

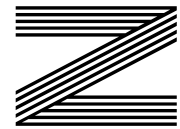
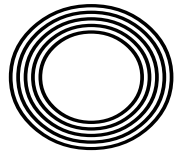
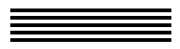
**HOW TO  
PERFORM  
CPR ON  
AN ADULT**

**50 YEARS**  
of Mr Men and Little Miss

*Sue Barker*  
Celebrating the TV presenter's career

# SIR RICHARD BRANSON

The billionaire completes out-of-this-world venture



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# Editor's notes...

AUGUST 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. I hope everyone is enjoying their summer. While it's been a tough year in many respects, this summer of sport has been an absolute blessing - I'm exhausted just watching it.

It's been an amazing couple of months - tennis, cricket, Formula 1 and now the Olympics have all made for fantastic viewing, but Football in particular has made this summer special for me and so many others.

The 2020 European Championships offered an opportunity to celebrate with friends and family - I felt like a kid again, cheering and going mad.

What a fantastic escape from some of the struggles we've had as a nation in recent times.

Unfortunately, it ended in disappointment. And I'm not referring to the championships themselves - our players were absolutely phenomenal - I'm referring to the individuals who inexcusably decided to abuse three young players from our heroic squad. Those committing such hate crimes are the only individuals who let our country down during the Euros, and I hope they are ashamed of themselves.

On a lighter note, we have fantastic opportunities for some new sales staff as we look to grow our team. So if you're interested in taking up a sales or business development position, please get in touch with me.

Thanks as always for reading.

*Brett Shohet*

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Lizzie Ellis

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

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# SPORTING INJUSTICE?

**SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.**

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

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**'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'**

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The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

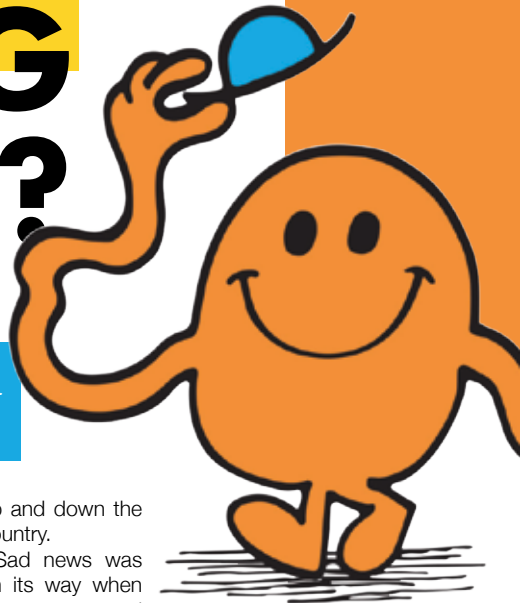
She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".



# A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

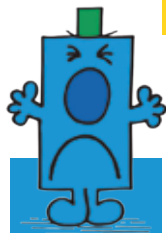
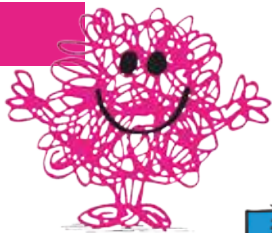
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



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# WEDGES

Whether you're lacking in the height department or simply love the look

of elevated footwear, the right shoe can transform your style and your self-esteem.

However, do you opt for a more comfortable wedge or a sky-high stiletto?

### What is the difference between wedges and heels?

Technically, wedges fall into the high-heeled shoe category as they do have a raised heel. That being said, with a wedge heel, you get a solid, wedge-shaped outsole that is elevated at the heel and tapers down to a flattish toe. With a high heel, the heel portion is separate from the sole underneath the toe.

### Why choose wedges?

Wedges are a great option for women who struggle to walk on traditional heels, as they offer support and height by evenly distributing your weight throughout the sole. Wedges come in a variety of different materials including cork, leather, rubber and jute and can be closed or open-toed. You can even get wedge boots that make a comfier alternative to regular heeled boots.

Wear to the beach, a casual occasion or lunch with the girls.

### Why choose heels?

There are several types of heels, including stilettos, kitten heels, block heels, mules and heeled boots, with each one providing a slightly different look and feel. If you are a pro at walking in high heels and want a showstopping look, then stilettos are the shoe for you. However, if you struggle with too much height, opt for a more modest kitten heel.

