

A portrait of Susanna Reid, a woman with long brown hair, smiling and wearing a red lace dress. The background is a mix of white and light pink.

**MEET THE  
WORLD'S  
LARGEST  
DINOSAUR**

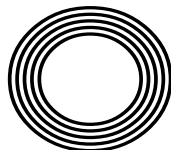
**SPRING REFRESH**  
Tips for the season

*Celebrating the life of*  
**JOHN MOTSON OBE**

**COBALT BLUE**  
*How to wear the on-trend colour*

**SUSANNA REID**

Breakfast TV presenter celebrates 20 years on screen



**FREE**

Photo credit: ITV/Nicky Johnston/  
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## FIVE REASONS TO CHOOSE FITTED FURNITURE



Fitted furniture may not be the first option that springs to mind when you're thinking of updating your home, but for many, it's the best option to maximise space, increase storage and create a look that feels true to you.

Here are a few reasons why it might just be right for you, from Sliderobes – the fitted furniture experts.

### 1 Extra storage

Inside a fitted wardrobe, you can add however many shelves, drawers and rails you need to hold your belongings – whereas with standard wardrobes, you're limited to the one rail or shelf that it comes with. Sliderobes fitted solutions typically go from floor to ceiling, making the most of the height in your room, as well as the depth. Fitted options also don't have to have a back panel that creates a gap between the wardrobe and the wall, wasting space.



### 2 It's designed specifically for you, your taste and your lifestyle

People often don't realise just how bespoke their fitted furniture can be. Sliderobes has a collection of colours, materials and finishes to choose from. How the wardrobe looks is your decision, right down to the door handles. Sliderobes designers learn about your preferences and use their knowledge of trends and styles to help you make the right design choices.



### 3 Well made and is long lasting

With forty years of experience, Sliderobes knows a thing or two about quality to ensure your furniture stands the test of time and we're so confident in that, that we offer a 10 year guarantee. And, instead of you sitting down with an instruction manual and screwdriver, with Sliderobes, your piece will be installed by a professional fitter.

### 4 Suitable for every room in your home and any awkward spaces

Fitted furniture works in any room in the home, from built-in media units in the living room to integrated home office shelving. It can also be designed around features like slopes, alcoves, chimney breasts or beams in our homes that create pockets of wasted space.

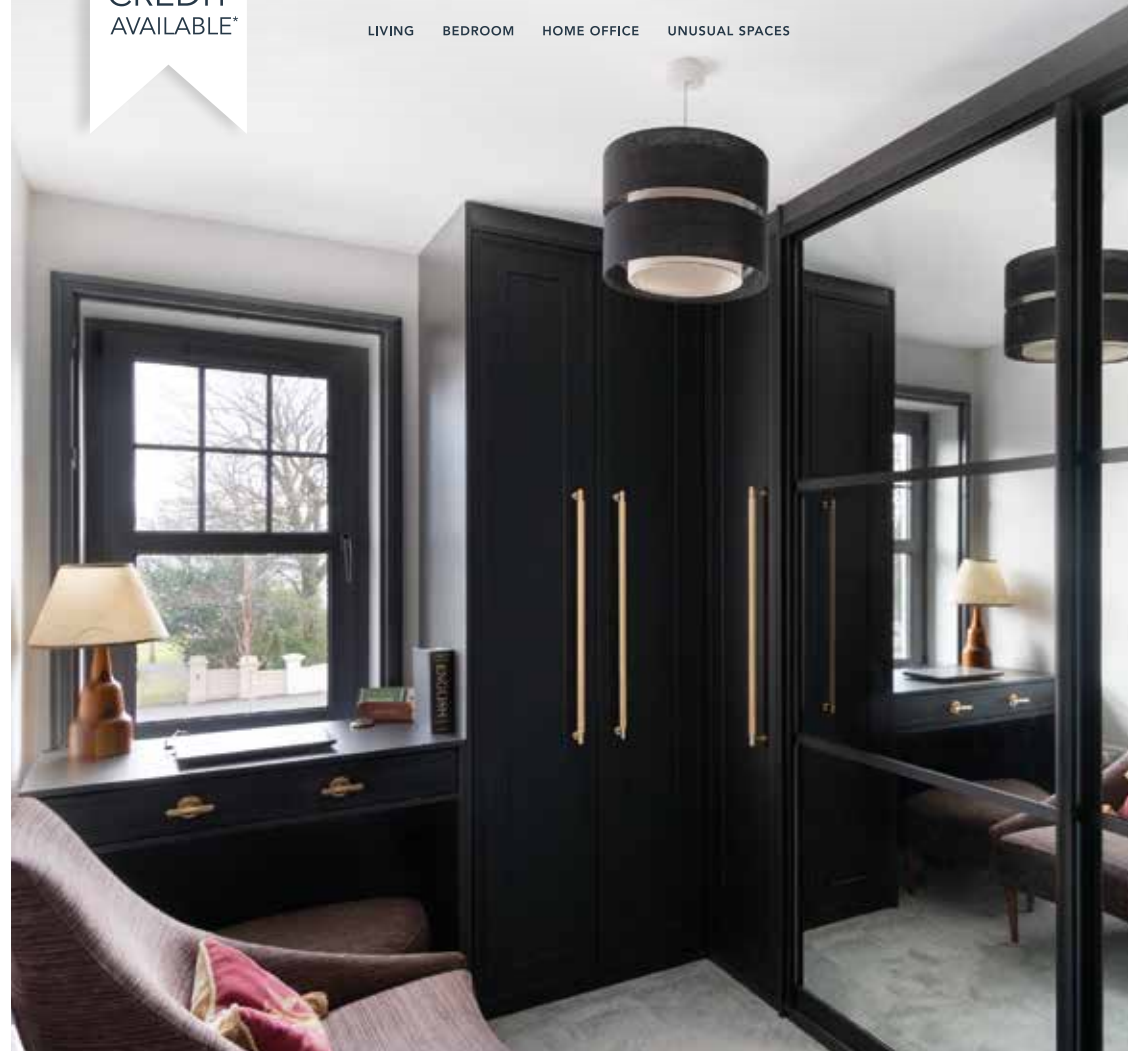
### 5 It's an investment that can add value to your home

Fitted furniture is an investment but one that is so worth it, as you won't have to replace it as frequently. And if you're planning to sell your property, your fitted furniture can be an attraction, as storage space is a premium that prospective homebuyers are willing to pay for.

