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MASTERCHEF'S
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ROYAL
RETIREMENT
AS DUKE
STEPS DOWN

Da we believe
FAKE NEWS?

JOHNNY DEPP

Quirky actor causing a stir again



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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 take a look at Prince Phillip after he announced he was standing down from public life. By the time you read this,

he will have turned 96 and I'm sure you agree that he has earned some well-deserved rest. The spotlight will now fall on the younger generations of royals who will be expected to step up in their grandfather's absence.

In health and fitness we tell you how to ditch the dad bod, whilst in food and drink Greg Wallace praised the winner of MasterChef. We explore the idea of faking it in your garden and in home and DIY we carry this focus on with garden lights. In fashion, as we are in wedding season, Nicky Clarke tells us the best looks for your wedding hair in beauty.

In this month's local news, the family of a grandmother who was killed in a collision on the A41 have paid tribute to her and the parents of a Hemel Hempstead man who has been missing for 18 years have spoken for the first time since his disappearance. We also have the latest from Hemel Hempstead Town FC who are already preparing for the new season. Local news is important to us so share your stories and email editorial@visionmag.co.uk

Let us know your thoughts, enjoy and reading.



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PRINCE PHILIP

retires at 96



The Duke of Edinburgh has been the backbone of the British Royal Family for the last 70 years.

He has steered it through the good times and the bad times including the divorces of three of his children, the death of Princess Diana and the Windsor Castle fire.

Throughout it all, Prince Philip, who is 96 this month, has been the Queen's loyal rock.

Now he announced last month that he is to retire this summer. But he is expected to continue working behind the scenes as advisor to Her Majesty and the younger royals while giving up full time royal duties.

He is revered at Buckingham Palace not only by the Royal Family but also by the staff.

Philip has also been at the centre of helping to modernise the institution dragging it firmly into the 21st century.

Apart from being at the Queen's side Philip has carried out 22,191 solo engagements, made 5,493 speeches and carried out 637 foreign visits to 143 countries.

Despite a few health problems in recent years he remains sprightly and still has the sharp wit and waspish tongue, which is one of his trademark traits.

Books have been written on his so-called gaffes but the duke is spectacularly un-PC and his comments have rarely offended the targets of his comments. He mainly makes the comments as ice-breakers but he also makes no bones about it if he finds someone who is irritating him, or he wants to move away from a boring conversation.

Even an hour after his retirement announcement

, Philip was by the side of the Queen at a Royal Garter Lunch when one guest shook his hand and said it was sad he was standing down.

Quick as a flash, Philip smiled and told him: "I can't stand up much longer!"

He has an impeccable royal pedigree linked to many of the former royal houses of Europe.

Philip is the great, great, grandson of Queen Victoria and his cousin Grand Duke Dmitri Pavlovich of Russia was one of the assassins of Grigori Rasputin, a favourite of the Tsar Nicholas and his wife Tsarina Alexandra.

The inhabitants of some villages on the island of Tanna in Vanuatu worship Prince Philip as a God. The villagers have portraits of the prince and hold feasts on his birthday.

In November he and the Queen will celebrate 70 years of marriage.

Just how big a rock Philip has been is clear from the Queen's words about him.

In a 1997 speech at London's Guildhall, she said: "He is someone who doesn't take easily to compliments.

"He has quite simply been my strength and stay all these years and I, and his whole family, and this and many other countries owe him a debt greater than he would ever claim or we shall ever know."

The duke is expected to spend his retirement, carriage driving, painting, reading and surfing the web.

But he is also expected to make selective appearances by the Queen's side and will continue offering his brand of advice to his charities and family- whether they want it or not.

PRINCE WILLIAM

quits as helicopter pilot

Major changes are under way in the life of Prince William, his wife Kate and their children Prince George and Princess Charlotte.

He has announced he will quit his job as an air ambulance pilot by the summer to concentrate on taking on more official royal duties.

His wife, the Duchess of Cambridge, will also increase the number of official duties she carries out.

The couple will move back to London in September to make Kensington Palace their main residence, although they will still keep on Amner Hall in Norfolk.

Young Prince George, three, will begin school in September at the £6,100-a-term Thomas's School, Battersea, which is close to Kensington Place.

His sister Charlotte, two, will go to nursery and is expected to follow George there when she is old enough.

Plans for the Duke and Duchess of Cambridge to increase their royal duties have been on the cards for some months, and they have already taken on more following the Queen's decision to cut down on her patronages.

But the fact that William's grandfather, Prince Philip, has announced his retirement means it is even more important for the younger royals, including Prince Harry to step in.

Last year, William spent 80 days on official engagements, while Kate, 35, had visits and meetings on 63 days. Prince Harry carried out 86 royal engagements.

In comparison, Prince Philip, 96, carried out official meetings and visits on 110 days of the year, while Prince Charles spent 139 days on public engagements.

The Queen undertook official engagements on 80 days of the year, while Princess Anne had the busiest calendar with 179 days of engagements.

William responded to criticism last April by insisting that he takes his royal duties "very seriously", adding that he would be the "first person" to accept more responsibilities when the Queen decided it was time.

He began his job as a part-time pilot for the East Anglian Air Ambulance Service (EAAA) in 2015 and has spoken of his enjoyment of the role.

Kensington Palace said that the former RAF search and rescue helicopter pilot donated his paid salary in full to charity.

The duke said in the statement: "It has been a huge privilege to fly with the EAAA.

"Following on from my time in the military, I have had experiences in this job I will carry with me for the rest of my life, and that will add a valuable perspective to my royal work for decades to come.

"I would especially like to thank all of my colleagues at EAAA, Babcock and Cambridge airport for their friendship and support.

"I have loved being part of a team of professional, talented people that save lives every day. My admiration for our country's medical and emergency services community could not be any stronger."



INTERIOR ICON

He's the president of the British Institute of Interior Design (BIID), and has lent his considerable expertise to Channel 4's *Britain's Best Homes* and BBC Two's *The Great Interior Design Challenge* – but who is Daniel Hopwood, and how did he get to his current position at the pinnacle of British design?

Daniel Hopwood may now be one of the biggest names in British interior design, but his formative years were spent learning the multi-faceted crafts of stone and wood carving, gilding and restoration before settling on a prospective career in architecture. Then, after finishing his degree, Hopwood couldn't resist the lure of interior design and eventually formed his own company, Studio Hopwood, at the age of 30.

Studio Hopwood now serves a vast roster of commercial and residential clients and prides itself on being one of the few design companies that creates unique schemes that involve everything from the structural work to the interior furnishing. Hopwood's prestigious position as president of the British Institute of Interior Design – not to mention his decades-long career at the cutting edge of that profession – means he is well placed to call upon a plethora of talented minds with whom he has previously worked.

Outside of the studio, and his continuing work as head of the BIID, Hopwood has made a move into the world of television, first as a judge on Channel 4's *Britain's Best Homes* and most recently as presenter of BBC Two's *The Great Interior Design Challenge* – the latter of which he hopes will have a similar effect on interior design that the *Great British Bake Off* had on home baking.

But despite his media profile and hectic schedule, he remains committed to keeping Studio Hopwood on a small scale, allowing him to get involved at a hands-on level when it comes to achieving the exciting interior visions of his exacting clientele.



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FABULOUSLY FLOORED

How to turn your home's original floorboards into a fantastic feature.

If you've got carpets that are looking worse for wear, rather than splash the cash and replace them, why not do away with them entirely? Underneath every stinking and stained shag is a robust wooden floor just waiting to have its moment, and restoring those tired floorboards into something wonderful is easier than you may think.

The good news is that if a floor has been laid for some time it is unlikely to warp, meaning once the carpet is gone you will find a perfectly blank canvas. Inspect your floor carefully for loose nails, squeaks and rot – the former two are easily fixed while the latter will need replacing. Then repair any deep scratches and holes with sandpaper and wood filler – or in the case of uneven boards, an electric sander – before deciding on your fabulous finish.

