

2020
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BEAUTY
HACKS FOR
LEFTOVER
PUMPKIN

A guide to
ROOT VEGETABLES

Has political correctness
GONE TOO FAR?

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From teenage heart-throb to The Batman action hero



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October 2020

CONTENTS

- 6 HISTORY
- 8 MANKIND VS HUMANKIND
- 11 BEAUTY
- 13 FASHION
- 14 HEALTH & FITNESS
- 17 KIDS
- 19 FOOD & DRINK
- 21 HOME & DIY
- 26 ROBERT PATTINSON
- 29 LOCAL NEWS
- 37 GARDENING
- 40 TECHNOLOGY
- 43 BUSINESS & PROPERTY
- 44 TRAVEL
- 46 MOTORING
- 47 SPORT
- 48 THE **VISION** LISTINGS
- 50 PUZZLES

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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. As I sat down to write this column, I felt somewhat taken aback by the fact that it's already our October

edition. The year has truly flown by, no doubt owing to the once unimaginable challenges we've faced since January. Many will view the swift changing of seasons as a good thing. However, I would imagine there are some whose businesses have thrived in lockdown (sanitising and media streaming companies come to mind), and perhaps they aren't so keen to leave behind what could be their best year ever.

For me, it's been a mixed bag. In fact, my COVID-19 experience can be perfectly summed up by the birth of my girlfriend's new nephew, baby Brooks. We're both delighted - however, owing to COVID-19 restrictions, we're still waiting for the opportunity to meet him. Brooks is a great example of how, while wonderful things have continued to happen despite the pandemic, they have often been somewhat tainted.

As always, I'm trying to stay busy with business - and with **VISION** Bishop's Stortford launching in November, that's not been a challenge. When I find myself with a bit of free time, I'm loving my visits to Topgolf in Chigwell, and walks with the dog.

If you have any queries or contributions you'd like to share with us, please get in touch. Stay safe.

*Brett*

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## HOW ADMIRAL LORD NELSON MADE THE ULTIMATE SACRIFICE FOR HIS COUNTRY

He is a revered icon from a bygone era, where the forces of continents went head-to-head in battle.

In October 1805 no force was greater than the British, though a fearful fleet of French and Spanish combined enemies, spotted off Cape Trafalgar, between Cádiz and the Strait of Gibraltar, threatened that reputation.

Led by Napoleon Bonaparte, the French had already exerted their authority on the European mainland, and further moves to creep north came in the form of 33 battleships.

Nelson was outnumbered, but by dividing his 27 vessels he was able to position the fleet perfectly so that the enemy front could be sunk. And sunk it was – 19 enemy ships plummeted to the murky depths, with every one of Nelson's staying afloat.

Even before the Battle of Trafalgar, Admiral Lord Nelson had long been regarded a great leader of men and an expert tactician. He had bravery and fortitude and was shown to shoulder the burden of battle himself. Indeed, as the British forces sprang into life to repel the threat, in a famous battle cry he stepped to the edge of his ship, *Victory*, and declared, "England expects that every man will do his duty," and they did.

It is imagined that simply looking at Nelson would have summoned in any seafarer the will to battle for the preservation of the nation. At 47 years old, he had already lost the sight in his right eye at the Siege of Calvi, in 1793, in which his fleet captured Corsica. Then, four years later, doctors were unable to save his right arm after he came under attack at the failed Battle of Santa Cruz de Tenerife.

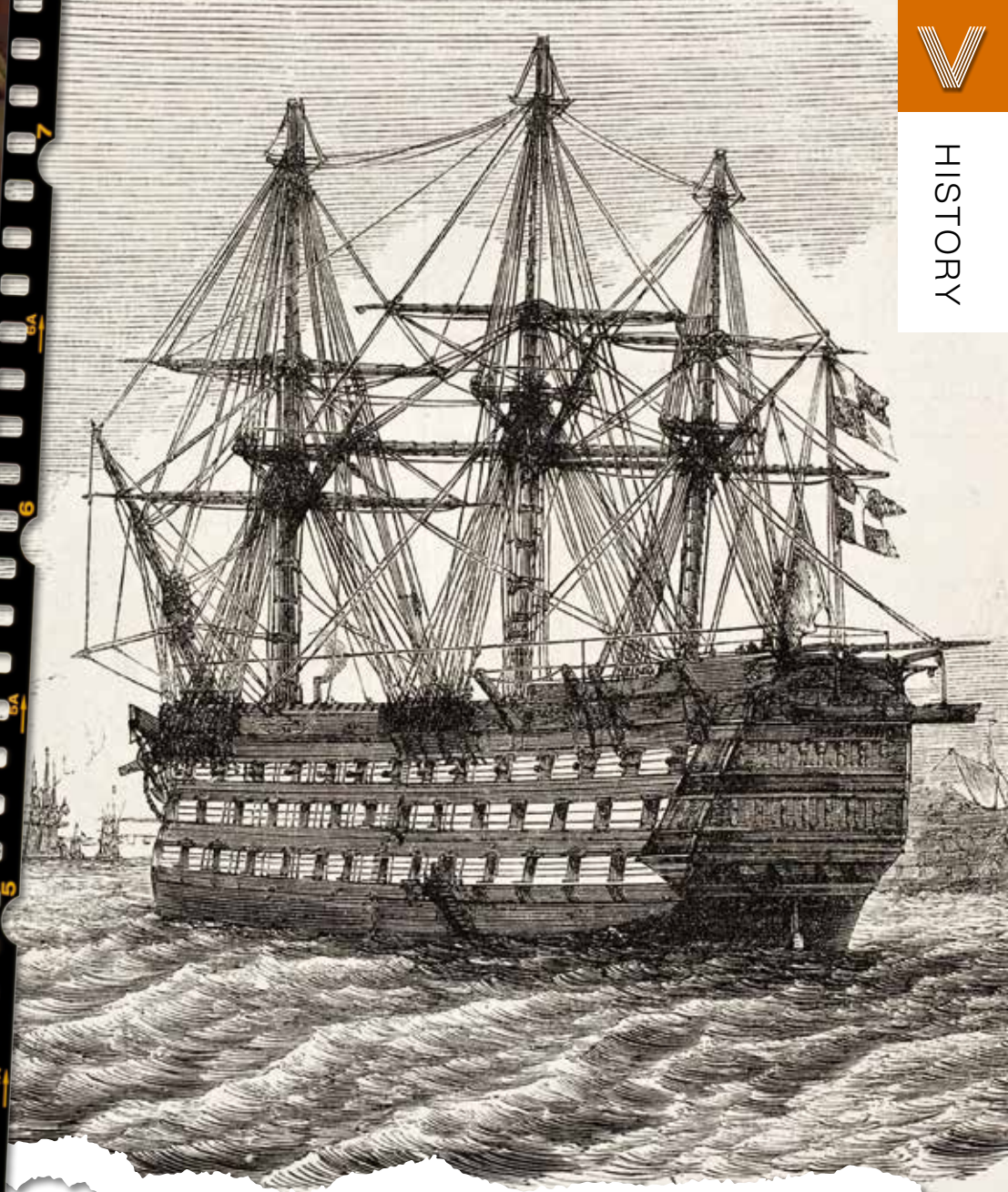
And yet, duty continued. Hardened and seemingly unfearing of death, at Trafalgar the leader was, ultimately, the truest exemplar of his word. On the afternoon of October 21, at 4.30pm, Nelson succumbed to the targeted enemy fire that rained in around his own ship, and was killed. As a leader of men he led the ultimate sacrifice – his own life.

