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The dynamic duo back on top

HARRY STYLES

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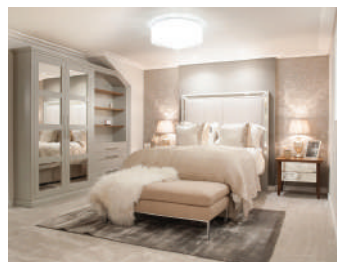
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Vision Magazine Essex

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Editor's notes...



Nik Allen, Editor

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

I took my wife Kathleen away for a romantic weekend to celebrate Valentine's Day recently.

We're newlyweds having only tied the knot last year, and with both of us being short of time due to work, we headed to the Cotswolds.

It was during a leisurely lunch in a village pub that I got talking to a friendly landlord.

We discussed all manner of things from football to family before he began telling me about the demise of his village's post office.

It was a little sub post office and it closed its doors for good due to people not using it. It was a classic case of 'use it or lose it'.

This is a common tale across the country.

If we want our towns and villages to prosper I think it's important that we shop locally wherever possible.

This magazine features many fantastic family run, independent local businesses that bring money back into the local economy.

When you choose them you're doing something positive for the local community.

In this month's local news, a Banksy painting saved from being destroyed is being housed in a Brentwood gallery, a man has been arrested on suspicion of attempted murder and a new policing base opens.

I hope you enjoy this month's magazine.

Nik

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20. ENNUJ, 21. OBELISK, 22. GUERNSEY, 23. X-MEN
DOWN
1. BACK SEAT, 2. MINOR, 4. LOATHE, 5. SPREADEAGLED, 6. FERRARI, 7. LARK, 8. MANIPULATION, 12. FORSAKEN,
14. ANDANTE, 16. STROBE, 18. ODIUM, 19. BERG

They may have had their ups and downs over a long and impressive tenure in the spotlight, but devilish duo Ant and Dec are still going strong, with their sights set firmly on the future.

It's easy to forget that Ant McPartlin and Declan Donnelly started out on the children's television show *Byker Grove* in the early 1990s playing PJ (Ant) and Duncan (Dec) – the names they would adopt for their short-lived pop career. But more impressive than the fact that those two young upstarts have slowly and steadily become television royalty – building an impressive fortune along the way – is how they have maintained their friendship, which shows no sign of waning, even in the face of events that have threatened their superstar careers.

The most recent dramatic turn is the coming to light of Ant's very public struggle with alcohol and prescription drug addiction, along with news that he is to divorce his wife of 11 years, Lisa Armstrong. Naturally, such a high-profile split has garnered almost daily attention from the press, with rumours

abound that his estranged wife is demanding half of his estimated £62million fortune, with other more inflammatory headlines suggesting the TV presenter has already moved on with someone else.

Not even a life crisis can keep the dynamic duo down however, with their relentless work schedules sending the clear message that it is business as usual at Ant and Dec HQ.

In fact, just weeks after leaving rehab Ant was winging his way out to the Australian outback to film *I'm a Celebrity... Get me Out of Here!*, and with the duo's hugely popular *Saturday Night Takeaway* currently in its 16th year, it's clear they are back in the game.

In January, Ant and Dec were the big winners at the National Television Awards as they collected their 17th presenting prize in a row. They also won the inaugural Bruce Forsyth Entertainment Award in memory of the late entertainment icon who died last year, dedicating their accolade to him.

Though visibly delighted to have such an honour bestowed upon them, the bittersweet element of their glory was impossible to hide with Ant holding back tears as he thanked his "best mate" for helping him through a tough 12 months. "I love working with him and that was the one thing... I had a very tough summer last summer, I had to face up to a lot of things and my one thing was just getting back to work and getting back to work with my best mate, and we did it," he said.

This spring, Ant and Dec will return for a landmark 12th season of *Britain's Got Talent*, which will see a whole host of new wannabes fighting for a spot at *The Royal Variety Performance*, along with a sizeable cash sum.

But no dancing dogs, dazzling gymnastics or magic tricks can outshine the true stars of the show – two lads, now in their early forties, who have shown that nothing, not fame, wealth or addiction can stand in the way of true friendship. Take a bow.



By Invitation **ONLY**

One address where an invite to the wedding of the year - Prince Harry and American actress Meghan Markle - will not be dropping on the doormat is 1600 Pennsylvania Avenue, Washington DC.

That is the current home of one of the most divisive men on the planet...President Donald Trump. Meghan, like many Americans, is not a fan of the Republican politician.

Another name struck off the guest list for St George's Chapel in Windsor is that of Ninaki Priddy, one-time best friend of Meghan's.

Ninaki has cashed in on her one-time friendship with Meghan by handing over a video to a UK newspaper in which it is suggested that Meghan was not on best of terms with her dad Thomas Markle.

Thomas is certain to be at the wedding to give away his daughter whom he affectionately calls "Bean". Meghan's mum Doria Ragland, who divorced her father when Meghan was still a toddler, will also be on hand to help out.

It is expected William will be best man and Kate will have a busy job overseeing Prince George and Princess Charlotte who are believed to have key supporting roles.

Beginning to recognise...

Meghan lived in Canada, where her successful TV series *Suits* was filmed, and is now making her home in the UK.

Lay Stewards who will be on duty when Prince Harry and American actress Meghan Markle walk down the aisle have been told to watch the TV legal drama *Suits*...to recognise some of the showbiz guests.

