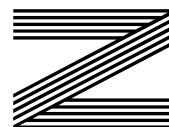
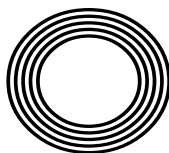




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KANE
REACHES
NEW
HEIGHTS

DOUBLE
BABY JOY
*for Hollywood
couple*

The fall and rise
OF RATNER



FREE

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OUR PIPPA

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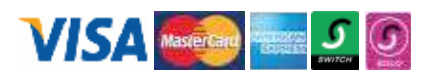
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Editor's notes...



Misha Mistry, Design Editor

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

The sun has certainly had its hat on the last few weeks as we have been having some record-breaking temperatures and I'm sure you will agree with me

in saying I hope it lasts all summer.

In Home/DIY this month we get some tips from Michelle Ogundehin, whilst most of us have been spending a lot of time in the garden recently we focus on how to save our hogs in Gardening.

In Food & Drink we get some shaken and stirred cocktail ideas and in Travel we get down and dirty and hear from Bear Grylls.

In this month's Local News, plans to store more petrol at Buncefield have been criticised, find out which Hemel Hempstead building was struck by lightning last month and we can give you a helping hand if you are wondering how to keep the kids entertained over the holidays, as school is out for summer.

Also, if you took part in the Hemel 10K and 1.5K Superhero Fun Run, give yourself a well-deserved pat on the back. We have a special report on the fun run.

Local news is important to us so if you have any stories to share, please email them to editorial@visionmag.co.uk

Let us know your thoughts and enjoy reading.



After months of low rainfall, water resources are **below average...**

It's important we all **SAVE WATER THIS SUMMER**



HANG UP YOUR HOSE

A garden hose uses as much water in an hour as the **average family of 4 uses in a day and a half** – try to use a watering can instead



LOAD IT UP

Only run your washing machine and dishwasher with a full load... this uses less water than two half loads



DON'T OVERFILL YOUR BATH

If you do fancy a bath, try and use less water in it – it's easy to save over **30 litres** each time



TURN OFF THE TAP...

...while brushing your teeth and save over **6,500 litres** of water a year



SHORTEN YOUR SHOWER

Take a 4-minute shower instead of a bath - you'll save around **50 litres**

We depend on winter rainfall for the water we supply to you. Now, after months of low rainfall, our groundwater resources remain well below average - despite the rain in May and June. This is important, as most of your water comes from underground sources. With your help, we can minimise the possibility of water restrictions this year.

If we all save a little, we'll all save a lot!

For more tips on saving water and to order your **FREE** water saving devices, visit

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DOWN 1. SHORT-TEMPERED, 2. REFER, 4. CASKET, 5. UNCHARITABLE, 6. TIRADES, 7. MALADMINISTER, 8. ACQUAINTANCE, 14. REVISES, 16. GANGES, 18. PLAZA

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BRITAIN'S TROJAN HORSE OF TERROR

Years ago, an ex-IRA member explained that a terrorist only had to be lucky once – but that the British Authorities had to be lucky every time.

Now with the IRA long out of the way, his words are still very much true today, as the UK tries to deal with a different terror group – Muslim jihadists.

They are in effect a Trojan horse of terror, as in most cases they are British-born.

Another group joins them - immigrants who come to the UK with the avowed intention of turning Britain into an Islamic State.

However the vast majority of Muslims who live in the UK are peace loving and want to live within the laws and rules that exist.

There have been three terror attacks in the UK in as many months: Westminster, Manchester, and now London again.

And it is disaffected young European Muslims who are increasingly conducting the Islamic State's murderous revenge on the streets of European cities.

Staggeringly since 2005 with the 7/7 bombings in London there have been 94 people murdered in the UK and 926 injured, many with life changing injuries as a result of terror attacks.

They have all been carried out by jihadists- except one - Thomas Mair an extreme right wing terrorist who killed Labour MP Jo Cox.

The rest have been carried out by British-born Muslims or those who have come to this country as refugees.

Since 2013 security forces have stopped 18 other jihadi attacks – five of them alone around the latest three atrocities.

But realistically the UK's security services have a nigh on impossible job on keeping track of all those who potentially could carry out a terrorist jihadi act.

Roughly 850 British Muslims have joined the Islamic State in Syria and Iraq, around half of whom may already have returned. That is around 400 known ISIS sympathisers walking our streets – and for all we know plotting another atrocity here on our streets.

The more frightening figure is that Britain now contains 23,000 potential jihadist terrorists, while the state only has the resources to monitor 3,000 at any one time.

The Manchester attacker Salman Abedi was reported to security services at least five times by the local Muslim community but was not monitored due to lack of resources.

One of the London Bridge terrorists, Pakistani Khuram Butt, was reported at least twice.

If anything, the Westminster, Manchester, and London Bridge attacks offer a dark glimpse of Europe's future.

As Professor Peter Neumann of Kings College London's International Centre for the Study of Radicalisation notes: "We are dealing with a generational mobilisation; the consequences of what's happened over the past five years in Syria haven't even ended yet. The consequences of Syria will play out in the 2020s and 2030s. We are still at the very beginning."

And in his assessment of future jihadist activity in Europe Norwegian scholar of jihadism, Professor Thomas Hegghammer predicts that the threat "will continue to increase for as long as the activists that were recruited in the early 2010s are politically active—that is, for another 15 to 20 years".

"It is the period in which we can expect the hundreds of radicals who were imprisoned in the mid 2010s to be politically active," he said. "I expect them and their friends to be the jihadi entrepreneurs of the 2020s."



Memorial in Hyde Park in memory of the victims of the 7th July London Bombings



DESIGN AND REFINE

DISCOVERING THE IMMACULATE STYLE OF MICHELLE OGUNDEHIN

When series four of *The Great Interior Design Challenge* aired in its new primetime slot on BBC Two earlier this year, viewers were treated to a new guest judge. Alongside returning favourites Kelly Hoppen, Daniel Hopwood and Tom Dyckhoff came sparky and stylish newcomer Michelle Ogundehin. Though not as recognisable a face as the flame-haired Hoppen, nor as noted as Hopwood – director of the British Institute of Interior Design – the Manchester-born writer, TV presenter and award-winning editor is internationally-renowned as an authority on interiors, style and contemporary design.

Trained as an architect at London's celebrated Bartlett School, Ogundehin spent two years working in architectural offices in both London and New York. Publishing soon beckoned and her first role was the launching of *Tate* art magazine under Tim Marlow, followed by a tenure at Deyan Sudjic's *Blueprint* magazine. In 2004, she was appointed editor-in-chief of *ELLE Decoration UK*, where she remains. Under her helm, the magazine has reached its highest circulation and repeatedly won the coveted Consumer Lifestyle Magazine of the Year Award, and Ogundehin has personally claimed Editor of the Year.

Having tired of life in her Shoreditch loft in the capital, the achingly chic beauty now resides in a Georgian flat in Brighton with her young son and two rambunctious basset hounds. Her style aesthetic has a focus on the classically timeless. She is immune to fads, is a self-confessed clutter-clearing obsessive and believes staunchly that the devil is in the detail.

Having co-presented *Grand Designs: RIBA House of the Year* alongside Kevin McCloud in 2015, Ogundehin was asked if she might like to one day launch an *ELLE Decoration* TV show. She hinted that yes, she might. Watch this immaculately curated space...



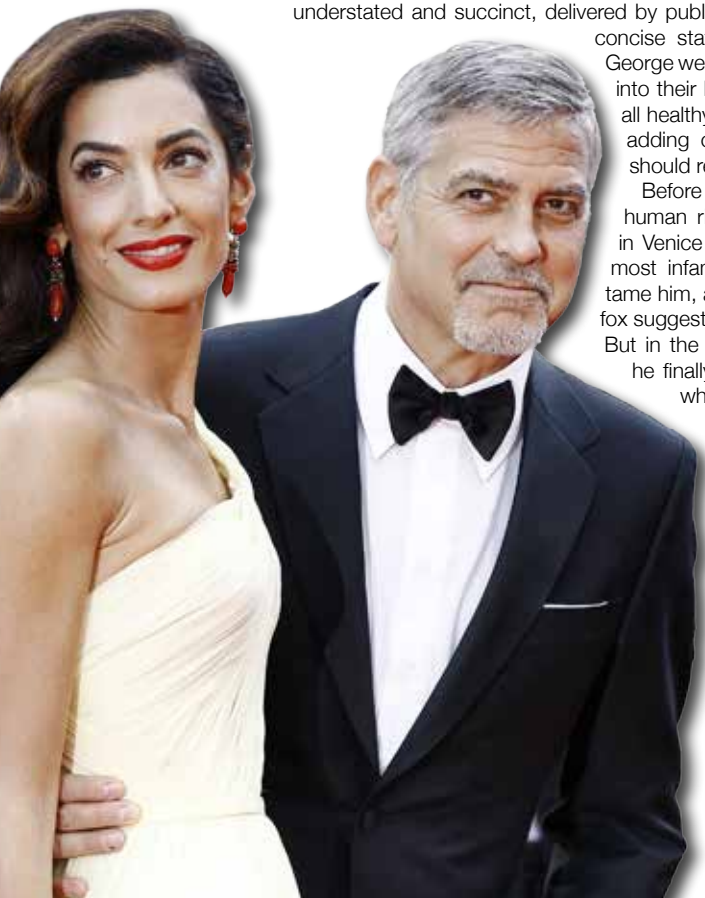
GEORGE'S DOUBLE JOY

When it was revealed last November that Amal and George Clooney were expecting not one, but two bundles of joy, the internet positively buzzed with delight, and on Tuesday, June 6 the twins finally arrived.

