

HOW TO
PERFORM
CPR ON
AN ADULT

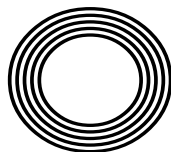
50 YEARS
of Mr Men and Little Miss

Sue Barker

Celebrating the TV presenter's career

SIR RICHARD BRANSON

The billionaire completes out-of-this-world venture



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AUGUST 2021

Editor's notes...



Brett Shohet, Editor

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

I hope everyone is enjoying their summer. While it's been a tough year in many respects, this summer of sport has been an absolute blessing - I'm exhausted just watching it.

It's been an amazing couple of months - tennis, cricket, Formula 1 and now the Olympics have all made for fantastic viewing, but Football in particular has made this summer special for me and so many others.

Last month, the 2020 European Championships offered an opportunity to celebrate - I felt like a kid again, cheering and going mad. What a fantastic escape from some of the struggles we've had as a nation in recent times.

Unfortunately, it ended in disappointment. And I'm not referring to the championships themselves - our players were absolutely phenomenal - I'm referring to the individuals who inexcusably decided to abuse three young players from our heroic squad. Those committing such hate crimes are the only individuals who let our country down during the Euros, and I hope they are ashamed of themselves.

On a lighter note, we have fantastic opportunities for some new sales staff as we look to grow our team. So if you're interested in taking up a sales or business development position, please get in touch with me.

Thanks as always for reading.

Brett Shohet

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SPORTING INJUSTICE?

SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'

The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".

A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

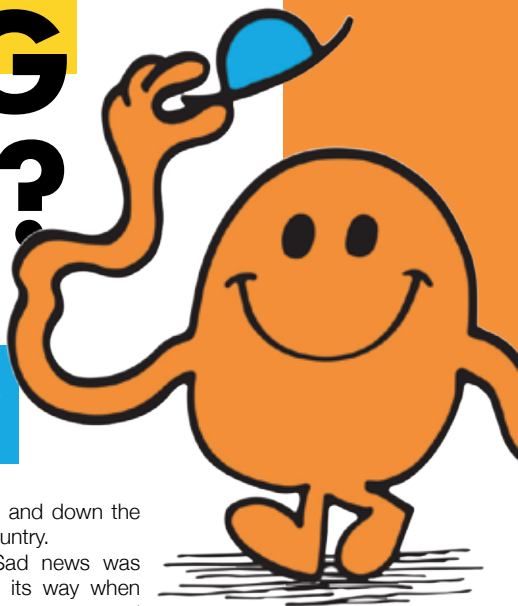
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



Thinking about moving...

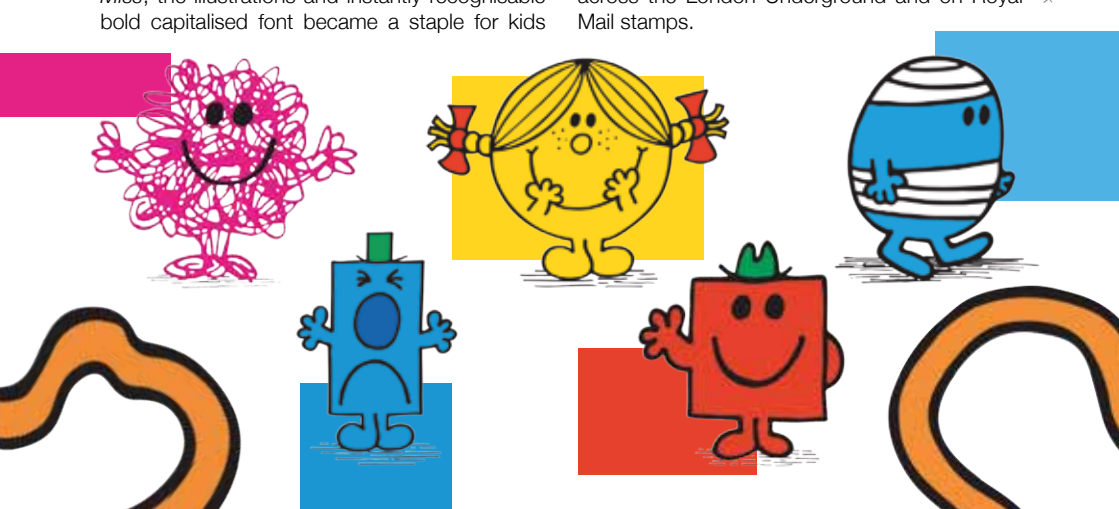
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MAKEOVER

your mane

Unlike women, most men seem to have an “if it ain’t broke, don’t fix it” approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

THE TEXTURED CROP

Best for triangle-shaped faces

If you’ve got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

THE LONG & LAYERED

Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

THE CHERUBIM

Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don’t mind a slightly feminine look.

THE MESSY BED QUIFF

Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

THE SWEEP BACK

Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



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WEDGES

Whether you’re lacking in the height department or simply love the look of elevated footwear, the right shoe can transform your style and your self-esteem.

However, do you opt for a more comfortable wedge or a sky-high stiletto?

What is the difference between wedges and heels?

