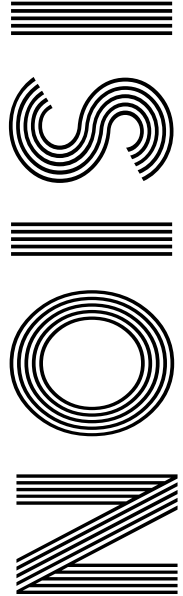


2020
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BOOZY
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RECIPES

THE END
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changed sporting viewing



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Making her mark in the broadcasting industry



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August 2020

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hertford. I hope you enjoyed our local debut last month as much as we enjoyed presenting it to you. I've been delighted with the feedback we've received.

As always, I hope everyone is safe and well in these unusual times. After months of tedium during lockdown, things are finally starting to feel new and refreshing on both a professional and a personal note. Last month saw **VISION** expand into new areas, while I moved into a new home with my girlfriend Kirstie. I'm excited to be starting this new chapter, though I must admit the work that goes into moving home could put anyone off the idea at all.

Organisation has been one of my strong points; however, the wearying tasks that come with moving were hardly a walk in the park. In fact, actual walks in the park with our dog Buddy have about been the only thing getting me through all the stress.

Though I was admittedly trepidatious about decorating our new home, I've quite enjoyed the challenge of acquiring trendy wallpaper and various ornaments from local stores. It's been a great reminder of why we do what we do at **VISION**, so that we can continue to support local businesses, who in turn provide much-needed services and goods to our communities.

I hope you enjoy this August edition.

Brett

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Kate's RETURN

How the UK has rallied behind Kate Garraway and stricken husband Derek Draper

Kate Garraway has lived a very public life – she has been on our screens for more than three decades having first appeared on regional ITV news back in 1989. Being such a recognisable face means that when tragedy strikes, that same, visible presence is played out to the gaze of tens of millions of people.

Yet while such intrusion is often unwelcome, by the broadcaster and journalist's recent admission, the empathy, warmth and support that has come her way in light of husband Derek Draper's illness has helped her through the very toughest of life experiences.

Derek was struck down with coronavirus at the end of March. He was admitted to intensive care and spent a concerted period battling the illness. While many overcome symptoms quickly, in the first week in July, Kate revealed her husband had been close to death on six separate occasions owing to his organs failing. She also said that a doctor in charge of Derek said the former political advisor was as ill as anyone he had treated in more than 35 years on the front line of medicine.

At the start of June, Derek was deemed COVID-free but remained in intensive care. While many overcome the disease in a couple of weeks before entering a gradual phase of recovery, for others the intensity of the illness is much more profound and can go on for months, as has been the case with Derek.

'One of the wonderful things is that they've changed medical practices. they have changed pathways because of Derek'

Regardless, the positive news of his slow improvement encouraged Kate to return to *Good Morning Britain* on Monday, July 13. At the end of an emotional few hours in front of the cameras, during which she was admirably supported by co-host Ben Shephard, she tweeted: "Thank you for all the messages – much like you I thoroughly enjoyed it, especially the hair chat. And I'm looking forward to tomorrow. #katesback"

Kate and Derek married in September 2005. They have two children together – Darcey, 14, and Billy, 10. None of the family has been able to visit him in hospital, so weak was he, and so great was the risk of further infection.

"His lungs are starting to recover – his kidneys are doing better, his liver, but they don't know how much better he can get," Kate said, adding that although her husband was slightly overweight when he contracted the illness, they were unsure as to why he was so badly affected by it.

"I think what's happened is at every stage they've been learning," she told viewers. "One of the wonderful things is that they've changed medical practices, they have changed pathways because of Derek. I keep telling him on Facetime he should be very pleased about that."

Kate's willingness to open up about her own experiences is certain to have elevated further the love and affection she already holds from a nation also still battling the fallout from the pandemic. "This isn't about me, or Derek," she said. "This is about all of us getting through these times together, and we will..."



Plenty of TWENTIES

HOW THE OLD £20 NOTE WILL BE RECYCLED

The new £20 polymer note is gradually creeping its way into our pockets, and it says a lot that for a society edging its way towards cashless operations that we're still thrilled to see the shiny, shimmering beauty of these works of art... even if the time they spend in our hands is all too brief.

As the old £20 notes are worked out of circulation, it's interesting to see what becomes of them.

Firstly, the bad news – anyone hoping to dive head first into a pool of cash in a back room at the Bank of England is to be disappointed.

That said, prior to 1990, all notes were incinerated at the building itself, with the heat being used to warm its corridors. By 1995, operations went off-site, though again the energy created went to good use as homes felt the benefit of perhaps the most expensive heating system ever.

At the turn of the millennium, and with the process of seeing currency going up in smoke starting to be frowned upon given society's desire to push forward with rather more eco-friendly approaches, the Bank of England started to explore alternative methods.

As a result, notes began to be recycled using a soil composting treatment. The technique adopts a similar process to the way food waste is handled, with the resulting mix being used in agriculture operations, such as on farms.

So the next time you find yourself in the country, gazing across freshly ploughed fields, consider just how rich that soil may be.

Photo credit: www.britishtenotes.co.uk, © Bank of England [2015]



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THE WAY TO DEAL WITH SPOTS LIKE A SKINCARE PRO

When it comes to skincare problems, there is no one-size-fits-all method for tackling them as the causes can be anything from hormones to our diets, and even the weather.

A stubborn reality of angry pustules is that picking or popping them will go against every natural instinct you have, while reaching for your foundation risks irritating them further.

There is also the assumption that the way to tackle oily skin is to dry it out by bombarding it with all manner of potions and harsh exfoliators. However, when irritated, your epidermis will only put up more barriers to defend itself, leading to further blocked pores and more spots. Instead, see your acne as something more aligned with eczema and take a gentler approach.

Not surprisingly, a cleansing routine is very important, but it should only be twice a day and with products that are soothing but which also contain salicylic acid to gently remove dead skin and excess sebum. Once or twice a week you may want to treat your skin to a good-quality charcoal mask to deep clean your pores, or even a very gentle scrub.

Occasionally, you might find yourself dealing with sebaceous cysts which are hard, sore bumps buried deep under your skin. A good daily routine will help keep these at bay, but you can also apply a warm compress to help open the pore.

Moisturising is actually a vital part of rebuilding your skin's natural barrier, so invest in a lotion designed for oily skin and use it religiously. The same goes for sunscreen, which should be worn daily to protect against UV damage and further irritation.

While there is no quick fix, good habits will help you control your complexion, rather than your complexion controlling you.



CHECK OUT THIS

chic CHIGNON

HOW TO CREATE THE
PERFECT CHIGNON BUN

If you need an updo for a formal occasion, then the chic chignon should be your go-to hairstyle. It's classic, elegant and even has a bit of a vintage feel to it; just perfect for oozing glamour and sophistication.

