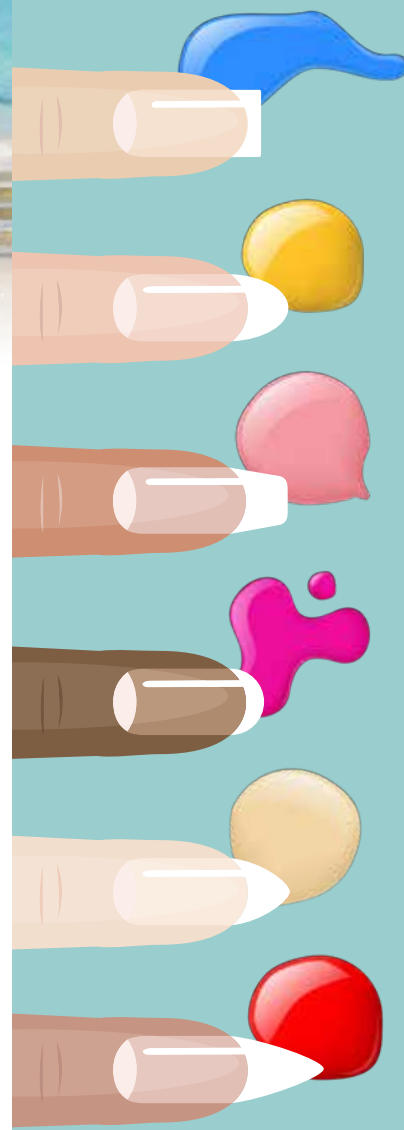
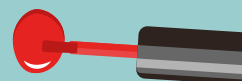
4. **Denim/Chambray:** Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.



NAILED IT

Do you know your nail shapes?



If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

ROUND

A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.

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HEALTH & FITNESS



Could you do with a COLD SHOWER?

From pop sensation Lady Gaga to body coach Joe Wicks to boxer Anthony Joshua, cold showers and baths are the lockdown wellness trend taking over the celebrity world.

So what has made these famous faces take the plunge?

faster to warm itself up, which in turn increases blood flow and promotes good circulation.

INCREASE WILLPOWER

A case of mind over matter, forcing yourself to endure the cold for extended periods of time can help to strengthen your willpower and make you more ready to take on the challenges of daily life.

REDUCE STRESS LEVELS

Regularly taking cold showers imposes a small amount of stress on the body which results in a process called "hardening". This enables your nervous system to get used to moderate amounts of stress, which can help you keep a cool head.

MORE ROBUST IMMUNE RESPONSE

Scientific studies have shown that taking a cold shower can increase the amount of white blood cells in your body, which helps to protect your body against diseases.

BETTER CIRCULATION

By reducing your core temperature, a cold shower forces your body to work harder and

WEIGHT LOSS

Research has shown that exposure to the cold increases your metabolic rate and directly stimulates the generation of brown fat, which is a specific type of fat tissue that generates energy by burning calories.

HOW TO TAKE A COLD SHOWER

- Enjoy your usual shower
- At the end, slowly lower the temperature
- Get the temperature low enough so that you start to feel slightly uncomfortable
- Stay there for 2-3 minutes
- Lower the temperature more with each shower

DID YOU KNOW...

...that the Guinness World Record for sitting in an ice bath is a whopping 1 hour, 52 minutes and 42 seconds? This record is held by Dutch adventurer Wim Hof, aka the "ICEMAN".





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EYE YOGA EXERCISE...

A wellness trend that you most definitely need to keep an eye on, eye yoga promises to prevent eye strain and eye fatigue and to result in brighter peepers in as little as five minutes per day. Exactly what our screen-loving nation needs.

