

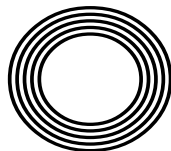
**RONALDO
RETURNS TO
THE PREMIER
LEAGUE**

Anton Du Beke
Waltzing onto the Strictly
judging panel

CELEBRATING 50 YEARS
of Walt Disney World in Florida

Emma
RADUCANU

The tennis star writing her name in the history books



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OCTOBER 2021

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hertford. It's occurred to me this month how funny it is that we often don't notice what's right under our noses.

Recently, I visited a local business - a client of two years - to drop off copies of **VISION**. While we were having a chat, the owner said to me: "Did you used to live in Mawney Road?" I said yes, and it turns out he used to have a bathroom shop and refitted my parents' bathroom when I was a child. It's amazing the connections you can have without even realising it.

I also recently visited the Epping Ongar Railway. It was like taking a step back in time. After my visit, the vintage bus dropped me off at the stop right outside my house, which I didn't even realise was there. It was great to explore this local gem and

I'd encourage others to do the same - you never know what you might discover.

Things are coming back to life in the business world, with the change of seasons heralding the promise of a new start even as we head into the darker months. Together with this has come a slew of invitations to weddings, gatherings and events. Let's hope that hospitality venues can now begin to recover and we can all look forward to spending more time with friends and family.

Brett Shohet

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A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridaday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929.

With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career.

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC

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Beer beauty

Why not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

Beer facial mask – to promote younger-looking skin

You will need: ½ tsp beer | 1 egg white | 1 drop of almond extract

How to make: Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

Beer nail soak – to strengthen brittle nails

You will need: 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

How to make: Mix all the ingredients together | Dip your nails in the solution for 15–20 minutes | Repeat two or three times a week.

Beer foot soak – to soften hard skin

You will need: A bowl of warm water | Half a bottle of beer

How to make: Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10–15 minutes | Dry your feet and apply foot lotion.

Beer hair rinse – to repair damaged hair follicles

You will need: 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

How to make: Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

Beer bubble bath – to soften and smooth skin

You will need: An olive-based liquid soap | Half a cup of beer

How to make: Mix the soap with the beer and add to running water | Soak for as long as you like.

Top tip: For optimum results, use an organic beer.

HOWDY COWGIRL

Spotting at Saint Laurent and Isabel Marant, not to mention worn by the likes of Kendall Jenner and fashion influencer Camille Charrière, cowboy boots are definitely enjoying something of a renaissance this year. If you want to get the look, here's what you need to know:

DETERMINE YOUR BUDGET: As with any purchase, you first need to work out what you can afford. Fortunately, you can find cowboy boots to suit any budget, with prices ranging from £30 to more than £1,000.

PICK A STYLE: Cowboy boots come in countless different styles, which, although good for finding the perfect pair, can make the search process a little daunting. Consider the length of the shaft, the height of the heel, the toe style and the material of the sole when selecting your boots. You should also think about when you want to wear them – are you looking for an everyday style or an extravagant pair to wear to parties?

SELECT A MATERIAL: The most popular material for cowboy boots is calfskin leather, although you can find boots made out of leather from goats, bovine, snakeskin, alligators and even ostrich. For vegans, you can find cowboy boots that are made from artificial materials such as polyurethane.

CHOOSE A COLOUR: You can purchase cowboy boots in every colour under the sun, so you are guaranteed to be able to find a pair to complement your style. If you want your boots to go with almost anything in your wardrobe, opt for brown, black or tan, or, if you want to stand out from the crowd, choose a brighter colour such as purple or red.

CONSIDER EMBELLISHMENTS: The small details matter when it comes to choosing the perfect pair of cowboy boots, so make sure you consider fringe, rhinestones, stitching and inlays.

STYLE TIPS:

- > Nearly all cowboy boot styles match well with blue or black jeans
- > If you wear short dresses or shorts, choose a boot that stands lower on your leg
- > High- or low-standing boots look good with skinny jeans or leggings
- > Cowboy boots can be worn by men and women, with women's boots tending to have a narrower heel and a taller arch.





RED ALERT

CANCER SIGNS YOU SHOULD NEVER IGNORE

EXCESSIVE FATIGUE: There are many things that can cause tiredness, from stress to low iron levels to depression. But sudden and excessive exhaustion could point to something more serious as cancer steals your body's nutrients for its own growth.