Technically, wedges fall into the high-heeled shoe category as they do have a raised heel. That being said, with a wedge heel, you get a solid, wedge-shaped outsole that is elevated at the heel and tapers down to a flattish toe. With a high heel, the heel portion is separate from the sole underneath the toe.

Why choose wedges?

Wedges are a great option for women who struggle to walk on traditional heels, as they offer support and height by evenly distributing your weight throughout the sole. Wedges come in a variety of different materials including cork, leather, rubber and jute and can be closed or open-toed. You can even get wedge boots that make a comfier alternative to regular heeled boots.

Wear to the beach, a casual occasion or lunch with the girls.

Why choose heels?

There are several types of heels, including stilettos, kitten heels, block heels, mules and heeled boots, with each one providing a slightly different look and feel. If you are a pro at walking in high heels and want a showstopping look, then stilettos are the shoe for you. However, if you struggle with too much height, opt for a more modest kitten heel.

As a general rule, the wider the heel, the easier it is to walk in and the more support it offers your foot.

Wear to a formal occasion, a night on the town or an important meeting.

Protect your feet by limiting wearing high heels to three times a week, regularly stretching your calf muscles and soaking your feet in an Epsom salt bath for 10–15 minutes after wearing.



vs
Heels





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ON YOUR BIKE

Learning to ride a bike is a rite of passage for most children, yet only three per cent of adult Brits cycle daily. It has the ability to transform your health and reduce the cost of your commute, so let's take a closer look at the benefits of biking. Plus, our tips to help you get started.

WHAT ARE THE HEALTH BENEFITS OF REGULAR BIKE RIDING?

Riding a bicycle regularly provides one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. A low-impact activity that can be enjoyed by people of all ages, consistent cycling can:

- ⦿ Increase cardiovascular fitness
- ⦿ Improve muscle strength and flexibility
- ⦿ Enhance joint mobility
- ⦿ Decrease stress levels
- ⦿ Improve posture and coordination
- ⦿ Strengthen bones
- ⦿ Lower body fat levels
- ⦿ Reduce anxiety and depression

VISIT YOUR LOCAL BIKE SHOP

Rather than shopping online, it can be a much better idea to visit your local bike shop as they will be able to offer advice on choosing the right bike for your needs.

INVEST IN THE RIGHT KIT

- Although you don't need to spend a fortune, you should invest in:
- ⦿ A helmet
 - ⦿ A bike lock
 - ⦿ Bike lights
 - ⦿ Padded cycling shorts

ADJUST YOUR BIKE ACCORDINGLY

For maximum comfort and to avoid injury, you need to find your optimal saddle height. This can be carried out by placing your heel on the pedal at its furthest away point. Your leg should be straight so that when you clip in, there is a slight bend.

BEST BEGINNER-FRIENDLY BIKES

- ⦿ Apollo Slant Men's Mountain Bike
- ⦿ Cross Daisy Classic 26 Inch Wheel Size Heritage Women's Bike
- ⦿ Pinnacle Lithium Two

NOT READY TO GET ON THE ROAD?

If you invest in an exercise bike instead, you can enjoy all the benefits of cycling without having to step foot outside your front door.

BEST INDOOR SMART BIKES

- ⦿ Peloton Indoor Training Bike
- ⦿ Echelon Smart Connect EX3
- ⦿ Sportstech SX400 Speedbike



HOW TO PERFORM CPR ON AN ADULT

Cardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger. Find out how to perform CPR on an adult below.

HOW TO DO CPR ON AN ADULT:

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.
- > Allow the chest to come back up.
- > In line with new COVID-19 guidelines, do not give rescue breaths.
- > Continue to perform CPR until emergency help arrives, the person starts to show signs of life and starts to breathe normally, or until a defibrillator is ready to be used.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.



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Most people will get a verruca at some point in their lives, with this unsightly virus being most common in children and young adults. Although you can buy verruca treatments, these can damage the surrounding skin, making it more vulnerable to reinfection. So why not try the following natural remedies instead?

APPLE CIDER VINEGAR

Wash your foot and soak in water for 20 minutes | Use a pumice stone to gently remove any dead skin | Apply a thin layer of Vaseline around the verruca | Fix an apple cider-soaked cotton ball over the affected area | Check and replace until the verruca has gone.

ONION

Place several 1/2-inch slices of onion in a bowl, sprinkle with salt, cover and let it sit for one hour | Wash your foot and soak in soapy water for 20 minutes | Rinse and pat dry | Break an onion slice and rub over your verruca | Take another slice, place it on the verruca and cover with an adhesive bandage | Leave for three days and then check to see if the verruca has shrunk | Replace until the verruca has gone.

DUCT TAPE

Place a suitable-sized piece of duct tape over the verruca | Leave for six days. If the tape falls off, replace immediately | Immerse the verruca in warm water | Gently rub the verruca with an emery board | The next morning, apply a new piece of duct tape to begin another six-day cycle | Continue for up to two months or until it's gone.

TEA TREE OIL

Dilute three or four drops of tea tree oil in a small amount of aloe vera gel | Apply a small amount to the verruca with a cotton wool ball | Tape the cotton wool in place with sticking plaster | Leave overnight | Remove in the morning and rinse foot | Repeat until verruca has gone.

VANQUISH THAT

VERRUCA



UNUSUAL FRUIT OF THE MONTH: Kiwano

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

WHAT DOES KIWANO TASTE LIKE?