HOW TO ACHIEVE THIS LOOK

- Step 1:** Part your hair and then section off the front portion.
- Step 2:** Create a firm ponytail with the rest of your hair.
- Step 3:** Tighten the ponytail and check that the strands above it lie flat and smooth.
- Step 4:** Backcomb the ponytail, strand by strand, for added volume.
- Step 5:** Spritz with a light- to medium-hold hairspray.
- Step 6:** Lightly comb the top of your hair to smooth any flyaway strands.
- Step 7:** Make a simple loop out of your ponytail, using a clear elastic band to hold in place.
- Step 8:** Loosely wrap the free-hanging end of hair around the base of your ponytail.
- Step 9:** Fan out the end of the wrap and arrange it to cover the base of the looped ponytail.
- Step 10:** Pin in place securely.
- Step 11:** Divide your front section of hair into two sections.
- Step 12:** Tease the hair from the roots and lightly comb through to smooth.
- Step 13:** Bring one section to the chignon and cover its base with it. Pin to secure.
- Step 14:** Wrap the hanging strands loosely around the chignon a few times and pin.
- Step 15:** Repeat with the other section.
- Step 16:** Optional – gently loosen the hair above the chignon for a slightly messier look.

TOPTIP: Remember that a chignon should always be low, sitting at the nape of the neck or at the back of your head.



Pleats

FOR ALL OCCASIONS

Pleats are officially back in style for summer/autumn 2020 and we couldn't be any more excited about this surprising resurgence. Flattering, versatile and offering a sexy yet understated vibe, you can wear a pleated skirt anywhere, as long as you know how.

How to wear the pleated skirt:

Whether you are invited to a party, are heading for a picnic in the park or have an important meeting at work, you can find the perfect pleated skirt outfit combo for you.

Daytime chic – Team a pastel-coloured midi pleated skirt with a striped blazer and ankle boots for a smart yet effortless look that will work just as well for lunch with the ladies as it will for a presentation with the boss.

Evening glam – Opt for a black satin pleated skirt that cinches you in at the waste and gives you killer curves and team it with a cropped top and a pair of stiletto heels for an instant vampish vibe.

Casual cool – Who says you can't wear a skirt for a stroll in the woods? The trick to toning down the pleated skirt is to add a simple fitted tee, an oversized denim jacket and a pair of fresh white trainers.

Choosing the right pleat for your shape:

Regular pleat – Depending on where the skirt is pleated, you can choose to emphasise your hips, waistline or bottom, making this pleat ideal for most body types.

Box pleat – Best for those with narrow hips and slender waists.

Kick pleat – Normally found on shorter skirts, this style is ideal for apple body shapes.

Inverted pleat – Most often worn at knee length, the inverted pleat is best suited to pear-shaped women.

Knife pleat – Another mini style; if you don't mind showing off your legs.

Accordion pleat – Full and feminine, this style suits everyone.

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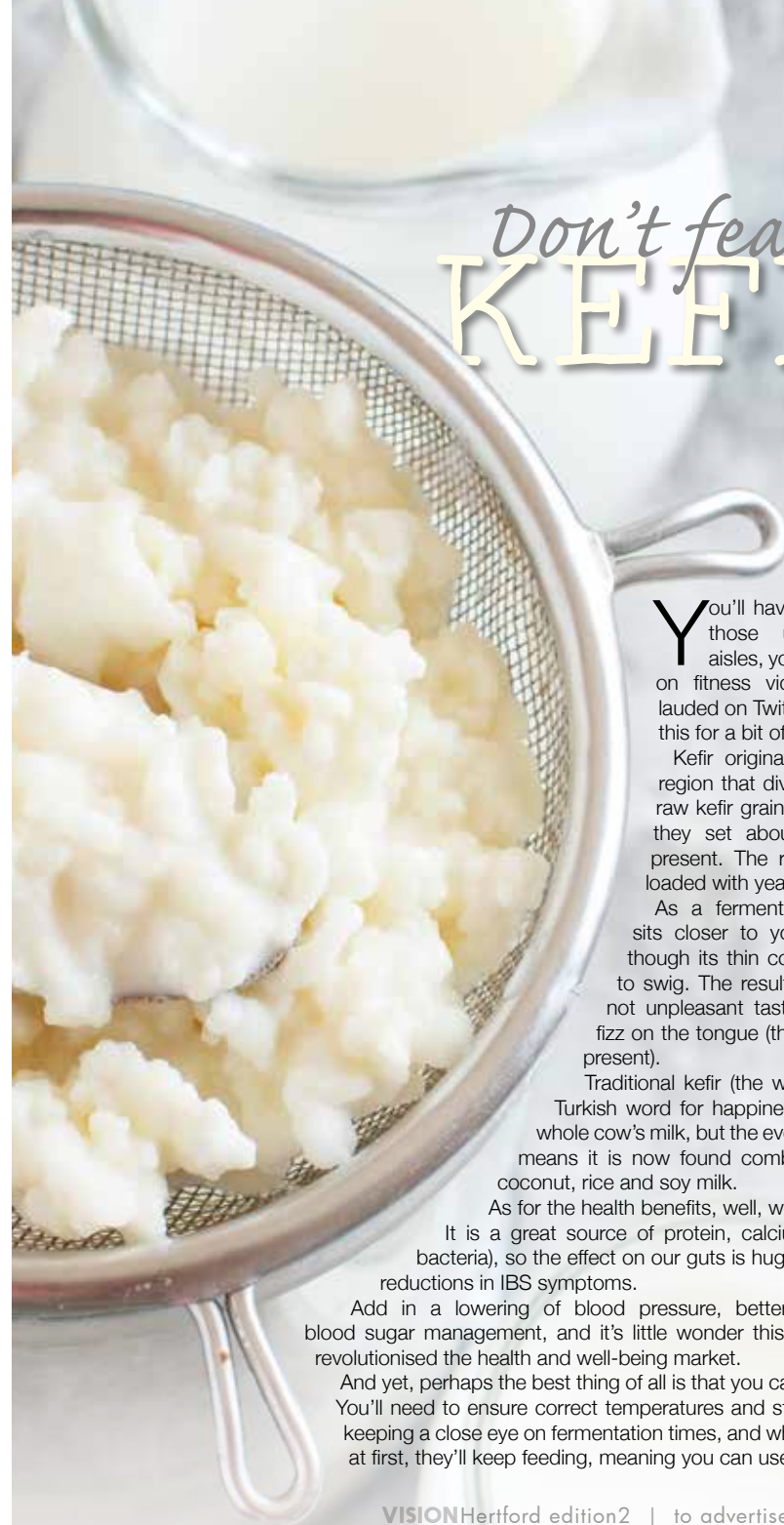
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Don't fear KEFIR



You'll have seen kefir in and around those uber-healthy supermarket aisles, you'll have heard it mentioned on fitness videos, you'll have seen it lauded on Twitter and Instagram... and all this for a bit of cultured milk?

Kefir originates from the mountainous region that divides Asia and Europe. The raw kefir grains are added to milk, where they set about consuming the lactose present. The result is a fermented drink loaded with yeast and healthy bacteria.