The Battle of Trafalgar lasted only for a further 30 minutes, though its imminent conclusion was reported to Nelson as he lay on his deathbed. The Admiral, holding on to the last few embers of life, uttered the immortal words, "Now I am satisfied. Thank God I have done my duty."

So great was the shock at the loss of such an imperious leader that, in the time that passed, many have come to consider Nelson's death as the central point of the Battle of Trafalgar. While 1,500 of his British allies also lost their lives, his passing is always ubiquitous with the battle and the greater Napoleonic wars which it symbolises.

In reality, Nelson's sacrifice enabled the British to fend off the combined forces of the French and Spanish, preserving our reputation as the best and most powerful seafaring force in the world for the next 100 years, while, of course, ensuring Napoleon steered clear of the British mainland.

Nelson had a glorious funeral procession at St Paul's Cathedral in London, with Nelson's Column erected in his memory in the newly named Trafalgar Square. In 2020, Trafalgar Day, October 21, sees his historical efforts live on very much in the present.



Nelson's  
LAST BATTLE



# AGENDA NEUTRAL

~~mankind~~ humankind

~~chairman~~ chair

~~congressman~~ legislator

~~businessman~~ representative

~~policeman~~ police officer

~~landlord~~ owner

~~boyfriend/girlfriend~~ partner

~~salesman~~ salesperson

~~manpower~~ workforce

~~maiden name~~ family name

~~fireman~~ firefighter

~~husband/wife~~ spouse

## TAKING A TOKE OF 'WOKE' AND WHY POLITICAL CORRECTNESS MAY HAVE GONE TOO FAR... AGAIN

It's common knowledge in life that when making efforts to please everyone, it becomes very easy to, in actual fact, please no one; and it seems the United Nations' (UN) efforts to broach gender neutrality, social differentiation and race relations have done just that.

When, in the middle of May, the UN released a set of guidelines designed to help people address others in modern, all-encompassing ways that wouldn't offend, it seems they succeed only in... offending people.

As examples, their recommendation was to hide away the supposed evils of capitalism and sexism by referring to businessmen as representatives. Mankind, meanwhile, should be termed humankind, while the cult of the evil of 'maiden names' was to be extinguished by labelling them 'family names'.

For all the good intentions of those who oversee peaceful and respectful action in our society, critics believe these sorts of moves tend to pander mostly to the whims of the minority. What's more, in forcing people to divert away from sensible, rational, everyday terms, the result is the creation of a splintering of and bitterness between groups – something that wasn't present in the first place.

The US Twitter storm around apparent offence at the term 'female' – the inference being it should be 'woman' or 'girl', because 'female' is apparently used in a derogatory fashion – blew itself out a few days later when the very same 'woke' authorities suggested 'woman' was no longer appropriate owing to the inference it categorised the fairer sex as the 'woe of man'.

Clearly, we have gone too far. The hope is that Twitter, the virus that has caused this political correctness storm, is also the antidote, because there is a concerted uprising of those who just want to get on with their daily lives without constantly checking over their shoulders... But for goodness sake, don't tell the UN.

Written by James Evans

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## Are you BLUSHING yet?

With summer over, you are probably ready to banish the bronzer and bring on the blush. But do you know what type of blush is best for you?

### Powder Blush

If you are not quite ready to give up that natural, sun-kissed glow that you have enjoyed over the last few months, then powder blush is the ideal choice for you. Available in a variety of colours, including red, pink, orange and peach, powder blush is long-lasting, easy to blend and offers a matte finish. Ideal for acne-prone and oily skin types.

### Cream Blush

If you are looking for a dewy, fresh-faced finish, then cream blush can help you to achieve this. Arguably the best choice for those with dry skin, this type of blush lasts for around five to six hours and can be seamlessly blended into your skin. Be sure not to overapply or you risk a greasy-looking finish.

### Shimmer Blush

Available in soft shine or a glittery formula, shimmer blush can set you up for the day and prepare you to party. It's great for highlighting your cheekbones. Make sure you build this blush up gradually to avoid a major make-up mishap. Shimmer blush can be used on any skin type.

### Gel Blush

Although this type of blush is mostly recommended for the summer, it can be used to softly transition into autumn, allowing you to enjoy a healthy colour for longer. Best for light to medium skin tones, gel blushes can be easily blended with just your fingertips.

### Tinted Blush

Otherwise known as cheek stain, tinted blush has become increasingly popular in recent years owing to its extreme long-lastingness and quick-drying formula. Plus, it can double up as a lip stain. Remember, less is more with this product.



BEAUTY





# Love your LEFTOVER PUMPKIN

**D**on't throw away any leftover pumpkin from Halloween. Instead, pump up your beauty routine with these four DIY pumpkin beauty recipes that are guaranteed to give your skin and hair an autumnal glow.

## BEAUTY BENEFITS OF PUMPKIN

**Healthy skin:** Pumpkin is full of vitamin A, zinc and antioxidants that are essential for healthy-looking skin.

**Healthy hair:** Pumpkin seed oil is antibacterial and antifungal, helping to maintain a healthy scalp and strong hair follicles.

## PUMPKIN MOISTURISING FACE MASK

You will need: 200g pumpkin purée | 1 tbsp honey | 2 tbsp brown sugar | ½ cup yoghurt

How to apply: Stir all ingredients together | Evenly coat your face with the mixture | Leave for 10–15 minutes | Rinse with warm water

## PUMPKIN LIP SCRUB

You will need: 1 tsp pumpkin purée | 2 tsp sugar

How to apply: Mix ingredients together | Massage onto clean lips | Wipe off | Finish with a coat of hydrating lip balm

## PUMPKIN HAND CREAM

You will need: 50g pumpkin purée | 1 tsp olive oil | 1 tsp honey

How to apply: Mix all ingredients together | Spoon a generous blob into your palm and rub into your hands | Rinse with warm water

## PUMPKIN DEEP CONDITIONING TREATMENT

You will need: 50g pumpkin pulp without seeds | 50g raw coconut oil (liquefied) | 50g raw shea butter (solidified) | 25g vegetable oil or olive oil | 1 tbsp oatmeal powder

How to apply: Separate seeds from pumpkin pulp | Add oils, butter, oatmeal powder and pulp to a bowl | Mix well and then blend in a blender until a smooth consistency is achieved | Apply to damp, clean hair and massage into scalp | Leave for a minimum of 10 minutes | Rinse with warm water

Don't throw away the leftover pumpkin seeds; instead, roast them for a tasty snack. They are great for encouraging hair growth, as they contain iron and L-lysine which both help to prevent excessive hair shedding.