SUDDEN BRUISING: Even if you're a bit of a klutz, you wouldn't experience the kind of excessive and unusual bruising that is caused by various blood cancers – particularly if they are in places you are unlikely to bump.

PAIN THAT DOESN'T GO AWAY: Whether it's a pounding headache that never seems to relent or an aching stomach that returns after every meal, it's definitely worth getting checked out.

SKIN CHANGES: We associate breast cancer with finding a lump, but discolouring, dimpling and changes to the size and colour of the nipple can also indicate that something is amiss. Similarly, you shouldn't wait until a mole has become itchy or uncomfortable before getting it checked out; asymmetry, sudden growth and colour changes are all potential signs of skin cancer.

UNUSUAL TOILET ACTIVITY: Excessive urination, frequent constipation or diarrhoea and blood in the stools or urine are all symptoms that ought to be checked by a doctor.

CHRONIC COUGHING OR DIFFICULTY SWALLOWING: Obviously, these are also signs of a common cold or other respiratory illness, but if you have a dry cough or what feels like a lump in your throat for more than two weeks, seek further advice.

ABNORMAL PERIODS OR BLOATING: From heavier bleeding or periods that are suddenly more random to bloating that never ceases, these are the kinds of irregularities that could indicate cervical, uterine or ovarian cancer.



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WHAT ARE pelvic floor EXERCISES?



Your pelvic floor acts as a sling between the pubic bone and the coccyx. Pelvic floor muscles support your spine and your abdominal muscles, as well as your bowel and bladder. While pelvic floor exercises are often recommended for women, men can also experience the benefits.

They can help you combat different conditions, including urinary incontinence, painful sex and weakened muscles following pregnancy. For women, pelvic floor exercises can also strengthen your pelvic floor before childbirth, and are generally recommended by midwives from the time you find out you're pregnant.

Doing pelvic floor exercises three times a day can help you see results in just a few weeks. Women after birth should discuss with their doctor when it's okay to resume the exercises.

Pelvic floor exercises include the following:

KEGEL EXERCISES: You can work out which are your pelvic floor muscles by stopping your urine stream mid-flow and feeling which muscles are working. To work these muscles, contract them for five seconds and then release. You can repeat this up to 10 times each time you do it.

SPLIT TABLE TOP: A basic move that can work your pelvic floor to help keep it strong.

1. Lie on your back, with your feet flat on the floor and your knees up. Your arms should be out to the sides, palms facing up.
2. Tighten your core and ensure your thighs are touching.
3. Separate your legs outward towards the floor to a position that's comfortable for you.
4. Raise your legs back up slowly to their starting position, maintaining core stability.
5. Do three sets of 10.

BIRD DOG: Bird dogs are ideal for toning abs, glutes, back and shoulders, benefiting your core and your pelvic floor.

1. On the floor, get onto all fours in a table top position.
2. Tighten your core and draw your shoulder blades down.
3. At the same time, extend your left arm and right leg, keeping everything else in a neutral position, including your head and neck. Hold for up to five seconds.
4. Using your core to support you and maintain balance, return to your starting position. Repeat using the opposite arm and leg.
5. Complete three sets of 10 reps.

Other exercises to help strengthen your pelvic floor include **SQUATS** and **GLUTE BRIDGES**.

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Are you SUFFERING with SAD?

Although many of us feel a little less happy-go-lucky during the winter months, it is estimated that one in three people suffers with seasonal affective disorder (SAD). So what exactly is SAD and how do you know if you are affected? Let's take a closer look.

WHAT IS SAD?

SAD is a form of depression that comes and goes in seasonal patterns. It is often referred to as the 'winter depression', and people who suffer with this condition tend to see their symptoms worsen during the darker, colder months of the year.

WHAT ARE THE SYMPTOMS OF SAD?

There are many symptoms associated with SAD and you may experience only a few or all of them. The most common symptoms include:

- > A persistent low mood
- > A lack of energy
- > Sleeping for longer periods of time
- > Struggling to get up in the morning
- > A loss of interest or pleasure in normal everyday activities
- > Craving carbohydrates and other stodgy foods.
- > Irritability
- > Feelings of despair, guilt and/or worthlessness
- > Sleeping during the day
- > Weight gain

WHAT CAUSES SAD?

