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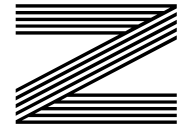
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# Editor's notes...

APRIL 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. Have you noticed anything different about this month's magazine? Here at **VISION**, we've taken one step further in our commitment to the environment by changing our printing process so that our magazines are now 100 per cent recyclable. This is the result of hard work over several months, but it's worth it to know we are doing our bit for the environment. We know many of our readers like to keep their **VISION** magazines - we even know of some who have a collection going back to the first edition - but if you do decide to throw it away, you can now put the whole magazine in the recycling bin without having to remove the cover first.

On the cover of this month's magazine is Phillip Schofield, who celebrated his 60th birthday at the beginning of April and also marks an impressive 40 years in the spotlight this year. From his first turn on Children's BBC's *The Broom Cupboard* to starring on the ever-popular *This Morning*, he's endeared his way into the nation's hearts and homes.

It would be remiss of me not to mention the current situation in Ukraine. Many of us, horrified by what we are witnessing, are keen to help. Whether it's offering your time, money or donations, I encourage you all to help those in need in whatever way you can.

*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 All pages are recyclable

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# SEWING THE SEEDS OF SUCCESS



Photo credit: BBC and Comic Relief



## FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."



# STORM CHAOS

**STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING**

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email [nameourstorms@metoffice.gov.uk](mailto:nameourstorms@metoffice.gov.uk) with your own cute (or totally terrifying) choice.

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# GETTING *Shirty!*

THE HISTORY OF THE SLOGAN T-SHIRT

Since the first slogan t-shirts were worn in the 1950s, our desire to shout messages – without the use of a megaphone – has never relented.

Across political statements, pop culture (think Frankie Says Relax), Fila and Champion leisurewear, the slogan t-shirt has become a fashion icon that goes beyond visual appeal. It is used to express opinion, reference popular culture, and has accelerated campaigns, initiatives and product sales for its ability to unite people with similar perspectives.

The popularity of the casual t-shirt came to prominence some 70 years ago, prompted by a young Marlon Brando in the film *A Streetcar Named Desire*.

In the years that followed, innovations in print technology saw everyone from Disney to Andy Warhol decorate the fronts of our chests with a desire to make statements.

By the 1970s, and led by designer Katherine Hamnett, the slogan t-shirt was being adapted for more political purposes.

She said: “It seemed as if democracy was slipping through our fingers. The slogan t-shirt was something to give you a voice... something to believe in that you could wear on your chest that could be read from 200 yards away.”

In recent years, the visual t-shirt has become as much a reference to being fashionable as it is an indicator towards a political or social movement. From Nike to Hugo Boss, French Connection to Fortnite, the signifier of a brand or product is a nod to our own preferences.

And yet, in these challenging social times, the expectation is of a return to stronger statements around gender, Brexit, diversity and general politics.

Whatever the message, the slogan t-shirt is here to stay.



Photo credit: ASOS.com



# TAME THE CURLS

Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy?

As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair.

Find out how to manage your mane below.

### Layer up products

If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.

### Avoid hair-styling tools

Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

### Deep condition frequently

When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

### Try the pineapple trick

If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.





# TRADITIONAL DEADLIFTS

When it comes to strength exercises, the deadlift is one of the most versatile and effective. Deadlifts require core strength and stability, help to improve your range of motion, and target multiple muscle groups.

There are different types of deadlift, but two of the most popular are the traditional deadlift and the Romanian deadlift. But what's the difference, and which exercise is better?

The key difference between a traditional deadlift and a Romanian deadlift (also known as an RDL), is the starting position. The traditional deadlift starts from the bottom position to target the quads and mid-back area, while an RDL starts from a standing position to target the glutes and hamstrings. A traditional deadlift typically allows for a heavier lift than an RDL, which can also be performed using dumbbells.

### THE TRADITIONAL DEADLIFT

1. Place your feet shoulder-width apart, with your barbell placed at your feet.
2. Hinge at your hips and keep your chest wide to allow you to bend and take the barbell.
3. Grip the floor with your feet while dropping your hips back.
4. Move your hips forward so that you arrive at a

- standing position.
5. Bring the bar to just below your hips, with your knees, legs and back all remaining straight.
6. Push your hips back and bend your knees to squat down and return the bar to the floor. Complete 1-6 reps and repeat for 5 sets.