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APRIL 2023

# Editor's notes...



Brett Shohet, Editor

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

It amazes me how small the world is and how we are all connected, especially when I am out and about. For example, I have known one of my contacts for ages and he has a famous comedian in his family, along with another contact who used to be a drummer for The Clash.

We just all seem to be more connected, especially with the six degrees of separation with social media and platforms like **VISION**.

I am consistently looking for ways to invest in our communities and support local businesses. To aid in our mission to do so, I recently

purchased an established business exhibition. The event will be held in Hertfordshire in October and is sponsored by London Stansted Airport. It will feature more than 60 stands and offers local businesses the chance to showcase their services. If you would like to know more, please contact me on the details below.

Finally, May 6 will see the coronation of King Charles III. There are many events being held to mark this historic occasion, and I'd encourage everyone to get involved with the celebrations.

*Brett Shohet*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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# THE VOICE OF FOOTBALL

## JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

**‘He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches’**

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.



# MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

*Life as the Biggest Dinosaur* is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit [www.nhm.ac.uk](http://www.nhm.ac.uk)

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# How to wear COBALT blue

Seen on catwalks in Paris, Milan, New York and London, cobalt blue is big news for spring 2023. A bold and beautiful colour that demands to be seen, here's how you can wear this stunning shade in five different ways.

### COLOUR CLASH

Cobalt blue has the unique ability to work well with almost all colours, including black, navy, white, beige, red, orange and green. Try adding an element of cobalt blue to a grey suit for understated elegance or grab attention by teaming it with yellow.

### TRY TONAL

If you love to layer, then rocking various shades of blue is the perfect look for you. Cobalt blue and pastel blue work wonderfully together, with the lighter shade softening your look and the cobalt blue acting as the highlight of your outfit.

### MAKE IT MONOCHROME

Alternatively, for a bold vibe, wear head to toe cobalt blue in the form of a trouser suit, jumpsuit or dress with matching shoes. This is a very slimming look, and you could even add some cobalt blue accessories.

### DENIM DELIGHT

Cobalt blue and denim are a match made in heaven, and there are so many stylish ways to mix these two trends together. Whether you pair a cobalt blue shirt with your favourite jeans or rock a denim skirt and cobalt blue boots, you can't go wrong with this perfect combination.

### ACCENT WITH ACCESSORIES

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.



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# GUIDE TO False eyelashes

**W**ould you love to have luscious lashes? While not everyone is born with long, fluttering eyelashes, you can fake it with some high-quality falsies.



**INDIVIDUAL** lashes are a great choice if you want a subtle boost to the fullness and length of your natural lashes. You can get individual packs of lashes in sets of 30-60 strands and in a wide variety of lengths. Apply each individual lash using a pair of tweezers or a lash applicator.



**CLUSTERS**, which are sometimes referred to as flares or accents, are ideal for those who do not want to apply a full strip of lashes. These can be strategically applied to create a number of different looks and are often used on the outside corners of the eyes to create a cat-eyed effect.



**STRIPS** are the most common type of false eyelashes and come as a horizontal band that you apply across your entire upper lash. With the ability to add drama and volume, full lash strips are typically applied with lash adhesive and tweezers.



**MAGNETIC** lashes are a relatively new addition to the world of false eyelashes, and are perfect for anyone who struggles with the gluing stage of the application process. Gentler on the skin and on your natural lashes, magnetic lashes can be easily applied with just magnetic eyeliner and a pair of tweezers.

**EXTENSIONS** are for if you want a fuller look all the time; they offer an effective and highly aesthetically pleasing solution. However, it is worth noting that eyelash extensions do not come cheap, and that regular maintenance is needed to keep them looking their best.

Photo credit: lolalashes.co.uk



# Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?

## LOOK AFTER YOUR HEART

Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.

## TAKE CARE OF YOUR DIGESTIVE SYSTEM

The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.

## AVOID TYPE 2 DIABETES

The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.

## IMPROVE YOUR WELLBEING

The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.

## BOOST YOUR ENERGY

The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

## NOT JUST FOR EATING

Try these unusual uses for bananas:

- > Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
- > Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
- > Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
- > Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.



## Luxury care in the heart of Harlow

Now open to viewings

We are delighted to announce the grand opening of The Jubilee Suite - our new luxury care suite situated within Abbot Care Home in Harlow, Essex.

Our new Jubilee Suite has been expertly designed with kindness, and dignity at its heart, providing person-centred nursing, residential and dementia care. With a variety of excellent facilities and spaces to enjoy, we welcome the people who live here to play an active part in everyday life – as we ensure activities, events and mealtimes are carefully tailored to the personal preferences of each individual.

Abbot Care Home is situated amongst peaceful open parkland and features beautiful, landscaped gardens. The people who live here enjoy a comfortable environment and benefit from the home-from-home atmosphere.

It is important to our team that we work as part of your family, as we plan in partnership whilst providing the same caring support that we would wish for our own loved ones to receive, whilst enjoying a life well-lived, each and every day.

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# WHY *Spring Cleaning* IS GOOD FOR YOU

It sounds like a line to make us splash out on new dusters and mops, or perhaps a government message to promote hygienic homes. But according to psychologists, cleaning our homes in spring really can boost our mental health.

First of all, most of us feel our energy levels increase as the days become brighter and longer. We want to pack away our winter clothes, get outdoors, and clean and reorganise our homes.

Many people find that cleaning their home makes them feel good and gives them a sense of mastery over the world around them. While many of us profess to hate housework, regularly cleaning your home is known to have positive effects.

"A lot of people do find cleaning to be very satisfying, but also to be a very good way of managing stress or anxiety," explains Dr Dawn Potter, a

clinical psychologist from Cleveland, USA.

When people are facing problems they can't solve or feel overwhelmed, she continues, cleaning can help restore a sense of control and calm.