For the classic au naturel look, you will simply

need a good varnish. Choose your shade, whether pale ash or oak, and apply. Bear in mind that the varnish will darken with every coat you add, so consider buying a clear varnish as well to strengthen your finish.

For something Scandi-inspired, why not soap your floors for a subtle whitewashed sheen? Firstly, apply wood lye to your sanded boards, which will lighten them and remove warm tones, then after further sanding apply a white-tinted wood soap, which has an oily finish and acts as a protective sealant. Or for a cleaner finish, simply invest in a specialist floor paint in white to instantly brighten and modernise your space.

Naturally, white is prone to flaws and will need regular touch-ups, so for something less demanding consider an elegant grey or even black. Bear in mind that wooden floors still require weekly vacuuming and mopping with a specialist wood-floor cleaner, but at least you can ditch the Shake 'n' Vac.



HOME & DIY

CLOCKING ON

The humble wall clock is often vilified for its vital role in reminding us that we are constantly behind schedule – but as an aesthetic choice it is a timeless interior addition that alludes to a tradition of sophistication and style.

In this fast-paced world where so many of us are late for something at any given time of the day, the wall clock often sits smugly in the household faithfully ticking away the seconds ad infinitum. But its riling raison d'être aside, there was a time when large clocks were considered emblems of opulence; and although the clamour for small and sleeker accessories has relegated the wall clock to an afterthought, there's a case for arguing this timeless timepiece can add an eye-catching allure to any contemporary space.

Of course, these days most of us turn to our phones and laptops to check the time – and that modern move has changed the wall clock's primary feature from time-keeping to a purely

stylistic one. Now, the placement of a wall clock in the perfect spot isn't about keeping an eye on the time, it's a fashionable way to draw together a room and provide visual symmetry.

Even if you're hoping to emulate uber-minimalist interiors, an elegant or oversized wall clock can offer a break from potential monotony while still appearing a natural extension of its surroundings and theme. Designers now treat their creations as art pieces – ditching the rounded constraints or traditional elements to drag the wall clock into the present.

But it's not just new-fangled timepieces that make the cut. The most traditional form remains the stately grandfather, and these classic chronometers can fill a niche or space that is too small or awkward for other furniture to fit. With its inherent grandeur and sophisticated heritage, there is certainly still a place for the grandfather in the modern home.

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Guiding Light



With summer almost here, it's worth investing in some garden lights to see you through the season. Naturally we don't mean the kind used to deter burglars, or the kind you'd find

lighting up Wembley Stadium. No, we're talking those that look like fireflies dancing on your rose bushes, or glowing lamps that mimic the dying embers of the barbecue as the warm night stretches out before you, glass of rosé in hand.

Fairy lights are an obvious and easy choice to brighten up your outdoor space; just make sure they are the waterproof kind purchased from a garden centre, not leftovers from last year's Christmas tree. To create a fairy-tale ambience there is only one rule: the more the magical. Solar-powered designs are affordable and available in an array of colours and styles from dragonflies to lanterns and teardrops, and are ideal to adorn arches, fences and trees.

To light up paths and flowerbeds, solar-powered stake lights are best. Available white or multi-coloured, these

unassuming beauties dig into the dirt, are almost invisible as they charge during the day, and then transform into glimmering jewels at night.

If you're the kind of person who opts for a fire pit over a fancy gas barbecue, there's a good chance you'll want your outdoor decorations to be equally primal. Lanterns are a fantastic way to instantly add a touch of class, whether Scandinavian-style tin or mosaic Moroccan glass. Outdoor candles in buckets are a budget option and in citronella scent will also deter bugs. And for a festival feel, you can't beat bamboo Tiki torches that are lit using oil. Because sometimes, only fire will do.



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LOCAL NEWS

from your neighbourhood



Cycle Hub launches a wheelie big success

Hundreds of residents got in gear to celebrate the opening of Dacorum's new Cycle Hub last month.

Around 200 people attended the launch, where Mayor of Dacorum, councillor Robert Mclean, cut the ribbon.

Children from ages six to 16 enjoyed British Cycling's Go Ride programme which aims to improve cycling skills. They also got to try out entry-level racing, followed by Go Ride races in the afternoon with gold, silver and bronze medals being awarded in all age groups.

There were Learn to Ride sessions, too, with several

beginners removing their stabilisers on the day.

Cllr Neil Harden, portfolio holder for residents and corporate services, said: "The hub is a great place to meet other cyclists and is open to all - experienced cyclists as well as families and those just starting out. It really is a 'one-stop shop' for everything to do with bikes. You don't have to be a cyclist to enjoy the hub, all are welcome."

The new hub, next to the Woodhall Farm and Grovehill adventure playground, off Redbourn Road in Hemel Hempstead, is an excellent starting and/or finishing point for rides and will offer a variety of facilities.



Sinkhole closes main road

A main road in Hemel Hempstead has been closed since last month after the start of a sinkhole, reported to be 20ft deep, appeared.

High Street Green in Adeyfield was closed on May 12 at its junction with Branksome Close and Adeyfield Road. As **VISION**Hemel went to press, the road remained closed and it was not clear when it would reopen.

In 2014, a sinkhole estimated to be 35ft wide and 20ft deep opened up in Oatridge Gardens, Hemel Hempstead. Experts said recent heavy rainfall led to an increased number of sinkholes.

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Tribute paid to grandmother killed in A41 collision



The family of a woman who was tragically killed when she was involved in a collision on the A41 has paid tribute to her.

Jean Malone, aged 76, who lived in Hemel Hempstead, and Mary Davis, aged 66, who lived in Stoke Mandeville, both died when the Nissan Micra they were travelling in collided with a van along the northbound carriageway between Chesham and Tring on the evening of Sunday, May 7.

They had been returning home from a regular bingo group that they ran every Sunday.

Both women were devoted mothers and grandmothers and dearly loved by their families.

Jean was a mother to three children – Karen, Stephen and Mark. She also had two much cherished grandchildren, aged 21 and 25, and a Jack Russell dog named Darcy.

All of her children said: “Mum was a people’s person and offered family, friends and neighbours a shoulder to cry on, she would listen to their problems and offered help whenever she could.”

Jean was born in Edgware and lived in Hendon for much of her adult life with husband Phil. She worked as a laboratory assistant until retirement and Philip was a bus driver. The couple moved to Hemel Hempstead when Philip retired and they enjoyed caravan holidays and gardening together. Philip sadly passed away in 2004.

Surge in ambulance calls over bank holiday weekend

The ambulance service which covers Hemel Hempstead experienced a surge in calls over the last bank holiday weekend.

The East of England Ambulance Service NHS Trust received almost 13,000 emergency calls between May 26 and 29.

The Trust’s busiest day was May 27 which saw control room staff receive more than 3,300 calls regionally, 450 calls more than the same day last year.

Kevin Brown, director of service delivery, said: “We continue to experience high levels of demand and this bank holiday weekend was no exception. We continue to remind people to only call us in a genuine emergency.”

Parents of man missing for 18 years in appeal



The heartbroken parents of a man who has been missing for 18 years have spoken on camera for the first time since their son’s disappearance.

Andrew Bateman went missing on the morning of April 12, 1999, from the family home in Lawn Lane, Hemel Hempstead, when he was 27 years old.

He is now 45 years old and his family are desperate to trace him.

Brian and Rosemary have never given up hope of finding their son.

Eighteen years on they have recorded a video appeal in the hope that it will persuade Andrew to get in touch.

Speaking directly to Andrew on camera, Brian said: “We would just like you to make contact one way or another, either through a friend, just to write a letter or a phone call, anything just to make contact with us to let us know you’re alright.”

When Andrew went missing he had the nicknames Leaf and Leafy and was described as being around 5ft 6in tall, of slim build and having brown eyes.

Anyone with information about Andrew’s whereabouts is asked to contact Hertfordshire Constabulary via the non-emergency number 101.

Alternatively contact the independent charity Missing People on Freephone 116 000, text for free to 116 000 or email 116000@missingpeople.org.uk.