### THE ROMANIAN DEADLIFT

1. Use an overhand grip to hold the bar at hip level. You can also use dumbbells in each hand instead of a bar.
2. Keeping your back straight, draw your shoulders back.
3. Send your hips back while lowering the bar towards your feet.
4. Complete the move by pressing your hips forward until you are back to standing. Complete 5-10 reps and repeat for 3-5 sets.

### WHICH IS BETTER?

One type of deadlift isn't superior to the other; they both target different muscle groups and can form an effective part of your exercise routine. They can boost your strength, help to tone your muscles, and improve your posture.

It's important that any kind of deadlift is performed correctly to avoid injury, and you may want to ask someone to watch your form.



# ...VS ROMANIAN DEADLIFTS



# Natural MENOPAUSE MANAGEMENT



## A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

### EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

### REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

### PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

### COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

### TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.



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## IS IT FOR EVERYONE?

YES! In both our locations, we have a range of members with varying ages, abilities and fitness experience. Every workout is scaled to each person's individual ability so it doesn't matter if you've been with us 10 years or 10 days, we all workout alongside one another in a supportive inclusive environment, with our knowledgeable, caring coaching team, ensuring you get the optimum from your hours session every time you walk through our doors.

## HOW TO GET INVOLVED.

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We welcome members and non members to Monday Muscle. We hope to see you soon!



HEALTH & FITNESS

# Laughter

THERAPY IS A MUST-DO

They say that laughter is the best medicine, but is there any truth to this classic saying? The answer is yes.

Get ready to bring laughter therapy into your life to boost your health and wellbeing.

## THE LAUGHTER CLUB

Laughing helps to boost your endorphins, which are your body's feel-good hormones. Back in the 1990s, Dr Madan Kataria conducted research into the health benefits of laughter by forming a Laughter Club that brought people together in Mumbai parks to share funny jokes and stories. The club grew and soon they ran out of stories, so instead they tested the theory of laughing alone, which provided the same uplifting benefits. Now, people all over the world practise laughter yoga, a laughter therapy designed to boost your mood.

## HOW LAUGHTER THERAPY WORKS

In a laughter therapy session, you'll do stretches

and breathing exercises to help you relax. Your instructor will then guide you through various exercises to encourage different types of laughter, such as prompting you to think of funny memories and interacting with others.

Even forced laughter can eventually turn into real laughter so that you can enjoy the benefits.

## THE BENEFITS FOR YOUR HEALTH

Laughter can provide a lot of health benefits. It can help you reduce stress and anxiety, elevate your mood and reduce tension. It could even help to boost your immune system and help you sleep better, owing to better oxygen levels in the blood.

Researchers continue to look at the benefits of laughing, and it's generally accepted as a good way to improve your overall health. Why not make laughter therapy a key part of your self-care routine so that you can experience all the amazing health benefits of laughter?







# HOW TO COOK PERFECT ROAST



Does your roast beef always end up dry and overcooked? If so, don't despair. Here's how to cook the perfect roast beef.

### WHAT YOU NEED:

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil

### HOW TO MAKE:

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
  - > Baste the joint halfway through and add water to the veg as necessary.
  - > When cooked, place your joint on a chopping board to rest for 15 minutes.
  - > Use the juices and vegetables to make gravy.



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**D**o you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

**PUB IN THE PARK**  
**All over the UK, May 12-September 18**  
Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at [pubintheparkuk.com](http://pubintheparkuk.com)

**BIGFOOT**  
**Buckinghamshire, June 17-19**  
A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at [bigfootfestival.co.uk](http://bigfootfestival.co.uk)

**THE BIG FESTIVAL**  
**The Cotswolds, August 26-28**  
Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at [thebigfestival.com](http://thebigfestival.com)

**MEATOPIA**  
**Tobacco Dock, London, September 2-4**  
One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at [meatopia.co.uk](http://meatopia.co.uk)



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HOME & DIY

# NICK OF TIME

## NICK KNOWLES CELEBRATES 30 YEARS ON OUR SCREENS

When Nick Knowles said an emotional farewell to his *DIY SOS* show at the end of 2021, it brought the curtain down on an impressive period of renovating, refreshing and reviving people's living spaces.

It's a shame the 59 year old's tenure ended in such acrimonious fashion – the presenter was unceremoniously binned after appearing in an advert for Shreddies. In mimicking his role in *DIY SOS*, he had broken a BBC contract rule, and the axe fell. Comedian Rhod Gilbert replaced Knowles, who has since not been short of offers for new work. So it appears that life – and home improvements – continue.