# CHECK mate!

**I**f you are looking for a fashion trend that checks all the boxes, then look no further. The traditional checked pattern was seen across multiple AW20 collections including Saint Lauren, Miu Miu, Versace and Michael Kors.

Not sure how to make this print work for you? Don't worry, everyone and anyone can rock this form of plaid.

## CHECKED SHIRTS

A checked shirt should be a key staple in everyone's wardrobe, never going out of style and providing a quick and simple way to look effortlessly stylish. Ideal for layering when the evenings turn colder; try adding an open-buttoned checked shirt over a plain tee for a chic and comfortable look.

## CHECKED COATS

With the ability to suit both men and women, an oversized checked coat is a must-have this winter. Wear over layered knitwear, a tailored suit or even a party dress; this style of outerwear is incredibly versatile. For those who love to stand out from the crowd, choose a bold and colourful check such as red, yellow or green. Alternatively, monochrome check will always look classy.

## CHECKED ACCESSORIES

If you are a little worried about trying out this trend, you may want to try starting with one checkerboard item such as a pair of black-and-white checked heels or a checked scarf. But make sure you don't sync the checks of your accessories with the checks of your clothes – this is never a good look!

## CHECKED TROUSERS

You don't often see women wearing checked trousers, but when you do they nearly always look fabulous. So, why not give this daring look a go yourself? Pair with a hoody for a sporty touch, with a chunky sweater for a casual daytime look or with a silk shirt and leather jacket for instant edginess.

Photo credit: asos.com







# STOP TOBER

*How to help someone with an addiction*

**W**ith Stoptober already under way, we thought it would be a good time to offer a few words of wisdom for those supporting a loved one with an addiction.

## DON'T BE AN ENABLER

There is a very fine line between supporting someone with an addiction and actively enabling them. While you may want to help your loved one by carrying out household tasks, lending them money or apologising for their actions, this can actually stop them from making positive changes in their lives. Sometimes you need to let someone reach rock bottom for them to start their own personal recovery journey.

## BE COMPASSIONATE

Although you don't want to stray into enabler territory, that doesn't mean that you can't treat your loved one with compassion as they struggle with addiction. In fact, studies have shown that negative social support is one of the biggest barriers for entry to treatment.

## ENCOURAGE HEALTHY HABITS

Addiction is linked to not only poor physical health, but also mental well-being, with common mental health issues such as anxiety and depression being greatly amplified by alcohol or substance dependency. Ways in which you can promote overall good health and well-being include encouraging healthy eating habits and regular exercise, as well as establishing a positive daily routine.

## DON'T FORGET YOURSELF

Supporting an addict can be an exhausting and often fruitless process, so it is vital that you take the time for self-care. Think of this not as an act of selfishness but as a means of self-preservation. Focus on doing something you love and make sure you take care of your own physical and emotional needs.

**DO...** Focus on building trust • Be honest • Respect their privacy

**DON'T...** Threaten with ultimatums • Criticise or name-call • Expect too much too soon



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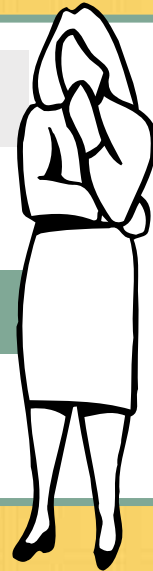
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HOW TO ENJOY A

## SOCIALLY DISTANCED HALLOWEEN

KIDS

As traditional trick or treating may be cancelled this year, unless you want some seriously disappointed children, you may want to look into alternative ideas for celebrating Halloween as a family.

Don't worry, there will still be lots of sweet treats to be enjoyed!

### HOST A VIRTUAL PARTY

If you normally host a massive Halloween party for all your family and friends, why not use your new-found knowledge of Zoom to host a virtual party instead? Adults can enjoy some spooky cocktails and a chat, whereas the kids can show off their costumes and even play Halloween games such as bobbing for apples via the app. Alternatively, you could host a virtual scary movie night or virtual Halloween sleepover.

### ORGANISE A NEIGHBOURHOOD DECORATION PARTY

In the same way that neighbours got together to decorate the outside of their homes and the local streets for VE Day, you could bring the local community together to put up some creepy decorations. That way, instead of trick or treating, children can enjoy a spooky walk on Halloween.

### SET UP A HALLOWEEN PHOTO BACKDROP

A great way to make dressing up for Halloween fun despite restrictions, one or more local families could host a Halloween photo backdrop at the end of their driveway or in their front garden. Children can then take turns coming up to get their photo taken, creating long-lasting memories of Halloween 2020.

### DECORATE A FACE MASK

A fun Halloween activity for children of all ages. Either buy some plain disposable face masks or make your own and then get your children to decorate them. Some great Halloween-themed decorative ideas include creepy grins, animal faces or pumpkin patterns.

### OTHER IDEAS INCLUDE:

- Bake some sweet treats
- Visit a pumpkin patch
- Carve a pumpkin face





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# THREE HAUNTING HALLOWEEN COCKTAILS

Put the boo in booze with these creepy cocktails that will make your hair stand on end. Literally. From a spooky smoking potion to a colour-changing creation, these Halloween drinks provide both a trick and a treat.

## TEQUILA TERROR

### You will need:

2 oz 100% agave silver tequila • 1 oz lemon juice • 8 blackberries • 5 sage leaves • 1 tsp maple syrup • 1 dash orange bitters • Dry ice

### How to make:

Bash the blackberries and sage in a cocktail shaker until broken down and fragrant • Pour in the tequila, lemon juice, bitters and maple syrup • Give it a good shake • Pour over a cube of dry ice

**Safety tip:** Do not drink the cocktail until the dry ice has completely dissolved



Photo credit: wickedspace.com

## BLACK MAGIC

### You will need:

2.5 oz black vodka • ¼ oz lime juice (freshly squeezed) • ¼ oz simple syrup • Ice • Pearl white edible dust (can be found online or at craft shops in baking aisle)

### How to make:

Add syrup, lime juice and vodka to a cocktail shaker • Fill with ice to the liquid line • Vigorously shake for 30 seconds • Add a dash of pearl dust to the bottom of a martini glass • Pour and serve



Photo credit: elitalik.com

## PURPLE RAIN

### You will need:

Blue butterfly pea flowers • 3 oz cranberry juice • 1/3 cup gin • 1.5 oz elderflower liqueur (rose or violet also work well) • Juice of half a lemon • Ice

### How to make:

Make a pot of blue pea flower tea and allow to steep • Leave to cool and freeze into ice cubes • When frozen, crush in a blender • Add the cranberry juice, gin, liqueur and lemon juice into a cocktail shaker half filled with ice • Shake vigorously • Fill two glasses with ice and divide liquid between them • Top with blue crushed ice and watch as it turns purple



Photo credit: supergoldenbakes.com



FOOD & DRINK





# Return TO YOUR ROOTS part 1

With the weather turning colder, now is the time to shift away from salads and, instead, embrace more robust and hearty vegetables. Whether you are harvesting the veg yourself or you have opted for shop-bought, the below guide will help you make the most of your roots this autumn.