- 👁️ Move your focus to something very close to you, such as your hand, for five seconds
- 👁️ Reverse your gaze back to the middle object and then to the one furthest away
- 👁️ Repeat for two minutes

EYE EXERCISE 1: *Palming*

- 👁️ Rub your hands together for 10 seconds to create heat and energy
- 👁️ Look straight ahead and gently place your palms over your closed eyes
- 👁️ Take a few deep breaths and allow the darkness and heat to soothe your eyes
- 👁️ Leave until the warmth fades

EYE EXERCISE 4: *Rolling*

- 👁️ Sit with your shoulders relaxed and your neck straight
- 👁️ Look to the right and then slowly roll your eyes up towards the ceiling
- 👁️ Roll your eyes down to your left and then down to the floor
- 👁️ Do this in both clockwise and anticlockwise directions

EYE EXERCISE 2: *Blinking*

- 👁️ Sit with your shoulders relaxed and your neck straight
- 👁️ Blink your eyes very fast for 10-15 seconds
- 👁️ Gently allow your eyes to close and settle
- 👁️ Repeat every hour if using a screen all day

EYE EXERCISE 5: *Figure of Eight*

- 👁️ Sit in a comfortable position
- 👁️ Raise your hand in front of you at eye level
- 👁️ Extend your thumb and focus on it
- 👁️ Start to move your arm in a figure of eight shape
- 👁️ Keep tracing for 30 seconds and then switch directions

EYE EXERCISE 3: *Zooming*

- 👁️ Sit in a comfortable position
- 👁️ Focus on an object in the distance for five seconds
- 👁️ Move your focus to a closer object for a further five seconds

...to try at home or work

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UNUSUAL FRUIT OF THE MONTH:

Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

HOW TO PREPARE MANGOSTEEN

To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

HOW TO STORE MANGOSTEEN

Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1-2 weeks. Store in the fridge for 3-4 weeks. Do not freeze as this will damage the flesh.

WHAT DOES MANGOSTEEN TASTE LIKE?

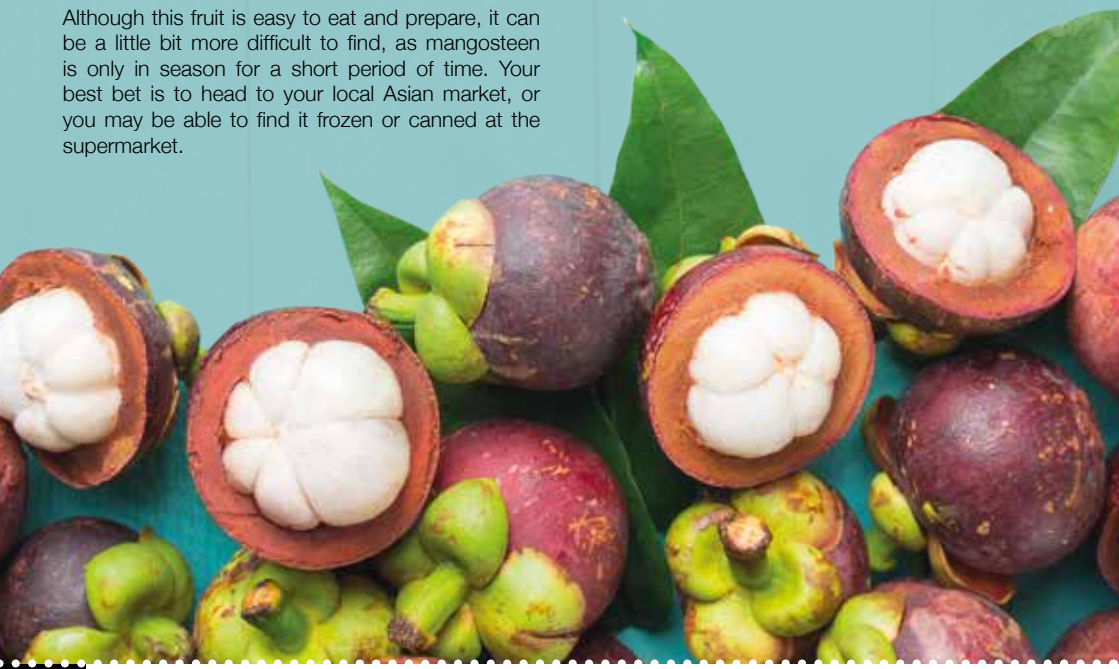
Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?

Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

WHERE CAN YOU BUY MANGOSTEEN?

Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.



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celebrate NATIONAL BEER DAY

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.