Whether vacuuming your carpet wiping or your kitchen counter, household chores are also easy-to-achieve acts of mindfulness. While you're doing them, you naturally concentrate on the task and your worries take a back seat, at least for a while.

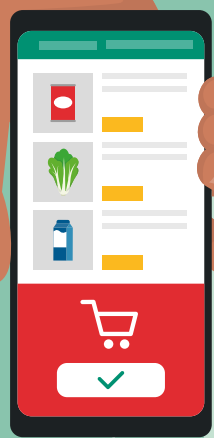
There are also more obvious benefits to keeping your home clean and tidy. Who doesn't want to wake up somewhere clean and bright – and return home to it at the end of the day? If you work from home, this is even more important.

On the flip side, if your home environment is a mess, it can make you lose confidence and feel unorganised.

So now you have no excuses. Roll up your sleeves, grab your Marigolds and get stuck in this spring.



# WASTE NOT *Want not!*



## THE BEST APPS TO CUT DOWN ON FOOD WASTE

The UK was responsible for 9.52 million tons of food waste in 2018 alone. If you are currently wasting a lot of food, then don't worry, it is never too late to turn things around.

Check out these top four apps that promise to help you cut down on food waste and save money in the process.



### TOO GOOD TO GO

One of the biggest causes of food waste is uneaten leftovers and unsold items in restaurant kitchens, fridges and cupboards. The Too Good To Go app looks to reduce this by inviting people to take advantage of unsold food at a highly reduced cost. Shops and restaurants sign up to the app and then sell bags of food based on what they have left at closing time. App users can then go and collect the food.

### OLIO

Olio allows you to access surplus food from other households in your local area. You can choose to either take a photo of any unwanted food that you have for your neighbours to collect, or you can search for surplus food for your own family. You can also become a Food Waste Hero by collecting unsold food from local businesses and listing it on the app.

### KARMA

The Karma app works in a similar way to Too Good To Go and allows you to purchase takeaway food at a highly discounted price. Once you are signed up, you can earn loyalty bonuses every time you place an order.

### NOSH

Nosh is an AI-based app that helps you to track the food you have in your own home. Users can view expiry and use-by dates all on one screen, and prioritise what items they need to eat first. You can also receive recipe recommendations and a suggested weekly shopping list based on your buying and wasting habits.







## A SLICE OF HISTORY

## Simnel Cake

There are some stories you wish were true – and the myth behind Simnel cake, the marzipan-covered fruitcake popular at Easter, is one of these.

Back in the mists of time, a certain Simon and Nelly apparently fell out while making a fruitcake. One said it should be boiled; the other wanted to bake it. After a squabble, they settled on using both cooking methods. The resulting cake was named after both of them.

Simnel cake dates back to the 17th century when live-in staff returned to their families around Lent, often bringing food with them. By the 19th century, Simnel cakes looked like the cakes we know today, complete with 11 balls of marzipan to represent Jesus' apostles – minus Judas, the traitor.

## INGREDIENTS:

**FOR THE CAKE:** 175g light brown soft sugar | 175g soft butter (plus extra for greasing) | 175g self-raising flour | 3 large eggs | 50g ground almonds | 3 tbsp milk | 200g mixed dried fruit | 100g glacé cherries, quartered | 2 tsp mixed spice powder

**FOR THE TOPPING:** 450g golden marzipan | 3 tbsp apricot jam | 1 egg, beaten

## HOW TO MAKE:

- > Preheat the oven to 160°C/Fan 140°C/Gas 3.
- > Grease a deep 20cm/8in cake tin and line it with baking paper.
- > Put all the cake ingredients into a large bowl and beat well.
- > Spoon half the mixture into the tin. Roll one-third of the marzipan into a 20cm/8in circle. Place it on top, then add the rest of the cake mixture.
- > Bake for 1.5-2 hours till golden brown.
- > Remove from the tin and cool.
- > Warm the apricot jam over a gentle heat on the hob before using to brush the top of the cake.
- > Roll half of the remaining marzipan into a circle, just bigger than the cake. Place it on top and crimp around the edges.
- > Make 11 balls from the remaining marzipan and place them around the edge of the cake.
- > Lightly brush the marzipan with the egg and grill carefully for about five minutes.

A SPRING REBOOT  
for your home

Spring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

**ADD A SPLASH OF COLOUR:** The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

**BRING IN THE GREEN:** Not the colour this time, but foliage. Think fresh flowers, potted plants and terrariums. If you want to be super-thrifty, a bunch of

wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

**LIGHT UP YOUR LIFE:** You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

**GET MOVING:** Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

*Above all, have fun!*







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## ALTERNATIVE USES FOR

# KITTY LITTER



HOME & DIY

If you have a feline friend, then chances are you always have a bag or two of cat litter in your cupboard. But did you know that this pet essential also has many other uses in the home?

### TO ABSORB ODOURS FROM SHOES

If you or anyone in your household suffers with smelly feet, then you may be interested to know that cat litter is highly effective at absorbing unpleasant odours. Simply sprinkle a small amount in the offending footwear, leave for 30 minutes and then pour out.

### TO MOISTURISE PLANTS

Cat litter is great at retaining moisture, which means it is perfect for use in the garden. When planting shrubs, trees or new flowers, add cat litter to the hole in the ground and then fill with soil. You can also use cat litter to keep houseplants hydrated.

### TO PREVENT SLIPPING ON ICE

Icy pathways and steps are incredibly hazardous, but can easily be remedied with just a sprinkling of cat litter. It is very similar to the grit that is used on roads; pour anywhere where you see ice to help prevent accidents.

### TO DRY FLOWERS

If you have some cut flowers that you would like to preserve, then all you need to do is place them in a tray of clean cat litter and then wait for all the moisture to be absorbed. Take note, this can take several days.

### TO SALVAGE A MOBILE PHONE

If you have dropped your phone in the bath – or worse, the toilet – then cat litter is even more effective than rice at stopping the liquid from getting into the device. Simply slide your phone into an old sock, fill with cat litter and leave for one or two days.







# Shake your POMPOM

Forget weird little pompom creatures with googly eyes; these fuzzy balls of fun have just got a whole lot cooler.