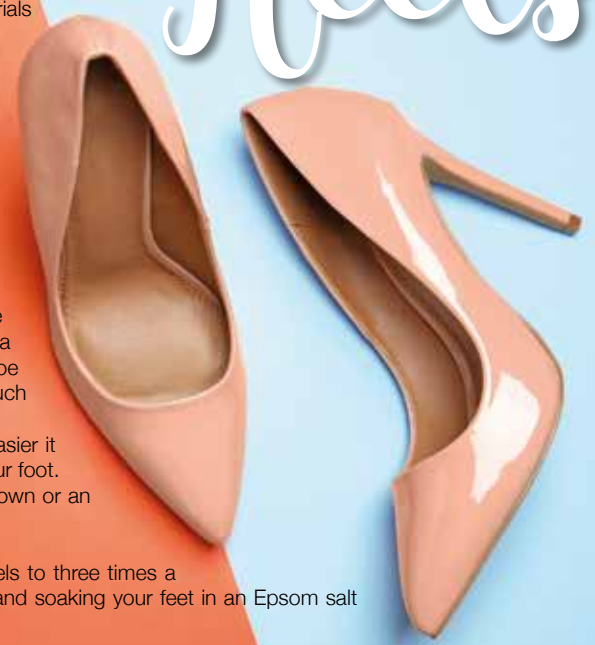
As a general rule, the wider the heel, the easier it is to walk in and the more support it offers your foot.

Wear to a formal occasion, a night on the town or an important meeting.

Protect your feet by limiting wearing high heels to three times a week, regularly stretching your calf muscles and soaking your feet in an Epsom salt bath for 10–15 minutes after wearing.



vs  
Heels



# MAKEOVER

*your man*

Unlike women, most men seem to have an “if it ain't broke, don't fix it” approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

### THE TEXTURED CROP

Best for triangle-shaped faces

If you've got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

### THE LONG & LAYERED

Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

### THE CHERUBIM

Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don't mind a slightly feminine look.

### THE MESSY BED QUIFF

Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

### THE SWEEP BACK

Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



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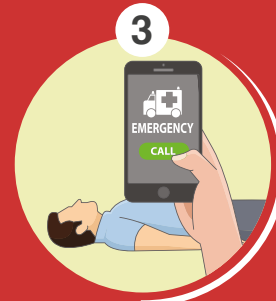
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HOW TO  
**PERFORM CPR**  
ON AN ADULT

HEALTH & FITNESS

**C**ardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger. Find out how to perform CPR on an adult below.

**HOW TO DO CPR ON AN ADULT:**

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.
- > Allow the chest to come back up.
- > In line with new COVID-19 guidelines, do not give rescue breaths.
- > Continue to perform CPR until emergency help arrives, the person starts to show signs of life and starts to breathe normally, or until a defibrillator is ready to be used.

**TOP TIP:**  
Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

**IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.**



ACQUA  
COSTA  
CAFFÈ  
LEAVE

**M**ost people will get a verruca at some point in their lives, with this unsightly virus being most common in children and young adults. Although you can buy verruca treatments, these can damage the surrounding skin, making it more vulnerable to reinfection. So why not try the following natural remedies instead?

**APPLE CIDER VINEGAR**

Wash your foot and soak in water for 20 minutes | Use a pumice stone to gently remove any dead skin | Apply a thin layer of Vaseline around the verruca | Fix an apple cider-soaked cotton ball over the affected area | Check and replace until the verruca has gone.



**ONION**

Place several ½-inch slices of onion in a bowl, sprinkle with salt, cover and let it sit for one hour | Wash your foot and soak in soapy water for 20 minutes | Rinse and pat dry | Break an onion slice and rub over your verruca | Take another slice, place it on the verruca and cover with an adhesive bandage | Leave for three days and then check to see if the verruca has shrunk | Replace until the verruca has gone.



**DUCT TAPE**

Place a suitable-sized piece of duct tape over the verruca | Leave for six days. If the tape falls off, replace immediately | Immerse the verruca in warm water | Gently rub the verruca with an emery board | The next morning, apply a new piece of duct tape to begin another six-day cycle | Continue for up to two months or until it's gone.



**TEA TREE OIL**

Dilute three or four drops of tea tree oil in a small amount of aloe vera gel | Apply a small amount to the verruca with a cotton wool ball | Tape the cotton wool in place with sticking plaster | Leave overnight | Remove in the morning and rinse foot | Repeat until verruca has gone.



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UNUSUAL FRUIT OF THE MONTH:

# Kiwano

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

## WHAT DOES KIWANO TASTE LIKE?

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

## HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

## WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

## HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

## WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.



# Super SIMPLE SCONES

To celebrate Afternoon Tea Week, we are treating you to a delicious and simple scone recipe that anyone can master. Plus, discover the proper way to enjoy a quintessentially British afternoon tea.

## YOU WILL NEED (makes 8 scones):

350g self-raising flour | 1 tsp baking powder | 3 tbsps caster sugar | 85g butter, cut into cubes | 175ml milk | 1 tsp vanilla extract | ¼ tsp salt | Squeeze of lemon juice | Beaten egg for glazing | 30g sultanas if desired | Jam and clotted cream to serve

## HOW TO MAKE:

**STEP 1:** Heat the oven to 220°C/200°C fan/gas mark 7.

**STEP 2:** Pour the flour into a large bowl and add salt and baking powder. Mix well.

**STEP 3:** Add the butter and rub with fingers until you have a crumb consistency. Stir in the sugar and sultanas if desired.

