

2020
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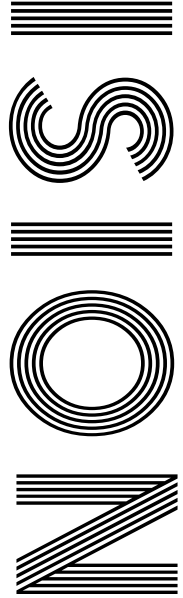
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your lampshade

HAS YOUR
HOROSCOPE
CHANGED?

MARKING 80 YEARS SINCE
the Battle of Britain

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PETERS

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Editor's notes...



Brett Shohet, Editor

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

I hope everyone is doing well and beginning to find their footing in this 'new normal' we're living in. While we're not out of the woods with

COVID-19 yet, businesses such as ours are beginning to get back to a place not so far from where we were pre-lockdown. All it takes is a walk down local high streets to see that we're not the only ones getting over the worst of it now; it really is a pleasure to see shops and restaurants lively again. It also means that I'm able to have little trips out with my family from time to time, and to take clients out for lunch again.

I'm finding myself able to focus on the more trivial aspects of my life again - some days, for example, my biggest concern is the weather. I can head out on a sunny morning confidently sporting shorts and a T-shirt, but by midday I'm often wishing I'd worn a jumper instead.

Usually, I'd be sick of all the summer rain we've been having in recent weeks, but since moving into my new home last month, the garden has become a priority for my girlfriend Kirstie and me. When we first moved in and the days were purely hot and sunny, we noticed the garden's grass wasn't turning green at all after being watered. I remember looking up whether rainwater would be better for it and, lo and behold, along it came.

Brett

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THE KINGS of the castle

Celebrating 30 years together, Ant and Dec remain at the top table of British entertainment... which may come in handy for this year's *I'm A Celebrity... Get Me Out Of Here*.

From spotty lads in Ellesse jumpers, baggy jeans and Fila trainers skulking their way round the streets of Newcastle, Ant and Dec's rise to becoming the modern-day majesties of light entertainment has been unparalleled.

Now, 30 years after Anthony McPartlin and Declan Donnelly first met on the set of kids' BBC drama *Byker Grove* – a series based around a tatty youth club and the life events of its members – the duo are celebrating the three-decade milestone by swapping the Australian jungle for a couple of weeks bolted up in a haunted castle.

The coronavirus outbreak has made even the most basic travel arrangements complicated, and as for transporting a film crew and a selection of celebrities halfway around the world... forget it. So rather than give up entirely on a television experience that is one of the keystones of ITV's autumn output, the show's producers have kept things much closer to home, with Gwrych Castle in Wales providing the base for what will be a unique spin on the *I'm A Celebrity... Get Me Out Of Here* format.

With an experience that will be less bugs and more bumps in the night, the 200-year-old Conwy residence has a chequered history, one that its presenters are certain to work to their advantage in their own inimitable style.

The ghost of Countess of the Dundonald is said to prowl the castle ruins, with reports detailing the outline of an angry woman dressed in white. And during the Second World War, the castle housed 200 Jewish refugee children who had made it to Wales having fled the Nazis.

The much anticipated Bushtucker Trials will find themselves transformed this year, with the as yet unrevealed celebrities undertaking ghastly gothic, mind-bendingly medieval and ruggedly ruined challenges.

For Gwrych Castle, which has regularly been threatened with closure and was saved by the campaigning efforts of a 12-year-old boy back in 1997 when he wrote to then-Prime Minister Tony Blair, it is an incredible rebirth, and one that is hoped will protect its future.

As for what is to come for Britain's favourite presenting duo, anything is possible. Ant and Dec have ridden the waves of success for so long, the spotlight has become second nature. That means when controversy does arrive – notably the playing out of Ant's personal troubles over the past couple of years – the duo have stuck together in much the same way as they did when PJ and Duncan first buddied up way back in 1990.

"I think it's clear now we are going to be side by side until the day we die, like it or not," Declan commented recently. "People look at the shows and the awards, but what we have is friendship, respect and an affection that only comes between two best mates. We both feel very lucky."



HORROR-scope

IF YOU'RE A SCORPIO, BAD NEWS COULD BE ON THE WAY, WITH A 13TH SIGN OF THE ZODIAC COMING INTO PLAY.

NASA's apparent 'discovery' of a 13th star sign has created furore in the astrology world... if you'll excuse the pun. From way back, 3,000 years ago, when the Babylonians created the zodiac chart, we have always recognised 12 star signs or constellations, representing the 12 months of the calendar.

In recent times – aided by the Twitterati wind-up merchants – a 13th sign has come to the fore: Ophiuchus, the serpent-bearer. Recognising this, with a proposed window of between November 29 and December 17, has meant true Scorpios now have a timeframe of just seven days, beginning on November 23.

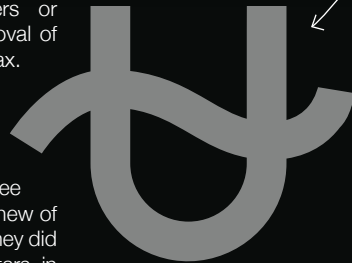
Worse news is to follow, with the revelation that because constellations have shifted so much in the time since the Ancient Greeks first threw together a chart of the skies, the dates of all the other star signs have changed too, as follows:

- CAPRICORN:** January 20 – February 16
- AQUARIUS:** February 16 – March 11
- PISCES:** March 11 – April 18
- ARIES:** April 18 – May 13
- TAURUS:** May 13 – June 21
- GEMINI:** June 21 – July 20
- CANCER:** July 20 – August 10
- LEO:** August 10 – September 16

- VIRGO:** September 16 – October 30
- LIBRA:** October 30 – November 23
- SCORPIO:** November 23 – November 29
- OPHIUCHUS:** November 29 – December 17
- SAGITTARIUS:** December 17 – January 20

Yet before you rip up your posters or begin laser removal of that tattoo, relax. NASA's 'new discovery' is anything but – even Ancient Greeks from three millennia back knew of Ophiuchus, as they did another eight stars in the sky that could legitimately have been included on the zodiac. Simply, some appear much less prominently in the sky, so only the largest 12 were chosen.

And the shifting of dates? Well, astrology is a very personal thing, and whether we follow a star sign of what we once were or what we are now, it makes little difference – we are all invested in this existence, and no matter what star sign we are, none of us is getting out of here alive!



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BEAUTY

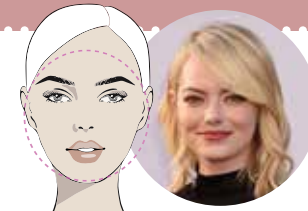
The flexible and fabulous fringe rarely goes out of fashion. Instead, it adapts to the season at hand and offers a simple yet stylish way to update your look.

However, to get it right and avoid the common pitfalls of bad bangs, you need to choose the right fringe for your face shape.

THE SIDE FRINGE

Best for round face shapes

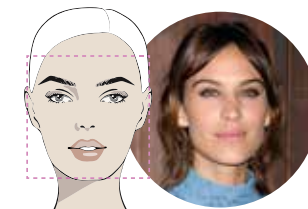
Popular with the likes of Mila Kunis, Emma Stone and Renée Zellweger, the side fringe is incredibly flattering for those with more round faces. Opt for a feathered fringe to give your face a more slender look and to draw attention to your eyes and mouth.