You can see the appeal by going to www.youtube.com/watch?v=B2Sd6_iCck4



LOCAL NEWS



Education landmark for town

More than 50 local businesses were treated to an advance preview of the new Hemel Hempstead campus of West Herts College last month when the Business Ambassadors held their most recent event at the venue.

Hemel Hempstead Business Ambassadors was formed to help shape and influence the place of Hemel Hempstead and the surrounding areas, with a view to attracting inward investment, business and visitors.

Introduced by the principal, Gill Worgan, this new landmark for Hemel Hempstead is the first phase of the redevelopment of the college and home to its growing range of modern courses.

During her presentation, Gill said: "This is a landmark moment for West Herts College and we're looking forward to supporting the local economy and engaging with local businesses."

With further presentations from Skillmakers and a case study of a successful apprenticeship partnership between the college and Hightown Housing Association, the event, was further demonstration of the ambassadors aim to connect local business with local educators.

The focus of this new campus at Marlowes, Hemel Hempstead, will be 16-18-year-olds predominantly for technical and professional courses. Students will benefit from the latest facilities and technology.

Gary Stringer, the place manager for Hemel Hempstead Business Ambassadors, commented: "This is a very exciting time for Hemel Hempstead and the wider Dacorum Borough, and the new campus is another exciting and innovative development delivering real change in our town."

For further information on West Herts College, visit www.westherts.ac.uk

Images released following theft of bank card



Police investigating the theft of a bank card in Hemel Hempstead have released CCTV images of three men they would like to speak to as part of their enquiries.

An 88-year-old woman was using a cash machine in Wood Lane End, Adeyfield, when she was approached by a man who distracted her. Her bank card was then taken from the machine without her knowledge and £500 was withdrawn from her account.

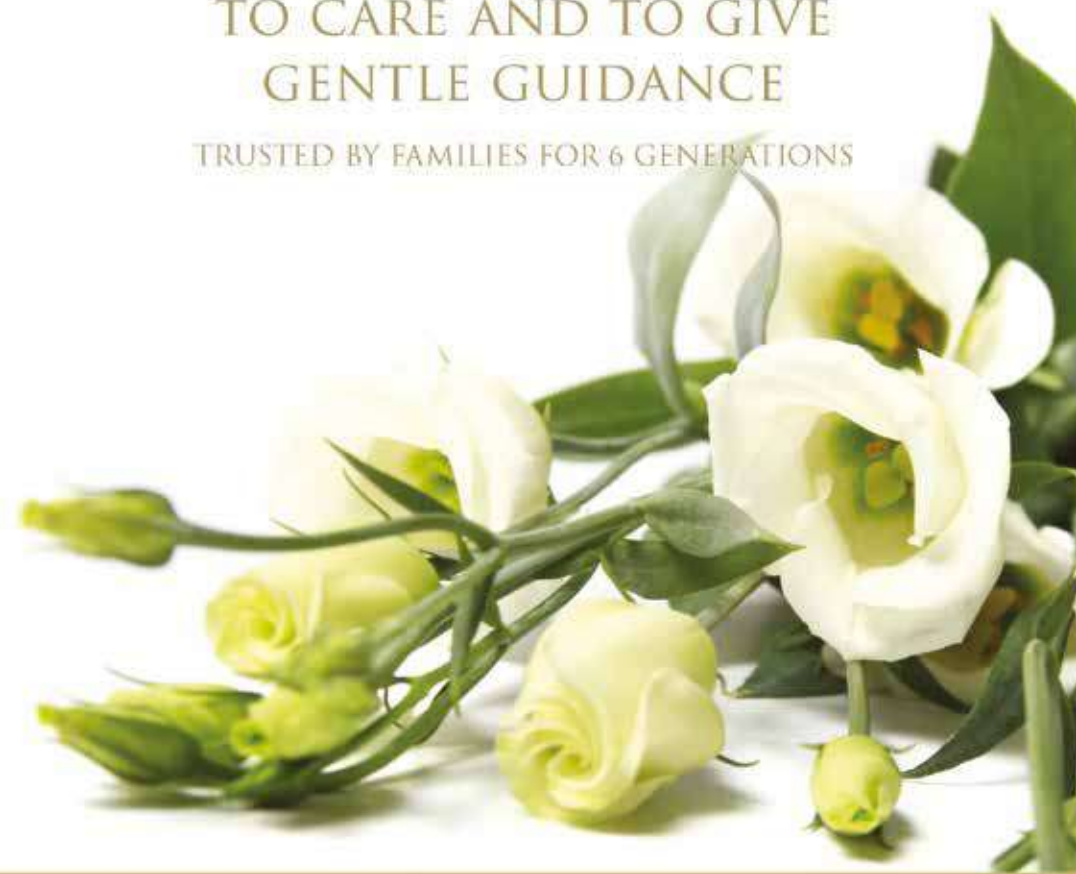
Officers would like to speak with the people pictured as they could have information which would assist the investigation.

The incident occurred between 1pm and 1.15pm on Saturday, March 11.

Contact police on the non-emergency number 101, quoting crime reference D1/17/1986.

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When it comes to your garden, sometimes it's better to fake it 'til you make it. As the use of artificial grass is becoming more prevalent across the UK, we look at the advantages and disadvantages of replacing your live lawn with synthetic sward.

THE PROS

| WATER WAY TO SAVE

One of the key advantages of replacing your lush lawn with artificial turf is that you will save on both time spent on maintenance and, of course, water. Of course, synthetic grass isn't 100 per cent up keep-free, but all it takes to keep it clean is an occasional rake or rinse with a small sprinkling of water.

| PERMANENT PERFECTION

Banish muddy patches, yellowing grass and other unsightly garden blemishes with an artificial lawn that looks great all of the time. The synthetic stuff has come a long way since AstroTurf – the first thing most people think of when considering a plastic lawn – and can now come in a variety of styles that copy real grass exactly.

| PESKY FOR PESTS

It goes without saying that artificial grass is not a natural construct – and that means it's an unwelcoming, unattractive host for ticks, fleas and other kinds of bacteria.

THE CONS

| GREEN FOR GREEN

All in, including installation and the like, the average homeowner will spend a few thousand pounds on a large-scale artificial lawn. But bear in mind that this is a long-lasting investment after all, and you'll save in the long run on sprinklers, fertilisers, pesticides and a lawn mower.

| ADDED EXTRAS

Artificial lawns in residential areas usually require an anti-shock layer, a material that is placed right underneath the 'turf'. This layer gives the lawn a natural feel and is recommended for people with children and/or pets. Infill is another extra to consider, used to stabilise the turf and increase the efficiency of its draining capabilities. Infill also helps keep artificial grass looking lush and perky – but obviously any added extras require added investment.

FAKING IT



Men jailed for flying drugs drone into prison



Two men who used a drone to fly drugs into The Mount prison in Bovingdon have been sentenced to more than 10 years in prison.

Tomas Natalevicius, aged 35, of no fixed address, and Dalius Zilinskas, aged 33, of Grange Road, London, were arrested in a field near to the prison in the early hours of Thursday, October 13 last year.

Officers spotted the drone flying in the direction of the prison.

When arrested, the pair were found to have a black holdall with them which contained a Samsung tablet, white string, a battery pack and a drone controller.

The drone was traced to the prison and a subsequent search of cells recovered the drone, a small package of cocaine, a large cling film wrapped package containing cannabis and other contraband items such as mobile phones.

Both men pleaded guilty to two charges of conspiracy to supply Class A drugs and conspiracy to supply Class B drugs at Luton Crown Court on November 18 last year.

At Luton Crown Court on Friday, May 12, Natalevicius was sentenced to seven years and eight months in prison, while Zilinskas was sentenced to two years and eight months in prison.

Comings and goings for The Tudors

It's been a busy start to the summer transfer window at Hemel Hempstead Town FC with players coming and going from the club.

Returning to the club after two years away, "popular" goalkeeper Laurie Walker has signed a new contract for the coming season.

And leaving the club is 23-year-old striker Mitchell Weiss who will be joining local rivals Kings Langley FC.