## TURNIPS

A member of the brassica plant family, turnips are high in fibre, making them great for gut health. They also contain antioxidant and anti-cancer properties.  
HOW TO STORE: Always cut off the greens of turnips before storing in the fridge. Lifespan: two to three weeks.  
HOW TO COOK: With their delicate, sweet flavour, turnips make a great mash. Alternatively, use as a substitute for potatoes in dauphinoise.



## CARROTS

These much-loved staples are cheap, versatile and contain carotenoids that are known for their ability to boost your immune system and protect your skin from sunburn.  
HOW TO STORE: Cut their tops off and store them in a cool place such as the lowest shelf in your fridge. Wrap in a damp towel for prolonged crispiness. Lifespan: four weeks.  
HOW TO COOK: Avoid boiling carrots; instead, look to roasting them with honey, grating them raw into a salad or stir-frying them.



## PARSNIPS

Parsnips are incredibly high in fibre and are also a great source of folate that is needed for a healthy brain and nervous system.  
HOW TO STORE: Store in the same way as carrots but avoid placing near apples or pears, as this gives them a bitter taste. Lifespan: three to four weeks.  
HOW TO COOK: You can roast parsnips in the same way you would potatoes. They also work well in a gratin, to bulk out stews or grated into hash browns.



Look out for *part 2* in next month's edition where we will explore the beautiful beetroot, amazing artichoke and the super versatile sweet potato.



# 5 unusual USES FOR...

Did you know that an estimated 14.2 million people enjoy Coca-Cola in the UK? Offering an irresistible combination of sugar and caffeine, it's not hard to see why this carbonated soft drink is one of our favourite brands. But flavour and effect aside, it also has several other handy uses in your home.

## 1. CLEAN YOUR TOILET

If you have any stubborn stains in your toilet that you just can't shift, simply pour in some Coca-Cola, leave to sit for one hour and wait for the fizzy drink to work its magic. When you return you will find that the phosphoric acid has dissolved the stains, leaving you with a gleaming toilet.

## 2. LOOSEN RUST

Whether you have some rusty bolts in your home or your tools have seen better days, Coca-Cola can bring them back to their original glory. Simply submerge in a small bowl of Coke, leave for 24 hours and scrub with a non-metal pad.

## 3. DE-ICE YOUR WINDSCREEN

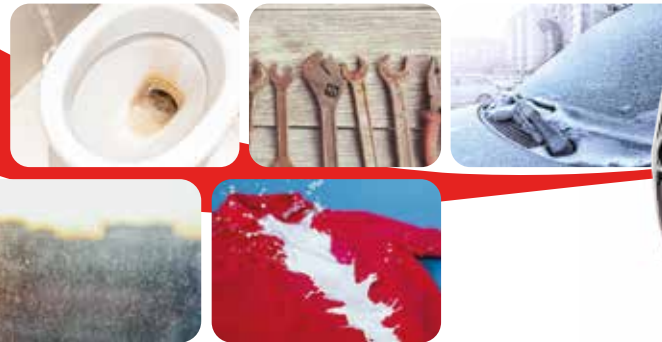
Is there anything more frustrating than having to wait for the ice to melt off your windscreen on a winter's morning? Fortunately, you will no longer have to. Just pour a can of Coke over the affected area and immediately the ice will turn to slush.

## 4. CLEAN YOUR WINDOWS

Do you yearn for streak-free windows? Coca-Cola contains citric acid, meaning that it is a great alternative to lemon-based cleaning products. All you need to do is pour the fizzy beverage into a spray bottle and then get wiping.

## 5. REMOVE MILK STAINS

Milk can be a nightmare to get out of clothing, but thankfully, by saturating the item in Coca-Cola for five minutes before washing it, you will find the stain lifts easily.





# Radiate SOPHISTICATION...

...with these DIY radiator covers



Undoubtedly, radiators serve a purpose in your home, but why do they have to be such unattractive space wasters?

Thankfully, a well-placed radiator cover can work wonders for hiding your heater without withholding the warmth.

## THE 'PERFECT PALLET' RADIATOR COVER

If you are looking for a raw style that will cost you virtually nothing, then this is the DIY radiator cover for you. The wide slats allow for maximum heat transmission, and you can choose to paint your pallet or simply leave it in all its rustic glory.

**Top tip:** Be sure to thoroughly remove any spills to avoid unpleasant smells when your radiator heats up.

## THE 'CLEVER CANE' RADIATOR COVER

Cane is the ideal material for building a radiator cover as it will effectively hide your radiator while at the same time allowing heat to easily pass through its fibres. You can find cane webbing in sheets or rolls, either of

which can be simply stretched across the front of your radiator cover frame.

**Top tip:** Soak the cane in water first to make it softer and more malleable.

## THE 'SPACE-SAVING SEAT' RADIATOR COVER

If you are lacking seating options in your home, then this multipurpose radiator cover can help you. All you need are 15–20 vertical hardwood slats to create an L-shaped radiator cover that doubles up as a bench.

**Top tip:** Add a few pillows across the top for added comfort.

## THE 'IKEA SLAT BED BASE' RADIATOR COVER

You can purchase an IKEA slat bed base for as little as £20 and repurpose it to create a stylish and multifunctional radiator cover.

**Top tip:** Use the additional table surface as a pop-up bar and you'll never have to go to the pub again.

Photo credit: Lantiv via theprice.com, rhythmofthehome.com, erikstenbaum.com, projectophile.hiles.wordpress.com

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## THE Grandmillennial GRAB



WHO SAID NOSTALGIA WAS DEAD? NOT THE MILLENNIALS, THAT'S FOR SURE



If there's one thing we should know by now about interior design, it's that nothing is ever off limits, and that certainly applies to the mixing of styles, trends and ideas.

Across styles such as Japandi and mid-century modern, interiors take the best from supposedly contrasting looks to produce colour and texture, while stimulating the mind.

Millennials have been unfairly labelled as adopting only modern, run-of-the-mill design, yet the grandmillennial look turns that concept on its head, with modern, contemporary elements enriched with chintz, crochery, ornate patterns and antique furniture you'd expect to see at your grandparents' house... hence the name.

The idea is that we take up-to-date walls, floors, furniture and fabrics and drop in elements that scream sentimentality, respect the tastes of our elders and take us back to times of simpler design.

To pull off this look, think about ornate lampshades, consider select pieces of antique furniture and even throw in a Toby Jug. Perhaps even lay out a doily or two, if you dare.