THE A-SHAPED FRINGE

Best for square and oblong faces

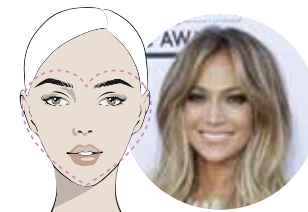
This face shape tends to be wider at the cheeks and more angular around the jawline. A soft A-shaped fringe can help soften your features and switch the focus to your eyes.



THE CURTAIN FRINGE

Best for heart-shaped faces

A long side fringe, aka the curtain fringe, is ideal for those with a heart face shape as this style will help widen out a narrow chin and highlight both your cheekbones and jawline. Ask for a feathered look to perfectly balance softness and structure.



THE FULL BLUNT FRINGE

Best for those with a small forehead

You may think that having a small forehead means you cannot pull off a fringe, but this is simply not true. A full and blunt fringe will instantly add length to your face and broaden your forehead. This style suits those with poker-straight hair better than those with waves.



THE FULL CHOPPY FRINGE

Best for oval face shapes

With this face shape you want a full fringe that will cover your forehead but not one that will overpower your delicate features. Adding choppiness at the ends will create a softer and more textured feel.

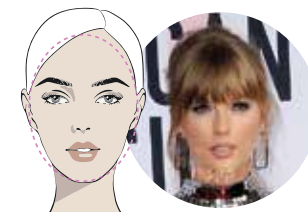


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Discover the beauty of NON-COMEDOGENIC Skincare

The latest buzzword in beauty, non-comedogenic, refers to any skincare product that is formulated to not cause blocked pores. It's ideal for those who suffer with acne, blackheads and oily skin. Let's take a closer look at non-comedogenic make-up and skincare products and how they work.

What are blocked pores?
Comedogenic originates from the word 'comedones', which are the imperfections commonly found in those who experience acne, otherwise known as blocked pores. There are two types of blocked pores:
> Open comedones, or blackheads, which are caused when sebum reaches the skin's surface, opens and turns black.
> Closed comedones, whiteheads, where sebum grows beneath the skin surface.

What causes blocked pores?
There are many factors that contribute to blocked pores, including:
Heavy make-up use | Excessive oil production | Hormones | Not having a good skincare routine | Sweating | Sun exposure | Genetics

Does non-comedogenic make-up work?
Although non-comedogenic make-up and skincare products will not prevent breakouts, what they will do, unlike other beauty products, is not contribute to

any more acne. Not the ideal solution to your stubborn spots, but a helping hand, nonetheless.

What is the difference between non-comedogenic products and oil-free products?
Those with oily, blemish-prone skin will be all too familiar with oil-free skincare and make-up products that promise to reduce spots and balance out your skin. Oil-free products are free from petrolatum but can contain other oils. However, non-comedogenic products differ in their approach as they are completely free of pore-clogging ingredients.

- Here are a few non-comedogenic skincare products that you can try:**
- > Estée Lauder Double Wear Stay-in-Place Make-up Foundation
 - > NARS Radiant Creamy Concealer
 - > Maybelline New York Shine Free Oil Control Loose Powder
 - > Neutrogena Oil-Free Acne Moisturiser
 - > Cetaphil Cleansing Lotion for Sensitive Skin
 - > Neutrogena Ultra Sheer Dry Touch Sunscreen



Dr. Martens we love you

Our long-lasting love affair with Dr. Martens has spanned seven decades and shows no signs of slowing down. They are worn by men, women and kids alike, so let's take a look at what makes this iconic footwear brand so special.

THEY OFFER UNRIVALLED COMFORT: Although you will need to break them in a bit, Dr. Martens will undoubtedly be the most comfortable boots you ever own. The hard leather has the unique ability to be able to mould perfectly with the shape of your foot, resulting in a feeling of walking on air.

THEY LAST FOREVER: Dr. Martens might not be the cheapest boots you have ever bought, but they will offer the best value for money. Unlike other leather that may split or crack, Dr. Martens will last you a lifetime.

THEY TRANSCEND TRENDS: As all other footwear trends come and go, and then come again, Dr. Martens have stuck resolutely to their fundamental USPs, and fashion followers love them for it.

THEY ARE INCREDIBLY VERSATILE: There are so many different looks that you can go for with a pair of Dr. Martens:
> Sophisticated with chinos and chunky knitwear.
> Street style with cut-offs and a slogan tee.
> Casual with a simple pair of black trousers and matching jumper.
> Modern with jeans and a leather jacket.

CELEBRITIES OF ALL AGES LOVE THEM: Miley Cyrus, Diane Keaton, Susan Sarandon, Jared Leto and Robert Pattinson have all been papped rocking these vintage and stylish boots.

THEY COME IN A WIDE VARIETY OF COLOURS AND DESIGNS: You can pretty much find a pair of Dr. Martens in every colour you can think of, plus they do some truly unique designs, including one with renaissance art printed all over them. Need a bit of extra height? Yes, Dr. Martens come in heeled versions too.



Photo credit: Wozzie/Shutterstock.com, kudryavtsev dmitriy/Shutterstock.com



ARE YOU AN emotional eater?

Many people have understandably struggled with healthy eating during lockdown, with stress, boredom and increased feelings of wanting to treat ourselves all being contributing factors. However, now that we have started to return to normality, are you still eating for reasons other than hunger?

MINDLESS EATING

Do you often find yourself eating for no particular reason? Do you simply take mouthful after mouthful without even registering what the food tastes like or whether or not your appetite has been sated? If yes, you need to stop eating in front of the TV and start appreciating your food more. Ensure you chew your food as many times as you can and listen to your stomach when it tells you that it's full.

BOREDOM EATING

If you find that you reach for the snacks when you

have nothing else to do, then you are eating out of boredom rather than because your body needs sustenance. Try to find yourself something else to do, such as read a book, phone a friend or go for a walk: any activity that will take your mind off eating.

STRESS EATING

We've all been there. Perhaps you have an important meeting at work, you are struggling to make ends meet or maybe your relationship is going through a rough patch. Whatever the reason, eating when you are stressed can help to alleviate anxiety, even if only momentarily. The key to avoid stress eating is to know your triggers and to actively try to avoid them.

EATING TO MASK YOUR FEELINGS

Whether you feel sad, depressed or lonely, eating to try to push down your feelings is never the answer. Instead, try to identify why you are feeling this way and talk to someone if you need to.

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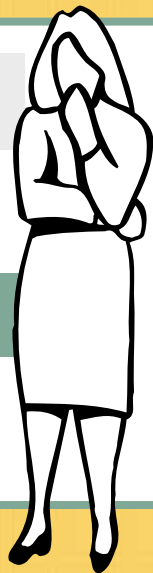
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NIGHT SQUATTERS

How to keep children in their own rooms – and out of your bed – at night

When your darling daughter or darling son is able to sleep in something that doesn't come with the design feature of prison-like bars as would a cot, it's a monumental moment – your little one's ascent into childhood now means they have their own bed.

Sadly, as many parents have discovered, the lack of those confines means it's effortlessly easy for your young one to embark on night-time expeditions into your bed, something that benefits the sleep patterns of no one.

Here are some tips for ensuring your sneaky non-sleeper stays put:

Routine

As ever, a solid, settled night-time routine is essential. A set schedule and timing (dinner followed by bath followed by story, etc) will enhance and prolong sleep, as will avoiding 'over-napping' during the day.