HOW TO CLEAN

Blinds



LAST MONTH WE SHOWED YOU HOW TO CLEAN YOUR CURTAINS. THIS TIME WE TURN OUR ATTENTION TO YOUR BLINDS.

Whatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.

WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

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Hoover user



HOME & DIY



The mistakes most of us make when hoovering.
How many are you guilty of?

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then Hoover.

Setting it right

The settings on your Hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your Hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

Bagging it out

Regular changing of the Hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your Hoover.

Skirting around the problem

Most modern Hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

It's behind you

The temptation when hoovering is to see a floor and Hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

Top form

Many of us store the Hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

And remember, a Hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.





How to Create a SMART KITCHEN

Embrace innovation with the latest smart kitchen devices that will revolutionise this pivotal room in your home. Enjoy enhanced convenience, save money and have fun, all at the touch of a button or using just your voice.

INVEST IN A SMART FRIDGE: How often have you gone to the supermarket unsure about what exactly you need? Eliminate this problem with a smart fridge that boasts built-in cameras that allow you to see its contents wherever you are.

Other features include: Adjustable storage spaces that can be used as a fridge or freezer | Sensors to open and close the door hands-free | Artificial intelligence that detects maintenance issues

INSTALL SMART LIGHTING: The beauty of smart lighting is that it allows you to add the wow factor to your kitchen without blowing your budget. From smart dimmers that can be controlled from your phone or your smart speaker, to smart bulbs that plug into your existing light fittings and boast an adjustable colour temperature.

Other features include: Control individual bulbs, groups or your whole home's lighting | Set light themes to create different atmospheres | Motion-sensing lights

COOK WITH A SMART OVEN: Whether you love to cook or see it as more of a chore, a smart oven will revolutionise the way you feed your family, providing you with the means to control your cooking from your smartphone or tablet, whether you are in your home or not.

Other great features can include: Voice control | Automatic setting selection | In-oven camera

ADD A SMART TAP: No kitchen is complete without a sink, and for times when your hands are either full or dirty but you need water, a smart tap offers the perfect solution. Choose from a touchless faucet that works by waving your hands in front of the sensor or a voice-enabled tap that can be customised with your preferred commands.

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Book a free discovery call with me today and see how I can help you.



MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock





LOCAL NEWS

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Sixth-former proud to win prestigious writing prize

A student at a school in Bishop's Stortford has been awarded the prestigious Young Walter Scott Prize for Historical Fiction.

Maddie Friedlein (pictured inset), who is a student in the Lower Sixth at Bishop's Stortford College, won the competition for her story, *Slaying Holofernes*.

The piece focuses on the court case of a 17-year-old painter, Artemisia Gentileschi, who was one of the leading female artists of the Italian Baroque era in the early 1600s.

Upon winning the competition, which was open to young people aged 11 to 19, Maddie said she is proud to have been recognised.

She said: "I feel really lucky to win such a prestigious competition. It's great to have a piece of work I am so proud of be recognised."

Maddie said that she chose Artemisia's story as the

topic for her piece after watching a documentary on the painter's work at The National Gallery.

She said: "The painting my story was inspired by was called *Judith Slaying Holofernes*, which depicts the biblical story of a woman beheading the man who assaulted her.

"This painting was completed after Artemisia's own assault. The power and suffering that she experienced is evident in this painting.

"Though her story is one of abuse, it is also one of hope for justice and retribution and was one I really wanted to fictionalise – not only because of the importance of acknowledging the impact of assault, but also because I wanted to highlight her strength of character and perseverance."

Maddie is hoping to pursue writing by studying English literature or creative writing at university.



Brand new Sixth Form centre opens to students

A college in Bishop's Stortford has opened its new Sixth Form centre after old offices were transformed into a dedicated space for students.

Pauline Mullender, governor and chair of the college's education committee, officially opened the Sixth Form Learning Centre at Bishop's Stortford College last month.

Transformed by design and installation specialists, TaskSpace, the learning centre has space for students to hold team meetings, meet with staff, and work collectively or independently.

Head of Sixth Form, Katie Banks, said: "The Sixth

Form Learning Centre is designed to mimic a modern undergraduate study space or work environment.