There are no rules, no exceptions, and only the power of your imagination can hold you back when it comes to pulling off the look.

Embrace worn-out upholstery, floral prints, draped covers and a splash of patterned wallpaper.

And try to tell a story in what you do – of people, places, eras and fashions. Heck, even pop in for a cup of tea with a local octogenarian in the hope of inspiration.

There is perhaps one warning, though – don't go overboard. The idea is to retain a modern feel while patterning your living space with a sensible number of well-selected additions. Go too far and your front room, bedroom or hallway may look like something out of a 1950s episode of *Coronation Street*, and nobody wants that.

Photo credit: livingator.com



HOME & DIY



A photograph of Robert Pattinson in a tactical vest, looking off to the side. The vest has a handgun holstered on the left side and a walkie-talkie on the right. The background is a blurred city street.

# THE RISE OF

# ROBERT BAT-TINSON

It's taken eight years, 19 movie roles and a complete revision of his status as the teenage heartthrob of his era, but in landing the role of Batman in the latest incarnation of DC Comics' ultimate action hero, Robert Pattinson has emerged from the gloomy, seedy shadow of *The Twilight Saga* into the dazzling, dangerous surrounds of, well... his local gym.

We've always known him best for his vampiric swagger and lofty presence, and for being followed around by a posse of adoring young teens, but since the Sky series in which he made his name, Robert Pattinson has dabbled in everything from serious drama, horror, crime, action and even biopics.

And while excelling on screen in the likes of *The Lost City of Z*, *Good Time*, *The Rover*, *The Lighthouse* and *Tenet*, as the latest ripped and action-ready Batman, this is surely his biggest project yet.

The big-budget Warner Bros movie represents for him a defining moment, both physically and mentally – it's the final piece of the jigsaw in the ascent of the accomplished Londoner to true movie icon status, and by his own admission, the removal of self-doubt that accompanies it is a relief.

"Doubt is in the genetic make-up of any actor," he begins. "You are always wondering what's around the corner and whether you can live up to your best role, your last role, your future potential... whatever it will be."

Taking on Batman represents the same mental challenge, but RPatz sounds more secure in himself than ever before.

"I think any actor will go through periods where they will question whether they can live up to a character in a script, or even the expectations that go with it.

"Batman, for me, means pushing boundaries and building up to a point where I know, in the flesh, I can do justice to the physicality required.

"You look at the true warriors of the superhero genre – Hemsworth, The Rock, Downey Jr – and wonder if you're putting yourself in the wrong place. And yet, having spoken to a few I know, everyone is nervous when the opportunity comes about."

Of course, the legacy of those to have played Batman goes back right to the early days of movie-making. People were still awaiting the conclusion of the Second World War when actor Lewis G Wilson first stepped up to play the caped hero in 1943. Wilson's physique saw critics perhaps unfairly deride him as "thick about the middle", and actors who assumed the role thereafter were toned in a way rather more fitting for a character adept at taking down a range of enemies without, in fact, the use of any superhero powers at all.

From Robert Lowery and Adam West – who played Batman for two decades – through to Michael Keaton, Val Kilmer, George Clooney, Christian Bale and Ben Affleck in the modern era, style and stamina has often gone forward before age – something that stands Pattinson in good stead.

"This feels like the start of a new era for me, and I hope fans come along for the ride."

In 2020, Pattinson talks, behaves and interacts like a very different person from when he was only known as Edward Cullen from *The Twilight Saga*. His evolution into an accomplished actor of variety, veracity and vigour is now surely complete.



# LOCAL NEWS

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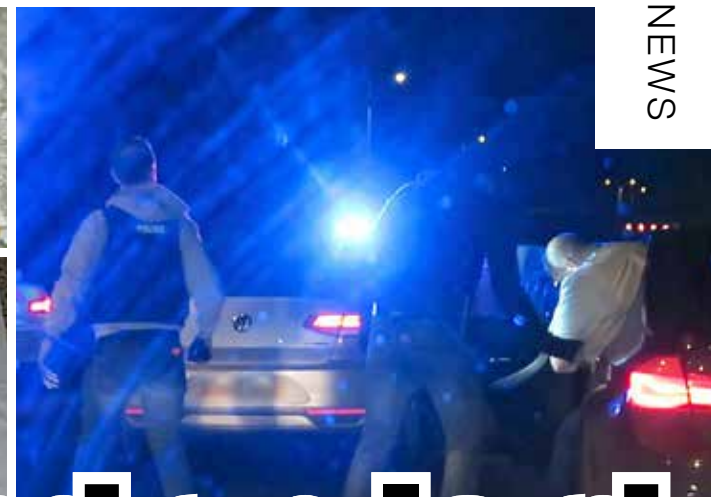
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## Town drug lord begins 21 years behind bars

A crime boss from Hertford in charge of an international drug-smuggling network which brought up to £58million worth of heroin and cocaine into the UK was jailed for 21 years last month.

Robert Brooks, 50, of Elder Court, thought he was untouchable, operating his business with the use of encrypted phones which cost £15,000 per contract.

But he was wrong, and investigators were able to gather intelligence on his operation, which was centred on a farm in the Hertfordshire countryside where he stored the drugs.

St Albans Crown Court heard Brooks was behind the largest-ever drugs conspiracy investigated by the Eastern Region Special Operations Unit.

Between 2018 and last summer he oversaw 39 separate deliveries of heroin and cocaine to a rented unit at Little Samuels Farm in Hunsdon, in rural East Herts.

Police estimated he had brought into the country 1,835 kilos of class A drugs which had a wholesale value of between £42million and £58million.

From the farm, the courier would drive five-kilo quantities of the class A drugs to the north of England and across the UK.

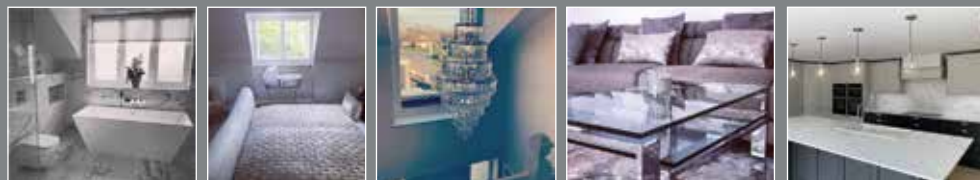
Brooks, described as the managing director of the English end of the network, wasn't always present, preferring to direct operations from Spain.

Brooks pleaded guilty to conspiracy to fraudulently evade the prohibition on the importation of a class A drugs and possession of criminal property between November 2018 and August 2019.

Jailing Brooks, Judge Michael Kay QC said: "Those who make money from such misery and degradation of fellow citizens will achieve a substantial prison sentence. The business is not just illegal; it is immoral and despicable."

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# Man 'damages' Winston Churchill statue



An 18-year-old man from Hertford has been charged with causing criminal damage to the statue of Winston Churchill in Parliament Square, Westminster.