Although the exact cause of SAD is not fully understood, the main theory is that the lack of sunlight during the winter months stops the hypothalamus in the brain from working properly, which may affect:

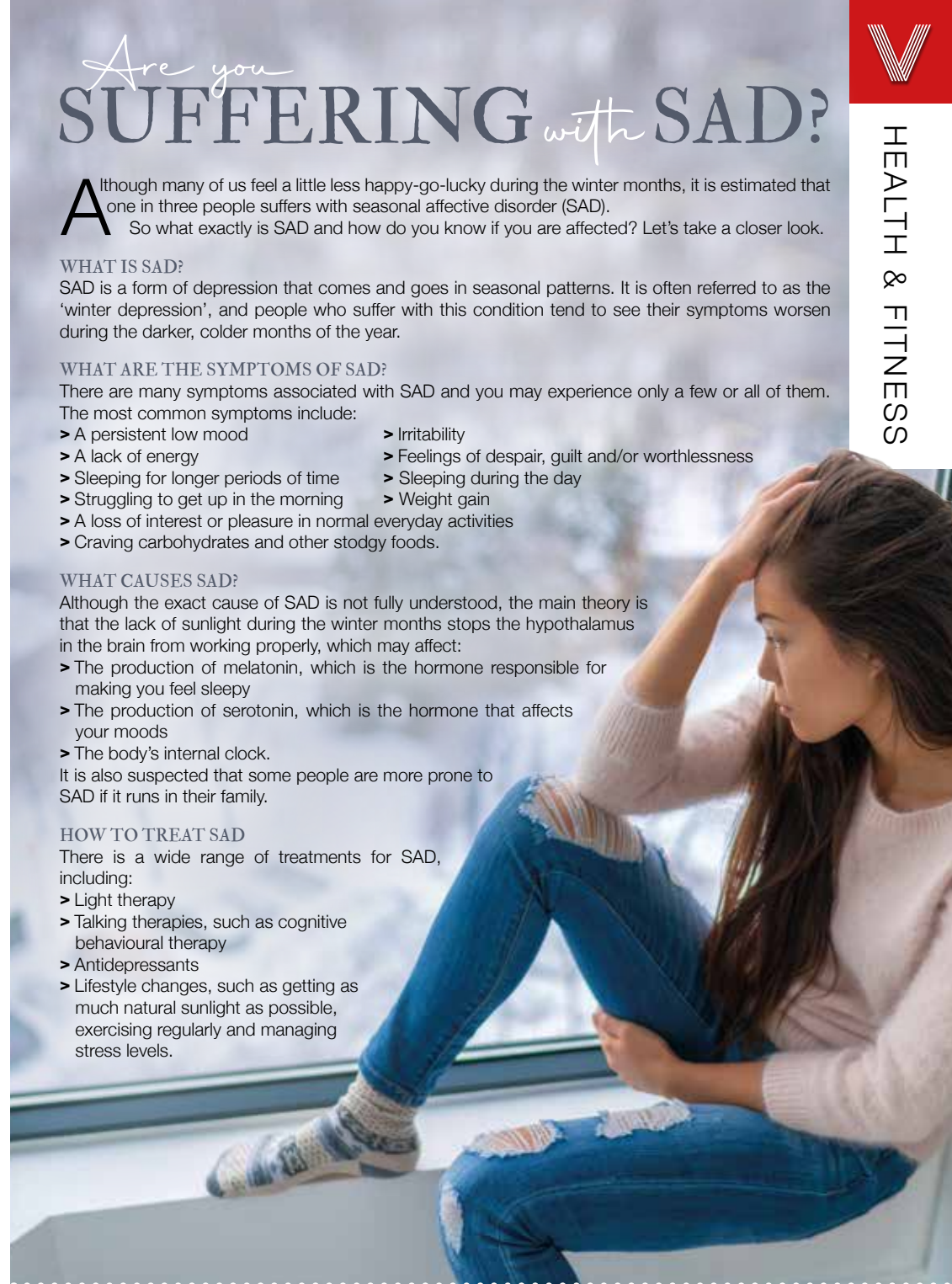
- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

It is also suspected that some people are more prone to SAD if it runs in their family.

HOW TO TREAT SAD

There is a wide range of treatments for SAD, including:

- > Light therapy
- > Talking therapies, such as cognitive behavioural therapy
- > Antidepressants
- > Lifestyle changes, such as getting as much natural sunlight as possible, exercising regularly and managing stress levels.



UNUSUAL FRUIT OF THE MONTH:

Atemoya



If you like piña colodas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol.

Atemoyas are also very high in vitamin C, with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good. For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.