Elsewhere, The Tudors have announced their friendly fixture list.

They begin their pre-season away at Bovingdon on July 1, with a local derby clash against Kings Langley scheduled for July 11.

They are due to play in the Hendon Tournament on July 15 and 16, and will face league clubs Barnet away and Cambridge United at home on July 22 and 26.

For a full list of the friendly fixture list, visit www.hemelfc.com/news/pre-season-fixtures-confirmed-updated-180517-1801449.html

Mixed results in cricket club's new season



The end of first month of Herts League has bought some mixed results for Hemel's four XIs.

The 1st and 2nd XI are both mid table each with two wins and two defeats while the 3rd and 4th XIs are both bottom of their divisions having lost all their games.

The 1st XI started off with a much welcomed win over local rivals Kings Langley with Jack Doodson (103) and Matt Dale (75) putting on a Hemel league record 178 for the fifth wicket to see Hemel up to 268 - 4. They then bowled Kings out for 195 to win by 73 runs.

The 2nd XI started off with a win at Langleybury, centred around a fine 126 from Tom Waterton. This was followed with two defeats until the last weekend in May when Hemel II defeated Wheathampstead at the Heath Park.

The 3rd and 4th XIs seem to have played the stronger sides in their divisions at the start and it showed with them losing all their games. Andy Turbutt came out leading run scorer in 3rd XI with 157 and his son Dan Turbutt was the leading scorer in the 4th XI with 114.

Wickets, or lack of them, seemed to be the problem. The leading wicket taker in the 3rd XI is Will Hodgins with four and in the 4th XI it is Nic Benson with seven.



PEST CONTROL

Nobody wants their garden to be invaded by insects or ruined by pests, but sometimes the modern means of disposing of these troublesome tourists can seem a little harsh. However, there are a host of natural ways to put pests off for life, and keep your green spaces chemical-free.

NATURAL BARRIERS

The best way to prevent snails and slugs is to create barriers that they cannot cross over to get to your plants. Any type of copper can be used to make a wall that electrically shocks their body and deters them, and wood ashes or crushed egg shells also work to put those meddling molluscs off their lunch.

SPICY SPRAY

Garlic and chilli may be a culinary staple, but they hold a secret power for gardeners looking to dispose of invaders in a natural manner. Combine crushed garlic and chilli (powdered chilli will do if you don't have fresh) with one tablespoon of vegetable oil and a small amount of dishwashing liquid or soap flakes. Leave to soak overnight in a jar,

then strain and spray on plants. The spray is very effective towards aphids and caterpillars – but keep away from kids, avoid contact with your skin and eyes and use within a fortnight.

KNOW YOUR FRIENDS

Not all bugs and beasts are bad news – and you can help to encourage the helpful critters into your garden to assist in your war against the garden pest. Plant mint, fennel, dill, yarrow, sunflowers and dandelions to attract ladybirds, hoverflies and lacewings – all of which will happily feast on your aphids. Birds and hedgehogs eat slugs and snails, beetles and insects, as do frogs and toads.

TRY A TRAP

Earwigs can devastate seedlings. If they do pose a problem in your garden, try filling a few plastic flowerpots with straw and balancing them upside down on sticks to attract the pests. The earwigs crawl up the poles and take shelter in the pots at night and you can empty them and humanely dispose of the pests in the morning.



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PLUMBING NEW DEPPS

From pin-up to pirate to pariah: the eternal enigma, Johnny Depp.

There is a point for all those actors who have reached a certain level of success whereby it becomes difficult to discern the man from the myth. This is true especially of someone like Johnny Depp, who is so unpredictable in the roles he takes and embodies every character so fully that you lose sight of the person within. From the mysterious and awkward Edward Scissorhands to his most famous role as swashbuckling pirate Captain Jack Sparrow in the *Pirates of the Caribbean* franchise, the characters he has created are almost as bold and beloved as Depp himself.

Starting out as a baby-faced pin-up with his huge brown eyes and magnificent cheek bones, the promising star was often cast as handsome, but ultimately dispensable eye candy: one of Freddy Krueger's helpless victims in *A Nightmare on Elm Street* for example, or as a leather-clad gang leader in musical comedy *Cry-Baby*. It was only when he embraced his inner weirdness and began his long-standing collaboration with director Tim Burton in *Edward Scissorhands* that audiences and Hollywood executives finally understood the true talent of the Kentucky native.

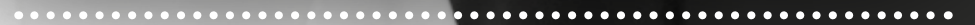
"I think I will always see myself as an outsider," says Depp. "I also have a need to feel like I've protected my individuality and identity as an actor. I see myself as a cross between Edward Scissorhands and Jack Sparrow. When I played Edward I deeply connected with his purity and innocence and during the years I've

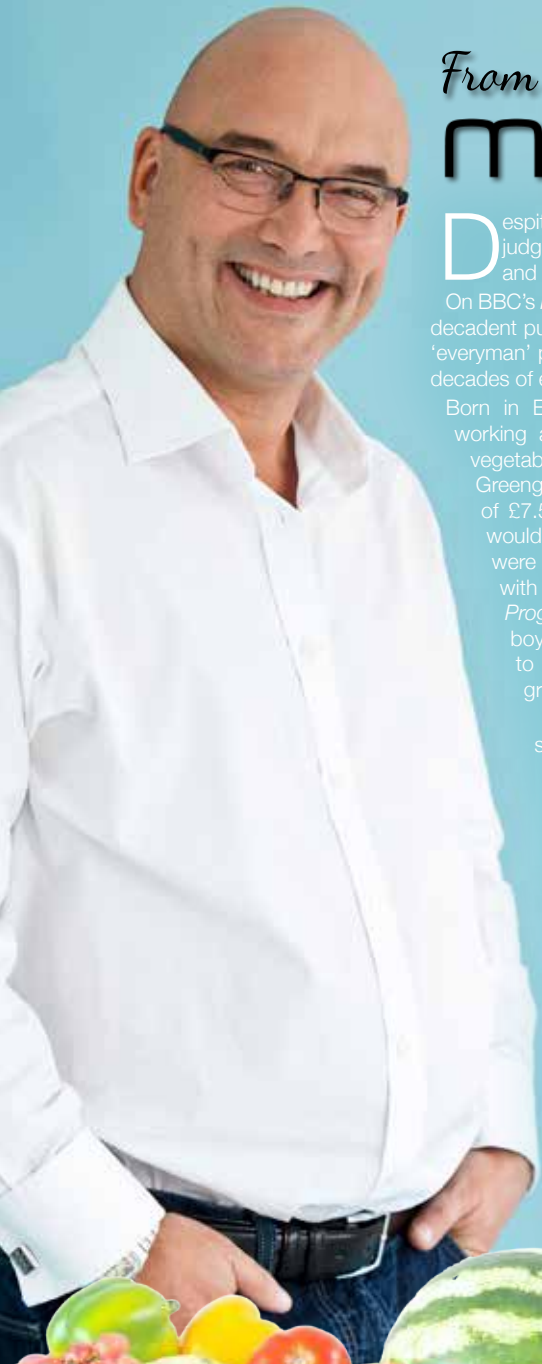
been playing Captain Jack I've been drawn to his irreverence and desire to run against the current."

Even now, at the age of 53 Depp still insists on being a rebel. In 2015, he found himself in the centre of a row over his two Yorkshire terriers, Pistol and Boo, who were allegedly smuggled into Australia while he filmed there, and he is often outspoken on political and social matters. But despite the controversy, he has always managed to remain mysterious; his living legend status acting a kind of Teflon to trouble, until now...

It began when his wife of 15 months, Amber Heard, filed for divorce from the star in May last year. A restraining order against the actor soon followed, with rumours of abuse and violence within their relationship. Hollywood leapt to Depp's defence – even his teenage daughter Lily Rose spoke out to state the absurdity of the claims – but the negativity lingers around the star, much like the smell of rum clings to Jack Sparrow. His recent flurry of failed films hasn't helped either. *Alice Through the Looking Glass* was a box office flop, and his part as gangster Whitey Bulger in *Black Mass* didn't fare much better.