During an incident on September 10, the words "is a racist" were sprayed underneath the former Prime Minister's name on the plinth.

The graffiti is believed to have been daubed at the end of 10 days of demonstrations by Extinction Rebellion protesters, whose actions included disrupting the delivery of several national newspapers by blockading printing works.

As part of the protests, a group of semi-naked protesters chained themselves to railings near the Houses of Parliament in order to raise awareness of "the bare truth" of climate change.

Topless women painted the words "drought", "starvation" and "wildfire" on their chests and wore masks with "4°C" on them, a reference to rising global temperatures.

London mayor Sadiq Khan condemned "this appalling vandalism" and said that the statue "will be cleaned as quickly as possible".

A spokesman for the Metropolitan Police confirmed that Benjamin Clark, 18, of Wilton Crescent, Hertford, is due to appear at Westminster Magistrates' Court on October 9.

## Town could be set for new fire and ambulance station

Proposals are being drawn up for a new fire and ambulance station to replace the existing station on Old London Road.

At a meeting of Hertfordshire County Council (HCC) last month, it was decided to redevelop the current station, which dates from the 1950s, as no other suitable site has been found that falls within the 10-minute response time for emergency calls.

Under the plans, the front part of the current five-

storey building will be redeveloped into a new station, with some 80 residential flats above.

Both services will move into the new station, which is scheduled for completion in early 2022.

Before that, a temporary station will be created at the back of the existing building, which will house the two services from early 2021.

A spokesman for HCC said: "The existing Hertford Fire and Ambulance Station is an old building and in poor condition so we have been looking at [other] options.

"We haven't been able to find any suitable alternative sites, so we're now working up detailed plans to redevelop the existing site to build a new, modern fire and ambulance station for the town and to build around 80 flats on parts of the site that we no longer need."

## Exciting plans for theatre as design due to be revealed

The technical design for the revamped Hertford Theatre is due to go ahead this month, following a public consultation which closed on September 28.

The new building, which is scheduled for completion by April 2023, will "transform Hertford Theatre into a place that will enhance the lives of visitors and the town itself", according to East Hertfordshire District Council (EHDC).

The project, which has already risen from an estimated cost of £13.5million to £19.9million, will provide:

- > Three cinema screens in a rooftop extension
- > Circle in the auditorium to increase seating capacity
- > Studio auditorium with 150 seats
- > Café-bar overlooking River Lea
- > Improved facilities backstage
- > Link from The Wash to the theatre and gardens of Hertford Castle, via a boardwalk over the uncovered 12th-century motte

A spokesman for EHDC said that even with the increased cost, the building will offer "a strong return on investment" and will serve residents for several generations as part of the theatre's growth and legacy project.



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## News from HERTFORD TOWN COUNCIL



Children and families can participate in a Noah's Ark Town Centre trail this October half term.

Hertford Town Council has once again joined forces with the Secret Society of Hertford Crafters, the group behind the hugely popular Hertford Town Centre Christmas tree, poppy installation at Hertford Castle and previous

town centre trails, to support the high street with a free themed trail.

The trail runs from Saturday, October 24, until Saturday, November 7, and while it been designed with children in mind, the knitted creations are sure to appeal to people of all ages.

Knitted Noah's Ark paired animals will be hiding in shop windows around the town centre, and include elephants, koalas, monkeys, lions, giraffes and many more (see photograph).

To take part in the trail, families should visit Hertford Town and Tourist Information Centre in The Wash, opposite Hertford Theatre, to pick up a trail map.

Children will need to match the shop with the animal hiding in the window, each of which has been created by a member of the Secret Society of Hertford Crafters, in a minimum of 15 of the 20 businesses taking part around the town.

Once they have completed the trail, they will be



able to collect a badge from the Town and Tourist Information Centre and post the completed form into the red letter box (in the shop) for a chance to win a £30, £20 or £10 gift voucher to spend at a Hertford retailer.

The themed trail has been created to encourage local residents and visitors to explore and discover the broad range of independent and national retailers within the county town.

Chairman of Hertford Town Council's Development and Leisure Committee, councillor Jane Sartin, said: "The Secret Society of Hertford Crafters' knitted Noah's Ark animals will be a great addition to Hertford town centre shops as we head into winter. While the trail will provide a good half-term activity for children, I am sure adults will also enjoy spotting the knitted animals around the town centre."

## Leather jacket 'saved' stab victim

A man who was stabbed was saved from more serious injury by his leather jacket.

The man in his 20s sustained multiple stab wounds following an incident in The Knoll on September 10 after being confronted by an unknown group of males near a garage block.

The injured man was treated by an ambulance crew at the scene and taken to hospital, but was later discharged.

A 17-year-old teenager, who cannot be named for legal reasons, has been charged with GBH following the incident and appeared at Hatfield Magistrates Court on September 14.

As **VISION**Hertford went to print, he was released on conditional bail until his next hearing on October 9.

A 27-year-old man was also arrested as part of the investigation and has been released on bail while enquiries continue.

Detective Sergeant Jim Miller of the East Herts Local Crime Unit said: "Thankfully the victim's injuries were not deemed to be life-threatening, but the situation could easily have been so much worse had he not been wearing a leather motorcycle jacket.

"An investigation was launched and two people were swiftly arrested in connection with the incident. Our enquiries are continuing at this time and anyone with information who hasn't yet spoken to police is urged to please come forward."

If you have information, call 101 or visit [herts.police.uk/contact](https://herts.police.uk/contact) quoting crime reference 41/72704/20.

## Community group takes on traffic on Bye Street



Residents are losing patience with drivers who are turning their street into a busy rat-run.

Viv Halston and Felicity Reed have joined forces with similarly exasperated neighbours in the Lower Bengoe Residents Association, known as LoBra, to campaign for traffic-calming measures on Bye Street, which is used by drivers avoiding the town centre.

"Thirty years ago, this was a quiet residential street, but we've been a rat-run for the last 20-odd years," said Ms Reed.

"The worst offenders roar up the street, often men in vans who are not even from Hertford."

LoBra vice president Mrs Halston said: "So many families have moved because of the traffic, although new ones have the impetus to get [the campaign] going.

"We got road closure in 2008, which was agreed by the county council and Highways, but it was overturned by a petition set up by drivers from elsewhere."

Both women praised the support LoBra has received from Herts county councillor Andrew Stevenson and East Herts district councillor Ben Crystal, who, they said, are "really rooting for us".

LoBra is now hoping to introduce planters and bollards in a bid to slow down and discourage traffic.

## Cycle hub raising profile of road safety awareness

Hertford Cycle Hub is hoping to create a purpose-built area to teach road safety awareness.

The hub on Hartham Lane is keen to encourage more people to cycle by allowing individuals and groups of all ages to practise safe riding skills in "a realistic environment" that avoids the dangers posed by other road users, while replicating "real-life street conditions".

The hub, which began in 2019, became a not-for-profit social enterprise in June 2020, in a bid to

combat some of the health issues caused by lockdown.