The Stewards will be attendants at the 15th century St George's Chapel in Windsor Castle in May and may not instantly recognise some of the cast of the show in which Meghan made her actress name.

Meghan is expected to invite Patrick J Adams, 36, who plays her on-screen fiancé Mike Ross.

Meghan, 36, plays glamorous paralegal Rachel Zane and another co-star in line for an invitation is Gabriel Macht, 45. The New Yorker plays Rachel's smooth-talking colleague Harvey Specter.

Rick Hoffman, 47, who plays the highly jealous Louis Litt, and Sarah Rafferty, 45, legal secretary Donna Paulsen, are also expected on the guest list.



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HOME & DIY

Home Spa

TIPS TO TURN YOUR HUMBLE BATHROOM INTO A SPA RETREAT

DIGITAL SHOWERS

Electric showers have come on a long way from those bulky white boxes that promised a rainstorm but delivered a trickle. Nattily disguised in a simple chrome fixture, nowadays these high-tech beauties have a built-in thermostat for exact temperature control, with some even boasting LED lights which correlate to the temperature.

WET ROOMS

Ideal for a small bathroom and far more attractive than a cubicle, wet rooms transform an average second bathroom into something really special. Yes, there is a lot to be done in terms of waterproofing, tiling and the instalment of a very good drainage system, but it's worth it for the wow factor alone.

MARBLE TILES

If you're in the market for something really luxurious, it has to be marble. Once prohibitively expensive, you can now buy large format marble tiles which are easy to install and look superb.

HIS & HERS SINKS

Be the envy of your friends with a set of 'his and hers' sinks - perfect for the couple who love to glam up and go out together, or even a large family always fighting for bathroom time.

WHIRLPOOL BATH

If you've got the space, go for a corner jacuzzi bath - plenty of room for two. If you're a bit tighter on square inches, even a regular-sized tub which bubbles and massages on demand is almost as good as a spa jacuzzi... without the faint chlorine smell and hairy strangers.

SHOWER STEAM ROOM

Possibly even more luxurious than the whirlpool bath, a steam shower cabin is as close as you will get to a genuine spa experience. If you have the space, pick a model which is big enough to house a stool or built-in bench; but equally, one which is no bigger than a regular cubicle will still offer you hours of steamy pleasure.



HOW TO BUILD A



Gallery walls have been taking the design world by storm recently. Whether it's big or small, creating a gallery with your favourite photos or prints can instantly change the feel of any space. But what's the best way to design a gallery for the space you have and how do you put it up?

Putting up a gallery wall isn't a quick five-minute job. It takes time, preparation and patience to get the perfect finish. You don't want any wonky frames or huge gaps.

First, you need to decide on the space you want to use for your gallery wall and choose your frames. If you have a smaller space it would be best to buy smaller frames in a few sizes. However, if you have a larger space, you can buy a couple of larger frames mixed with some smaller ones.

Once you have your frames, get a roll of craft

paper and make templates of each of the frames. Then, use Blu Tack to put them up on the wall. You can then move them around to your heart's content until you are happy with the overall look. This way, you won't be making hundreds of holes in the wall unnecessarily.

Next, fill your frames with your chosen prints or photos. To make sure your images work together, choose pieces with a theme. This could be a certain colour for example. But remember, the most important thing is that you love it. Gallery walls are unique and reflect the personality of the person who created them.

Hanging your frames on the wall is the most important part of this process. It's recommended that you always start by hanging the largest piece first. Once you've done that, build off from the centre outward with the smaller frames.



Photo credit: www.indoorlyfe.com



CREATE THE LOOK

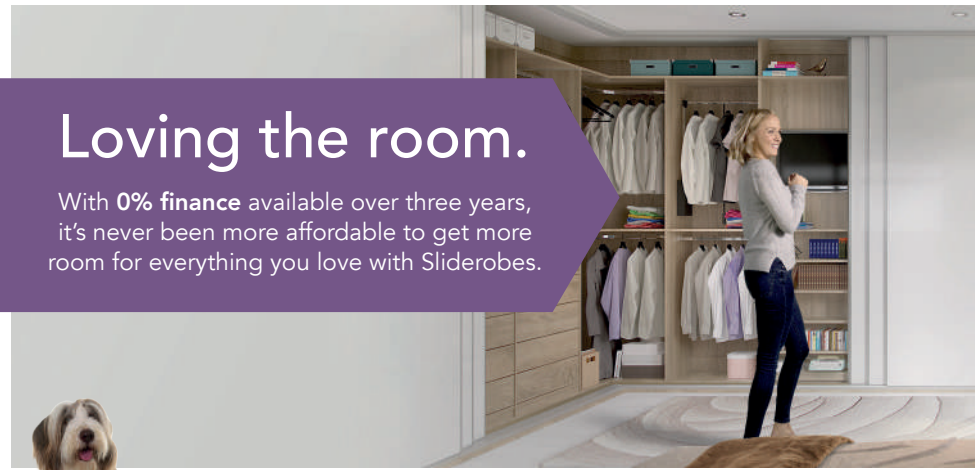
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BAUHAUS
 IS A VERY FINE HAUS

Get radical with your home interiors by indulging in Germany's pre-World War II design revolution.

If an understanding of the term 'Bauhaus' doesn't spring immediately to mind, being told that it was a radical German art and design school founded in 1919 probably isn't going to help much either.

