

Could COVID-19
science help cure
other illnesses?

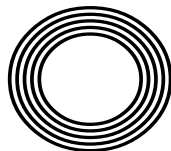
50 YEARS
OF ONE DAY
INTERNATIONAL
CRICKET

BOTTOMS UP!
Celebrating National Beer Day

J.K. Rowling
The author's success with Harry Potter

ROMAN KEMP

Opening up conversation about men's mental health



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Editor's notes...

JUNE 2021



Brett Shohet, Editor

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

I hope everyone is well and enjoying a bit more Freedom thanks to the easing of COVID-19 restrictions. And I also hope you've been able to make the most of the lovely weather we've had lately; I've spent most of my time indoors organising some exciting opportunities.

Myself and **VISION** always like to lead by example - through hard work and critical thinking, we are always coming up with creative ideas to make the **VISION** publications and our clients even more visible.

Beyond that, we are looking at opportunities where we can support some local charities through our business ventures. While I can't go into much detail yet, there is big news coming about a plan that will benefit our readers and clients in equal measure.

As I'm sure everyone can appreciate, the last year and a half has been difficult for everyone - individuals and businesses alike. Through your support, we are still here and thriving, so I thank you for that.

With this edition we mark one year since the start of **VISION**Hertford. It may not have been the debut year we expected owing to COVID-19, but the difficult circumstances have highlighted your support even more. Thank you again for being a part of the **VISION** Family.

Brett Shohet

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

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Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else,”

CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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SUPPRESS

the sweat



Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered.

Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. **Cotton:** Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. **Linen:** Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. **Rayon:** A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

4. **Denim/Chambray:** Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.



NAILED IT

Do you know your nail shapes?

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

ROUND

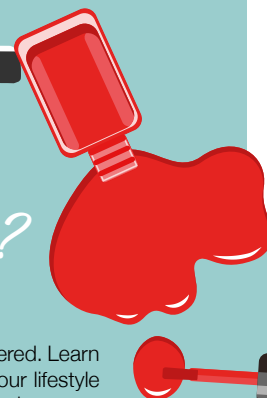
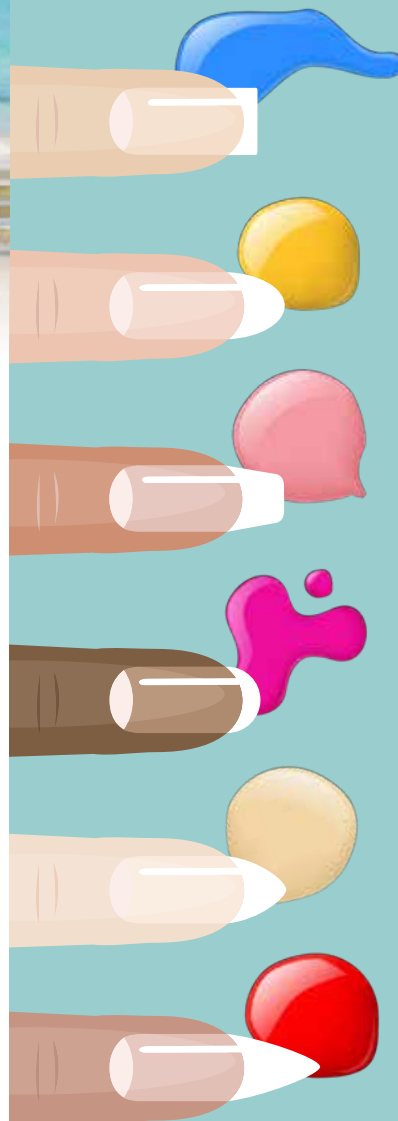
A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.





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EYE YOGA EXERCISE...

A wellness trend that you most definitely need to keep an eye on, eye yoga promises to prevent eye strain and eye fatigue and to result in brighter peepers in as little as five minutes per day. Exactly what our screen-loving nation needs.