And yet, for all the rumours, rants and dubious film choices, he is still Johnny Depp: the man who inked his arm with 'Winona Forever' – for Winona Rider – only to change it to 'Wino Forever' once they split. He has always been fabulously flawed, and as he reprises his most beloved role in *Pirates of the Caribbean: Dead Men Tell No Tales*, we will gaze once more in wonder at this magnificent misanthrope.





From Barrow Boy to MasterChef

Despite his ardour for 'buttery biscuit bases', *MasterChef* judge Gregg Wallace's humble roots are actually in fruit and veg.

On BBC's *MasterChef* he is the bubbly joker with a soft-spot for decadent puddings and meaty main courses, but despite his affable 'everyman' persona, Gregg Wallace is a serious foodie who has decades of experience in the food industry.

Born in Elephant and Castle, the 52-year-old started out working as a greengrocer and after running a successful vegetable stand at Covent Garden, founded George Allan's Greengrocers in 1989, which built up an eventual turnover of £7.5 million. A successful businessman then, Wallace would have happily continued building his food empire were it not for a fortuitous interview in a trade magazine with a journalist who also worked for Radio 4's *Food Programme*. Wallace's combination of charm, barrow boy swagger and extensive culinary knowledge led to him hosting *Veg Talk* on the station, with fellow greengrocer Charlie Hicks.

The epicurious Londoner worked on the show for seven years, then moved onto *Saturday Kitchen* from 2002 and has now clocked up 12 years on *MasterChef*, *Celebrity MasterChef* and *MasterChef: The Professionals*. He has also worked on various other TV projects such as *Eat Well for Less*, *Harvest*, *Supermarket Secrets* and *Strictly Come Dancing*.

Perhaps an unlikely lothario, Wallace is currently on his fourth wife, Italian-born Anne-Marie Sterpini, who is 17 years his junior. The couple live in Whitstable, Kent, with Wallace's two grown-up children from his second marriage. The chef has expressed a desire to work less and have more children with his new bride, but he also craves security and having experienced poverty says he will always work hard to avoid going back there. Given the enormous success of his recently wrapped 12th series of *MasterChef*, it seems highly unlikely Wallace will ever see those salad days again.



Photo Credit: BBC

From Doctor to MasterChef

A doctor from Watford has become the *MasterChef* 2017 Champion after beating 63 other contestants.

Saliha Mahmood-Ahmed, 25, won the gruelling culinary competition last month after beating fellow finalists Steve Kielty, 40, and Giovanna Ryan, 29.

On her win, Saliha says: "I'm a scientist, I'm not an artist, and this is pure creativity. To be the *MasterChef* Champion is fantastic and wonderful."

Judges John Torode and Gregg Wallace congratulated Saliha on her win.

John said: "She's walked in here and taken her food culture apart and put it back together in a modern and very exciting way. She always does something a little bit extra - something which always surprises us."

Speaking about the final and Saliha's journey, Gregg says: "Saliha's flavours were always outstanding, but when she translated those flavours into modern presentation there was no stopping her."

In a punishing final week, Saliha cooked for the American Ambassador under one of Britain's best chefs, Paul Ainsworth; embark on a culinary

adventure to South Africa and take on exceptional challenges.

The mother-of-one started cooking at a young age, influenced by her family.

She explains: "I'm from a big Pakistani family and we use food as a way of bringing everyone together. I had very passionate grandmothers who cooked traditional Pakistani food and my mum is also an excellent cook. We love to feed people - it runs in our genes."

Saliha is a junior doctor, training to specialise in gastroenterology. On balancing her job with her time on *MasterChef*, she explains: "I have a lot of support from my wonderful husband and family, who gave me the strength and encouragement to go through this incredible experience. I have great work colleagues, who swapped on-call shifts with me so I could attend the filming days. I feel like winning *MasterChef* was a team effort for us."

On her future plans, Saliha says: "My dream is to continue working as a doctor - and also to combine it with my other passion - food. I'm specialising in gastroenterology and to be able to help patients through medicine and my food knowledge would be incredible."



DIRTY DONE GOOD

You could say it started back in 2002 when American, Andre Blais, had a dream to bring the taste, style and soul of his hometown Kansas City's barbecue to the UK, and subsequently opened Bodean's BBQ in Soho. Or perhaps it was with the explosion of gourmet street food, when fat, meat patties dripping with bacon and cheese melted into brioche buns, replaced processed sausages and stale rolls as market and festival staples.

Either way, the food that has been delighting Americans for years, now doesn't just rank in London as 'popular'. Oh no, it is 'gourmet' fare.

One of the biggest success stories is MEATliquor, which started out life in the confines of a modest food van. Founded by Yianni Papoutsis and Scott Collins, the MEATwagon – a van that pulled up in pub south London car parks – served the kind of culinary delights that would make even the surliest Texan blush. Now a meat empire with restaurants as far as Bristol and Brighton, you will find hipsters, businessmen and families sat side by side, tucking into mounds of fries slathered in cheese sauce, authentic buffalo wings with blue cheese dip and, of course, debauched burgers – napkins are replaced by rolls of paper towel to wipe smiling, sticky mouths.

Naturally, some of London's coolest pubs are also in on the act, and as the weather warms up, barbecues in beer gardens all over the capital will be sparking up to roast entire hogs, smoke mounds of pulled pork, and sear sumptuous steaks.

It may seem like a carnivorous and calorific affair, but most places offer healthy sides such as grilled corn on the cob, fresh coleslaw and salads to offset the grease, and unlike fast food joints, the meat is of a decent quality and largely unprocessed. So, unbuckle your seatbelt, don your bib and tuck in.



PUZZLES & TRIVIA

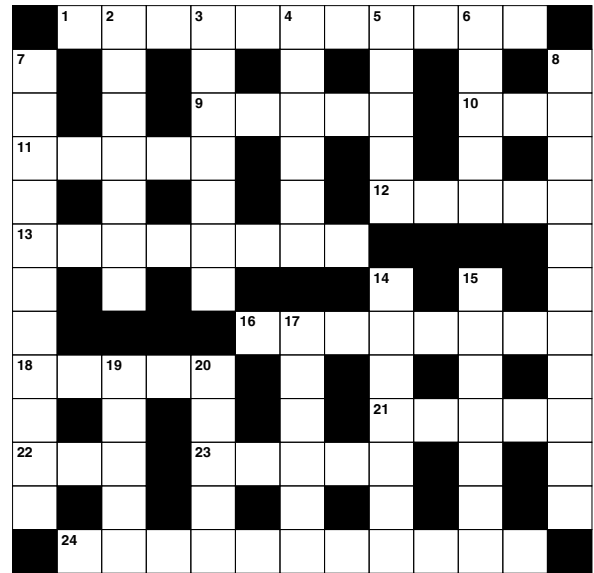


ACROSS

- 1. Philosophical doctrine (11)
- 9. Gold block (5)
- 10. Draw (3)
- 11. Knocks into (5)
- 12. Captivates (5)
- 13. Deluge (8)
- 16. Inducing sleep (8)
- 18. Nonsense (5)
- 21. One of the United Arab Emirates (5)
- 22. Untruth (3)
- 23. Mock-up (5)
- 24. Poorly behaved; impolite (3-8)

DOWN

- 2. Inspire with love (7)
- 3. One event in a sequence (7)
- 4. Item that attracts iron (6)
- 5. Indentation (5)
- 6. Fight (3-2)
- 7. Book lover (11)
- 8. Lucidity (11)
- 14. Painkilling drug or medicine (7)
- 17. Servant in a royal household (6)
- 20. Device used to connect to the internet (5)



- 15. Light beard (7)
- 19. Ring (5)

DID YOU KNOW

- ▶ It would take less than six months to get to the moon by car at 60mph
- ▶ Up to 19 girls can be crammed into a smart car
- ▶ 92 per cent of all new sold cars in Brazil use ethanol as fuel, which is produced from sugar cane
- ▶ There are more cars than people in LA
- ▶ It is a criminal offence to drive around in a dirty car in Russia
- ▶ The inventor of the cruise control was blind
- ▶ 75% of cars that Rolls-Royce has ever produced are still on the road today
- ▶ In 1941, Henry Ford made a car out of soybeans
- ▶ Most new cars fake engine noises through speakers. They are quite silent otherwise

SUDOKU

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Kitchen spa



Why spend a fortune on fancy beauty products when you can raid the kitchen cupboards to make salon-quality treatments at home?