But in reality, you are already well-versed in Bauhaus design, for it is in the very bricks and mortar around you, and much more besides.

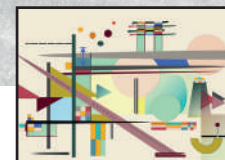
Helmed by Walter Gropius, who had a vision of bridging the gap between art and industry by combining crafts and fine arts, what began as a small private school turned into a movement which laid the foundations of modern design as we know it today. Gropius wanted designers and architects

to embrace the age of the machine, rejecting fussy ornamentation for mass-produced simplicity with an appreciation for raw materials. This led to the use of steel frames in chairs and tables, exposed marble and brickwork, the popularity of sans-serif typefaces, and the trend for geometry (curves are a waste of space apparently).

But despite the popularity of the movement, not everyone was a fan, and as the school thrived it caught the attention of the Nazis who forced it to close in the 1930s. Little did they know though, that the fleeing of all those innovators and teachers only spread the word of Bauhaus across Europe, ensuring its enduring legacy today.

How to be more Bauhaus:

- > Go monochrome
- > Reveal your home's raw materials (floor boards, brick, cement)
- > Keep decoration simple with splashes of colour
- > Buy a geometric shelving unit
- > Put up a Bauhaus-inspired poster
- > Add whimsical embellishments like a chess set or spinning top – for as Bauhaus teacher Johannes Itten once said: "Play becomes celebration; celebration becomes work; work becomes play."





HOME & DIY

Photo credit: www.trenchydesignblog.com



NO SHRINKING VIOLET

WHY WE'LL ALL BE GOING ULTRA VIOLET, PANTONE'S COLOUR OF THE YEAR

Pantone describes ultra violet as a “provocative and thoughtful purple shade”, which, given how surreal the year has been so far, makes it the ideal choice for 2018. Chosen by the colour experts at the Pantone Colour Institute, who spent months analysing everything from fashion, art and entertainment, to design and even food, it is predicted that this will be the shade we'll mostly be rocking until 2019 rolls around.

Purple tones have long been associated with creativity and spirituality. And moving into the specific detail, Pantone 18-3838, to give it its full name, is a cosmic, rich and regal tone - a blue-based shade evocative of galaxies, wild flowers... and also the purple one in Quality Street.

Laurie Pressman, Vice President of the Pantone Colour Institute, said: “The Pantone Colour of the Year has come to mean so much more than ‘what’s trending’ in the world of design; it’s truly a reflection of what’s needed in our world today.”

Though it is a bold colour - Prince being the ultimate purple poster boy - it also has a certain depth and luxuriousness which belie its cool tones. In the home, consider ultra violet upholstery, carpets, vases, lampshades and bed linen, extending the theme to your garden with clematis, verbena and the odd pot of lavender.

The good news is, unlike last year's chosen colour ‘Greenery’, Ultra Violet is a fab shade to not only decorate with but wear also. In fact, the catwalks were already awash with ultra violet at the spring/summer shows, so you can expect to see it making its way to the high street very soon - think heavy knits, patent boots, shimmery nail varnishes and anything velvet.

PANTONE 18-3838 Ultra Violet symbolises “experimentation and non-conformity, spurring individuals to imagine their unique mark on the world, and push boundaries through creative outlets”, so go big, go bold, go Ultra Violet.



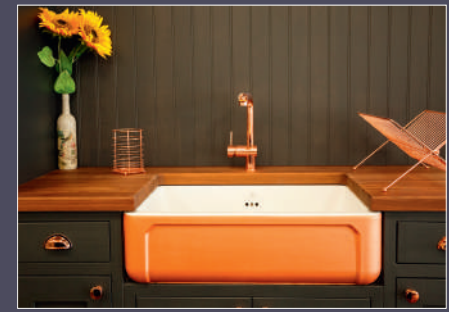
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Holocaust survivor inspires next generation

Holocaust survivor Edgar Guest inspired the next generation with a powerful talk at Brentwood School urging students to never forget the "power of words".

Eighty-seven-year-old Mr Guest told his young audience: "We should learn from the Holocaust. It did not start with tanks and gas chambers. It started with words... words uttered by individuals. It is your responsibility to stop and think about the power of words."

He told members of the Sir Antony Browne and Historical Societies: "I never considered myself a victim. I fought, I survived and I won."

Mr Guest's visit was part of the Holocaust Educational Trust's Outreach Programme and timed to coincide with International Holocaust Remembrance Day on January 27.

The packed Wessex Auditorium was eerily quiet as students and staff listened spellbound to Mr Guest's harrowing story which was told with eloquence and clarity.

Mr Guest, one of the last living Holocaust survivors, was born in Budapest in Hungary and brought up a Roman Catholic despite being of Jewish descent. In

1940 he was awarded a scholarship to one of the country's leading schools where he was "completely and totally ignored because no one wanted a Jew as a friend".

Mr Guest explained: "I was never invited to a birthday party or outing. Never picked for teams. I was self-contained, self-sufficient and self-reliant."

In 1944 after Germany invaded Hungary, anti-Jewish legislation was introduced and new decrees were issued every day including the wearing of a yellow star and an enforced curfew.

During the talk, Mr Guest also described the living conditions of Jews forced into the ghetto area of Budapest where 70,000 people lived in 162 buildings surrounded by a wooden fence. He was just 14 years old.