- 👁️ Move your focus to something very close to you, such as your hand, for five seconds
- 👁️ Reverse your gaze back to the middle object and then to the one furthest away
- 👁️ Repeat for two minutes

EYE EXERCISE 1: *Palming*

- 👁️ Rub your hands together for 10 seconds to create heat and energy
- 👁️ Look straight ahead and gently place your palms over your closed eyes
- 👁️ Take a few deep breaths and allow the darkness and heat to soothe your eyes
- 👁️ Leave until the warmth fades

EYE EXERCISE 2: *Blinking*

- 👁️ Sit with your shoulders relaxed and your neck straight
- 👁️ Blink your eyes very fast for 10–15 seconds
- 👁️ Gently allow your eyes to close and settle
- 👁️ Repeat every hour if using a screen all day

EYE EXERCISE 3: *Zooming*

- 👁️ Sit in a comfortable position
- 👁️ Focus on an object in the distance for five seconds
- 👁️ Move your focus to a closer object for a further five seconds

EYE EXERCISE 4: *Rolling*

- 👁️ Sit with your shoulders relaxed and your neck straight
- 👁️ Look to the right and then slowly roll your eyes up towards the ceiling
- 👁️ Roll your eyes down to your left and then down to the floor
- 👁️ Do this in both clockwise and anticlockwise directions

EYE EXERCISE 5: *Figure of Eight*

- 👁️ Sit in a comfortable position
- 👁️ Raise your hand in front of you at eye level
- 👁️ Extend your thumb and focus on it
- 👁️ Start to move your arm in a figure of eight shape
- 👁️ Keep tracing for 30 seconds and then switch directions

...to try at home or work



CARB

CONCENTRATION

You hear a lot about protein when it comes to building muscle, but did you know that the types of carbohydrates you eat are just as important? Discover which carbs to consume for optimal muscle growth below.

Breakfast cereals: Breakfast is most definitely the most important meal of the day and, if you are looking for maximum muscle growth, you should aim for a breakfast cereal that has at least two grams of fibre per serving. Ideally, add one scoop of protein powder and enough milk to bring the carb content to around 60g.

Sweet potatoes: Rather than eating white potatoes, which are high in calories, body builders should turn their attention to the sweeter variety. A great source of carbohydrates and containing Beta Carotene, which is responsible for aiding growth and repairing the body's tissues, sweet potatoes make an excellent addition to any post-workout meal.

Brown rice: Rice has been a popular carb for gymgoers for years, offering a cheap and convenient carbohydrate source. Perfect for those who are going through a bulking phase, brown rice has the added advantage of being full of fibre.

Quinoa: Often thought of as a grain but actually a seed, quinoa provides a clean source of carbohydrates for those looking to build muscle. Plus, it is considered a complete protein as it contains all the amino acids your body needs. It also boasts other micronutrients, including manganese and iron.

Pasta: Both white and whole-wheat pasta are great options for those looking to build muscle. The former provides immediate fuel that is needed for intense workouts and for the facilitation of muscle recovery. The latter is considered a complex carb, meaning it takes longer to digest and therefore releases energy at a slower rate. About 113g of dry pasta yield around 90g of carbs. Add lean meat and vegetables for a complete meal.

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UNUSUAL FRUIT OF THE MONTH: Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

WHAT DOES MANGOSTEEN TASTE LIKE?

Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?

Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

WHERE CAN YOU BUY MANGOSTEEN?

Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.