As a fermented milk liquid it probably sits closer to yoghurt than anything else, though its thin consistency makes it perfect to swig. The result is a tart, slightly sour but not unpleasant taste that features a lingering fizz on the tongue (thanks to the carbon dioxide present).

Traditional kefir (the word comes from 'keif', the Turkish word for happiness) uses grains mixed with whole cow's milk, but the evolution of our dairy products means it is now found combined with goat's, sheep's, coconut, rice and soy milk.

As for the health benefits, well, where do you want to begin? It is a great source of protein, calcium and probiotics (friendly bacteria), so the effect on our guts is huge, with better digestion and reductions in IBS symptoms.

Add in a lowering of blood pressure, better cholesterol balance and blood sugar management, and it's little wonder this 'whole grain solution' has revolutionised the health and well-being market.

And yet, perhaps the best thing of all is that you can make it yourself at home. You'll need to ensure correct temperatures and sterile equipment, as well as keeping a close eye on fermentation times, and while the grains are expensive at first, they'll keep feeding, meaning you can use them over and over again.



BACK TO SCHOOL

after lockdown

If your children have been at home since lockdown began, the thought of sending them back to school in September will most likely bring about feelings of anxiety, fear and, let's be honest, a little bit of relief.

You have all been in your own little family bubble for so long that adjusting to a school routine will be a challenge for everyone involved.

Fortunately, there are steps you can take to help your kids mentally prepare for this big step.

Openly discuss concerns

Taking the time to talk to your child, in an age-appropriate way, about any worries or concerns they have about going back to school can help to alleviate their fears and reduce any stress that they may be struggling with.

Share your own feelings

It can be a good idea to let your child know that they are not alone when it comes to worries about the "new normal". Be open and honest about your emotions and encourage your child to share theirs.

Ask the school for help

Do not be scared to ask your child's school for help if you are concerned that your child will struggle on their first day, or even during their first few weeks back. They may be able to offer additional support during the initial transition period and be able to check on your child throughout the day.

Get back into a bedtime routine

The importance of ensuring your child is getting enough sleep should never be underestimated, both physically and mentally. In the weeks ahead of their first day back, gradually start getting your child to bed earlier each night so that they wake up fresh and rested on the big day.



3 BOOZY

Ice lolly

RECIPES

There is nothing quite like a cool and refreshing ice lolly on a hot summer's day, and what could be better than indulging in a home-made one that comes with a bit of a kick?

Why not give these three boozy ice lolly recipes a try and enjoy your favourite tippie in frozen form?

Mango & Tequila Spice

YOU WILL NEED: 50ml tequila ■ 3–4 small ripe mangoes ■ juice and zest of 2 limes ■ 140g sugar ■ ¼ tsp chilli powder

HOW TO MAKE: Blend the mango until smooth ■ Pour the puree through a fine mesh strainer ■ Add the lime juice, sugar, chilli and tequila and mix well ■ Pour the mixture into 10 ice lolly moulds, leaving ½ cm at top for expansion ■ Put in freezer for 45 minutes and then add lolly sticks ■ Freeze for a further 4 hours

Cider & Black

YOU WILL NEED: 1litre dry cider ■ 100ml apple juice ■ 150g blackberries ■ 1 tbsp crème de cassis ■ 2 tsp lemon juice ■ 4 tbsp sugar

HOW TO MAKE: Simmer the blackberries in a pan with 1 tbsp sugar and 50ml water until soft ■ Pour through a sieve and stir in the crème de cassis ■ Pour the syrup into your moulds and put in freezer ■ Reduce cider in pan for 10 minutes, add 2 tbsp sugar and dissolve ■ Add apple juice and lemon juice and leave to cool ■ Pour into lolly moulds, leaving ½ cm at top for expansion ■ Freeze for a further hour before adding lolly sticks ■ Freeze for 6–8 hours until solid

Strawberry Fizz

YOU WILL NEED: 400g strawberries ■ 2 tbsp sugar ■ 2 tsp lemon juice ■ 4 tsp elderflower cordial ■ 200ml Prosecco

HOW TO MAKE: Whizz strawberries in a processor with sugar, elderflower cordial and lemon juice ■ Pass through a sieve and add Prosecco ■ Pour into lolly moulds, leaving ½ cm at top for expansion ■ Freeze for an hour before adding lolly sticks ■ Freeze for a further 6–8 hours



A BRITISH LOVE AFFAIR



Coca-Cola

Going back 120 years to trace the roots of our most famous drink import

You wouldn't ever think to label Coca-Cola a 'slow burner'. Whether it's the hit of the bubbles or the sugar rush that accompany the world's best-selling soft drink, it's immediacy is a big part of why we love it so much.

Yet wind back 120 years when Coca-Cola hit UK shores for the first time, and uptake of the famously fizzy drink was, shall we say, rather flat.

The fact Coca-Cola came to the UK was down to Charles Candler, the son of founder Asa Candler. Upon a trip to London in the year 1900, he brought with him five gallons of syrup. It was the first time this American staple had made it here, and it was something never before experienced by Londoners.

The initial limited quantities were lapped up by those who tried it in specialist outlets, but then more than two decades passed without any particular Coca-Cola revolution.

That was, until 1920, when the corporation arranged a deal that would see the soft drink go on sale at Selfridges, the London Coliseum and a few other high-ranking stores. Suddenly, with a bigger platform, with bottling plants in Paris and Bordeaux, and the buzz of the capital in the early post World War I years where renewed freedoms and new tastes were all the rage, the UK public found a new flavour to savour.

Sales rose gradually, although it wasn't until the 1970s that the first canning plant was opened in Milton Keynes. This facility was at the forefront of technology, capable of filling 1,500 cans a minute.

A drink that appealed to young people as well as acting as a mixer for adults was always going to have a sustainable shelf life, but the expansion of the key product (into diet versions as well as flavour additions, such as cherry) ensured our interest held.

The brand, as a whole, is now responsible for the likes of Fanta, Dr Pepper, Sprite, Lilt, Oasis, Smartwater, Schweppes, Powerade and even tinned Costa Coffee products, and the evolution continues into vegan drinks and zero-sugar products.

And of course, these days, Coca-Cola in the UK is more than just a drink. The marketing whizzes have turned it into a byword for sustainability, the environment, leisure and societal values.

When Charles Candler stepped off his ship in 1900 he couldn't possibly have imagined that the modest five gallons he carried with him would have such a

galvanising effect on our lives, our lifestyles and our passions, permeating everything from simple hydration to the most recognisable brand colours of them all, right the way through to the way Santa Claus is dressed.

Coca-Cola's start to life in the UK may have been slow, but its elevation in the last 100 years has been nothing short of thirst-quenching.

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HOME & DIY

MOOD for thought

Creating a physical mood board may seem a little old-fashioned when you have the likes of Pinterest allowing you to collate all of your interior design inspirations at the touch of a button. That being said, there is nothing quite like the feel of fabric and the touch of textures to get your creative juices flowing.