Brown sugar buzz body scrub
Mix brown sugar, leftover coffee grounds, olive oil and a drizzle of honey. Rub generously onto body and shower off.
Benefits: Olive oil moisturises, sugar exfoliates, honey is healing and ground coffee has been shown to reduce cellulite over time.



Papaya punch face mask
Blend half a ripe papaya with fresh lemon juice and honey. Apply to face for 15 minutes, then wash off.
Benefits: Papaya is packed with vitamins A, C and E, and also contains alpha hydroxy acids which exfoliate and brighten, while honey moisturises.



Brunch bunch hair mask
Mash half an avocado with two egg yolks, apply to wet or dry hair and leave for 20 minutes before shampooing thoroughly.
Benefits: Egg is pure protein, which is key to rebuilding and restoring hair, while avocado is full of vitamins and fats that will help hair shine.



Coconut massage bars
Give coconut oil a quick blast in the microwave, then add your favourite essential oils – grapefruit and bergamot to invigorate; cinnamon, sweet orange and vanilla to relax – pour into silicone moulds to set, then rub over body post-shower (while wet) for super-soft skin.
Benefits: Coconut oil moisturises while fragrant essential oils help you to relax.



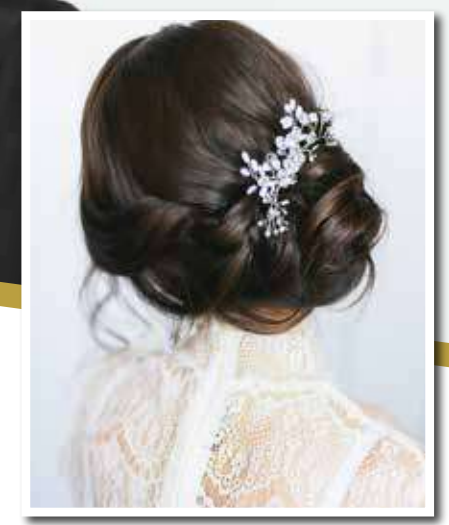
Brilliant bath bombs
Mix one cup of baking soda, half a cup of citric acid and half a cup of Epsom salts then separately mix three teaspoons of olive oil, two teaspoons of essential oil, one teaspoon of water and food colouring. Add wet mixture slowly to dry until you have a sandy texture you can pack into moulds, then leave to dry before using in the bath.
Benefits: Epsom salts soften skin, oils relax and baths generally make your day better!



KING OF STYLE



The classic chignon up-do



With wedding season upon us, Nicky Clarke is the go-to man for wedding hair inspiration.

When it comes to celebrity hairdressers, you don't get much more iconic, or more rock and roll, than Nicky Clarke. As famous for his outlandish antics and mane of golden hair as he is for his styling skills, the 58-year-old has been teasing and taming celebrity barnets for almost four decades. He also has a string of eponymous salons along with his own line of hair products, and in 2008 was awarded the OBE for 30 years of service to styling.

Naturally, during his impressive career, Clarke has created a fair number of bridal looks, and knows how vital it is that a girl looks her very best on her big day. And though a session with the man himself will set you back around a grand – that's after you join the lengthy waiting list – it is easy to create a gorgeous wedding-worthy do by following his top tips.

"Aim for hair that is generally away from the face," he begins. "You can still have a soft side fringe. Think about the wedding dress, your face shape and how it can easily work for evening too."

"So if your hair is short, consider a blow-dry set with a little hairspray. If it's long, then why not try a classic chignon up-do?"

HAIR STYLING IN ACTION

Arguably one of the quickest and most elegant hairstyles to achieve: start by brushing hair back into two low ponytails and begin to twist them. Once twisted to your satisfaction, secure them together with an elastic.

Next, take your (now one) ponytail and flip your hair over the elastic and through the hole your ponytails have formed. Continue to do this until you make a big bun at the nape of your neck. Secure with bobby pins and hairspray, and off you go.



Tips to DITCH THE DAD BOD



BUM DEAL



When you become a parent it's easy to neglect your own health while you focus on the welfare of your brood, but with summer on the way it may be time to swap that six-pack of beer for an actual six-pack, because big guns impress mums.

EAT PROTEIN FOR BREAKFAST

If you've become so busy that the first meal of the day consists of a black coffee on the run, you're doing your body a massive disservice. Eating breakfast jump-starts your metabolism and keeps your energy high all day. Go for something high-calorie like eggs. High in metabolism-boosting protein, they're also the best dietary source of choline, a B vitamin that helps prevent the accumulation of belly fat.



DO INTERVAL TRAINING

Starved for time? Interval training not only fits into your life, it's also incredibly effective – helping you to shed pounds, increase your metabolism, improve your cholesterol profile and improve insulin sensitivity. Try a HIIT class (High Intensity Interval Training) at the gym, or turn your favourite aerobic exercise (running, biking, even walking) into an interval workout by adding periods of intense speed (start with 30 to 60 seconds) followed by periods of rest (normal speed) for the same amount of time.



GET THE GOOD FATS

Paradoxically, to burn more fat you need to eat more of it, but only the good kind. So eschew white carbs like pasta and bread and fill your belly with healthy fats like real butter, coconut oil, nuts and avocado.



LIFT HEAVY WEIGHTS

If your weight training consists of lifting little Timmy in and out of his pushchair, you should know that lifting heavy weights can actually boost your metabolism and speed up weight loss. Compound lifts like squats and deadlifts burn the most post-workout calories, but any heavy weight training will have a positive effect.

SQUATS



If you've got a big summer holiday planned and want to look your best in a bikini, then follow this quick and easy workout. Begin with a gentle warm-up, run through each exercise twice (each leg twice where applicable) and finish with a gentle stretch. For visible progress do at least three times a week – no ifs, buts or maybes!

Squats

Stand with your feet shoulder-width apart, feet facing forwards and hands stretched out in front. Lower yourself by bending your knees as if you were preparing to sit on a chair. Go down as far as feels comfortable, aiming to get your thighs parallel to the floor. Slowly rise up to the starting position and repeat eight to 10 times.

Lunges

Standing with your feet together, take a step forward with your right leg. Slowly bend the knees until both legs are nearly at right angles. Your right knee should not extend over your toes and your left knee should not touch the floor. Push back up to the starting position. Repeat eight to 10 times before switching legs.

One-leg kickbacks

Place yourself on your hands and knees, with your knees under your hips and your hands under your shoulders. Keeping your right leg bent at 90 degrees, raise your knee as high as you can by squeezing your buttocks. Lower to the starting position and repeat eight to 10 times with each leg.

Bridges

Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor. Raise your hips to create a straight line from your knees to your shoulders. As you come up, tighten your abdominals and buttocks. Lower yourself gently to the starting position and repeat eight to 10 times.

BRIDGES



KICKS



LUNGES





NAUGHTY ~~STEP~~ STOP!

Is it time to forget the naughty step and find alternative ways to discipline your darling little terrors?

For a long time during the noughties, *Supernanny*, Jo Frost, was the last word in parenting. Mums and dads everywhere marvelled as she swooped in like a modern-day Mary Poppins, determined to calm even the unruliest of toddlers. Often this would result in the little ones being ushered off to the naughty step (or time-out step as seems to be the preference these days), only to return minutes later with a serene, cherubic glow.

Yet wind forward a few years and many parenting experts are now wondering if there are far kinder and more effective discipline methods that could be trialled.

So, what's wrong with the time-out step? Well firstly, there's a growing belief that many children don't understand that they are misbehaving, and therefore, the concept is lost no sooner do they sit down.

