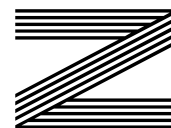
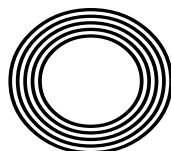


**The RACE**  
to N°.10

**QUEEN'S  
SECRET  
CODE  
REVEALED**

**FERRARI'S  
Horse Power**

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*weirdest places*



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# CHERYL

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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 focus on Prime minister Theresa May who sprung a big surprise on the UK and called a general election in June. The

media have been awash with different opinions and views but for me it was a bold call and one that the PM called right.

With one eye firmly on the Brexit negotiations the election will either bring more people behind the government or create a much stronger movement against leaving the EU.

In home and DIY we take a look at how the colour you have certain rooms can affect your mood and which colour is best for each room. In food and drink we take a look at the worlds weirdest restaurants.

In health and fitness we see how you can boost your memory.

In motoring, for you car enthusiasts we take a look at one of the most desirable car brands in the world, Ferrari.

In local news, we have a report from the Hospice of St Francis' Bubble rush in Gadebridge Park and we also meet a Hemel mother who is obsessed with Marmite. Also, with the cricket season well underway, we check in with Hemel Hempstead Town Cricket Club. Local news is important to us so please send your stories to [editorial@visionmag.co.uk](mailto:editorial@visionmag.co.uk)

Let us know your thoughts, enjoy and reading.



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# BRAVERY OF THE MUM WHO SAVED ANOTHER MOTHER'S SON FROM THE NAZIS *and paid with her life*



JENNY SEAGROVE JOHN HANNAH AMANDA ABBINGTON RONAN KEATING JULIAN KOSTOV  
**ANOTHER MOTHER'S SON**



Louisa Gould was one of those people who lived an ordinary life at an extraordinary time and became a heroine defying the Nazi regime through her humanity.

The middle-aged general storekeeper was a widow who lived on the Island of Jersey, which was occupied by the Germans in WWII.

Her story became known after Jersey was liberated on May 9, 1945.

In 1942 she was still mourning the death of her son Edward who had been killed while serving with the Royal Navy in the Mediterranean a year earlier.

Also on the island was a Russian pilot, now a prisoner of war, Feodor Burriy. He tried to escape on three occasions. He was recaptured twice and tortured by the Germans.

On his third attempt he ended up at Louisa's door, and still reeling from the loss of her son, took him in, in a barefaced act of defiance against the Nazi occupation.

She hid him in her house in Millais in the northwest of the Island for almost two years.

She gave Burriy a room, changed his name to Bill and altered her son's clothes to fit him. She also gave him a fake ID and taught him English, but with a French accent, so the occupying forces would not think he was Russian. They settled on a cover story that Bill was a nephew, or friend of the family. "I have to do something to help another mother's son," she reasoned.

Now her amazing story is getting a wider audience with the release of a new film, *Another Mother's Son*, starring Jenny Seagrove as Louisa and ex Boyzone lead singer Ronan

Keating as Louisa's brother, Harold Le Druillenc.

Amanda Abbington plays Louisa's sister Ivy.

Months passed, and Bill became accustomed to his double life.

But 20 months after his arrival, someone informed the Germans that Louisa was harbouring a Russian.

Louisa had just enough time to move Bill to a safe house. But during a search of her property a Russian-English dictionary, a Christmas gift tag bearing his Russian name and a wireless were found; she was sentenced to two years in prison, and taken by cattle truck to Germany's Ravensbrück concentration camp – a place from which she would not return. In February 1945, she was sent to a gas chamber, aged 53. The camp would be liberated eight weeks later.

Harold, was sent to Belsen, and was the only known British survivor of the notorious concentration camp.

Ivy was also arrested, but survived after escaping deportation because a doctor at the Jersey General Hospital forged papers saying she was not well enough to leave the island.

Bill was never recaptured, and returned to Russia after the war. He married and kept in touch with some Jersey residents, publishing a letter of thanks for their kindness in the local paper 20 years after the war ended and later visiting in 1995 to unveil a plaque dedicated to Louisa. He described his heart as being "wrung with pain" at the prospect of never being able to shake hands with his "second mother" again. He has since died.

*I have to do something for another woman's son*

Louisa Gould  
Islander who perished at Ravensbrück  
having been denounced for hiding  
an escaped slave worker





Photo credit: Riddle and Coghlin Interiors



# SECRET CODE:

## LONDON BRIDGE IS DOWN

When the Queen dies a secret plan dating back 60 years will swing into operation.

It will start off with four words – 'London Bridge is Down'.

They will be spoken to the Prime Minister of the day, senior civil servants and Government officials who all know that London Bridge is the codename for Her Majesty.

Operation London Bridge, which has been secretly rehearsed for decades, covers every aspect of her funeral and her lying in state. Britain will be in mourning for 12 days.

It will be Sir Christopher Geidt, the Queen's private secretary, who will first contact the Prime Minister on a secure line with the code words, no matter what time of day it is.

From the Foreign Office's Global Response Centre in London the news will go

out to the 15 governments outside the UK where the Queen is also the

head of state, and the 36 other nations of the Commonwealth for whom she has served as a symbolic figurehead.

The public will find out in a newflash after newspapers and television and radio stations have been told.

Although it is likely that many people will find out through social media, Facebook and Twitter.

The day after her death, Prince Charles will be crowned King and Camilla his Queen.

Prince William would become the Prince of Wales once his father took the crown, giving Kate the title of Princess of Wales, once held by Diana.

The state funeral will begin by her coffin being taken to Westminster Abbey by gun carriage, where it will be led by the Archbishop of Canterbury, Justin Welby.

The funeral will have 2,000 guests and there will be a procession before the Queen's body is taken by road to Windsor Castle where she will be buried in the royal vault.



DOWN

# Cutting Edge Kitchen

## CUTTING EDGE GADGETS FOR SERIOUS HOME COOKS

No celebrity chef worth his or her salt would be seen in a kitchen which wasn't kitted out with the latest appliances and gadgets. And it would seem Brits, inspired by what they see on popular television shows such as the *Great British Bake Off* and *Masterchef*, are following suit.

Last year, sales of kitchen appliances boomed, with many retailers reporting particularly strong growth at the premium end of the market.



### SLIDE AND HIDE

A prime example of this growth is the 'Slide and Hide' by Neff. The oven, with its distinctive door which slides away, is a regular feature on *Great British Bake Off*. And despite its price tag (ranging from £500 up to £1,000), home bakers have been snapping them up.



### STEAM OVENS

Sales of other high tech gadgets – such as steam ovens and sous vide ovens – are also on the rise with keen cooks undeterred by some of the eye-watering price tags associated with the gadgets.

Steam ovens use a combination of steam and hot air to cook food. As well as boosting the taste and smell of food, steam ovens are considered a healthier way to cook. But they don't come cheap – a number of oven manufacturers now produce steam ovens, with prices starting at around £1,000.



### SOUS VIDE

For amateur chefs wanting to go even one step further, there is the sous vide option.

The sous vide technique was once a secret of great chefs worldwide, but will be familiar to *Masterchef* fans. Sous vide is a method of cooking food in vacuum sealed bags in a water bath or temperature-controlled steam environment.

A number of sous vide products are now available, including built-in ovens which allow you to bake, roast, grill and sous vide, and water baths which sit on the counter top. Sous vide water baths start at around £300, while a top range sous vide oven starts at the £2,500 mark.





# IN STARCK CONTRAST

One of the most prolific creators of our time, Paris-born visionary Philippe Starck has garnered a reputation as the bad boy of design. He has turned his hand to practically every creative canvas, from hotels, restaurants, bars and clubs, to furniture, tableware, baggage, kitchens and even nutrition. In other words: if your space is feeling uninspired, it may be time to Starck it up. Here's the designer's style aesthetic in four quick points.

### PRACTICAL CAN STILL BE BEAUTIFUL

First made in 1990, Starck's aluminium Juicy Salif lemon squeezer is so aesthetically pleasing it has a place in New York's Museum of Modern Art. With practical items it's easy to dismiss the way simple everyday items look, but since they will be on show the most, shouldn't they look good too?

personal embellishments like photos and art. After all, you're the one who has to live with it.

### NEVER BE SATISFIED

"I am always disappointed; sometimes because I am very feminine, I cry when I see the results. I never go to hotels or restaurants that I have designed because for me they are like a mirror that reflects all my mistakes, all my weaknesses. I am always disappointed in myself," said Starck.



### DESIGN SHOULD BE TIMELESS

"A designer has a duty to create timeless design. To be timeless you have to think really far into the future, not next year, not in two years but in 20 years minimum," says Starck. So avoid fashions and opt for the classics.