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.



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Super SIMPLE SCONES

To celebrate Afternoon Tea Week, we are treating you to a delicious and simple scone recipe that anyone can master. Plus, discover the proper way to enjoy a quintessentially British afternoon tea.

YOU WILL NEED (makes 8 scones):

350g self-raising flour | 1 tsp baking powder | 3 tbsp caster sugar | 85g butter, cut into cubes | 175ml milk | 1 tsp vanilla extract | ¼ tsp salt | Squeeze of lemon juice | Beaten egg for glazing | 30g sultanas if desired | Jam and clotted cream to serve

HOW TO MAKE:

STEP 1: Heat the oven to 220°C/200°C fan/gas mark 7.

STEP 2: Pour the flour into a large bowl and add salt and baking powder. Mix well.

STEP 3: Add the butter and rub with fingers until you have a crumb consistency. Stir in the sugar and sultanas if desired.

STEP 4: Heat the milk in the microwave for 30 seconds until warm and then add vanilla extract and lemon juice.

STEP 5: Place a baking tray in the oven.

STEP 6: Make a well in the dry mix and add the liquid. Combine quickly.

STEP 7: Scatter flour on a clean surface and tip out the dough. Dredge the dough with more flour and fold over until smooth.

STEP 8: Pat into a round shape, around 4cm deep, and then take a 5cm-diameter cutter and dip it in flour. Plunge into the dough and repeat until you have all your scones.

STEP 9: Brush the scones with beaten egg and arrange on the hot tray.

STEP 10: Bake for 10 minutes until risen and golden on top. Enjoy with jam and clotted cream.

AFTERNOON TEA ETIQUETTE TIPS:

- Sandwiches must be eaten first – with fingers, not cutlery
- Scones should be second and eaten warm
- Scones should be broken in half by hand and each half eaten separately
- One person, 'mother', is elected to pour the tea. Guests can then add milk and sugar if desired
- Tea should be stirred back and forth, never in a circle
- A touch of fizz is allowed.



THE ULTIMATE VEGGIE BBQ

For too long, vegetables have been sidelined at BBQs in favour of carnivore classics such as pork sausages and steak burgers. No more. Vegetarian or not, these top meat-free alternatives are guaranteed to tantalise your tastebuds and impress your guests.

CHARGRILLED VEGGIE KEBABS

Simple yet stunning, vegetable kebabs can be just as exciting as their meaty counterparts. Just chop up your favourite veggies such as peppers, red onion and tomatoes, as well as some big chunks of salty halloumi, place on a skewer and drizzle with oil.

VEGGIE BURGERS

Whether you favour falafel, love the tang of beautiful beetroot, or want the meaty texture that only the humble mushroom can deliver, there are so many veggies you can use to make great burgers. Simply combine your chosen cooked veg or preferred canned pulse or bean in a food processor with some herbs and spices, a binding agent such as eggs, oats or breadcrumbs, and then form into thick patties.

SUPER SALADS

Every BBQ needs a salad or two and there is no reason why you can't create one using a few chargrilled veggies. How about a traditional Italian Caprese salad with grilled peppers? Or chargrilled aubergines topped with salsa verde and some creamy white beans?

FRESH 'N' FRUITY DESSERTS

Forget boring, shop-bought puddings and use your grill to transform seasonal fruits into something spectacular. From warm grilled peaches to juicy slices of charred pineapple, enjoy both served with crème fraîche and plenty of zingy fresh mint.

VEGETARIAN/VEGAN WINES

Although wine is made from grapes, the fining agents used may not be. Fortunately, all the major supermarkets now offer vegetarian and vegan wines. Below is our selection of the best for your BBQ:

- Aldi Toro Loco Reserva 2015
- M&S Tapa Roja Old Vines Monastrell 2019
- Co-op Irresistible Gavi Broglia 2017
- Sainsbury's Taste the Difference Alvarinho 2017
- Lidl Comte de Senneval Brut Champagne



ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of “the best night’s sleep you’ll ever have” – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it’s a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting ‘space-inspired’ fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

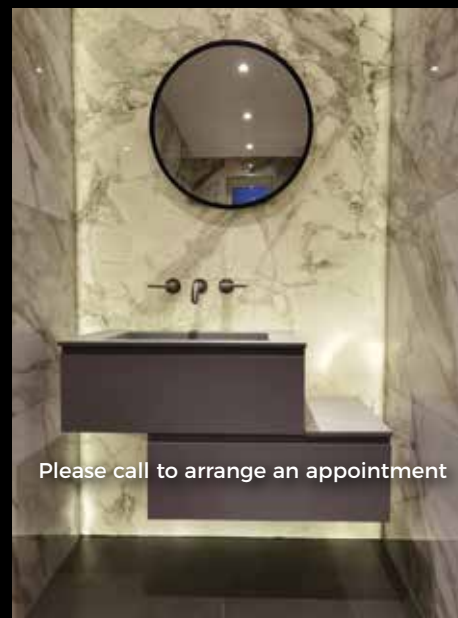
So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what’s worse – counting pennies or counting sheep?



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BANISH BATHROOM BACTERIA

Have you ever thought about how often you should clean and replace items in your bathroom? If not, the below advice from our cleaning experts may come as a shock to you.