As one might expect from the classiest couple in Hollywood, the announcement of the births was understated and succinct, delivered by publicist Stan Rosenfield in a breezy if concise statement. "This morning Amal and George welcomed Ella and Alexander Clooney into their lives. Ella, Alexander and Amal are all healthy, happy and doing fine," he wrote, adding cheekily: "George is sedated and should recover in a few days."

Before Clooney married the stunning human rights lawyer in a lavish ceremony in Venice in September 2014, he was LA's most infamous bachelor. No woman could tame him, and on several occasions the silver fox suggested he may not ever have children. But in the fierce and bright Amal Alamuddin he finally met his match, and in February, when discussing parenthood, the movie star told French show *Rencontres de Cinema*: "We are really happy and really excited. It's going to be an adventure. We've sort of embraced it all... with arms wide open."

While we are yet to chance a glimpse of the dazzling duo's offspring, you can bet they will be adorable; and considering the veritable catwalk of fabulous maternity outfits Amal has treated us to these past few months, Ella and Alexander will be Tinseltown-stylish as well.





Indoor Outdoors

Make the most of the summer heat by turning your garden into a practical living space. The nights are long and the sun is high, but here in the UK we still shy away from making the most of our gardens. We host the odd barbecue perhaps, or spend the occasional balmy evening drinking and chatting under the stars, but in general the garden can be a rarely-used refuge... and isn't that a shame?

One of the more frustrating aspects of British summers is our unpredictable weather, so an awning or sturdy umbrella is a worthy investment. Place underneath this a rattan sofa dining set with table, and you've already got the beginnings of a versatile and comfortable outdoor lounging and dining area.

If you've got additional space, consider decamping the dining table outdoors for a few months. Invest in something large and sturdy – benches fit many and stow easily – to accommodate your entire family and the abundance of guests that will come flocking at the news of your new pizza oven. That's right, outdoor pizza ovens have usurped the humble BBQ and are this year's big garden trend. Available from around £100 on the high street, they are compact, easy to use and promise the kind of crispy, melty magic you would normally only find in Naples.

Garden furniture can be drab, so splash out on the brightest tablecloths, picnic crockery, throws and garden lights to create a space which feels as cosy as your indoor lounge. Stave off the cold with a gas patio heater or indulge your inner caveman with a fire pit. Add food, friends, music and several cases of wine, and you've got the summer holiday of your dreams – without leaving your home.

Garden Shopping List... ☀️

- Big Umbrella
- Pizza Oven *Yummy!*
- Rattan Sofa Dining Set
- Bright Table Cloth
- Picnic Crockery
- Garden Lights
- Fire Pit




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MIRROR MIRROR

HOME & DIY

Make the most of smaller spaces with these ingenious mirror tips.

OPEN SESAME

Desk space built into cupboards may be an ingenious and necessary invention with today's urban living standards, but that doesn't mean it can't feel claustrophobic at times. One solution is to fit the back wall with a mirror so that when you're sat at the desk you can see the room opening up behind you.

GO BIG

Make a mediocre lounge feel like a palatial hall with an enormous freestanding mirror. Go as grand as you can get through the door for maximum magical illusion and don't be afraid to put furniture in front of it to form interesting reflections. Oh, and if you're feeling really flashy, go for a gilt frame.

GO WALL-TO-WALL

Generate an optical illusion that would dazzle Dali himself by mirroring two adjoining walls. Reflective

tiles are arguably the easiest way to achieve this look and will also stop confused guests from wandering into your magnificent mirrored mirage.

MIRROR MIRROR

Give your home the gift of infinite space by placing a smaller mirror on a wall opposite a larger one. This will create depth, space and light, while also giving you an extra spot for getting glammed-up on a Friday night.

FAKE WINDOW

Why reflect a room when you can reflect the whole world? By placing a mirror opposite a window, you can enormously increase the natural light and produce a sense of space and airiness.

REFLECTIVE ART

Forget Warhol and Matisse, the real work of art ought to be you. Make mirrors a central part of your home by hanging them instead of paintings. This works particularly well if you buy three matching frames and hang them as if in a triptych. Simple, stylish and space-creating.





ECO OKAY?

CLEANING PRODUCTS THAT LOVE THE ENVIRONMENT AS MUCH AS THEY DO YOUR HOME

There was a time when beeswax was the very best in furniture polish and nothing got your cutlery sparkling like white wine vinegar diluted in warm water. But as technology has advanced, so too has our reliance on highly-chemical, corrosive detergents and sprays which, while cleaning fast and effectively, could be doing untold damage to our environment.

Thankfully there is a whole host of eco-minded brands which are working hard to create household products that match the effectiveness of the more well-known goods while lessening their abrasiveness. Ecover is one such name that is becoming ubiquitous on our high-street shelves; its non-bio laundry liquids and fabric softeners are not just easy on the earth, but easy on your skin too. Method is another company offering effective cleaning with an emphasis on eco-chic – its ‘French Lavender All Surface Cleaner’ wouldn’t look out of place in a perfumery.

The question is: how can these products match their chemical counterparts in cleaning power? Well, ‘Ecover Toilet Cleaner’ uses citric acid and xanthan gum to tear through limescale and bacteria, whereas ‘Method Tub Scrub’ employs abrasive milled marble to banish build-up, along with fragrant eucalyptus oil and a magnesium compound as dispersants for soap scum.

Unfortunately, though, being an eco-warrior can take its toll on your pocket as these products can often cost a few pennies more than their less eco-friendly counterparts. With that in mind, it’s worth considering whizzing up a few home-made potions for everyday use. Vinegar and lemon juice in a spray bottle really is an effective everyday surface cleaner (add bicarb for stubborn areas), a little olive oil can restore lustre to wood and a cut-up lemon boiled in the kettle and left overnight (then rinsed thoroughly) can revive limescale-ravaged kettles. Proof that you can save the world one lemon at a time.



LOCAL NEWS

from your neighbourhood



MP opposes increased petrol storage

Mike Penning, MP for Hemel Hempstead, has condemned proposals by BP to store more petrol at Buncefield.

However, under existing authorisations, BP does not need to seek permission from Dacorum Borough Council or any other body to increase petrol storage on the site.

The concern comes after the Buncefield fuel depot fire in December 2005, which was the UK’s biggest peacetime blaze.

The disaster happened on the morning of Sunday, December 11 when unleaded fuel was being pumped into Tank 912 at the Hertfordshire Oil Storage Limited (HOSL), part of the Buncefield oil storage depot.

Safeguards on the tank had failed and as a result no one knew that the tank had reached its capacity.

The overflow resulted in the formation of fuel and air vapour which spread in all directions.

A large fire erupted and engulfed 20 storage tanks. The explosion could be felt for miles and black smoke covered the sky.

Satellite images showed that the black mist covered much of the South-East of England.

The blaze was eventually extinguished on Thursday, December 15, with a peak of 180 firefighters battling the fire.

Mr Penning is worried that if more petrol is stored at the site near Buncefield Lane there may be a similar incident occurring.

After a meeting with BP officials, he said: “I told them in no uncertain terms that I categorically do not support increased storage of petrol at Buncefield.

“It was petrol vapours that caused the explosion back in 2005.”

Back when the atrocity occurred, BP assured the MP that they wouldn’t store an increased amount of petrol on the site.

Mr Penning continued: “They promised me then that they would not increase petrol storage.

“Storing oil on the site is a very different thing to storing petrol, which is a very dangerous substance.”



Thousands support Armed Forces Day

Thousands of people arrived in Hemel Hempstead's Gadebridge Park for their Armed Forces Day celebration on Saturday, July 1.

The event was organised with support from the Ministry of Defence.

Armed Forces Day is an annual campaign that gives the public the opportunity to show their appreciation for the men and women of the armed forces, both past and present, including serving troops, service families, reservists, veterans and cadets.

On the day, there were fairground rides, stalls, activities and live music along with fire safety demonstrations from the fire and rescue service.

The event was broadcast by Radio Dacorum

throughout the day.

The star attraction was the Royal Signals Motorcycle Display Team, The White Helmets, performing one of their last ever shows.

Cllr Neil Harden, portfolio holder for residents and corporate services at Dacorum Borough Council, said: "So much hard work and planning has gone into providing a fantastic day of celebrations.

"With so many attractions taking place throughout the day there really was something for everyone.

"Our Armed Forces Day celebration was a great way to bring people together to recognise the contribution of those who have fought to protect our country and those still serving."

Apsley McDonald's gets a refurb

Apsley McDonald's is one of many restaurants that the fast food chain has been re-imaging across Europe.

The focus is on design innovation and addressing environmental impact.

Following a four-week re-image programme, the restaurant now has a new cooking concept, new interior refurb to the customer areas and a dual lane Drive Thru to help reduce waiting times and to cope with capacity.