Light and dark

In these brighter, lighter mornings, it's imperative to

have a good blackout blind – there's nothing that lures a child out of bed more than the early rising of the sun... even if that's at 5am!

On the flipside, keep a subtle nightlight nearby. Fear of the dark will always get little ones heading for reassurance and comfort... and big ones too.

Sound planning

Consider as well soundproofing and ensuring others in the home keep their nocturnal manoeuvres to a minimum, from loud late-night games to simple stuff like not flushing noisy toilets.

Encouragement

At the age your youngster gets his or her first proper bed, you'll already be working on the greatest sleep stimulator of them all – words. Reaffirming that 'big kids' sleep in their own beds, and stay there, and perhaps a gentle reminder that sleeping in one means not having to go back into a cot, can get your precious cargo journeying off on to a dreamy voyage... speaking of which, you may want to grab a few hours yourself.

Sensational SLOW COOKER AUTUMN COCKTAILS

Although traditionally used for stews and soups, slow cookers are now being tested out on a wide variety of dishes, including cooked breakfasts, lasagne and even steaming hot cocktails. What more could you want on a blustery autumn day?

BUTTERBEER RUM (YES, JUST LIKE IN HARRY POTTER BUT WITH A BOOZY HIT)

You will need: 6 cups water | 2 cans cream soda | 1 cup brown sugar | ½ cup unsalted butter | ½ cup butterscotch syrup | 3 cinnamon sticks | 1 tsp vanilla essence | 1½ tsp salt | 2 cups spiced rum | Whipped cream and golden sparkling sugar crystals for decoration

How to make: Put in the water, cream soda, sugar, butter, ¼ cup of butterscotch, cinnamon sticks, vanilla and salt | Cover and cook for 3–3½ hours | Stir in the rum | Use the remaining butterscotch to coat the rims of your glasses | Pour, top with whipped cream and sprinkle with sugar crystals

INDULGENT HOT CHOCOLATE

You will need: 1 litre milk | 300ml double cream | 200g chopped dark chocolate | 100g chopped milk chocolate | Whipped cream, marshmallows and chocolate shavings to serve | Optional: liqueur or schnapps – coffee, peppermint or cinnamon

How to make: Pour the milk and double cream into your slow cooker | Add the chocolate | Cover and cook on low for 2 hours | Remove the lid, give it a good stir, then replace the lid and cook for a further 20 mins | Add 4 shots of your chosen liqueur | Spoon into mugs and top with marshmallows, cream and chocolate shavings

CARAMEL APPLE CIDER

You will need: 2 cups vodka | 8 cups apple cider | 1 cup caramel syrup | 2 tsp ground cloves | 2 tbs cinnamon | ¼ cup brown sugar | Apples to garnish

How to make: Add all the ingredients to your slow cooker | Cook on low for 3 hours | Serve in mulled cups or glasses with sliced apples and cinnamon sticks



Photo credit: realhousemoms.com, amindulgem.com

Weight WATCHERS

The dream foods that burn more calories than they provide

It seems perverse that the eating of food and quaffing of drink could actually lead you to lose weight, but this is the reality of 'Negative-Calorie' foods, even if their existence has been called into question by some.

Certainly, for dieters or those simply looking to watch their figure, the era of feeling guilty about burgers, sweets, biscuits and more could be over... that is, if you can stomach some of the following:

CELERY

The go-to choice among Negative-Calorie foods – this peppery stick requires more energy to eat than it gives you in return.

APPLES

A tough food item that requires a fair amount of mouth-work. Combined with the fact that our favourite fruit is high in water content, it's little surprise that the energy effect is minimal, although the fibre will do you good.

TOMATOES

Another supermarket favourite that's high in water content. Eating a simple tomato often feels like a waterfall for the mouth. At just 18 calories per 100g there's little to worry about as far as the waistline goes, and the statins present offer a great potential fix for those suffering from high cholesterol or high blood pressure.

CAULIFLOWER

Tough as old boots and with the aroma of them too, cauliflower is a versatile veg that offers bags of vitamin C and contains absolutely zero fat.

COFFEE

At just two calories per cup, coffee without the addition of milk, cream, sugar or flavourings is blissfully low, and, as a thermogenic, will actually stimulate the burning of fat for energy.





SHOW TIME for your DIY

Gone are the days of cheap interior design shows produced on a shoestring budget – TV DIY these days is big business and even bigger impact.

INTERIOR DESIGN MASTERS

Feame Cotton is the perfect foil for a show that delves into the personal stories of the amateur designers featured, even if the end assessments can be brutal. The aim is to win a major design contract, and because of that the tasks are on the edgier side, from minimalism to brutalism to over-the-top floweriness.

ABSTRACT: THE ART OF DESIGN

An intense watch that really delves into the elements of design and form, this Netflix series tours a number of salubrious destinations (from Soho House to Michelin-starred restaurants) in search of not just the art of design, but also how structure and form works to create something that fulfils a purpose, both in provision and comfort.

AMAZING INTERIORS

From indoor roller coasters to secret bedrooms and cinemas in the basement, *Amazing Interiors* looks behind the door of supposedly ordinary homes to find inspiring spaces lurking.

GRAND DESIGNS

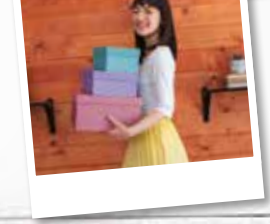
Arguably the most popular design programme of the past decade, host Kevin McCloud MBE is the perfect master of ceremonies in overseeing renovations across a lengthy time period that often – though not always – go to plan.

THE GREAT INTERIOR DESIGN CHALLENGE

While the producers of this show may have been short of a catchy title, they more than make up for it with a vast array of brilliant platforms on which contestant designers work their magic – from 17th-century cottages to seaside villas and Victorian terraces.

TIDYING UP WITH MARIE KONDO

No matter what style guide you apply to your living space, without tidiness and a desire to remove the clutter, you'll quickly have something resembling chaos. Step in Marie Kondo, the queen of declutter, and a show that offers a bevy of brilliant tips for keeping your home in great shape.



SHRED IT or FILE IT?

Documents: what to keep and what to shred

While moving so much of our lives online means the amount of paper we have to deal with is perhaps not as great as it once was, it's still very easy to get swamped by documents, forms, booklets and more.

Here's a simple guide to what you should be keeping and what can be satisfyingly put through the shredder:

> **Home documents:** This includes everything from your car logbook (V5C) to building and contents insurance printouts, house deeds, mortgage statements, vehicle records and any rental agreements. These should be kept for as long as they are valid. Utility bills should be kept for a year.

> **Personal documents:** Birth and marriage documents obviously sit high up on this list and should be kept forever; but consider as well life insurance, Disclosure and Barring Service (DBS) certificates, medical records, driver's licence and pension details. These should be kept for as long as they are valid.

> **Financial documents:** These include National Insurance cards, which should always be kept, to tax affairs and recent bank and credit card statements, even if you access these online. Financial documents should be accessible for seven years, but taking this online means your provider can store them rather than you.

For the most part you should now be able to shred anything else, but if you've something you're uncertain of, by all means hold on to it until your next sort-out.

The important thing is to keep hold of what's still relevant and rid yourself of what isn't. On that note, it's a good idea to keep some documents for a year after you dispose of the thing it relates to – for instance, a rented car – in case you need to check back for the purpose of a tax return, or similar.