### CREATIVITY IS A PERSONAL THING

For some, Starck's line of Perspex chairs and tables for Italian brand Kartell are too minimalist; for others they represent the very epitome of sublime. The rule is to create space in your own eye, buying pieces you love and adding

Dissatisfaction is a permitted state according to Starck, as long as you remember your home is a work always in progress, and the décor should change and grow with you.

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HOME & DIY

# COLOUR me happy

**W**hy picking the right colours for the rooms in your house can lift moods, calm anxieties and even promote better health.

**Green**...is the colour of tranquillity. Evoking an abundance in nature, or briny oceanic depths, it restores calm and promotes peacefulness and reflection.

Paint: Any room in your home where you want to wind down.

**Red**...is the colour of love, fire and passion. A vibrant crimson can set pulses racing or spark stimulating conversations, which is exactly why you don't want it in your bedroom...

Paint: Ideal for dining room.

**Blue**...is the sleepest hue. Despite its reputation as the colour of coldness and sadness, blue is said to lower blood pressure and help promote a feeling of restfulness – making it ideal for bedrooms. Opt for softer, dusky blues over harsh navy and cobalt.

Paint: Anywhere you want some shut-eye.

**Yellow**...is not necessarily the most mellow, as too much in one room has been known to cause

feelings of frustration and anger. Just the right amount, however, and a space will feel brighter and happier.

Paint: Living room, but go for golden accents over floor-to-ceiling sunshine.

**Purple**...this regal shade can make you creative – so again, use it sparingly in the bedroom. The more vibrant and deep your purple, the more it will stimulate your brain, so pick softer lavenders if you want a more soothing effect.

Paint: Study or playground.

**White**...far from being bland and cold, white promotes light and airiness, making it the best choice for a pokey or dingy bathroom.

Paint: The bathroom.

**Orange**...aptly, orange can make you hungry, so avoid splashing this colour around your home gym. Go bold and bright to promote an atmosphere of energy and joy.

Paint: The kitchen or dining room.



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# ART ATTACK



Let's be honest – not everyone has the requisite access to dead animals and large amounts of formaldehyde to create their very own front-room Damien Hirst installation. For people who want the look of a multi-million-pound, wall hanging artwork without spending the big bucks, all you're going to need is some glue, a heat source, and a whole load of crayons...

Anyone (with deep pockets) can shell out a load of cash on an obscure David Hockney or Claude Monet, but to add some artistic flair to your walls and keep things personal, why not create your very own unique melted crayon masterpiece with a little help from the kids?

First, buy a large pack of multicoloured crayons and a canvas of any size. Before you start gluing, you should arrange the crayons in the order you want to glue them on the canvas – you can choose any colours you want, but be aware that blacks, browns

and greys tend to dilute the brighter tones.

Apply the hot glue gun to the crayons on the canvas by using a single line of glue for each crayon, matching each crayon with the edge of the canvas to keep the crayon line straight. You can add a personal touch at this point by creating a cardboard cut-out and pasting that to the canvas. The melted crayons won't run on this area. Then you can affix a photo to the area that is untouched by colour.

Alternatively, you can add a unique addition later by joining your kids in putting hand prints over the melted crayon.

Put down newspaper on the surrounding areas and tilt the canvas at an angle at which the colours will flow easier – and then begin to heat the crayons with a hairdryer. Watch as the crayons begin to stream multi-coloured streaks down the canvas, to create a quirky and colourful piece of unique art that won't cost the world.



# Allot to be said for...

The idea of an allotment was once one consigned to images of old men in wellies and flat caps, but the desire to tend to your very own green plot is having a very 21st century resurgence.

Allotments first came into being in the Victorian era to provide a healthy hobby for factory workers who were expected to spend their working days inhaling all kinds of polluting chemicals. Over time they have become more associated with the middle classes – the romantic notion of self-sufficiency gaining exposure with the BBC series *The Good Life*, which ran for three years from 1975.

Nowadays, the idea of tending to an allotment has again crept into the minds of many an aspiring horticulturalist. The rising price of food has made self-sufficiency a viable option and the demand for green spaces of one's own amidst the hustle and bustle of urban life has created a new surge in demand for allotments

that councils are struggling to keep pace with. But what are the practical benefits of having your own patch of soil to lovingly care for currently?

- Just 30 minutes of gardening on your allotment can burn around 150 calories.
- If managed properly, an allotment can produce enough food to supplement a family's weekly shop, with fresh fruit and vegetables over the year, not only saving pennies but also providing your family with better tasting produce.
- Spending time out under the sun will improve your body's vitamin D levels, warding off illnesses and boosting your serotonin level.
- Allotments are essential habitats for wildlife. By cultivating an allotment, you are helping to keep the local biodiversity level stable. Just one square metre of land can support hundreds of species.

Will all these positive possibilities, there's a lot to be said for getting in touch with your local council to see how you can get your hands on your own productive patch.





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# SKY HIGH AND DEEP DOWN: *growing up*

A new kind of farming has sprouted up and you won't find it in the fields, but rather in containers stacked on roofs, hidden in factories and even deep underground.

Land, so they say, is the one thing they're not making any more of, and to grow commercial crops you need lots of it. But what if you could grow plants without soil or natural light?

Well that's exactly what this new crop of farmers have done using hydroponic technology.

One such company, Growing Underground, is located 100ft below street level in a WW2 tunnel system underneath Clapham. This hidden labyrinth hosts rows and rows of stacked beds, all holding leafy delights like rocket, watercress and red amaranth. Nutrients are sprayed in a mist directly onto the roots of the plants, which are grown in wood fibre pulp while being exposed to light-emitting diodes (LEDs) instead of sunlight. They grow from seed to plant in under 30 days, are untouched by chemicals and don't need to be washed before consumption.

Grown Up Urban Farms is another innovative brand which takes the concept one step further, combining aquaponics (fish farming) with hydroponics in a recirculating system. In other words: the fish (tilapia) are fed, their waste is pumped into the roots of the plants where it acts as a fertiliser, the plants purify the water and then it is pumped back to the fish. Alongside their enormous industrial warehouse in Beckton, east London, they develop systems in upcycled shipping containers which can be kept on rooftops of urban buildings.

It may all sound a bit sci-fi, and even unnatural, but with the world's population set to reach almost 10 billion by 2050, food shortage might be a very real problem, and innovations like this won't be fantastical – they'll be essential.







# CABBAGE PATCH KIDS

**W**ant to raise your child as an avid veg eater? The trick may be to start as early as possible.

When you start weaning your child, it's tempting to begin with mashed banana, pureed apple and yummy sweet strawberries. But it is now believed that by persevering with vegetables early on, a child is more likely to accept them and eat throughout childhood.

But if you've found yourself wiping liquefied carrot off the walls after it has been thoroughly rejected by your little angel, you may be cynical. The problem is, our taste buds have an innate leaning to two distinct tastes – salty and sweet – so veg can seem bland. Also, breast milk has a slightly sweet flavour, so most of us develop a taste for sugar before anything else.

The solution then is simply perseverance. It can take up to 10 attempts to introduce a baby to a new flavour, so even a few attempted mouthfuls in among other foods your

child prefers are small steps to the end goal. Unfortunately, when a child reaches around 10 months old, the fussiness can really kick in, so the golden window is between six to 10 months. But if your child is already older and showing adverse signs to veg, don't fret – there are still ways to change their minds.

Firstly, make food as fun as possible. Broccoli can be intimidating, but if you're a giant who needs to eat five trees to grow big and strong, this humble veg is suddenly a lot more exciting. If it's the texture your child struggles with, eschew pureed food for finger food like carrot and pepper sticks arranged artfully on a plate. You can also add different flavours your little one enjoys, so consider a hummus dip or peas pureed with butter or even bacon. It may take a little patience, but the results are more than worth it. So, keep calm... and carrot on!



# THE RACE TO NO.10

**T**hought that you were done with massively influential and political votes for the time being? Think again! As Theresa May instigates a snap election due for June 8, we look at some of the numbers behind her decision to summon the voting public to the polling booths once again.

- ▶ **34** The percentage of people who didn't turn out to vote for the 2015 General Election. That's around 22 million people – more than voted for any singular party at the election (the Conservative Party managed around 12 million votes that year).
- ▶ **17** The Conservatives' working majority in the House of Commons. The Tories have 330 MPs, Labour have 229, the SNP 54 and the Liberal Democrats have nine.
- ▶ **331** The number of days Theresa May will have been Prime Minister on June 8, having been invited to become Prime Minister by the Queen on July 13, 2016.
- ▶ **764** The number of days between the last general election (on May 7, 2015) and the next (including both election days).