**STEP 4:** Heat the milk in the microwave for 30 seconds until warm and then add vanilla extract and lemon juice.

**STEP 5:** Place a baking tray in the oven.

**STEP 6:** Make a well in the dry mix and add the liquid. Combine quickly.

**STEP 7:** Scatter flour on a clean surface and tip out the dough. Dredge the dough with more flour and fold over until smooth.

**STEP 8:** Pat into a round shape, around 4cm deep, and then take a 5cm-diameter cutter and dip it in flour. Plunge into the dough and repeat until you have all your scones.

**STEP 9:** Brush the scones with beaten egg and arrange on the hot tray.

**STEP 10:** Bake for 10 minutes until risen and golden on top. Enjoy with jam and clotted cream.

## AFTERNOON TEA ETIQUETTE TIPS:

- Sandwiches must be eaten first – with fingers, not cutlery
- Scones should be second and eaten warm
- Scones should be broken in half by hand and each half eaten separately
- One person, 'mother', is elected to pour the tea. Guests can then add milk and sugar if desired
- Tea should be stirred back and forth, never in a circle
- A touch of fizz is allowed.





# THE ULTIMATE VEGGIE BBQ

For too long, vegetables have been sidelined at BBQs in favour of carnivore classics such as pork sausages and steak burgers. No more. Vegetarian or not, these top meat-free alternatives are guaranteed to tantalise your tastebuds and impress your guests.

## CHARGRILLED VEGGIE KEBABS

Simple yet stunning, vegetable kebabs can be just as exciting as their meaty counterparts. Just chop up your favourite veggies such as peppers, red onion and tomatoes, as well as some big chunks of salty halloumi, place on a skewer and drizzle with oil.

## VEGGIE BURGERS

Whether you favour falafel, love the tang of beautiful beetroot, or want the meaty texture that only the humble mushroom can deliver, there are so many veggies you can use to make great burgers. Simply combine your chosen cooked veg or preferred canned pulse or bean in a food processor with some herbs and spices, a binding agent such as eggs, oats or breadcrumbs, and then form into thick patties.

## SUPER SALADS

Every BBQ needs a salad or two and there is no reason why you can't create one using a few chargrilled veggies. How about a traditional Italian Caprese salad with grilled peppers? Or chargrilled aubergines topped with salsa verde and some creamy white beans?

## FRESH 'N' FRUITY DESSERTS

Forget boring, shop-bought puddings and use your grill to transform seasonal fruits into something spectacular. From warm grilled peaches to juicy slices of charred pineapple, enjoy both served with crème fraîche and plenty of zingy fresh mint.

## VEGETARIAN/VEGAN WINES

Although wine is made from grapes, the fining agents used may not be. Fortunately, all the major supermarkets now offer vegetarian and vegan wines. Below is our selection of the best for your BBQ:

- Aldi Toro Loco Reserva 2015
- M&S Tapa Roja Old Vines Monastrell 2019
- Co-op Irresistible Gavi Broglia 2017
- Sainsbury's Taste the Difference Alvarinho 2017
- Lidl Comte de Senneval Brut Champagne



## ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of “the best night’s sleep you’ll ever have” – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it’s a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting ‘space-inspired’ fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what’s worse – counting pennies or counting sheep?

Photo credit: city.com





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# BANISH BATHROOM BACTERIA

Have you ever thought about how often you should clean and replace items in your bathroom? If not, the below advice from our cleaning experts may come as a shock to you.

## BATHROOM TOWELS

You may be surprised to find out that bathroom towels should be washed after every three uses. Furthermore, they should be replaced entirely every one to three years.  
**TOP CLEANING TIP:** Always hang up your towels to dry fully after each use.

## BATH MATS

This essential is one of the most germ-ridden areas of your bathroom and needs to be washed every three to seven days and thrown away after two years. For mats with rubber backing, spray generously with white vinegar weekly and wash in cold water every three to four weeks.  
**TOP CLEANING TIP:** Clean on a 40-degree wash and hang to dry.

## TOILET BRUSHES

Covered in lots of harmful bacteria, your toilet brush should be cleaned weekly and replaced every six to eight months. Soak in a mixture of boiling water and bleach and allow to drip dry.  
**TOP CLEANING TIP:** Rinse after every use for maximum longevity.

## SHOWER HEADS

Shower heads should be cleaned monthly and replaced every six to eight months as harmful bacteria thrive in this moist environment, which can be harmful to the respiratory system, especially for at-risk patient groups.  
**TOP CLEANING TIP:** Soak in a mixture of three cups hot water and one cup white vinegar for 30 minutes and then scrub with an old toothbrush.

## LOOFAHS AND TOOTHBRUSHES

Both these items should be replaced every one to three months. Toothbrushes should be rinsed after every use and the handle should be wiped down once a week. Your loofah should be rinsed thoroughly after each use.  
**TOP CLEANING TIP:** Soak your loofah in warm water and a few drops of essential oils weekly to deter bacterial growth







HOME & DIY

# grillo designs: inspiration FOR EVERY HOME

Get to know Grillo Designs, a UK-based interiors blog that has all the inspiration you need to transform your home

The internet is full of incredible home inspiration, but let's face it – not all of it is achievable. Those Pinterest perfect homes are often only possible with a huge budget and a team of professionals to pull it off.