"It provides an opportunity for students to collaborate on assignments or to hunker down in a quiet, calm place to get on with their A Level work and independent study. It is already being well used as the Upper Sixth prepare for their assessments."

One student said: "The Sixth Form Learning Centre has transformed the way I work at school. I have particularly enjoyed doing group revision in the boardroom – it has enabled me and many others to get our heads down to revise."

Witness appeal after dog attack in park



Police are appealing for witnesses and information after a dangerous dog bit a girl in Southern Country Park.

At around 6.30pm on May 11, a black Pitbull-type dog attacked a girl, biting her leg and leaving her with bruises and a small cut.

The possible owner of the dog is described as an Asian woman, around 30 years old, with black hair. She was wearing a yellow raincoat and pushing a pram. She was with a man of around the same age.

PCSO Adam Pemberton, of the Bishop's Stortford Safer Neighbourhood Team, said: "If you were in the park at the time of the incident and have not already spoken with police, we would like to hear from you.

"Also, if you recognise the dog or owner from the description given, please get in touch."

If you have any information, call 101, quoting 41/35045/21.

New restaurant opens its doors to the public



A new restaurant opened in Bishop's Stortford town centre on May 20.

Buffalo Joe's is owned by former Birchwood High School student, Joey Fairservice. The restaurant was founded in 2013, serving burgers and wings from a Citroën van.

Manager Josie Volkman said: "We originally planned to open in the new year, but with lockdown 3.0, this wasn't able to happen. Luckily, we were able to continue with takeaways and then opened our doors to the public in May.

"We now have a delicious dessert menu and a range of vegan options. Most of the alcohol we serve is sourced locally, including beer from Wylde Skye in Linton, Copper in the Clouds Gin and Wooden Moose Rum by our friend, James Fleming, from Bishop's Stortford. Then we have a selection of spirits and wine from In House Tasting, Royston.

"Buffalo Joe's has adapted to the changes over the past year, and thankfully takeaways in Bishop's Stortford and the work from our truck in Cambridge kept us very busy."

Shop's summer campaign to support food banks

The Tesco superstore on Lancaster Way is getting involved with a national campaign to support food banks, including the Methodist Church Food Bank on South Street, Bishop's Stortford.

Customers are being encouraged to donate long-life food to the supermarket's in-store food collections between July 15 and July 17 to help the Trussell Trust and FareShare support children and families throughout the summer.

Tesco UK & Northern Ireland CEO, Jason Tarry, said: "Both the Trussell Trust and FareShare face extra demands during the summer, when children who would normally enjoy a healthy meal in school may miss out. That is why we have decided to hold this

extra collection to help ensure that children across the UK can enjoy a happier and healthier summer without missing out on meals."

Emma Revie, chief executive of the Trussell Trust, added: "Thanks to the incredible ongoing generosity of Tesco, we are thrilled that customers will be able to support food banks during the summer food collection. Every donation makes such a difference and helps food banks in our network provide the best possible emergency support while we work together towards building a hunger-free future."

Man charged after sexually assaulting women

A man from Bishop's Stortford who sexually assaulted two women has been ordered to sign the Sex Offenders Register for five years and will have to complete 240 hours of unpaid work.

Andrea Flauto touched two women inappropriately near Flitch Way, in Dunmow, on June 1 last year.

Flauto, now 24, of Hadham Road, approached his first victim while she was walking along a cycle path.

As she stopped to allow him to cycle past, he sexually assaulted her. She was able to push him away and he cycled off.

Later, Flauto approached two women who were sitting on a bench beside a cycle path. He engaged in conversation with them before leaning in and kissing one of them on the cheek.

Flauto was later identified by both victims and was arrested. He was subsequently charged with two counts of sexual assault.

He admitted the charges at Chelmsford Magistrates' Court on April 7 and was sentenced on May 5.

Flauto was also made the subject of a community order which states he must complete a 40-day rehabilitation requirement. He was ordered to pay £145 in court costs and £95 to each victim as compensation.



Photo credit: Ruby Ward @theartoflondonn





Council refuses application for 5G mast

LOCAL NEWS



Plans to install a 15-metre 5G telecoms mast and four equipment cabinets at Havers Lane in Bishop's Stortford have been blocked by East Herts Council.