BATHROOM TOWELS

You may be surprised to find out that bathroom towels should be washed after every three uses. Furthermore, they should be replaced entirely every one to three years.

TOP CLEANING TIP: Always hang up your towels to dry fully after each use.

BATH MATS

This essential is one of the most germ-ridden areas of your bathroom and needs to be washed every three to seven days and thrown away after two years. For mats with rubber backing, spray generously with white vinegar weekly and wash in cold water every three to four weeks.

TOP CLEANING TIP: Clean on a 40-degree wash and hang to dry.

TOILET BRUSHES

Covered in lots of harmful bacteria, your toilet brush should be cleaned weekly and replaced every six to eight months. Soak in a mixture of boiling water and bleach and allow to drip dry.

TOP CLEANING TIP: Rinse after every use for maximum longevity.

SHOWER HEADS

Shower heads should be cleaned monthly and replaced every six to eight months as harmful bacteria thrive in this moist environment, which can be harmful to the respiratory system, especially for at-risk patient groups.

TOP CLEANING TIP: Soak in a mixture of three cups hot water and one cup white vinegar for 30 minutes and then scrub with an old toothbrush.

LOOFAHS AND TOOTHBRUSHES

Both these items should be replaced every one to three months. Toothbrushes should be rinsed after every use and the handle should be wiped down once a week. Your loofah should be rinsed thoroughly after each use.

TOP CLEANING TIP: Soak your loofah in warm water and a few drops of essential oils weekly to deter bacterial growth



grillo designs:

inspiration

FOR EVERY HOME

Get to know Grillo Designs, a UK-based interiors blog that has all the inspiration you need to transform your home

The internet is full of incredible home inspiration, but let's face it – not all of it is achievable. Those Pinterest perfect homes are often only possible with a huge budget and a team of professionals to pull it off.

So it makes a refreshing change when someone like Medina Grillo comes along. Medina's love all of things interiors led to her starting her own Facebook page back in 2014, and she now runs an award-winning blog, Grillo Designs.

Full of inspiration showing renters that they too can do incredible things with their homes, Grillo Designs is the style guide you've been looking for to transform your space.

Medina describes herself as "an IKEA-loving-upcycling-junkie-DIY-passionate-home-décor-crazy momma and wife", who shares her cool and unique designs with the world. A healthcare worker by day, she works with her partner, Vince, to bring her design ideas to life.

Grillo Designs has more than 174,000 followers on Instagram, while the blog has won several awards.

In addition to Grillo Designs, Medina is the voice behind #HowIRent - "a celebration of all the amazing renters out there who, in spite of it all, have managed to transform their homes into abodes of personality and style".

Medina's style is contemporary, blending muted shades with pops of yellow and creating interest through textures and patterns. With Grillo Designs, you can find all kinds of inspiration to create beautiful, stylish looks for your space.

BRINGING GRILLO DESIGNS INTO YOUR HOME

Grillo Designs highlights fun, quirky DIY projects you can bring into your home, whether rented or owned. Here are some amazing ideas to help you transform your own space:

1. CREATE A DIY COFFEE CORNER IN YOUR KITCHEN

Using some shelving, hooks and maybe a few pieces of artwork, you can create a stylish space to display your favourite mugs and coffee items and celebrate your love of the bean.

2. UPDATE DATED DRESSERS TO GIVE THEM A NEW LIFE

Dresser or chest of drawers chipped, covered in scratches or just a bit dull? Give it a simple makeover. You could stain the wood, paint using multi-surface paint and add some new hardware to create a complete transformation.

3. CUSTOMISE YOUR IKEA ALEX DRAWERS

Most people have some trusty IKEA Alex drawers around – especially if you've built a home workspace for yourself during the COVID-19 pandemic. Make yours a little more unique with some stickers or contact paper to add your own quirky design.



SPACE IS THE PLACE

Photo credit: Virgin Galactic/ZUMA Press Wire Services/Shutterstock

HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.



LOCAL NEWS

from your neighbourhood

Reopening of popular venue to boost music industry



Photo credit: Google Maps

Plans to reopen an iconic music venue in Hertford later this year have been revealed.

The management of the Corn Exchange will be taken over by the team behind The Horn in St Albans and The Half Moon in Bishop's Stortford, who are delighted to help save the venue.

Despite rumours that landlords were planning to convert the historic building into flats, the team is keen to keep the venue's rich heritage alive, as well as to make key improvements.

Councillor Jane Sartin, chairman of Hertford Town Council's development and leisure committee, said: "The Corn Exchange has always been a very popular music venue in Hertford, and I know many people will welcome the return of live music to the town."

Work has already begun on installing a new bar and a first-class sound and lighting system.

Mark Davyd, Music Venue Trust CEO, said the reopening will provide a huge boost to Hertford.

He said: "It's incredibly exciting to see a new live music venue opening in Hertford. After the toughest period in history for arts and culture, the opening of a new venue is a huge boost to the local community and the music industry."

For the latest updates on the venue, visit www.cornexchangehertford.co.uk

Libraries to host inspirational creative workshops

The Hertfordshire Archives in Hertford will be hosting Creator Day workshops to inspire people to tell stories.