Liberation came in 1945 and Mr Guest brought his audience up to date with a precis of the last 70 years including his arrival in England in 1956 and a 57-year marriage to an English girl.

The Holocaust Educational Trust was established in 1988 and its aim is to educate young people from every background about the Holocaust and the important lessons to be learned for today.



Banksy painting saved from being destroyed



A Banksy painting has been saved from being destroyed and is currently in a gallery in Brentwood.

The Petrol Head piece was painted on a container on a beach in Kent. EDF Energy wanted to get rid of the container in an attempt to tidy up the beach.

John Brandler, from Brandler Galleries in Brentwood, bought the painting to save it from being destroyed.

He said: "It was going to be destroyed by EDF Energy which owns the beach. The container was a serious eyesore."

There were previously two paintings on the container, however one was stolen.

John continued: "The first one that was stolen created a lot of interest.

"One of the local fishermen threw paint over the Banksy, but it actually preserved it from the elements.

"It cost me a lot of money to get the censorship removed."

John believes the painting has an important message.

He explained: "It's an important comment on the oil companies getting away with murder – literally when

there's oil spills.

"Anything is acceptable for people to get oil and when there's a spill they'll pay for a clean-up. But all these creatures are destroyed and oil companies aren't held to account."

John is currently housing the piece of art in his gallery on Coptfold Road.

He said: "It will remain in Brentwood for a period of time. There's a company in London who's interested in buying it.

"I would like it to stay in the UK."

For information on Brandler Galleries opening times, visit www.brandler-galleries.com



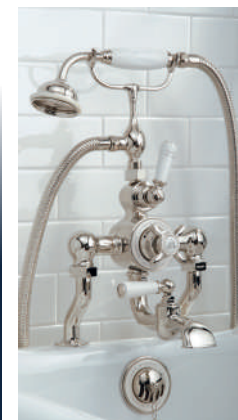
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Budding writer tackles plastic pollution in short story competition

A young storyteller received a headmaster's award and certificate for her entry in the BBC Radio 2 500 Word Challenge.

Niah Sebastian, who attends Brentwood Preparatory School, tackled the issue of plastic pollution and took two weeks to draft her submission in the annual competition, which has quickly become one of the world's biggest short story writing competitions for children.

Radio 2 Breakfast Show host Chris Evans launched the 500 Word Challenge in a bid to get children excited about reading and writing.

Entrants were tasked to write an original story on

any subject or theme in 500 words or fewer and submit it online.

Nine-year-old Niah, who was inspired by *Blue Planet*, had been learning about character building and story writing at school and wanted to put into practice what she had learnt.

Her love of marine life, combined with watching the impact of plastic pollution on baby whales in *Blue Planet*, also inspired Niah to read more about the subject.

The top 50 stories will be announced in early May and those children will be invited to attend the final in London on June 8.



Fencer crowned regional champion



Brentwood School fencer Jacob Leslie has been crowned the Under 12 Boys' Epee champion at the Eastern Region Youth Championships held in Stevenage.

During the two-day contest, which acts as a qualifier for the British Youth Championships in May, First Year Jacob also secured bronze in the Under 12 Boys' Foil competing in a tough field of 26 young athletes.

It was a good weekend all round for Brentwood School with some fantastic medal-winning performances in the various disciplines.

In total, 23 fencers qualified to further represent the school and their region at the British Youth Championship Finals in Sheffield.

Further bronze medals were won by Maddy Gale and Tom Woolterton in their age group on Foil.

Matthew Goodwin, Alice Moorhouse, Benjamin Nagelkerke, Faith Child and Kavinan Pathmanathan all took bronze medals in their age bracket with Epee.

On Sabre, bronze medals were won by Haliyah Alagbada, Folayemi Akinyosoye, Tanisha Rajan and Valentin Ivanov.

Excellent silver Sabre medals were won by Lily Jeffery, Ian Ho, Jaidaksh Anilkumar and Rosa Xu.

Student success at indoor championships

A student from Brentwood School hopped, skipped and jumped her way to a silver medal at the Essex County Indoor Championships recently.

In her first indoor competition, triple jumper Nicole Harvey set a personal best jumping 10.65m in the Under 20s triple jump competition.

The 17-year-old, who competes for Basildon Athletics Club, was in sizzling form at the Lee Valley Athletics Centre in what was a rare indoor outing.

She came just shy of her outdoor triple jump record of 11.10m which was set at the back end of last season.

An all-rounder, Nicole has been competing in the discipline for just over two years.

She trains with the club's sprinting group at Basildon Sporting Village two to three times a week and regularly represents Essex at regional level.

The championships was organised by Essex County and Eastern Counties Athletics Associations.



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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS

When the signage was stripped away from a Brentwood High Street shop which had for many years housed the popular toy and bicycle shop B&M Cycles, fabulous Victorian tiles and an old shop sign were revealed.

The development of Brentwood High Street over the years is mapped wonderfully by its architecture. The 13th century Chapel Ruins, near the far more recent Baytree Centre, are a Scheduled Ancient Monument. The Sugar Hut, formerly the White Hart, is a former coaching inn which was built in the 1480s but was probably a site where many a weary traveller rested for many years beforehand.

If you look up, above the modern backlit plastic store signs, which slice many large buildings into shop sized units, there are examples of 1930s art deco architecture as well as the more utilitarian 1960s blocks.