The council made the decision to refuse the application on the grounds that the mast would be visually intrusive and alternative options had not been properly explored.

The decision note states: "The Local Planning Authority is not satisfied that alternative sites for the facility have been adequately explored, and that there is no opportunity within the locality to utilise existing structures or sites for the housing of equipment."

"The proposed telecommunications monopole and ancillary equipment cabinets, by reason of their size and siting, would appear unduly prominent, conspicuous and visually intrusive within the street scene and would result in a clutter of telecommunications equipment in the locality which would be detrimental to the visual amenities and character of the surrounding area."

Police host event to tackle antisocial behaviour

Officers from the Bishop's Stortford Safer Neighbourhood Team hosted a community voice event at Sworder's Field on April 28 following increased reports of antisocial behaviour in the area.

Police say they have seen an increase in robberies in and around the park and rising reports of antisocial behaviour. They have received numerous calls relating to groups of young people littering, swearing, causing damage to the castle mound and acting in an intimidating manner.

Neighbourhood Sergeant Theresa Funes-Walker said: "This behaviour has left families and other visitors to the locality feeling intimidated. This is simply not acceptable. With the lockdown restrictions easing and the summer soon approaching, we want everyone to feel safe and enjoy this great facility in a sensible and

courteous manner.

"The purpose of the community voice event was to get a better understanding of the issues from people who may not necessarily have reported them to police and to reassure people that we are listening and taking action.

"Patrols have already been increased in the area and the issue has been made a local neighbourhood policing priority.

"It was great to be able to speak with members of the public face to face and their feedback will be used to help shape a longer-term plan, working alongside our local partners."

Members of the public can also have their say using the anonymous community voice platform at orlo.uk/BMhzs

Appeal for witnesses after man waves knife at teens

Police are appealing for witnesses after a man reportedly approached three teenagers while waving a knife in the air in Bishop's Stortford.

At around 6.10pm on Tuesday, April 27, three teenage boys were sitting on a bench on Elizabeth Road when a black Mercedes pulled up next to them.

A man, described as black and aged in his early 20s, got out of the car and reportedly waved a knife in the air while shouting at the boys.

The three teenage boys ran off and called the police.

PC Lauren Taylor, who is investigating, said: "Thankfully, no one was hurt during the incident, but the boys have understandably been left shaken by what happened. We're particularly keen to hear from anyone who may have captured dashcam footage of a black Mercedes being driven in the area around the time specified."

Anyone with information is asked to please email PC Taylor at lauren.taylor@herts.pnn.police.uk

You can also report information online via the online web chat, or call 101, quoting crime reference 41/30705/21.



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COVID-19 and the associated stamp duty holiday have made a lot of us think about the saleability of our homes, and perhaps even consider a move. While countless television shows point us in the right direction as far as interior décor goes, what can we do to spruce things up on the outside?

Natural landscaping: While for years we've obsessed over new kitchens, bathrooms, conservatories and more, it seems that landscaping garden spaces – from lawn care to water features and even planting small trees – will add more value to your property than any of the others listed, according to research undertaken last year.

In reality, it makes sense. In Britain we love the idea of reclining in peaceful, tranquil, stylish surroundings with a drink, a magazine, some music and the gentle breeze of summer... even if the season comes and goes in under a fortnight.

Wood you dare?: Wood effect adds a rustic, natural, earthy feel to any outside space, and the popularity of decking – and, to a lesser extent, patios – also makes a big difference when it comes to maximising property value. And the good news is that modern composites will give that 'indoor wood' finish and quality, even in exposed outdoor areas.

The paint saint: A paint job – the entire house, the front wall or perhaps just a new garden gate – will give a real sense of style and cleanliness. Our outer walls and pathways take a real battering across the seasons, so brightening them up can make a big difference when it comes to adding value.

Light show: We're very much in the area of strings of bulbs lighting up entrance ways, trees and even whole gardens. For a relatively low cost, it's possible to give those dusky evenings a real glow of homely warmth.