- ▶ **21** The number of points that Theresa May's Conservatives lead Jeremy Corbyn's Labour by, according to a voting intention survey published by YouGov just hours before the Prime Minister announced plans for a snap election.
- ▶ **13** The number of MPs that voted against the proposal to hold a snap election, including Labour's Clive Lewis and Dennis Skinner.
- ▶ **7** The number of times Theresa May asserted to the media that she would not be holding a snap election, and would instead wait until the planned time in 2020.
- ▶ **946** The number of words in Theresa May's statement outside 10 Downing Street on Tuesday, April 18.
- ▶ **2** The number of former party leaders standing for re-election in June. Liberal Democrat Nick Clegg will be contesting Sheffield Hallam, while Labour's Ed Miliband is back to run in Doncaster North.
- ▶ **1** The number of votes you need to concern yourself over – your own!







# World's Weirdest Restaurants

There are a number of weird and wonderful eateries all over the world. So whether you're into eating a lot of one thing, in strange places or using unorthodox containers and utensils, there's definitely something for you.

In the UK alone, the food market makes up one of the largest contributions to the high streets and accounts for a huge chunk of the economy. Within that, unique experiences and dining with a difference have become ever popular.

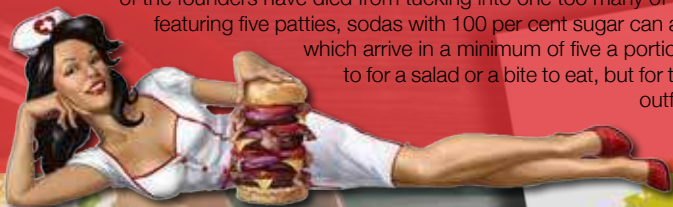
Across the pond, the food industry makes up an even larger portion of the US economy and again, the more unusual the better!

From restaurants that serve only pancakes, like the household US brand iHop (international house of pancakes), ones that go to town on the meat front, such as Meat Liquor in London, to the downright peculiar, such as Robot Restaurant in Tokyo, there's something for every colour or creed. Here is just a few food establishments with a twist from all over the world to wet your appetite.

## Heart Attack Grill

This eatery is not one for the faint hearted. Sorry, excuse the pun! Located in Las Vegas, this establishment will have you brimming with food, laughing and even crying with pain from the feast that awaits. According to hearsay, people and one of the founders have died from tucking into one too many of their crazy burgers featuring five patties, sodas with 100 per cent sugar can and chocolate smores

which arrive in a minimum of five a portion! It surely isn't somewhere you pop to for a salad or a bite to eat, but for the experience. Waitresses don nurse outfits and customers are given patient gowns on arrival. Go at your own peril!



## Cereal Killer Cafe

The world's first ever cafe completely dedicated to your favourite breakfast staple...or treat in this case. Residing in London's Brick Lane, this place is sure to make the mind boggle. With more than 100 cereals on the menu, you're sure to find something tasty. What's more is that the menu spans American, global and British favourites, as well as an array of milks and toppings. The environment is edgy and nostalgic so prepare yourself for a pretty enlightening experience.



## M6M Maldives

This postcard paradise is one for an extra special occasion. The island is already known for being one of the most beautiful in the world, whilst the beaches and clear waters are described as pure heaven. Located beneath the wonderous waters is an underwater adventure in the shape of M6M restaurant. The main room is surrounded by real fish and sea creatures, which can be seen through extra large glass windows. The decor is also not too shabby. The fresh seafood is not to be missed and the scenes will keep you mesmerized for hours. The head chef has led the decor and experience across the Ozen resort where the restaurant resides and it truly is paradise.



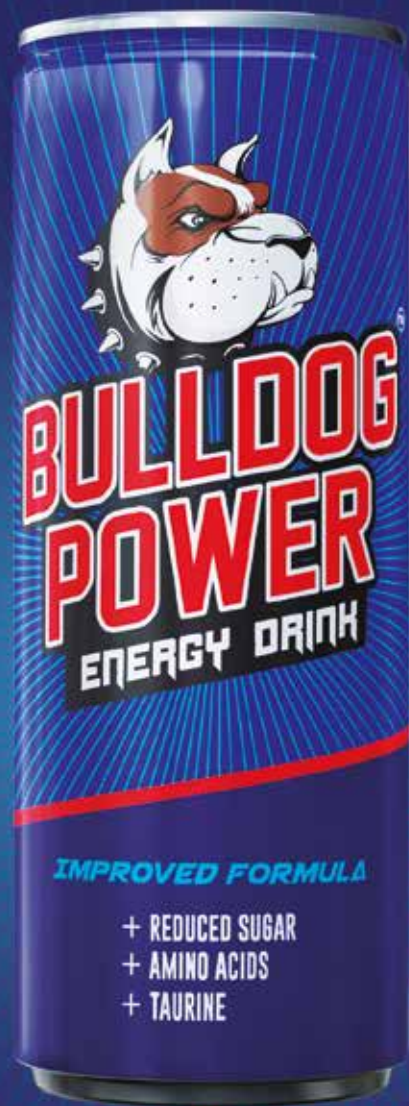
## Dans Le Noir

Dining in the dark I hear you screech? This brand has restaurants all over the world but the idea began in France. Guests are led into darkness on arrival and shown to their seats by a hostess. But this not just a dining in the dark experience, it's a sensory journey and you'll be served by the visually impaired. Your other senses will be totally heightened so get yourself ready to taste and smell like you never have before.





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## SHAKEN & STIRRED *cocktail for Spring*

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a spring cocktail that will revolutionise your reputation as a master mixologist.

### MOSCOW MULE

With zingy ginger helping to warm your cockles in a cold snap, and zesty lime to provide a

cooling sensation in the heat, you'll be prepared to be the host (or hostess) with the most in any weather.

### INGREDIENTS

- 2 parts vodka
- 4 parts ginger beer
- Mint
- 1 part lime juice
- Lime wedges

### INSTRUCTIONS

Serve over crushed ice in copper mug and garnish with lime wedge and mint.







# BOOST YOUR MEMORY

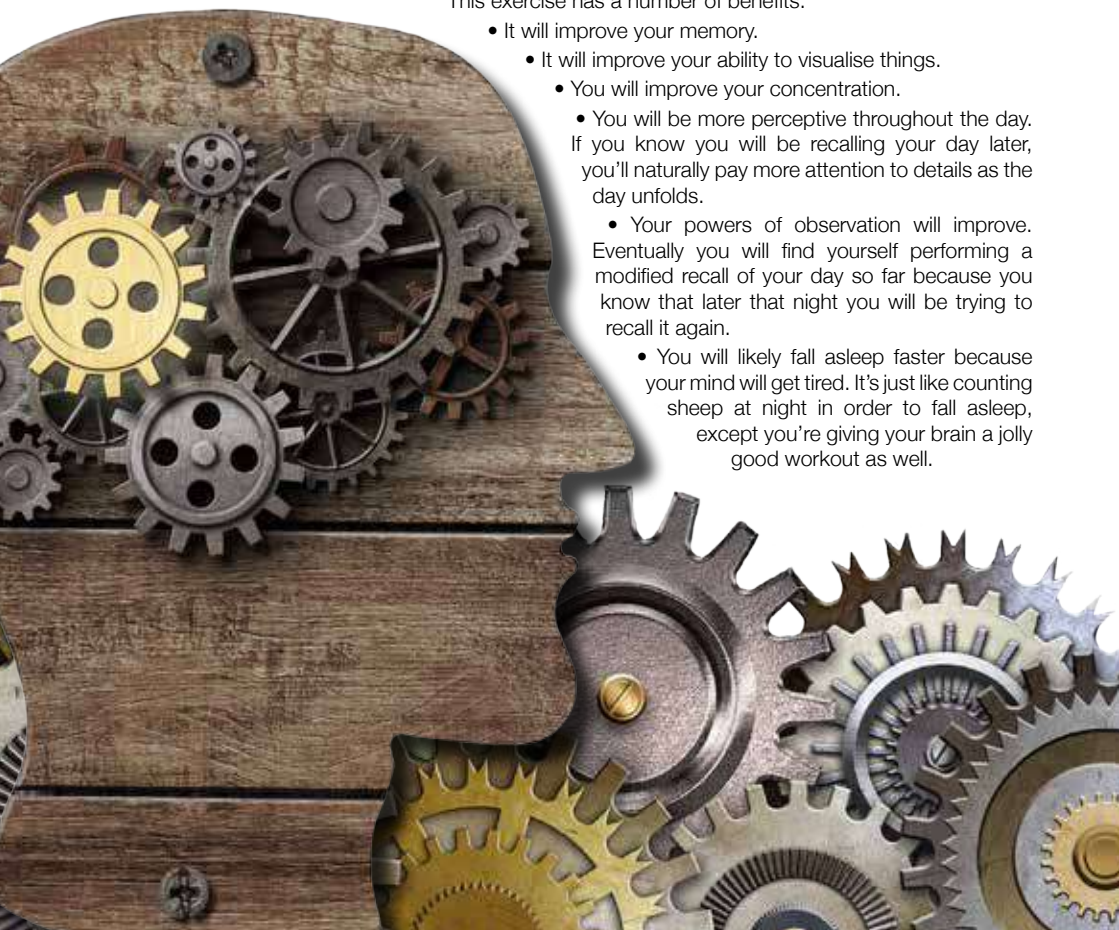
Like anything, your memory must be maintained and regularly exercised to keep it in top working order. Try out this easy exercise over a four-week period – you'll soon find your brainbox reaching new heights of efficiency.