The great news for historians, like myself, is that Brentwood Borough Council and the new incumbents of the premises, Dogs' Trust, are going to preserve the shop front as it is so visitors to Brentwood have a flavour of what the High Street may have looked like a century ago.

The opening of a Dogs' Trust shop in Brentwood is good news for dog owners, because it will be one of the limited number of stores in the town which allows you to take your pet in with you while you shop. I am even told there are dog treats on the counter for very good customers.

The Dogs' Trust has recently run a campaign against puppy smuggling which has been supported by a large number of my constituents. It is important to recognise that we cannot expect the government to defeat this problem by itself. As individuals, we need to take care not to fuel demand for these animals by providing a market for the unscrupulous people who exploit them.

Government advice is very clear: people who buy a pet are responsible for knowing where it

comes from and, if it is found to have been imported illegally, will be held responsible for any necessary quarantine and veterinary fees. The Environment Secretary, Michael Gove, has puppy smugglers in his sights, and is considering banning third-party puppy sales, via pet shops and online dealers, to raise the bar on animal welfare standards and crack down on sellers who have a total disregard for their dogs' welfare.

If you want to raise any issues with me, do please get in touch via www.alexburghart.org.uk



www.alexburghart.org.uk

New policing base opens

LOCAL NEWS

A new policing base in the heart of Brentwood has officially opened.

The base at Brentwood Borough Council's offices at the town hall in Ingrave Road, will ensure the borough's officers remain local, visible and at the centre of the community that they serve.

Officers will start and end their shift at the new facility and will also use it to see victims by appointment.

The base will house local and community policing teams and detectives.

Essex Police's Chief Constable Stephen Kavanagh said: "We know local and visible policing matters to the people of Brentwood and that's what my officers want to provide more than ever."

"We know people draw comfort from the symbol of a police station. I know I do. But when those building are outdated and costly, police must seek out efficient new ways of working and new places to work from."

"This base will enable us to keep Essex officers at the heart of the place they serve."

"Not only will it house my local and community policing teams, it will also house our detectives who investigate the most serious of offences that occur within our towns."

"We are grateful to our partners at Brentwood Borough Council for helping make today happen and it demonstrates the commitment of both of our organisations to keep our community safe."

The policing base at Brentwood Town Hall doesn't offer a front counter service to the public.

Man arrested on suspicion of attempted murder

An 18-year-old was arrested from an address in Brentwood recently on suspicion of attempted murder.

Following the arrest on January 25, he was taken to an east London police station for questioning. He was bailed and, at the time of going to print, was due to return at a date in late February.

The arrest was in connection with a shooting in Romford Road, at the junction with Vicarage Lane, on January 21.

Officers and the London Ambulance Service attended and a 21-year-old man was found with a gunshot wound to his head.

He was taken to an east London hospital where, at the time of going to print, he remained in a critical condition. His next of kin are aware.

It is believed the suspects were travelling in a silver Lexus, with registration plate AY52 CKD. Officers believe the suspect got out of the car, shot the victim and fled the scene in the vehicle.

Officers from the Met's Trident and Area Crime Command are investigating the incident and are continuing to appeal for witnesses and information.

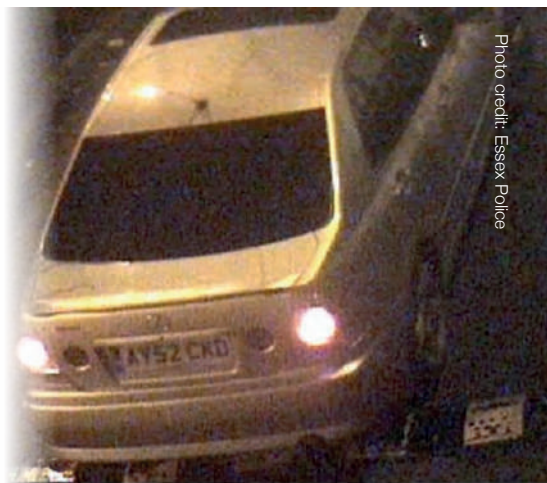


Photo credit: Essex Police

Detective Inspector Robert Allen, who is leading the investigation, said: "There is a young man in a life-threatening condition and it is vital we uncover exactly what led to him being shot."

"I need anyone with information about the vehicle or the shooting itself to come forward and speak to police or Crimestoppers anonymously, so we can bring those responsible to justice."

"Any information provided will be treated in the strictest confidence."

Anyone with information is asked to contact officers on 020 7230 8570 or Crimestoppers anonymously on 0800 555 111.



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Orienteers face muddy challenge



It was a case of mud, glorious mud for Brentwood School's hardy orienteers recently as they ploughed their way through ankle-deep bogs in search of the elusive control points.

Eleven of the school's young orienteers tackled the course at Baddow Ridge woods in Danbury.

Heavy mud and steep gradients were not the only challenges the youngsters faced on this outing, as for the first time, they had to identify some new features including rootstocks and earth banks.

Heather Trevelyan was the first Brentwood orienteer home on the 2.9km orange course taking fifth place in a time of 46:20. Sarah Prior was eighth in 58:22 with Kate Bowie-Briton close behind in ninth spot in 60:30.

Sarah was also presented with her colour badge for achieving three runs below par time over the past couple of months.

The rest of the team followed each other home on the yellow 2.6km route with Mayukha Rodrigo taking second place in a time of 33:54 followed by Pranita Arun Prasadh (34:18), Matthew Trevelyan (41.23), Ayush Jain (43.07), Janie Horton (43:50), Jemima Mamelok (48:09) and Joshua Elsworth (50:12).