So it makes a refreshing change when someone like Medina Grillo comes along. Medina's love all of things interiors led to her starting her own Facebook page back in 2014, and she now runs an award-winning blog, Grillo Designs.

Full of inspiration showing renters that they too can do incredible things with their homes, Grillo Designs is the style guide you've been looking for to transform your space.

Medina describes herself as "an IKEA-loving-upcycling-junkie-DIY-passionate-home-décor-crazy-momma and wife", who shares her cool and unique designs with the world. A healthcare worker by day, she works with her partner, Vince, to bring her design ideas to life.

Grillo Designs has more than 174,000 followers on Instagram, while the blog has won several awards.

In addition to Grillo Designs, Medina is the voice behind #HowIRent - "a celebration of all the amazing renters out there who, in spite of it all, have managed to transform their homes into abodes of personality and style".

Medina's style is contemporary, blending muted shades with pops of yellow and creating interest through textures and patterns. With Grillo Designs, you can find all kinds of inspiration to create beautiful, stylish looks for your space.

## BRINGING GRILLO DESIGNS INTO YOUR HOME

Grillo Designs highlights fun, quirky DIY projects you can bring into your home, whether rented or owned. Here are some amazing ideas to help you transform your own space:

### 1. CREATE A DIY COFFEE CORNER IN YOUR KITCHEN

Using some shelving, hooks and maybe a few pieces of artwork, you can create a stylish space to display your favourite mugs and coffee items and celebrate your love of the bean.

### 2. UPDATE DATED DRESSERS TO GIVE THEM A NEW LIFE

Dresser or chest of drawers chipped, covered in scratches or just a bit dull? Give it a simple makeover. You could stain the wood, paint using multi-surface paint and add some new hardware to create a complete transformation.

### 3. CUSTOMISE YOUR IKEA ALEX DRAWERS

Most people have some trusty IKEA Alex drawers around – especially if you've built a home workspace for yourself during the COVID-19 pandemic. Make yours a little more unique with some stickers or contact paper to add your own quirky design.



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# MAKE A STATEMENT

THE STATEMENT VASE TREND THAT'S  
TAKING OVER HOMES (AND THE INTERNET)

*with vases*

Vases have always been a practical necessity as something to display your flowers in. Now, it's the vases themselves that are on display.

One of the key home trends of the moment is the statement vase. With the ability to bring new life to an interior, or the perfect finishing touch to your tablescape or shelfie, having some statement vases in your home brings instant style.

From unusual textures and shapes to bold colours, this is one trend that anyone can get on board with.

Discover the statement vase trend and how to make it work in your home.

**THE QUIRKY ONES:** A cool and quirky vase is a great way to dress up your home. A bold shape draws the eye, making an excellent impression in any space. From your hallway display to your coffee table, a quirky vase will add some style interest to any home.

**THE CLASSIC VASE:** Just because something is a classic, doesn't mean it can't make a statement.

Traditional style vases, such as busts or a ceramic vase, are gracing Victorian-style homes all over Instagram and Pinterest, bringing an expensive, luxury look without the antique price tag. Choose a smaller vase for a more understated look, or go large if you want to create a bolder, more striking look.

**THE BOLD VASE:** If you want to liven up your neutral decor, or celebrate your love of colour, then a bold and bright vase is the way to go. There are some incredible pieces to choose from right now, blending vibrant colours with floral patterns to create a fashion-forward look. Keep the rest of your look simple to let the vase do the talking.

Whether you're looking for the perfect centrepiece or a dash of colour, or you want to dress up your space, there's a statement vase out there for you. Flowers or no flowers, your new vase will always have a place in your home.



HOME & DIY

Photo credit: hm.com, Emily Dunstan/Heals via livingetc.com



# SPACE IS THE PLACE



Photo credit: Virgin Galactic/ZUMA Press Wire Services/Shutterstock

## HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS

Photo credit: Bishop Stortford Cricket Club



## Junior cricket team crowned county champions

The U15 Girls at Bishop's Stortford Cricket Club (BSCC) have been crowned county champions after a tense match last month.

In their third attempt to become champions, Bishop's Stortford went up against Redbourn Cricket Club on July 17 and achieved 129 wickets.

Held on a sunny day at Berkhamsted Cricket Club, the two teams got to work, with Bishop's Stortford experiencing an initial setback when Elizabeth was out early for two and Saskia for four.

The team quickly turned this around, however, as aggressive running put pressure on the fielding side and continued with some fantastic defending and bowling.

In the match report, Joe Clune praised the team for their victory.

He wrote: "Credit to Elizabeth for her captaincy under pressure in the field.