When you are about to go to sleep, think over what you did that day from the time you got up until you got into bed. Start with the time you woke up, then follow your entire day step-by-step until the time you went back to bed. Try to recall as much detail as possible, visualising in your mind each and every step from beginning to end.

Don't worry if in the beginning you can't remember much detail – you'll probably move rapidly from task to task or think of the day in larger, broader sections. It's important to really try to slow down and remember as much as you can to take in as much detail as possible. With time and practice, you will soon start to notice significant improvement in your recall of events and details during the course of the previous day.

This exercise has a number of benefits:

- It will improve your memory.
- It will improve your ability to visualise things.
- You will improve your concentration.
  - You will be more perceptive throughout the day. If you know you will be recalling your day later, you'll naturally pay more attention to details as the day unfolds.
  - Your powers of observation will improve. Eventually you will find yourself performing a modified recall of your day so far because you know that later that night you will be trying to recall it again.
- You will likely fall asleep faster because your mind will get tired. It's just like counting sheep at night in order to fall asleep, except you're giving your brain a jolly good workout as well.



# GOING FOR GOLD

**F**rom helping fight inflammation to preventing heart disease and cancer, turmeric may be the most effective nutritional supplement in existence.

It's tasty, has been around for centuries and is a key ingredient in Britain's favourite dish – chicken tikka masala – but it's only recently that the full benefits of turmeric have been backed up by science. This gorgeously golden spice gives curry its orange tinge and has long been used in India as a medicinal herb. This is down to compounds found within the spice, the most important of which is curcumin, which has powerful anti-inflammatory effects and is a very strong antioxidant.

## BENEFITS OF TURMERIC

**Eases aches and pains** – a powerful anti-inflammatory, a daily dose of turmeric can greatly benefit those suffering from joint problems and arthritis.

**BOOSTS MOODS** – by reducing inflammation in the brain, curcumin enhances the flow of neurotransmitters, and unlike traditional pharmaceutical antidepressants it gets to the root of the problem.

**SHIELDS YOU OF FREE RADICALS** – curcumin has powerful antioxidant effects and fights those nasty cell-damaging atoms. Found in everything from fried food to air pollution, free radicals have been linked to both ageing and cancer and the fewer of them in our bodies, the better.

**PREVENTS HEART DISEASE** – several studies suggest that curcumin leads to improvements in endothelial function, which helps regulate blood pressure, blood clotting and various other factors.

**BEATS CANCER?** – while studies in humans are still in very early stages, lab and animal studies have shown promising effects of curcumin in the fight against cancer, by interfering with "several important molecular pathways involved in cancer development, growth and spread".

This wonder spice can be taken as a curcumin supplement (it is advised you check with your doctor), in tea or in food – pepper also helps it absorb into the bloodstream. While many of these studies are in their early stages, one thing is for sure: you no longer need to feel guilty about your weekly Indian takeaway.



# becoming cheryl

It may not have been the easiest journey for the ex-Girls Aloud star, but new mum Cheryl has finally found joy in both her career and her private life.

When 19-year-old wannabe Cheryl Tweedy first stepped into the audition room of *ITV's Popstars: The Rivals*, it was evident the show had unearthed a true star in the making. Charming and sweet, with an endearing shyness, she was an instant triple threat with her impressive pop vocal skills, hip-hop dance moves and stunning looks.

For Cheryl, becoming a star was not just a fanciful dream, but a long-held ambition she had worked tirelessly towards having grown up on Newcastle council estates surrounded by drug and alcohol abuse, crime and poverty. "There were lots of users in my area. Heroin was there for the taking. I could have taken that route, but I always maintained my ambition and I'm proud of myself," reveals Cheryl.

One of five children, raised single-handedly by their mother Joan Callaghan, Cheryl has said in the past that her childhood, while happy, was often tough as her mother worked tirelessly to not only feed her brood, but also nurture them – always finding money for her daughter's dance and singing classes, no matter what.

In 2004, as the band started to take off, she met and began dating Chelsea and England footballer Ashley Cole. The couple were a formidable force in British media: good looking, successful, and rivalled only by the Beckhams. For their London wedding in July 2006, *OK!* magazine reportedly paid them £1million for exclusive rights.

Over the next few years, Cheryl's star only grew brighter. The first member of Girls Aloud to pursue a solo career, her debut effort *3 Words*

went straight to number one, and she also became a judge herself – replacing Sharon Osbourne for the fifth series of *The X Factor*. But sadly, as Cheryl blossomed from WAG into National Treasure, cracks began to show in her marriage, and in 2010 she and Cole separated, citing his 'unreasonable behaviour' as the cause.

Through heartbreak, the 33-year-old beauty has always been defiant. During her divorce, she released her second album, *Messy Little Raindrops*, storming the charts as a way of countering the emotional angst. When she was hired and then swiftly dropped from the American version of *The X Factor*, she didn't go into hiding but into the studio, where she promptly worked on her third album – *A Million Lights*; another smash hit.

Cheryl married a second time, to Jean-Bernard Fernandez-Versini after a three-month courtship, only to end the relationship after 18 months. Having had enormous success in her career, it was evident she was seeking fulfilment in other areas. Joy came from someone whom she met almost a decade ago on *The X Factor*: One Direction star Liam Payne. Despite the 10-year age gap between them, the couple seem to be having the time of their lives and, after months of unconfirmed pregnancy speculation, welcomed a son in March.

"We are all madly in love and overwhelmingly happy with our little arrival," she gushed in an adorable Instagram post of Payne holding the newborn. As she embarks on this new phase of her journey, Cheryl is living proof that no matter where you come from, you should never be afraid to dream.







# Spring Sheer

Ditch winter's charcoals and greys and be fearless with these five spring make-up trends.



### Watercolour shadow

This gorgeous trend was all over the spring/summer 2017 catwalks, and it's easy to achieve even away from the flashbulbs. Take several shimmery shades – pastel lilacs, blues, greens and pinks all work – and dust over different areas of the lid, gently blending as you go. Finish with a touch of gold in the inner corner to brighten.



### Glitter lips

Yes, you read that correctly: **GLITTER ON YOUR LIPS!** Make-up artist Pat McGrath sent models out at the DKNY show with lips that were painted, dusted with fine glitter then drenched in gloss. Whether you like a little sparkle – or a lot – this is one look that will get you noticed. Though not very practical for kissing...

### Pink all over

This may sound like a daring look, but done right it's super-feminine and pretty. Using an all-purpose colour (Stila's convertible colour dual lip and cheek cream is perfect!), dab a light wash over your eyelids and then blend that down to the top of your cheekbones. Finish with a dab on your lips.



### Golden glow

If colour isn't your thing, you'll be delighted to know that au naturel will also be a hot trend this spring. For a youthful, dewy glow, start with a cream foundation and use a highlighter or bronzer to contour cheeks. Keep lips natural, but finish with a dab of eye gloss – another must-have product for 2017.



### Mermaid eyes

Seafoam green is the shade of the season and will leave you looking as lovely as Ariel herself. However, any green or aqua blue will work. The trick with this is to be bold, covering the lid and under the lashes with the same hue to create a bright and vibrant look.



# Ouch!

## NO PAIN NO GAIN

There's been a lifelong battle between the variety of hair removal options on the market and for us girls it's hard to pick sides. Here we look at one of the most popular, waxing.

Removing hair is never pain free and waxing is probably one of the most painful, but it is one of the most frequently used methods of hair removal due to the array of benefits.

On legs and arms this is particularly helpful is these parts of the body are often forgotten when it comes to ex-foliating.

### How has it evolved?

Over the past few years waxing has evolved. There are now different types of wax that have been developed to be kinder to your skin, with added aloe vera, lavender and even softer wax that doesn't need time to set.

### What is it?

Hair must be at least a few millimetres long for waxing to be beneficial. Hair is removed by a strip of wax or heated, melted wax being applied to a strip of hair on the skin. The wax strip paper is then pressed firmly down over the area and then quickly removed to pull away unwanted hairs.

### Remember

Waxing can be done at home and or in a salon, just make sure you get the right type for you and your skin. It's available in pre-wax strips that just need warming up between your palms before applying and the jars of wax that need to be warmed up in the microwave or on a stove.

### What are the benefits?

Hair is removed directly from the roots, leaving behind smooth skin. As hair is removed from the roots and not simply trimmed, it takes longer for the hairs to grow back. Some people can go for up to one month without having to wax again.