Brentwood Preparatory School Year 6 pupil Jake Horton was third on the 1.7km white course in 36:58 and was also presented with his colour badge.

Kebab house among best in the country

A kebab house in Brentwood has been shortlisted as a finalist in the British Kebab Awards 2018.

The Skew, on Rayleigh Road, is in the running to win the Best Newcomer Kebab House in London/Outer London.

The winners of the sixth annual awards will be announced after a final round of judging by the British Kebab Awards judges.

Over 1,200 guests including more than 110 MPs and Lords are expected to attend the star-studded

ceremony at Park Plaza Westminster Bridge Hotel on March 12.

British Kebab Awards founder Ibrahim Dogus said: "Kebab is fast becoming the nation's favourite food so it is only right that the superheroes behind this phenomenon are recognised.

"This, the sixth year of the competition, is the toughest. Every British Kebab Award finalist should be congratulated for making it through in our most hotly contested year yet."

Student swims to victory at championships

Brentwood Preparatory School swimmer Ayobami Akindele scooped gold and silver medals at the Essex Swimming Championships at the London Aquatics Centre recently.

Swimming breaststroke, the nine-year-old was part of the team which took gold in the 200m medley relay. He also secured silver in the 200m freestyle relay.

Ayobami joined Thurrock Swimming Club in April 2017 and within months had qualified for five races at the Essex Swimming Championships. He was also selected to represent the swimming club in two relay teams.

He trains for around 10-and-a-half hours a week with both the Thurrock and Brentwood Prep swimming teams.

The hard work is certainly paying off as he continues to achieve personal best times in races.

At the time of going to print, Ayobami was due to take part in his last event – the 100m breaststroke.



LOCAL NEWS

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Prolific burglar showed 'no remorse'



Photo credit: Essex Police

Super chef Sarah is a Diamond cook

Brentwood School super chef Sarah Blockley took top honours at the Teflon Diamond Standard Awards 2018 – a national competition for non-professional cooks to showcase their talents.

The fourth year student was joint winner of the Keen Young Cook Award which was open to young chefs aged between 12 and 16.

Celebrity chef and head judge, Lesley Waters, praised Sarah on the balance of her flavours and her organisation and focus during the final.

Competing against 11 other finalists, Sarah's winning dish was a raspberry and pistachio friands with a sweet crème anglaise sauce and tart raspberry coulis.

Brentwood School food and nutrition teacher Mrs Jackie Franklin, who accompanied Sarah to the national cook-off at the Waitrose Cookery School in London, said: "This is a fantastic achievement in what is a national competition judged by an elite panel of professional chefs."

The winners received prizes including cookware and the option of a prestigious three-year Specialised Chefs Scholarship, training to become a fully qualified chef.



A prolific burglar has been jailed for a year and three months after admitting to breaking into businesses in Stapleford Abbotts.

Scott Bishop, from Brentwood, pleaded guilty to two counts of burglary at Basildon Crown Court on Friday, February 16 and received 12-month sentences for burglary, to run concurrently, and three months for breaching a suspended sentence and a community order, to run consecutively.

Bishop had previously received a 12-week prison sentence, suspended for 12 months, at Basildon Magistrates' Court on Friday, August 18, after admitting to burgling a business in Chelmsford Road, Shenfield, on Monday, August 14.

Investigating officer PC Lewis James said: "Bishop is a prolific burglar who targets businesses for his own gain without any consideration of the emotional and financial loss on the victims.

"The businesses affected had to replace the items that he stole and repair the damage that he caused. The total loss to both businesses was well within a five-figure sum.

"Bishop has shown no remorse and showed complete disregard to his previous sentence and will now spend time locked in a prison cell."

ADVERTORIAL

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Beau's in pole position to be a racing great



Britain's next Formula 1 star could be from Billericay if the exploits of 12-year-old Beau Sullivan are anything to go by.

Last month, the budding Jenson Button, who is Beau's favourite driver, won two championships in a go-kart and in his fledgling career which so far spans just two years, he has finished second and third in two other events.

Beau's father Stuart said his son has always wanted to be a Formula One driver and, once he was big enough to get in a go-kart at the age of 10, his parents took him to Brentwood Karting Development Club.

He said: "They teach you how to handle a kart and, in each session, you go out three times – for a practice, timed qualifying and then a race. Once you're good and quick enough, you're invited to join the junior race league. Last year, he was named Brentwood's rising star out of all the cadets and seniors."

Keen to build on his son's talent, Stuart took his son to Rye House in Hertfordshire, where Lewis Hamilton began his career and Beau finished second in the club championship. He also competed in Buckmore Park's summer championship last year, finishing in an impressive third place.

Last month, he finished top of the podium in the Brentwood and Buckmore Park Winter Championships and Stuart said he cannot wait to see how his son develops, even if he has some safety worries.

Stuart said: "He has had a couple of accidents where he has come off with a bruised back or leg. It can be a dangerous sport but he loves doing it, he's good at it and he's happy so that's the most important thing."

Beau will soon be driving his own kart and is looking for sponsorship. Anyone interested should contact Stuart on 07080 461549.

Thousands of extra school places needed

More than 1,000 new school places will be needed in Brentwood over the next decade, according to a new strategy published by Essex County Council.