"A wonderful win in a tight game, earned by bowling

a good line and length and executing our skills in the field. So many key contributions, but I hope the girls reflect on how important those risky singles and twos were to the score, and how stopping them was key in the final five overs.

"It's worth noting that Stortford conceded less extras, which also proved a telling contribution, with great keeping from Amandi."

Joe continued to thank everyone involved in the day. He wrote: "Thanks to Berkhamsted, and Mark in particular for running the day. Also Tom Ruxton as umpire and the man who runs Girls Junior League cricket in Herts; our excellent scorer, Lee; and all parents for their support. A great end to the season."

Upon winning, the girls were presented with the U15 Audrey Collins Soroptimist Trophy by the St Albans Soroptimists.

To find out more about Bishop's Stortford Cricket Club, visit [www.bishopstortfordcc.com](http://www.bishopstortfordcc.com)



# Tributes paid to beloved member of church community

A woman who was a key figure at Bishop's Stortford Baptist Church for more than 30 years has sadly passed away at the age of 74.

Shelia Twaddle (pictured inset) – known as Margaret since childhood – had lived in King's Court in Bishop's Stortford since the 1990s and moved to Hazel End Care Home in Kitchener Road in January this year, where she passed away on July 6.

A celebration of Shelia's life took place on July 20 at Bishop's Stortford Baptist Church in Twyford Road.

Shelia's daughter, Jill Gregory, 46, said Margaret was a key figure at the church over the last 30 years.

Margaret lost her husband, George, a stockbroker, to a heart attack in 1996 at the age of 50, after which she threw herself into working in the community and travelling the world.

She was a Street Pastor from the scheme's initial launch in Bishop's Stortford until 2019, when she was diagnosed with Alzheimer's disease. Margaret was also a pastor at the 2012 London Olympics and spent a few years with the Healing on the Streets team.

The family asks that any donations be made to the Alzheimer's Society via the funeral directors. Visit [www.drobinson.co.uk/donate-in-memory](http://www.drobinson.co.uk/donate-in-memory)

# New gift card to boost business in town centre

Bishop's Stortford Business Improvement District (BID) has launched a new gift card to boost trade in the town centre.

The gift card, called Discover Stortford, can be used with more than 20 businesses, including The Little Arts Workshop, Coopers of Stortford, Skin Clinic at Urban Spa, Coffee House and ProCook.

It is hoped that the gift card will raise the profile of the town centre as a great retail, tourist and business destination and improve the town centre experience for those who visit, live and work in Bishop's Stortford.

Gina Thomas, Bishop's Stortford's BID manager, said: "BID is very excited to launch our latest initiative to help support our town centre businesses. The gift card provides a great way to keep spending local and to encourage people into town. It also makes the perfect gift for anyone, with options to spend with a range of retailers, on eating and drinking out, on hair and beauty treatments, and much more."

To purchase the gift card or for more information, visit [www.bishopsstortfordgiftcard.com](http://www.bishopsstortfordgiftcard.com)

# Man killed in collision as vehicle transporter overturns



Police are continuing to investigate a collision on the M11 near Bishop's Stortford in which a 46-year-old man died at the scene.

Emergency services were called at 10.05am on Saturday, July 17, to the southbound carriageway between junctions 8 and 9.

Essex Police said at the time of the incident: "A man has sadly died following a collision on the M11 earlier this morning, Saturday, July 17.

"Emergency services were called shortly after 10.05am to the southbound carriageway between junctions 8 for Bishop's Stortford and 9 for Newmarket. The driver of a small vehicle transporter, which was carrying a white van, became trapped after the transporter overturned. Paramedics tended to the man, but sadly he died at the scene.

"The northbound side of the M11 reopened earlier, but the southbound side is expected to remain closed for a number of hours. This is while forensic examination work is carried out and a diesel spill is cleared."

Anyone who saw the collision or has dashcam footage is asked to contact the Serious Collision Investigation Unit on [CollisionAppeal@essex.pnn.police.uk](mailto:CollisionAppeal@essex.pnn.police.uk)

You can also speak to an online operator by visiting [www.essex.police.uk](http://www.essex.police.uk) between 7am and 11pm or call the non-emergency number 101.

# Application to turn chapel into apartments denied

An application to demolish a former chapel in the town and replace it with six apartments has been dismissed.

The board of St Michael's Lodge had plans to

demolish the 19th century former chapel at Springfield Court, off Hadham Road, in the town's conservation area and build one-bed and two-bed apartments. Trustees said, if the chapel were to be refurbished, it would cost £150,000.

The application was put forward by the trustees of the Masonic lodge in Bishop's Stortford, which is now redundant.

The Bishop's Stortford Town Council did not object to the scheme, but East Hertfordshire Council rejected the plans. Government planning inspector, Rachael Barlett, backed the decision.

# Community rallies round after charity shop request

More than 600 bags of pre-loved items were donated to Isabel Hospice in response to an urgent appeal for stock for its charity shops.