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PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

THE MUMMY

A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

WITCHES' FINGERS

If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



Photo credit: familyfreshmeals.com

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5 ALTERNATIVE USES FOR HAND

sanitiser

If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

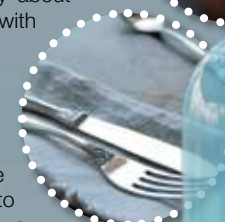
1. TO CLEAN YOUR EYE/SUNGLASSES

Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.



2. TO POLISH SILVER

Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.



3. TO CLEAN YOUR KEYBOARD

Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.



4. TO REMOVE STAINS

If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.



5. TO REMOVE STICKER OR GLUE REMAINS

Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20–30 minutes, then rub the surface firmly until the glue comes off.



HOME & DIY



Find your FLOORING

Are you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

CARPET: Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

PORCELAIN TILES: Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

SOLID TIMBER: Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

LAMINATE: Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

LINO AND VINYL: Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

CERAMIC TILES: Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

LUXURY VINYL TILE (LVT): A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.



MODERN CLASSICISM:

Making the old new again



Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classic touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

Use accessories to add detail: One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

Make your dining table an inspiring centrepiece: The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

Create texture without expensive architecture: Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

Don't forget the natural details: While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.

Photo credit: Unsplash under Creative Commons, @leathomewithemma, @Nailuzzi



RADUCANU



TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock

LOCAL NEWS

from your neighbourhood

Council's free castle event brings local history to life



As part of a country-wide event celebrating local history, Hertford Town Council (HTC) held a free medieval heritage event last month.

To mark Heritage Open Days, HTC organised the event at Hertford Castle on Sunday, September 12. There were a variety of displays, demonstrations, stalls and performances on the castle lawn. A main arena also provided free entertainment, including falconry flying displays, storytelling and re-enactments.

Surrounding the performance arena was an array of stalls, including historical craft activities, archery and bracelet making, as well as refreshments.

In addition to the activities on offer, Hertford Castle was open to the public free of charge.

Councillor Jane Sartin, chairman of the HTC's Development and Leisure Committee, said: "There was lots going on to bring history to life and to entertain and inform people of all ages. This was the first time the castle has been open to visitors since 2019, and it was wonderful to have the Friends of Hertford Castle back leading small tours."

HTC also thanked Longmores Solicitors for kindly sponsoring the event.

Driver banned after causing £50k worth of damage

A driver from Chelmsford who caused £50,000 worth of damage to a car wash in Hertford has been banned from driving for 12 months.

Friat Sengul, 37, of Roland Close, Chelmsford, wrote off his car after attempting to avoid a congested exit from a McDonald's in Hertford.

He told a probation officer that the forecourt of McDonald's in Stanstead Road was busy, so he decided to exit through the neighbouring BP garage.

Prosecutor Katie Mustard told St Albans Crown Court on September 14 that Sengul got stuck in the car wash and tried to reverse out, causing serious damage.

She said: "The entirety of the machine needed to be replaced. It was out of action for six weeks. The repair bill was £52,558."

Ms Mustard said the offence was committed under the influence of alcohol. In the car, the police found £1,305 in cash, three mobile phones, a bottle of vodka and a bottle of wine.

Sengul appeared for sentencing, having pleaded guilty to causing criminal damage on November 15, 2017. He had 16 previous convictions for 28 offences.

Sengul was given an eight-month jail sentence suspended for 18 months and he must carry out 120 hours' unpaid work and complete 15 days' rehabilitation.

The judge banned him from driving for 12 months and said he must pay £5,000 in compensation, with the £1,305 found by the police to count as part-payment.

Police release images after bikes stolen in burglary

Officers investigating a burglary in Hertford have recently released images of two men they would like to speak to for help with their enquiries.

On Saturday, July 17, six bicycles – including electric bikes and road bikes – were stolen from Highway Cycles in Hartham Lane, Hertford, along with chargers and batteries.

Officers would like to speak with the people pictured as it is believed they may have information that could assist the investigation. Please contact PC Norman at laura.norman@herts.police.uk

You can also report information by filling out the online reporting form at www.herts.police.uk/report or speaking to an operator via the online web chat at herts.police.uk/contact

You can also call 101 or contact Crimestoppers anonymously on 0800 555 111.

Please quote crime reference 41/54859/21.



Comedienne runs virtual London Marathon

A Hertford comedienne has run the virtual London Marathon to raise vital funds for inclusive theatre company, Chickenshed, which is based in north London.