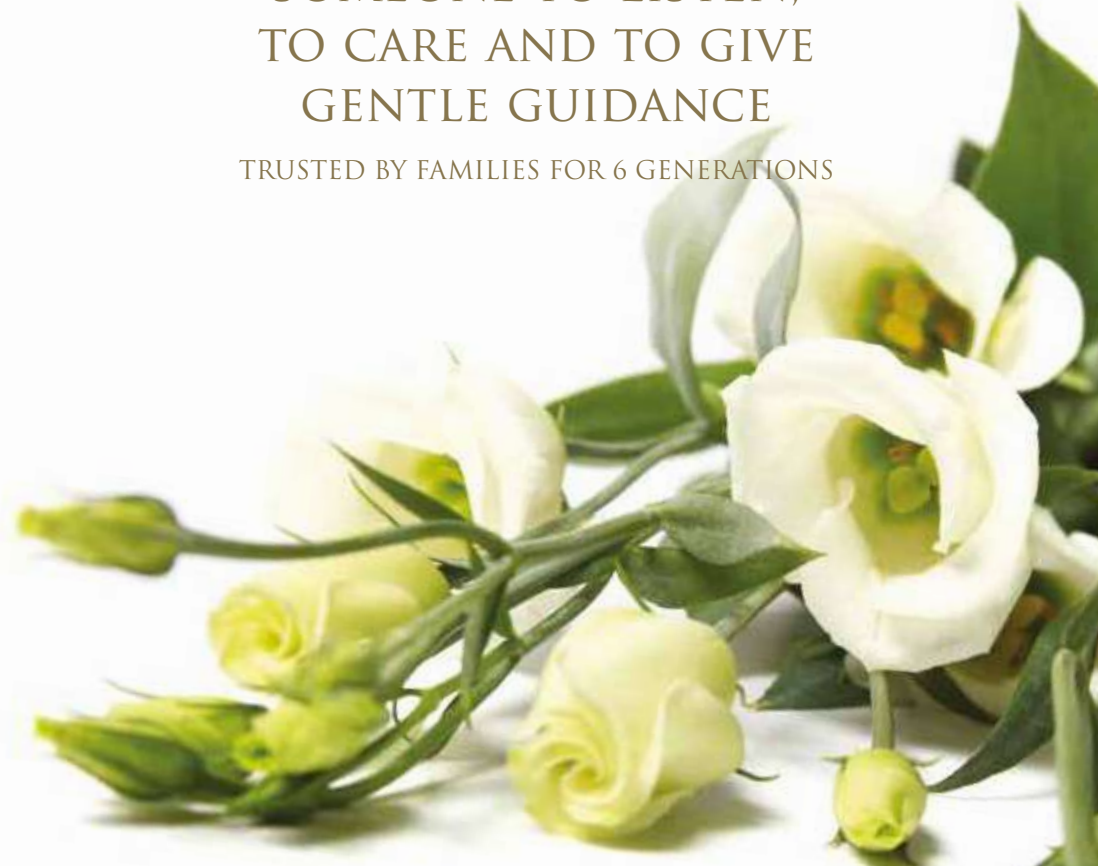
McDonald's franchise owner Alan Butchers said: "This represents a considerable reinvestment in the business and will help provide more job opportunities.

"We have great support from the local community. This is a great area and we are very proud to be part of it."



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Kodak Tower struck by lightning



Hemel Hempstead residents were left stunned after the Kodak Tower block was struck by lightning last month.

The lightning hit the 20-storey building on the morning of June 22.

Hertfordshire Fire and Rescue Service, Green Watch Hemel, tweeted: "The loud bang in Hemel this morning was KD Tower being hit by lightning. The tower's safety features all worked and no damage reported."

The image was captured on a nearby CCTV camera.

Commenting on the social media post, several people from miles around Hemel said they heard the deafening bang.

Hazel O'Connor tweeted: "I heard it in Warners End, I almost dropped my tea. It was so loud."

Whereas, Dawn Millward commented on Facebook: "We were in Boxmoor and it was like nothing I had heard before, you felt it through the building. It set the alarm off."

Appeal following alleged sexual assaults

Officers investigating three incidents of alleged sexual assault in Hemel Hempstead are appealing for information and witnesses.

The incidents all took place along the Nickey Line in the Adeyfield area recently.

On June 19, a woman, aged in her 20s, was walking along the Nickey Line at around 6.30pm when it is alleged she was approached by a man who touched her inappropriately.

On Monday, June 5 between 4.20pm and 4.30pm, a 13-year-old girl was walking along the Nickey Line when it is alleged that a man grabbed her around the waist and touched her inappropriately.

On Monday, May 8 between 4.30pm and 4.45pm, a woman aged in her 20s was walking along the Nickey Line when it is alleged she was approached by a man who touched her inappropriately before running off in the direction of Midland Road.

Anyone with information that could assist the investigation is asked to contact DI Keane via the non-emergency number 101, quoting crime reference D1/17/3734 or report information online at www.contacthertspolice.uk/Report/Crime.

Alternatively, contact the independent crime-fighting charity Crimestoppers anonymously on 0800 555 111 or through their anonymous online form at www.crimestoppers-uk.org. No personal details are taken, information cannot be traced or recorded and you will not go to court.

Join in on the festival fun



If you're wondering how to keep the kids entertained during the summer holidays, the Hemel Summer Festival, which runs until the end of July, has something for all the family, and entry is free.

From July 24, Movies on the Marlowes is a week-long celebration of the best in children's cinema. The week kicks off with *A Bug's Life*. Other films throughout the week include *Finding Dory*, *Toy Story*, *Monsters Inc* and *Beauty and the Beast*.

Following the films there will be themed free film fun on the Rainbow Stage and at Riverside.

Foodies can eat, drink and relax at the Marlowes Food and Drink Festival on July 29 and 30.

Across the weekend there will be free fun for the whole family with street food traders - Papa Paella, Funky Elephant, It's Grilled, Rustics Pizza, Carnevals, Waffle Wagon, Jack's Smoke Shack, Khana Cookery, Cheese Teller, Old Vodka, The Giggly Pig company, Peppery Pig, Lloyds Wines, Chef Pantry and Celtic Bakery - artisan market stalls, live music and kids' entertainment.



LOCAL NEWS

Two convicted for the murder of local man



Two people have been convicted following the murder of a 38-year-old man.

Joseph Zulu, aged 22, of no fixed address, was last month convicted of the murder of Adam Watt and conspiracy to supply drugs following a four-week trial at St Albans Crown Court.

Nicholas Grant, aged 18, of Sunnyhill Road, Hemel Hempstead, was convicted of manslaughter by the jury. He had earlier pleaded guilty to a charge of conspiracy to supply drugs.

Jacqueline Brewin, aged 47, of Sacombe Road, Hemel Hempstead, was acquitted by the jury.

In the early hours of Sunday, January 8, Brewin drove local drug dealers Zulu and Grant to Apsley Lock to find Mr Watt who had earlier ran off without paying the £10 owed.

Just after 1.10am, Mr Watt was fatally stabbed by Zulu outside his home in Evans Wharf.

Neighbours attempted to save his life by giving CPR but he later died in hospital from a stab wound to his chest.

Detective Inspector Fraser Wylie, from the Bedfordshire, Cambridgeshire and Hertfordshire Major Crime Unit, said: "Zulu and Grant went to where they knew Adam lived, both armed with knives, with the sole intention of punishing him for failing to pay for his drugs during a street deal just an hour earlier.

"These two men had no thought for the value of human life and killed Adam over a £10 drug debt.

"They have shown no remorse for their actions and throughout this trial have blamed each other for Adam's death.

"Adam himself knew they were coming and went outside his flat to meet them with just a blunt knife sharpener. While outside he made lots of noise and we can only assume that this was to alert neighbours to the violent attack he knew he was about to be subjected to."

Zulu and Grant were due to be sentenced at St Albans Crown Court as **VISION**Hemel went to press.

Police station to get £1m refurb

One million pounds is to be spent refurbishing Hemel Hempstead Police Station, the county's police and crime commissioner has announced.

David Lloyd said the work should get under way shortly and stressed he believed it was important for the constabulary to continue operating from the centre of the town.

Mike Penning, MP for Hemel, welcomed the announcement.

He commented: "This is great news. I think it is a great advantage having the police operating from a base right in the town centre and I am glad that alternative schemes have been ruled out."

Praise for ambulance service



The ambulance service which covers Hemel Hempstead has been praised after the latest patient experience report was published recently.

In total, from all the people who responded to the survey, which was sent out to those who received care from the East of England Ambulance Service in April, almost 97 per cent were either satisfied or very satisfied with the overall service they received.

Several responses came from Hemel Hempstead. There were some 100 per cent satisfaction levels, both in the cleanliness of equipment used and staff treating patients with dignity and respect.

Other high scoring areas included the attitude of staff, which 99 per cent felt was very professional; the handling of their calls, which almost 96 per cent felt was either acceptable or very acceptable; and service expectations, which almost 95 per cent felt either met or exceeded theirs.

Areas of improvement included the length of time patients waited for an ambulance, with 91.5 per cent finding it as very acceptable, fairly acceptable or acceptable. In addition to comfort of their journey, almost nine per cent felt it needed improvement.

Still no opening date for sinkhole-affected road



There is still no indication when a main road in Hemel Hempstead which was closed when the start of a sinkhole appeared last month will reopen.

High Street Green in Adeyfield was closed on May 12.

Rob Smith, deputy director of environment for Hertfordshire County Council, said: "Although the hole in the road surface is quite small, the void underground extends for more than half the width of the road.

"We expect the investigations to be completed by the end of the month and to be able to give a further update shortly after that. In the meantime we are monitoring the situation and working closely with partners in the area including Thames Water and Dacorum Borough Council."

Appeal following collision on the M1

Officers investigating a collision on the M1, approaching Junction 8 for Hemel Hempstead, are appealing for information and witnesses.

The incident happened on the northbound carriageway just before 4pm on Wednesday, June 21. An articulated lorry and a white Peugeot 307 collided, following which the car burst into flames.

Two quick-thinking members of the public stopped and rushed to the occupants' aid, helping them exit the vehicle safely before emergency services arrived at the scene. As a result only the rear seat passenger, a woman, required hospital treatment for minor injuries. The other two passengers and the driver of the lorry were uninjured.

Now officers from the RPU are working to establish the circumstances around the collision.

They are appealing for motorists who witnessed the incident and have not already spoken to police to come forward and speak to officers. Perhaps you have dash cam footage that could prove useful to the investigation?

Please contact Hertfordshire Constabulary via the non-emergency number 101, quoting ISR 545 of June 21 or report information online at www.contacthertspolice.uk/Report/Crime.