Knowles got his break in television back in the early 1990s as a reporter on nightly news show *Coast to Coast*, which aired on TVS, the precursor to ITV Meridian.

From 1994, he presented a motorcycle programme called *Ridge Riders* for eight years, before the BBC saw Knowles' potential and

matched him up with Lowri Turner for a new-launch DIY show that would ride on the coattails of the hugely successful *Changing Rooms*.

The format of *DIY SOS* was fast-paced and usually leant on solving property issues for those in need of help, rather than people simply wanting a change of decor.

The success of *DIY SOS* led Knowles into daytime shows such as *Real Rescues*, *Wildest Dreams* and *Last Choir Standing*. However, it was becoming a game show host, notably through the lottery programme, that shaped the charismatic Southall-born frontman. *Who Dares Wins*, *Secret Fortune*, *Perfection* and *Break the Safe* guided him to star presenter status, and the inevitable *I'm A Celebrity* invitation. He subsequently finished sixth in the 2018 show, which was won by Harry Redknapp.

As for what comes next, Knowles's *Heritage Rescue* show on Quest looks at historic buildings in need of restoration – proof that there's always another DIY project lurking just around the corner.

Photo credit: Jake Morley/BAPTA/Shutterstock



### HOW TO CALCULATE HOW MUCH PAINT YOU NEED WHEN DECORATING

Painting is one of the easiest DIY jobs you can do around the house. There's not much skill involved, materials are cheap, and it's easy to do once you get the time.

But one thing that frustrates DIY painters is not knowing how much paint is enough for their project. This leads to repeat visits to the decorating supplier, delays to your job, and frustration.

We're here to help you work out how much paint you need for your next project. Take a look at this simple guide for our top tips.

**MEASURE YOUR SPACE:** Knowing your figures will make the process of buying paint much simpler. Multiply the height and width of your walls to give you a square metre measurement to work with.

**CONSIDER HOW MANY COATS YOU NEED:** The number of coats you will need will depend on the type of paint you use. Some paints may only need one coat, but the majority will need two or three coats to achieve the desired look.

**MAKE YOUR CALCULATION:** Your paint tin should tell you how much coverage per square

metre it provides. Divide the square metre number for your space by the suggested coverage amount on the tin, to work out how many tins you'll need.

For example: If you're painting a wall that's 10mx2m (20m<sup>2</sup>), and a 5-litre tin of paint covers 10m<sup>2</sup>, you'll need two tins of paint. Et voilà, it's that simple.

**SOME QUICK AND HANDY TIPS:** These tips can provide you with a rough guide for calculating paint for different spaces:

- > 1 litre of paint will cover a feature wall (approx 2.5m<sup>2</sup>)
  - > 2.5 litres of paint will paint an entire small room (approx 2mx2m)
  - > 5 litres of paint will paint an entire medium room (approx 4mx4m)
- This is for two coats of paint, for a standard wall height of 2.4m.

Knowing how much paint you need will help you get started on your projects, help you save money, and avoid the frustration of having too little or too much paint.



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# WALK-IN SHOWER vs



# WET ROOM



**W**alk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

### WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

### WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

### WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

### WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

### WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



Photo credit: Ken McKay/ITV/Shutterstock

# OUT OF THE BROOM CUPBOARD... *and onto centre stage*

## CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning*'s steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dyeing his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.



HISTORY

# TITANIC'S WATERY

*Grave Remains*

**SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED**

**A**pril 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York.

It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists. And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.



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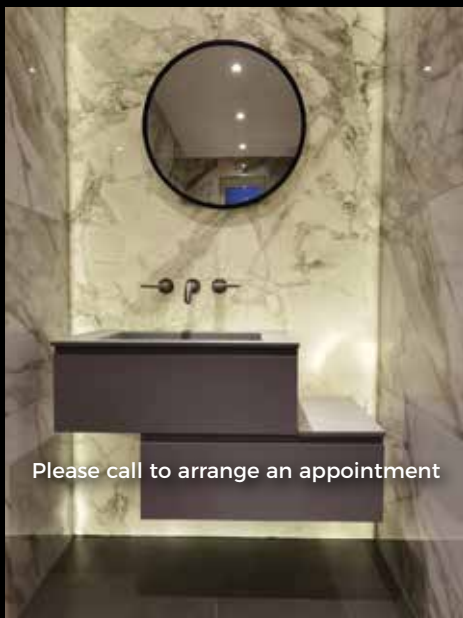




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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS

Photo credit: Essex Police, Google Maps



## Family pays tribute to woman who died in crash

The family of a young woman from Bishop's Stortford who died following a collision in Epping has paid tribute to her.

