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**DESIGN
SECRETS
WITH
KELLY
HOPPEN**

**DIAMOND
WHEEZERS**

How OAPs pulled
off jewellery heist

**LOOK YOUR
BEST FOR
LADIES DAY**

**WILL WINES
MAKE
*you fine?***

DAVID BECKHAM

Did email revelation destroy his reputation?



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Christening | New Born | Thank You | Get Well Soon | Funerals | Anniversary | Birth





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Editor's notes...



Misha Mistry, Design Editor

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

This month we celebrate Her Majesty the Queen's birthday and her recent achievement of becoming the first British monarch to reach a

Sapphire jubilee.

We look at Football royalty, David Beckham, whose disappointment at not receiving a knighthood was revealed by cyber criminals.

In home and DIY you can turn your trash into treasures and get inside style secrets from interior designer Kelly Hoppen.

Foodies who hate the washing up can enjoy this month's one pot wonder and those who are trying to watch their waistlines will enjoy our fakeaways.

Ladies who enjoy the races will benefit from our fashion do's and don'ts and we showcase the beauty bloggers who have taken the internet by storm.

In local news we hear how a blind Hemel man has seen his wife for the first time after having taken part in a new medical trial that has helped him regain his sight. There is also progress on the on-going unused land near The Paper Mill pub as new homes are finally set to be built and in sad news, Dacorum Borough Council and the RSPCA have launched an investigation following the discovery of four dead newborn puppies.

Let us know your thoughts, enjoy and happy reading.

Misha



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 2. USELESS, 3. TRANSIT, 4. FISCAL, 5. AFTER, 6. LANCE, 7. FLABBERGAST, 8. DRASTICALLY, 14. HERRING, 15. UTOPIAN, 17. COARSE, 19. DOCKS, 20. YUCCA

HER MAJESTY REACHES YET ANOTHER MILESTONE

This month, April, the Queen celebrates another milestone – her 91st birthday.

It is another milestone in a long and illustrious reign.

On September 9, 2015, she became the longest reigning monarch in British history, surpassing Queen Victoria's reign of 63 years and 216 days.

She is also now the longest reigning monarch in the world, following the death last year of King Bhumibol Adulyadej of Thailand aged 88 who was on the throne for 70 years.

And in February Her Majesty became the first British monarch to reach a Sapphire jubilee – 65 years as Queen.

Those close to her say privately, the Queen will be indifferent to the historical significance of the occasion to reaching 91 on April 21.

She is not interested in competing with her ancestors.

For the Queen, it is not the length of her reign that matters but what she achieves in that time and how she serves her people, her country, her Commonwealth and her God.

She is the most travelled monarch in history, having visited more than 116 countries and still carries out hundreds of engagements a year.

She is patron of more than 600 charities and organisations, having held 400 of those posts since 1952. She has conferred more than 400,000 honours, personally presided over hundreds of investitures and is head of state in realms around the world.

And she has given her assent to many thousands of Acts of Parliament and, excluding 1959 and 1963 when she was pregnant with Andrew and Edward respectively, has attended every State Opening of Parliament.

All this from a woman who was never supposed to be Queen, until fate and the abdication of her uncle David – Edward VIII – intervened and changed her path.



Photo Credit: Getty/images



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KELLY HOPPEN

THE INSIDE STORY



HOME & DIY

She's been inspiring people to do up their homes for over 40 years, so what is it about Hoppen's style that makes her so inimitable?

They call her the 'Queen of Taupe', but the term seems disingenuous of a woman who is such a firecracker. With her wild strawberry blonde hair, Cate Blanchett-esque beauty and fiery personality, Kelly Hoppen is known to light up a room...before she sets about transforming it.

Having founded Kelly Hoppen Interiors in 1975, the South African native has worked consistently and fastidiously to become one of the most lucrative names in home design, turning over millions every year. She has designed homes for the likes of the Beckhams, written several books on design, runs an eponymous line which covers everything from paints and furniture to fragrance, and even had a tenure on *Dragons' Den*.

Even if the 57-year-old's name isn't familiar to

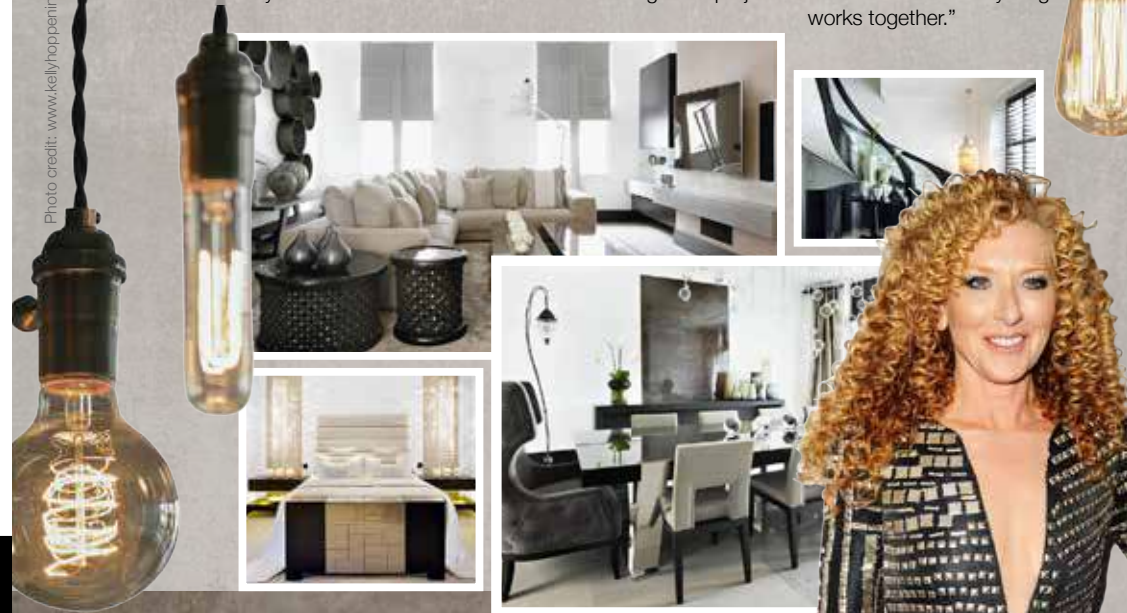
you, her style will be. White walls and clean lines, neutral colour palettes and carefully stacked pillows may seem ubiquitous now, but it was Hoppen who made minimalism mainstream.

"A room is a beautiful thing, a space to make your own, and I feel that neutral colour palettes always complement best," she explains.

Fresh from her stint on the BBC's *Great British Design Challenge*, which set out to find 'Britain's best amateur interior designers', Hoppen is devoted to inspiring people to spruce up their homes and be brave with reinvention.

"The most important element for transforming the ordinary into the show-stoppingly extraordinary is to go the extra mile," says Hoppen. "Style is not always about designing the room to perfection, but looking at the project as a whole and how everything works together."

Photo credit: www.kellyhoppentinteriors.com & Jacquie Small



HOW TO
'HOPPEN UP'
YOUR HOME

- **LIGHT IT RIGHT:** If natural light is sparse, use decorative lamps and uplights to bring a space to life.
- **ATTENTION TO DETAIL:** Finishing touches like art, door handles and even scent are essential.
- **BE INSPIRED BY CULTURES:** Heavily influenced by her travels,

- Hoppen often picks up pieces from abroad, adding exotic flourishes to a very British home.
- **KEEP IT SIMPLE:** A crowded house equals a crowded mind.
- **MAKE IT YOURS:** Photos of loved ones, meaningful trinkets and art are what really make a house a home.



JUNGLE FUN

Ever dreamed of turning your bedroom into a boudoir worthy of Borneo or adding an Amazonian twist to your home? Never fear – giant house plants are all the rage when it comes to interior design. These fabulous flora will turn your house into a rainforest haven in no time.

Swiss Cheese Plant

This plant gets its brilliant name from the elegant gaps between its expansive leaves, resembling the holes in a slice of Swiss cheese. The once popular monstera deliciosa has made a comeback in UK interiors due to its ability to revolutionise a room with its social media-ready, dramatic but understated presence in the corner of the room. In its native Mexico, the monstera can reach heights of 20cm, with dinner plate leaves stretching up to 75cm.



Fiddle Leaf fig

Anyone who owns the fickle fiddle leaf fig knows it requires quite a bit of TLC to survive. Keep your fiddle leaf fig in bright, indirect light. When roots begin to grow out of the bottom of the pot, either re-pot into a container that's a couple of inches bigger or trim the root-ball, being sure not to reduce the roots by more than 20 per cent. Because of their large surface, leaves tend to collect a lot of dust which can block light absorption, so to keep the plant healthy, regularly wipe those tops with a soft cloth. If properly cared for, the fiddle leaf fig can hit heights of up to three metres.