These workshops are part of Hertfordshire Libraries' exciting My Story Project, which provides participants with opportunities to express their own stories of adolescence and change through painting, music and other creative art forms.

The Creator Day workshops are running from September to December and will be hosted by professional artists in Stevenage Library, St Albans Library, Watford Library and the Hertfordshire Archives in Hertford.

Participants will explore the use of various art forms, such as music, poetry and puppet-making, to convey real-life stories that inspire and empower others.

The art that is created during the workshops will be showcased during My Story Festival next summer.

Terry Douris, executive member for education, libraries and lifelong learning, said: "Given the pandemic's impact on the arts industry, I am delighted that the next stage of the My Story project is nearly upon us and will be taking place within our libraries.

"The workshops will allow participants to encapsulate meaningful stories from Hertfordshire residents and expand their creative horizons, while gaining valuable knowledge and experience from professional artists."

Guests enjoy music event after festival is cancelled

Music lovers returned to Hertford Castle at the beginning of August for a one-off event, which replaced the annual Rock at the Castle festival.

After Hertford Town Council took the decision to postpone Rock at the Castle until confident that the event can be run in an entirely safe and secure way, it was decided to organise the one-off Hertford Castle Live Music Event for residents to enjoy.

Guests were able to sit back and relax on the castle lawn and enjoy a variety of live music from local musicians against the backdrop of the castle.

The event was ticketed to allow capacity to be monitored. While it was free to attend, guests were able to donate to the Mayor of Hertford's Appeal Fund in support of Isabel Hospice and Samaritans Ware.

Hertford Town Council continues to monitor government guidance in relation to running events.



Photo credit: Hertford Castle



Photo credit: Richard M Lee/Shutterstock.com

Five men jailed for trafficking and exploiting a child

Members of a county lines gang who exploited a schoolboy as a drugs runner have been jailed for a total of more than 40 years.

Five men, including one from Hertford, were sentenced over two days on July 29 and July 30 at Kingston Crown Court.

Harry King (pictured inset), 20, of Hertford, was sentenced to two years' imprisonment, suspended for two years. He was found guilty of arranging or facilitating the travel of another person with a view to exploit.

Officers from the Met's Operation Orochi – which is dedicated to tackling high-harm offenders involved in county lines drugs supply – began their investigation when an autistic 15-year-old schoolboy from north London was reported missing on September 10, 2020.

King was arrested on October 14, 2020, at his home address. He was based in Swindon at the time of the teenager's trafficking and received the victim in Swindon, before arranging and facilitating the

youngster's travel to South Wales.

Detective Constable Ben Baker, the investigating officer from Operation Orochi, said: "County lines drug dealers exploit young and vulnerable people to facilitate their drug supply. They hope that by using vulnerable children as drugs runners, they will shield themselves from identification and prosecution by law enforcement. This is because, frequently, these exploited persons are too scared to assist police.

"The additional recovery of a loaded firearm associated with these perpetrators reflects the intractable association between drug supply and violence.

"This investigation has shown that the police are able to pursue those involved with exploiting children for drug supply, irrespective of whether a victim assists the police or not.

"We hope this case will discourage gangs from using children as drugs runners by showing that it isn't any barrier to their prosecution."





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Craft trail encourages residents to explore the town

Hertford Town Council has once again joined forces with the Secret Society of Hertford Crafters to support the high street with free themed trails this summer.

The second trail runs from Saturday, August 21 to Saturday, September 4.

Knitted scenes and characters (pictured) – including the London Olympic Stadium, seagulls, an octopus family and Blackpool Tower – will be hiding in shop windows around the town centre.

To take part in the trail, families should visit Hertford Town and Tourist Information Centre, opposite

Hertford Theatre, to pick up a trail map.

Children will need to match the hidden character or scene, created by members of the Secret Society of Hertford Crafters, with the businesses taking part.

Once they have completed the trail, they can drop off the completed form at the Town and Tourist Information Centre for a chance to win a gift voucher to spend at a Hertford retailer.

The trails have been created to encourage people to explore Hertford and discover the range of retailers in the town. The previous themes have included the farmyard trail and the enchanted fairy trail.

Ex-firefighter releases relationship podcast

An ex-firefighter from Hertford has taken his career in a different direction – by becoming a relationship coach for women over 40.

John Kenny has recently launched a new podcast, titled *The Relationship Guy*, as part of his coaching business.

Despite attending the University of Greenwich to train as a teacher, John became a firefighter with the London Fire Brigade.

However, having been inspired by a counselling and psychology module at university, John then decided to pursue a career in counselling.

He said: "I had always been in the service industry, working as a firefighter and a personal trainer, so I saw my personality as wanting to help people."

After completing diplomas in coaching, counselling and psychology, John decided to start his business, *The Relationship Guy*, in July 2020.

John added: "I am helping people to find healthy, intimate relationships and understand the space where they come from to choose the right type of person."

The Relationship Guy is available on well-known streaming platforms, with a new episode released weekly. Find out more at www.johnkennycoaching.com





News from HERTFORD TOWN COUNCIL



Hertford has been buzzing this summer thanks to the reopening of many town centre businesses, as well as the return of a number of events for the community. Hertford residents and visitors have been able to attend a variety of events on the Hertford Castle lawn and across the town centre, thanks to the Hertford Town Council events programme.