HOW TO PREPARE MANGOSTEEN

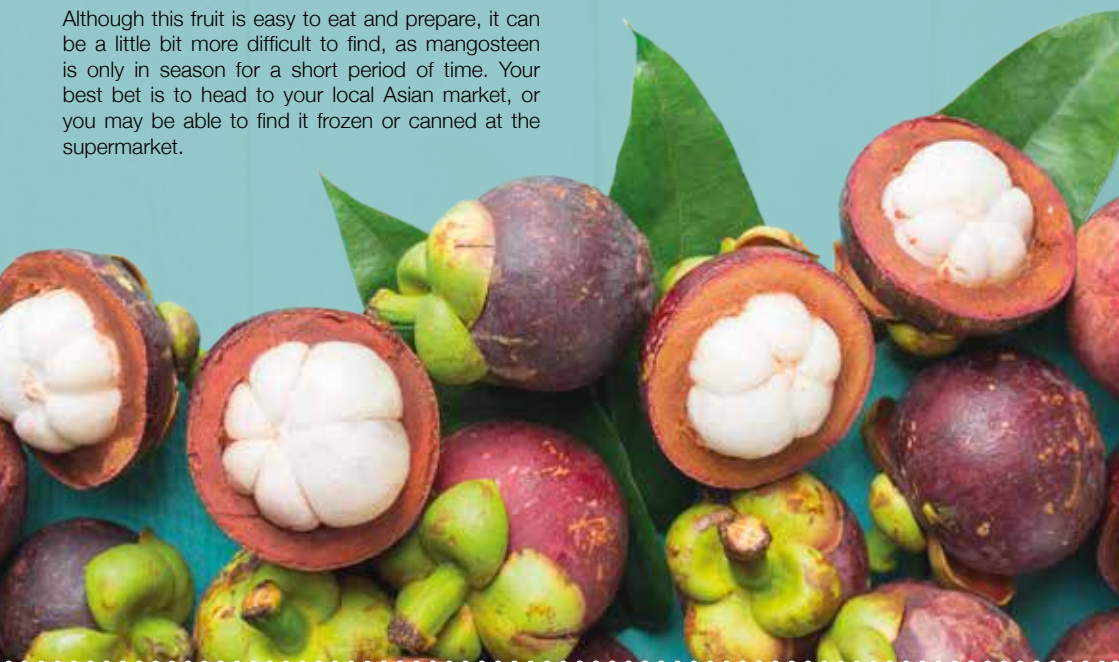
To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

HOW TO STORE MANGOSTEEN

Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1-2 weeks. Store in the fridge for 3-4 weeks. Do not freeze as this will damage the flesh.



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FOOD & DRINK

celebrate NATIONAL BEER DAY

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.



Blinds

HOW TO CLEAN

LAST MONTH WE SHOWED YOU HOW TO CLEAN YOUR CURTAINS. THIS TIME WE TURN OUR ATTENTION TO YOUR BLINDS.

Whatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.

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How many are you guilty of?

Setting it right

The settings on your hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

Skirting around the problem

Most modern hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

Top form

Many of us store the hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then hoover.

Bagging it out

Regular changing of the hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your hoover.

It's behind you

The temptation when hoovering is to see a floor and hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.



Soften UP YOUR HOME

SIX ALTERNATIVE USES FOR FABRIC SOFTENER AROUND THE HOME

Although its main purpose is to condition your clothes, fabric softener has the ability to facilitate many other household tasks. Check out our favourite ways to use this cheap and cheerful liquid below.

1. TO STRIP WALLPAPER

Once you have scoured your wallpaper, mix one cap full of fabric softener into ¼ litre of water and apply with a sponge to the wall. Leave to sit for 20 minutes and then you should be able to scrape off the wallpaper with ease.

2. TO ELIMINATE HARD-WATER STAINS

If you struggle to remove hard-water stains from your glassware, apply undiluted fabric softener to the stain, leave for 10 minutes and wipe off

with a cloth. Wash and rinse before use.

3. TO REMOVE BURNED FOOD

To remove burnt food without ruining your pots and pans, fill them with warm water and then add a few drops of fabric softener. Let them sit for an hour and any burnt food should wipe straight off. Wash and rinse before use.