Jade Plant

This elegant, succulent plant requires very little care and is easy to grow in pots, but with an ability to adapt itself to differing light conditions and a maximum growth of up to three metres, a jade plant can create a real focal point in any room. Jade plants do best in temperatures of one to 24°C during the day and 10 to 13°C at night, with fertiliser being applied every six months or so. With a little TLC, however, your pretty jade plant might one day become a pretty jade tree.



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HOME & DIY

Trash to Treasure



Why spend a fortune re-inventing your home when you can upcycle old furniture into something spectacular?

Pick up a pallet – See a pallet, pick it up – by the end of the weekend you'll have a roomful of cool, rustic furniture. These wooden wonders are unbelievably versatile, sturdy and easy to paint in whatever colour you desire. Hang on a wall to create instant shelves, put underneath a mattress for a futon-style frame, or even hammer some together into a chair frame and top with cushions. Cheaper than a new armchair.

Rejuvenate a jar – Whether filled with a whiskey cocktail or ice cream sundae, as a tea light holder, or the lid threaded onto a bulb to create a lamp, Mason jars have never been more useful – or on-trend. Make sure you clean them out properly – sterilise in boiling water if using for food – and take

extra care if using lights or candles.

Snuggle in a suitcase – While the average adult may struggle to fit inside a suitcase, an old travel trunk makes the perfect bed for a beloved pet. Restrain or remove the lid, line with blankets and cushions and send your doggy to dreamland.

Weed out a welly – Don't throw out those old Wellington boots – put some soil and seeds in them instead. Adult wellies are great for garden plants, whereas children's boots are the ideal size for your window sill. Just be sure to put holes in the bottom for drainage.

Do what you can – Cans are another incredibly versatile, everyday household item – perfect as planters, as coloured lanterns, pen pots, wind chimes and even works of art. Andy Warhol, eat your heart out.





Let's Work Together

The popularity of the home office has never been greater, but many believe creating the perfect space is directly proportionate to your productivity, so design your 'brain space' well!

It's an appealing thought to work from home – late mornings, lazy afternoons, coffee breaks at will, and all that sat in one's underwear.

The reality, as anyone who has worked from home for any extended period will tell you, is quite different. It's less *Deal or No Deal* and more 'pay the mortgage or starve'. Forget *Pointless* and consider 'powerless', and you can swap *This Morning* for 'this morning, this afternoon, early evening, the midnight hour...'

Unless you've landed a dream job viewing football clips for a living, working from home is tough. But the appeal remains strong, and with a designated workspace it can be a nice environment in which to earn a crust.

The trick to a home office is in the name though – it's an office. Sofa-surfing with laptop in hand won't do, and when the kids invade your designated space you need to be firm in telling them to come back later... unless, that is, they're bringing you the

forementioned coffee.

Your investment in a home office space is really an investment in your own work philosophy. A good computer, smart desk, noticeboard and an abundance of stationery are exactly what you need to set yourself up. Storage, too, is imperative to ensure you don't get bogged down by a mass of paperwork.

Natural light is a must and window space is certainly appealing, although make sure what you're looking out over doesn't distract you. And don't scrimp on a nice chair either – you're going to spend more time on that than any other piece of furniture, so reward your dedication with something bottom-friendly.

But overall, the home office is an environment in which you need to lose yourself. It's a space designed to block out distractions and interruptions so you can drift effortlessly into your most productive mindset.

And sure, with an office at home the hours are long – you'll find yourself up early and working long into the night, but consider the plus-side... your daily commute is manageable.

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HOLD THE COFFEE

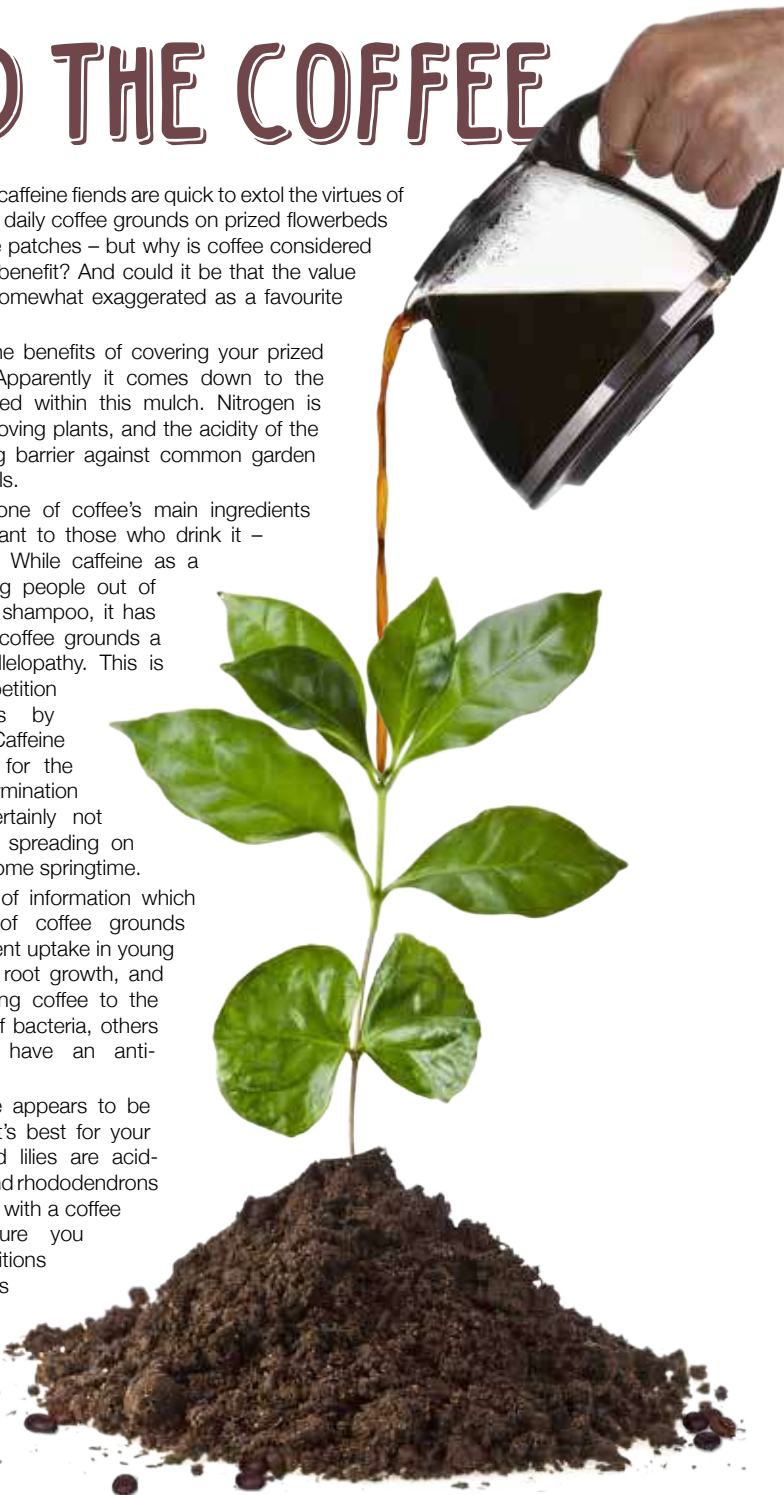
Green-fingered caffeine fiends are quick to extol the virtues of dumping their daily coffee grounds on prized flowerbeds and vegetable patches – but why is coffee considered to be of horticultural benefit? And could it be that the value of coffee has been somewhat exaggerated as a favourite for flora?

What exactly are the benefits of covering your prized plants in coffee remains? Apparently it comes down to the amount of nitrogen contained within this mulch. Nitrogen is touted as beneficial to acid-loving plants, and the acidity of the grounds also offers a strong barrier against common garden pests such as slugs and snails.

Yet for all this positivity, one of coffee's main ingredients – arguably the most important to those who drink it – works against these ideals. While caffeine as a stimulant is great for getting people out of bed, or even being used in shampoo, it has one key factor that makes coffee grounds a poor form of fertilisation: allelopathy. This is the ability to reduce competition from surrounding species by suppressing their growth. Caffeine essentially exists in coffee for the function of quashing the germination rate of other seeds – certainly not something you want to be spreading on your new bulbs and seeds come springtime.

There's also a great deal of information which suggests the application of coffee grounds prevents the water and nutrient uptake in young plants, thereby stalling their root growth, and while some say that applying coffee to the soil boosts the production of bacteria, others conclude coffee grounds have an anti-bacterial effect.