There have been some old favourites, such as Cars at the Castle, the Food and Drink Festival, town centre trails and the Hertford Play Day, along with some new exciting events, including a health and wellbeing event, the open air theatre and a live music event. Guests have been treated to live music, live theatre, fitness classes, sporting events and a whole selection of delicious food and drinks.

Still to come this summer is the open air cinema on August 27, showing *Moana* and *The Lion King* during the day, as well as *Moulin Rouge* in the evening. The Heritage Day is back on September 12, where guests will have the opportunity to become a real-life Viking, wielding a bow and arrow at the archery workshop. Plus, you can see falconry displays and



hear fascinating storytelling. The castle will open its doors for the first time since 2019 for the Castle Open Day and tours will be available (restrictions and safety measures will apply, including pre-booked slots).

The new Town Centre Summer Holiday Trail runs from August 21 to September 4. Children and families can search for the knitted seaside characters in the shops across the town centre. Pick up a leaflet at the Hertford Town and Tourist Information Centre. Thanks to the Secret Society of Hertford Crafters for once again providing the amazing creations for the children to find.

MP praises vaccination effort

Julie Marson, MP for Hertford and Stortford, has applauded the latest data from the local vaccination effort.

Data published on the NHS website shows that across Julie's constituency, 81,869 first doses have been administered, while 65,043 people have had their second jabs.

All adults in England are now able to book their coronavirus vaccinations.

NHS data shows that around three in four adults aged 18-24 in Hertford and Stortford have had their first dose of a COVID-19 vaccination.

Commenting on the news, Julie said: "Our local vaccination effort has been one of the best in the country, consistently being in the top 15 per cent of English constituencies for doses administered."

"I am incredibly proud of every professional and volunteer who has taken part in this huge effort. I will be taking the time to thank them all in due course."



"Around three-quarters of young people in our area have had their first jab now, so we are getting there."

"Every jab helps to curb transmission and prevent serious illness so, if you haven't already, please book your jab quickly."

To book your vaccine, visit www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/

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ONE MAN WENT TO MOW

We cherish our gardens for the freshness, variety and life they bring to our homes, but a bit of cultivated creativity can add a whole new level of interest to your luscious lawn.

PERFECT PATTERNS

You can achieve the most wonderful lawn patterns simply by adding a striping kit to your lawnmower. This bends the blades of grass, meaning that stripes can be achieved by leaning the grass towards or away from the eye.

THREE OR MORE STEPS TO HEAVEN

From stepping stones to a mosaic path, breaking up your lawn with a decorative stone or wooden walkway will give it personality and depth, as well as preventing the gradual wearing away of grass marking out the path to the shed.

SIMPLY SOLAR

Give your lawn light and radiance, even when the nights begin to draw in, with a selection of solar lights which can be inserted into the beds around the perimeter.

WILDLIFE

Section off a quiet part of your lawn in order to create your own mini wildflower meadow. Plants and grasses such as cowslip, red clover, hoary plantain and birds-foot trefoil can be bought from garden centres and will add a rustic feel to your garden, where plants and insects can thrive.

MAIN FEATURE

A water feature will bring extra life to a lawn, as well as providing an audible, gentle backdrop to days spent in the garden. The hard work is in the installation, but with a variety of traditional and contemporary features, coming in all shapes and sizes, you can quickly bring extra interest to your lawn space.

STONE THE CROWS

Finally, how about making a focal point out of large rocks, an old tree trunk or some scattered driftwood as an artistic feature on your lawn? Not only will your garden space have abounding personality, but you'll also be encouraging natural life into the various nooks and crannies.



GARDENING



Lie of THE LAND

If you are a first-time land buyer, the process of picking the right plot can be more than a little daunting. In fact, it can be completely terrifying.

Fortunately, our land-buying guide will help you every step of the way.

📍 DETERMINE YOUR MOTIVE

Think about why you want to buy land. Do you see it as a better investment than stocks and shares? Are you looking to build your forever home? Or perhaps you're seeking a smallholding (a piece of land of less than 50 acres) so that you can become more self-sufficient?

📍 SEARCH DIFFERENT TYPES OF LAND

Development land can be either a greenfield or a brownfield site, with the former never having been built on before and the latter having either been built on or having buildings on it. Each is subject to different planning requirements.

📍 RESEARCH THE MARKET

In the same way that you would check out the local property market if you were buying a house, you need to research the land-buying market in your preferred areas. Land values can range from £5,000 to £15,000 per acre, so you need to find out what is a reasonable price to pay for a piece of land before committing.

📍 SEARCH FOR THE BEST DEALS

The land market is plentiful, so you will have lots of choice when it comes to finding the perfect plot. Plotfinder.com is the UK's leading land-finding service, but you can also try land auctions if you are prepared to move quickly.

📍 HIRE A CHARTERED SURVEYOR

You should always hire a chartered surveyor to inspect a plot of land before you make a purchase. They will be able to establish which category the ground is and whether it is fit to build on. They will check for risk of flooding, pollution and subsidence.