And it's a good idea too to go back over all paperwork every now and again. Some personal effects that were important then may now be outdated, and keeping your documents organised and up to date is vital.

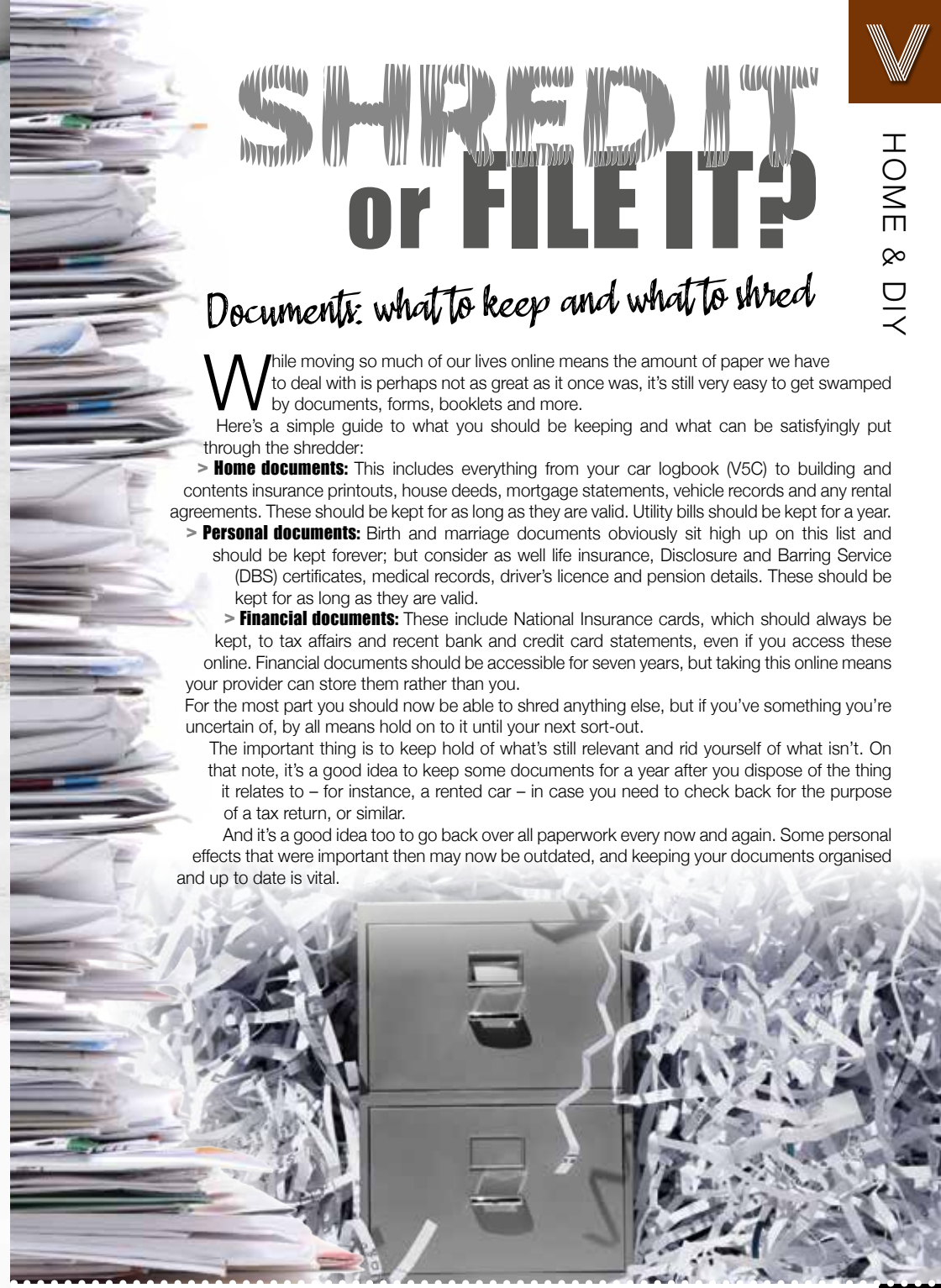


Photo credit: BBC/DSP/Tom Scott, imdb.com, Netflix.com, lifestyle.com.au, idealhome.co.uk, embracinghomemaking.net



Love YOUR LAMP SHADES

If lockdown has unleashed your inner craft fiend, you won't be able to wait to get stuck into the following ideas for transforming any uninspiring and unimaginative lampshades you have lying around the house. Be prepared to be amazed.

FABULOUS FABRIC

One of the simplest ways to change a lampshade so that it matches the rest of a room's décor is by covering it with fabric. All you need to do is purchase enough fabric in your chosen colour or pattern or, if you are feeling particularly thrifty, you can use a selection of different scrap fabrics that you already have, and then glue it around your shade using an adhesive spray.



WONDROUS WALLPAPER

If you have recently decorated one of the rooms in your home or added a feature wall and you have some wallpaper left over, instead of throwing it away, why not use it to upcycle a lampshade? In the same way that you can attach fabric, simply use adhesive spray or craft glue to stick the wallpaper around your shade.

STUNNING STENCILS

For those who are feeling a bit more ambitious, you can transform a dull lampshade into a thing of beauty using just a stencil and a little paint. Simply purchase a stencil design from your local craft shop or make your own using plastic or vinyl and gently dab on your choice of paint.

GORGEOUS GOLDEN LEAF

Looking for a decadent design? By applying gold leaf, either in a particular pattern using painter's tape or all over, you can create a luxurious and expensive-looking lampshade at a fraction of the cost.

NB: Make sure you let all of the above designs dry fully before reattaching your shade to the lamp.



Photo credit: www.thehouseofhatterasbull.com



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HOME & DIY



HOW CLEAN is your kitchen?

Hand-washing and social distancing have been the buzzwords for 2020 so far, but forget about the enemy outside; it's the humble kitchen that apparently poses one of the greatest everyday threats in our fight against bugs, according to recent research.

Sponges

The sponge is by far the go-to item for nuisance nasties. It draws in bugs and baddies like no other, and in the study commissioned by Currys PC World and undertaken at the University of Lincoln, scientists found that 35 per cent of kitchen sponges included faecal streptococci (FS) colonies. And if you think that sounds like something you may want to keep strictly in the lavatory... you'd be right. Found in the intestines of humans and animals, contamination can lead to symptoms of food poisoning, such as vomiting, diarrhoea and nausea.

That sinking feeling

The study revealed that the pathogen *P. aeruginosa* was present in 100 per cent of sinks. Found in soil and vegetation, it sounds harmless enough, but can cause skin irritation, abscesses and wounds.

This will floor you

And as for our trusty, lovingly maintained wooden, tiled, laminated or concreted flooring, our attention should perhaps be directed a little closer to some decent antiseptic mopping, with both *aeruginosa* and FS found in significant quantities on the floor.

Meanwhile, it appears it's time to debunk the five-second rule, because any contact with a surface will contaminate food. And as for our ovens, only 37 per cent of us clean our oven handles. But it's not all bad news: lead researcher Dr Hughes admitted that our kitchens are not as dirty as they might be. "The good news is surface levels of bacteria are usually well below the levels required for infection of healthy individuals, so are unlikely to lead to illness – unless coupled with a pre-existing health complaint, or if the person infected is immunocompromised."

Even so... who's for a takeaway?