All in all, this coffee craze appears to be a case of working out what's best for your vegetation. Hydrangeas and lilies are acid-loving plants, but tomatoes and rhododendrons are less inclined to grow well with a coffee supplement, so make sure you research the optimum conditions for all your garden's delights so you'll know when to spread the grounds or keep your coffee in the pot.



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LADIES' RACE DAY *Fashion*

It's a fabulous day of frocks, frolics and fascinators – by following these do's and don'ts, you can be the Grace Kelly of the grandstand.

DO GO TO TOWN

When else will you get the opportunity to dress up to the nines and have a day out with the girls? Your outfit needn't be expensive, but it still ought to ooze glamour.

DON'T FORGET A FANCY COVER UP

While it's good to project a sunny outlook, British weather in April is unpredictable to say the least and you don't want to have to don a dour old anorak over your gorgeous frock – or worse, have nothing at all. So invest in a pashmina and a pretty umbrella.

DO WEAR A HAT

Not all enclosures demand a hat in the dress code, but many fashionistas will be wearing one regardless. So whether a feather fascinator or a wide-brimmed sun hat, this is the perfect opportunity to show off your haute couture headwear.



DON'T LOSE YOUR HEAD

Have a good time, but keep it classy. When you're drinking all day it's easy for the bubbles to overflow and tempers to fizz. Drink plenty of water and keep your cool.

DO BE YOURSELF

You can be wearing a dress and diamonds that cost a five-figure sum, but if you don't feel comfortable you simply won't dazzle. Equally, wearing skyscraper heels – even if they are your signature style – is a pointless endeavour. It's a long day with a great deal of standing around and there might be blisters and tears.

DON'T DO

A Janet Jackson at the Super Bowl... It's a posh daytime event and there will be cameras, so don't wear anything too revealing. You want to get snapped for all the right reasons – not a side-boob slip!



Photo Credit: Vanity Fair and Norman Jean Roy



Photo Credit: Ascot



LIPO ON YOUR LUNCHBREAK

Taking the term 'quick fix' to a whole new level, this advanced cosmetic procedure claims to offer the same results as traditional liposuction without a hospital stay.

If you long for a slim and toned figure, but are unable to spend hours slogging it out in the gym, then laser liposuction might be the fast and simple solution for you. Once a painful and invasive procedure, this new incarnation promises fast results which is far less brutal and leaves neither stitches or bruising. Sound too good to be true? Let's take a look at the pros and cons...

Traditionally, liposuction uses a cannula and physical manipulation to remove fat from beneath the skin, whereas the laser technique melts the fat cells from outside the body before a tiny incision is made to suck them out. Not only does this significantly reduce the bruising and discomfort, but the lasers also coagulate the blood cells more effectively meaning less blood loss and faster healing time.

Another plus is that the laser heat naturally tightens the area, preventing flabby, loose skin and unattractive dimpling. Healing time is also quicker with patients making a full recovery in a couple of days, and compression garments, which needed to be worn for six weeks previously, are only required for one week after.

Like all cosmetic surgery, laser liposuction is not without its risks and it's for this reason you need to find a certified and trusted clinic.

There's a narrow safe window in laser wavelength, frequency, and energy range where the laser safely burns fat without causing damage to surrounding tissues. If the laser's wavelength, frequency, and energy are below that window, then the laser isn't strong enough to burn fat. If its wavelength, frequency, and energy go higher than that window, the skin and other healthy tissues surrounding the fat start becoming burned, so check out recommendations and reviews first.

The procedure is also rather expensive with prices starting around £2,800 for one area. That said, unlike your usual lunchtime baguette, laser lipo will help you lose weight rather than put it on.



Beauty Babes

Meet six of the most powerful women on the internet who have made thousands from their beauty blogs. Whoever said makeup was a waste of a girl's time?



Tanya Burr

With over 240 million views on her channel, a makeup line and a beauty guide titled *Love, Tanya*, this YouTuber and London Fashion Week front row regular has come a long way since her days as a makeup counter girl in her hometown, Norwich. Her celebrity makeup tutorials are second to none as she makes even the glossiest look seem easy.

tanyaburr.co.uk

Zoella

Considered the High Priestess of YouTube, this 26-year-old is practically the Martha Stewart of the Millennials. Covering fashion, beauty and lifestyle, Zoella's life is so highly coveted that the launch of her bath and beauty line was hailed as the biggest beauty launch of the year. She has published three novels, and is dating fellow YouTuber, Alfie Deyes.

zoella.co.uk



Katie Snooks

This bubbly blonde regularly wows her legion of fans with her in-depth product reviews, stunning makeup tutorials and enviable hair. She is admired for her courage after video blogging herself without makeup after admitting to suffering from severe acne for over a decade, and her use of powerful medication, Roaccutane, to cure it.

katiesnooks.com



Lisa Eldridge

The only one of our beauty babes who works as a professional makeup artist, Lisa's video-based blog is the destination for beauty tutorials and expert tips. In her day job, she works with A-listers and top beauty brands and is the author of *Face Paint: The Story of Makeup*. Her makeup artistry has appeared in almost every fashion magazine.

lisaeldridge.com



Ruth Crilly

An international fashion model who has taken on campaigns for the likes of Patrick Cox, Swatch and Olay, this gap-toothed beauty is as known as much for her fantastic beauty advice as she is for outspoken and charming personality. She also runs a sister blog called The Uphill which covers parenting and her journey as a mother.

arrmodelsrecommends.com



Jane Cunningham

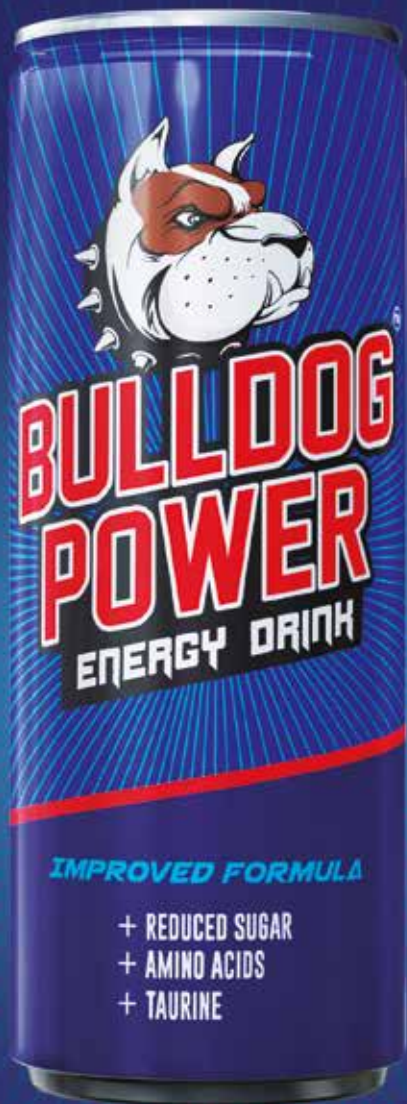
Jane Cunningham started as a beauty writer for various newspapers and has penned four books, before she launched British Beauty Blogger. She wanted to talk about products and experiences honestly and decided that starting a blog was the best way. Ranging from skin care, charcoal wipes and body oil, Jane's blog acts as a vital resource.

britishbeautyblogger.com



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ESCAR-G



Whether drizzled in garlic butter or fried with bacon, escargos remain one of the recognisable elements of continental cuisine. And yet, you don't have to travel to Europe to indulge in this delicacy - believe it or not, the snails in your garden are just as good for eating as their famous French cousins.

French food is famous across the world, but one of the most intriguing elements of this country's celebrated cuisine is escargots - or edible snails. If you like the sound of indulging in these munchable molluscs without having to cross the Channel, you may be surprised to know that your garden is currently teeming with a load of escargot just waiting to be cooked up, slathered in garlic butter and paired with a nice white wine.

Once you've headed out into the garden (preferably after a rainy day when the snails will be more numerous) and gathered up a large selection of snails, you need to make sure the animals are clear of any toxins they may have

digested in the wild - a process known as purging.

For the first two days, leave the snails in a container without any food, but make sure to wash them regularly. On the third day, stick some carrot in the container and wait a couple of days until the snails' droppings turn orange - now you know the animals are clean enough to prepare for the table.

Now, wash the snails once more and place them in the fridge inside a sealed container for a day - the cold will send them into a hibernated state. After getting them out of the fridge, place the snails into a saucepan of boiling water to cook for 20 minutes, before draining them and using tweezers to hook the fleshy insides out of the shells, being sure to remove the black clocoa.