Alternatively, you can contact the independent crime-fighting charity Crimestoppers anonymously on 0800 555 111 or through their Anonymous Online Form at www.crimestoppers-uk.org. No personal details are taken, information cannot be traced or recorded and you will never need to go to court.

New look squad for Hemel



Hemel Town FC will have a new look squad next season after an influx of new arrivals.

Returning is loan defender Callum Driver. The 24-year-old started his football career at West Ham United and appeared for Burton Albion on loan. He has also played for Whitehawk and Dartford.

Tom Hambin has signed from near neighbours Wealdstone. Tom is a no nonsense, old school centre back who moved to London in June 2013. He has played for Gloucester City in the Vanarama Conference North League for seven seasons and was also at Bristol City and Mangotsfield.

The third new recruit is 33-year-old experienced defender Phil Walsh. Phil's previous clubs include Dagenham and Redbridge, Ebbsfleet United, Bath City, Chelmsford City and Bishops Cleeve.

Hemel Hempstead Town FC have also secured the signing of Ismail Yakubu. A vastly experienced defender, Yakubu has amassed more than 400 appearances to date with the majority spent in the Football League.

Alex Osborn has also signed on at Vauxhall Road. The 23-year-old was with fellow Vanarama South league rivals Whitehawk last season. He started out as a young forward with Grays before signing for Dagenham and Redbridge. He also had spells at Chelmsford City, Hayes and Yeading, Maidstone United, Ebbsfleet United and Margate.

Finally, young striker David Moyo has signed for the Tudors.

Playing last season in the Vanarama North with Brackley Town, Moyo started his career as a professional with Northampton Town.



Photo credit: Adam Hollier

Superheroes make strides for hospice care

More than 350 people descended on Astley Cooper School in Hemel Hempstead on Sunday, July 9, to take part in the Hemel 10k and 1.5k Superhero Fun Run. Organised by Rennie Grove Hospice Care, the annual event attracted first-timers and past masters alike – all raising funds for families affected by cancer and other life-limiting illness.

The start line of the Superhero Fun Run bristled with Batmen, Incredible Hulks of all shapes and sizes gave it their all around the two-lap course and Wonderwomen wowed the crowd with their super powers.

Supergirls teamed up with Batmen again in the Bowers' team. Clare and Phil ran the 1.5mile route with Erin, seven, and Adam, five.

Other teams with success stories that spanned the generations included the Boyalls from Hemel. Dad Tim ran the London Marathon for Rennie Grove this

year, after his mum visited the charity's day hospice for five or six weeks before she sadly passed away just a couple of weeks before the marathon. His son, Paul, returned home from university with a challenge: to run a 10k in under one hour – with Tim as official coach and mentor. The pair had been doing 5k park runs in preparation and Paul was delighted to run his first 10k in 66 minutes at the race.

Kate Grigg, Rennie Grove's head of fundraising in Herts, said: "We're so grateful to everyone who helped to make this event a success. Our corporate sponsors ensured that more of the monies raised by our runners can go directly towards patient care. Our wonderful volunteer marshals gave up their Sunday morning to keep runners on track and cheer them to the finish. And last but by no means least – our amazing runners. They are all superheroes in our eyes."

Cricket season reaches halfway mark

Games played in the Herts League on Saturday, July 1 marked the halfway points of the league season with nine of the 18 games played. The 1st XI are in third place in Division 1, the second XI are in seventh place in Division 3B, the third XI are at the foot of Division 5B and the fourth XI are in Division 9A.

The 1st XI are undefeated in June with three wins and two draws. Lewis Hodgins made his maiden 1st XI league century against Stevenage and he leads the run scorers with 353. Also in that Stevenage game, one of the draws, Parth Mehta picked up 5-26. He leads the wicket takers with 20, one ahead of Nick Hodgins with 19.

The 2nd XI ended up with two wins. The first, away at Potters Bar II, was the first time Potters had lost a league game at home in over a year. Ryan Bell leads

the run scorers with 207, Anjam Khan with 19 and Suren Perera with 15 lead the wicket takers.

The 3rd XI struggled during June although they did get a win over highly placed Holtwhites Trinibis II and drew their game against Hertingfordbury, in third place. Graham Clark with 245 runs is leading the way with the bat. Will Hodgins leads the wicket takers with five, followed by Matt Scears and Alfie Bordoley with four each. In context, Ben Dumbleton took five wickets in the victory over Holtwhites on June 10.

The 4th XI managed two wins a draw and two defeats in June. Skipper Mike Samuels leads the run scorers with 254, followed by Will Stokes with 216. Nic Benson leads the way in wickets with 23 including a 5-18 in the recent loss to West Herts III on July 1.



Pond Life

Water features are back in fashion. Here are five ways to do them right...

Free-standing fountain

Ideal if you've got a small garden or as a welcoming feature for out the front of your house, these are also one of the easiest features to install and maintain. For a minimalist look, select one made from a natural stone, or for something more fabulous choose the classic cherub. Perfect if you love the Italian Renaissance.

Water wall

Forget Wonderwall: this is a garden ornament that really rocks. Another space-saver, this is for small gardens and equally small budgets. Some also have light options, making them the perfect centrepiece for alfresco dining and evening soirees. Perfect if you want your garden to be an oasis.

Waterfall

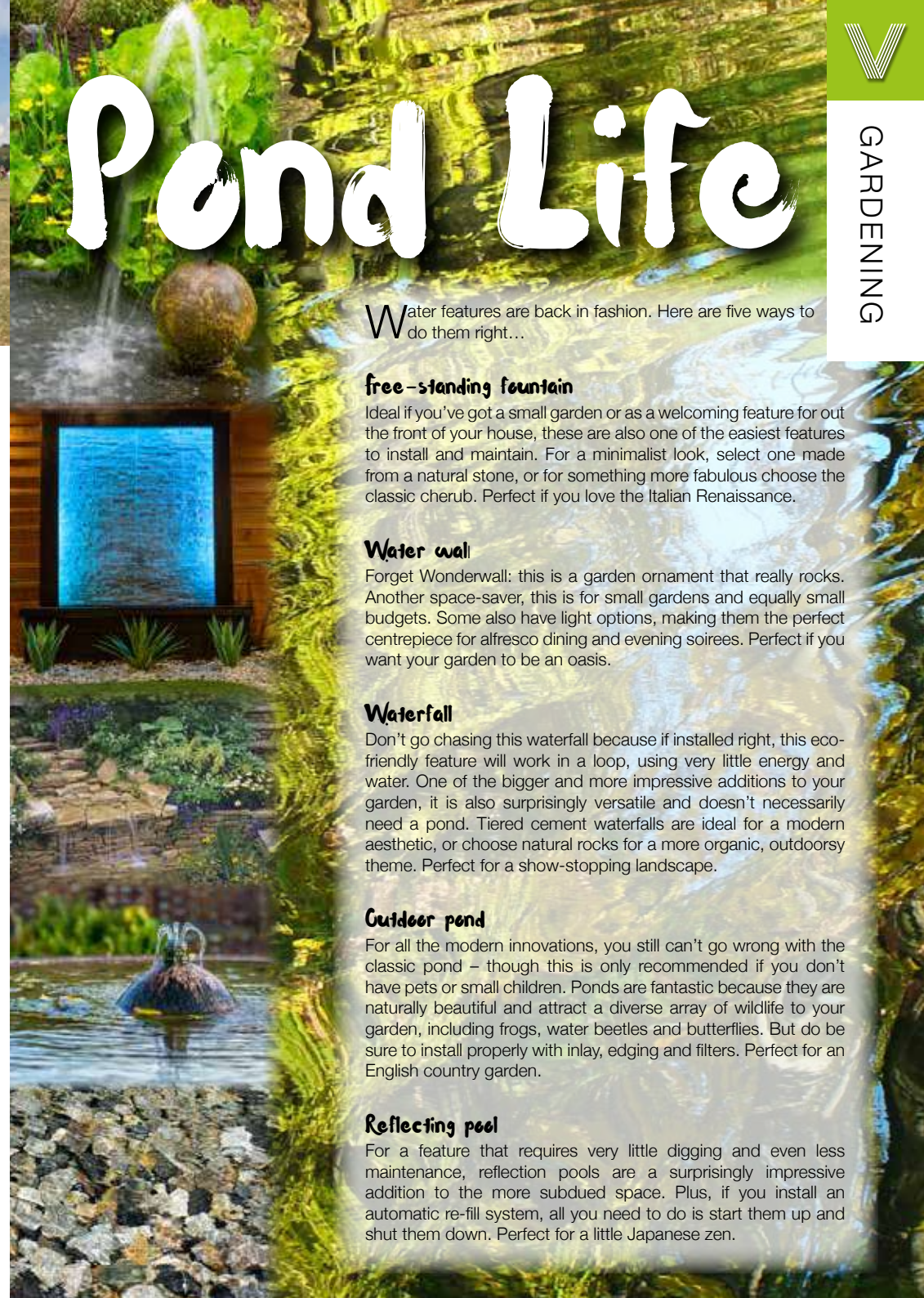
Don't go chasing this waterfall because if installed right, this eco-friendly feature will work in a loop, using very little energy and water. One of the bigger and more impressive additions to your garden, it is also surprisingly versatile and doesn't necessarily need a pond. Tiered cement waterfalls are ideal for a modern aesthetic, or choose natural rocks for a more organic, outdoorsy theme. Perfect for a show-stopping landscape.

Outdoor pond

For all the modern innovations, you still can't go wrong with the classic pond – though this is only recommended if you don't have pets or small children. Ponds are fantastic because they are naturally beautiful and attract a diverse array of wildlife to your garden, including frogs, water beetles and butterflies. But do be sure to install properly with inlay, edging and filters. Perfect for an English country garden.