HANDY ANDI

The Peter Pan of daytime TV and a career both in and out of the spotlight

If you're of a certain demographic, you've undoubtedly seen the Twitter posts, Facebook pictures and Instagram uploads detailing the so-called 'golden era' of kids' TV, when terrestrial television was a metaphorical playground for some of the biggest stars of our time.

From the basics of *Blue Peter* and *Grange Hill* in the 1970s through to big-budget kid-themed quiz shows and youth soaps, the presenters were our link between a mind-boggling array of British brilliance that has since gone by the wayside in favour of American imports.

To consider that Andi Peters was at the centre of such an era is remarkable, for two reasons. First, he's still on our screens today, most recently covering for Lorraine Kelly on her eponymous weekday morning chat show. Second, there's the small point that Andi barely looks any older than the bunch of Generation X youngsters currently at the forefront of youth entertainment.

Chelsea-born presenter, journalist and actor is 50. That makes him less Andi Peters and more Peter Pan, though securing both longevity and relevance is no pantomime in the current era where TV producers are even more cut-throat than Captain Hook.

Peters' ability to survive and, indeed, flourish has as much to do with his proficiency behind the camera as in front of it. He started out in the famous CBBC broom cupboard (where he succeeded the likes of Andy Crane and Philip Schofield), and despite retaining presenting duties alongside Emma Forbes in the hugely successful *Live & Kicking*, his skill as commissioning editor, producer and versatile creative is ultimately what has kept him in such high demand.

Always affable and famously clean-living, from continued BBC work with *The O-Zone* and *Top of the Pops* to *The Noise* (ITV), *T4* and *Shipwrecked* (Channel 4), diversity and desire to keep adapting have always been at the forefront for Peters.

And discovering Dermot O'Leary, who introduced him to the world of adult programming (*Dancing on Ice*, *Ant & Dec's Saturday Night Takeaway*), proved a joint enterprise that has garnered more success.

"At the heart of it I am just someone in love with TV," he says. "To bring so much joy, entertainment and fun into people's front rooms has always been a pleasure, and to this day I still get the same thrill at being broadcast live on air that I did all those years ago.

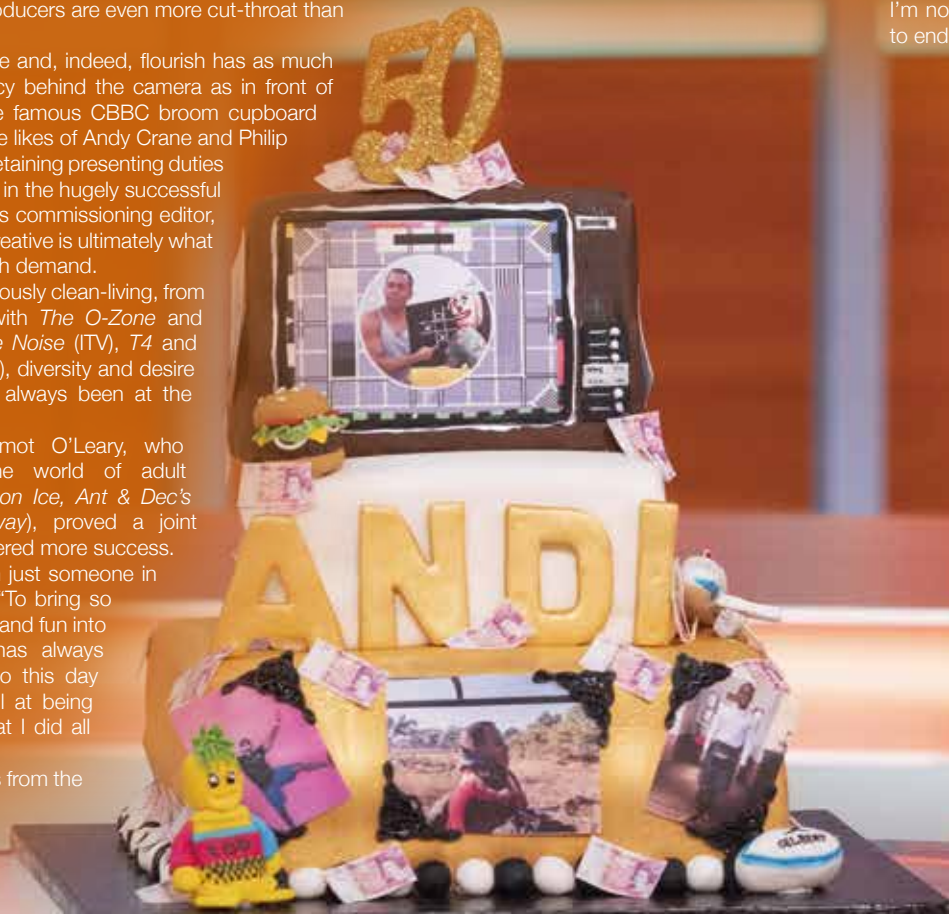
"I have had odd breaks from the cut and thrust of it,

but it is always something I know I will come back to, and of course I count myself very lucky to have been able to sample this from so many different sides."

Being the first man to stand in for Lorraine for more than a decade proves Peters' relevance and ability is still as strong at 50 as it was when he started out on radio way back in the 1980s, on the advice of Schofield.

"If the work keeps coming, I'll keep doing it," he says.

"It's a dream come true, and even at 50 I'm not ready for it to end."



LOCAL NEWS

from your neighbourhood



Emergency services called after car crashes into shopfront

Emergency services rushed to the centre of Hertford at the end of last month after a car crashed into a shop in Fore Street.

There were no reported injuries and the driver and passenger in the Nissan Micra were also reportedly unhurt, although shaken.

Staff and customers in the Hertford Beauty Clinic were evacuated after the collision at around 2pm on August 31. The Nissan Micra damaged the entrance and windows of the shop.

Structural engineers and Herts Fire and Rescue attended later to make the scene safe.

Enquiries are continuing at this time to establish the circumstances around the collision.

Suspected stolen bikes recovered by police

More than 65 bicycles, which are suspected to have been stolen, were recovered during a search in Hertford on Tuesday, August 4.

with their rightful owners in due course."

Officers from the East Herts Scorpion Team carried out the operation in Mead Lane, after intelligence was received about the handling of stolen goods.

A man was arrested following the search and has been released under investigation while enquiries continue.

Detective Inspector Ben Freeman, who oversees the local Scorpion team, said: "This was an excellent result and we're hopeful we can reunite these bikes

Residents can use the community voice platform 'echo' to tell Herts Police what they think the police should be prioritising in their local area.

If you would like to share your thoughts, visit bit.ly/herts-echo

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Support group thanked for COVID-19 work

LOCAL NEWS



A volunteer group delivering food to families in and around Hertford during the pandemic was thanked by the town's mayor.

Councillor Bob Deering recently visited volunteers at Hertford St Andrew School to deliver food supplies and give his support to the work undertaken by Hertford over the last few months.

Hertford has delivered more than 37,000 meals to local families since the end of April. Set up by Debs Bonfield and Annegret Scott, it has provided vital support at a time when schools have been closed and children have been unable to access school meals.

Cllr Deering said: "This is a fantastic scheme showing true community spirit. It's a real credit to Hertford. It is overwhelming to see how much support has been given. Thank you to everyone in the town and beyond who has so generously supported this through both donations and time given."