The reality is that 'acting up' may simply be a symptom of a developing brain that is yet to learn how to control impulses, and studies have shown that empathy and the ability to control actions doesn't kick in until around the age of seven.

Secondly, removing a child to sit alone and ponder their actions may actually be damaging at such a young age, as what appears to result in a quiet, more subdued child could actually be one who is being conditioned to internalise their emotions, resulting in an inability to express themselves later on.

So, what's the solution? Well, it seems experts are coming back around to using a familiar tool that's freely available throughout both childhood and adulthood-communication. It's important to understand that your kid is not having a tantrum simply to wind you up or get your attention, and that these episodes are very often an overwhelming and scary experience for them too.

So try going down to their level and talk calmly. Give their emotions feelings, like "it made you feel angry when he took your toy, didn't it?" and encourage behaviour you would like from them. For instance: "We use gentle hands" rather than "don't hit."

And of course, preventing tantrums in the first place is the best solution of all. For instance, give your child three different outfit options in the morning to help them feel in control rather than being dictated to or forced into one decision.



Summer Shades

The weather may be hard to predict this British summertime, but with this colour forecast straight from the spring/summer catwalk you'll be looking hot till Hallowe'en.

yellow mini or simply accessorise with an oversized tote bag or summery sandals.

Pale dogwood pink – Make like Molly Ringwald and be pretty in pink this summer. Named after the gorgeous dogwood tree which blossoms pale pink flowers, this look is for those who want a subtler shade and is perfect for weddings. It's also a great colour for raincoats, so even when you have to cover up you'll still look breezy and bright.

Kale – Get your five-a-day with this glorious green shade. Very close to khaki, kale is the ideal colour for those who prefer a subtler look, but still want to embrace the season. Think silk shirts, sheer beach cover-ups and shorts.

Flame orange red – Feeling hot, hot, hot? Be bold with a fiery red maxi-dress. Channel your inner geisha with a floral kimono-style gown, or be a sassy señorita with an off-shoulder frock.

Aqua blue – For those who have been harbouring ambitions to become an actual mermaid, aqua swimwear is set to be a big trend. Think shimmering metallic cozzies or even a floaty chiffon dress to take you from the pool to the party. Poseidon himself will be (sea)green with envy.

Rainrose yellow – No sunshine, no problem. Bring your own rays in this brilliant banana hue. Show off tanned legs in a cute

Silver – Shine bright like a diamond with some space-age embellishments. Subtle starlets can simply embellish with chunky silver jewellery or metallic trainers or wedges. Intergalactic warriors can be bold with silver pleated skirts, and even painted leather jackets. If in doubt, shine on.





FASHION AIR MILES

Just how far have the clothes you're wearing travelled to get to you?

GREENLAND (DENMARK)



You might not think about your clothes too deeply, but sometimes there's a lot more than meets the eye. For example, when a Zara dress hit the headlines recently, it wasn't for its fashion flair, though arguably the pink tunic is very pretty, but for the number of countries it had travelled to before reaching the consumer.

Made from lyocell – a sustainable alternative to cotton – the dress began its life somewhere in Europe, where the trees to make this fibre are grown. From there it was shipped to Egypt where it was spun into yarn, then China to be woven into fabric. Then it was sent to Spain and dyed its vibrant hue, then onto Morocco to be cut and sewn into an actual garment. Its journey almost over, the dress was then set to a warehouse in Spain to be packaged, before eventually finding its way into one of Zara's shops.

You may be surprised at the air miles this humble frock has racked up – the label simply says the dress was "Made in Morocco", and Zara is not alone in this process. In fact, the BBC report in question noted that many Zara garments are created in neighbouring countries like Morocco and Portugal, whereas many other high street brands outsource to factories much further away, like Bangladesh and China.

While there is nothing illegal or immoral with this practice, it raises bigger questions on how little we know about the things we buy. In a global market, so much is outsourced that when things do go wrong – like the 2013 Rana Plaza disaster where more than 1,100 people were killed and 2,500 injured when the Bangladesh garment factory collapsed – the chain is so long and tenuous it's difficult to know who to hold responsible.

There is no easy solution, but we can push to know more about products so you can be sure that your dress hasn't been to more countries than you.

A U S T R A L I A



CONQUERING CORNWALL

Whether you've devoted your life to chasing waves, or are just a *Point Break* fan hoping to start your journey in the world of aquatic extreme sports, there's a plethora of places around the globe for a surf-happy traveller to indulge in some ocean-going excitement. But while Sri Lanka and Australia vie for the top spot when it comes to worldwide wave-riding, British boarders can take solace in the fact that our little island nation boasts a secret surfing gem in the shape of Cornwall's coast.

This south-west swell promises all-year-round excitement. While spring and summer showcase smaller waves with more sun, braving the winter conditions can give the more intrepid surfer the chance to pit their wits against huge and almost continuous waves coming in from the North Atlantic. If you're a serious shredder, September and October offer the best of both worlds, with the

water still retaining some summer warmth while the first decent offshore waves roll in.

Cornwall is also ideal for inexperienced or intermediate wave-riders looking to hone their craft. There are plenty of sheltered beaches to hide away on, and most spots off the coast don't attract the sort of waves you might see in a disaster movie.

However, if you are looking to ride the biggest beasts the ocean has to offer, you can head to some of the offshore reefs. The most famous of these is at Porthleven on the south coast, but if the conditions are just so, a lucky Newquay-bound surfer could find themselves faced with a monster off the Towen Headland. It's here that an annual event at The Cribbar reef creates a terrifying 30-foot break that cements Cornwall's place on the global list of surprising and satisfying surfers' paradises.



tales from the BUSINESS GHOST



ONE OF LIFE'S NATURAL *remedies*

Walking inspires me. It is as though the world has slowed down and invited me to come in and have a closer look at its best bits. From a simple stroll along the canal beside my home, to a planned hike through the peaks and valleys of some distant land, beautified by horizons and blossom-filled sideshows...I love to walk.

In those measured moments, those precious pauses for reflective thought, I find that all things come back into focus. Every other person you meet complains that life is too busy, or there is too much to do. I wonder how many of them have forgotten the secret of the time-slowing walk? For me it is one of the most valuable indulgences that life can afford and yet, in its simplest form, it costs nothing. In a world which is determined to speed up and spend, to entertain and consume; those of us blessed with physical mobility often take for granted

the ability to exist in a moment, unwind for a while and simply walk.

I thank God that I can walk and while the strength remains in my legs, I will. I want to enjoy the heat of the sun, the chill of the breeze; the shocking blue of a kingfisher's dive and the green, grey curve of the mountainous path. I love to walk.

The very essence of creation can be captured in a moment of time. But if we never stop to look, if we never pause to engage with its beauty, we are in danger of overlooking the simple, richest pleasures of the world we live in and the fact that God gave us legs for a reason.



Martin Gladdish

The Business Ghost

"Creating your strategy, developing your style and crafting your story..."

E: martin@businessghost.co.uk
M: 07960 930803

Storyteller and specialist ghostwriter of blogs and business books.





THE £300 BUSINESS

Why setting up on your own these days equals minimal expense and maximum potential.

Investors, loans, crowdfunding and more – they're all terms associated with big money and big business launches. But in 2017, getting a product or service to market needn't require knocking on the door of a wealthy magnate.

In fact, all you need do is turn on your computer, because it's never been easier for people with energy, optimism and ambition to create an income for themselves, and much of that is down to the internet. A registered company name, a website (consider WordPress for site creation and GoDaddy for hosting) and perhaps some promotional stationery can all be sorted online, with email, search engine optimisation and an existing phone contract enabling your idea to find its audience quickly and effectively.

But what idea? Well, they say the best businesses are those that have their base in something the owner is passionate about. Not only will that see you work later into the night when otherwise you may recline on the sofa or head down the pub, but your energy and enthusiasm will come across to everyone you're pitching to. So whether that be dog walking, window cleaning, freelance design, journalism, computer programming, music lessons, garden

maintenance, event planning or stripping lead off the roof of the local church (perhaps not), with a snappy name, confident marketing and a drive to succeed, your business can be launched and active in no time at all, and at minimal cost.