Pompoms have been decorating the tops of hats for centuries; even Vikings wore them. More recently, they've been spotted on the hats of soldiers, sailors, priests, and all manner of berets and beanies.

## How to make:

Traditionally, pompoms are made using two cardboard circles.

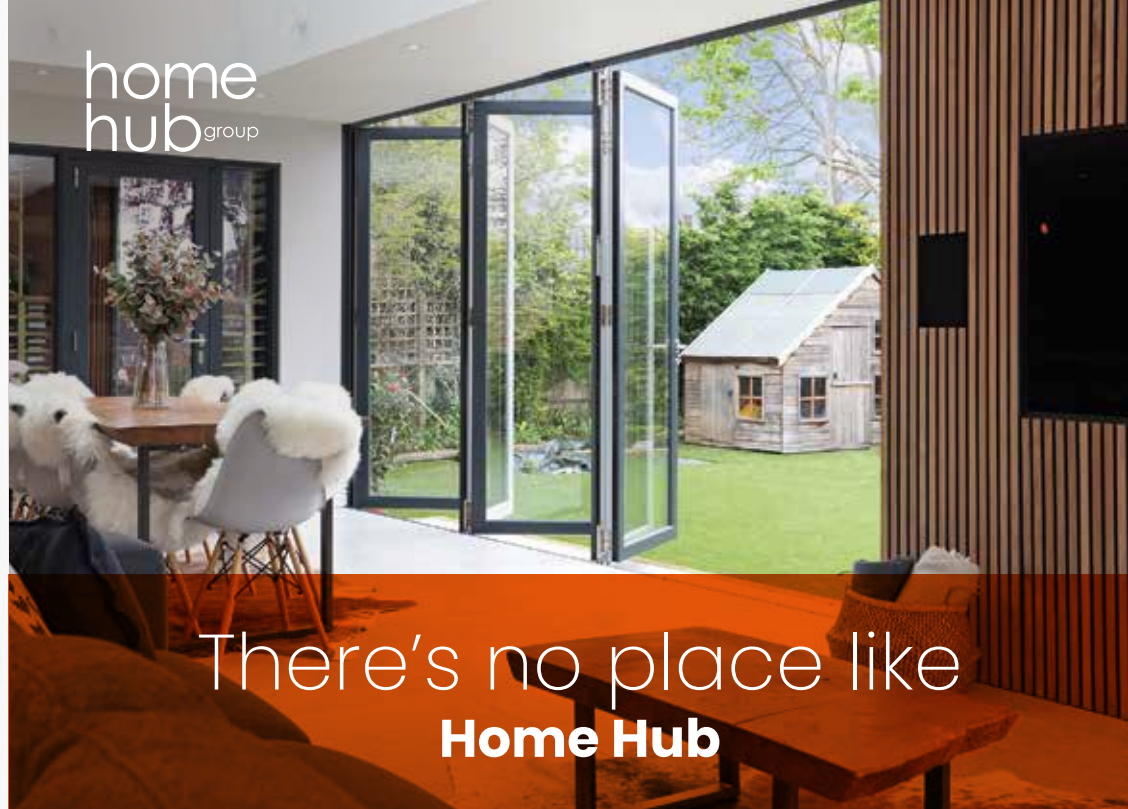
- For a 6cm diameter pompom, draw and cut out two cardboard circles, each 5.5cm diameter.
  - Then draw and cut a section out of the circles and cut a 2cm hole in the centres.
  - Place the two circles together.
  - Using long lengths of yarn, feed your yarn through the centre hole and wrap all the way around the edges of the circles and back up. Continue till the hole is nearly full.
  - Break the yarn, then push your scissors between the two circles from the outside edge and cut through the yarn all the way around.
  - Tie a length of yarn very tightly around the middle then remove the circles.
  - To finish, just give your pompom a neat haircut.
- To speed things up, get hold of some pompom makers from your local craft shop or online; they only cost a few pounds.

## Pompom ideas:

- Use your pompoms to create furry animal decorations – add googly eyes and even little ears and tails cut out of card
- Hang them on a key to make a keyring
- Make a pair of dangly earrings
- Thread them on a long piece of yarn to make a garland
- Sew a large pompom or three smaller ones onto the corners of a plain cushion
- Attach them around the top of a plain basket
- For some simple wall art, hang a few lengths of yarn from a piece of dowel and thread a few pompoms on each.

Photo credit: thehomesihavenmade.com

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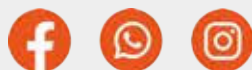
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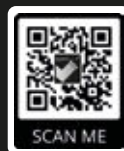
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*Morning.*  
**nune**  
*and night*



HOME & DIY



Bringing design influences from both sides of the Atlantic, nune is a collaboration between British designer Sheena Murphy and Canadian Tor Sauder, who run studios in London and New York respectively and create dreamy designs all over the world.

Known for subtle, clean designs that are full of light, their projects have a Scandinavian influence that is popular in many contemporary homes.

The designers state their work is "driven by the simple belief that thoughtful design contributes to wellbeing; we work to create comfortable, approachable spaces". Their style has a calming, pleasing aesthetic, and uses a lot of light colours paired with wooden accents and dashes of colour for a look that's modern but timeless.

Their style works in contemporary apartments and Victorian period properties, highlighting nune's talent for transforming spaces into liveable works of art.

### How to get the nune look

The great thing about the nune aesthetic is that it can be simple to create in your own home. Some great tips to refresh your space and embrace the nune style include:

- > Keep spaces light and airy by choosing lighter colours for your walls and flooring, like white, cream, beige and grey, and bring in black, grey and wooden accents to add some contrast.
- > Take a minimal approach. Add storage to hide clutter for spaces that are easy to maintain. This will also help to create a more calming environment.
- > Use abstract art to add touches of personality to your space. Finding artwork that complements your colour scheme can help keep the look simple but coordinated.
- > Use soft textures like fluffy or knitted cushions

and throws to add cosy vibes, ideal for making a home feel warmer during the colder months.

The nune style is an easy one to recreate in your own home and can be budget-friendly.