On Sunday, October 3, Sara Louise Aston took on the 26-mile challenge, along with thousands of other keen runners. Limited spaces as a result of the COVID-19 pandemic meant that Sara couldn't do the marathon in London, but instead ran 26 miles around Hertford and Ware.

This is the second time Sara has completed the marathon, after previously taking it on back in 2018.

After finishing the race, she tweeted: "This picture [above right] was at 5.45am. Who knew my arms would go numb at mile 18 and I would cry behind my sunglasses from frustration and pain? But I completed

the London Marathon."

Before the marathon, Sara said: "When I visited Chickenshed in 2018, I was so impressed with the whole set-up, the history and the fact it relies on people like me to fundraise for it as it isn't government funded.

"These factors showed what a fantastically valuable charity it is to the students, volunteers and to the public.

"Theatre is a chance to get lost in another world and the pandemic has proved we need to support those other worlds to keep us positive and appreciative."

So far, Sara has raised £417, nearly double her original target of £250, but you can still donate by searching 'Sara Louise Aston' on www.virginmoneygiving.com/giving/



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The Blues endure miserable start to season

Hertford Town FC have not got off to the best of starts in the Southern League Division One Central as they still search for their first win of the season, losing seven and drawing one.

There has also been an early exit from the FA Cup in the preliminary round stages at the hands of Little Oakley, who beat Hertford in a replay away from home.

September kicked off with the Blues being on the wrong end of a five-goal thriller, with Bedford Town winning 3-2, and it was a similar story a few days later

against Kempston, this time coming on the wrong end of a seven-goal thriller.

Two more defeats came against Colney Heath and Berkhamsted, both by two goals to nil.

The disappointing form leaves Hertford bottom of the table, and the only side who have yet to pick up a win all season.

The club will be hoping their fortunes will turn around, with two home games before the end of October, coming against Barton Rovers and Thame United.

Subways given a bright new outlook

The London Road and St Andrew Street subways in Hertford have been given a new lease of life, thanks to artwork created by residents.

For the second year running, pupils from Richard Hale School, Simon Balle All-through School and The Sele School have created artworks for a series of frames running throughout the London Road subway.

Also undergoing a makeover was the subway at St Andrew Street, with members of the community of all ages producing a wide range of art styles.

The crative initiative is part of Hertfordshire County Council's (HCC) Local Transport Plan to encourage and promote active travel options, such as walking.

Councillor Bob Deering, Mayor of Hertford and cabinet member for resources and performance at HCC, said: "Providing attractive places to walk



encourages more active travel and helps to protect the environment, so a big thank you to the students and residents whose creations are brightening up these very popular walkways."



News from HERTFORD TOWN COUNCIL



Hertford Town Council has organised two new free trails for children and families to enjoy this October half term. Starting on Saturday, October 23, visitors can search the Spooky Trail for special characters in the town centre, or explore the magic of the Autumn Trail in the castle grounds.



Trail maps can be collected from the Hertford Town and Tourist Information Centre, or downloaded from go.hertford.co.uk

Remembrance Sunday Parade
Hertford Town Council is pleased to announce that the parade and memorial service will go ahead as normal on Sunday, November 14. The parade will muster at the War Memorial at approximately 10.45am, with the service starting at approximately 10.50am. The parade will move on shortly after 11am. Should government guidelines necessitate, any changes to this event will be communicated via www.hertford.gov.uk

Hertford Castle Autumn Trail, sponsored by Johnson & Co Estates
You are invited to follow the free Autumn Trail through the picturesque castle grounds (open 6.30am to 7pm), uncovering the treasures of autumn hidden around the ancient trees, flower gardens and castle walls. With support from local businesses, organisations and charities, this free outdoor activity will help all ages reconnect with nature during half term.

Spooky Town Centre Half Term Trail, sponsored by Lanes Estate Agents
Hertford Town Council has once again joined forces with the Secret Society of Hertford Crafters to provide this free themed trail for children to enjoy. Crafted spooky characters will be hiding in shop windows around the town centre. Match the characters for a chance to win a prize.

Business wins big award



A business in Hertford has been named as one of the winners of the Hertfordshire Business Champions 2021. Office Fox is a technology supplier based in Hertford and has entered the awards for the past four years, reaching the final on every occasion. This year, it was delighted to have won.

Speaking to **VISION**Hertford, David Warrington, client services director, said: "We were all really overwhelmed and very happy after all of the work that's been put in. Each year, we have been working to be a better business and we are now starting to see the rewards.

"But this is just the start; Office Fox is growing and increasing its client base and so we will be competing with other businesses in our sector aggressively, as now we know what is needed to take the top spot.