Members of the community generously donated during a collection day at Bishop's Stortford Rugby Football Club on Wednesday, July 14.

Isabel Hospice is a local charity that cares for hundreds of people across eastern Hertfordshire each year. It supports patients and their families who are living with life-limiting illnesses and conditions.

The charity requested online: "Please bring along your clean and bagged or boxed pre-loved clothes, electronics, games, toys and collectables. Pop by between 10am and 2pm at Bishop's Stortford Rugby Football Club."

The hospice retail team was inundated with hundreds of items, including a guitar, decorative tea set, clothes and toys. The donations will be distributed to the hospice's 16 shops across eastern Hertfordshire, including the Bishop's Stortford shop on Bridge Street.

For more information about Isabel Hospice, including how you can support their work, visit [www.isabelhospice.org.uk](http://www.isabelhospice.org.uk)







# School pupils raise £22k for their charity of the year

Pupils at Bishop's Stortford College Prep School (BSCPS) have raised a total of £22,000 for charity over the last academic year.

BSCPS pupils began their fundraising initiatives in September 2020, and chose St Elizabeth's Centre as their charity of the year.

St Elizabeth's Centre in Much Hadham is a national charity and specialist school, college and residential centre, supporting more than 200 residents suffering from epilepsy and other neurological conditions.

Despite the disruptions from lockdown and remote learning, pupils led and participated in events such as virtual quizzes, raffles, a Christmas fair and an Easter holiday charity challenge.

The final charity day took place on June 22, when BSCPS presented St Elizabeth's Centre's fundraising team with a cheque for an incredible £22,000. This

was followed by assemblies on the charity's work and a teddy bear picnic outside the Memorial Hall.

Jane Towns, prep school prefects and charities coordinator, said: "In what has been yet another challenging year, the prep school community has gone above and beyond in supporting our local charities.

"Thank you to everyone for their kind and generous donations which will make a huge difference to St Elizabeth's Centre, and will go a long way in helping with the refurbishment of its sensory rooms."

Kat Polford, from the fundraising team at St Elizabeth's, said: "It has been a great project to be involved with, and the children worked so hard throughout the year. I had great fun telling them all about St Elizabeth's on a number of Zoom assemblies while we were in lockdown and it was fantastic to meet them all in person at their charity day assembly."

# The Blues prepare for new campaign

Bishop's Stortford Football Club are preparing for a new season after a successful pre-season period.

On August 14, the Isthmian Premier League will kick off with The Blues travelling to Bognor Regis Town, before welcoming Kingstonian to Woodside Park the following weekend.

Manager Steve Smith has added new players to his squad during the summer, with the latest addition being former Braintree Town and Leyton Orient midfielder, Charley Barker.

Barker has high hopes for the upcoming season

with The Blues and shares the manager's ambition to go all the way and get promoted in the near future.

He said on the club's website: "It's a club that wants to get promoted fairly soon, and when a team's got that ambition, it puts a little bit more pressure on you to do better. That's what I want out of the game: To play for the best teams in each division.

"I mainly set assist targets for the season as that's what comes more naturally to me. I like to try to get a few goals here and there, but the most important thing is to get wins for the team."

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# Scrap that!



If you are looking for ways to reduce waste and save money on fresh produce, then growing scraps – also known as garbage gardening – is the way to go.

### Bulb vegetables

Vegetables such as spring onions, leeks and fennel can be grown in a similar way to leafy greens. Cut off the end with the tiny roots so that you have a scrap about one-inch tall. Place root down in half-an-inch of water in a saucer and keep fresh. A supply of shoots will soon appear, which can be immediately harvested. Alternatively, transplant into soil to enjoy these veg indefinitely.

### Leafy vegetables

Leafy vegetables that grow in heads, such as celery, romaine and bok choy, are some of the easiest scraps to grow. Cut off the plant's base (around an inch tall), place it cut side up in a saucer and add half-an-inch of water. Water regularly and place in a sunny spot indoors. Leafy scraps will grow on a sunny indoor windowsill all year round or can be transplanted into soil when they show roots.

### Root vegetables

When it comes to root vegetables such as beetroots and turnips, you can grow tasty leaves that are ideal for salads and sautés. Just cut off the top, leaving half-an-inch of the vegetable attached, and place cut side down in water in a shallow container so that only the root is covered. Fresh greens will soon appear.

### Avocados

This fruit regrows easily in water. Just clean the pit, stick in three or four toothpicks around one-third of the way down from the pointy end and sit the pit on a glass so that the toothpicks support it on the rim. Add enough water to cover the pit's bottom half and refresh regularly. Once the pit has roots and a sprout, move to a container with soil, keeping the top half of the pit above the soil line.



# ONE MAN WENT TO MOW

We cherish our gardens for the freshness, variety and life they bring to our homes, but a bit of cultivated creativity can add a whole new level of interest to your luscious lawn.

### WILDLIFE

Section off a quiet part of your lawn in order to create your own mini wildflower meadow. Plants and grasses such as cowslip, red clover, hoary plantain and birds-foot trefoil can be bought from garden centres and will add a rustic feel to your garden, where plants and insects can thrive.