WHAT IS A MOOD BOARD?

A mood board is a collection of items that offer you inspiration for your next design project within your home. The purpose of the board is to help you choose which specific items and styles you want included in your design.

STEP ONE: CONSTRUCT YOUR MOOD BOARD

Although you can make a mood board from any material, your best bet is to use reusable cork or foam board as you can then easily pin your samples on to it.

STEP TWO: COLLECT IMAGES

Look through interior design magazines to help cement your vision for your design and to gain insights into trending interior design styles.

STEP THREE: GATHER ACTUAL SAMPLES

Collecting samples of your preferred materials is vital if you want to really get an idea of how the space will look and feel. Look for fabric swatches, carpet samples, tile samples and paint colours, all of which will act as a guide for both the texture and colour of your newly decorated space.

STEP FOUR: ARRANGE YOUR BOARD

You want to arrange your mood board so it is simple to see the correlation between colours, styles and textures. It can also be useful to sort samples in relation to each other, such as a carpet sample next to a sofa fabric sample.

TOP TIP: Only include items you truly love to avoid an overcrowded board that pulls you in different design directions.



DESK DESIGNS FOR SMALL SPACES

Working from home is not without its challenges, with distractions seemingly coming from everywhere and the work/life line becoming severely blurred. Fortunately, we have your desk space covered, thanks to the super space savers below, so that's one less thing you have to worry about.

TRANSFORM A CORNER

If you have an open-plan kitchen or living room, you are in the advantageous position of being able to convert a spare corner into a secluded and compact home office space. Focus on creating an area that complements your existing interior design and make sure you add as much storage space as possible.

OPT FOR AN ALCOVE

Alcoves in the home are very seldom used, and even though they are small, with a bit of imagination you can convert this wasted space into your own working retreat. If you can't fit in a

desk, why not instead mount a work surface and a light fitting to the wall?

GO TEMPORARY

If you really do not have any spare space that can be purely dedicated to working from home, you can still create a designated working area. Simply choose a room that offers you some solitude and add a fold-down workspace. An ottoman is a great investment, doubling up as seating and storage.

CONVERT YOUR SHED

If you are planning to work from home in the long term, you may want to consider converting your shed or perhaps even your loft into a spacious working area. Think of this as an investment and remind yourself of all the money you are saving on commuting.

PLUMP FOR THE RIGHT OFFICE CHAIR

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FOUR winning wine bottle CRAFTS

HOME & DIY

Whether you favour a dry white, a robust red or a fruity rosé, as a wine lover you will no doubt have one or two, or five, empty bottles taking up valuable space in your recycling bin each week.

So why not use these bottles to create something beautiful?

ART DECO VASES

All you need for this super-quick craft is a few bottles, white spray paint and three different colours of acrylic craft or chalk paint.

- Start by spray painting the bottles white; you will need to do this three times for full coverage.
- Next paint the top of each bottle in one of your chosen colours, adding vertical brush strokes around the neck.
- Finally paint around the base, adding vertical strokes up the sides.
- Leave to dry.

BIRD FEEDER

What could be better than sitting in your garden listening to the sweet song of the surrounding birds?

All you need is an empty wine bottle, a few pieces of wood, a hose clamp and some acrylic paint in your preferred colour to create this stunning garden feature.

MINIATURE PLANTER

Unfortunately, you can't use a regular wine bottle for this project, but it is so impressive that we decided to include it anyway.

- Purchase a wine bottle planter.
- Fill the planter with soil.
- Arrange a selection of succulents.
- Leave for 2-3 days without water to allow roots to heal.

CHEESE BOARD

To make this craft, you will first need to flatten your wine bottle. This involves using a kiln – you can find a simple tutorial for this online.

You can then add your preferred decorative touches.

Photo credit: greenhouseglassworks via glitterinspire.com, Belle Vous via amazon.com, guidepatterns.com, thecrazycraftlady.com



Maya Jama MAKING WAVES

WHY MAYA JAMA NO LONGER HAS A FACE FOR RADIO

When Maya Jama announced at the end of last summer that her four-year romance with rapper Stormzy had come to an end, it brought to a conclusion a relationship during which the careers and statuses of both stars had elevated to levels previously unimaginable.

She, the model, fashion designer and presenter whose opportunities now encompass both broadcasting and retail in equal measures; he, the urban musician whose impact on the charts was, if anything, topped by his accidental appointment as a political campaigner, notably for the rights and career opportunities of black youngsters in inner-city areas.

When the announcement came that the pair had separated so as to “focus on their careers”, there were the usual Twitter-led sniggers and sneers, declaring that this much overused excuse was just a front for troubled termination of a previously happy partnership. However, on this occasion, and considering the professional pathways both have taken since, we may well take the statement at face value.

Certainly, from Maya's perspective, she is someone who has cultivated a clutch of positive headlines throughout her time in the spotlight, during which she rarely passes up an opportunity to extend her reach. While she's sexy, confident and unafraid of controversy, the bigger part of who she is involves taking risks – her breakthrough came soon after she moved to London from Bristol aged just 16 in order to set up her own YouTube channel alongside landing a gig as a presenter for JumpOff.TV.

MTV spotted her talent and she became host of MTV Base show *The Wrap-Up*, before moving on to *MTV Essentials* and *MTV News*.

Next, finding herself in the gaze of sports directors, she fronted Copa90's 2014 World Cup coverage, before being invited to host Radio 1's weekend morning shows.

TV projects for Channel 4 and Channel 5 have followed, but her status has been elevated mainly by her engagement across social media – not least her 1.6 million Instagram followers. She regularly opens up to her wealth of supporters about topics including mental health, fitness, relationships and minority rights.

Yet fans of her Radio 1 shows were stunned in June this year when she chose not to renew her DJing contract – instead she can be found co-presenting the Saturday night BBC1 show *Peter Crouch: Save Our Summer*.

And from wowing admirers with a revealing Brit Awards dress to Kurt Geiger fashion campaigns that leave even less to the imagination, it seems Maya's future is certainly being mapped out with style in mind.

“For me it's always been about grabbing as many opportunities as I can,” she says. “I don't want people to get bored of my face but, at the same time, I do want to challenge myself, and have fun along the way.”

Sure enough, Maya's appeal is widespread and showing little sign of abating. “I want to do this for myself, but I want to do it for all the other teenagers sat at home dreaming of big things. That was me... and if I can do it, then anyone else can too.”

“
For me it's always
been about grabbing
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people to get bored of
my face but, at the
same time, I do want
to challenge myself, and
have fun along the way.”

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Brotherhood raises £50,000 'Pot of Gold' for charities across Herts

The Brotherhood Studio has raised nearly £50,000 for charity by selling colourful prints of Hertford and beyond.

With the Love Bomb as its logo and its mission of 'Love is the message', the team is now on the final push to reach the £50,000 target after releasing the final 'Pot of Gold' Hertford print.