Reflecting pool

For a feature that requires very little digging and even less maintenance, reflection pools are a surprisingly impressive addition to the more subdued space. Plus, if you install an automatic re-fill system, all you need to do is start them up and shut them down. Perfect for a little Japanese zen.



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GARDENING


SAVE OUR HOGS



PUT AWAY THE PELLETS
There is no need for slug pellets when you have a thriving hedgehog population, as these hungry little hogs can Hoover up over 100 snails, slugs and worms every night!

CREATE HEDGEHOG HIGHWAYS
“One of the things we encourage people to do, certainly on Springwatch, is if you live in a terrace and you have gardens that are side by side in a row behind the houses – if your neighbours agree – make little tunnels through the garden fences so that hedgehogs can have a corridor through gardens,” suggests wildlife presenter Kate Humble. “And then suddenly your garden isn’t an isolated nature reserve anymore.”
If you find an underweight or sickly-looking hedgehog or a hedgehog active in winter, put out tinned cat or dog food and fresh water – but always contact your local rescue centre for advice before intervening.

HOG HEAVEN
Create a nesting place for any expected hogs by curating log and leaf piles and wilderness areas or buying a purpose-built hedgehog home to provide a safe haven. Fallen leaves also provide perfect nesting material, so make sure to leave some when you next clear your garden.



Pipped to the Post



She's rich, beautiful and her nephew is third in line to the throne, but is it sometimes hard for Pippa to be the 'other' Middleton sister?

It was hailed as 'the wedding of the year' and attracted the same kind of media furore usually reserved for pop stars, Hollywood icons and, well, princesses. But despite the enormous public interest and estimated million-pound price tag, Pippa Middleton's wedding to James Matthews, 41, will still forever be compared to older sister Kate's nuptials to Prince William in 2011.

Born and raised in Berkshire, Pippa is the middle child of Carole and Michael Middleton, self-made millionaires thanks to their online mail-order business Party Pieces, which sells party paraphernalia. Despite not being nobility themselves, Kate, 35, Pippa, 33, and brother James, 30, have long rubbed shoulders with the British upper class thanks to their first-rate educations. Both sisters attended St Andrew's School, a private boarding school in Pangbourne and the exclusive Marlborough College. Pippa then went on to study at Edinburgh University, where some of her flatmates were said to be the sons of nobility, while Kate attended St Andrews where she began dating a certain prince.

It was thanks to her sister's royal relationship that Pippa began to garner attention from glossy magazines – often spotted in the society pages and even named 'number one society singleton' by Tatler – but her finest hour was at the Royal Wedding as the global TV audience, estimated to be in the billions, reacted to the stunning maid of honour and more specifically, her delightful derriere.

Publicly of course they maintain an air of sisterly love, but in the past there have been rumours of rivalry. As royal biographer Katie Nicholl once remarked: "Certainly, when it comes to looks, like who is the slimmest or better-looking, there is a little friendly rivalry." One could argue that it was little sister Pippa who stole Kate's thunder on her big day, but then surely the elder Middleton has been dealt the trump card in the game of sibling rivalry, with her future-Queen status almost guaranteed.

But life is not all bad for pretty Miss Pippa. Having cemented her status as the hostess with the mostess following the release of a party planning book – *Celebrate* – she has also forged an enviable career as a columnist, previously writing regularly for the likes of *Vanity Fair* and *The Daily Telegraph*, and will one day inherit her own official title as Lady Glen Affric after marrying nobleman and hedge fund manager Matthews.

The most important 'win' of all, however, was that at her own extravagant celebrations she was front and centre of attention. Wearing a gorgeous £40,000 Giles Deacon wedding gown, with her dazzling £200,000 engagement ring, paired with a Robinson Pelham pearl tiara, the bride looked stunning, whereas the Duchess of Cambridge dressed demurely in peach. There was one rambunctious young guest who almost threw shade on his aunt: Prince George, dressed adorably in his page boy suit, threw a minor tantrum outside the chapel. But who would deny a future king that?

THE GREAT BRITISH Bug Hunt

Did you know that bees are probably the most useful insects of all to humans, because they enable plants to grow through their pollination? Or that crickets have 'ears' on their legs? In other words, if you thought bugs were boring, think again! So, what better way to while away these long summer days than hunting for the little critters? Whether in your local park, in your garden or almost anywhere outdoors, it's all about knowing how and where to look...

It's a well-known fact that the creepiest of crawlers love hanging out in damp and cosy places, so start by searching under rocks and pots in your garden. Long grass, fallen leaves and branches often hide a wealth of wondrous creatures, but you'll have to be quick! With all their many legs, centipedes and

millipedes can move astonishingly fast. Window frames and sills often provide undisturbed areas for ladybirds, spiders and house flies to hide, while cracks in buildings and climbing plants are often home to more mini beasts.

Once you've found your bug, remember to be gentle. Compared to a tiny beetle you are a giant, and as the old saying goes, they are more afraid of you than you are of them. It may be worth investing in some 'bug hunting' tools, like a magnifying jar, a sheet to catch insects shaken from trees and a notepad to document your discoveries. After you've had a good gander at your insects, don't forget to put them back where you found them, so they can get back to their important work supporting our ecosystem.

How many can you find?

✓ Be sure to check off the ones you find!



Garden tiger moth



Ruby-tailed wasp



Two-spot ladybird



Norfolk Hawler dragonfly



Stag beetle

Ice Cool






Yearn for soft, sweet ice cream but lack the means to churn? These simple, no-machine recipes will keep you cool all summer long.

First pick a method to make your ice cream base...
The two-ingredient method: With an electric whisk, whip two cups of heavy cream until soft peaks have formed, then slowly add one can of condensed milk and ½ tsp. of vanilla extract. Add extra flavour or pour into a resealable container, cover the surface with cling film, then seal. Freeze for at least six hours, or until firm. Keep stored in the freezer.

Stir and freeze method: In a large bowl, use an electric mixer to beat 1 ¼ cups of whole milk and ¾ cup sugar until the sugar is dissolved – one to two minutes. Stir in 2 cups cream, 1 tsp. vanilla and ¼ tsp. salt until combined. Add flavour or place the mixture in a deep baking dish and freeze for 45 minutes. As it begins to freeze near the edges, remove it from the freezer and stir vigorously with a spatula. Return to the freezer.

Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have a hand-held mixer or blender, use one of those. Repeat this process for two to three hours, or until frozen.

If you're a vanilla kind of guy (or gal), these two methods will produce a delicious but basic ice cream. Alternatively, add one of these flavours before you freeze...

-  **Chocolate:** ¾ cup cocoa powder (sifted) plus 110g melted cooled chocolate
-  **Cookies and Cream:** 15 Oreos coarsely chopped
-  **Mocha:** ½ cup cocoa powder (sifted) plus 2tbsp. instant espresso powder
-  **Mint Chip:** 1 tsp. peppermint extract plus 1 cup chocolate chips and green food colouring
-  **Peanut Butter:** ½ cup peanut butter plus 6 chopped peanut butter cups



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THE GROVE 







SHAKEN & STIRRED cocktail for Summer

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 summer cocktail that will revolutionise your reputation as a master mixologist.

WATERMELON MARGARITA

Roasting summer days call for a refreshing cocktail – and this easy-to-make watermelon margarita serves up fruity flavour and smooth tequila in spades. Lean back, relax, and watch the world go by in a tropical trance.

INGREDIENTS

-  4 parts tequila
-  2 parts orange liqueur
-  3 cups watermelon – chilled, seeded and cut into pieces
-  1/2 cup freshly squeezed lime juice
-  1 cup ice
-  Lime or watermelon wedge

INSTRUCTIONS

Freeze cubed watermelon in a plastic bag for a minimum of two hours. Add all ingredients to a blender and puree until smooth. Serve in glasses rimmed with salt and garnished with a lime or watermelon wedge.



FOOD & DRINK



Dress like a BOSS

Saliha is striking a balance

Since winning *Masterchef* 2017, Saliha Mahmood-Ahmed has managed to balance her two main passions in life – cooking and medicine by continuing in her job as a gastroenterologist at Watford General Hospital.

When she was first thrust into the spotlight on the country's most popular cooking programme, she admitted it was hard work to strike a happy medium between cooking, her professional life and family – and revealed she was thrilled to emerge as the champion.

She said: "I just juggled it with being very organised, making sure I knew what I was doing each day taking each day as it came. I had a lot of support from family. It's paid off and I'm very lucky."

While several other *Masterchef* winners have gone on to forge successful careers in food, Saliha said she has no intention of giving up on her career in medicine.

She said: "Life is very, very busy. I'm working full time as a junior doctor too and in my spare time I'm doing lots of food related things including trying to

get a book off the ground, doing lots of little events, volunteering and working with children.

"I think it's very possible to combine the passion for food and health together. They are so intimately related."

When **VISION** caught up with Saliha, she was the guest of honour at Busy Bees Nursery at Watford General Hospital where her two-year-old son Ashir attends to help him and the other children with a smoothie making session and help promote the nursery's Tasty Summer Campaign.

The children were also treated to a visit by David Persaud, Food For Life Served Here development manager, who was delighted to see the children relishing their lunch of chicken lasagne and broccoli.

Saliha said she was delighted to spend some time with the children and try to emphasise the importance of healthy eating.

She said: "We just have to try our best with our children and give them as much access as possible to healthy food through lots of activities."



Forget wearing suits in the board room, today's CEOs prefer laidback luxury for maximum productivity. So if you want to dress like you really mean business, read on...

With the rise of Silicon Valley the landscape of modern business has shifted enormously, but the greatest rebellion has taken place in the wardrobes of the men in charge of these multibillion tech empires. No longer clad in 'Dad chinos' with garish ties, these tycoons choose comfortable and practical attire that allows them to focus on the work at hand, all the while projecting an image of affable geniality to their employees. Casual but never scruffy; think sumptuous fabrics, supercool brands and understated luxury.