Most salons also use an oil or aloe vera gel after waxing to cool down the area and protect the skin. They also use oils to remove any excess wax from your skin, so if you are doing it at home, make sure your kit comes with all the necessary bits.

Waxing also doesn't have many negative side effects. If you have sensitive skin, you may be left with a temporary rash or some redness, but that's probably the most you'll get in return. Wax is also relatively safe when it comes to chemicals, so there's no lasting skin damage.

Hair growth is proven to be finer after waxing and after repeated use, hair growth is also said to be reduced massively. There is no harsh stubble when your hair does start to grow back and it also removes dead skin cells and ingrown hairs.

When hair is pulled directly from the root, it also ex-foliates. This is good for the skin and your pores, so get that wax







# Formidable Fashion

As fashionistas go wild for Raf Simons' first collection for Calvin Klein, **VISION** takes a look at his career so far.

The excitement was palpable at the autumn/winter 2017 Calvin Klein show in New York earlier this year. The fashion set were seated, David Bowie's *This Is Not America* blared out, and leggy waifs and surly boys strutted out in marching band-inspired shirts, workwear denim and sharp tailoring for the first collection headed by Raf Simons.

Considered a maverick appointment, it was a given that the Belgian visionary would steer clear of the clean lines and sexy underwear ads the brand is synonymous with, and fresh from his success at Christian Dior and Jil Sander, make the brand great again.

Fearless and uncompromising, the 49-year-old has always taken the unconventional path.

Initially set on becoming a furniture designer – he graduated in industrial design and furniture design in Genk in 1991 – he fell in love with fashion when a friend took him to Martin Margiela's 'all-white' show in 1991.

In 1995 he launched his eponymous menswear label, which soon began grabbing attention for its skinny suits, deconstructed but simultaneously perfectly tailored lines, and the use of 'ordinary boys' over professional models. When the Jil Sander fashion house chose him as its new creative director in 2005, it cemented his status as one of fashion's most formidable forces.

Having begun a three-and-a-half-year tenure at revered French house, Christian Dior, in 2012, in Frédéric Tcheng's *Dior and I* documentary we saw first-hand how someone so passionate could sometimes flare up in the face of the frustrations that come from working under someone else's brand – only time will tell if Simons can reinvigorate Calvin Klein or simply be a passing moment in its long history. But given the rapturous applause he received in New York, the former is looking far more likely.



# LOCAL NEWS

*from your neighbourhood*



## Bubbles of support for hospice

Gadebridge Park in Hemel Hempstead was full of tutus, neon wigs and colourful shades combined with big smiles and billions of frothy colourful bubbles when nearly 2,700 people showed their support for The Hospice of St Francis at its second ever Bubble Rush last month.

The Bubbblers have already raised over £100,000 to support local hospice care and this is expected to rise once all the sponsorship money is in. Many of the 'bubbblers' came along for the fun of the five km course and its four bubble stations blowing out billions of pink, blue, green and yellow bubbles however, others were there to remember friends or relatives who had received, or are receiving, support in the Hospice.

The most emotional scene of the day saw Team Jo Jo, a group of 35 relatives and friends walking for Joanna Kirby from Tring, currently receiving care in one of the hospice beds for lung cancer and who

joined the group in a wheelchair just before the finish line.

Laura Williams, 34, and her husband Lewis, from Hemel, took part with their children Daisy-Rai, seven, and Teddy, four, together with Hemel-based work colleagues Tiffany Wiggins, 23, and Shannon North, 22, for some fun with the kids and to support the hospice, whose community nursing team are currently caring for Shannon's nan, Janet Blyndon.

Others doing the walk included Ken Gardener and his sister Diane Watson with her children Daniel, 12 and Eloise, eight, from Hemel Hempstead taking part because of the "great job" the hospice did 12 years ago when they cared for their sister in law, Pamela Gardener.

Fran Martin, events manager at the hospice said: "There was such a lively atmosphere in Gadebridge Park and it was fantastic to see so many people turn out to support the hospice and enjoy the bubbles."



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## Boost for town cyclists



A new community cycle centre in Hemel Hempstead opened earlier this month.

Mayor of Dacorum Cllr Robert Mclean officially opened the Dacorum Cycle Hub on May 14.

Julie Still, group manager for resident services at Dacorum Borough Council, said: "We want to make cycling journeys safer and easier and promote cycling as a safe, fun and healthy way to travel.

"The Dacorum Cycle Hub is a great place to meet other cyclists and is open to seasoned cyclists as well as families and those just starting out. The new hub is a 'one-stop shop' for everything to do with bikes, including repairs, cycle hire, riding skills and training as well as information and advice. You don't have to be a cyclist to enjoy the hub, all are welcome."

The new facility can be found next to the Woodhall Farm and Grovehill adventure playground, off Redbourn Road in Hemel Hempstead. It's close to the Nickey Line, which is one of Dacorum's most popular cycling routes.

The hub offers a variety of facilities including free guided social rides, servicing and repairs, a café, bike hire, bike registering and reconditioned bikes for sale.

## Taxi driver needs surgery after brutal robbery

A taxi driver was left with a possible life changing injury and will require surgery after two "passengers" robbed him at knife point.

At 9pm on Monday May, 1 the taxi driver picked up a man and woman from Hemel Hempstead train station and drove them to Hedge Row, a dead end street off Pudding Lane.

As they arrived, the passengers demanded that the driver hand over cash, before threatening him with a knife.

After injuring him, the pair ran off in the direction of Spring Lane, taking a coin dispenser containing an unknown amount of cash, before threatening a second man for his mobile phone.

The suspects are described as a white man, of slim build, aged in his early 20s, wearing all dark clothing, and a white woman, aged in her mid to late teens, around 5ft 2in tall, with fair hair.

Detective Inspector Sam Khanna, from the Dacorum Local Crime Unit, said: "While thankfully the driver's injuries are not believed to be life-threatening, he will require extensive surgery.

"Anyone with information is asked to contact the Dacorum Local Crime Unit via the non-emergency number 101, quoting crime reference D1/17/3536.

"Alternatively, contact the independent crime-fighting charity Crimestoppers anonymously on 0800 555 111 or through their Anonymous Online Form at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)."

## Marmite-mad woman has hundreds of jars



A woman from Hemel Hempstead who loves Marmite so much she eats it on pasta.

Shelly McClellan, 45, has a massive collection of Marmite jars, which she says are collectable items which will be worth money in the future.

She said: "I have 200 jars full at home. They are part of a collection but I will still go out and buy more jars if I run out, not including those 200.

"This is because once the promotion has gone, it is over and they won't make them anymore. They could become worth some money in the future.

"They had lunch boxes, tee-shirts, and jars with different flavours like champagne, Guinness and ale."

Shelly is originally from Burton upon Trent, East Staffordshire, dubbed the home of Marmite.

And the mother of one recalls that she just loved Marmite as a child.

She commented: "I love it now as it is just nostalgic. I basically had it from when I was a baby.

"When I was younger I was a fussy eater so my parents would just give me Marmite."



LOCAL NEWS





# Taxi company fined for refusing to take guide dog

A local taxi company has been prosecuted for refusing to take a booking from a passenger with a guide dog.

Rainbow Travel, who have a booking office at Apsley railway station, initially agreed to dispatch a vehicle to the passenger, but when advised that they would be travelling with an assistance dog the firm said that all of their cars were busy.

Company director Imtiaz Ahmed pleaded guilty to charges under the Equality Act 2010 at St Albans Magistrates' Court last month. The firm was ordered to pay more than £900 in fines, costs and victim surcharge, and will now face a review of its operating licence.

Under the law, private hire operators, private hire drivers and taxi drivers cannot refuse fares which involve carrying assistance dogs, nor charge extra for the journey. Doing so is a criminal offence, and can be punished with fines of up to £1,000. Drivers with genuine and serious medical conditions

affected by dogs can apply to us for a medical exemption certificate, but will only be exempted from the legal duty to carry assistance dogs if the certificate is on display in the vehicle – to date, no exemption certificates have been issued to any Dacorum driver.

Responding to the conviction, Ross Hill, licensing team leader at Dacorum Borough Council, said: "Taxis and private hire vehicles provide a vital service for people with disabilities, and it is wholly unacceptable that a taxi company should discriminate against any passenger with an assistance dog by refusing a booking.

"Incidents of this type can cause significant distress to passengers, and we trust that this penalty will act to deter any future occurrences.

"We are committed to ensuring that our licensed taxis and private hire vehicles are accessible to all, and we will not hesitate to take action against any such discrimination."

# Community Safety Partnership meeting

To find out what work is being done to make Dacorum safer and more pleasant, and provide a background where people, communities and businesses can flourish, residents are invited to attend the next meeting of the Dacorum Community Safety Partnership.