The council's 10-year plan provides the background to school place planning in Essex and outlines the anticipated demand for places as well as solutions.

Projections currently show a total of 22,116 places needed across Essex, including 1,264 places in Brentwood. It's estimated 22 mainstream schools will be needed. There are also secondary schools set to be built, as well as all-through schools.

Cllr Ray Gooding, Essex County Council's cabinet member for education, said: "We have an excellent track record of investing in new school places and

spent about £74million creating more than 2,500 places ahead of September 2017.

"As a result, we were able to offer a record percentage of primary and secondary school pupils their parents' preferred places for the latest academic year, which is an outstanding achievement in the current climate.

"Despite our successes, we recognise that the county is continuing to grow and a further 22,000 new school places will be needed over the next decade.

"We remain committed to ensuring Essex has the infrastructure it needs to grow and have outlined plans to spend a further £87million on mainstream school projects as part of our ambitious £300million budget proposals."



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GOING UP

IN STYLE

With a host of music awards, a new solo album and a high-profile Hollywood debut to his name, former boyband heartthrob Harry Styles' showbiz career is only moving in one direction.

Given his lengthy stint in music, it's easy to forget that former One Direction member Harry Styles is still just 24 years old. But ever since *X Factor* judge Nicole Scherzinger suggested that the floppy-haired teen get together with a quartet of fellow singing scamps for the reality show's seventh series, Styles' career has taken off in a way most people – even those making their mark in showbusiness – can only dream of.

Those memories of One Direction as a fresh-faced fivesome may well have been dashed by the 2014 exit of Zayn Malik in pursuit of edgier audiences. And while Malik's former bandmates – Styles, Louis Tomlinson, Liam Payne and Niall Horan – have all each gone their separate ways, there's little doubt that it's Styles who has risen highest from the ashes of contemporary pop's most well-loved boy band.

Despite leaving his solo resurgence a little later than the others, Styles' self-titled debut album came hot on the heels of the chorus-heavy ballad *Sign of the Times* – his first individual music offering since 1D's split. With his glossy shoulder-length hair and perfect pout emulative of rock legend Mick Jagger, Styles established himself as the fashion-conscious soft rock balladeer, compared to the acoustic or R'n'B leanings of his past bandmates.

Not content with his established place in the global music industry, however, in 2017 Styles began to look further afar in his search for entertainment domination. That chance came as part of Christopher Nolan's epic World War Two drama *Dunkirk*. Starring opposite Hollywood heavyweights

such as Mark Rylance, Cillian Murphy and Tom Hardy, Styles proved a natural fit on the silver screen.

Director Nolan even remarked on how the aspiring leading man had won the role by virtue of the audition process – and that he was unaware of the level of fame courted by One Direction members until Styles was on-board, where red carpet events were mobbed by his legions of fans. But some die-hard Styles aficionados were shocked to see their hero shear his trademark tresses in preparation for the role.

With his foot firmly in the films industry's door, 2018 looks to be shaping up as the year that Styles takes things to the next level. After embarking on a world tour that hits Europe, Australia, Asia and the Americas, it's widely thought that Styles will return to the studio to prepare his sophomore album. But as with the protracted release of his debut – or indeed the extent of his role in *Dunkirk* – there's sure to be an element of secrecy surrounding the star's upcoming plans.

One thing, however, is for sure. As with the rest of his former bandmates, Styles' unstoppable trajectory from One Direction's simple harmonies into the upper echelons of individual entertainment royalty looks set to outstrip even early defector Zayn, and could well scoop major plaudits from both the music and film world alike.



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To decide what vegetation suits your needs, think about the space you have and what kind of fragrances will bring you the most pleasure. If you have an abundance of land you can create a colourful carpet of plants and flowers, offering a wealth of therapeutic properties. Basil, mint, rosemary, chamomile, lemon balm and thyme are all herbs that will thrive given enough room. You can also include fragrant shrubs like lilac, rose and mock orange, along with vines such as honeysuckle, jasmine and wisteria, which are great for generating different layers of scent and colour.

For those who have less space, it is still easy

to grow a wealth of perfumed plants in a window box. Just choose a spot which receives at least six hours of sunlight a day, keep them well watered and regularly pruned, and select plants which have similar needs in terms of water and sunlight. Great options for your window box include basil, lavender, rosemary, mint, jasmine, oregano and rose.

Once your plants are flourishing all you need to decide is what to do with them. The easy answer is 'nothing', for even a stroll through a garden fragrant with honeysuckle and rose, or a gentle waft of jasmine through the window, can be soothing in itself. Herbs like rosemary and basil of course are great to use when cooking; chamomile and mint can be steeped in hot water as tea, while lavender is ideal for a relaxing bath.

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NATURAL
DISELECTION

THE WORDS BEING DITCHED FROM THE DICTIONARY

It's no secret that children have become technology wizards, with many choosing to play on an iPad or their laptop rather than reading a book or going outside.

The *Oxford Junior Dictionary* has recognised this change and a panel of experts have decided to remove some words in order to make way for modern technology terms. Several of the words that have been removed are nature related, including otter, acorn and buttercup.

A petition was started by Terry Jackson to get these words reinstated and at the time of going to print had more than 190,000 signatures. He argued that by removing words to do with nature, children will, rather than care for the earth, be more insular and lead to less healthy lives.