Photo credit: nunenune.com

# GOOD MORNING

from Susanna Reid

**LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS**

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”







# FROM YOUR AREA

## Plans for new 24-hour gym refused



Plans for a 24-hour gym at a former car showroom in Hertford have been refused.

A planning application to convert the building on Gascoyne Way was submitted in 2022 after earlier plans to convert the building into offices were approved in 2020, but the only interest came from PureGym.

The application was refused on March 29, with 64 objections submitted to East Herts Council.

Officers said: "Insufficient information has been provided to demonstrate that the proposal would not have an unacceptable impact upon neighbouring amenities with regards to noise impact.

"The proposal provides a shortfall of on-site vehicle parking provision, disabled parking provision, and safe and secure cycle parking provision.

"Insufficient information has been provided to demonstrate a net biodiversity gain on site, improvements to biodiversity, or to demonstrate how the development would comply with climate change and water saving policies."

A PureGym spokesperson said: "This is a shame as we are eager to bring our flexible, affordable fitness proposition to the people of Hertford. The town still remains a target location so we will keep an eye out for any future opportunities."

## Woman left with broken ribs following hit and run

Police have launched an appeal after a woman was hit by a car in Hertford.

The incident took place in Mill Road at the junction with Railway Street at around 2.20am on March 18.

It was reported that a dark-coloured Ford Fiesta, possibly a Mk6 model, mounted a kerb and struck a 28-year-old woman, knocking her to the ground and leaving her with bruising and two broken ribs. The vehicle, which contained two males, then made off.

A 20-year-old man from Welwyn Garden City was arrested on March 23 on suspicion of causing serious injury by dangerous driving and failing to stop after a road accident.

He remains on police bail while enquiries continue.

Anyone with information is asked to contact PC Amy Philpot by emailing amy.philpot@herts.police.uk quoting crime reference 41/22411/23 of March 18.

## Bank set to close this summer owing to lack of customers

A bank in Hertford is set to close this summer after it was reported that only four personal customers used the branch on a regular basis.

NatWest on Fore Street will close on August 15.

A NatWest leaflet online said that the Hertford branch was used by four personal customers on a regular basis in 2021.

A NatWest spokesperson said: "As with many industries, most of our customers are shifting to mobile and online banking, because it's faster and easier for people to manage their financial lives.

"We understand that digital solutions aren't right for everyone or every situation, and that when we close branches, we have to make sure no one is left behind.

"We take our responsibility seriously to support the people who face challenges in moving online, so we are investing to provide them with support and alternatives that work for them."



## JULIE MARSON MP

Hertford and Stortford



A big thank you to **VISION**Hertford for inviting me to write a regular column. I look forward to updating you on what I am doing for you and our community, both here and in Westminster too.

Improving the Rush Green roundabout remains a top priority. The traffic causes huge frustration to residents and there have also sadly been numerous traffic incidents. After lobbying both McDonald's and BP in Parliament, I secured a deal between the two of them to work together on a long-term solution. Though their progress on this plan has been frustratingly slow up until this point, there is finally some encouraging news. McDonald's and BP have now submitted a proposal to East Herts Council that is currently under review. I am really pleased we are getting somewhere and will continue to work with both companies and the council

to make sure this progress continues.

I was out and about catching up with our brilliant councillors in Hertford recently. They work hard for our community and local elections are coming up on May 4. A strong turnout is really important and it is vital people have their say.

To celebrate the coronation, I will be writing a card to His Majesty the King on behalf of our community. I recently ran a competition for children from Hertford and elsewhere across the constituency to design the cover. I love running these kinds of competitions and always have lots of fantastic entries – it can be difficult choosing the best.

Casework is by far one of the most important parts of my job as MP. I am here to help. Please do not hesitate to contact me at [julie.marson.mp@parliament.uk](mailto:julie.marson.mp@parliament.uk)

**WWW.JULIEMARSON.ORG.UK**





Be a part of it

## BSMB – The Next Chapter

**VISION** editor Brett Shohet has taken over the reins of a prestigious business exhibition in Bishop's Stortford.

Brett, owner of the B7 Media Group, is the new organiser of the Bishop's Stortford Means Business (BSMB) exhibition, which attracts more than 350 participants every year and has the slogan 'Be a part of it'.

Sponsored by London Stanstead Airport, BSMB dates back to 2001 and was founded to provide an opportunity for businesses large and small to present their goods and services to the community.

Speaking about why he decided to take over the exhibition, Brett said he will be continuing the ethos of the exhibition, bringing creative ideas to support both new and loyal exhibitors and encourage even more visitors to attend.



He said: "I am consistently looking for ways to invest in our communities and promote local businesses."

"This exhibition is the next step in expanding and growing the Vision brand and we are hoping to roll out

the exhibition to more areas in the future.

"In turn, this will help give local businesses the chance to promote and showcase their products and services."

Brett also wanted to express his gratitude to former organiser Robert Lee, who has been championing businesses across the community for more than 20 years.

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# YOUR LOCAL EVENTS

## COURTYARD OPEN EXHIBITION 2023

Courtyard Arts & Community Centre, Port Vale,  
Hertford, SG14 3AA  
Until Saturday, April 29



An open exhibition featuring work from both professional and amateur artists as selected by a panel of judges. There is a £200 prize for best in show.  
Find out more at [www.courtyardarts.org.uk](http://www.courtyardarts.org.uk)

## FUN LOVIN' CRIMINALS

Hertford Corn Exchange, 39 Fore Street,  
Hertford, SG14 1AL  
Thursday, April 27, 8pm

Fun Lovin' Criminals, who offer a blend of cinematic hip-hop, rock 'n' roll, blues-jazz and Latin-soul, will perform at the Corn Exchange this month.

The band's current line-up is Brian Fast Leiser on lead vocals, bass, keys, horns, harp and programming; Frank Benbini on drums, percussion and vocals; and Naim Cortazzi on guitar and vocals.

Tickets cost £22.50 and can be purchased from [www.cornexchangehertford.co.uk/whats-on/flc](http://www.cornexchangehertford.co.uk/whats-on/flc)

## FAUX FIGHTERS UK

Hertford Corn Exchange, 39 Fore Street,  
Hertford, SG14 1AL  
Saturday, April 29, 8pm

Faux Fighters will recreate the songs you love by Foo Fighters such as *Everlong*, *The Pretender*, *Best of You*, *Learn to Fly*, *Times Like These*, *My Hero*, *Monkey Wrench*, and many more.