Emma Morgan is curator at Brotherhood, in Bull Plain, Hertford, which is a group of individual artists working together for inspiration. She said the idea came about when they were thinking about how to continue their work throughout lockdown.

She said: "It got us through lockdown. We all had something to focus on. It just became a bit of normality for us."

"We were in such a negative place and it helped us all to help other people."

The artists worked with their in-house artist team, Ceri Shipton, made up of Nick Shipton and Ceri House, to produce both the original 'NHS Heroes' print and then the 'it's been decided we're weaker divided' print when lockdown was starting to ease.

Emma also noticed the work of Paul Crowley on Instagram, and then came the rainbow prints.

The first rainbow print focused on Hertford, but it was so popular that they made prints to cover other towns such as Ware, Welwyn Garden City and Stevenage.

Paul Crowley, the artist responsible for the rainbow prints, shared some poetic words about the project.

He said: "So lockdown inevitably came. Staying home, retrieving essentials, appreciating the small things. Time seemed suspended somehow."

"But creativity blossomed. Projects started to take shape. A rainbow for Hertford formed to add a touch of colour."

The money raised has been donated to the East and North Hertfordshire Hospitals' Charity, The Hospice of St Francis, Garden House Hospice, Isabel Hospice, CHEXS and The Sense Project.

The prints can be found at www.brotherhoodstudio.com/collections/charity-rainbow-prints

To join the team of artists at the Brotherhood Studio email brotherhoodstudio@gmail.com



Should Fore Street remain pedestrianised?



When the social distancing measures were introduced on Fore Street in May, many residents and business owners were unhappy.

Parking bays were shut off and part of Fore Street was pedestrianised as the entrance of the road that joins Parliament Square was shut off.

Almost three months later, residents are discussing whether these measures should become permanent.

Mudlarks Garden Café is located at the closed end of Fore Street.

Vic Hobson, who runs it, said: "The thing about passing traffic is that it is not pleasant for customers. Pedestrians who are mooching now have a nicer environment."

Vic was not alone in discussing the pollution of passing traffic.

Facility Seed said: "The fumes from cars are killing our kids. Cars create loneliness by preventing face-to-face engagement and stop people getting active."

But there are some concerns that the pedestrianisation and social distancing measures have reduced parking opportunities in town.

Resident Ray Jackson said: "To pedestrianise Fore Street would be absolutely ridiculous."

"The town's shops, what few there are, need parking and Fore Street supplies nearly all the short-term parking in Hertford."

Many believe that this lack of parking could be detrimental to the local businesses in Fore Street.

Resident Georgina McGrath said: "I do not believe it necessary and also foresee catastrophic repercussions for the local businesses who thrive on the public dropping in and out of the stores."

Police to combat drug activity and violence

East Herts Safer Neighbourhood Teams (SNT) have announced that issues in Hertford such as drugs and violence will be targeted in the next few months.

The priorities for Hertford are to tackle county line drug activity and associated violence in the Norwood Close area, as well as tackling violence, disorder and antisocial behaviour in Castle Ward on Friday and Saturday evenings.

The East Herts SNT have set these latest priorities after holding Priority Setting Forums (PSF) made up of police officers, council representatives and members of education and business communities.

With the use of Echo, a community voice platform, residents can report issues which will then be discussed at the PSF.

Neighbourhood Inspector Chris Hunt said: "Feedback from members of the public is really important, as it helps us to understand the issues that matter most to them and to focus our efforts accordingly."

To share your priorities in Hertford, use Echo to submit them via bit.ly/police-hford

Students go virtual to deliver their music concert online

The students at the Simon Balle School in Hertford put together an online concert which brought together its "musical community".

More than 130 students aged six to 18 recorded a track which was then compiled into an hour-long concert.

The concert, which normally takes place at Saffron Hall in Saffron Walden, was streamed on YouTube on Sunday, July 12, and has received more than 1,000 views.

Mark Taylor, director of music at Simon Balle, said the concert was a "massive task" but that it was great to see everyone connected through music.

He said: "It brought together our musical community. It was an amazing achievement and it showed how the arts and music can shine through and mean so much for people in these challenging times."

Mark said that 180 families from around the world watched the online concert live.

The concert raised just under £4,000

Watch the concert on YouTube by searching for 'Saffron Sounds 2020'.



Photo credit: Mark Taylor



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Direct trains to Stevenage resume



The Hertford Loop is running again, allowing passengers from Hertford North to get a direct train to Stevenage.

This comes as the new fifth platform opens at Stevenage Station, allowing the Hertford Loop between Watton-at-Stone and Stevenage to be completed once again.

The additional platform opened to passengers on Monday, August 3, but was initially not meant to be completed until at least 2021, with the possibility of taking seven years.

Protests and efforts of local MPs helped bring the possible completion deadline forward.

Councillor Jan Goodeve, executive member for planning and growth, said: "Initially they were saying it was going to take seven years, which as you can imagine caused quite an uproar.

"Not only do people have to go into London to work, but there are also quite a lot of major firms in Stevenage, so some people commute there."

Paul Rutter, Network Rail route director, said the new platform will enable additional services on the East Coast Main Line.

He continued: "We would like to thank passengers who have needed to use bus replacement services between Stevenage and Watton-at-Stone."

Council hands out grants to good causes

Hertford Town Council has awarded community grants to five organisations and good causes in and around the town.

The Finance, Policy and Administration Committee met recently and awarded £4,400 in grants.

The recipients include East Herts Community Safety Partnership, Citizens Advice East Herts and Hertfordshire Boat Rescue.

Rachael Williamson, head of fundraising and communications for Citizens Advice East Herts, said:

"We received a grant from Hertford Town Council for £1,200, which has been used to purchase equipment to support our home-working service which is supporting residents within the Hertford area.

"We are helping some of the most vulnerable in our community, many of whom have been directly affected by COVID-19."

Stuart Foreman, chairman of Hertfordshire Boat Rescue, said the £800 it received will help the organisation in its efforts to keep people safe.

He said: "This funding enables the charity to carry out its vital work in Hertford and Hertfordshire, supporting communities and safety around and in the water.

"We would like to thank the town council for its support and in keeping people safe in and around the water."

Rock at the Castle music festival goes online

The Rock at the Castle music festival moved online after the event was cancelled owing to COVID-19.

The popular festival is usually held at Hertford Castle, but this year it was hosted on the Hertford Town Council YouTube page on Sunday, August 2.

This year the event featured a range of montages and performances from the acts that were due to perform at the event.

Councillor Jane Sartin, chairman of the Development and Leisure Committee, said: "Rock at the Castle is a highlight event every summer in Hertford for thousands of people.

"It was sad that it was not possible for it to take place at Hertford Castle this year, but fantastic that the music kept going and we were still able to enjoy some of the artists who would have otherwise taken to the stage at the castle."