4. TO CLEAN PAINT BRUSHES

Fabric softener is a surfactant, meaning it makes water wetter, and is therefore ideal for removing water-based paint from your brushes. Mix one cup of water and one teaspoon of fabric softener and dip your brushes in for up to 30 seconds.

5. TO MAKE HOME-MADE ROOM FRESHENER

Save money on room fresheners by mixing one part fabric softener and two parts water with two tablespoons of baking soda. Pour into a spray bottle and spray liberally around your home. This can also be used to repel insects.

6. TO BANISH DUST

Hard surfaces in your home are prone to dust. Minimise these pesky particles by creating a spray solution that is made from ¼ cup of fabric softener and one cup of water. Spray onto the surface and wipe away with a dry cloth.

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Hi, I'm Shanna, founder of House of Ella Interiors.

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Whether it's one room or a whole house, I absolutely love transforming my clients' spaces into functional, beautiful homes that are a joy for them to spend time in.

Book a free discovery call with me today and see how I can help you.



MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock





LOCAL NEWS

from your neighbourhood



Tributes paid to dad after teen charged with murder

A 17-year-old boy from Hertford has been charged with the murder of a man who died after being hit by a car in Waltham Abbey.

The teenager, together with another 17-year-old boy from Cheshunt, appeared at Colchester Magistrates' Court on May 14, and will appear at Chelmsford Crown Court on July 6.

Neil Darnell (pictured), 50, was found injured around 10am on Friday, April 16, after being hit by a car in Farm Hill Road.

He died in hospital two days later as a result of his injuries.

The family of the victim has described him as a "genuine force of life" with "a heart of gold" who would always "go out of his way to help others".

They said: "No family should ever have to go through losing a loved one in these circumstances.

"Neil was a compassionate and loving family man.

He had celebrated 26 years of marriage to his wife, Michelle, was a devoted father to his two daughters, Alice and Grace, and loved nothing more than taking his little dog, Ted, out for walks.

"He was extremely proud to have served his country with the British Army for six years, including in the first Gulf War, and would go out of his way to help others.

"Neil also completed three marathons, including both the London and Chelmsford marathons, to raise money for Teenage Cancer Trust and the Alzheimer's Society.

"He was always happy, always joking and could always see the brighter side of life.

"Through such a senseless act, these aspirations have been taken from ourselves and from Neil, and our lives have been changed forever.

"We are all completely heartbroken and no words can express how much Neil will be missed."

Play area reopens to public following refurbishment



East Herts District Council carried out a soft opening of the newly refurbished Hartham Play Area on Wednesday, May 19.

Though the main play area is now complete, the council will need to carry out further works to the pathway as there is a national shortage of the required materials.

The new path was due to be laid during the week commencing June 7, which required a short closure.

A council spokesperson said: "Despite the obstacles we have experienced, including COVID-19 and Brexit, we have completed the play area. We would like to take this opportunity to thank you all for following us on this journey and for your patience as we worked to deliver a new destination play area for our county town.

"We hope everyone is able to enjoy the new play area. We must remind all users to continue to follow government advice and social distance, wash hands regularly, and if the play area is busy, please come back later. Thank you for your cooperation."

Driver flees scene after car crash in town centre

Hertfordshire Police were called to the junction of Gascoyne Way and West Street in Hertford Town Centre recently to find that a car had overturned, with the driver having fled the scene.

Hertfordshire Fire and Rescue staff also attended the scene, where a grey Vauxhall had overturned after a crash. Police are now asking for anyone with information to come forward.

A spokesperson for Hertfordshire Police said: "Police were called just after 6am on Tuesday, May 18, to reports of a single vehicle road traffic collision

in Hertford.

"It was reported that a grey Vauxhall had overturned by the West Street/Gascoyne Way junction.

"The occupant(s) had left the scene prior to police arrival.

"Officers and the fire service attended and the vehicle was recovered.

"Enquiries into the incident are continuing. Anyone with information about this incident is asked to call 101 quoting ISR 71 of 18 May."