Gang jailed for conspiracy to commit burglaries

Five men have been sentenced to more than 25 years in prison between them for conspiracy to commit 29 residential burglaries, including in Hertford.

Offences were also identified in other Hertfordshire towns, such as Elstree and Rickmansworth, as well as in London, Surrey, Cambridgeshire and Bedfordshire.

The initial arrests came about on January 6, while Hertsmere Scorpion officers were on patrol and spotted a vehicle believed to be connected to a burglary.

The vehicle was pursued into London, where it was eventually forced to stop on the A406, and the men were arrested.

The burglars predominantly targeted large houses in order to steal jewellery.

All five, who had previously pleaded guilty to their parts of the conspiracy, appeared at St Albans Crown Court last month, where HHJ Grey, having taken into account early guilty pleas, sentenced the gang members.

Alexis Catro, 38, of no fixed abode, was jailed for five years and six months; Christian Rubio, 39, and Carlos Aranis, 31, both also of no fixed abode, were each jailed for five years.

Mario Fernandez-Garrido, 34, of no fixed abode, was jailed for four years 10 months.

Sergio Saravia, 38, of no fixed abode, was jailed for five years nine months.

At the end of their sentences, the men will be deported.

Detective Constable Paul Cullinan said: "We're delighted these men have been taken off the streets and will no longer pose a threat to our communities."

Pantomime to be postponed until 2021

The Hertford Theatre pantomime is to be postponed until 2021 owing to problems surrounding social distancing measures.

This comes as the arts industry has struggled over the past few months.

This year the pantomime was due to take place in December and would tell the story of *The Curious Adventures of Alice in Wonderland*.

However, in a recent Facebook post, the theatre announced that it was not viable to put on the pantomime after social distancing measures would not allow the theatre to reach the necessary capacity.

The post said: "Like many venues up and down the country, it is simply not possible this year.

"Although this is disappointing news for all concerned, we are planning to bring you *The Curious Adventures of Alice in Wonderland* next year at a very special location somewhere in Hertford for Christmas 2021, subject to further confirmation."

The team also announced that they have something in the works for this Christmas so no one will miss out.

The post said: "Christmas 2020 will look different for so many venues this year. But never fear – we have something very exciting up our sleeves to ensure you and your family still get to experience some safe, socially distant, Hertford Theatre festive magic at Christmas, so keep your eyes peeled for news about our Christmas 2020 plans in September."



Photo credit: Hertford Theatre



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LOCAL NEWS

LOCAL NEWS

News from HERTFORD TOWN COUNCIL



The annual and popular Hertford Art Trail was postponed in April owing to COVID-19 and has now been rearranged to take place from Saturday, October 3 until Saturday, October 31.

During the month-long Art Trail, 30 artists will exhibit work in prime town-centre locations across 30 venues. The public can view the pop-up exhibitions free of charge, with artwork being displayed in windows and inside premises, taking into account social distancing and safety precautions.

The Trail is intended to encourage locals and visitors to explore the array of independent businesses within the county town, promote the artists whose work

will be on sale and support the venues offering the exhibition space.

An array of media will be on display, from sculpture to cartoonist and oil on canvas to pottery, and will be available to purchase.

Venue opening times will vary. It is suggested that visitors check location opening times in advance by visiting www.gohertford.co.uk

A hard copy of the Art Trail map and locations will be available to collect from Hertford Town and the Tourist Information Centre closer to the date of the event.

The event is organised by Hertford Town Council in partnership with Courtyard Arts.

Driver who racially abused police is jailed

A banned driver from Hertford who hurled racial abuse at police officers and attacked a former partner has been jailed for 16 months.

Lacey Kelf, 28, was told by a judge at St Albans Crown Court last month that he should stop behaving in an appalling and antisocial way.

Prosecutor Gavin Pottinger said that at 7pm on July 2 this year police recognised Kelf as a banned driver behind the wheel of a white Berlingo van.

Mr Pottinger said: "He carried out dangerous overtaking, went the wrong way around a roundabout, hitting two other vehicles, which are likely to be written off."

Kelf was arrested at the scene, was abusive to Asian police officers and claimed to be a member of the English Defence League (EDL).

The prosecutor said that on February 29 Kelf had let himself into his former partner's home at 5.40am.

He punched her twice in the face. Having checked her phone to see who she had been talking to, he smashed it. He left when the victim began shouting.

On April 7, Kelf, who had a three-year driving ban, was spotted driving a Ford Focus and was arrested.

Kelf appeared for sentencing via a video link from Wormwood Scrubs. He had pleaded guilty to criminal damage, assault by beating, two offences of driving while disqualified and having no insurance, dangerous driving, using threatening, abusive words or behaviour, and two offences of using racially or religiously threatening, abusive words and behaviour.

In addition to jailing him, Judge Michael Simon banned him from driving for two years.

Charitable company lends helping hand to town school



Students and staff finally went back to school earlier this month, and a company in Hertford helped make the return a little easier at one primary school.

David Warrington is client services director at Office Fox, which is based at the Ability Business Centre on St Andrew Street in the town, and his son Jenson, five, is a pupil at Bengeo Primary School.

David said: "The school was having issues bringing children back and wanted some support to buy some new toys, because they have had the ones there at the moment for years. Obviously, they are trying to keep everything as clean as possible. They asked if anyone could get them two or three new toys from a list of about 25 - I said we'd get the lot. Headteacher Julie Starkiss was gobsmacked."

David said he was delighted to be able to help out.

He added: "They look after my son, so I thought if I could help them out I would. We'll look to continue to support them in the future as well. In the last year, we've provided Princess Alexandra Hospital in Harlow with 600 hats for newborns and we're in discussions about how we can carry on supporting the hospital in the future."

Man jailed after targeting vulnerable teenager

A man was sentenced to eight months in prison last month after ignoring a police warning not to contact a vulnerable teenager from Hertford.

Abdul Sekkoum, 21, of Enfield, pleaded guilty to the following charges that all relate to one victim, a 15-year-old girl.

He was charged with one count of sexual communication with a child and one count of engaging in non-penetrative sexual activity with a girl aged 13 to 15.

Luton Crown Court heard how in 2018, Sekkoum was served a Child Abduction Warning Notice (CAWN) after police officers became concerned about his associations with the victim, who was then aged 13, in the Hertford area.

The conditions prohibited Sekkoum from communicating with the victim, either directly or indirectly, or allowing her to be in his company before she reached the age of 16.

In March 2020, Sekkoum was released from prison on licence after serving time for unrelated drug offences and in May this year, sexually explicit messages sent by him were found on the victim's phone. Some of the messages referred to sexual activity that had occurred between them. Sekkoum was arrested, charged and remanded as a result.

Detective Constable Sophie Beach, from Hertfordshire Constabulary's Halo team, said: "Sekkoum showed complete disregard for the CAWN and continued to sexually exploit the vulnerable victim in order to satisfy his own urges.

"Safeguarding measures have been put in place to support the victim and I hope today's outcome helps her to move forward with her life."

Fixtures announced for the Blues



Hertford Town's Isthmian League South Central campaign has been confirmed to start on Saturday, September 19 with an away trip to Tooting & Mitcham United.