Once done, consider online and local advertising (VISION magazine being a perfect place to start), promote through word of mouth, and link up with other local groups and businesses to help your idea capitalise on the momentum and contacts of others.

£300 IS ALL IT TAKES:

- ▶ Company registration: £40
- ▶ Website creation (including hosting) and email: £80
- ▶ Business bank account: Free
- ▶ Stationery: £35
- ▶ Flyers and local marketing: £65
- ▶ Local advertising: £100



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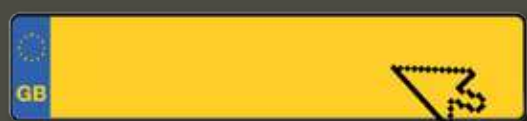
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Driving Economy

Between buying a car, fuelling it, getting insurance, road tax and the rest, getting from place to place is certainly a costly business. Here are some top tips on how to cut costs with minimum fuss whenever you hit the road.

Go slow at first

Most manufacturers also recommend driving your car slowly 30 seconds after starting it. Cars are at their least efficient when they are cold. If you drive quickly straight from start-up, you are redoubling the wasted fuel and also wearing out the engine more quickly in the process.

Drive sensibly

Speeding, rapid acceleration and hard braking are the quickest ways to waste petrol. Such aggressive driving can lower your gas mileage by 33 per cent at motorway speeds and by 5 per cent around town. The perfect way to travel, in theory – though admittedly rarely possible for most UK drivers – is at a constant speed (ideally around 50mph) and in the highest gear (five or six). So if you're a patient driver, you'll have lower fuel bills – it's as simple as that.

Embrace the heat

Try setting the air conditioning for a higher temperature or, if you're really bold, go without it. Running the air conditioning can reduce a vehicle's fuel economy by more than 25 per cent.

Stop idling

If you're parked and waiting, turn the engine off. Idling can use a quarter to a half-gallon of fuel per hour; restarting your vehicle, by contrast, only takes around 10 seconds' worth of fuel.

Keep your tyres inflated

Making sure you've got proper pressure can improve your petrol mileage. Do not go by the maximum pressure level printed on the tyre's sidewall. Experts say you can usually find the correct pressure level for your car printed on a sticker in the glove box or in the owner's manual.

Rotate your own tyres

Front tyres wear more quickly than rear tyres. By switching them, you help ensure both sets wear evenly and that you won't have to prematurely replace them. To know when to switch them, look in your owner's manual.





TECHNOLOGY

THE RISE OF FAKE NEWS

During last year's race to the White House, did you see the news story about Denzel Washington endorsing Donald Trump's campaign? Or the continued insistence from Trump's administration that his inauguration was attended by a record-breaking number of people (contrary to photographic evidence)?

The problem of 'fake news' – or the startling amount of misinformation that has come to light in the media over the last year – has dogged Donald Trump's campaign from

the beginning. It has been both a watchword from the media to highlight discrepancies in the President's view compared to reality, or as a tool used liberally by Trump on his Twitter page: "the FAKE NEWS media".

Now it seems the term is being used with wild abandon – and as a result the truth is even harder to get to. Here are some expert tips on how to recognise when a news source is being less than truthful, to protect you from misinformation and lies.

- Read beyond the headline before sharing. It sounds almost too basic, but huge numbers of people never get past the headline before sending it to others.
- Research the name of the supposed news site.
- Read the story comments.
- On Twitter, look at the number of the source's previous posts. A social media handle with fewer than 100 posts may be someone who only reads posts and does not engage with others or if the handle has more than 100,000 posts, it could be a bot handle that automatically posts hundreds of links to news stories.
- Look for "about" or "contact us" information. If it doesn't exist on the originating site, or looks suspicious in any way, that's a danger sign.



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Conte's CHAMPIONS

Since his arrival last year – as Chelsea looked back on a season beset with troubles – Antonio Conte has turned the Blues into a formidable team, using trusted tactics, unexpected arrangements and his idiosyncratic Italian passion to clinch the coveted Premier League title in his first season in England.

There's no doubt that last season gave many Chelsea fans a fright. After all, their team transitioned from reigning champions to a 10th-place finish and José Mourinho departed acrimoniously among a flurry of speculation about supposed dressing room discontent.

After veteran Dutchman Guus Hiddink steadied the ship following Mourinho's sacking, oligarchical owner Roman Abramovich turned to Italy's Antonio Conte to bring his club back to the top of the table. Conte had led Juventus to a record-equalling five consecutive Serie A titles in his home nation, as well as taking charge of an Italy side at Euro 2016 that was knocked out on penalties in the quarter-finals. He has since transformed the Blues back into a force to be feared – and has joined a list of esteemed men who have managed to win the Premier League title in their first season on these shores.

(WING) BACK TO WINNING WAYS

Things didn't start that well for Conte's future champions, however. In September, a 3-0 loss to Arsenal left the Blues in eighth place – but paved the way for a tactical change that paid dividends. By moving to a 3-4-3 formation (similar to that which he had used

to great success in Turin and with the Italian national side), Conte became somewhat of an anomaly in the Premier League, where four-man defence set-ups are much more the norm.

Summer signing Marcos Alonso (formerly of Bolton Wanderers and Sunderland) surprised the doubters to flourish in the left wingback role, while Victor Moses – a squad misfit since joining from Wigan in 2012 – found his eventual calling on the right-hand side. Conte's tactical switch also paved the way for his fellow managers to try out a three-man defence, with 17 of 20 teams using the formation this season.

EDEN SHOULDERS ABOVE THE REST

Mourinho's sacking was the end result of a title-winning team sinking to 10th place in the most impulsive of manners, but even then one player's problems particularly stood out. Eden Hazard has long been considered one of the best in the league, but last season he managed a paltry four league goals and three assists. Under Conte, however, the Belgian has roared back into form, hitting 15 goals and contributing five assists.

SQUAD GOALS

Chelsea may not have matched the spending of, say, their Manchester rivals this season, but an argument could be made that they have the best squad depth in the league. After all, when injuries and fatigue took their toll, Conte was able to call upon attacking superstars like Cesc Fàbregas, Willian and £33 million signing Michy Batshuayi to shore up the team and turn a game on its head.



RORYING *back*

He joined the elite of the golfing world by virtue of his four major victories before the age of 30. Now, after a period of relative quiet, a newly-married Rory McIlroy is setting his sights on becoming the best the sport has ever seen.

At the same point in their careers, only golfing legends Jack Nicklaus, Tiger Woods and Bobby Jones could boast a greater haul of majors to their name than Rory McIlroy as he nears his 30th birthday. The Northern Ireland-born star – and 2014 PGA Player of the Year – won four major championships between 2011 and 2014, and along the way has secured a number of huge endorsement deals, including a Nike contract rumoured to be worth around £200million and a spot as the face of EA Sports' PGA Tour game (replacing former incumbent Tiger Woods).

Since coming fourth at the 2015 Masters – his best finish there – things have slowed down somewhat when it comes to McIlroy's march into the golfing history books. He came second in a

hotly-contested match against Patrick Reed in last year's Ryder Cup, but did manage to secure the FedEx Cup – and its sizeable \$10million prize money – for the very first time.

Perhaps the reason for his slowdown on the course is because the last two years have seen big developments in McIlroy's life away from the fairway. After a brief engagement to Danish tennis ace Caroline Wozniacki – which McIlroy apparently ended over the phone – he has finally found lasting happiness with Erica Stoll, who became Mrs McIlroy earlier this year.

But if history is anything to go by, McIlroy should be back adding to his trophy haul sooner rather than later. After all, when golfing great Woods got hitched aged 28, the same age that McIlroy did, that wedded buzz saw him scoop six majors in the immediate years that followed. And with 'Rors' wrapping up his nuptials, he'll be setting his sights firmly on July's Open at Royal Birkdale.



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