Officers were called at around 10.30pm on Saturday, February 19, to reports of a single-vehicle collision in Houblons Hill, Epping, involving a red Mini.

Sadly, a young woman died the following day.

Police are now able to identify her as 20-year-old Jess Waterman of Bishop's Stortford (pictured).

Jess's family paid tribute to their "beautiful daughter" and "treasured older sister", saying that they "cannot describe the pain of losing her".

The family described how Jess was tragically taken from them three days before her 21st birthday.

They said: "Jess was beautiful inside and out. Her desire to help and support those around her was the crux of who she was.

"For someone so young, she had amazingly strong morals and values with a striving passion towards

making the world a fairer and safer place to be.

"Jess loved to laugh and saw the funny side in everything. She had such an infectious personality and she really did light up the room as she walked in.

"She leaves a gaping hole, not only in our lives, but in the lives of so many others.

"We love you, Jess. You will remain forever in our hearts."

A 32-year-old man remains on bail after he was arrested on suspicion of death by dangerous driving, failing to stop, failing to report, driving while unfit, possession of cannabis and perverting the course of justice.

Officers would like to renew their appeal to hear from anyone who witnessed the collision or who saw the vehicle prior to the collision, or who has dashcam footage of the incident. Contact the Serious Collision Investigation Unit on [CollisionAppeal@essex.pnn.police.uk](mailto:CollisionAppeal@essex.pnn.police.uk) quoting incident 1397 of 19 February.



# Plans to bring in 20mph limit across several roads

A 20mph speed limit is set to be introduced across a number of central Bishop's Stortford roads following a public consultation.

Hertfordshire County Council (HCC) is proposing to introduce a 20mph zone, covering Apton Road, Portland Road, Newtown Road, Castle Street, Bartholomew Road, Jervis Road, Nursery Road, Trinity Street and Trinity Close.

In response to criticism from some residents who say the current 30mph speed limit should remain, a HCC spokesperson said: "Introducing a lower speed limit decreases the likely potential collisions."

"Research has shown that on urban roads with low average traffic speeds, any further 1mph reduction in average speed can reduce the collision frequency by

around six per cent. Some groups suggest that lower speed limits can encourage more active travel, such as walking and cycling."

A public consultation took place from February 21 to March 14, giving residents a chance to offer feedback on the new plans.

Conservative councillor Alastair Ward-Booth, who represents the Bishop's Stortford West division, supported the bid with funding from his highway locality budget.

Cllr Ward-Booth was contacted for comment.

To find out more, visit [www.hertfordshire.gov.uk/about-the-council/consultations/transport-and-highways/bishops-stortford-west-proposed-20mph-zone.aspx](http://www.hertfordshire.gov.uk/about-the-council/consultations/transport-and-highways/bishops-stortford-west-proposed-20mph-zone.aspx)

# Appeal for information after indecent exposure

Officers are appealing for information, witnesses and dashcam footage following a report of indecent exposure in Bishop's Stortford.

The incident happened at around 5.15pm on Friday, March 4, when a man allegedly exposed himself on London Road.

Officers immediately attended the scene and a 43-year-old man from Bishop's Stortford was arrested on suspicion of indecent exposure and breaching a Criminal Behaviour Order.

Investigator Abby Palmer said: "The man has been released under investigation while further enquiries

continue. An investigation has been launched and we are appealing for any witnesses or anyone with information to get in touch.

"If you were driving in the area at the time and have a dashcam fitted to your vehicle, please do check it and get in touch if it contains anything that could help our enquiries."

You can report information online at [www.herts.police.uk](http://www.herts.police.uk) or speak to an operator in the Force Communications Room via the online web chat. Alternatively, call the non-emergency number 101, quoting crime reference 41/17779/22.



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# MP backs town's bid to be Great British Railways' HQ

Bishop's Stortford is on the list to become the new home of Great British Railways after Julie Marson, MP for Hertford and Stortford (pictured above), encouraged East Herts District Council to enter the competition.