A statement given by the director of Hertford Cycle Hub, Kirsty Feasey, said: "Cycling has increased during COVID-19, providing a critical lifeline to many communities. Therefore, we want to ensure cycling is as inclusive to the whole community as possible."

The hub offers bikeability courses to children aged seven and upwards, as well as bike maintenance classes and social "breeze rides" for women and other groups.

For more information on Hertford Cycle Hub, visit [www.hertfordcyclehub.co.uk](https://www.hertfordcyclehub.co.uk)

## No start date yet for Bircherley Green

There is still uncertainty about the date on which work will start on the Bircherley Green Shopping Centre, despite planning permission having been granted by East Herts District Council (EHDC) on June 25.

The Bircherley Green site has been empty for almost three years, with the heart of the once busy town becoming a demolition site when initial proposals for redevelopment were withdrawn.

Since then, many shops have closed and footfall has decreased.

Chase New Homes Ltd, an independent property company, acquired the estate last year and, after a public exhibition in November 2019, submitted a new planning application in February 2020.

A spokesperson for EHDC said that a legal agreement with Chase New Homes has been resolved "which gives planning permission very soon".

He added: "We all want the transformation of Bircherley Green to take place as soon as possible as it will bring much-needed social and economic benefits to Hertford."

Last month, Premier Inn said it would no longer be building a hotel within Bircherley Green.





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OCTOBER BIRTH FLOWER OF THE MONTH

# Marigold



GARDENING

If you were born in October, your birth flower is the vibrant marigold. Native to the Mediterranean, this plant is also known as the 'herb of the sun' owing to the fact that its flowers open when the sun is shining. Incredibly versatile flowers, marigolds can be used as bedding plants or grown in containers.

### What does the marigold symbolise?

With its intense orange colour, it's hardly surprising that the marigold symbolises both passion and creativity. In medieval England, the leaves and flowers of the marigold were combined with ground egg shells and added to heated ale as a treatment for the plague. Whereas, in Mexico, they are the official flower for the *Día de los Muertos* – the Day of the Dead – as their scent is believed to help guide the spirits from the cemetery to the altars.

### What does this birth flower say about you?

If your birth flower is the marigold, you are said to be a warm and inviting person who has the ability to brighten any day. You are full of drive and are often the one that others turn to for advice or help. Personal growth is also important to you.

### How to grow marigolds

Marigolds enjoy full sun and grow well in both dry and moist soil. You can plant marigold seeds directly outdoors in spring once the threat of frost has gone, or start seeds inside for up to eight weeks before planting outside. These flowers require little maintenance and only need watering if the weather has been dry for more than two weeks.

### Fun facts about marigolds

- Marigold flowers are edible
- Marigolds are a natural insect repellent
- They contain carotenoids that can lower your risk of heart disease and some cancers







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# MOBILE MADNESS

Some 35 years on from the first mobile phone call being made in the UK, we look at the limitations of the first available models.

It was a man named Michael Harrison, the son of former Vodafone chairman Sir Ernest Harrison, who made the UK's first ever mobile phone call. It happened on January 1, 1985, and it's fair to say that, in the 35 years since, we have come quite some distance in telecommunication technology.

Phones these days are powerful computers, with a bewildering array of functions, laser-sharp connectivity and a clarity that can enable you to FaceTime someone on another continent. Suffice to say, in 1985 things were a little more basic:

### TALK TIME

The first mobile phones had a talk time of 30 minutes. At that point the battery would die and it would need to be recharged... for 10 hours. And no, it didn't work while charging.

### WEIGHT

The latest iPhone weighs in at 188g; compare that to the Vodafone VT1, the first mobile phone, which totalled 4.7kg... that's the equivalent of 25 iPhone 11 Pros.

### COST

The first mobile phone cost £1,650 – that's more like £6,000 today when factoring in inflation. And even up to the Millennium, call costs were hugely prohibitive in the UK, with fees of more than 50p per minute for mobile-to-mobile calls. And as for dialling numbers abroad... well, probably better to send a letter.

### FEATURES

The first mobile phone was just that – a phone. It offered no additional features. Indeed, not until Nokia's rapid advancement into the market in the late 1990s did phones start incorporating text messaging and games (and yes, by games, we mean snake, and not a lot else).



Vodafone VT1

Photo credit: mashable.com

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BUSINESS & PROPERTY

# YOUR HOME under the hammer

*The pros and cons of auction properties*

Daytime reality TV shows have given us a unique insight into the workings of the auction room, but where buying a home is concerned, the stakes are considerably higher than when bidding on a Nissan Micra, or perhaps an antique teapot.

The plus side is that buying a home at auction can save you tens of thousands of pounds. You can also find yourself unearthing some unusual properties that high-street estate agents wouldn't look to market, and as far as renovation projects go, auctions tend to attract every brand of dilapidated property going.

It's also a fast process – when the bidding ends the process kicks off... There's no hanging around for estate agents, and within weeks the property can be yours.

And yet, when buying under the hammer, the

phrase 'buyer beware' certainly rings true. Firstly, the time in between the catalogue being published and the auction itself – typically about three weeks – is all you have to arrange a survey on the property and get a solicitor to check over the legal pack. If you don't take these steps, you're buying blind and that could be costly.

Auctions also require finance to be in place – if you're the highest bidder, you are contractually bound to go through with the process, and on day one that will mean a deposit of 10 per cent.

The other downside is it's easy to get swept along with the cut and thrust of the auction room. Setting a spend limit is sensible, but sticking to it is vital, and can be easier said than done when you sense you are only one bid away from clinching something that will become a home or an investment.





# the isle of Wight

Forget long slogs to foreign lands – holiday utopia could be much closer to home, because it's alright on the Isle of Wight.

With so many holidays abroad having restrictions and a quarantine period once you return to the UK, a good, less-stressful option could be to look for a break closer to home.

A short hop on the ferry across to the Isle of Wight could be just the ticket, and here's why:

**Tube train:** Speaking of tickets, the Isle of Wight's first unique tourist attraction is the former underground train that connects those arriving on the mainland at Ryde Pier Head to Shanklin, some eight and a half miles away. The British Rail Class 483 rolling stock dates back to 1938.

**Alum Bay:** While Alum Bay gets most of the publicity, from Colwell to Compton, Sandown to Shanklin, so many of the island's sumptuous, sandy beaches are a delight to behold.

**The Needles:** These iconic chalk stalks and resplendent lighthouse have always been a major tourist draw, as well as sparing the lives of countless sailors.

**Blackgang Chine:** A piece of the Wild West, a voyage into a fairy wonderland, or perhaps something else... Located in the south of the island, the amusement park is the oldest in the UK, having first opened in the 1840s, and will transport kids and adults alike back to a simpler age.

**Freshwater Bay:** So typical of the history hiding behind the island, Freshwater Bay's serenity disguises the caves pirates used to hide their wares in, situated at the foot of the cliffs.