The group is a partnership between Dacorum Borough Council, Hertfordshire Constabulary, Hertfordshire Probation, Valleys

clinical commissioning group (health services), Hertfordshire County Council and Hertfordshire Fire and Rescue Service and is meeting on May 24 at 7.30pm in the Council Chamber, The Forum, Hemel Hempstead.

The evening will include a performance update from the police and fire brigade as well as the Police and Crime Commissioner. The Dacorum Domestic Abuse Forum will also be discussed.

# Tour of Britain to return



Hemel Hempstead will welcome the return of the Tour of Britain this autumn, as the penultimate stage of the race begins on Saturday, September 9.

Stage Seven of the OVO Energy-sponsored race will begin in the town centre. The 120-strong field of the world's top professional cyclists will then head up into Maylands Avenue, across to Long Marston before moving out into Buckinghamshire. The leg will cross the Cotswolds, finishing in Cheltenham.

The last time the Tour of Britain visited Hemel Hempstead was in 2014, when a memorable Stage Six finished in the town, seeing Britain's Alex Dowsett pull on the race leader's jersey. Hemel Hempstead also hosted the finish of The Women's Tour in 2015.

Mick Bennett, race director of the OVO Energy Tour of Britain, said: "After the success of the men's stage finish in 2014 and the finale of the Women's Tour in 2015, we are delighted to bring a start of the Tour of Britain to Hemel Hempstead.

"Coming on a Saturday morning, we are sure this will be a popular start for spectators, with the route through Dacorum going through some very picturesque areas."

# New Bunnings store to open next month



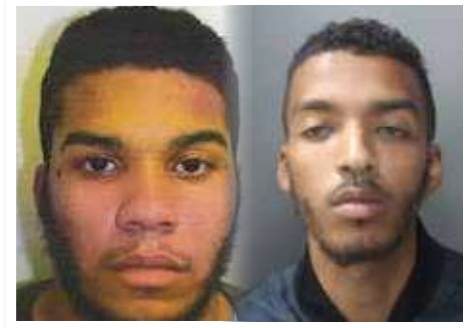
Work is progressing well at the third Bunnings Store at the Apsley Mills Retail Park in Hemel Hempstead. The third pilot store has replaced the current

Homebase store and will be larger than the two Bunnings Warehouses which are already open in St Albans

VISIONHemel understands that the new store will open its doors sometime in June.

Bunnings is Australia's largest household hardware chain store and also has stores in New Zealand.

# Pair jailed after using drones to deliver contraband to prisons



Two men have been jailed after being found guilty of using drones to deliver contraband into prisons, including The Mount near Hemel Hempstead.

Remo White-Channer and Romaine Gayle, both aged 24, were sentenced to be imprisoned for six and a half years, and four years four months, at Luton Crown Court.

The pair pleaded guilty to using drones to deliver significant amounts of Class A and Class B drugs, as well as mobile phones, into HMP The Mount in Bovingdon, HMP Swaleside on the Isle of Sheppey in Kent and HMP Highpoint in Suffolk during the summer of 2016.

As part of an organised crime group, the pair had the finances to purchase drones worth £1,000 each. They then put together packages containing cannabis, spice and heroin, as well as iPhones, to attach to the drones and flew them into the prisons during the early hours.

It is estimated that the total value of the contraband White-Channer and Gayle flew in to all three prisons is around £48,000.

Sergeant Mick West, from the Specialist Investigation Team, said: "This is an excellent result and a clear demonstration of how robustly we deal with individuals who attempt to deliver illegal packages into prisons."





## Garden party at the Water Gardens

LOCAL NEWS



A Garden Party is being held to celebrate the re-opening of Jellicoe's Water Gardens in the heart of Hemel Hempstead later this summer

There will be a stage with live entertainment in Bank Court, selected food outlets and lots of activities for all the family. AmeyZoo exotic pets will be there with a variety of creepy crawlies for you to get to know, and there will be opportunities for you to get your fingers dirty and do some planting.

The event will be held on July 22 from 11.30am until 4.30pm.

## Weather-worn roads to be given a new lease of life

Roads in Hemel Hempstead and elsewhere across the county are to be given a new lease of life.

Nearly 300 residential roads countywide will get a makeover using a method known as micro surfacing. It involves spreading a thin layer of new road surface to seal the road from the elements, even out bumps and dips and restore grip. By sealing any cracks, it can prevent the formation of widespread potholes. The treatment is quick to apply and adds years to the life of the road.

The process works by spreading a liquid mixture of stones and bitumen in a thin layer directly onto the existing road surface to form a type of hard-wearing asphalt. It differs from 'surface dressing' which involves spreading and pressing granite chippings in to a layer of hot bitumen using heavy roller machinery. With micro surfacing the mixture is laid cold by a special machine, which saves energy and is better for the environment.

This programme of micro surfacing is part of a £4million maintenance scheme to extend the life of 360,000m2 of Hertfordshire's busier roads.

## Jailed for abusing young girl

A Hemel Hempstead man who abused a young girl was jailed last month for seven years.

Roger Atherton, 65, assaulted the girl in his flat sometime between October 1999 and April 2004.

St Albans Crown Court heard that, at the time, he told the girl not to say anything.

Atherton, of The Heights, was convicted of two charges of indecent assault against the girl, who was no older than seven and a half.

David Smithet, defending, said the offence was "historical" and happened on only one occasion.

Jailing him, recorder Harold Persaud told Atherton: "She was an isolated, vulnerable child."

He must register as a sex offender and abide by the terms of a Sexual Harm Prevention Order.

## New cricket season underway



Hemel 1st and 2nd XIs had two friendly fixtures before the start of the Herts League earlier this month. The 1st XI were away at Tring Park and Berkhamsted and unfortunately lost both games. In the first game Tring scored 338 - 4 with Andrew Dixon and Sam Rimmington both retiring having scored centuries. Hemel struggled in reply and made 162 - 9 with skipper of the day Jack Doodson making top score of 72.

The second game at Berkhamsted saw them make 209 - 7 with 68 for Gareth Preedy and 57 for Lewis Mitchard. Skipper Nick Hodgins managed to return figures of 5 - 29. In reply Hemel made 178 to lose by 31 runs. Wicketkeeper Tom Elborn made 52, Richard Morton 31 and Matt Dale 43.

Hemel 2nd XI managed a loss & a win in their home games. Tring batted first and made 258 - 6 and in reply Hemel made 176 - 8 with best scores of 85 for Saed Ali and 24 from Steve Smith. There was better news against Berkhamsted with a five wicket win. Berko were all out for 161 with 3 - 11 for Charlie Hoskins and 3 - 24 for Adeel Khan. In reply Suren Perera opened with 54, 33 from Tom Waterton and 25\* from Charlie Hoskins saw Hemel to their win.



HERTFORDSHIRE  
CONSTABULARY



LOCAL NEWS

## Dangerous driving footage released

Officers investigating an incident of dangerous driving on the M1 have released footage of the illegal 'manoeuvre' in a bid to trace the vehicle.

The incident happened at 2.49am on Sunday, April 2 where the A414 merges with the M1 at Junction 8 in Hemel Hempstead.

Officers signalled for a white Citroen Berlingo van to pull over in Rickmansworth after it was shown that the vehicle had no valid MOT or insurance.

When the vehicle failed to stop, officers began pursuing the van along the A414 before it turned around and travelled in the opposite direction along the dual carriageway.

They followed the vehicle to Junction 8, where

it performed a handbrake turn and continued southbound along the northbound carriageway of the M1. In the interests of public safety, the officers again withdrew from the pursuit at this stage. Motorway cameras later show the van exiting the M1 at Junction 5 for Watford.

If you think you may know the identity of the driver, or you have any further information, please call police on our non-emergency number 101, quoting crime reference C1/17/1707.

Alternatively, contact the independent crime-fighting charity Crimestoppers anonymously on 0800 555 111 or through their Anonymous Online Form at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

## Arrests made in connection with running a brothel

Two women and a man from Hemel Hempstead were arrested in connection with running a brothel.

A 38-year-old woman was picked up on April 5.

Residents complained of suspicious activity at an address in Evans Wharf, Apsley Lock, which promoted police action.

Four further properties, including a business premises, were also visited by police as part of the operation.

The woman from Kings Langley was arrested on suspicion of controlling prostitution; causing, inciting and controlling prostitution; keeping, managing, acting or assisting in the management of a brothel and converting criminal property.

A 40-year-old man from Hemel Hempstead was arrested on suspicion of keeping, managing, acting or assisting in the management of a brothel; fraud by false representation; fraud by abuse of position and converting or concealing criminal property.

A 37-year-old man from Hemel Hempstead was arrested on suspicion of keeping, managing, acting or assisting in the management of a brothel and converting or concealing criminal property.

A 35-year-old woman from Hemel Hempstead was arrested for proceeds of crime offences.