The town is one of 42 to enter the competition aiming to find new headquarters for the public body, which will oversee rail transport in the UK from 2023.

The Bishop's Stortford submission earmarked the four-storey, 27,000 sq ft Goods Shed office block as the ideal HQ.

Julie Marson MP said: "It is absolutely right we have ambition and put ourselves forward to be the new

home of Great British Railways.

"I am delighted the council put the bid in. Importantly, any town that enters the competition has the chance of being a regional hub, so there's much to play for.

"Many thanks to everyone who was involved across Bishop's Stortford in getting us to this point.

"There is a tough field we need to beat, but I think the submission was excellent."

The submission was formulated by the Shaping Stortford Group, representing East Herts District Council, Hertfordshire County Council, Bishop's Stortford Town Council, Herts LEP, Solum, residents and the local Business Improvement District.

# Community day aims to bring people together

A family fun day is to take place in Bishop's Stortford to help bring people from different communities and backgrounds together.

The event, which will take place at Birchwood High School on Parsonage Lane on Sunday, May 15, is being organised by PCSO Edy Szrajber, who works within the local Safer Neighbourhood Team.

There will be attractions for all ages, including a variety of stalls, face painting, emergency service vehicles, and food and drink. The highlight of the day will be a football match between the police and members of the local Polish community.

PCSO Szrajber said: "Events such as this are a great way to bring people together and also help to break down barriers between the police and their local communities, to help build stronger relationships with the people we serve. The event is open to everyone, and I'd love to see as many people as possible there.



"If you'd like to get involved with the event, then please do get in touch with me."

For more information or to register your interest in a stall, please email PCSO Szrajber at edyta.szrajber@herts.police.uk

# Work underway to protect endangered species



A new project in Bishop's Stortford is underway to improve the habitat of an endangered vole species.

The Environment Agency is working in partnership with the Waterside Stortford Group to improve the water vole habitat on the Stort Navigation. Work began on the project on March 9, with the team installing coir roll cylinders made of sustainable waste products to protect the riverbank from erosion and provide habitats for animals.

Kate Nixon, biodiversity officer at the Environment Agency, said: "This fantastic partnership project will see a 60-metre stretch of pre-planted coir rolls installed along the toe of a steep bank close to the Goods Yard footbridge.

"We'll also be adding bankside vegetation to provide a source of food and cover, allowing water voles to safely move along riverbanks protected from predators.

"Through this exciting venture, we're very much looking forward to seeing Ratty and friends once more in Bishop's Stortford."

The Waterside Stortford Group is run by Bishop's Stortford Town Council and the Canal & River Trust. The project was funded by the Waterside Stortford Group and installation was carried out by volunteers from the Canal & River Trust, with support from the Environment Agency.

# Boy with rare immune condition lives in isolation

A five-year-old boy from Bishop's Stortford must live completely in isolation owing to his rare immune condition.

Jacob Chaney was born with a rare immune disorder, called haemophagocytic lymphohistiocytosis (HLH).

People with HLH have over-activated specialised white blood cells, causing severe inflammation and damage to tissues such as the liver, spleen and bone

marrow. HLH causes the body to react inappropriately to a trigger, which is usually caused by an infection.

As a result, Jacob's mum, Emily Chaney, 36, protects Jacob from the outside world. Jacob lives life in isolation and cannot go to school.

Jacob, who is currently staying in Great Ormond Street Hospital, has been supported by charity Spread a Smile, which supports critically and terminally ill children and their families by providing entertainment, treats and activities for them and their families while in hospital.

To find out more about the charity, visit [spreadasmile.org](http://spreadasmile.org)

# Fireworks display sparks social media backlash

A charity event held in Bishop's Stortford last month has received criticism owing to a late-night fireworks display, which residents say could be heard as far away as Hadhams and Sawbridgeworth.

The Starlight Dinner charity event, organised by The Stortfordian Foundation Community, took place at Bishop's Stortford College on March 5 to raise funds for bursaries for talented pupils. A fireworks display began in the school grounds just before 11pm.

In response to the criticism on social media, a spokesperson for The Stortfordian Foundation Community said: "We'd like to apologise for any inconvenience or distress caused by our fireworks display on Saturday night. As you have noted, the event was a fundraising gala held to raise money for a bursary fund available to local children. Funds raised on the night were also directed to the British Red Cross Ukraine Crisis Appeal.