Tickets are £12 in advance and can be bought from [www.cornexchangehertford.co.uk/whats-on/faux-](http://www.cornexchangehertford.co.uk/whats-on/faux-)

fighters or £14 on the door, subject to availability.

## KING'S CORONATION FESTIVAL

Hertford Castle, Castle Street, Hertford,  
SG14 1HR  
Sunday, May 7, 12pm – 4pm

To mark the historic occasion of the King's Coronation, visitors are invited to picnic on the lawn at Hertford Castle. This will be a free family-friendly event with a host of activities, including a castle open day, garden games, children's fancy dress competition, face painting, food and drink, live music and much more.

In the evening, celebrations will continue with a live broadcast in the castle grounds of the Coronation Concert taking place at Windsor Castle, bringing together global music icons and contemporary stars.

## HERTFORD SYMPHONY ORCHESTRA – THE SUN IN YOUR EYES

Drill Hall, Amwell End, Ware, SG12 9HP  
Saturday, May 20, 7.45pm

Hertford Symphony Orchestra will perform music including Beethoven *Leonore Overture No. 3* and Nielsen *Helios Overture*.

Tickets cost £17 for adults or £8 for students.

To find out more, call Hertford Tourist Information Centre on 01992 584322 or buy tickets online at [www.wegottickets.com/event/575435](http://www.wegottickets.com/event/575435)



Photo credit: Hertford Symphony Orchestra



WHAT'S ON





# Magnificent mansion's illustrious 500-year history

From a residence of royal opulence to a place for the people, here's a look at Hatfield House's exemplary history.

There are some buildings that simply take your breath away, no matter how often you see them.

Hatfield House, a magnificent Jacobean mansion, is arguably one of those – a stately home currently inhabited by the 7th Marquess and Marchioness of Salisbury that holds a rich history dating back to the 15th century, when it was built as the Royal Palace of Hatfield.

The original building was acquired by King Henry VIII in 1538 and served as a royal residence for his children, including the future Queen Elizabeth I.

In 1607, King James I exchanged Hatfield House with Robert Cecil, 1st Earl of Salisbury, for the more strategically located Theobalds estate. Cecil, a powerful statesman and adviser to Queen Elizabeth I and King James I, commissioned the construction of the current Hatfield House. The new residence was completed in 1611 under the guidance of master builder Robert Limbrick, who combined contemporary architectural design with traditional

features to create a striking Jacobean mansion.

Throughout the 17th and 18th centuries, Hatfield House was the centre of political and social life. It hosted numerous distinguished guests, including King Charles I and Queen Henrietta Maria. During the English Civil War, the house was occupied by Parliamentary forces, but it survived the conflict relatively unscathed.

Further adjustments to the grandeur of the main building were made in the centuries that followed, and in the past 100 years, the estate has taken on various roles that accentuate its vision as a base for the people. It opened to the public in 1949 and has subsequently hosted events, exhibitions and concerts.

As well offering as a number of experiences, from gin foraging to beekeeping, there's also a range of shops in the Stable Yard featuring unique goods you won't find on the high street, and the Coach House Kitchen serving breakfast, lunch and dinner.

Its vibrant history remains in its impressive collection of art, artifacts and furniture, providing a glimpse into the lives of the notable figures who have called Hatfield House their home.



## A guide to GARDEN OBELISKS

Looking for a simple way to add interest and style to your garden or patio area? Garden obelisks are one of the most versatile structures available and can be used effectively in any outdoor space, no matter how big or small.

### WHAT ARE GARDEN OBELISKS USED FOR?

Garden obelisks are commonly used to support flowering plants and can act as a stunning focal point in your garden. They are usually made of wood or metal, and are perfect for defining the entrance to your garden, adding an extra dynamic to a seating area or even placing in a conservatory to bring a touch of the outdoors in.

### TOP TIPS FOR ADDING OBELISKS TO YOUR GARDEN:

- > Make sure you place each one on a flat piece of ground
- > Bury the feet of the obelisk in the soil to prevent it from falling over
- > Opt for a larger size to accommodate growing plants
- > Hang bird feeders off an obelisk to attract birds
- > Place in a circular flowerbed to create a showstopping centrepiece

### BEST PLANTS TO GROW UP YOUR GARDEN OBELISK:

Clematis | Wisteria | Sweet peas | Star jasmine | Common ivy | Morning glory | Climbing roses

### HOW TO CHOOSE A GARDEN OBELISK:

When choosing a garden obelisk, there are several factors you need to consider:

1. Is it weather resistant?
2. Does it come pre-built or is construction required?
3. Is it the right height for your chosen plants?
4. Do you want a garden obelisk that is designed to rust for a more authentic look?
5. What type of finial do you want? (This is the decorative feature that sits on the top of the obelisk)

### WHERE TO BUY GARDEN OBELISKS:

While you can make your own garden obelisk, you will need a certain amount of DIY expertise and a number of tools to do so. Therefore, you may prefer to purchase one either online or in a store. Most garden centres offer a range of obelisks to choose from.



Photo credit: sarahavenloorn





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# Happy HEDGEHOG

Hedgehog numbers are in decline in the UK, so it has never been more important for us to take care of our prickly pals. Here's how you can look after the hedgehogs in your garden and keep them happy throughout the year.

them a boost after hibernation, while in summer and autumn, it will help them to build up fat reserves to survive the winter. During periods of hot and dry weather when natural resources are scarce, fresh water and food is even more important.

## WHAT DO HEDGEHOGS EAT?

If you want to encourage hedgehogs to visit your garden, then you can supplement their natural diet of worms, beetles, earwigs and caterpillars by leaving out food and fresh water. Some foods that hedgehogs enjoy are:

- > Tinned cat or dog food
- > Crushed dog or cat biscuits
- > Meat-based hedgehog food

If you notice very young hedgehogs in your garden (roughly apple-sized), then you need to soak any biscuits in water before leaving them out.