"I'd like to thank the Office Fox team for the efforts over the last 18 months, which has been a challenging time for everyone, but we are emerging out of the other side as a far stronger and smarter unit. We are not finished yet by a long stretch."

For more information, visit www.officefox.co.uk



Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?
If the answer is yes, a raised bed garden is the perfect solution for you.

fabric, plastic tarp or canvas.
What can I grow in raised beds?
You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- What are the benefits of raised bed gardens?**
- > Better drainage
 - > Enhanced root health
 - > Easier to manage
 - > You can match the soil to your plants
 - > Improved access for people with mobility issues
 - > Tidier than a standard veg plot
 - > More vigorous growth.

- > Shallow root veg 12-18 inches:**
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > Medium root veg 18-24 inches**
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > Deep root veg 24-36+ inches**
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

How to create a raised bed garden
In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.

HOW TO SPRUCE UP YOUR AILING GARDEN USING OLD CAR TYRES

They're the tired, grubby, worn-out relics of thousands of miles on the road and seemingly only good for releasing plumes of dirty smoke into the atmosphere. Yet car tyres could have a second life beyond the wheel if the growing emergence of them as a clever, original and even attractive addition to our gardens is set to continue. And the good news is, they cost virtually nothing.

For most types of car tyre, you may want to paint, coat or treat them in order to improve appearance. Durable, non-toxic paints are available – these are waterproof and won't crack, and can be sprayed or applied with a brush.

Once you do that, you'll find a whole world of possibilities, including:

HANGING CONTAINERS

Suspended from a wall with a small amount of earth in the bottom and some drainage holes, these containers allow light to get to the plant, and by choosing ivy, jasmine or clematis, greenery can spill out to make a unique feature.

CHAIRS

Simply use a tyre as the seat for a chair or go the whole hog with arms and a backrest too. Either way, these versatile pieces of rubber are definitely more comfortable than seating yourself on a block of unforgiving wood.

FLOOR PLANTERS

Forget expensive plant pots or complicated wooden bordering – tyres act as the perfect decorative surround for flowers.

OBSTACLE COURSE

For kids of all ages, tyres can provide balancing lengths to negotiate – you'll even be assured of a soft landing should they lose their footing.

RAISED WALL

If being creative with living matter is a step too far, just consider the effectiveness of a good old-fashioned tyre wall. You may never have thought about constructing one in your garden, but you can add colour and decoration aplenty.

Photo credit: architectureanddesigns.com, dailyideas.com, eXpo seshutterstock.com

Build a bug hotel

Whether you are looking for a green-fingered activity for you and your kids to enjoy together or you want to provide a safe haven for local wildlife, a bug hotel is the perfect autumn project for your garden.

WHAT YOU WILL NEED:

You can pick and choose from this list depending on what you have the easiest access to.

Wooden pallets | Strips of wood | Straw | Moss | Dry leaves | Woodchips | Old clay pots, bricks, roofing tiles or logs | Bark | Pine cones | Soil | Roofing felt | Any other natural materials you can find

HOW TO BUILD:

Step 1: Choose your location: Ideally, your bug hotel needs to be on level and firm ground so that the structure remains intact. Depending on whether you pick a sunny or a moist spot, you will attract different residents. Woodlice, frogs and toads are drawn to cool, damp conditions, whereas bees, butterflies and ladybirds love the sun.

Step 2: Build the framework: If you want to build a large hotel, wooden pallets are ideal as they are sturdy and already have gaps. Start by laying some bricks on the ground as corners and then add three or four layers of pallets. You can secure these together with nails or with wood glue if you are using smaller pieces of wood.

Step 3: Fill the gaps: Insects and other wildlife love nooks and crannies, as well as cosy beds, so now is the time to fill the gaps with materials such as bark, dry leaves, straw, tiles and sticks.

Step 4: Add a roof: Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some old planks of wood that are covered in roofing felt are ideal for this.

Step 5: Plant flowers: If you want to attract butterflies, bees and other pollinators, surround your bug hotel with nectar-rich flowers and herbs such as wisteria and lavender.

WHY YOU SHOULD BE AWARE OF GAZUMPING

Buying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

WHAT IS GAZUMPING?

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

IS GAZUMPING LEGAL?

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

1. LINE UP A SURVEYOR

Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.

2. OBTAIN A MORTGAGE IN PRINCIPLE

If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.

3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET

As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.