"Our local community is of immense importance to us. We will ensure that we do our utmost to notify our neighbours of any future events that may be audible and be mindful of event timings. We can only apologise for any disruption caused."



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### PLANTS THAT STAVE OFF SLUGS AND SNAILS

**A**re you being driven to distraction by slugs and snails in your garden? If the answer is yes, then a few well-placed plants are just the solution you have been seeking.

**FERNS:** Ferns are low-maintenance, hardy, and make an attractive addition to any sized garden. Plus, they are way down on the list of the favourite foods of slugs and snails as their thick leaves are hard to chew. Plant in a moist, well-drained spot for optimum results.

**HYDRANGEAS:** Instantly recognisable by their pretty pink, blue and white flowers, hydrangeas may appear beautiful to us, but, fortunately, this is not the case for slugs and snails. With the ability to create the ultimate barrier against these slimy creatures, hydrangeas thrive in moist, well-drained spots with some shade.

**LAVENDER:** While this sweet-smelling herb does attract the attention of bees, its strong fragrance is off-putting for slugs and snails. Place lavender strategically around your garden to help protect your other plants from the destructive habits of gastropods.

**GERANIUMS:** Geraniums are not an attractive option for slugs and snails as travelling across their hairy stems and leaves is too uncomfortable. There are more than 300 species of geraniums, so you are guaranteed to find one that complements your garden.

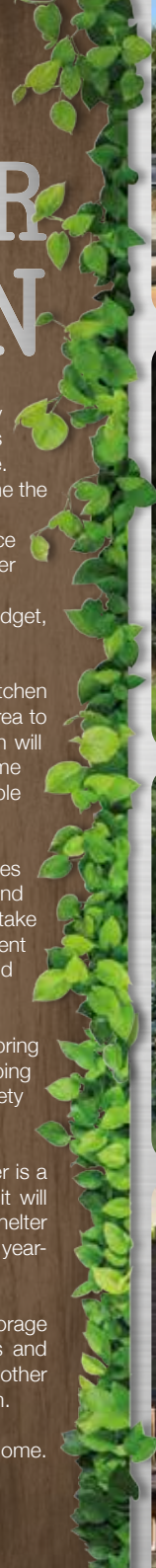
**FOXGLOVES:** Foxgloves can be perennial or biennial and produce stunning bell-shaped flowers that sit on long, swaying stems. Toxic when eaten by slugs and snails, as well as humans, foxgloves look lovely in borders around your garden.

#### OTHER WAYS TO DISCOURAGE SLUGS AND SNAILS

- > Create barriers with crushed eggshells, pine needles or thorny cuttings
- > Remove slug shelters such as bricks and large logs
- > Lay down copper tape around your plants
- > Sprinkle a little salt on your most valuable plants.



# Create your own OUTDOOR KITCHEN



The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space.

Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends.

Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends.

Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

**MEASURE YOUR SPACE:** You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

**FIND THE RIGHT APPLIANCES:** Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

**GET YOUR CONNECTIONS IN PLACE:** You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

**BUILD A SHELTER TO COVER ALL WEATHER:** A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

**MAKE SURE YOU'VE GOT ENOUGH STORAGE:** Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.

Photo credit: Grillo via housebeautiful.com, Moriso/Landform Consultants/ikea via idealhome.co.uk



## CONTAIN YOURSELF

Five ways to master container gardening, for maximum effect

**ONE:** *Location location location*  
Container gardening is pretty much what it sounds like – the display of plants, flowers and herbs in containers.

Gardening this way offers variety, flexibility and a great deal more control than placing plants in flowerbeds or around borders. To get it right, you need to abide by a few simple rules.

**TWO:** *Choose your container wisely*  
The ability for your plants to flourish will almost certainly depend on location. Around six hours of sunlight a day and a south-facing position will offer them the best chance to make something of themselves.

**THREE:** *Heavily soiled*  
While containers come in all shapes and sizes and cater for various budgets, the golden rule is to allow adequate room for your plants to grow, and to ensure there is adequate drainage in the bottom.

**FOUR:** *Water lovely plant*  
You can pick up a bag of high-nutrient, moisture-retaining, airy soil at the garden centre for less than the price of a glass of wine, and it will be considerably better for your plants than standard garden soil.