The good news is, to nail this look you don't need to buy an entirely new wardrobe - the trick is to keep things simple and then go bold on a few key pieces. Take Square CEO, Jack Dorsey, considered by many to be one of the most stylish men in tech, who transforms a casual T-shirt and jeans combo with a leather jacket. Or perhaps Box boss Aaron Levie, who adds flair to a slim-cut suit with bright coloured Pumas or Tigers on his feet.

Leather jackets need to fit well and not be faded, and trainers have that 'just out the box' freshness. Hoodies are another CEO essential, but are best teamed with indigo, raw denim jeans and standout footwear. Alternatively, make like fictional *Billions* boss Bobby Axelrod (played by Damian Lewis) and invest in some cashmere hoodies.

The key to this look is confidence. Invest in good quality pieces that feel good on, and be a bit fearless with colours and style.

Serious entrepreneurs understand that their personal style is an extension of their brand and often adopt a uniform

for themselves, like Facebook founder, Mark Zuckerberg, who is synonymous with his \$20 Gap hoodies.

And yet, suits shouldn't be ruled out altogether

- SpaceX innovator Elon Musk has been seen at many a product launch wearing a slim fitting, velvet tux, blurring the lines between CEO and hip-hop mogul for a look that is out of this world.

As with all things fashion, personal taste counts, but good taste rules.

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BEAUTY

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If you're the kind of girl who loves make-up but hates the morning-after effect, then semi-permanent makeup could be for you. Think eyeliner that survives weepy films and rainstorms, lips that can kiss, and drinks that won't smudge, and you'll be on your way to 24/7 easy glamour.



On Fleek Eyebrows
Thick eyebrows may be having a moment, but if yours are naturally pale or thin they can be impossible to create. That's where Microblading comes in. It's essentially a form of tattooing, but instead of using a machine, a qualified technician implants ink under the skin using a handheld. Drawing hair-like strokes, this semi-permanent procedure promises fuller, natural-looking brows that will always look groomed.
Cost: Around £275 initially then £120 for top-up



Kylie Jenner's Lips
It's well-known that the youngest of the Kardashian clan has had lip fillers, but permanent lip liner is marginally less extreme and lasts longer. Whilst this won't create actual fullness it does give the illusion of it by creating definition. Most places use pigment rather than tattoo ink which gives a natural matte finish and after drawing around the initial lip line the colour is blended down into the lip so it doesn't look like you've forgotten to apply your lipstick.
Cost: £500-£700



24/7 Cat Eyes
We all know too well the tragedy of painstakingly applying liquid eyeliner only for it to be smeared across our faces by lunchtime, yet semi-permanent eyeliner takes the fear away. As subtle or as kittenish as you like, this treatment is available in an array of shades to make sure you achieve the look you want.
Cost: £500-£800 depending on effect



Lash To Flash
One of the least painful or invasive procedures, semi-permanent eyelash extensions delivers thicker and fuller lashes. The process involves attaching synthetic lashes to your own to give natural lustre. The life cycle of the average eyelash is around 90 days.
Cost: Around £35



BAN THE BEAD

You may never have seen a microbead, but you have almost certainly come into close contact with them at one time or another. They are tiny pieces of plastic that are added to everyday cosmetic products such as face wash, toothpaste, and abrasive cleaners. Most frequently made of polyethylene, they can also be made of other petrochemical plastics such as polypropylene and polystyrene, and are small enough to go down your plughole and easily pass through water filtration systems.

While most companies will have you believing microbeads are a positive addition to products, these pesky plastic particles are abhorred by beauty experts and environmentalists; 100,000 microbeads are washed down the sink with a single application of some products, ending up in the sea and the food chain.

This in turn is having a dire effect on life underwater. Scientific research continues to find more and more examples of plastic inside all kinds of sea life, and a recent study showed that 90 per cent of birds have plastic in their stomachs too. These

microbeads can then end up in humans through eating seafood that has ingested microplastics and the toxins that come with them.

Last year, Theresa May's government announced plans to ban the use of microbeads in cosmetics by the end of 2017. A number of cosmetics companies, including Johnson & Johnson, Neutrogena and Clean & Clear, have made voluntary commitments to phase out the use of microbeads in the coming years.

Until then, if you're serious about the welfare of the world's oceans, you can keep an eye on what products contain microbeads by reading the ingredients: make sure to look out for the words polyethylene, polypropylene and polymethylmethacrylate – the chemical names for plastics. Nylon may also be listed as well as the abbreviations PET, PTFE and PMMA.



MOLE PROTECTION

SKIN CANCER IS ON THE RISE, SO TAKE CARE BEFORE YOU BARE



It can take the smallest smidge of sunshine to get us Brits flocking to the beach. But white as babes after a winter of covering up, that pale flesh can soon turn red and it is more than peeling you need to worry about – particularly if you have a large number of moles and freckles.

While no one is suggesting you hide away from those glorious rays entirely (and paradoxically, the ultraviolet B helps your skin produce that vital hit of vitamin D), there is plenty that can be done to help prevent moles turning into something more sinister.

Firstly, prevention is better than cure (which is why it's important to slather kids in lotion), as 35 per cent of skin cancers actually develop from a pre-existing mole. Secondly, if you have areas of your body which are particularly prone to freckles and moles, it is best to keep them covered up in direct sunlight.

As 50 to 70 per cent of skin cancers are caused by overexposure to UVA and UVB rays, it is essential to follow a few simple rules:

- Always wear sunscreen on exposed areas and re-apply every two hours
- Avoid exposing yourself to the sun between noon and 4pm
- Choose shade over direct sunlight
- Reduce children's sun exposure as much as possible
- Remember that clothes (including hats, T-shirts and sunglasses) are always the best protection

As your face is exposed to sunlight all year round, it is worth investing in a moisturiser which has a sunscreen already incorporated. It is also advised that you keep track of your moles, even taking pictures of them so you can note changes easily, which you can then show to your doctor. Signs to watch out for include uneven or ragged edges, uneven colouring and itching/bleeding.

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HEALTH & FITNESS



BOX THE BLUES AWAY
HOW TO PUNCH YOUR WAY TO PEAK PHYSICAL AND MENTAL FITNESS

No longer confined to sweaty and testosterone-fuelled gyms, boxing is proving to be a popular workout for all ages and, indeed, both sexes. Not only is it a fantastic full-body workout that improves both cardiovascular fitness and bone and ligament strength, it's great for your mind too, helping to improve focus and bust stress – and that's before you've taped your boss' face to the punchbag. But when a sport has such a bloody reputation, knowing where to start can be intimidating. You don't, for example, want to find yourself in the ring with Mike Tyson when all you fancied was a spot of light sparring...

FIGHTING FIT

If your main goals are losing weight and improving general fitness, consider a Boxercise class. Most gyms hold sessions that involve some kind of boxing, whether as part of a circuit or shadow boxing in an aerobics session. This is a great way to try the sport, and in some cases it won't even require strapping on a pair of the gym's grimy gloves.

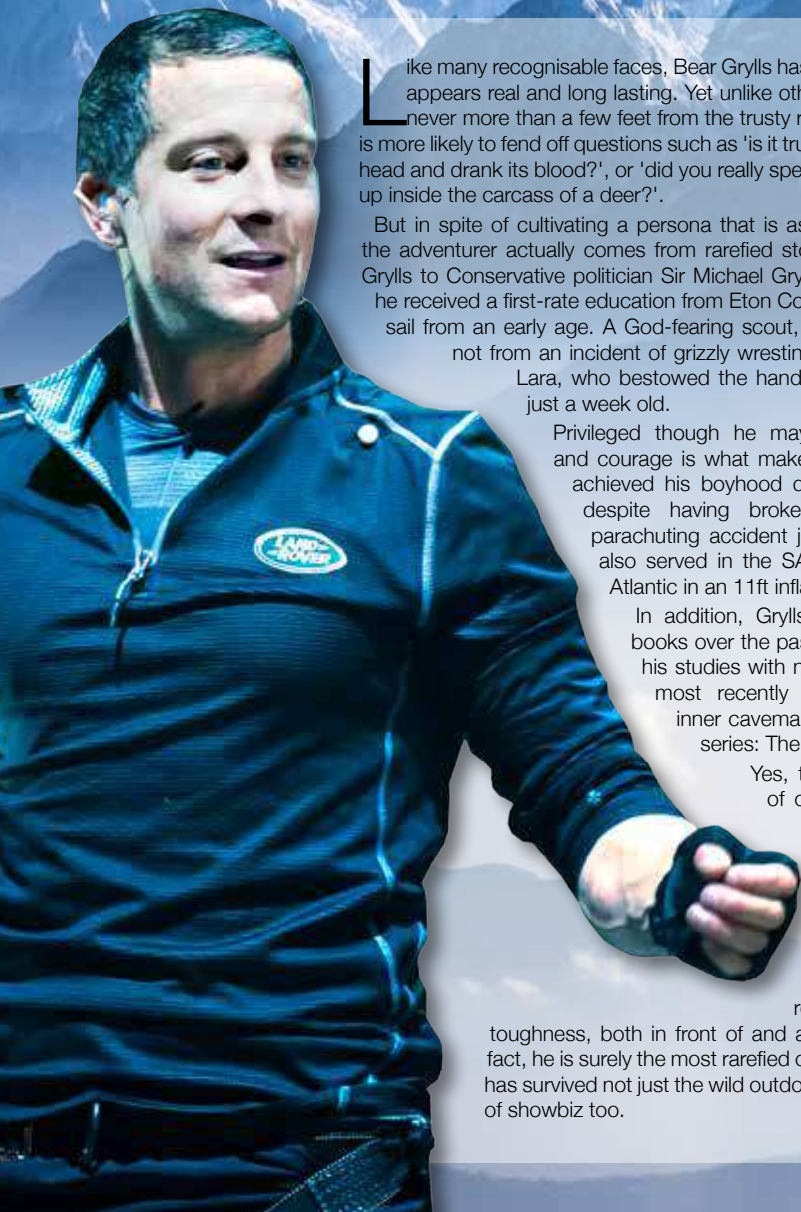
BOXING CLEVER

If you want to get to grips with the basics, you'll require either a sturdy punchbag or some boxing pads and a very trusting workout buddy – many personal trainers also incorporate boxing into their workouts. Start with simple crosses and build up to more complex routines that include jabs, left and right hooks and uppercuts. The longer the routine the more focus required, resulting in improved mental dexterity over time.