Watch the online Rock at the Castle music festival at www.youtube.com/watch?v=FSPcfqFnBc



Photo credit: Hertford Town Council

News from HERTFORD TOWN COUNCIL



From Saturday, August 22, the resident Hertford Castle fairies and pixies will be welcoming guests to their homes, which are normally hidden from sight and nestled around the enchanted castle grounds.

Usually these mythical creatures shy away from people, but for this summer, they have decided to put on a magical display for visitors to enjoy until Sunday, September 6.

Children and families are invited to explore the

enchanted fairy trail displays within the picturesque setting of the castle grounds, free of charge.

Spot the community of fairy and pixie displays located around the river, ancient trees, flower gardens and castle walls.

The castle grounds are open from 6.30am until 9pm, seven days a week.

All we ask is for you to look; please don't touch or disturb our mythical magical creatures.

Head to the subways to check out the art

The subways in Hertford have been transformed into art galleries to showcase the best bits of town.

Four out of the five subways in Hertford now debut artwork contributed by local schools, as well as photographs of popular features of Hertford.

This project was created by Hertfordshire County Council and has received support from East Herts Council, Hertford Town Council, the Hertford Arts Hub and the local secondary schools, which contributed some of the artwork.

Councillor Bob Deering, mayor of Hertford, opened St Andrew's Street subway at the same time as the opening of the Aldi store on Thursday, July 16.

He said: "I was extremely pleased to be able to open the refreshed subway which not only improves the environment for pedestrians but also showcases the great talent and community spirit of Hertford."

Sarah Mayson, director and gallery manager of Hertford Arts Hub, thinks the subway is a great way of displaying artwork.

She said: "We are pleased to support this project. It is a way of showcasing the work of renowned British



artist Alan Davie, whose original artworks are on show in our main gallery."

The project is part of a programme led by Hertfordshire County Council to make walking more appealing.

There are hopes to establish an art trail through the subways in the future as well as to create a Friends of Hertford Subways group which can help keep the art in the subways clean.

Check out the art for yourself in the different subways across Hertford.



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AUGUST BIRTH FLOWER OF THE MONTH:

Gladiolus

If you were born in August, your birth flower is the bold and beautiful gladiolus. Instantly recognisable by its long, skinny shape and vivid colours, this flower symbolises strength of character. Easy to grow and wonderful to cut, gladiolus should be a go-to flower for beginner and expert gardeners alike.

WHAT DOES THE GLADIOLUS SYMBOLISE?

Gladiolus is the Latin word for "little sword". Greek warriors would wear this flower in battle to protect themselves from harm and death. The flower has long been associated with strength of character, remembrance and sincerity, as well as infatuation. Nowadays, the gladiolus is commonly given on fortieth wedding anniversaries.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in August, you are said to be an intellectual who will do whatever it takes to succeed in life. You thrive in leadership roles at work and, like your flower, you are known for your strength and integrity.

HOW DO I GROW GLADIOLI IN MY GARDEN?

This flower flourishes in rich but well-drained soil, but if you have another soil type such as clay in your garden, it can be planted in a pot. Gladioli need plenty of water if you want them to flower well, so it is advisable to dig a trench and add plenty of well-rotted manure. It is a good idea to purchase plenty of gladiolus bulbs and to plant 10–15 every couple of weeks to enjoy a succession of flowers throughout the summer and autumn.

DO GLADIOLI GROW BACK EACH YEAR?

Gladiolus bulbs are not hardy enough to survive the cold winter months. Therefore, you should dig them up and store them ready to be replanted in the spring.



GARDENING



CREATE YOUR OWN



With many of us spending a lot more time in the garden than usual, what better time to decide to produce your own compost?

Did you know that composting is the most environmentally friendly way to deal with kitchen and garden waste? Plus, it will dramatically improve the quality of your soil, so what are you waiting for?

WHERE SHOULD I START COMPOSTING?

You have two options when it comes to composting: you can use a compost bin, or you can choose an open compost heap. A bin will allow you to make compost more quickly, but both options will result in compost eventually.

When choosing the site for your compost, you need to ensure that it is not subjected to extreme temperatures or excessive moisture. Opt for a shady area of the garden that provides good drainage.

HOW TO CHOOSE COMPOSTING MATERIALS

As a general rule, your compost should be made up of a 50/50 mix of green and brown materials.



Green materials include:

Vegetable peelings | Used teabags | Dead flowers and houseplants | Grass cuttings | Nettles

Brown materials include:

Eggshells | Newspapers (not glossy magazines) | Toilet roll tubes | Shredded plain paper | Dry leaves and small twigs | Young wood garden prunings

WHAT ARE THE BENEFITS OF COMPOSTING?

Composting enriches your soil, suppresses plant diseases and pests, reduces the need for chemical fertilisers, encourages the production of good bacteria and fungi and helps to lower your carbon footprint.

ARE THERE ANY DRAWBACKS TO COMPOSTING?

There are a few downsides to home composting, namely that it requires quite a lot of effort on your part to see the right results. You also need to commit to creating quite a lot of compost if you want to fertilise your entire garden.



ANOTHER BIG BITE

The latest Apple innovations were unveiled at the start of the summer, and in light of a global trend to eliminate infection, there was good news for handwashers...

In launching 13 exciting technological innovations across iPhone, Mac, iPad and Watch, Apple has proved itself capable of upping the ante again, even when its boffins have been locked down. Here are some of our favourites:

macOS Big Sur

A big update that powers Safari like never before, with customisable start page and backgrounds, faster speeds and better extensions.

iOS14

The new operating system brings a raft of improvements, including grouping of apps in folder categories and the ability to open a small part of an app to fulfil a specific task, such as purchasing a coffee or paying for your Deliveroo delivery.

Apple Pencil

This neat tool means a message written on your iPad can be converted automatically into typed text.

Cycling directions

Getting from A to B on your bike has been made

easier with an enhanced map tool that takes into account road traffic and other obstacles not conducive to an efficient cycling experience, such as steps. Your Deliveroo man will be grateful.

Handwashing wonder

An upgrade to Apple Watch means it can detect when a user is washing his or her hands and will start a 20-second countdown timer. Stop scrubbing early and you'll be prompted to keep washing – patronising, but useful.

Sleep tracking

The Watch also provides better sleep tracking after many called into question the accuracy of this being done on the iPhone. It does, however, mean you need to sleep with your watch on.

TvOS

HomeKit-enabled video cameras can now broadcast alongside programmes you are watching. That means you can still watch Gordon Ramsay on screen while an image appears of Gordon Ramsay at your front, presumably delivering your Deliveroo dinner.

BRITAIN'S BREXIT BOOM

While it's too early to gauge the effects Brexit has had on the country, experts believe our departure from the EU will soon show a positive impact on a number of business types:

1. TURNING TO TECH

The tech sector has always been particularly strong in this country, and with freer conditions, the retention of skilled entrepreneurs plus the bouncebackability of the UK from what might be a COVID-19 global economic downturn, our digital boffins are expected to flourish in making up ground on global heavyweights China and the US.