## WHAT SHOULD YOU NEVER FEED HEDGEHOGS?

You should never leave out milk or bread for hedgehogs as the former can cause diarrhoea and the latter is not very nutritious for these small mammals. Mealworms can also cause health problems when consumed in large quantities.

## WHEN TO FEED HEDGEHOGS IN YOUR GARDEN

It is a good idea to put food and water out for hedgehogs all year round. In spring, this will give



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SCAN ME





# DOGGY skincare

**DOES YOUR DOG HAVE A SKINCARE ROUTINE? HERE'S WHY SKINCARE IS SO IMPORTANT FOR YOUR DOG'S OVERALL HEALTH AND WELLBEING**

## WHAT ARE THE MOST COMMON CAUSES OF SKINCARE ISSUES IN DOGS?

Dogs are susceptible to many of the same skin problems as humans, and these are typically caused by the following: Poor nutrition | External allergies or bites | Parasite infections | Skin conditions such as seborrhoea | Food allergies | Bacterial infections

## HOW TO BUILD A SKINCARE ROUTINE FOR YOUR DOG

### Wash them regularly

On average, you should wash your dog once a week to preserve their skin and coat. However, this can vary depending on breed, with very active dogs requiring more frequent bathing. Always use two applications of shampoo: one to cleanse the coat and skin of dirt and old skin cells, and one that should be left on for 10-15 minutes, to penetrate the skin.

### Protect them from pests

Flea control is a must if you want to keep your dog's skin in optimal condition. Use flea prevention treatments all year round and visit your vet regularly for check-ups.

### Focus on good nutrition

The foundation of healthy skin is nutrition, so you need to make sure that your dog is getting a complete and well-balanced diet. You don't need to buy the most expensive dog food on the market; you only need to ensure that their diet fits their needs.

### Apply sun cream

Dogs can suffer with sunburn in the same way you can, especially those with short hair or light skin. Therefore, it is vital that you apply sun cream that is specially formulated for dogs during the warmer months of the year. You can also buy animal clothing that offers UV protection.



# AIRPORT Pro

**T**hey say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important. Here's our list of departure lounge dos and don'ts.

### DO relax

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

### DON'T stress about time

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

### DO refresh

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

### DON'T be excessive

Many people celebrate going on holiday by having a tippie or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens, you run the

risk of being turned away at the gate.

### DO organise hand luggage

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can carry up to two litres of liquids and large electrical items in cabin luggage as they go through security. London City Airport has already put this new technology in place, thereby reducing hassle for passengers.

### DON'T overdo the shopping

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.





# Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

1. **St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
2. **Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
3. **Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
4. **Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market town of Hexham came in fourth on the list.
5. **Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland, came second in Scotland and fifth overall owing to its sense of belonging.
6. **Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
7. **Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
8. **Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
9. **Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
10. **Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



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**D**o you reach for your trusty bottle of Calpol whenever your child shows the first signs of illness? If yes, you should know that there are alternatives to this popular painkiller.

**CHAMOMILE TEA**  
If your child is suffering with a headache, then a cup of chamomile tea can help to relieve pain and soothe them to sleep. Encourage them to take small sips and add a natural sweetener such as honey if they don't like the taste.

**COOL LAVENDER COMPRESS**  
For children with a temperature, a cool lavender compress can work wonders. Simply dip a cloth in cool (not cold) water with a few drops of lavender oil and then place on their head, chest or legs.


**WITCH HAZEL COMPRESS**  
Another effective natural remedy for headaches, a cold compress with a bit of witch hazel can be placed directly on the forehead for instant relief.

**TEA TREE OIL SPRAY**  
Tea tree oil has been proven to help the body fight off infections as it contains active bacteria-fighting chemicals known as terpenes. Fill a spray bottle with water, add a few drops of tea tree oil and spray around the room or directly onto their body to soothe any inflammation and reduce a high temperature.

**PLENTY OF REST**  
When your child is unwell, the most important thing to do is ensure that they have sufficient rest. Don't be afraid to let routine go out the window and allow your child to nap as and when they want to. If they have a headache, a dark and quiet room is a must.

**WHEN TO CALL YOUR GP:**

- ✓ If your child is under three months old and has a temperature of 38°C or higher
- ✓ If your child is between three and six months old and has a temperature of 39°C or higher
- ✓ If your child has other signs of illness, such as a rash
- ✓ If your child has a high temperature that has lasted for more than five days
- ✓ If your child is dehydrated.







# THE CAR'S THE STAR

SIX ICONIC CLASSIC CARS THAT WON'T COST YOU THE EARTH

While most of us assume the classic car arena is reserved exclusively for those whose sense of nostalgia is matched with astoundingly deep pockets, think again.

There are a number of iconic motors that, with a bit of research and a customary forecourt or driveway haggle, can be yours for much less than you may imagine.

## MBG GT/ROADSTER

Iconic in shape, and dating back to the 1960s, the Roadster comes in a hard- and soft-top. It was the motor that generations of future Ferraris were modelled on.

Incredibly, you can pick up a GT for a little more than £5,000.



## LAND ROVER DEFENDER

When Land Rover ceased production of the Defender back in 2016, the price of those remaining was expected to rocket, but it hasn't happened.

Instead, you can pick up this classic rural runaround for well under £10,000. The only warning will be that many may have lived a life of being slung around country roads and farms, and the repair bills can be punchy.

## FORD CAPRI

The Capri is a car whose shape was as cool and laidback as the person behind the wheel. Its influence was the Ford Mustang, and you can sense the muscle car behind this classic 1980s motor, which can be yours for a smidge over £10,000.

## PORSCHE 924

A Porsche for under £5,000? It's possible. While the 924 hasn't gone down in the motor annals as one for the purists, this mid-80s master still looks incredible, and the pop-up headlamps are a thing of beauty.

## SAAB 900 TURBO

They say you don't know a Saab until you've driven a Saab, and this classic model, the 900, can find its way onto your driveway for as little as £4,000.

Sleek, solid and Swedish – it's a classic motor from a classic era.



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# RIVALRY

*on the River*

Every year, on the last Sunday in March or the first Sunday in April, two of Britain's most prestigious universities battle it out in a gruelling 4.2-mile Boat Race along the Thames.