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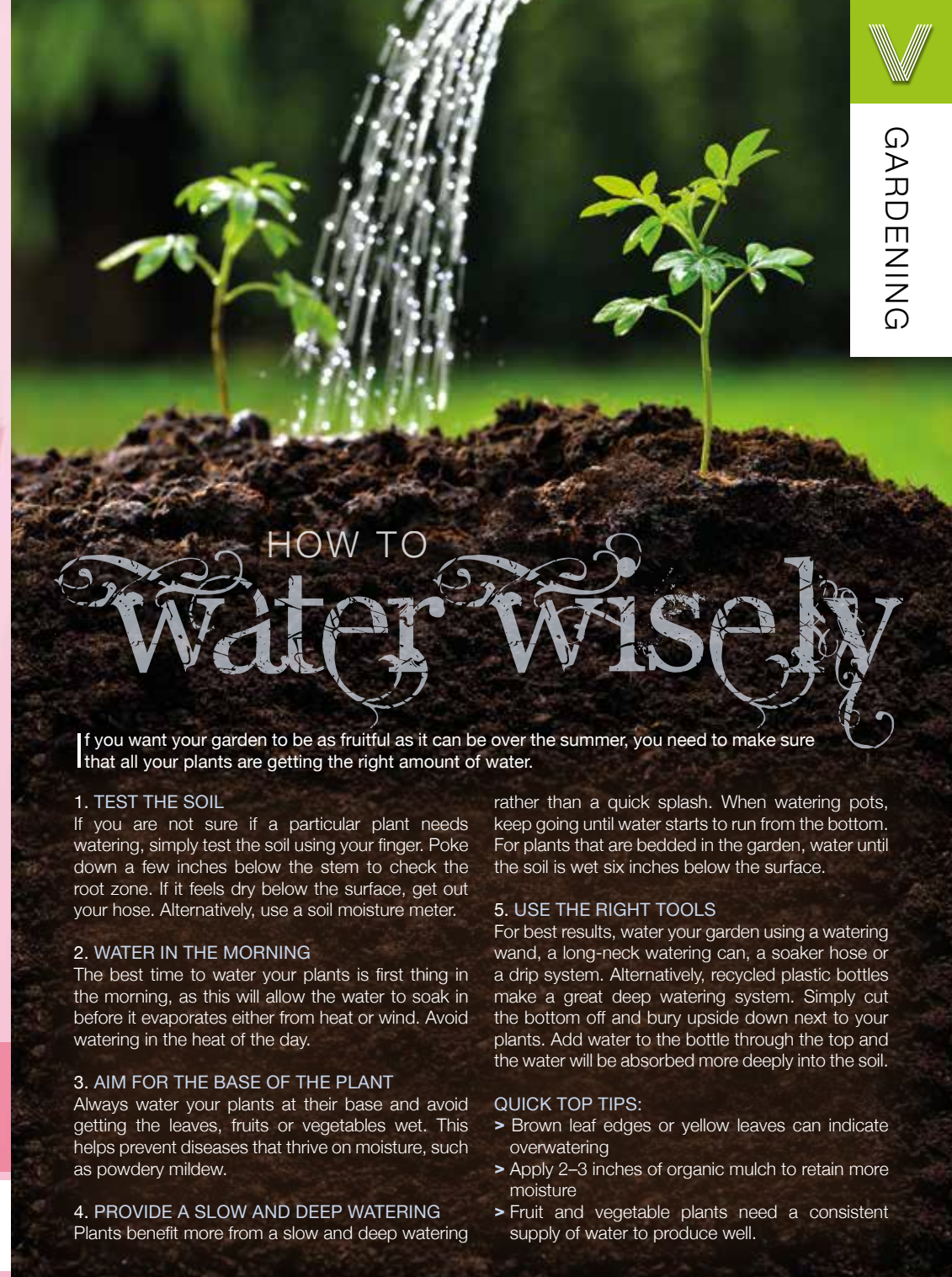
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GARDENING



HOW TO Water Wisely

If you want your garden to be as fruitful as it can be over the summer, you need to make sure that all your plants are getting the right amount of water.

1. TEST THE SOIL

If you are not sure if a particular plant needs watering, simply test the soil using your finger. Poke down a few inches below the stem to check the root zone. If it feels dry below the surface, get out your hose. Alternatively, use a soil moisture meter.