Finally you can fry the meaty morsels in garlic butter, or sauté with smoked pancetta and sage for a daringly different gastronomical gastropod delight!





5

Fakeaways



Expensive takeaway treats playing havoc with your bank balance and waistline? These five easy meal options will trick your taste buds into believing they're having the real deal, while being both affordable and far healthier.

SWEET CHILLI BEEF

Toss beef strips with cornflour and five-spice and fry until golden and hot. Remove from wok and drain. Then fry red pepper, garlic, ginger and chilli flakes before adding vinegar, soy, chilli sauce and ketchup. When reduced, coat the beef in the sauce and serve over rice.

FRIED CHICKEN

Save calories on this yummy treat by using chicken breast, panko breadcrumbs and a very special spice mix – pepper, onion flakes, garlic granules, mustard powder, dried rosemary, basil, paprika, thyme and tarragon. Just don't tell the Colonel.

DONER KEBAB

You don't need to have had a night of heavy boozing to enjoy this takeaway classic. Mix lamb

mince with seasoning and spices, shape into a large block, and wrap in foil. Cook in a slow-cooker for three to four hours on high, then slice thinly. Make your own kebab shop-quality garlic sauce by combining a crushed clove or two with yoghurt and lemon juice. Pile into a pitta with sauce, salad and pickles.

FISH AND CHIPS

Coat your fish fillet of choice in beaten egg then seasoned flour and bake in the oven. Slice two potatoes to make chips, boiling for five minutes, before draining and finishing in the oven. For mushy peas, boil and blend with butter and mint. For extra authenticity, serve in newspaper cones.

PIZZA

Using pre-made dough, roll out your pizza base. Spread with pre-seasoned tomato passata and top with a mix of cheddar and mozzarella and whatever other toppings you choose before baking in the oven. For dough balls, shape and bake the dough and mix butter with fresh garlic cloves. You'll never know the difference.

One-Pan Wonders



Chorizo and chicken risotto

One-pan wonders. We all love these types of recipes, where you can create a filling sumptuous meal using only one pan. There's something incredibly satisfying about putting all the ingredients into one pan and leaving them to fuse together into a something that's bursting with flavour. And these two recipes are no exception. Both have chorizo as the main ingredient but go in two very different directions, to create hearty and delicious one-pan wonders.

Serves 4 | 1 hour | Easy

INGREDIENTS:

- ▶ A drizzle of olive oil
- ▶ 1 onion, peeled and diced
- ▶ 1 red pepper, de-seeded and diced
- ▶ 300g Arborio or Risotto rice
- ▶ 1 (400g) tin of chopped tomatoes
- ▶ 1.5 litres vegetable stock
- ▶ 200g cooked chicken
- ▶ 150g chorizo, sliced
- ▶ Parmesan, grated

METHOD:

Heat the oil in a frying pan on a medium heat. Slowly cook the onions until they have softened and are golden brown in colour, which will take around 15 minutes. Half way through add the red pepper to soften. Once the onions and red pepper have softened, add the risotto rice. Mix in with the onions and peppers so it absorbs all the wonderful flavours, and let it cook for a couple of minutes.

Next step is to add the tomato stock mixture, one ladleful at a time. Turn down the heat to low, add a ladleful, give it all a stir and allow the rice to absorb the stock and cook. Once it has absorbed that ladleful, add another one and continue this way until the rice doesn't absorb any more stock. Keep stirring, otherwise the rice will stick to the bottom of the pan. I promise, you will be able to tell when the rice can no longer absorb the stock, but you can also take a teaspoon and give the rice a taste.

When the rice is almost cooked, add the cooked chicken and chorizo to the pan. Stir into the risotto and heat through for around five minutes. Serve immediately with a sprinkle of grated parmesan cheese on top.

Recipe credit: Rebecca Heslop





The Rise and fall of **GOLDEN BALLS?**

From establishing himself as one of the world's first superstar football players to his marriage to one of the 90s' biggest popstars, David Beckham is one of our most famous faces. But how harmful could recent revelations, brought to light by a hacked e-mail server, be to the indomitable Beckham brand?

During a glowing football career that saw him scale the heights at both club and international level, David Beckham became known for his pin-point passes, fearsome free kicks and an ever-changing array of hairstyles. The former Manchester United graduate, who rose to fame in the 'Class of 92' that went on to win the Treble under Sir Alex Ferguson, played for some of Europe's most iconic teams – Real Madrid, AC Milan and Paris St-Germain as well as United. But it was his 2007 move to Major League Soccer team LA Galaxy that really defined the scope of the media exposure that Beckham commanded during his playing career.

The decision to join the Los Angeles team and become the first major superstar in world football to join the fledgling MLS side paved the way for future transatlantic transfers for footballing legends like Robbie Keane, Frank Lampard and Steven Gerrard. But more than this, Beckham's move to the City of Angels saw him net a reported £100million in wages and sponsorship endorsements; and between Galaxy immediately offering Beckham the captain's armband and the host of lavish parties that were held in his honour, the move cemented his status as celebrity and football player into one money-making machine.

Despite retiring in 2013, Beckham's name is still one of the most coveted in sport. Between himself and wife Victoria – famous in her own right for her career as part of the generation-defining girl band the Spice Girls – the Beckhams hold a personal fortune of around £500million. He has also adopted an important place not just in British sporting history but also its future, as seen in his key ambassadorial role during the 2012 London Olympics.

But recently there's been something of a backlash against the media furore surrounding the Beckhams. In e-mails obtained from the star's publicists by cybercriminals, it appeared that Beckham had railed against the decision not to grant him a Knighthood. The leaked e-mails showed Beckham, who was awarded the OBE in 2003, ranting at being offered lesser awards and launching an expletive-laden tirade at the Honours Committee.

Beckham later stated that the e-mails had been doctored, with his words taken out of context and written in the heat of the moment. Unicef, which Beckham has supported for the last 15 years, also came to the 41-year-old's defence, saying that he "generously gave his time, energy and support to help raise awareness and funds for Unicef's work for children".

Could these e-mails do lasting damage to Brand Beckham's seemingly untouchable public image? Rumours continue to circulate that Beckham has hired a private investigator to find the leak's source before more personal – and possibly harmful – revelations come to light. But with his wife's fashion line going from strength to strength, and his sons Brooklyn and Cruz making their way into the limelight with photography and charity singles respectively, it appears that this family's fortunes are much more than the sum of its parts.

Drink Wine

AND YOU'LL BE FINE?

With the recent announcement that red wine can increase the risk of cancer, should we take heed, or are the constant mixed messages just too confusing to comprehend?

Remember those heady days when at the end of a long day you would go home, put your feet up and pour a glass of delicious pinot noir, safe in the knowledge that you were actually doing something good for your health? Well, scientists are now doing a U-turn on the long-held belief that red wine, when drunk in moderation, can cut the risk of cancer, heart disease and memory loss, and will reportedly say instead that there is no 'safe' level of alcohol consumption – and that drinking just a small amount may in fact increase the risk of some cancers.

This cautionary news is depressing, not just because it casts a shadow over cocktail hour, but because it is one in a long line of pieces of health

advice given by experts that they've then rescinded. The caffeine in coffee had been on the naughty list for quite some time until we were told the antioxidants and other nutrients made it beneficial for us. Full-fat dairy products were ditched for low-fat alternatives until it transpired that saturated fats (found in butter) may be better than trans fats (found in margarine).

In the new alcohol guidelines, the Government suggests that both men and women aim for no more than 14 units of alcohol a week (six pints of average strength beer or seven glasses of wine) and have one or two days entirely tippable-free. So the question is: should you feel guilty about cracking open your Monday night Merlot? Well, the best advice is to have everything in moderation, so when the 'experts' next come around you won't be caught out.



THE DIABETES

CRISIS

There are an estimated 4.5 million people living with diabetes in the UK and a further 1.1 million undiagnosed. We look at why it's time to put a spotlight on this silent killer, and a recent scientific discovery that could bring hope to those who live with the disease.

WHAT IS DIABETES?

When we eat most foodstuffs, they are turned into a sugar called glucose which the body then converts into energy. In order to help this glucose get into the cells of the body, the pancreas makes a hormone called insulin. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should – this causes sugars to build up in the blood. The disease can cause serious health complications including heart disease, blindness and kidney failure, and can even necessitate amputations.

HOW CAN I AVOID DIABETES?

The key to reducing your risk of contracting diabetes is two-fold: enough exercise and the right nutrition.

For example, the Nurses' Health Study and Health Professionals Follow-up Study suggests that walking briskly for a half-hour every day reduces the risk of developing type 2 diabetes by 30 per cent. By skipping sugary drinks in favour of water or tea, you can also reduce your risk of contracting the disease.