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I PREDICT A RIOT

FROM BUILD-A-BEAR TO THE NUTELLA PANIC, THESE ARE THE MOST EPIC CONSUMER RAMPAGES EVER

When consumers get a taste for a retail trend, there's every chance that seemingly sane people will transform into bloodthirsty consumers.

While it happens every year with Black Friday and January sales, here are four other occasions when people have stopped at nothing to get their hands on a cherished prize.

THE FRENCH NUTELLA PANIC

It was a seemingly average 2018 before French supermarket Intermarché decided to slap a 70 per cent discount on Nutella. Cue a stampede for the spread, reminiscent of a situation four years previously where a hike in the price of hazelnuts caused similar stampedes across the UK. Nutty!

THE BUILD-A-BEAR BOOM

Thursday, July 12, 2018, will forever be known as the Build-A-Bear day of mayhem. An initiative that invited customers to "pay their age" meant a top-of-

the-range bear could be purchased for well below the usual price point of around £50.

Yet they reckoned without the devotion of a younger audience, leading to stores being overrun, queues of up to four hours and police being called. What's more, the exercise turned out to be wholly unprofitable for the chain.

TESCO'S BEER BONANZA

A computer error back in 2012 meant that instead of discounting two cases of beer by £4 at the checkout, the booze was costing £4 in total. It took the retailer hours to fix the error as shoppers across the country performed relays in emptying the shelves.

AND WHO CAN FORGET THE 2020 TOILET ROLL HUNT?

As COVID-19 gripped the world in the spring of 2020, so too did a strange perception that this global pandemic would see us imprisoned in our bathrooms. As early toilet roll fanatics bought up large stocks of paper, so too did others in fear of supplies being exhausted. Thankfully, normality was resumed within a few weeks.



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Enforcing Judgments

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What happens once you have finally evicted your tenants?
What do you do about the money they left owing?



Rossanna Yarleque, (LLB Hons), Senior Litigation Paralegal

The good news is that the money judgment is initially valid for six years (but can be renewed to remain valid), so you may decide that you want to let the dust settle before trying to recover any monies owed to you.

Once you have decided that you want to proceed, it is sensible to firstly undertake some due diligence – Did they have high value possessions? Did the tenant have a guarantor? If there was a guarantor and judgment was also awarded against them, then you can enforce the judgment against them personally for the debt left by the tenant. If there was no guarantor and little is known about the tenant, then there is the option to undertake an asset and address trace. This way you not only find where they are now residing but also whether enforcement would be worthwhile.

There are then several options open to you, the most common of which are:

- If you know where they are working, you could enforce the judgment via an attachment of earnings where an amount set by the court would be deducted from their salary.
- If you have their bank details, you could apply to the court to freeze their bank account, however, do bear in mind that there is no way of knowing how much is in the account or choosing which day the account is frozen.
- If you have their new address you could send enforcement agents who would attempt to seize goods up to the value of the debt outstanding. Vehicles on the premises owned by the debtor could also be seized and sold at auction (providing they are free of finance).

Trying to recover money owed by your previous tenant is not an easy task and can be not only time consuming but also a stressful process. As always, it is advisable to speak with a professional to ensure the most cost-effective route is pursued.

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CAR TRAVEL *etiquette*

THE SIX RULES PASSENGERS MUST OBEY ON LONG JOURNEYS

Whether setting off for a jaunt across the middle of America or simply on a work trip up the A1, it's important to recognise the hidden hierarchy that exists when it comes to car journey etiquette.

While our top six rules are all slightly tongue-in-cheek, we can all probably pick out times when we've heard the person behind the wheel pull rank.

THE HEAT IS RISING

It's a confidant – and possibly rude – passenger who starts messing with a car's climate control. Sit tight and sweat it out... it's still better than walking.

DRIVER DJ

From the minute you leave to the second you arrive, the soundtrack of your journey is deemed to be in the hands of the person behind the wheel. If you are graced with the opportunity to "put something else on", choose decisively and wisely.

IT'S A CAR, NOT A BIN

One for the kids – whether chocolate bar wrappers, Happy Meal toys or poorly mopped-up orange squash, there is nothing that angers a driver more than finding his or her car resembling a bin lorry at the end of a long trip.

FREE PETROL

Contributing towards petrol is usually something that's laid out before a journey starts, but if this hasn't been discussed and you find yourself pulling up at your destination, it's usually polite to offer.

THANKS FOR THE RIDE

Gratitude costs nothing, and a simple 'thank you' to the driver will make him or her feel that much better about themselves after suffering half an hour of you bemoaning Arsenal's recent woes.

THE FEET TREAT

Your pinkies should always be kept out of sight and in the footwell (there's a clue in the name). Raising them to the height of the dashboard – and leaving them there – is a one-way ticket to taking the bus next time.



DIY COLOURED CHALK



A low-cost summer activity that kids of all ages love, why not save yourself the trouble of hitting the shops and make your own super-sized coloured chalk that is perfect for using on the pavement, exterior walls and anywhere else your kids fancy getting crafty? Don't worry, it will all wash off in the rain.

YOU WILL NEED:

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

HOW TO MAKE:

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

OTHER CHALK CREATIONS TO MAKE AT HOME:

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.





Filling up is the easiest way to spend money – simply holding down a lever and watching the money tick by. But could we be costing ourselves even more by having too much or too little petrol or diesel in our tank?