Rugby club looking for female players

Hertford Rugby Club (HRFC) has re-established its girls' and women's section at the club and is seeking new players to join.

Chairman of the club, Karen Newbury, said this was always one of her targets when taking on the role.

Karen said: "One of my key aims when accepting the role of chair of the club was to expand the range of rugby offered by HRFC. The re-establishment of the women's section is an important step towards achieving this goal.

"It is important that this section be fully integrated into our club, training at the same time as the men and having the same opportunities to develop.

"We are actively seeking new players, so please get in touch if you want to give rugby a go. No previous experience is necessary."

The club has already been receiving interest from potential new players and will be continuing to train throughout the summer on Sunday mornings at 11am.

If you are interested in joining the club, visit www.hertfordrfc.co.uk/contact





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Council announces award winners in virtual event

The Love Hertford Awards ceremony took place on Thursday, May 13, with visitors, residents and local businesses invited to a virtual event to announce this year's winners.

The Love Hertford Awards are organised by Hertford Town Council to celebrate, support and recognise the array of businesses in the town.

Thousands of votes were cast for residents' favourite Hertford retailers and businesses.

The finalists and winners were selected by the judging panel, made up of representatives from the local community. The winners included McMullen and Sons, Mudlarks Garden Café, and Brotherhood, in the

Community and Voluntary Award category

Chairman of Hertford Town Council's development and leisure committee, councillor Jane Sartin, said: "The Love Hertford Awards have recognised some of Hertford's outstanding local businesses. As one of the judges, it was a privilege to read the hundreds of comments submitted by those voting.

"Shopping locally has never been more important, and the Love Hertford Awards have confirmed how fortunate we are in Hertford to have many fantastic local businesses."

For the full list of winners, visit gohertford.co.uk/directory/c/love-hertford-awards/

Mayor raises £1,600 in 10-mile charity walk

The Mayor of Hertford has raised more than £1,600 after completing a charity walk.

Each elected mayor chooses two charities to support during their term in office. The Mayor of Hertford, councillor Bob Deering, chose the Samaritans and Isabel Hospice for his 2020/21 term.

Throughout the year, a number of events are normally organised to raise money for the mayor's chosen charities. Unfortunately, most of these were cancelled or postponed last year because of the COVID-19 pandemic.

Mayor Deering's walk started at the Isabel Hospice Shop on Maidenhead Street, continuing up Port Hill, turning into Ware Park Road, then on to the Samaritans Ware Branch on Star Street, finally finishing at Hertford Castle approximately 10 miles later.

Mayor Deering said: "When I became the Mayor of Hertford last year, I was very pleased to nominate



the Samaritans and Isabel Hospice as my mayoral charities. They both do very important and valuable work for the community, never more so than in these difficult times.

"Sadly, owing to lockdown restrictions, it has been almost impossible to raise funds and my charities have also found it very difficult to raise funds themselves."

To donate, visit www.justgiving.com/campaign/mayorscharitywalk



LOCAL NEWS

News from HERTFORD TOWN COUNCIL



Hertford Town Centre has seen many visitors and shoppers returning to enjoy the variety of shops and hospitality on offer. With many local and specialist retailers, visitors and Hertford residents have been making the most of the easing of restrictions and continuing to shop local.

Hertford Town Council is pleased to restart its programme of community events this month. With a packed line-up of events for the whole family, there is something for everyone to enjoy. More than 35 classic and modern cars were exhibited at the popular Cars at the Castle exhibition last month, and there will be plenty more events for Hertford residents to enjoy over

the summer. These include the teddy bears' picnic, open-air theatre, health and wellbeing event, live screening of Wimbledon Men's Final, Food and Drink Festival, and open-air cinema.