All four have been released under investigation pending further enquiries and several items were seized as part of the investigation including cash, electronic equipment and documentation.





# KICK STARTERS

changing the world

Over a decade ago, Peter Jones of *Dragon's Den* said that entrepreneurship was "the new rock 'n' roll." These days we live in a world where the billionaire residents of Silicon Valley are constantly coming up with ways to revolutionise our everyday existence – but which of these up and coming entrepreneurs are looking to make waves in our global society over the course of 2017?



Kelly Lovell

Lovell is the executive producer and host of YOU Effect, a user-generated global media network that collates and shares the opinions of industry leaders from across the world. This entrepreneurial Facebook pledges to be gossip free and dedicated to sharing the latest news in social innovation and its positive impact across the globe as she seeks to connect young business minds with each other.

Hyder has been called the "Zen Master of Marketing" by Entrepreneur magazine, and as the founder and CEO of award-winning Marketing Zen Group, she has seen her organisation grow by 400 per cent annually since its start in 2009.



Shama Hyder

Her clients include publicly held Fortune-500 companies, as well as privately held small businesses and non-profit organizations across the globe. If that wasn't enough, she has also authored a range of books and shared the stage with President Obama and the Dalai Lama.



Marica Vanderveldt

Self-made tech entrepreneur Vanderveldt has a vision of getting a mobile device into the hands of every woman and provide them with access to financial literacy and mentoring tools in order to create a new generation of female business leaders and entrepreneurs through her company EBW2020 LLC, which stands for Empowering a Billion Women by 2020.

Rampton's success story is one of true grit and determination. A worksite accident in 2006 left him with a damaged leg and doctors saying he'd never be able to walk on it again, but Rampton beat the odds and even used his time in a hospital bed to teach himself to sell products over the internet. Now he is the founder and CEO of due.com – a free digital wallet that lets users make and accept payments online.



John Rampton



## THE MOST IMPORTANT day of your life

When asked the most important day in their life, most people would say something like the day they were born, got married, had their first child, or bought their first house. Let me explain why they are wrong!

Today is the most important day of your life. Think about it! Today you are alive. Yes, I know you were alive yesterday and many thousands of days (maybe tens of) before that. But you cannot use any of them ever again. Please bear with me here, this is not simply a gimmicky 'seize the day' message. I am deadly serious! This day is the only day in which you can 'do' anything. You can plan for tomorrow (and by the way you absolutely should) and you can regret or rejoice in yesterday (one of those is more profitable than the other), but you can only 'live' in today.

Inhabit that thought for a while...that's long enough because, I'm sure you don't want to waste today's precious minutes. What ambitions and dreams have you put off for too long? Where are the things you stopped aiming for over the days, months and years that are no longer yours to live? Make a list – now!

Then stop worrying about the things that you didn't do (regret is a heavy burden to carry) and go and do something today which will set you up for a better tomorrow. Why not use today as an opportunity to correct a wrong which caused you to carry that burden in the first place. Once you understand and appreciate the power of the moment you will always be better off for it. Today could be the start of your greatest adventure.

Have a great day.







# MUSIC TO YOUR EARS

**B**ored of searching for the latest hip festivals in your own back yard? Why not turn your attentions to the continent with this handy rundown of five of Europe's most incredible music festivals coming up this year?

## **BILBAO BBK, Spain**

**When: July 6 - 8**

**Price: £38 - £95 (three-day pass)**

Set in Spain's beautiful Basque country, this mountainous festival is an absolute bargain, with a three-day ticket including camping going for just £95. This year's confirmed headliners include Depeche Mode, The Killers, The 1975 – plus the rare opportunity to see the Beach Boys' Brian Wilson playing his influential album *Pet Sounds* live.

## **ROSKILDE, Denmark**

**When: June 24 - July 1**

**Price: £114 - £229 (eight-day pass)**

With a line-up that includes Foo Fighters, A Tribe Called Quest, The Weeknd and G-Eazy, the eight-day fest is looking to please everyone with an event that could topple our beloved Glastonbury from the peak of the European festival charts.

## **SECRET SOLSTICE, Iceland**

**When: June 16 - 18**

**Price: £158**

Not only does this festival give music lovers the chance to see The Prodigy, Foo Fighters and

Richard Ashcroft, it does so in the breathtakingly beautiful surroundings of Iceland. Enjoy all that the four-day event has to offer, and you can still have time to visit nearby nature spots like the incredible Blue Lagoon.

## **EXIT FEST, Serbia**

**When: July 6 - 9**

**Price: £29.70 - £97.40 (four-day pass)**

A festival – in a fortress. Within the ancient walls of the Petrovaradin Fortress, situated on the River Danube just outside Belgrade, music lovers can sit back in security and enjoy the tunes from everyone from Rag'N'Bone Man and Liam Gallagher to iconic electronica influencers Faithless.

## **SZIGET, Hungary**

**When: August 9 - 13**

**Price: £55 - £235 (seven-day pass)**

Held on an island in the middle of Budapest, Sziget showcases every genre from EDM to heavy metal, with more than 1,000 performances taking place each year. This year's highlights include Bad Religion, Kasabian and Billy Talent all in one afternoon.



# THE COSTA OF CONTENTMENT



**S**tuck on where to venture for your next holiday? Why not take a trip into the heart of Central America, and discover the happiest country in the world...

Nestled between Nicaragua and Panama in the tropical heart of Central America is Costa Rica – statistically the world's happiest country! The Happy Planet Index (HPI), which aims to measure human wellbeing against environmental impact to find the most satisfying places to live around the globe, sees Costa Rica shrugging off all-comers with a score of 44.7. Britain, incidentally, scored a paltry 31.9 on the index and ended up in 34th place.

So what makes Costa Rica such an incredible place to live and – by extension – visit?

## **PEOPLE**

The people in Costa Rica are some of the happiest in the world. They have one of the highest literacy rates and life expectancies in Latin America. Instead of the traditional Spanish greeting "hola", Costa Ricans say "Pura vida", which means pure life – and citizens refer to their partners as "media naranja", or the other half of their orange.

## **ANIMALS**

With the lush tropical landscape and the fact that Costa Rica was the first American country to ban recreational hunting,

the country boasts an incredible array of animal life: 5 per cent of the world's biodiversity despite the country accounting for just 0.03 per cent of the planet. As well as being the world's hummingbird capital with 52 separate species, visitors can be treated to one of the most spectacular sights in the natural world – the arrival of Olive Ridley sea turtles on the beaches of the Pacific coast.

## **LANDSCAPE**

Around 25 per cent of the country is protected national parks and areas. Costa Rica houses 117 species of native tree and more than 1,400 types of orchid – a third of which can be found in the mythical-sounding Monteverde Cloud Forest Reserve. There are also more than a dozen volcanoes in Costa Rica, including the impressive Arenal, which is 5,358ft high.







# PUZZLES & TRIVIA

PUZZLES

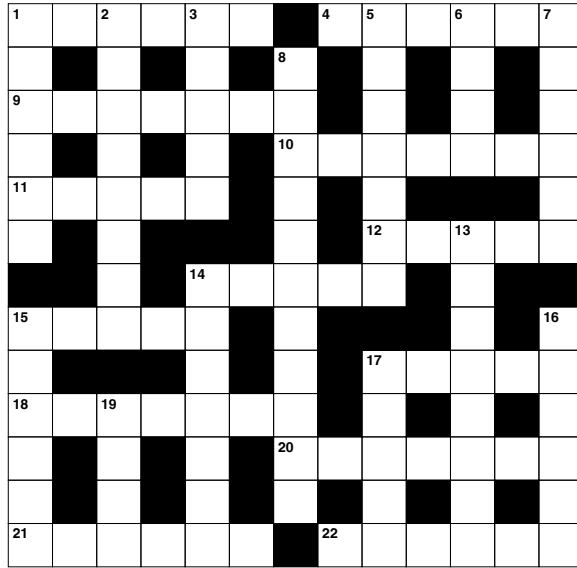
Answers can be found on the Contents Page 4

## ACROSS

- 1. Stage plays (6)
- 4. Informal chatter (6)
- 9. Type of vermouth (7)
- 10. Planned one's actions (7)
- 11. Rope used to catch cattle (5)
- 12. Natural elevation (5)
- 14. Change (5)
- 15. Brown nut (5)
- 17. Strange and mysterious (5)
- 18. Nerve impulses (7)
- 20. One's savings for the future (4,3)
- 21. Flower arrangements (6)
- 22. Rejoices (6)

## DOWN

- 1. Indentation (6)
- 2. Type of word puzzle (8)
- 3. Friend (Spanish) (5)
- 5. Land with fruit trees (7)
- 6. Fraud (4)
- 7. Hawk (6)
- 8. Annoying (11)
- 13. Push button by a house (8)
- 15. Overtakes (6)
- 17. County of SE England (5)



- 14. Sum of money paid to someone regularly (7)
- 16. Shelves (6)
- 19. \_\_\_ Novello: Welsh composer and actor (4)

## DID YOU KNOW

- ▶ It is considered an act of treason to put a postage stamp with the queen's head upside down on an envelope.
- ▶ The British eat over 11.5 billion (1,500,000,000) sandwiches every year.
- ▶ England's first telephone directory was published in 1880 and had only 248 names and addresses (there were no telephone numbers as you had to call the operator and ask for someone's name to get connected).
- ▶ Nowhere in the UK is more than 70 miles (113km) from the sea.
- ▶ Our wonderful city London has not always had this name. In the past it has been called Londonium, Ludenwic, and Ludenburg!
- ▶ On average, 488 people are injured by zips and 3,078 people are injured by slippers every year in the UK.