RECENT DEVELOPMENTS

In February, US researchers published a study in the journal *Cell* that said the pancreas can be triggered to regenerate itself through a type of fasting diet. In the experiments, mice were put on a modified form of the "fasting-mimicking diet". This is like the human form of the diet when people spend five days on a low-calorie, low-protein, low-carbohydrate but high-unsaturated fat diet. They then have 25 days of eating what they want. But scientists have warned not to try this diet out without seeking medical advice first.



THE DIAMOND WHEELERS

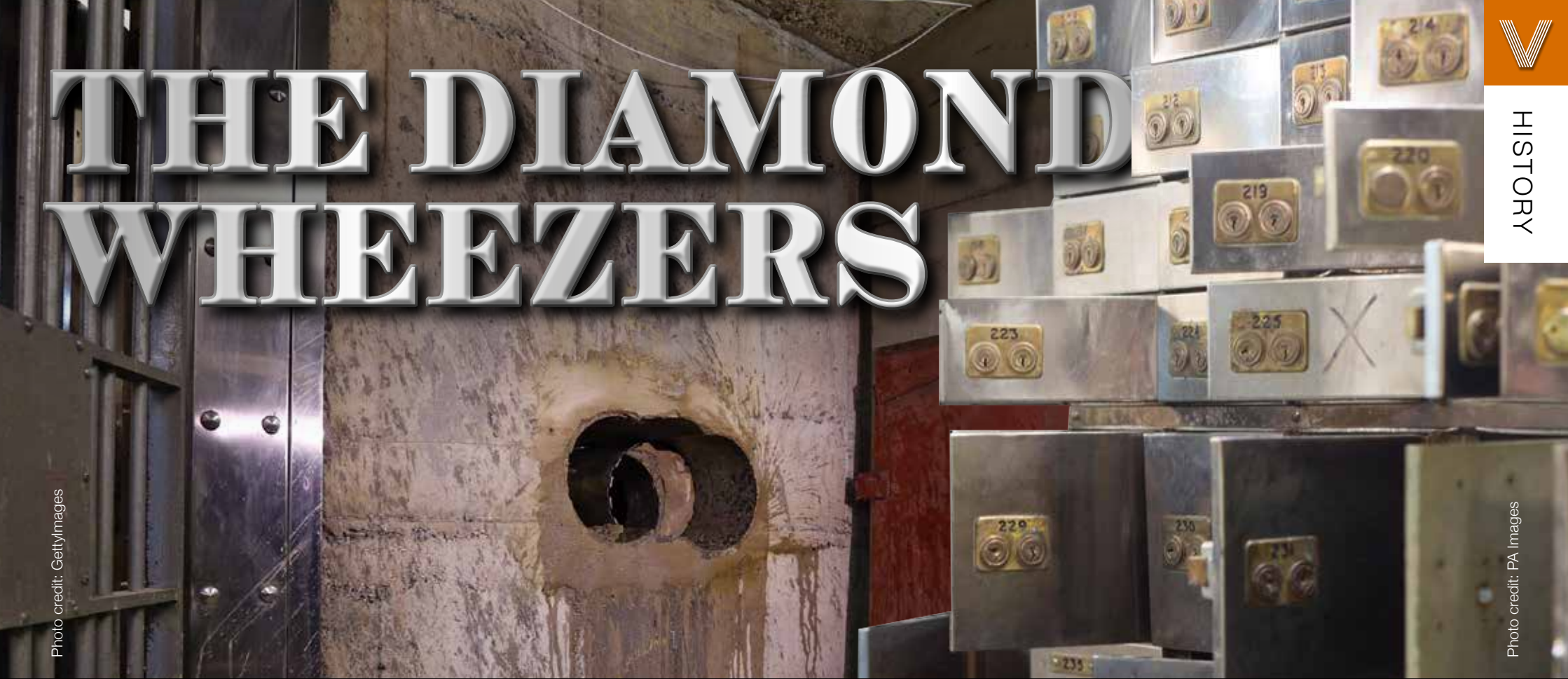


Photo credit: Gettyimages

Photo credit: PA Images

WHO PULLED OFF ONE LAST BIG HEIST IN THEIR TWILIGHT YEARS

Two years ago this month April a group of OAPs pulled off an audacious £200 million jewellery heist more than worthy of a script for an *Ocean's Eleven* movie.

It was the largest burglary in English legal history.

Most of the robbers, aged between 59 and 77 were all caught, tried and jailed. They were nicknamed the Diamond Wheelers because of their ages, which totaled 488 years.

But their exploits in Easter 2015 have been captured in a new film out this month, called *The Hatton Garden Job*. Former *EastEnders* star Larry Lamb plays the heist mastermind Brian Reader, now Britain's most prolific thief. He is joined by *Quadrophenia's* Phil Daniels as part of the gang who used industrial tools to drill a hole in 50cm thick wall before raiding 73 safe deposit boxes.

The Imitation Game's Matthew Goode stars as the mystery man who got away.

When they were jailed last year two of the gang Terry Perkins, 67, said 'thank you sir' and Daniel Jones, 61, 'thank you judge' as the pair were each sentenced to seven years in prison along with fellow ringleader John 'Kenny' Collins, 75.

Quartermaster William 'Billy the Fish' Lincoln, 60, also got seven years while Carl Wood, 59, who quit the gang halfway through the raid, got six years. Hugh Doyle, 49, who allowed the group to use his office, got a suspended term.

Another thief, known only as Basil, remains at large. He has a £20,000 police reward on his head.

Most of the gang members had serious illnesses including diabetes and arthritis. Some were hard of hearing and struggled to hear in court.

More than £9million of the loot has yet to be recovered, with at least some feared to have been taken overseas.

Reader, 77, the oldest of the gang who was known as "The Guv'nor" or "the Master", got six years and three months.

Sentencing Reader Judge Christopher Kinch, said he had taken into account the fact Reader is "seriously unwell" following a stroke while being held at Belmarsh Prison.

The court was told he suffered from a range of medical conditions, from prostate cancer to loss of hearing, required daily assistance with simple tasks.

He was chosen to mastermind the raid due to his involvement in the notorious Brink's-Mat Robbery in 1983.

Reader came to public prominence as a result

of his relationship with a man who would soon become notorious. On the night of 26 January 1985, Reader was present at the Kent home of Kenneth Noye, who, like Reader, was suspected by the police of receiving the stolen bullion from the Brink's-Mat job. On that night, Noye walked into his garden, came across a hidden, balaclava-wearing undercover officer called John Fordham and stabbed him to death.

Reader, who has always said he was not involved in the stabbing, fled the scene, but was arrested later. Both men were charged with murder.

At the Old Bailey in 1986, to the anger of the police, both were acquitted (Noye claimed self-defence) but both were later convicted of handling the Brink's-Mat proceeds. Reader was sentenced to nine years.



Don't Cry For Me Argentina

THE FALKLANDS WILL ALWAYS BE BRITISH!

One of the most poignant British war cemeteries is that of Blue Beach Military Cemetery at San Carlos Bay in the Falklands Islands.

It is a stark reminder of the ultimate sacrifice paid by British troops in a brief but bitter war, which lasted just 10 weeks.

It all began 35 years ago this month, when Argentinian President, General Leopoldo Galtieri ordered the invasion of the remote UK colony in the South Atlantic.

Argentina's military junta hoped to restore its support at a time of economic crisis, by reclaiming sovereignty of the islands. It said it had inherited them – which they called Las Malvinas -from Spain in the 1800s and they were close to South America.

The UK, which had ruled the islands for 150 years, quickly chose to fight. Prime Minister Margaret Thatcher said the 1,800 Falklanders were "of British tradition and stock". A task force was sent to reclaim the islands, 8,000 miles away.

Argentinian Special Forces invaded Port Stanley on April 2 1982, triggering a 10-week war that

cost the lives of 655 Argentinian troops, 255 British servicemen and three islanders.

Three days later a task force of more than 100 ships set sail for The Falklands, including aircraft carriers HMS Hermes and HMS Invincible.

One of the servicemen was the Queen's son, Prince Andrew then a naval officer and helicopter pilot, who distinguished himself during the conflict.

Fighting ended on June 14, following the British liberation of the islands' capital, Port Stanley, and the surrender of Argentine forces in the Falklands. The British declared a formal end to military activity on June 20.

Two Victoria Crosses – the highest military bravery award – were won posthumously by Col Herbert H Jones who died leading a charge at Goose Green and to Sgt Ian McKay who died at Mount Longden. Both men were members of The Parachute Regiment.