Visitors can also take the opportunity to brush up on their Shakespeare on a special guided walk on Sunday, June 27, which will explore life in Hertford in the time of Shakespeare. Tickets for this and all the other guided walks around Hertford are available from the Hertford Town and Tourist Information Centre.

For full details of all the events, including measures that have been implemented for your safety, visit www.hertford.gov.uk/events-listings

Open days raise awareness

Hertford Town Council supported World Bee Day on May 20 at the Hertingfordbury and Cromwell Road allotments open days.

Plot holders were given an opportunity to find out more about beekeeping and the importance of bees to the environment.

Councillor Bob Deering, Mayor of Hertford, said: "The town council is pleased on World Bee Day to raise awareness of the importance of bees. Bees are more crucial than you might think because they pollinate crops, which is vital for food supply."

Dr Michael Cook, beekeeper at the Hertingfordbury allotments site, said: "It is great news that the town council is supporting this event and I hope that this inspires people to encourage bees into their own gardens."



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A GUIDE TO **PATIO FLOORING**



GARDENING

A well-designed patio can act as a second living room for your home, transforming your garden from basic to beautiful. However, you need to make sure you choose the right materials and style for your property if you want a showstopping end result.

PICK PATIO FLOORING TYPE

WOOD – Timeless and extremely versatile, wood can be used to create a rustic or modern-styled patio area. You can also sand down wood multiple times, making it a great long-term investment for your home. Apply a protective wood oil for enhanced longevity.

NATURAL STONE – For the epitome of luxury, natural stone is hard to beat. Popular natural stone options include slate, travertine, granite and marble. Avoid light-coloured natural stones if you have pets or young children.

CERAMIC TILE – A classic flooring material, ceramic offers a durable and cost-effective way to create a patio area in your garden. Opt for unglazed tiles to reduce the risk of slipping and consider adding a sealant to protect from wear and tear.

BRICK – Low maintenance and slip resistant, brick gives off an old-world feel that is ideal for period properties. If cost is an issue, brick pavers make a cheaper alternative.

CONCRETE – Arguably the most versatile choice, concrete can be moulded to fit any shape, and you can personalise it with colouring, stamping, brushing, painting and patterning.

CHOOSE THE RIGHT SIZE

There are three steps involved in sizing your patio flooring:

1. Decide how big you want your patio to be
2. Determine the size of your chosen patio material
3. Work out how much flooring you need to cover your chosen area

PATIO STYLE IDEAS

- Surround tiles with decorative stones for a more organic look
- Swap grass for a paved patio and surround with raised flowerbeds
- Select interior and exterior flooring in the same tone to create a seamless flow



Photo credit: Utkas.com

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Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.





Speedy SALE

HOW TO SELL YOUR HOME FAST THIS SUMMER

If you are looking to sell your house this summer as quickly and lucratively as possible, then our property experts can help you. Plus, discover how to speed up the move into your new home.

SPRUCE UP YOUR GARDEN

Searches for properties with large outdoor spaces have soared during lockdown, but that doesn't mean homes with smaller gardens can't also be an attractive option for potential buyers. Make sure you mow your lawn, place the bins out of sight and, if possible, make your garden secluded with the use of fences or hedges.

FOCUS ON KERB APPEAL

You will be surprised at just how many homebuyers will dismiss a property purely on its exterior, with some not even venturing inside after a bad first impression. Prevent this from happening by keeping your windows clean, ensuring your house number is clearly visible and cutting back any overgrown trees or bushes.

STAGE YOUR HOME

Property developers know exactly how to stage a new home to sell it fast and there is no reason why you can't do this too. Ensure that your property is clean and tidy, with any clutter out of sight, lay the table for dinner, make up the beds, light some scented candles and keep the thermostat at a consistently pleasant temperature.

SEEK PROFESSIONAL ADVICE

Estate agents live and breathe property sales, so it makes sense to ask their advice on how to sell your home as quickly as possible. Be sure to seek out local insights and pre-empt the questions buyers are likely to ask.