## SUDOKU

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



TECHNOLOGY



Are you tired of technology? Perhaps sent to sleep by the latest smart phones, or just plain bamboozled by all the showy gadgets on offer in 2017? Fear not. Nokia is bringing back one of its most iconic and almost indestructible handsets – complete with one ssssupremely popular game.

It's hard to keep up with every new development in the smart phone market these days, and Finnish tech corporation Nokia has noticed that many people are rejecting the latest models to take a trip down memory lane and dig out their old handsets. With no social media access or glitzy gadget peripherals and integral apps, the newly re-released Nokia 3310 appears to be every modern technophile's worst nightmare – but for nostalgic phone fans, this latest development is music to the ears.

First released at the turn of the century, the apparently invincible Nokia 3310 developed a reputation for durability that would put modern handsets to shame. But the modern update on this classic phone at least has some key differences from the original.

The handset is noticeably slimmer than the original Nokia 3310, which sold around 126 million units before it was discontinued in 2005. It's also almost half the weight – the original was 133g whereas the new model is 79g. It also houses a camera, something which was unheard of in the original phone's era, but fans of the traditional set-up shouldn't get too pent up about this photographic addition – it's only a 2MP (megapixel) tiddler.

But the real positive comes with the return of one of the greatest games ever to grace the tiny screen of any mobile. You can forget your Clash of Clans and Candy Crush, because the new-old Nokia once again exhibits Snake – albeit a slightly modernised version with better graphics.







MOTORING

# FORZA FERRARI

**S**eventy years ago, the very first Ferrari hit the streets – and seven decades on, the prancing horse is still an iconic sight on the road and the racetrack. To celebrate the company's milestone, we look back on the history of Italy's most prestigious automotive manufacturer.

The legendary Enzo Ferrari (1898-1988) began his motoring career as an Alfa Romeo driver in 1924, but within five years he found the Scuderia Ferrari – which assisted gentlemen drivers in racing cars – in his hometown of Modena. In 1938, Alfa Romeo brought the Scuderia under its control, but Ferrari disagreed with the move and left in 1939 to set up his own racing company. Under the terms of the split from Alfa, Enzo was unable to use his own name on his cars until years later.

## HORSE POWER

The iconic Cavallino Rampante (prancing horse) was adopted from the emblem of Italian WW2 fighter ace Francesco Baracca, who painted the design on his plane. Enzo Ferrari was given permission to use the design from Baracca's mother, who believed it would bring the car manufacturer good luck. Ferrari placed the black horse on a canary yellow background (the colour of Modena) and topped it with the tricolour of Italy. The rest, as they say, is history (or is that 'horse'-tory?).

## THE FIRST FERRARI

The first racing car to bear the Ferrari moniker was the 12-cylinder 1.5-litre Tipo 125, which was released in 1947. Just two models of this original car were created, neither of which exist today. The legacy of the Tipo 125, however, continued in various forms, not only were parts from the two

models re-used in subsequent Ferrari productions, but in 1987, Michelotto produced a replica of the initial car which the company still owns.

## A WINNING FORMULA

The first Ferrari driver to claim the Formula One World Championship was Alberto Ascari, taking spot in 1952. Scuderia Ferrari has produced the most championship-winning drivers – 15 – since Ascari's maiden victory. The most famous of these include Niki Lauda, Michael Schumacher – who won five consecutive titles – and Kimi Raikkonen. Ferrari also holds the top spot when it comes to the Constructor's Championships, with a whopping 16 victories from 1961-2008.

## THE 200 CLUB

The Ferrari F40 was the last car approved for production by Enzo Ferrari himself – and in 1987 it made motoring history by being the first road car to break the 200mph barrier, hitting an eventual speed of 202.687mph. Only 1,311 models were produced.

## THE FERRARI OF THE FUTURE

The latest supercar to roll off the company's production line is the Ferrari LaFerrari – the first of its kind to be equipped with an F1-derived hybrid solution that combines an electric motor capable of producing over 150 CV with the most powerful version of Ferrari's classic V12, which delivers a mighty 800 CV at 9,000rpm. The technical innovations in the LaFerrari are set to filter through the marque's entire range and will surely have a massive impact on future designs.







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# SPORTING SPRAINS and WORSE

If you thought boxing, horse riding and skiing were the toughest athletic pursuits, think again. Here are the UK's most dangerous top five sports by injury records.

## Football 18.9%

Who would have thought that a casual kickabout down the park could land you in A&E? But football is statistically Britain's most dangerous sport, with one in five admitting to sustaining an injury whilst playing. Though footy injuries are rarely fatal, they be vicious, and regularly include sprained ankles (40 per cent of all injuries), knee injuries (32 per cent) and concussion (13 per cent).

## Running 9.4%

Unless you accidentally career off into an unseen ravine it is unlikely your morning jog will land you into any real trouble. However, injuries from poor technique, ill-fitting shoes and overuse can still be pretty debilitating. Among the most common ailments are shin splints, blisters and pulled muscles.

## Rugby 4.9%

They say rugby is a thug's game played by gentleman, but partakers of this brain-battering pursuit are actually four times less likely to suffer an injury than their footballing counterparts. Wounds range from superficial cuts and bruises to more serious concussion injuries and joint dislocations, not to mention those infamous cauliflower ears. Ouch.

## Cycling (track, road) 4.5%

Sadly for cyclists, fatalities on bikes are still high with 125 deaths recorded last year on British roads. However non-fatal injuries put cycling fourth on our danger list with ailments mostly affecting shoulder blades, knees, groins and, yes, buttocks.

## Swimming 3.2%

One might assume that if you follow the age-old advice of eating at least two hours before you take to the pool, you'll be fine and dandy, but surprisingly swimming is the fifth most dangerous British sport, with 90 per cent of complaints relating to shoulders. 'Swimmer's shoulder' is the most common injury caused by inflammation of the supraspinatus and biceps tendon, leading to joint pain and limited movement.





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# Saint or SINNER?

It's been over 20 years since unknown French manager Arsène Wenger sauntered to north London to take up the reins at Arsenal Football Club, but with the team slipping down the table, and fan patience quickly running out, will this season prove to be the end of an era?

When Arsène Wenger was unveiled as Bruce Rioch's replacement in the Arsenal manager's hot seat in 1996, the question on the lips of most fans and players was, "Arsène Who?" The Strasbourg-born gaffer had cut his teeth with Monaco and Japan's Nagoya Grampus Eight, but had no knowledge of footballing life in England. His insistence on replacing the traditional set-up at the club with a revolutionised nutritional diet, supplemented with hours of video analysis, did little to calm the upheaval caused by this enigmatic European's arrival, but his methods immediately bore fruit.

Nowadays, of course, Wenger is known around the world. As the longest-reigning manager of any club in the Premier League, he has won six FA Cups and three league titles with the Gunners, including the famous championship win in 2003/04 which saw his side go 49 games unbeaten. This team of so-called 'Invincibles' included some of Wenger's most influential signings for the club, from Sol Campbell and Patrick Vieira to the mercurial forward pairing of Dennis Bergkamp and Thierry Henry.

But these days, the mystique surrounding Wenger has all but evaporated amidst accusations of transfer market tight-fistedness and a lack of ambition. His current team – though still full of superstars such as Alexis Sanchez, Mesut Ozil and Laurent Koscielny – has slipped out of the top four and been humiliated in the Champions League.

A contract offer remains on the table, set to take the 67-year-old into 2019 as Arsenal boss. But with question marks over the futures of Sanchez and Ozil, and a series of recent defeats to supposedly 'lesser' sides like West Bromwich Albion and Crystal Palace (not to mention that 10-2 aggregate defeat to Bayern Munich), has time finally run out for the man who turned Arsenal into the club they are today?

The only man with the power to answer that question is, bizarrely, Arsène himself.



SPORT



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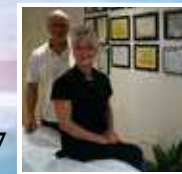
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