**Osborne House:** For those who like their history to be rather more regal, sample Queen Victoria's favourite retreat, which remains almost untouched from when it used to welcome dignitaries over 100 years ago.

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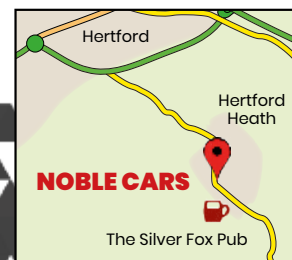
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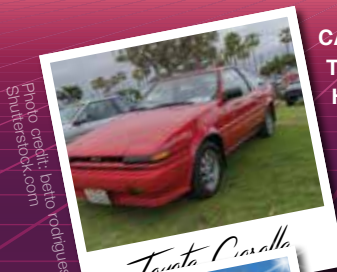


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# From naff to NEAT

## CARS WE MOCKED IN THE 1980s THAT NOW HAVE ICONIC STATUS



Toyota Corolla



Ford Fiesta



Rover SD1 Vitesse



Renault 5 GT Turbo

When the shapely, streamlined, smooth curves of car manufacturing in the 1990s came about, the cars we'd been driving over the previous decade suddenly seemed lazy, lumbering, clumsy things that were headed to one place only – the breaker's yard.

Yet those motors that survived the cull are now being brought back to their former glory, with many of us asking if we were perhaps a bit hasty in dismissing these bold, booming examples of classic engineering. These vehicles' price tags – all more than £10,000 – certainly suggest we may have put the handbrake on a little too readily.

### TOYOTA COROLLA

Famously uncool in every car showroom the length and breadth of the country when Kylie and Jason were number one, this motor now screams 1980s chic, with its pointing bonnet, nodding headlamps and completely useless sidestep that only served to graze knees upon entry and exit.

### FORD FIESTA 2.8

A classic Ford, with a frontage that had Essex written all over it. And if you think the bonnet was big on one of these premium vehicles from a classic era, check out how the Fiesta tapers into an exhaustive abyss at the rear. A beauty.

### ROVER SD1 VITESSE

The Rover was a brand your dad loved as he toured around the south-east flogging double-glazing. A bold, ballsy, impossibly solid motor that said 'family' and 'midlife crisis' in the same breath, the Rover was always sleek and has aged incredibly well, and offers a little peek into the UK's fine motoring magnificence of the era.

### RENAULT 5 GT TURBO

For a car that appealed to young drivers while still retaining a small amount of Gallic flair from those famously French roots, the Renault 5 had the lot. A nippy thing that looked ready-pimped on the forecourt and had the engine power to match.



# KING OF THE KOP

## JÜRGEN KLOPP: THE WORLD'S BEST MANAGER?

Liverpool's narrow opening-day Premier League victory over newly promoted Leeds United provided an interesting array of feedback from pundits suggesting the Reds' profligacy in defence would see them struggle to repeat last season's saunter to a first league championship in three decades.

Perhaps those naysayers have forgotten the fact that Liverpool possess Jürgen Klopp, possibly the world's best manager when it comes to drawing every last ounce out of his squad.

The way he does this is through charisma and unity, and that's obvious to anyone who has witnessed the German in press conference mode – he is charming, charismatic, funny, reflective... yet fiercely competitive at all times.

Klopp's playing career saw him a decent footballer with Mainz who, by his own admission, exceeded the limitations of his talent. That type of personal elevation is what he now expects of his players, and all those at the club. It is a philosophy of unity that begins right at the top and ends with programme sellers and stewards.

The ethos of self-improvement has decorated his own life – he worked multiple jobs through university and his early playing career; then returned to higher education aged 28 while a professional footballer, to gain a diploma in Sports Science.

The simple psychology he emits has transformed 'eight of out 10' footballers such as Salah, Milner, Robertson and Wijnaldum into truly global stars, and the confidence he has in both himself and his troops means the 53-year-old has resisted the urge to splash the cash this summer.

While the doubters will circle, hopeful of a slip from the world's best side, anyone who truly believes Liverpool will sink back again into the also-ran abyss should probably take another look at the talismanic German at the helm, and think again.



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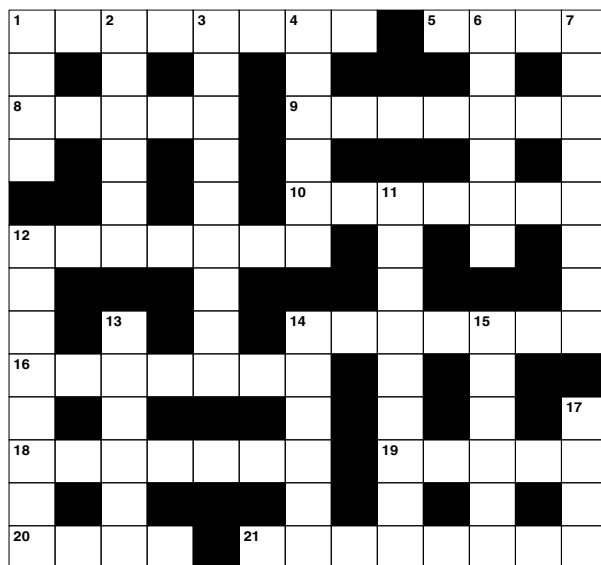
Answers can be found on the Contents Page 4

## ACROSS

1. People who consume a particular beverage (8)
5. Cut (4)
8. Paved area (5)
9. Deserved (7)
10. Ideas (7)
12. Long pins (7)
14. Small Arctic whale (7)
16. Gather (7)
18. Biting (7)
19. Immature insects (5)
20. Overly curious (4)
21. Definitions (8)

## DOWN

1. Depressions (4)
2. Chant; speak solemnly (6)
3. General erudition (9)
4. Manors (anag) (6)
6. Country (6)
7. Base of a statue (8)
11. Immediately following that (9)
12. Astronaut (8)



13. Entraps (6)

14. Hold close (6)

15. Occur (6)

17. Not as much (4)

## DID YOU KNOW?

► The name Big Ben only refers to the bell inside the Elizabeth Tower, not the Tower itself, as commonly thought

► In 1952, a double-decker bus, driven by Albert Gunter, jumped a gap across Tower Bridge after it started to rise to allow a boat to pass

► The London Eye pods are numbered one to 33, missing 13 with superstitious passengers in mind. Each pod weighs 10 tonnes, the equivalent of one million pound coins

► From the 1200s to 1835, the Tower of London was home to a zoo of exotic wild animals that were given as royal gifts, including lions and a polar bear

► Buckingham Palace was originally known as Buckingham House and was built as a private townhouse for the Duke of Buckingham

## SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
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|   |   | 4 | 1 |   |   |   | 7 | 3 |
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| 2 | 4 |   |   |   | 6 | 7 |   |   |
|   |   | 5 | 4 |   |   | 9 |   | 1 |
|   |   |   | 5 |   |   |   | 6 |   |

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