**FIVE:** *Feed greed*  
Try to water plants every morning to allow them to flourish during the day. Watering in strong sunlight runs the risk of leaves being singed. Positioning containers next to a natural water source will help as well.

Adding nutrients, slow-release fertilisers and liquid feed to your watering can – or even directly to the container – will give your soil and your plant a perfect boost each day, as well as helping it to fend off any nasties.



Photo credit: idealhome.co.uk





KIDS

# LEARN

## how to say NO

**STRUGGLING TO UTTER THAT TWO-LETTER WORD TO YOUR BELOVED YOUNGSTER? HERE'S HOW TO MASTER IT AND WHY YOU NEED TO TAKE BACK CONTROL**

**C**onstructive, confident and considered parenting means not always bending to your child's wants and desires. Sometimes the simple action of saying 'no' can seem obstructive and unkind, but when coaching our kids, the logic and reasoning behind our decision is vital.

Turning down some of our youngsters' requests is a key part of their development, but only if done in the right way.

**ONE:**  
**WHAT'S IN A WORD?**

An obstructive 'no' is rarely going to garner a positive response. As well as being blunt, it leaves a child with little explanation as to the decision reached. Instead, parents are reminded of the benefits of using positive and negative wording. So instead of saying "Stop hitting", say "Keep your hands to yourself". Or replace "No, you can't have that" for "Why don't we look at these?"

**TWO:**  
**THE EXPLAIN GAME**

No, if accompanied by an explanation that uses

emotion, empathy, consequences and alternatives will steer your child into a place where they not only go along with the response, but also agree with the sentiments behind it.

**THREE:**  
**WHAT WE HEAR**

Furthermore, as humans listening to a sentence, we listen to some of the first part, all of the last part and very little of the middle. Consider this when outlining something to your child that they perhaps don't want to hear.

**FOUR:**  
**ACTION STATIONS**

Accompanying rejection with a hug, or holding a hand, will soften the action and reduce the sense of loss a child may feel.

**FIVE:**  
**BALANCE**

Finally, perhaps the true art of saying 'no' is to ensure you practise saying 'yes' as well. Children will be more understanding of the things they don't have if they know there are many other things that they have received, or will over time.

# What's on at... South Mill Arts



### The British Carpenters

Fri 22<sup>nd</sup> April | 7.30pm | £24

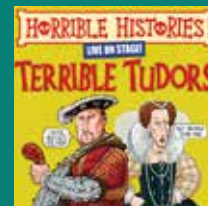
A brand new production celebrating the iconic music of Richard and Karen Carpenter. This not-to-be-missed show is simply as good as it gets. Starring Sally Creedon and Ryan Farmery.



### Magical Bones

Thu 28<sup>th</sup> April | 7:30pm | £19.50

Join Bones as he effortlessly combines intricate sleight of hand with mesmerizing illusions and jaw dropping break-dance moves in one of the most awe-inspiring shows, you'll see this year.



### Horrible Histories: The Terrible Tudors

29<sup>th</sup> Apr - 1<sup>st</sup> May | £16 | £14 Concs | £56 Family

From the horrible Henries to the end of evil Elizabeth, hear the legends (and the lies!) about the torturing Tudors. It's history with the nasty bits left in! For 5+ all the family



### Blokes of a Feather

Thu 5<sup>th</sup> May | 7:30pm | £25

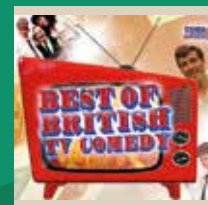
BAFTA and Emmy winning writers, Laurence Marks and Maurice Gran, share anecdotes, revelations, indiscretions, insights and plenty of classic video clips from their enormous back catalogue.



### The Duran Duran Experience

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# BRUCE KING

*on why people buy*



**In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.**

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

*More information:*

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)

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BRITAIN'S GREATEST SPORTING MOMENTS...

**THE GREAT** Dame

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold



SPORT



It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form

going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialism, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

Photo credit: sipa/Shutterstock



# BOWLED out

**A SPORTING ICON LIKE NO OTHER LEAVES US ALL TOO SOON**

There are some deaths that confound logic, sense and, in many ways, fairness. The passing of Shane Warne, one of cricket's all-time icons, surely falls into that category.

The 52 year old's contribution to the game was almost immeasurable. There were the Ashes triumphs, the World Cup wins, the record wicket hauls and the exemplary media career that saw him transition from Aussie baddy to one of the game's truly loved characters.