Photo Credit: PA Images



LOCAL NEWS

from your neighbourhood



Blind man sees 'beautiful' wife for the first time ever

A Hemel Hempstead man thought he would never see properly again after losing his sight nearly 27 years ago but thanks to a remarkable piece of technology he has been able to see clearly again and even managed to look upon his wife's face for the first time ever.

Brian Casey, 51, lost his sight following two fluke incidents in the 1980s. Then a keen sportsman, he lost the vision in his left eye, when he was hit in the eye by a squash racket whilst playing for Hemel Hempstead and a year later he was smashed in the face by a football, causing his cheekbone to break and pierce his right eye.

Brian's accidents led to him losing his job as he spiralled into depression. However, things looked up when he met his future wife Beverly at a rehabilitation centre in Torquay.

Now Brian has enjoyed what he calls a "life changing" experience after he become the first person in Britain and Europe to trial the pioneering eSight, billed as the world's most sophisticated electronic glasses.

After trialling the equipment in London last month, Brian has hailed the technology as it has allowed him to see for the first time in almost three decades.

He said: "I really would describe it as life changing. I looked upon my wife's face for the first time and she

was even more beautiful than I expected.

"Even just being able to see a clock on the wall, read a newspaper or see colours for the first time since the accident is amazing.

"They have done successful trials in Canada and I didn't hesitate to be the first person to try it in Britain and Europe."

Brian, who now lives in Fleetwood, was given the chance of the trial because he works as a low vision officer for the charity NVision. The glasses don't work for everyone and retail at £9,995 so now he is looking at ways of purchasing one of his own.

Brian added: "I am definitely interested in buying one, I am saving up for it. With my blindness, I managed to get into a routine and found a way to get by but I think with eSight, there is a real chance to enjoy some of the things I used to take for granted once again."

His wife, Beverly, aged 46, who has had a degree of visual impairment from birth, said: "We have both tried equipment in the past and it hasn't worked, so I told Brian not to build his hopes up. I was with him when he was involved in the trials in London and I realised from what he was saying that he could see, I could just make out his movement and realised he was looking around him. It was a really exciting moment"



Unused parking area to finally be transformed into new homes

The area surrounding The Paper Mill pub in Apsley is to finally be developed on with the build of 32 new homes although it will be delivered two years later than expected.

A section of the car park that serves the pub and offices at the John Dickenson Enterprise Centre has been sectioned off for several years as Dacorum Borough Council (DBC) completed surveys and preparatory work ahead of the new development which will be for social rent and consist of 12 one-bedroom flats and 19 two-bedroom flats.

The new development has now had planning approved by DBC and is set to open in Spring 2018.

It forms part of DBC's £50million new building programme to build 300 new homes in and around Hemel Hempstead by 2020. However, the site at Stationers Place, next to The Paper Mill pub, was

initially earmarked to be completed in 2016.

The delay has caused frustration for local business owners who feel the unused reduced car parking area has put customers off visiting the pub.

A spokesman from DBC explained why the site has been closed: "We have invested money in the site and it has been closed to safeguard it for the housing development and so we can get access for surveys and preparation work.

"Although people were parking there unofficially, it is not a car park and is not a long term parking solution as it has been acquired with vacant possession to build affordable housing for Dacorum residents. We want to make sure our borough has enough good quality affordable housing, now and for the future."

Newborn puppies found dumped in bag

A joint investigation has been launched between Dacorum Borough Council and the RSPCA after the bodies of four newborn puppies were found dumped in a carrier bag in Hemel Hempstead.

A member of the public made the heartbreaking discovery in Three Cherry Trees Lane on March 23.

RSPCA inspector, Rachel Smith, said: "A woman called the dog warden as she was concerned there were dead animals in a tied up Marks and Spencer carrier bag, which had been dumped on a verge.

"Unfortunately, when the dog warden attended,

she made the grisly discovery. Inside the bag were four tiny, newborn puppies. There were no obvious signs of injury. It's not clear how or why these puppies died but I do have concerns that they could come from an unplanned litter and there may be a bitch who is at risk.

"Sadly, the reality is that unscrupulous breeders and sellers looking to make money out of the puppy trade means awful things are happening."

Anyone with information should email dogwarden@dacorum.gov.uk or call 0300 123 8018.

Roofing boss told to hand over web name after row



A Hemel Hempstead roofing firm boss has sparked an online row after using part of a competitor's name to direct traffic to his own website.

Myles Cash, 26, registered an address using part of the name of well-known builders Harpenden Roofing Company Ltd in 2011. He then used it to direct internet surfers to his company website, Optimum Home Improvements Ltd, based in a similar area. After a complaint to web address watchdog Nominet, Mr Cash, of Alldicks Road, has now been told to hand it over.

A Nominet expert said Mr Cash's registration of the address - harpendenroofing.co.uk - was "abusive". Harpenden Roofing, which has operated for 35 years, complained when it tried to register the address in 2012 and found it already taken.

It claimed the purpose had been to mislead web users looking for Harpenden Roofing into thinking the site was connected with it. However, Mr Cash denied any ulterior motive, saying no laws had been broken and he had "not impersonated" his rival.

But the Nominet expert said there was evidence that users looking for the Harpenden firm would be confused when directed to Optimum's site.

Mr Cash had registered the address years after Harpenden Roofing had begun using that name.

"I direct that the domain name - harpendenroofing.co.uk - be transferred to the complainant," the expert concluded.

Tudors looking for big ground improvements

Hemel Hempstead Town Football Club are hoping to expand its Vauxhall Road ground which will improve the matchday experience as

well as improve the classroom facilities for its academy.

The National League South club has applied to Dacorum Borough Council (DBC) for planning permission to make its classroom facilities a permanent fixture for its growing academy intake.

Club chairman Dave Boggins has already invested in two large cabins with one acting as a classroom facility for the pupils of the academy. The hospitality unit will double as another classroom as required.

DBC are looking at the application and should it get approved the new facilities are expected to be given a permanent site following this season.

Mr Boggins said: "It's important to improve facilities year-on-year if you have ambitions to improve your status and position in the game. That has always been our ambition."

More than 1,500 volunteers give town a spring clean



More than 1,500 community spirited locals took to Hemel Hempstead streets to give the area a tidy as part of The Great British Spring Clean.

Dacorum Borough Council encouraged people to step up and take part in Keep Britain Tidy's biggest community litter-pick yet and they didn't disappoint. In total volunteers collected over 250 bags of rubbish and 150 bags.

A team from Bennetts End adventure playground started the campaign with over 30 youngsters sprucing up the local woodland by their playground.

The largest litter pick saw 250 children from Two Waters Primary School clearing up their school grounds and surrounding streets. Meanwhile, the top litter pickers were Dacorum's Tenant Involvement team who brought together a group of dedicated residents from Leverstock Green and collected 37 bags in total.



MP gets help for new hospital battle



Mike Penning, Hemel Hempstead MP, has contacted NHS Improvements supporting the New Hospital Campaign's independent report that demonstrates the West Herts Hospital Trust case for redeveloping the existing Watford hospital is flawed.

Chief executive of NHS Improvements, Jim Mackey, has confirmed in writing that, when the Watford based Trust proposals for a replacement hospital at Watford and St Albans is received by them, his resources committee will "rigorously test for the robustness of its methodology and financial costing assumptions employed in evaluating and comparing each long listed option."

Mike Penning MP said: "He (Jim Mackey) is a very senior executive within our NHS and his help and support will be invaluable.

"The independent report commissioned by the New Hospital Campaign into the cost assumptions suggests that the hospital Trust proposals are flawed in that they may overstate the cost of the greenfield new build by some £247million and understate the cost of the Watford and St Albans redevelopment option by some £230million. If this is true then the economic justification for eliminating the greenfield option is invalid."

The Trust's proposals will not be submitted for further scrutiny by NHS Improvements until they have been approved by the GP led Clinical Commissioning Group at their June meeting."

Abbot's Hill School delighted with 'outstanding' feedback

Abbot's Hill School in Hemel Hempstead have said they are "thrilled" with the outcome of its inspection by the Independent Schools Inspectorate service as the school received excellent feedback in all areas.

The inspection measured whether the school is

meeting the standards outlined in the Independent School Standards Regulations and the statutory framework for the Early Years Foundation Stage.

The report found the school was compliant with all regulations. The new Day Nursery and Pre-School facility which opened in October 2015 was awarded 'outstanding' in all five aspects of the report. The inspectors found that all children are supported in their learning and development, and that staff create highly positive, stimulating and safe environments, both indoors and outside.