ENJOY A FAST AND STRESS-FREE MOVE WITH THESE MUST-ASK QUESTIONS:

- > What is the position of the buyer/seller?
- > Should I use a mortgage broker?
- > Has my buyer's mortgage application been submitted?
- > When is the target exchange date?
- > What paperwork do I need to complete?



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VIRTUALLY FREE ADVENTURES



While the COVID-19 pandemic has robbed many of us of the money to be able to venture off on holiday, it hasn't removed that passion to explore. Yet in the 'new normal', and having rediscovered a love of simpler things through lockdown, perhaps it doesn't have to cost the Earth in order to travel it.

House Swap: More than just the premise of endless reality shows, holiday house-swapping is a real thing, and is becoming more popular every year. After all, why not profit from someone house-sitting your abode by finding a holiday location that suits your needs perfectly, but is also free of charge?

The website homelink.org.uk is one of those leading the way.

Work this Way: It's the age-old explorer's way, but working your way around the world on a backpacking mission is the extreme version, with many lower commitment job-based escapes closer to home. If you're young and without kids, consider fruit picking, event marshalling or even working in a bar as a way of putting in the hours to sustain that holiday vibe in a new place.

The Volunteer Vibe: In a similar way, pitching up somewhere willing to put the hours in for free can be a great way of securing accommodation, food and enough free time to explore the vicinity.

Big up the Bothie: You know those secluded stone buildings synonymous with the Highland Clearances... you can stay in them, for free. Sure, they may not protect you from the elements as would a five-star hotel – although many have been sensitively restored – but websites such as mountainbothies.org.uk arrange short-term stays in these mystical, remote former homes.

Airmiles: Finally, a fad of the Nineties, airmiles these days are for much more than business users, and the miles can really stack up if you are a frequent flyer.



Work this Way



The Volunteer Vibe



Big up the Bothie



Airmiles



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THE SAFETY MEASURES YOU NEED TO PUT IN PLACE WHEN PURCHASING A TRAMPOLINE

On the face of it, it's hard to believe that trampolining is one of the more hazardous leisure pursuits out there; yet the activity accounts for almost 100,000 injuries requiring medical attention every year. Put another way, more than half of parents with children aged 12 have said their child has come to harm at some point.

The reality is, while the spring-mounted tarpaulin offers the softest of landings, kids are making contact from considerable height, and with others close by. And with a prevalence of injuries being caused by freak, awkward landings – sprains and strains account for almost half of injuries recorded – even the most cautious of happy hoppers can come unstuck.

Of course, there are a few measures you can take in order to minimise the risk of injury:

likely knock a juvenile jumper off their feet if a friend lands a split-second earlier.

✓ PROTECTIVE WALL

Most trampolines nowadays come with 360-degree netting around the edges, eliminating the danger of kids being propelled off the apparatus and into nearby hedges. If any part of the edging is broken, however, your safety net is gone, both metaphorically and literally.

✓ SIX OF ONE

It's recommended that no children 'bounce' if under the age of six. The reason for this is younger kids lack the muscular strength to be able to trampoline safely, leaving them more likely to come to harm.

✓ SUPERVISION

Perhaps the greatest deterrent of all is adult supervision. Sure, you may not want to spend your summer afternoons watching kids bounce up and down repetitively, but it's sure as hell a better sight than the inside of the A&E department.

✓ BOUNCE ALONE

Guidelines suggest kids should trampoline by themselves rather than with buddies. Colliding with others in a confined space is common and dangerous, and the trampoline canvas will most



WILL THE UK BE THE FIRST TO INTRODUCE 'NO HANDS' TECHNOLOGY ENABLING CARS TO BE DRIVEN BY COMPUTERS?

It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim.

In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic.

And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users.

The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country.

More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward.

There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.



CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL

It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a 'One Day International', comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged

as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of 'traditional cricket', where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn't hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord's to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world's best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both

sprinters and marathon runners alike as he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.