The quick answer is yes.

Scientists have found that driving around with low levels of fuel can be bad for the preservation of performance. At these levels, the debris and accumulated gunk in the tank has more chance of being ingested into the filter when it drops below the pump intake level.

Conflictingly, while having a full tank may give you a feeling of power and motoring potential, the weight of the fuel can end up costing you more, since that same additional weight requires more power to lug it around.

The general recommendation is to try to keep your tank above a quarter full at all times, and not beyond three-quarters. Within this range you're

protecting the cleanliness of the tank while not overloading it with excessive weight.

Of course, if you have genuine focus on optimising fuel cost and efficiency, you're probably already looking at the dawning of the greener fuels era, which could be heading to our fuel station forecourts as early as next year.

Transport Secretary Grant Shapps recently unveiled plans to introduce E10 as the standard grade at pumps in the UK. The current E5 petrol contains five per cent bioethanol; by embracing a minimum 10 per cent renewable energy ratio within the fuel, it is expected we will reduce CO₂ emissions by 750,000 tonnes per year – that's the equivalent of taking 350,000 cars off the road. And while an estimated 600,000 vehicles won't be compatible with the fuel, these concerted efforts to continue to reduce the nation's carbon emissions have been welcomed by environmental campaigners.

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BRITAIN'S GREATEST SPORTING MOMENTS...

Super Saturday: LONDON 2012 OLYMPICS

Each month, we look at some of the most significant events in British sporting history. Proving that good things really do come in threes, we recall Super Saturday at the London 2012 Olympics.

August 4 always had the potential to be one of the defining days of the London 2012 Olympics.

Of course, Team GB had a memorable campaign anyway, accumulating a total of 65 medals, 29 of them gold. But sometimes events come together to produce a compilation of such exhilarating determination, skill and sporting endeavour, that a nation feels truly united.

And so it was at the Olympic Stadium on the first weekend of August when, within a 45-minute period, three British athletes wrote themselves into sporting folklore.

First up was Greg Rutherford in the long jump. The toiling set of leaps eventually ended with him setting a benchmark of 8.31m – one that nearest rival, Mitchell Watt of Australia, couldn't better.

Jessica Ennis-Hill then stepped up in the 800m. The Brit needed victory in the event to take heptathlon gold and led from the start. Having dropped to third by the time the final straight

emerged, she powered home to the roar of a deafening crowd, and gold was secured at 9.02pm.

Confirmation of Rutherford's gold came at 9.24pm, and with the Brit still soaking up the applause from his winning jump, Mo Farah tore past the bell on the final lap of his 10,000m run. Leading into the bend, he powered away from the pack to land the ultimate middle-distance prize – Olympic gold.

Farah's achievement came at 9.42pm. It was an evening – 42 minutes, in fact – of athletics that will never be forgotten and, perhaps, never bettered.



Looking back on when we first met...



SPORT



HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1-0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2-0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2-1.

Southgate's confidence in his stubborn 5-3-2 formation was upheld in every game. When he switched to a 4-3-3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

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PUZZLES & TRIVIA

PUZZLES

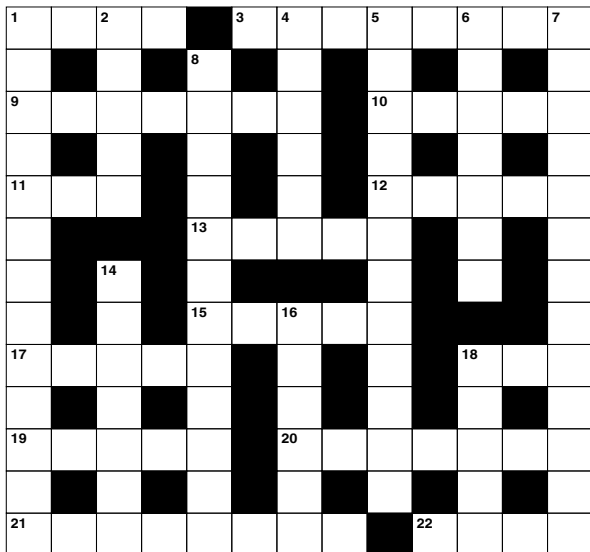
Answers: see end of The VISION Listings

ACROSS

1. Bog (4)
3. Difficulties (8)
9. Settled oneself comfortably (7)
10. Flower part (5)
11. Cook in hot oil (3)
12. Mother-of-pearl (5)
13. Name of a book (5)
15. Drives out from a place (5)
17. Up to the time when (5)
18. Cereal plant (3)
19. Mental impressions (5)
20. Not tidy (7)
21. Mobster (8)
22. Young kangaroo (4)

DOWN

1. Making (13)
2. Tarnished (of a metal object) (5)
4. Least polite (6)
5. Efficient (12)
6. Anticipates (7)
7. Obviously (4-9)
8. Decomposition by a current (12)
14. Among (7)



16. Safe (6)
18. Lover of Juliet (5)

DID YOU KNOW?

► As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes

► In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree

► When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin

► Cucumbers are made up of around 96 per cent water, making them the food with the highest water content

► A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'

► Almonds are actually seeds, although many people classify them as nuts

SUDOKU

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| | | | 5 | | 4 | | | |



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