Headmistress Elizabeth Thomas said: "We are delighted to have received such glowing feedback having been given us the highest judgements. I would like to express my gratitude to the school's governors, senior managers and staff for working with the outstanding level of care and commitment that has led to the judgements arrived at the report."

Special new recruits for local policing team



Two new special constables will join the local policing team after being posted to Hemel Hempstead police station after their training.

Andrew Harley and Joe Simpson will join the team at Hemel having gone through a rigorous selection process and had to pass a final exam and assessment to enable them to qualify for the role of Special Constable.

Assistant chief constable, Jane Swinburne, gave a very warm welcome to the new special constables. She said: "Our new officers will enjoy this role and will bring new skills from where they work into the Constabulary. We will also give them transferable skills such as leadership and team working, which will help them in their roles outside of the force."

Hertfordshire Constabulary is actively recruiting Special Constables, they have full police powers, equipment and work alongside the regular force.

Special Constables get involved in all areas of frontline policing - from high visibility patrols around pubs and clubs at the weekend and being called to assist at the scene of a road traffic collision or burglary to arresting offenders or reassuring and advising residents after a crime has occurred.

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THE GREAT SUGAR Scandal

With recent studies showing that a third of 10 to 11-year-olds and over a fifth of 4 to 5-year-olds are overweight or obese, it's clear that we have an excessive eating epidemic on our hands. And the experts all agree, the real culprit behind all this is... sugar.

You may think nothing of giving your child a second glass of apple juice, but did you know some brands contain the same amount of sugar as three Krispy Kreme doughnuts? That's seven teaspoons of the stuff, or in other words, double the recommended allowance for a three-year-old.

Saturated fat used to get the blame for society's widening waistband, but with the prevalence of 'low fat' products and the use of processed sugars like corn syrup, sugar is now the number one enemy. These cheap and ubiquitous sweeteners are higher in fructose than refined sugar and are harder for our bodies to process. The excess fructose gets turned to fat and, well, we all know where the fat ends up...

The problem for parents is that sugar is far stealthier than fat, hiding in the most unsuspecting

places. A typical fat-free yoghurt, for example, contains five teaspoons of sugar, and that's before we consider the many fruit-based drinks that masquerade as healthy and are squarely aimed at children, yet contain as many grams of sugar as a can of coke.

This excess sugar can cause permanent damage to a child's health, an increased risk of heart disease and type 2 diabetes, plus the obvious effects of tooth decay.

So, what can parents do? Well, for starters, always check labels and avoid low-fat diet foods and products that claim to be 'sugar free' - these are often loaded with the far more damaging synthetic sweeteners. Swap white breads and pastas for wholegrain and stick to one glass of juice a day, preferably diluted. Whilst it's difficult (and mean) to cut sweet treats like chocolate from your child's diet entirely, it's good to teach them moderation. After all, those sugar crashes are no fun for anyone...

How much sugar should we eat?

- ▶ **Age 2** - less than 13 grams, or 1 to 3 teaspoons per day
- ▶ **Age 3** - less than 15 grams, or 2 to 4 teaspoons per day
- ▶ **Ages 4 to 6** - less than 19 grams, or 3 to 5 teaspoons per day
- ▶ **Ages 7 to 10** - less than 24 grams, or 4 to 6 teaspoons per day
- ▶ **Ages 11 and over** - less than 30 grams, or 5 to 7 teaspoons per day



NO PAIN, NO STAIN



It's a common scenario for every parent. You take your eyes off the rascals for what seems like just a second, and before you know it your little treasures are covered head-to-toe in seemingly immovable marks. But fear not! A bad spill doesn't necessarily mean a trip down to the supermarket for the latest super-strong and overpriced stain remover - there are plenty of everyday household items you can use in the unending battle between parent and stain...

GRASS

When presented with a freshly-mown hill, very few children have the prerequisite will power not to take this as an opportunity to slide face-first down said mound, leaving long green streaks where that gleaming white shirt

used to be. Daub the stain with rubbing alcohol first, let it air-dry, rinse it with alcohol and repeat the process as needed. Finally, work a little liquid dish detergent into the stain and put it through the laundry as normal.

Blood

Nosebleeds and grazed knees always herald a tough struggle for any parent. First blot the item with a cold, wet washcloth, then rinse it thoroughly with cold water. Next, let it soak in a very cold saltwater bath for several hours. If that doesn't get the stain out, you can treat it with a three percent hydrogen peroxide solution, then rinse with cold water again, and put it through a laundry cycle as usual.

CRAYON

When the line between colouring book and clothing becomes inexplicably blurred, the first thing to do (after removing said item of clothing from child's back) is to place the stain between paper towels and give it a good press with a warm iron, swapping the towels at regular intervals. Next pre-wash the fabric, blot the mark and let it dry fully. If any traces of crayon resist after a first wash, use a chlorine bleach the second time around (so long as it is safe to use with the fabric).





Tales from the BUSINESS GHOST



Why do you BELIEVE THAT?

One of my more annoying hobbies is provoking other people to challenge their long-held ways of thinking. For example, we often hear the expression “you have to be cruel to be kind” which (if you really think about it) is complete and utter nonsense. OK, maybe sometimes kindness might appear to be a little harsh, but cruelty is always cruel, never kind. Then there is the popular (seemingly wise but only ever used in regretful situations) mantra, “hindsight is a wonderful thing.” I find this an incredulous and defeatist statement. Surely foresight is a far more wonderful and valuable thing to have – hindsight is, at best, merely a lesson learned.

My final foray into exposing the folly behind (some) handed down ideas is an examination of the nonsensical belief that, “ignorance is bliss.” Need I say more? I believe that ignorance is simply ignorance and (especially if it is willing ignorance, as inferred in the saying) perhaps even verging on stupidity.

So my challenge today is for you to ask yourself: What firmly held beliefs do you have in your business which might not actually be true? Are you prepared to challenge the norm and ask if there is a better way? Are you brave enough to entertain the

idea that you could be doing things wrong: even if the ‘accepted wisdom’ has been there since the market for what you do began? Perhaps things have changed and no one has noticed, or maybe those ideas were never even true in the first place?

The fact is that most success stories in business, and in life, started because someone decided to do whatever it takes: regardless of what anyone else believed.

Yours provokingly...Martin



PUZZLES & TRIVIA

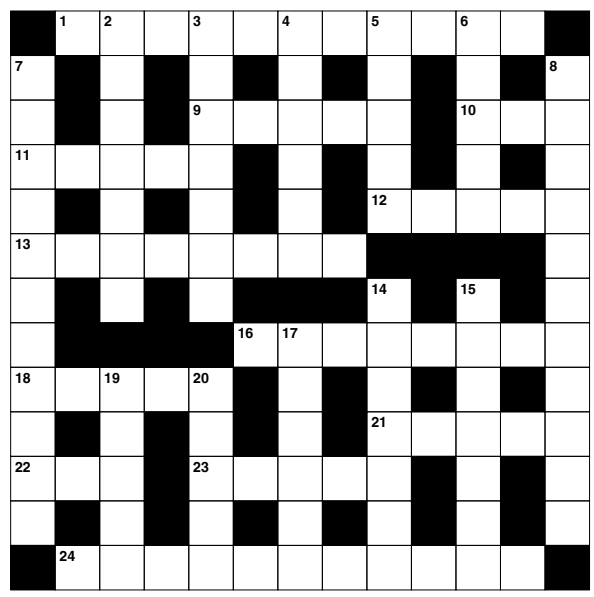


ACROSS

- 1. Defensible (11)
- 9. Valuable thing (5)
- 10. And not (3)
- 11. The lion who rules over Narnia (5)
- 12. Staggers (5)
- 13. Fortress in Paris (8)
- 16. Choosing from various sources (8)
- 18. Devout (5)
- 21. Push back (5)
- 22. Unit of time (abbrev) (3)
- 23. Breed of dog (5)
- 24. Property professional (6,5)

DOWN

- 2. Serving no purpose (7)
- 3. Pass across or through (7)
- 4. Involving financial matters (6)
- 5. Later (5)
- 6. ___ Armstrong: famous cyclist (5)
- 7. Astound (11)
- 8. Radically (11)
- 14. North Atlantic food fish (7)
- 15. Idealistic (7)
- 17. Unrefined (6)



- 19. Deducts (5)
- 20. Woody-stemmed plant (5)

DID YOU KNOW

- ▶ The tongue is the strongest muscle in the body.
- ▶ Blue-eyed people tend to have the highest tolerance of alcohol.
- ▶ During your lifetime, you will produce enough saliva to fill two swimming pools.
- ▶ You are one per cent shorter in the evening than in the morning.
- ▶ You are born with 300 bones, but by the time you are an adult you only have 206.
- ▶ There are 100,000 miles of blood vessels in an adult human body.
- ▶ Humans shed about 600,000 particles of skin every hour.
- ▶ Human teeth are just as strong as shark teeth.