FIGHT CLUB

There is a reason brawling is such a popular drunken activity, and it's all thanks to the huge rush of adrenaline. Recreate this sensation (minus the night in jail) by joining a boxing gym and having a go at sparring. It's a controlled environment where the focus is on technique, and a surprisingly huge sense of camaraderie. Bish, bash, bosh.

HE WHO BEARS *Wins*



Like many recognisable faces, Bear Grylls has achieved a reputation that appears real and long lasting. Yet unlike other stars who live their lives never more than a few feet from the trusty rumour mill, the 43-year-old is more likely to fend off questions such as 'is it true you once bit off a snake's head and drank its blood?', or 'did you really spend an entire night snuggled up inside the carcass of a deer?'.

But in spite of cultivating a persona that is as modern as it is primitive, the adventurer actually comes from rarefied stock. Born Edward Michael Grylls to Conservative politician Sir Michael Grylls and Sarah, Lady Grylls, he received a first-rate education from Eton College, learning to climb and sail from an early age. A God-fearing scout, his nickname, Bear, came not from an incident of grizzly wresting, but from his elder sister Lara, who bestowed the handle upon him when he was just a week old.

Privileged though he may be, Grylls' fearlessness and courage is what makes him unique. In 1998 he achieved his boyhood dream of climbing Everest, despite having broken three vertebrae in a parachuting accident just 18 months before. He also served in the SAS, and once crossed the Atlantic in an 11ft inflatable boat.

In addition, Grylls has penned 18 survival books over the past 10 years, supplementing his studies with numerous reality TV shows, most recently helping others find their inner caveman (or cavewoman!) with his series: *The Island with Bear Grylls*.

Yes, there have been moments of controversy, such as when he reportedly spent a night in a hotel on a show dedicated to surviving outdoors.

But regardless of the occasional fakery claim, the intrepid adventurer retains a permanent air of

toughness, both in front of and away from the cameras. In fact, he is surely the most rarefied of creatures - someone who has survived not just the wild outdoors, but the cutthroat world of showbiz too.

DOWN & DIRTY

Most people would consider themselves extremely unlucky to be cast away on a remote patch of land, scratching a meagre existence from the little that nature provides - so why are survival holidays becoming more and more popular?

First there was Ray Mears and now Bear Grylls has taken up the mantle of TV's great survivalist. But while the majority of us are content with bushcraft on the box, there's been a rise in demand for survival expeditions where groups of city dwellers pit their wits against Mother Nature for a time.

Whether it be surviving plunging Scandinavian temperatures or coming face to face with wild beasts in the depths of a South American jungle, these adventure packages combine militaristic training and survival skills in some of the Earth's harshest environments. But why would urban residents spend their precious holiday time foraging for edible fungi among the leafy mulch of a rainforest floor?

Survival expert Megan Hine, who leads expeditions and works behind the scenes on Bear Grylls' *Born Survivor*, believes the increasing demand for these kinds of trips is in part a "backlash against the instant gratification that people get throughout the day" in the social media age.

"I think what we find when we actually go back to nature is that the things that we do, especially with bushcraft and survival, are very time-consuming," she explains. "For example, building a shelter or sourcing food could take a whole day, and all of those skills are very therapeutic. You're shifting things around, you're actually talking to people - you put your phone down and you have to physically interact with people, which is something many people don't get to do on a daily basis."

So next time you come to organising your family trip away, ask yourself this: is sitting next to the pool with your iPhone in hand really better than rummaging for grubs among the African undergrowth?



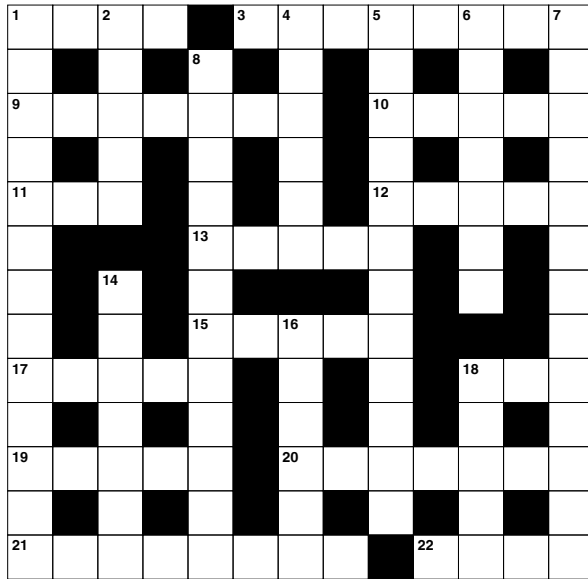


ACROSS

- 1. Free from doubt (4)
- 3. Make physically used to something (8)
- 9. Business establishments (7)
- 10. Pinkish-red colour (5)
- 11. Rocky peak (3)
- 12. Assisted (5)
- 13. Religious table (5)
- 15. This follows day (5)
- 17. Crucial person or point; axis (5)
- 18. Hip (anag) (3)
- 19. Substance exuded by some trees (5)
- 20. Chivalrous (7)
- 21. Spread out (8)
- 22. This grows out of follicles (4)

DOWN

- 1. Easily angered (5-8)
- 2. Send someone to a medical specialist; allude to (5)
- 4. Small box (6)
- 5. Unkind; unsympathetic (12)
- 6. Vehement critical speeches (7)
- 7. Manage badly (13)
- 8. Person one knows (12)



- 14. Studies for an exam (7)
- 16. Sacred river of India (6)
- 18. Public square (5)

DID YOU KNOW

- ▶ Though Mount Everest is the highest peak, Mount Chimborazo in Ecuador is closer to the moon.
- ▶ The island of Nauru in Oceania is the only nation with no official capital.
- ▶ At the closest point, the distance between the USA and Russia is only 3.8km.
- ▶ About 90 per cent of the world's population lives in the Northern Hemisphere.
- ▶ The Sargasso Sea is the only sea with no coast, as it's in the middle of the North Atlantic Ocean and bounded by four currents.
- ▶ The Dead Sea is currently 429 metres below sea level and sinking about one metre a year.
- ▶ Africa is the only continent that covers four hemispheres.

SUDOKU

		8	6					
4		3	2					
	1					8		2
2		1					8	
			5		6			
	3					1		6
8		5					4	
					7	5		8
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Photo credit: PA Images



At his zenith, Gerald Ratner was chairman of a jewellery chain worth millions, before one throwaway speech spelled disaster for his company and his name...

Gerald Ratner took over his family's jewellery business in 1984, which had at that time 130 stores. By 1990 it had 2,500 stores, 25,000 employees, annual sales of £1.2 billion and profits of £121 million. As the chairman and chief executive of Ratners Group, he oversaw the world's largest jewellery retail company, including Ernest Jones and H. Samuel.

However, Ratner's management of his business empire is not the reason people remember his name. In 1991, when his company was at the peak of its powers, Ratner made a remark about his business' cost-saving criteria at a keynote speech that would go down in history.

"We also do cut-glass sherry decanters complete with six glasses on a silver-plated tray that your

butler can serve you drinks on, all for £4.95," he said. "People say, 'How can you sell this for such a low price?' I say because it's total crap."

He went on to add that his stores' earrings were "cheaper than an M&S prawn sandwich but probably wouldn't last as long".

The effect of Ratner's supposedly whimsical comment on his business was catastrophic: £500 million was wiped from the value of the company, leading to a spiral of decline which saw Ratners plunged £122.3 million into the red and forced into closing 330 shops across Britain and the States. Shares in Ratners fell drastically, valuing the group at just £33.7 million in contrast to its 1990 peak of £840 million when Ratners' pile-it-high, sell-it-cheap approach to jewellery retailing seemed unconquerable.

While the company no longer exists in its eponymous form – it is now known as Signet Jewellery – the prevailing legacy of this bumbling businessman will be the lingering concept of the 'doing a Ratner', the most famous of all corporate gaffes.



tales from the BUSINESS GHOST



WHERE IS YOUR ceiling?

Michelangelo once said: "The greatest danger isn't that we aim too high and fail; but that we aim too low and succeed." How's that for a challenging statement? Surely success is ALWAYS better than failure. Well not really because both are only a judgement, based on a target, set by someone's opinion of what success looks like. In other words...

If John aimed for a score of 100 and missed it by 3 his total would still be more than the overachievement of Bob who beat his target by 3 having aimed for just 90! Goals can work for or against us; depending on who sets them and the bigger picture they are designed to support. So, I want to engage your sense of self-achievement here and encourage you to push the boundaries of what you really want to accomplish.

Once you allow yourself to see 'missing a target' as OK the fear of failure becomes less potent.

When setting personal targets, think big, be bold and be ambitious...maybe even set them a little higher than reasonable. Then attack your goal like your life

depended on it (or your pride and reputation if that makes you feel more comfortable), as if failure is not an option.

If you win – celebrate! If you fall short – don't beat yourself up – simply learn from the experience and set a smarter, but equally challenging, target next time.