Photo credit: Colorsport/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

VIRGINIA WADE

Courting triumph, celebrating a golden day in 1977... Wade cementing her place in tennis folklore

Back in 1977, England's Virginia Wade was on the verge of completing a specular Grand Slam quadruplet. Already with US Open (1968), Australian Open (1972) and French Open (1973) titles to her name across singles and doubles, she just required victory at SW19 to complete a clean sweep of major honours.

There were times during her run to the final at Wimbledon when it seemed that elusive title would evade her, though. In the fourth round, and before the days of tie-breaks, she needed nine games to win the first set against Romanian Mariana Simionescu; while she recovered from a set down in the semi-final against Chris Evert.

The final itself, held on July 2, had an air of Britishness about it. The Queen's Silver Jubilee had taken place not five months previously, and Elizabeth II was present on Centre Court to witness, she hoped, a homegrown champion.

Yet champion status looked to be drifting

away from Wade when she lost the first set 6-4 to Betty Stöve. However, the Bournemouth-born star, who studied mathematics and physics at the University of Sussex before turning pro, came back 6-3 in the second after producing an array of dazzling winners.

In the deciding set, the electric atmosphere coupled with the pinpoint, aggressive shot-making that was such an important part of her game, saw the Brit home, as she demolished her Dutch rival 6-1 – Wade had done it.

Celebrating her 32nd birthday a week after the championships ended, she remains one of the oldest female Wimbledon champions.

Wade, who had been world number one in 1975, didn't spend a single day outside the top 10 in a 12-year period beginning in 1967, and finally retired in 1985. She moved into media work and, to this day, is one of the only female British tennis players to have won the Grand Slam.

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PUZZLES & TRIVIA

PUZZLES

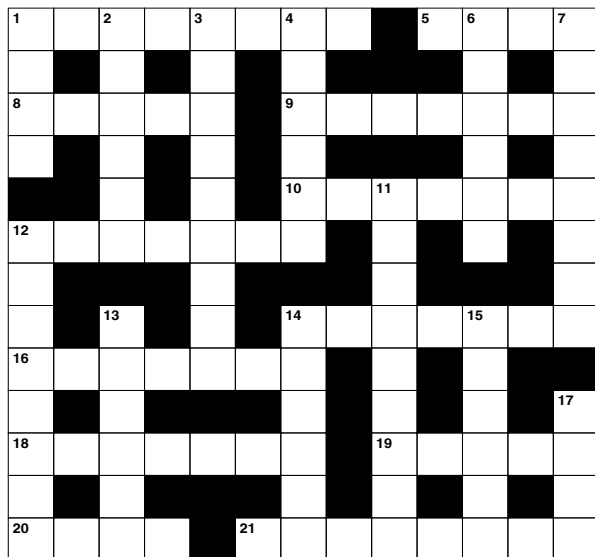
Answers: see end of The VISION Listings

ACROSS

1. Succession; series (8)
5. Run at a moderate pace (4)
8. Sag (5)
9. Sour in taste (7)
10. Mountain in the Himalayas (7)
12. Contemplations (7)
14. Subdivision (7)
16. Part of a chair (7)
18. Increasing rapidly (7)
19. Kingdom (5)
20. Japanese beverage (4)
21. Large metal pot (8)

DOWN

1. Soft drink (US) (4)
2. Cites (6)
3. Act of spying (9)
4. Stops (6)
6. Thief (6)
7. Not inclined to talk (8)
11. Let oracle (anag) (9)
12. Thick dark syrup (8)
13. Set out on a journey (6)
14. Mark of disgrace (6)



15. Make worse (6)
17. Word ending a prayer (4)

DID YOU KNOW?

- Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- Crackers often have holes in them to prevent air bubbles from forming when cooking
- Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- A typical ear of corn has an even number of rows

SUDOKU

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



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