SUDOKU

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



MOTORING

SHOULD HAVE GONE TO...

In 2013, after teenager Cassie McCord was tragically killed by an 87-year-old driver who had failed a police eyesight test just days earlier, a law was introduced to implement more stringent rules about road users who had failed eyesight tests. As a result, 609 drivers had their licenses revoked. However, there have been fresh calls to look again at how much importance the DVLA places on examining new and current driver's eyesight.

The current rules for the UK driving test mean that the examinee must read a clean number plate made after September 2001 from 20 metres. But when the driving test was first implemented in 1937 the minimum requirement was a distance of 23 metres. Drivers in the UK are not required to renew their license until 70 and even at that point they aren't expected to pass another eyesight examination.

The latest government data showed that 64 people were killed or seriously injured by drivers with defective eyesight in 2015, and over a third

of drivers have not undergone a vision test in the past two years.

And yet, researchers at the University of Swansea recently found that motorists over 70 are no more likely to cause a crash, and around four times less likely to have an accident than drivers aged between 17 and 21.

In July 2016 the Older Drivers Task Force recommended regular eye tests from age 60, but that licence renewal should be pushed back until 75. With people spending large portions of their day looking at computer screens, the eyesight issue may well start affecting drivers of an earlier age.

If you work with computers for long periods of the day, there's a very simple way to protect your eyesight, regardless of whether or not you're venturing out onto our roads. Simply make sure to follow the '20-20-20' rule - looking at something 20 feet away for 20 seconds after every 20-minute interval. It's a small thing that can delay the onset of future sight problems.



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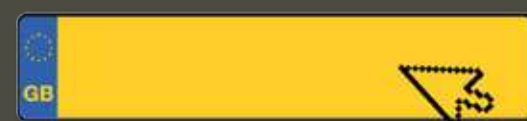
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ROAD TAX REVOLUTION

Things are changing when it comes to getting your car ready for the road – but how will the new rules governing Vehicle Excise Duty (VED) affect you and your motor?

The new rules governing VED come into effect imminently and their introduction could have massive implications if you're in the process of buying a new car. These new road tax measures present a huge shake-up of the existing system, with the reconfiguration of vehicle tax bands affecting every new car buyer from April 2017 onwards.

The incoming regulations will ensure that most new cars are subjected to a significant increase in their first-year tax demands, after which a flat rate of £140 will apply each year. Meanwhile, if you purchase an "alternatively fuelled" car (for example a hybrid, or something that runs on LPG or bioethanol), you'll pay £10 less in your first year of tax and then £130 annually thereafter.

However, if you're concerned about your current car, don't be: as long as you registered it before 1st April

2017, the changes won't apply.

Unlike the current system, where low-emission petrol and diesel cars are tax-exempt, the new VED system will only be free for vehicles with no tailpipe emissions – that means electric and hydrogen cars only. That's not all though, as there's a new five-year supplement of £310 to pay for cars costing more than £40,000.

Furthermore, under the new car tax system, any remaining road tax will not transfer to the new owner with the vehicle. Instead, the seller can get a refund on any tax remaining on the vehicle, while the buyer has to pay to re-tax the car.

The tax refund on a sold car will be sent automatically when the DVLA receives notification that the car has been sold, scrapped, exported or taken off the road with a Statutory Off Road Notification (SORN).

WILL IT FLY?

All you need to know about the electronic device flight ban

The UK government has announced a cabin baggage ban on laptops and tablets from several Middle-Eastern countries as a precaution against the ever-growing threat of terrorist, notably a much-feared new phase of al-Qaeda attacks.

While it only applies to a handful of countries, it's important to be aware of new travel instructions for risk of incurring any unexpected baggage fines.

Effective immediately, any device larger than 16cm long, 9.3cm wide and 1.5cm deep must be stowed in the hold. This includes any phones or 'phablets' over this size and all laptops, tablets and e-readers, plus any accessories that can be used with them. Gaming consoles, DVD players and most smartphones will still be allowed.

The ban only applies to direct flights to the UK from Turkey, Lebanon, Jordan, Egypt, Tunisia and

Saudi Arabia, but may also affect travellers who have connecting flights in these countries, so be sure to check with the airline before travelling.

There are six UK carriers affected by the ban:

- British Airways
- EasyJet
- Jet2.com
- Monarch
- Thomson
- Thomas Cook

And eight overseas carriers:

- Turkish Airlines
- Pegasus Airways
- Atlas-Global Airlines
- Middle East Airlines
- Egyptair
- Royal Jordanian
- Tunis Air
- Saudia

Transport Secretary Chris Grayling said the move was in response to an "evolving threat" from terrorism, with fears that terrorists may try to hide small explosives in consumer electronics – and theoretically it would be harder to hide a bomb in checked luggage as more sophisticated cameras are used on items stowed in the hold. Furthermore, much of an explosion's effectiveness relies on its location in the plane, something a bomber cannot control if a device is stowed safely away.

Unfortunately, rules like this will be particularly frustrating for certain travellers, like those with small children and budget flyers who didn't plan on taking hold luggage. The best advice therefore is to be prepared. Take plenty of entertainment for little ones like colouring books and toys, and if you only have carry-on allowance, consider leaving the devices at home.





Golden BOOTS

They come in all colours of the rainbow, and without them Ronaldo, Messi et al would be powerless. But what is the history of this humble football footwear, and how did we get from steel-toed shoes to the aerodynamic aesthetics and scientific specs of the modern boot?

ROYAL ROOTS

The first recorded instance of football boots – or ‘cleats’ as they were known then – was a design fit for a king... literally. Serial spouse-beheader Henry VIII commissioned a pair from personal shoemaker Cornelius Johnson in 1525 at a cost of four shillings, or the equivalent of around £100 in modern money. All that is known of these royal boots is that they were ankle-high and much heavier than their 21st century counterparts.

SIBLING RIVALRY

In 1948, Adolf ‘Adi’ Dassler founded Adidas after a family argument that saw his brother Rudolf start up his own company, Puma, and began a rivalry that would form the cornerstone of boot making for decades to come.

ALL WHITE ON THE NIGHT

In a 1970 Charity Shield match, Everton midfielder Alan Ball wore the first pair of white boots. He had seen an advert from Danish manufacturer Hummel offering £2,000 to any player who would debut their creations, but later said the boots were like cardboard so he ended

up getting an apprentice to paint his Adidas boots with white paint.

PREDATORY INSTINCT

The 1990s saw former Middlesbrough and Liverpool player Craig Johnston design the prototype of the Adidas Predator. Upon its release, this revolutionary boot was worn by many of the world’s most elite footballers, including Zinedine Zidane, David Beckham and Xavi.

LACELESS LATEST

Last year, Arsenal playmaker Mesut Ozil made history by being the first ever footballer to wear laceless boots in a competitive game. After revealing to Adidas in 2014 that he had problems with boot laces interfering with his control of the ball, the company specially designed the sleek Ace 16+, later described by Barcelona midfielder Ivan Rakitic as the best boots he had ever worn.



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PARKOUR

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SPORT



Derived from the French word *parcours* meaning 'route' or 'course', Parkour was originally termed *Art Du Deplacement* when it was created in the 1980s by a group of nine young Frenchmen. Since that time, Parkour has made its way around the Western world and in January the UK became the first country in the world to officially recognise it as a sport. Co-founder and newly instated President of Parkour UK, Sebastian Foucan, says this country was the first to truly embrace the unusual hobby.

Parkour involves the negotiating of any environment through the use of natural body strength – running, jumping and climbing. As well as functional strength and fitness, Parkour relies on balance, spatial awareness, agility, coordination and precision.

The sport has gained recognition across the globe from the prevalence of showcase videos on sites like YouTube and its acceptance by Hollywood.

Some of the films shining a spotlight on the practice of Parkour include 2010's *Prince of Persia: The Sands*

of Time and 2006's Bond flick *Casino Royale*, where Sebastian Foucan himself featured in the opening scenes during a chase across the rooftops of Madagascar.

Now that Parkour has been officially recognised as a sport, it is eligible for government grants and National Lottery funding. Recognition also means it could be practised in schools, with the Association for Physical Education describing it as an 'exciting and motivating' activity.

Despite some controversy over the health and safety aspects of the sport – with one incident in 2013 leading to Cambridge University condemning a 22-year-old student who filmed himself practising among the institute's ancient buildings – it appears that the sport of Parkour is set to make more leaps and bounds in years to come.



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