2. MEDICAL MASTERY

The EU has frequently held back medical advancements and new technologies amid a flurry of admin and red tape. Its slow-moving approach has meant non-member countries have been able to steal a march on new medical developments, but this is expected to change now the UK has matters back under its own control. Combined with the world's finest health service, companies here in the 'life sciences' sector are expected to boom.

3. FISHING

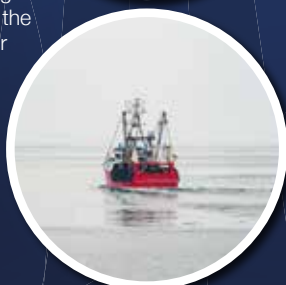
UK fishermen have long bemoaned the EU's Common Fisheries Policy for the restrictions it has caused, even around our own shores.

While the complexities of the industry are plentiful and the protecting of fish stocks is important, our hardworking seafarers appear certain to profit from Brexit as Brussels' stranglehold on how our coasts operate is removed.

4. AGRICULTURE

While our binning of the Common Agricultural Policy (CAP) – which has been in place since 1973 – has so far produced more questions than answers for our farmers, the government is optimistic that substantial improvements can be made for land workers who currently see 70 per cent of the UK geography under agricultural management.

Shedding the 'direct payment' aspect of the CAP where land prices were pushed up, causing a barrier for young farmers to get into the industry, could stimulate innovative and inventive UK farming, the like of which we've not seen in centuries.



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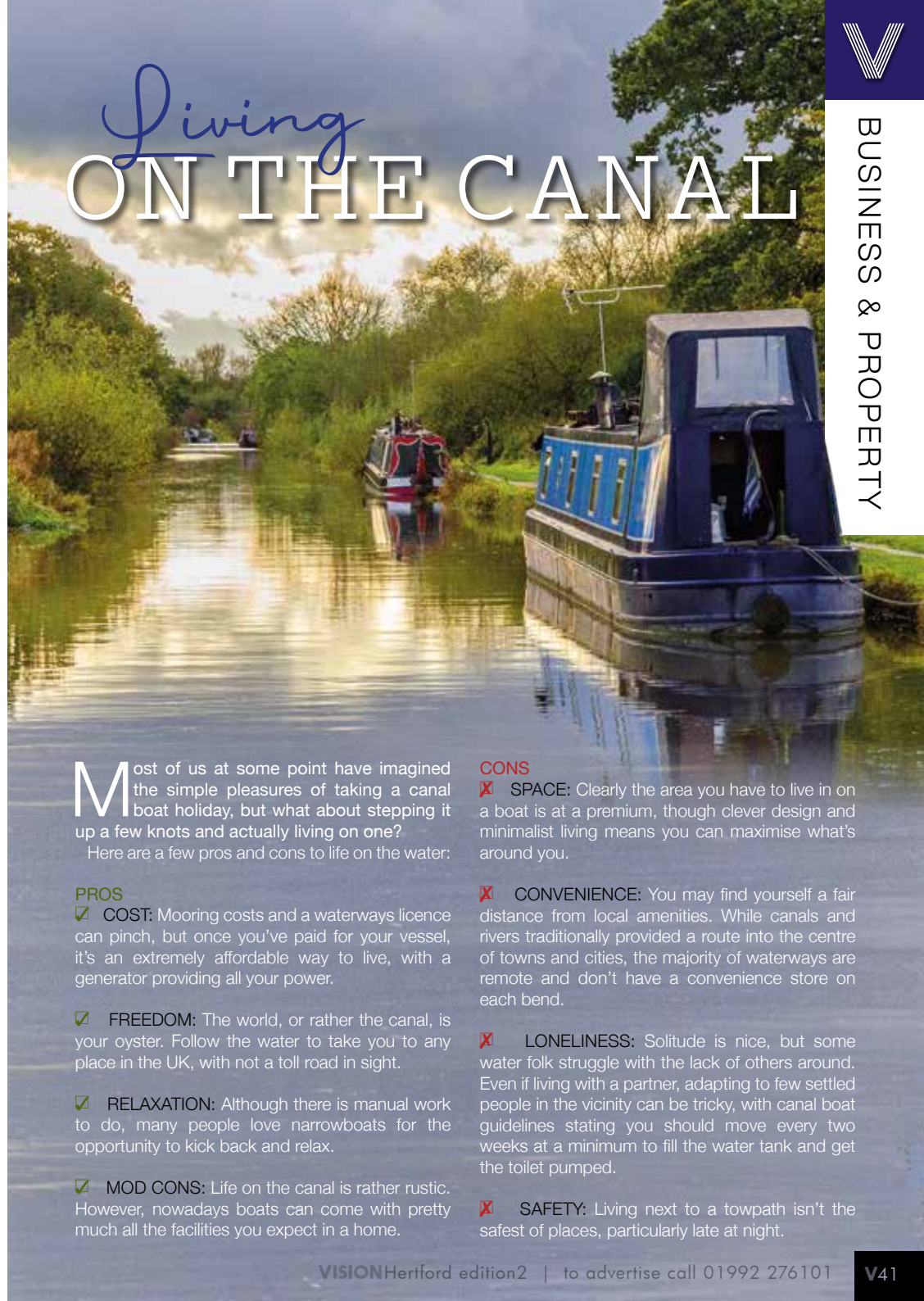
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Living ON THE CANAL

BUSINESS & PROPERTY



Most of us at some point have imagined the simple pleasures of taking a canal boat holiday, but what about stepping it up a few knots and actually living on one?

Here are a few pros and cons to life on the water:

CONS

✗ **SPACE:** Clearly the area you have to live in on a boat is at a premium, though clever design and minimalist living means you can maximise what's around you.

✗ **CONVENIENCE:** You may find yourself a fair distance from local amenities. While canals and rivers traditionally provided a route into the centre of towns and cities, the majority of waterways are remote and don't have a convenience store on each bend.

✗ **LONELINESS:** Solitude is nice, but some water folk struggle with the lack of others around. Even if living with a partner, adapting to few settled people in the vicinity can be tricky, with canal boat guidelines stating you should move every two weeks at a minimum to fill the water tank and get the toilet pumped.

✗ **SAFETY:** Living next to a towpath isn't the safest of places, particularly late at night.

PROS

✓ **COST:** Mooring costs and a waterways licence can pinch, but once you've paid for your vessel, it's an extremely affordable way to live, with a generator providing all your power.

✓ **FREEDOM:** The world, or rather the canal, is your oyster. Follow the water to take you to any place in the UK, with not a toll road in sight.

✓ **RELAXATION:** Although there is manual work to do, many people love narrowboats for the opportunity to kick back and relax.

✓ **MOD CONS:** Life on the canal is rather rustic. However, nowadays boats can come with pretty much all the facilities you expect in a home.

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TRAVEL

BACK TO nature?

FOUR TOURIST SPOTS YOU REALLY SHOULDN'T VISIT IF YOU CARE ABOUT THE NATURAL WORLD

Our passion for exploring, adventuring and seeing the world has never been so great, which makes the travel limitations of the coronavirus all the more frustrating.