2. WATER IN THE MORNING

The best time to water your plants is first thing in the morning, as this will allow the water to soak in before it evaporates either from heat or wind. Avoid watering in the heat of the day.

3. AIM FOR THE BASE OF THE PLANT

Always water your plants at their base and avoid getting the leaves, fruits or vegetables wet. This helps prevent diseases that thrive on moisture, such as powdery mildew.

4. PROVIDE A SLOW AND DEEP WATERING

Plants benefit more from a slow and deep watering

rather than a quick splash. When watering pots, keep going until water starts to run from the bottom. For plants that are bedded in the garden, water until the soil is wet six inches below the surface.

5. USE THE RIGHT TOOLS

For best results, water your garden using a watering wand, a long-neck watering can, a soaker hose or a drip system. Alternatively, recycled plastic bottles make a great deep watering system. Simply cut the bottom off and bury upside down next to your plants. Add water to the bottle through the top and the water will be absorbed more deeply into the soil.

QUICK TOP TIPS:

- > Brown leaf edges or yellow leaves can indicate overwatering
- > Apply 2-3 inches of organic mulch to retain more moisture
- > Fruit and vegetable plants need a consistent supply of water to produce well.



TRAVEL

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Work this way



The Volunteer Vibe



Big up the Bothie



Airmiles

While the COVID-19 pandemic has robbed many of us of the money to be able to venture off on holiday, it hasn't removed that passion to explore. Yet in the 'new normal', and having rediscovered a love of simpler things through lockdown, perhaps it doesn't have to cost the Earth in order to travel it.

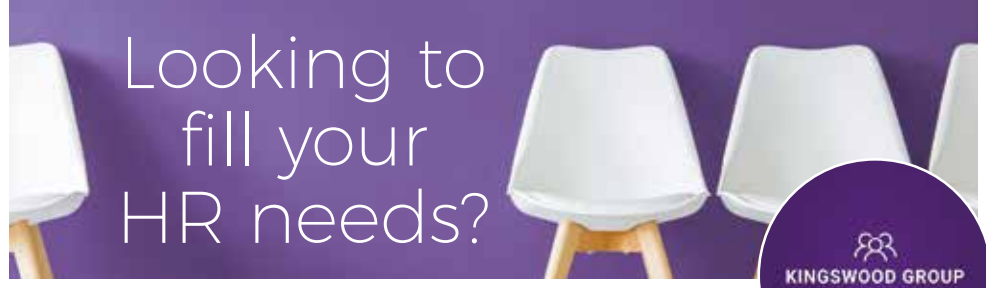
House Swap: More than just the premise of endless reality shows, holiday house-swapping is a real thing, and is becoming more popular every year. After all, why not profit from someone house-sitting your abode by finding a holiday location that suits your needs perfectly, but is also free of charge? The website homelink.org.uk is one of those leading the way.

Work this Way: It's the age-old explorer's way, but working your way around the world on a backpacking mission is the extreme version, with many lower commitment job-based escapes closer to home. If you're young and without kids, consider fruit picking, event marshalling or even working in a bar as a way of putting in the hours to sustain that holiday vibe in a new place.

The Volunteer Vibe: In a similar way, pitching up somewhere willing to put the hours in for free can be a great way of securing accommodation, food and enough free time to explore the vicinity.

Big up the Bothie: You know those secluded stone buildings synonymous with the Highland Clearances... you can stay in them, for free. Sure, they may not protect you from the elements as would a five-star hotel – although many have been sensitively restored – but websites such as mountainbothies.org.uk arrange short-term stays in these mystical, remote former homes.

Airmiles: Finally, a fad of the Nineties, airmiles these days are for much more than business users, and the miles can really stack up if you are a frequent flyer.



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Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost

immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.



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BAD BOUNCE

THE SAFETY MEASURES YOU NEED TO PUT IN PLACE WHEN PURCHASING A TRAMPOLINE

On the face of it, it's hard to believe that trampolining is one of the more hazardous leisure pursuits out there; yet the activity accounts for almost 100,000 injuries requiring medical attention every year. Put another way, more than half of parents with children aged 12 have said their child has come to harm at some point.