You see Michelangelo knew what he was talking about: Imagine if he'd died having completed just 90 per cent of the Sistine Chapel. History would still have recorded his genius and celebrated his work far more than the guy who completed 100 per cent of the ceiling of the tiny chapel next door.



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DIMENSIONS OF A THIRD KIND

The advent of 3D printing heralded a new dawn in modern technological capabilities, but what are the practical uses of this invention?

exact same time, in an astonishing advancement to modern medicine.

MAKE SPACE

3D printing is the process of creating solid, three-dimensional objects from digital files. The process is additive, which means layers upon layers of material are laid down in succession, each forming a thin, horizontal cross-section, until the desired object is created.

NASA has revealed its plans to send a 3D printer into outer space as part of a programme to set up a "mini factory" at the International Space Station. If astronauts run out of tools, they would simply be able to print more. Astronauts would no longer have to carry spare parts for each mission, and the cost of continuously firing a load of spanners into orbit would be completely avoided.

A HELPING HAND

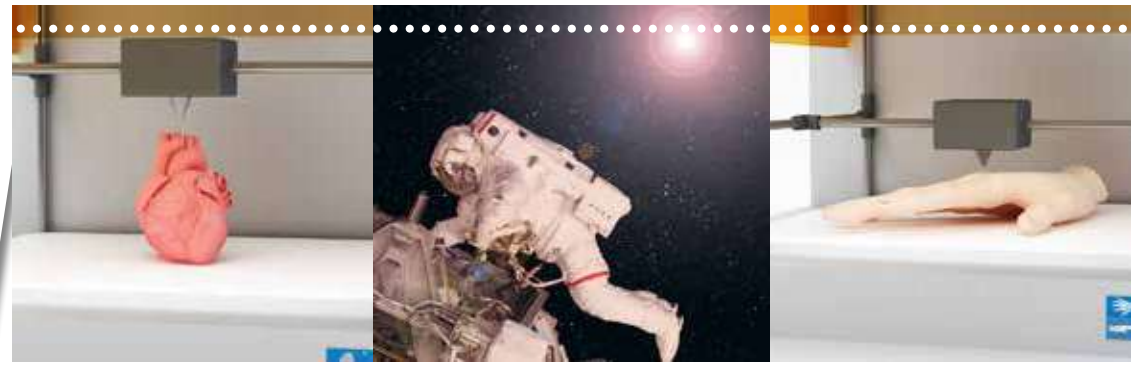
This developing technology has already excited technophiles who wish to create their own 3D printed models, but the wider implications in the worlds of engineering, automation and even medicine are breathtaking.

A commercially-made prosthetic limb typically costs between £5,000 and £50,000. Many people around the world are unable to afford the prosthetics that could greatly improve their quality of life.

3D DONORS

Using 3D printing, one doctor has been able to create artificial scaffolds in the shape of an organ with living cells. First the scaffold is printed and then it is coated with living cells. His regenerative department is now working on building 3D printers that can print artificial scaffolds and living cells at the

3D-printed prosthetics only cost a few hundred pounds each and perhaps even less. Indeed, one team of volunteers crafted a prosthetic hand that only cost around £50 – and the speed of 3D printing means it is easier to supply the same person with a prosthetic throughout their life as they grow.



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TREADING CAREFULLY



MOTORING

Changing your car's tyres regularly will save you money and keep you safe – but are you able to recognise the signs that yours are in desperate need of a change?

Tyres are often the most neglected element of our automotive upkeep – but the difference between decent treads and uncared-for tyres could be a matter of life and death. Here are the biggest warning signs that should prompt you to take the time to switch your vehicle's tyres...

CRACKING UP

Cracks on the sidewall occur over time as the oils and chemicals in the rubber compound. Over time, the rubber loses its tightness and cracks begin to appear. Driving with cracks on the sidewall could also result in the tread separating mid-way or even a possible blowout while on the move – a highly dangerous scenario.

WEARING DOWN

One of the foremost indicators that your tyre is now ready to be dumped is when it loses its tread depth.

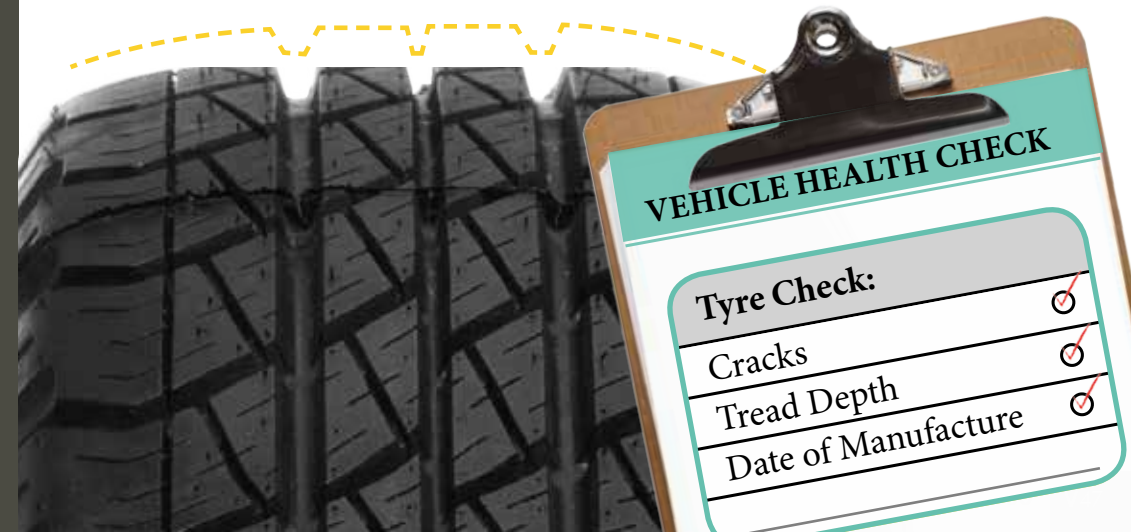
Maintaining the recommended depth on your tyre is important because loss of depth reduces grip and traction on the roads, and eventually compromises safety while driving.

Keeping a tab on the tread wear indicator, which is built into the tyre, is a good way to measure the tread depth. These tread wear bars are generally invisible, but can be seen when the tyre has worn down beyond the recommended tread depth.

AGE ISN'T JUST A NUMBER

By five years old a tyre will begin to show signs of serious wear and surface damage. Always check the manufacturing date of tyres when you buy – this is usually a four-digit number printed on the sidewall. The first two numbers indicate the week when the tyre was manufactured, while the remaining two digits confirm the year.

Checking for these cautionary signs at least fortnightly could save you investing extra time, effort and money in repair, and most importantly could prevent a serious accident from occurring.





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NO KANE, NO GAIN



From a lower league loanee to the Premier League's top striker – Harry Kane's remarkable rise from the reserves to the top of the beautiful game is an inspiration to fans and aspiring footballers everywhere.

When Tottenham's star striker Harry Kane became the fourth player to score 20 goals in three consecutive Premier League seasons, he joined such esteemed company as footballing legends Alan Shearer, Ruud van Nistelrooy and Thierry Henry.

Born in Chingford in North East London, Kane has found himself on an incredible trajectory that has seen him move from the reserves team at Tottenham to the crème de la crème of European football via a string of loan deals. A slow-burning baptism of fire that saw the young

Kane ply his trade in the lower leagues for Leyton Orient, Millwall, Norwich and Leicester shaped the striker who was to become Spurs' greatest asset in front of goal.

Having secured the Golden Boot for a second year running, courtesy of an astounding end to the season that saw him score seven goals in two games, Kane is now undeniably one of the hottest prospects in world football. Having been given his break into the Spurs first team by Tim Sherwood at the expense of a perpetually struggling Roberto Soldado, Kane established himself at the front and centre of Tottenham's – and later England's – forward line.

Despite a disappointing Euro 2016 campaign – during which Roy Hodgson's decision to have the centre-forward take free kicks and corners was roundly mocked from all sides – and a nasty ankle injury that disrupted his latest season, Kane is now a leading figure in Mauricio Pochettino's Tottenham revolution.

With the 100-goal mark surely in his sights for 2017/8, it seems only a matter of time before this model professional's poaching instinct in front of the net leads to some silverware being stored in the Spurs trophy cabinet.



SPORT

FLAWED DE FRANCE

Intriguingly, the sport of cycling – and its arduous showpiece the Tour de France in particular – has a long history of illicit doping. Allegations of drug use have plagued the contest since 1903, with cocaine, strychnine, ether and amphetamines being used by competitors to get them through the 3,500-km, 23-day race. In an event that pushes the very limits of what the human body can take, many participants have looked to chemical means to help them get across the finish line.

For all the sport's fraught relationship with performance-enhancing pharmaceuticals, one instance stands out: the momentous revelation that record-breaking seven-time winner Lance Armstrong had been part of what authorities described as "the most sophisticated, professionalised and successful doping programme that sport has ever seen".

Armstrong had his titles stripped and received a lifetime ban for his troubles, but the fall of arguably the sport's most recognisable name left a lasting impression on cycling which has recently reached our shores.

Since 2012, Brits Bradley Wiggins and Chris Froome have managed four wins between them, with the latter chalking up three on his own with Team Sky. But in 2016, Russian hackers

acquired information from the World Anti-Doping Agency (WADA) that alleged both Wiggins and Froome had acquired Therapeutic Use Exemptions (TUEs) which allow for the use of a prescribed prohibited substance or method for the treatment of a legitimate medical condition. The exposé led to formal investigations into Team Sky by both UK Anti-Doping and even Parliament.

While British Cycling continues to insist that no anti-doping rules were broken, it did admit there were failings across the board when it came to being transparent about pharmaceutical dealings. With a cloud of conspiracy having been attached to the event's competitors for its entire 114-year history, will the Tour de France ever be able to come clean?



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