### PERFECT PATTERNS

You can achieve the most wonderful lawn patterns simply by adding a striping kit to your lawnmower. This bends the blades of grass, meaning that stripes can be achieved by leaning the grass towards or away from the eye.

### MAIN FEATURE

A water feature will bring extra life to a lawn, as well as providing an audible, gentle backdrop to days spent in the garden. The hard work is in the installation, but with a variety of traditional and contemporary features, coming in all shapes and sizes, you can quickly bring extra interest to your lawn space.

### THREE OR MORE STEPS TO HEAVEN

From stepping stones to a mosaic path, breaking up your lawn with a decorative stone or wooden walkway will give it personality and depth, as well as preventing the gradual wearing away of grass marking out the path to the shed.

### STONE THE CROWS

Finally, how about making a focal point out of large rocks, an old tree trunk or some scattered driftwood as an artistic feature on your lawn? Not only will your garden space have abounding personality, but you'll also be encouraging natural life into the various nooks and crannies.

### SIMPLY SOLAR

Give your lawn light and radiance, even when the nights begin to draw in, with a selection of solar lights which can be inserted into the beds around the perimeter.







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GARDENING

PREP YOUR GARDEN FOR



Whether you love to garden or not, there are several jobs that need to be taken care of during the last few weeks of summer if you want your garden to remain intact over winter and thrive come spring.

**DIG UP ANNUAL FLOWERS**  
Although annuals are great for a single season, providing vibrant colours and stunning scents, they do need to be dug up and added to your compost heap before winter.

**ADD FERTILISER TO YOUR LAWN**  
You may not usually fertilise your lawn, but your grass needs this in order to maintain healthy growth. Typically, plants absorb nutrients through their roots, but you can give your lawn an extra boost with a good quality lawn fertiliser such as Growmore Garden Fertiliser.

**CLEAN AND COVER YOUR POND**  
If you are lucky enough to have a garden pond, you should remove any leaves and other gunk before the weather turns cold. You should also cover it with a net to protect against falling leaves and other debris.

**CUT YOUR PERENNIALS**  
Perennials will survive all year round, but they can also dominate your garden over winter if you let them. Avoid this by cutting them back to soil level and disposing of the cuttings to prevent further growth.

**DE-WEED YOUR GARDEN**  
One of the least appealing garden tasks, but if you don't get your weeds under control before winter, you face a mammoth job come spring. Always remove weeds by the root and refrain from using weedkiller near other plants.

**PROTECT YOUNG TREES**  
Young trees need protection during the winter months as they are more susceptible to damage from frost, ice and wind. Tree-guarding wraps are ideal for protecting their trunks.

Photo credit: nomorebirds.co.uk







# I PREDICT A RIOT

FROM BUILD-A-BEAR TO THE NUTELLA PANIC, THESE ARE THE MOST EPIC CONSUMER RAMPAGES EVER

**W**hen consumers get a taste for a retail trend, there's every chance that seemingly sane people will transform into bloodthirsty consumers. While it happens every year with Black Friday and January sales, here are four other occasions when people have stopped at nothing to get their hands on a cherished prize.

### THE FRENCH NUTELLA PANIC

It was a seemingly average 2018 before French supermarket Intermarché decided to slap a 70 per cent discount on Nutella. Cue a stampede for the spread, reminiscent of a situation four years previously where a hike in the price of hazelnuts caused similar stampedes across the UK. Nutty!

### THE BUILD-A-BEAR BOOM

Thursday, July 12, 2018, will forever be known as the Build-A-Bear day of mayhem. An initiative that invited customers to "pay their age" meant a top-of-

the-range bear could be purchased for well below the usual price point of around £50.

Yet they reckoned without the devotion of a younger audience, leading to stores being overrun, queues of up to four hours and police being called. What's more, the exercise turned out to be wholly unprofitable for the chain.

### TESCO'S BEER BONANZA

A computer error back in 2012 meant that instead of discounting two cases of beer by £4 at the checkout, the booze was costing £4 in total. It took the retailer hours to fix the error as shoppers across the country performed relays in emptying the shelves.

### AND WHO CAN FORGET THE 2020 TOILET ROLL HUNT?

As COVID-19 gripped the world in the spring of 2020, so too did a strange perception that this global pandemic would see us imprisoned in our bathrooms. As early toilet roll fanatics bought up large stocks of paper, so too did others in fear of supplies being exhausted. Thankfully, normality was resumed within a few weeks.



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f t i

# DIY COLOURED CHALK

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

**YOU WILL NEED:**

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

**HOW TO MAKE:**

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

**OTHER CHALK CREATIONS TO MAKE AT HOME:**

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.



# Looking back on when we first met...



SPORT



## HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1–0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2–0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2–1.