4. GET A LOCK-IN AGREEMENT

A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.



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What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct
- > Increases employee retention rates

- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.



HAUNTED

HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places?

From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

PLUCKLEY KENT

Named the most haunted village in England by the *Guinness Book of Records*, Pluckley is believed to be home to between 12 and 16 ghosts. With terrifying hotspots including Fright Corner and the Screaming Woods, you are guaranteed to come away with your nerves shot to pieces.

PENDLE LANCASHIRE

If witches are more your thing than spooks, then this is the Halloween destination for you. In 1612, 12 local residents were charged with murder by witchcraft, with 10 being sent to the gallows. Fast forward to 2021 and you can follow in their fatal footsteps by booking into the Walking with Witches Trail.

ST GEORGE-IN-THE-EAST LONDON

Interested in Jack the Ripper? Although most of Whitechapel has been renovated beyond recognition, in the shadows of the St George-in-the-East Church stands a derelict shed that was once a mortuary. Jack the Ripper's third known victim was brought to this very spot for identification.

THE JAMAICA INN BOLVENTOR, CORNWALL

Fancy a fright with your favourite tipple? This eerie inn will not disappoint. It previously featured on the popular TV programme *Most Haunted* and the episode was described as one of the most terrifying to date. If you are brave enough to stay here, expect to hear strange voices in the night, among other spine-tingling sounds.

CONWY NORTH WALES

This walled market town is dominated by a brooding 13th-century castle that is believed to be haunted by a cloaked figure, a horseman and what has been described as a 'phosphorescent ghostly cat'. This chilling castle is said to be so terrifying that visitors flee from it even in the daylight.

PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead?

With many designs to choose from and ideas to suit all ages, see our favourites below.

FRANKENSTEIN PUMPKIN

YOU WILL NEED: Green, black and white acrylic paint | A paintbrush

HOW TO MAKE: Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



SPIDERWEB PUMPKIN

YOU WILL NEED: White and black acrylic paint | 1 large paintbrush | 1 small paintbrush

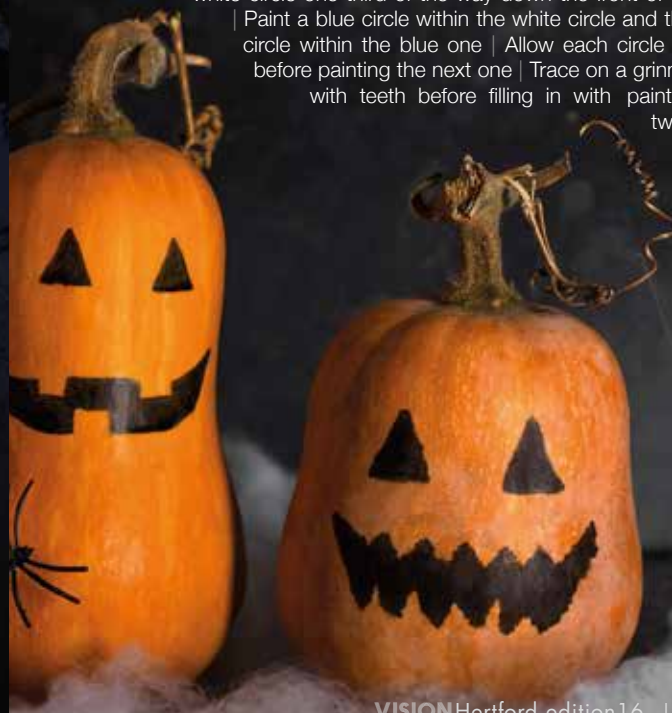
HOW TO MAKE: Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



MONSTERS INC PUMPKIN

YOU WILL NEED: Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue

HOW TO MAKE: Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.





PLATING UP

If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.

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Music TO OUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

The iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.

Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

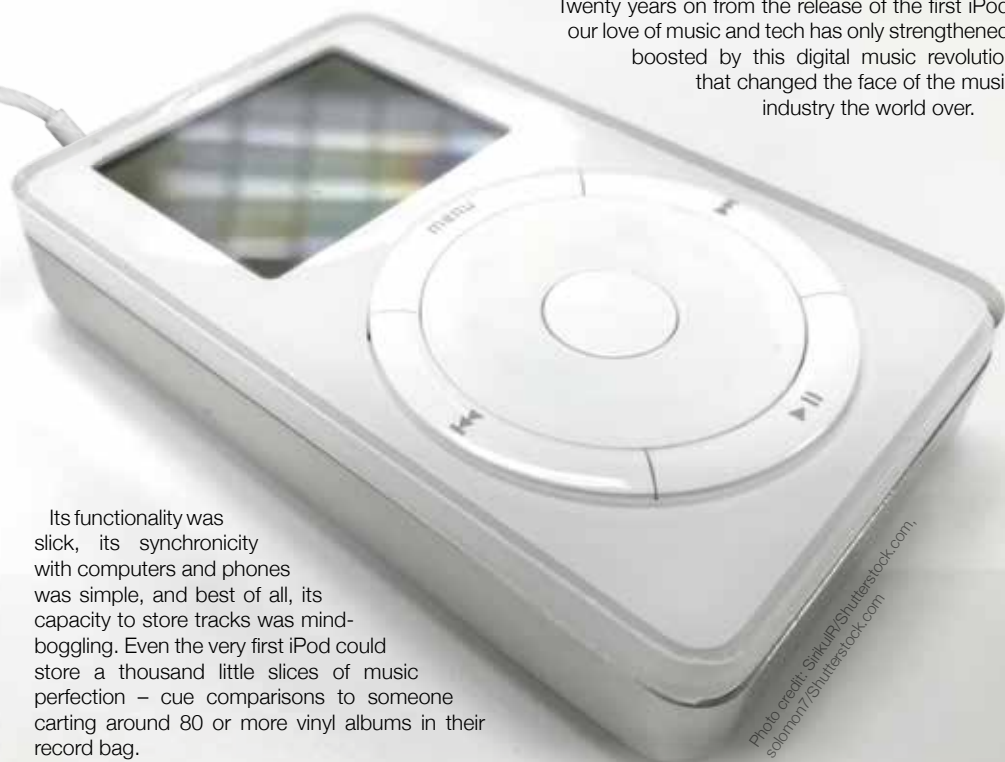


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COMETH The hour

Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

Photo credit: Matt West/Shutterstock





SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

THE BARONESS

CELEBRATING THE FIRST
PARALYMPIC TRIUMPHS OF MANY
IN THE LIFE OF BARONESS TANNI
GREY-THOMPSON DBE, DL



There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.

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PUZZLES & TRIVIA

PUZZLES

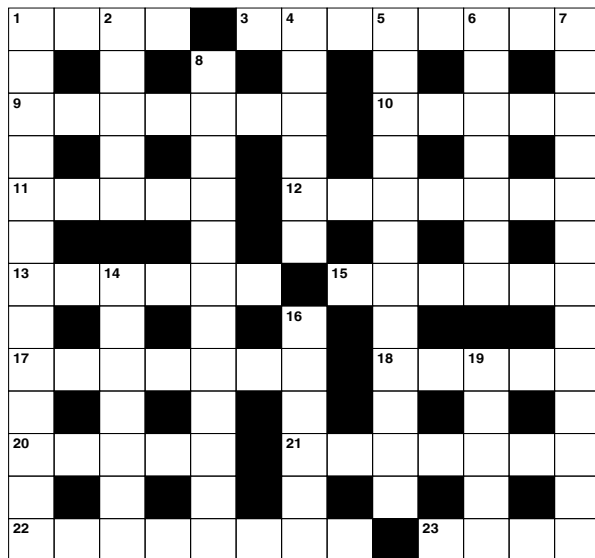
Answers: see end of The VISION Listings

ACROSS

1. Four-wheeled vehicles (4)
3. Vessel for molten metal (8)
9. One of the planets (7)
10. Shadow (5)
11. Raves (5)
12. Undoing a knot (7)
13. Room attached to a church (6)
15. Bow and arrow expert (6)
17. Nasal opening (7)
18. Smallest quantity (5)
20. Where one finds Rome (5)
21. Turned over; became very angry (7)
22. Gibberish (8)
23. Wet with condensation (4)

DOWN

1. Violation (13)
2. Become ready to eat (of fruit) (5)
4. Expressing regret (6)
5. Circle amount (anag) (12)
6. Infantile (7)
7. In an inflated manner (13)
8. Short tale told to children (7,5)



14. Support or strengthen (7)
15. Common edible fruit (5)
16. Fissures (6)

DID YOU KNOW?

► It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green

► It's estimated that there are more Indian restaurants in the UK than there are in Mumbai

► In 2015, NASA astronauts on the International Space Station sampled outredgeous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten

► It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted

► Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out

► White potatoes are around 80 per cent water.

SUDOKU

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

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