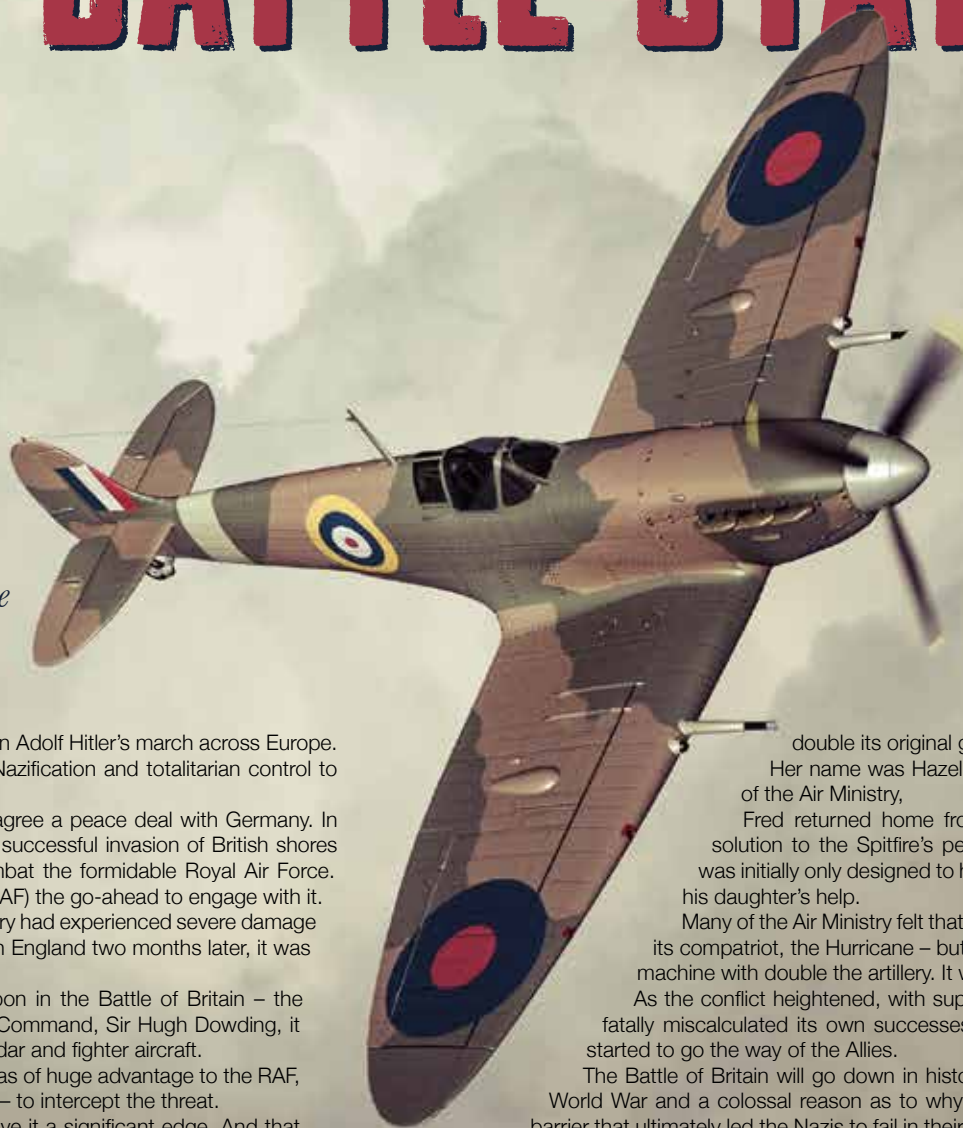
The Blues' first competitive game back at Hertingfordbury Park will be the following Saturday, where they will welcome Waltham Abbey.

Hertford start off the campaign playing the teams who finished seventh and eighth respectively. The Blues endured a disappointing end to last season before coronavirus suspended play, failing to win in six of their last seven games.

The poor form at the end meant the club were looking down rather than up and were only eight points ahead of the relegation zone, with Staines Town, who finished at the bottom of the table, having three games in hand.



BATTLE STATIONS



This year marks eight decades since one of the most important British victories during the Second World War: the Battle of Britain.

It's June 1940 and France has been quickly defeated by Germany in Adolf Hitler's march across Europe. His aim: to bring Gleichschaltung (coordination), the process of Nazification and totalitarian control to the continent.

Hitler was expecting the British to also fall into line and to try to agree a peace deal with Germany. In the first instance, he knew that to have any chance of setting up a successful invasion of British shores (which was codenamed Operation Sealion), he would need to combat the formidable Royal Air Force. Subsequently, he gave the Luftwaffe (the German equivalent of the RAF) the go-ahead to engage with it.

Even though the German occupation of France was rapid, the country had experienced severe damage to its air fleet; yet when asked to go to battle in the skies of Southern England two months later, it was ready.

However, the Luftwaffe hadn't reckoned on Britain's secret weapon in the Battle of Britain – the Dowding System. Named after Commander in Chief of the Fighter Command, Sir Hugh Dowding, it was a remarkable network that brought together ground defence, radar and fighter aircraft.

Knowing where and when the Luftwaffe was on its way to Britain was of huge advantage to the RAF, whereby it could then scramble fighters quickly – notably the Spitfire – to intercept the threat.

However, in truth, it was in the way the Spitfire was armed that gave it a significant edge. And that was thanks to a young mathematician, whose brilliant calculations meant it could leave the ground with

double its original gun capacity.

Her name was Hazel Hill, and she was the daughter of Fred, who was part of the Air Ministry,

Fred returned home from work one day and asked for help in providing a solution to the Spitfire's perceived lack of firepower. The iconic British warplane was initially only designed to have four guns on it; he felt it could be more but needed his daughter's help.

Many of the Air Ministry felt that eight guns would be too heavy for the Spitfire – and for its compatriot, the Hurricane – but Fred and his daughter Hazel found a way to equip the machine with double the artillery. It was a significant advancement, and it worked.

As the conflict heightened, with support from Commonwealth pilots, and as the Luftwaffe fatally miscalculated its own successes, a three-month-long skirmish in the skies eventually started to go the way of the Allies.

The Battle of Britain will go down in history as one of the most important parts of the Second World War and a colossal reason as to why Germany was unable to seize Great Britain. It was a barrier that ultimately led the Nazis to fail in their attempt to take control of Europe, and it preserved the freedom that we acknowledge with gratitude and humility today.

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GARDENING

SEPTEMBER BIRTH FLOWER
OF THE MONTH

If you were born in September, your birth flower is one of the most colourful flowers of autumn: the aster. Part of the daisy family, this wild flower is known for its tiny flowerheads and long petals. Loved by pollinators, asters are ideal for growing in mixed borders around your garden.

optimist and are devoted to living life to the full. You are also predisposed to good luck.

HOW DO YOU GROW ASTERS IN YOUR GARDEN?

Asters offer great beauty with little work and are therefore ideal for less-experienced growers. You can either choose to plant them from seed in spring or purchase a potted plant later in the year.

Plant in full to partial sun in loamy, well-drained soil and keep new plants moist until they stop blooming.

WHAT DO ASTERS SYMBOLISE?

Asters come in a variety of vibrant colours and each one carries a different meaning:

- Purple asters, the most popular colour, symbolise wisdom and royalty.
- White asters represent purity and innocence, as well as new beginnings.
- Red asters can be used to convey undying devotion.
- Pink asters symbolise sensitivity and love.

WHAT ARE THE MOST COMMON ASTER PESTS AND DISEASES?