The reality is, while the spring-mounted tarpaulin offers the softest of landings, kids are making contact from considerable height, and with others close by. And with a prevalence of injuries being caused by freak, awkward landings – sprains and strains account for almost half of injuries recorded – even the most cautious of happy hoppers can come unstuck.

Of course, there are a few measures you can take in order to minimise the risk of injury:

likely knock a juvenile jumper off their feet if a friend lands a split-second earlier.

✓ PROTECTIVE WALL

Most trampolines nowadays come with 360-degree netting around the edges, eliminating the danger of kids being propelled off the apparatus and into nearby hedges. If any part of the edging is broken, however, your safety net is gone, both metaphorically and literally.

✓ SIX OF ONE

It's recommended that no children 'bounce' if under the age of six. The reason for this is younger kids lack the muscular strength to be able to trampoline safely, leaving them more likely to come to harm.

✓ SUPERVISION

Perhaps the greatest deterrent of all is adult supervision. Sure, you may not want to spend your summer afternoons watching kids bounce up and down repetitively, but it's sure as hell a better sight than the inside of the A&E department.

✓ BOUNCE ALONE

Guidelines suggest kids should trampoline by themselves rather than with buddies. Colliding with others in a confined space is common and dangerous, and the trampoline canvas will most

CRICKETERS

Good day.

CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL

It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a ‘One Day International’, comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of ‘traditional cricket’, where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn’t hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord’s to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world’s best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as

he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.

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WILL THE UK BE THE FIRST TO INTRODUCE 'NO HANDS' TECHNOLOGY ENABLING CARS TO BE DRIVEN BY COMPUTERS?

It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim. In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic. And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users. The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country. More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward. There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.

THE VISION LISTINGS

THE VISION LISTINGS

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PUZZLES & TRIVIA

PUZZLES

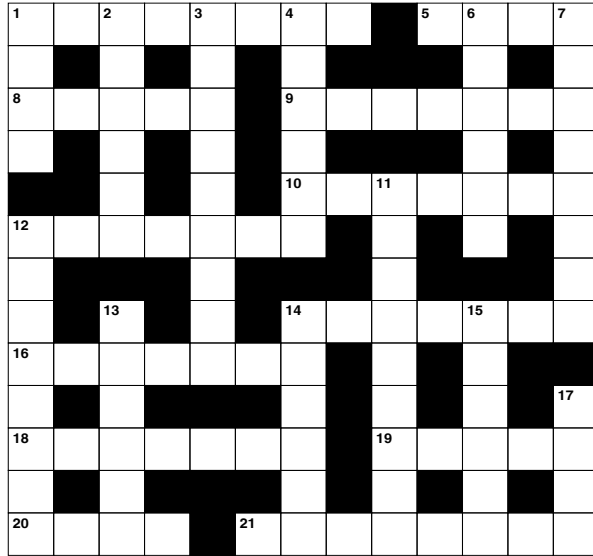
Answers: see end of The VISION Listings

ACROSS

- 1. Succession; series (8)
- 5. Run at a moderate pace (4)
- 8. Sag (5)
- 9. Sour in taste (7)
- 10. Mountain in the Himalayas (7)
- 12. Contemplations (7)
- 14. Subdivision (7)
- 16. Part of a chair (7)
- 18. Increasing rapidly (7)
- 19. Kingdom (5)
- 20. Japanese beverage (4)
- 21. Large metal pot (8)

DOWN

- 1. Soft drink (US) (4)
- 2. Cites (6)
- 3. Act of spying (9)
- 4. Stops (6)
- 6. Thief (6)
- 7. Not inclined to talk (8)
- 11. Let oracle (anag) (9)
- 12. Thick dark syrup (8)
- 13. Set out on a journey (6)
- 14. Mark of disgrace (6)
- 15. Make worse (6)
- 17. Word ending a prayer (4)



DID YOU KNOW?

- ▶ Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- ▶ Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- ▶ Crackers often have holes in them to prevent air bubbles from forming when cooking
- ▶ Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- ▶ Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- ▶ A typical ear of corn has an even number of rows

SUDOKU

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

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