On the plus side, though, our lack of movement this year will undoubtedly aid the green shoots of recovery – or at least halt the destruction – for a host of popular destinations gradually being destroyed by our wanderlust.

Fjaðrárgljúfur Canyon, Iceland

Made famous by a Justin Bieber pop video and ranging, panoramic shots in *Game of Thrones*, the spectacular canyon has become a hotspot, with tourists desperate to trace the steps of their high-profile heroes. However, with an estimated 750,000 people visiting in 2019, pathways and access routes have deteriorated fast, leading local authorities to impose temporary bans.

Komodo Islands, Indonesia

Curiosity about the Komodo dragon, the largest living lizard, has attracted tourists and poachers alike to the island, which in 2019 led to it being shut to tourists. Still home to 1,800 of the reptiles, numbers had started to fall alarmingly, leading to desperate measures having to be implemented.

Machu Picchu, Peru

The world-renowned village had a 2,500/day limit set by UNESCO around a decade ago, but tourist numbers are expected to be treble that. With pathways and walls under threat, tourists run the risk, literally, of eroding the very history under their feet.

Galapagos Islands

Perhaps the go-to destination for over-tourism, the Ecuadorian government has recently taken strict measures to limit visitor numbers for fear that the habitats of the estimated 9,000 species present on the island and in surrounding waters are severely under threat.

While Sir David Attenborough's intentions were to celebrate a place that inspired Darwin's theory of evolution, no less, ease of travel (COVID-19 notwithstanding) has actually threatened the very species he was celebrating.





Bid farewell TO THE COVID MOT

THE CORONAVIRUS MOT HOLIDAY'S FINAL DAYS... OR ARE THEY?

August 1 has never been a particularly notable date in the diaries of car mechanics, though COVID-19's six-month MOT extension made it significant in 2020 like in no past year.

Depending on when you are reading this, you may well consider the moment to have passed. That 'moment' was essentially a six-month extension to the date of your car's MOT throughout the time the pandemic caused complete shutdown in the UK.

The logic when this unusual measure was announced back in April, when COVID-19 was really taking hold in the UK, was that the public should not be encouraged to venture out in their motors, neither for servicing nor for leisurely drives. Now, with coronavirus under control and various social restrictions eased, it's the right time

to lift these measures, as well as stimulating the economy again... car mechanics included.

The criteria was that any car due to have an MOT after March 31 would automatically have an additional six months added to its certificate. Naturally, in coming out of lockdown, that concession has been relaxed, so any cars with MOTs in August or thereafter will have to play by the old rules – get it MOT'd or stay off the roads.

That seems cut and dried, but perhaps it's not. For those of us not quite as up to speed as we should be with mechanical matters, it could be you've accidentally missed the date of your MOT. If this is the case, and it was actually due between April and the end of July, you will now have an additional six months from the listed date to get things checked, but this time, make sure you do.

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IT'S SPORT...



Photo credit: Paul Greenwood/BP/Shutterstock

...but not as we know it

HOW COVID-19 HAS CHANGED OUR CONSUMPTION OF SPORT

The elation many of us felt at the restart of Premier League football was soon replaced by a sort of bewilderment at a peculiar, slightly perverse, reconstructed version of the game.

Turn on the television to catch a Premier League game and, in many ways, it feels as if we are watching our favourite stars operate in something of a parallel universe – a contact sport played with social distancing (at least as far as goal celebrations are meant to go), drinks breaks, countless subs (all huge distances from one another) and, most crucially of all, zero fans in attendance.

Our broadcasters' move to dub in fake crowd sound has largely been deemed a success, and with studio-based expert summarisers every bit as pointed and punchy as before, this 'new normal' is at least watchable... but it's still very strange.

Of course, as a first phase of life post-COVID-19, it is the best we can do, and other sports

are following suit to get seasons finished and tournaments played.

As reported cases continue to decrease, the expectation is that full-contact sport (for us mere mortals as well as for the Premier League millionaires who, let's face it, are only back playing because of sponsor revenue) may return around September. The government knows it needs to stimulate grassroots and amateur sport, as well as open up the pathways to people attending events again – thousands of businesses, clubs and societies rely on it, and for those who do survive, it may take up to five years to fully recover from the effects of the 2020 coronavirus pandemic.

Yet as far as seeing capacity crowds at our sports arenas goes, we still appear some distance away, with few confident enough to stick their necks out in stating we may see everyday folk back in stadiums before Christmas.

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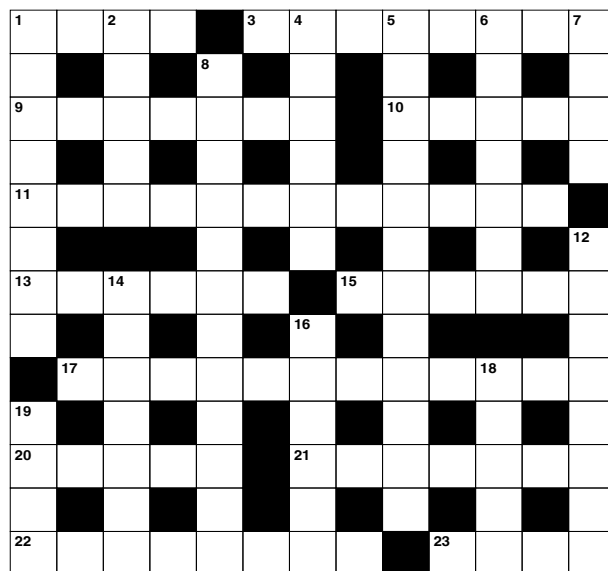
Answers can be found on the Contents Page 4

ACROSS

1. Make fun of (4)
3. Consecrate (8)
9. Behave well (7)
10. Of the nose (5)
11. Contradictory (12)
13. Consent to receive (6)
15. Person to whom a lease is granted (6)
17. Showing total commitment (12)
20. Ancient measure of length (5)
21. Waterproof fabric (7)
22. Stretched out (8)
23. Solely (4)

DOWN

1. State of the USA (8)
2. Comedian (5)
4. Real (6)
5. Significant (12)
6. Disparaging remarks (7)
7. Ivy League university (4)
8. Worldly (12)
12. Inclination (8)
14. Live together (7)



16. Royal chair (6)

19. Pinnacle (4)

18. Spoken for (5)

DID YOU KNOW?

- ▶ Sound travels around four and a half times faster in water than it does in the air
- ▶ In winter, bowhead whales sing for almost 24 hours a day to attract mates
- ▶ Walrus mothers and calves recognise each other by their voices
- ▶ The underwater noise from ships is doubling every decade
- ▶ Common dolphins are usually seen in large groups of up to 1,000
- ▶ A basking shark can be up to 11 metres long
- ▶ Jellyfish have been around longer than dinosaurs and have survived five mass extinctions
- ▶ Dolphins sleep with one eye open

SUDOKU

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

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