Southgate's confidence in his stubborn 5–3–2 formation was upheld in every game. When he switched to a 4–3–3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

Photo credit: Faundo Arizabaga/POL/EPFL/EFES/Shutterstock

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SPORT



Photo credit: Charlie Forgham-Bailey/ Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

# Super Saturday: LONDON 2012 OLYMPICS

Each month, we look at some of the most significant events in British sporting history. Proving that good things really do come in threes, we recall Super Saturday at the London 2012 Olympics.

August 4 always had the potential to be one of the defining days of the London 2012 Olympics.

Of course, Team GB had a memorable campaign anyway, accumulating a total of 65 medals, 29 of them gold. But sometimes events come together to produce a compilation of such exhilarating determination, skill and sporting endeavour, that a nation feels truly united.

And so it was at the Olympic Stadium on the first weekend of August when, within a 45-minute period, three British athletes wrote themselves into sporting folklore.

First up was Greg Rutherford in the long jump. The toiling set of leaps eventually ended with him setting a benchmark of 8.31m – one that nearest rival, Mitchell Watt of Australia, couldn't better.

Jessica Ennis-Hill then stepped up in the 800m. The Brit needed victory in the event to take heptathlon gold and led from the start. Having dropped to third by the time the final straight

emerged, she powered home to the roar of a deafening crowd, and gold was secured at 9.02pm.

Confirmation of Rutherford's gold came at 9.24pm, and with the Brit still soaking up the applause from his winning jump, Mo Farah tore past the bell on the final lap of his 10,000m run. Leading into the bend, he powered away from the pack to land the ultimate middle-distance prize – Olympic gold.

Farah's achievement came at 9.42pm. It was an evening – 42 minutes, in fact – of athletics that will never be forgotten and, perhaps, never bettered.



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The general recommendation is to try to keep your tank above a quarter full at all times, and not beyond three-quarters. Within this range you're

protecting the cleanliness of the tank while not overloading it with excessive weight.

Of course, if you have genuine focus on optimising fuel cost and efficiency, you're probably already looking at the dawning of the greener fuels era, which could be heading to our fuel station forecourts as early as next year.

Transport Secretary Grant Shapps recently unveiled plans to introduce E10 as the standard grade at pumps in the UK. The current E5 petrol contains five per cent bioethanol; by embracing a minimum 10 per cent renewable energy ratio within the fuel, it is expected we will reduce CO<sub>2</sub> emissions by 750,000 tonnes per year – that's the equivalent of taking 350,000 cars off the road. And while an estimated 600,000 vehicles won't be compatible with the fuel, these concerted efforts to continue to reduce the nation's carbon emissions have been welcomed by environmental campaigners.





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# PUZZLES & TRIVIA

PUZZLES

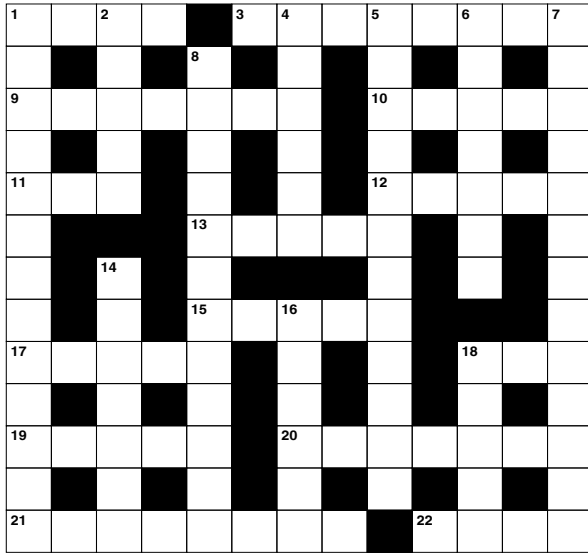
Answers: see end of The VISION Listings

### ACROSS

- 1. Bog (4)
- 3. Difficulties (8)
- 9. Settled oneself comfortably (7)
- 10. Flower part (5)
- 11. Cook in hot oil (3)
- 12. Mother-of-pearl (5)
- 13. Name of a book (5)
- 15. Drives out from a place (5)
- 17. Up to the time when (5)
- 18. Cereal plant (3)
- 19. Mental impressions (5)
- 20. Not tidy (7)
- 21. Mobster (8)
- 22. Young kangaroo (4)

### DOWN

- 1. Making (13)
- 2. Tarnished (of a metal object) (5)
- 4. Least polite (6)
- 5. Efficient (12)
- 6. Anticipates (7)
- 7. Obviously (4-9)
- 8. Decomposition by a current (12)
- 14. Among (7)



- 16. Safe (6)
- 18. Lover of Juliet (5)

### DID YOU KNOW?

- ▶ As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes
- ▶ In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree
- ▶ When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin
- ▶ Cucumbers are made up of around 96 per cent water, making them the food with the highest water content
- ▶ A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'
- ▶ Almonds are actually seeds, although many people classify them as nuts

### SUDOKU

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		8	1		2	5		
					8	6		
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			5	4				



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