On March 26 this year, the eight Cambridge men plus a coxswain were first across the finishing line and now have 85 victories compared with Oxford's 81. Only once has there been a dead heat – back in 1877.

**WHY ALL THE FUSS?** The Boat Race is a symbol of fierce academic and sporting rivalry between the two universities. It's also a tough test of strength, endurance and strategy. Rowers spend months ensuring they're at peak mental and physical fitness on race day.

The Boat Race is also steeped in history and tradition. The first event was held in 1829 and has been held almost every year since, except during the First and Second World Wars and the COVID-19 pandemic in 2020.

Watching the race live makes an exciting and low-cost day out, and every year thousands of people line the riverbank and stand on the bridges to watch the event.

**WHAT'S THE ROUTE?** The race starts at Putney Bridge and the teams navigate several bridges, including Hammersmith Bridge and Barnes Bridge, before reaching the finish line at Chiswick Bridge.

One of the most challenging parts of the course is the stretch of the river known as the Tideway, near the Houses of Parliament and the London Eye. This part of the river is subject to strong currents and tidal changes, making rowing difficult.

**IS IT JUST FOR MEN?** Not anymore. The first women's race was held in 1964, and since 2015 the women's course has been identical to the men's. That said, the men's race is still the one that makes the headlines. This year saw the Cambridge women win the Boat Race, marking their sixth straight win.

Photo credit: Nordin Galic via Cambridge University Twitter, The Boat Race Twitter



# Picasso

...BEST ARTIST EVER?



Pablo Picasso, who died 50 years ago this month at the age of 91, wasn't just a painter. He was also a sculptor, printmaker, ceramicist, stage designer and writer. At times, he was almost as famous for his complicated love life as his art – and the many women in his life played a massive role in his art.

Picasso was born in Malaga, southern Spain, in 1881. In 1904, aged just 23, he moved to Paris. The French capital was the centre of avant-garde art – experimental art that challenged the norms of the time.

Picasso produced so much work that art historians have divided it into eight categories. The best-known is Cubism, which Picasso co-invented with fellow artist Georges Braque around 1910. Cubism involves painting an object from lots of different angles and combining them into the same picture.

Between the two world wars, Picasso became heavily involved in the Surrealism movement, made famous by artists like Salvador Dali. In 1937, during the Spanish Civil War, Picasso was commissioned by the Republican government to paint one of his most famous works. The mural, *Guernica*, which includes images of fallen soldiers and injured horses, symbolises the pointlessness of war.

It's subjective as to whether Picasso is the best artist ever. His technical skills were as good as anyone's – he could produce paintings like old masters while still in his teens. But what's certain is that no one in the 20th century influenced art quite like he did.



**DID YOU KNOW?**

- Picasso's iconic striped t-shirt was designed by Coco Chanel
- His full name is actually 23 words long: Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso
- He produced 47,800 works of art in his 78-year career
- His father was an art professor
- In 2005, his painting *Le Rêve* sold for \$155million.

Photo credit: (Malaga Museum)



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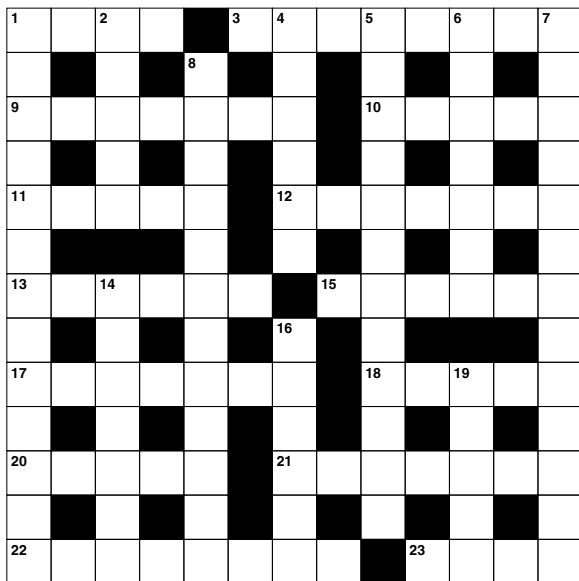
# PUZZLES & TRIVIA

## ACROSS

1. Liability (4)
3. Heated exchange of views (8)
9. Free a ship from her moorings (4,3)
10. Opposite of below (5)
11. Device used to connect to the internet (5)
12. Pulls back from (7)
13. Bird with yellow and black plumage (6)
15. Seem (6)
17. In the place of (7)
18. Head monk of an abbey (5)
20. Embed; type of filling (5)
21. West Indian musical style (7)
22. Gibberish (8)
23. Verge (4)

## DOWN

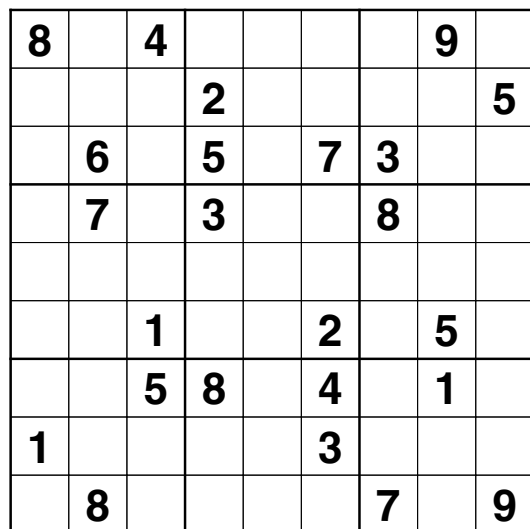
1. Decay (13)
2. Beads (anag) (5)
4. Implement change (6)
5. Intolerable (12)
6. Passionate (7)
7. Hidden store of valuables (8,5)
8. Preservative chemical (12)
14. Pancreatic hormone (7)
16. Official proclamations (6)
19. Animal that uses two legs for walking (5)



## DID YOU KNOW?

- ▶ One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- ▶ The sunset on Mars appears blue.
- ▶ Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- ▶ There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- ▶ Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- ▶ One day on Venus is longer than one year on Earth.

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