Warne had been misunderstood at times during that golden era of the 90s, which began in earnest in 1993 at Old Trafford when he bowled what became known as the 'ball of the century', in taking the wicket of Mike Gatting.

For the years that followed, Warne was every bit the posturing, scheming, bleached-blond Aussie who toiled, tricked and turned over English batsmen with alarming regularity. He almost singlehandedly made spin bowling cool, and sparked a generation of others looking to perfect the art.

And as partisan as he was, this was someone respectful to the game, as ready to praise rival sides as he was happy to bemoan the failings of his own. He never concealed his love affair with the UK, and as a result we took his passion and honesty into our hearts.

It made the shock of his death, owing to a suspected heart attack, so much more devastating. There was also a dreadful irony at play where Warne's final tweet, from March 4, gave tribute to the death of another Aussie cricketing great, Rod Marsh, who died just hours before Warne.

That Warne was about to join him on the magnificent wicket in the sky represented the same unexpected turn akin to one of his bewildering leg-spinners.

In his death, we have lost not just an Australian sporting great, but also someone whose craft, passion, enthusiasm and humility made the game of cricket what it is today.

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Finding the right workspace solution for any company can be challenging. The serviced office market is saturated so how do you seek out the good from the bad and how do you find what is going to be right for you? Remember this has to be part of your business plan, expanding, growing and thriving!

We liken the process to buying a house. When you buy a house, you just "know" it's right don't you! When you attend the viewing with the estate agent, you may have a certain "feel", there is a vibe and you might go home and make an offer right away!

We'd like you to choose a Mantle workspace as the solution to your office requirements, but understand workspace is a personal thing.

Can our Top Tips below help you see the wood from the trees and supply enough facts to support you making that important decision?

**SPACE.** Is the office you are considering suitable for your team? Is there enough space between desks for example? What about daylight; Are there windows and what are the views like? What is the access like, stairs or lifts?

**PRICE.** Can you afford it. Bottom line! Will you be stretching your monthly outgoings? What happens if business next month is quiet. What will you do?

#### LOCATION.

Rural or city centre location. Does it meet the needs for your team and your clients who might be visiting? Do you need to be near an airport or can you move into the countryside? Is there parking onsite, it's so important these days and can make a huge difference.

**TEAM ADJUSTMENT.** How will your team manage working from an office environment if they have been WFH? Will they be able to commute feasibly to a new location? Is the move part of your company business plan which you have discussed, reviewed and digested!

**FLEXIBILITY.** How flexible is the workspace provider? What is included in the monthly price? Have all of your needs been met? Is there an all-inclusive price for example without any hidden extras? Rest assured our Mantle team will go that extra mile to make sure your office move to one of our centres is a seamless as possible. We are on hand to answer any questions you may have regarding your transfer and endeavour

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# MAGNIFICENT MOTORS

## THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

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DOWN: 1. DESIRE, 2. SWIMMING, 3. GAUNT, 5. COASTER, 6. TRIO, 7. CORSET, 8. LIGHTHOUSE, 13. YIELDING, 14. ATTAINS, 15. SISTER, 16. HEARER, 17. FORGO, 19. NULL



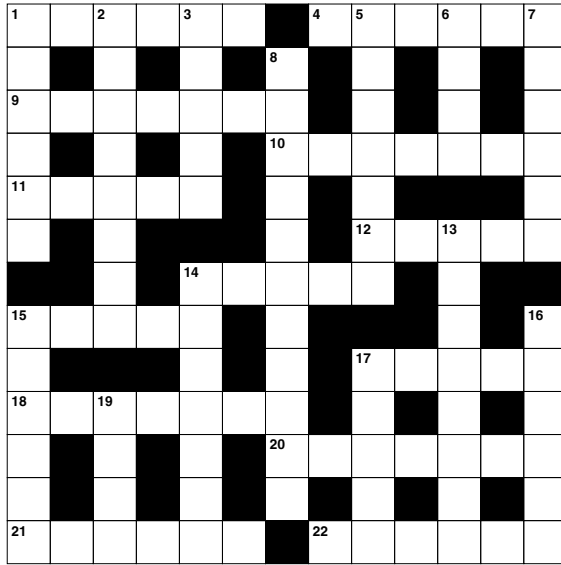
# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

## ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)



## DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)

- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

## DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

## SUDOKU

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

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