Asters attract aphids, spider mites, whiteflies and leafhoppers, all of which can be kept under control with the use of pesticides. They are also prone to stem rot, a fungus that can begin at the start of the germination process. Prevent this by not overwatering and ensuring the soil is well drained.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If your birth flower is the aster, you feel most at home on the stage and will embrace any opportunity to entertain others. You are an





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TESCO In the Club



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In 1995, a former Tesco shelf-stacker came up with the idea of rewarding customers' loyalty by giving them points that could be redeemed against future purchases. The concept itself wasn't revolutionary, but in a rapidly evolving digital age, the knowledge, insight and trend-tracking the Clubcard scheme offered meant the retailer's understanding of consumer habits had never been so great.

The man behind the idea was Sir Terry Leahy. A Liverpoolian who started on the shop floor, literally, he had risen to CEO level and was already well on the way to rejuvenating Tesco's fortunes; but his adoption of the Clubcard took the supermarket chain from a top three UK retailer (in terms of profit) to a top three global entity.

The introduction of the Clubcard drove both him and the supermarket on to unparalleled heights – the most efficient method ever for analysing consumer spending behaviour. It also sparked ferocious loyalty, and enabled Tesco to

extend into sectors it had never before touched – from tech to travel to insurance – with a certainty of success brought about from truly knowing who their customers were and how they would respond to products and offers.

These days, 17 million of us have a Tesco Clubcard – that's more than one-third of the adult population in the UK. Relunched in 2009 and again last year with Clubcard Plus – which promised to save the average large family £400 a year on their shopping bill – our adoption of the technology has now become part of our daily routine.

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ENSURE *you* INSURE

Your home insurance checklist

Insurance is about protecting ourselves and those around us, so here's a handy checklist outlining what you definitely need, and what might be worth considering.

CONTENTS INSURANCE

In the event of an accident or theft from within your home, it's vital your possessions are covered. Many see paying out for contents insurance as a waste of money, but we will all claim for something at some

point. Knowing you're covered can bring a huge sense of relief in the midst of what is likely to be a disappointing event or episode.

You can also extend your contents insurance to items you take outside the home – consider bikes, watches, phones and more; but read the small print to ensure you're covering what you think you are.

BUILDINGS INSURANCE

Also known as house insurance, this covers your bricks and mortar, and whilst not a legal stipulation, most mortgage lenders will insist on you taking it out if you are embarking on home ownership.

LIFE INSURANCE

Purely for the protection of those around you; should the day come when you're not around, you will want to ensure your dependants have enough to get by. For what is often a small amount each month, life insurance can at least mean you are not adding financial loss to the emotional loss experienced by loved ones.

INCOME PROTECTION

Particularly good for those who are self-employed, income protection means that in the event of illness, bills can still be paid. If 2020 has taught us anything where health is concerned, it's to expect the unexpected!

CRITICAL COVER

Different from life insurance, critical cover will pay out a lump sum if you are diagnosed with a critical illness during the life of your policy. That means you'll be provided for by the policy to restore some sense of comfort and peace.



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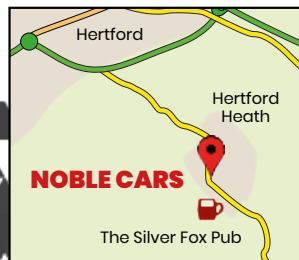
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RAC warranty



We've all arrived at a getaway destination to be confronted with that sickening feeling of having left the crimpers at home, and it's not a pleasant one. Well, with the hope and expectation of the travel industry restarting as the weeks go by, it seems pertinent to get some early planning in, so here's our all-encompassing rundown of the travel essentials you really can't leave home without:

1. Currency and cards, ensuring you have enough for both holiday treats and emergencies
2. Documents – printed is still best, from hotel information to outbound and return flights
3. Passport, if travelling abroad
4. Driver's licence – essential for car hire, but good for additional ID
5. Mobile phone and tablet, plus chargers
6. Plug adaptor
7. Daily toiletries, such as toothpaste, toothbrush, travel-size shower items, shaver, hairbrush
8. Paracetamol, ibuprofen and any prescription drugs – better to take from your home country rather than trying new drugs in a foreign country

9. List of emergency contacts to keep about your person
10. Flip-flops, for any shared bathroom space where avoiding contact with icky floors is probably smart
11. Practical essentials, depending on destination – e.g. somewhere warm, sun cream and swimming gear (including goggles); somewhere rugged, walking boots and fleece
12. Spare underwear and socks will always come in handy and weigh very little
13. Deodorant and aftershave/perfume, for basic hygiene and those special nights out
14. Microfibre towel, which takes up less space than its fluffy cousin
15. Mini first aid kit
16. Earplugs – whether for the flight or noisy guests around the hotel, these are essential
17. Glasses, sunglasses, and a protective case
18. Spare shoes, to switch things up and give your feet a break
19. Padlock, for extra security
20. Rain cover, should the heavens open



TRAVEL



SOLD



Motoring Madness

AVOIDING THE PITFALLS OF SELLING YOUR CAR PRIVATELY

Selling your motor privately can be good for a number of reasons. It's the best way to get a high price for your old set of wheels, if organised you may be able to secure a sale quickly, and in most instances you won't even need to leave the comfort of your own home... well, the driveway, at least.

However, if you are keen to strip out the middleman, beware some of the pitfalls that may lie in wait:

Telephone time-wasters

You may get countless people phoning up asking endless questions – remember, buyers will be as wary about the process as sellers. The best way to avoid this is to make your listing as detailed as possible, adding lots of photos.

Go-slow no-showers

Ever waited in for a delivery that never arrives? Welcome to the world of private car-selling.

Part-ex stress

You may find your motor is attracting the interest of

traders who would rather negotiate a part-exchange than an offer of straight cash.

Larry Hagglers

A huge worry for many vendors is agreeing a price over the phone, only to find someone at your door pressuring you for a discount.

Comeback Kings

In the event of something going wrong with the car soon after it's bought, you won't have anyone to sort this out but yourself. The buyer will also have your home address so is likely to come knocking if anything seems wrong in those weeks post purchase.

Not-so-smooth criminals

And of course, the biggest fear for those who sell privately is that someone will run off with your motor. Ensure all monies have been transferred before handing over documentation, be wary over PayPal transactions (which can be refunded) and, if accepting cash, check notes carefully.

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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

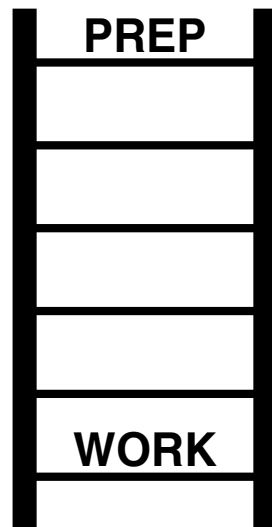
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DID YOU KNOW?

- ▶ Wall-E was named after Walter Elias Disney
- ▶ Disney animators often hide classic characters in scenes of their films
- ▶ There is a tunnel system in Disney World so characters aren't seen in the 'wrong' lands
- ▶ Dumbo is the only lead character in a film who doesn't speak – he only makes a few noises
- ▶ Disney World in Orlando is around the same size as San Francisco
- ▶ The original *The Jungle Book* was the last film to be overseen by Walt Disney before his death in 1966
- ▶ The first animated character to receive a star on the Walk of Fame was Mickey Mouse
- ▶ Mickey Mouse ears are one of the most popular souvenirs bought from Disneyland

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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