The debate made national TV with teacher Samantha James and broadcaster Yasmeen Khan appearing on *Good Morning Britain* to debate the subject. Samantha supported the removal of the

words and said we need to move with the times. Whereas Yasmeen argued that children need to know these words in order to connect with the outside world rather than technology and social media.

The words we use are changing, with several slang and technology-focused ones becoming widely used.

Some of the words being removed from The Oxford Junior Dictionary

Acorn, adder, ash, beech, bluebell, buttercup, catkin, conker, cowslip, cygnet, dandelion, fern, heron, ivy, kingfisher, lark, mistletoe, nectar, newt, otter, pasture

Some of the words being added to The Oxford Junior Dictionary

Blog, chatroom, attachment, block graph

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20s **Twenties:** You have time and energy, so this is when you need to get out there and explore different sports and workouts – it's time to figure out what you really love. Think team games, rock-climbing, surfing and anything that is challenging whilst also perhaps providing a social aspect. Consider yoga and meditation for relaxation, as are twenties are thought to be one of life's most stressful periods.

30s **Thirties:** Your metabolism starts to slow down in your thirties, so start including interval training in your workouts to burn fat effectively. You also begin to lose muscle mass – around a third of a pound per year – so lifting heavy weights once a week is a good way to build back what you've lost.

40s **Forties:** This is a vital time for exercise and will really determine how your body ages over the second half of your life. Cardio is vital to keep fat from settling on your abdomen (a leading cause of heart disease), and weight-bearing activities like hiking and jogging are particularly good for building bone density. Strength training is also a worthy investment for later.

50s **Fifties:** They say life begins at 50, so make the most of your free time by taking up a hobby that inspires and challenges you, like tennis, dancing or hiking. It's also vital to maintain your flexibility, so consider going to the odd Pilates or yoga class.

60s **Sixties and beyond:** You may not think you need to do strength training at this age, but studies have shown that exercise can prevent a decline in the brain's white matter, warding off strokes and conditions such as dementia and Alzheimer's. Along with lifting moderate weights once a week, try to do 30 minutes of gentle aerobic activities like walking or gardening. Your body and brain will thank you.



HEALTH & FITNESS



Gorgeous GUTS

Feeling bloated and under the weather? Well look to within for the answer, as here are the dos and don'ts of balancing your internal bacteria.

DO fill up on fruit and veg, particularly those that are prebiotic and contain ingredients that bacteria feed on. These include asparagus, bananas, garlic, Jerusalem artichoke, kiwi, mushroom and onions.

DON'T overdo the antibiotics. Not only does taking too many antibiotics make you more susceptible to certain bacterial infections, they also disrupt the integrity of the intestinal microbiome which can leave your immune system even more vulnerable.

DO consider a probiotic supplement.

But **DON'T** be fooled by marketing. Some brands would have you believe the best supplement is the one with the most bacteria, but actually the strains of bacteria are more vital. So choose ones that contain *L. acidophilus*, *B. longum* and *B. bifidum*, and offer an effective delivery system.

DO load up on probiotic foods. Probiotic-rich foods, unlike prebiotic, actually contain new bacteria to boost your gut microbes. These include cultured dairy products like buttermilk, yogurt, kefir and cheese, along with fermented vegetables such as

kimchi, sauerkraut and lacto-fermented pickles.

DON'T overdo the junk food. Unsurprisingly, highly-processed foods don't encourage a healthy gut, and often contain ingredients which suppress 'good' bacteria, or increase 'bad'.

DO stay hydrated. When it comes to keeping everything healthy in your tummy, water is your friend, helping food move effectively through your intestines and maintaining an optimum environment for bacteria.

DON'T fear the four Ks. Like the Kardashians of the fermented food world, Kefir, Kombucha, 'Kraut and Kimchi are a formidable probiotic force. Having said that, some may find the idea of fermented spicy cabbage (Kimchi), fizzy fermented tea (Kombucha) and slightly sour-tasting yogurt drink (Kefir) a little overwhelming. However, once over the initial shock, these all taste delicious and will do wonders for the digestive system, leaving you with a glow and sparkle to rival the real Kardashian ladies... like, literally.



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make up HACKS

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Find the perfect spot every time for your blush or bronzer by placing an eyeliner pencil just below your cheekbone to get the right angle, and brush above that line. Instant accentuation.

MAKE YOUR OWN LIP GLOSS

Never throw away a broken eyeshadow powder again; simply mix it with Vaseline for an 'on the spot' lip shine.

TURN A PENCIL EYELINER INTO GEL

This may sound crazy, but if you hold an ordinary eye pencil in a lighter or candle flame for one second, then let it cool down for 15 seconds, you will end up with a deep, smudgy gel effect. Black magic.

REVIVE DRIED-UP MASCARA

Don't bin that dried out tube just yet, simply add a few drops of saline solution for instant va-va-voom.

MAKE LIPSTICK LAST LONGER

Tired of your lipstick letting you down? Simply cover your finished lips with a tissue which you then dust with translucent powder to set the colour.

WING IT

If you struggle with steady hands when applying eyeliner, simply employ the help of a teaspoon to create a wonderful wing effect. Start your eyeliner as you would for a cat eye look, pressing the rounded side of the spoon against your eyelid, moving it outwards to create your fab flick.

COVER UP DARK CIRCLES LIKE A PRO

Rather than follow the crescent line of your eye bags, draw a triangle shape with concealer from the edges of your lashes down to your cheekbone and blend, blend, blend.

NEVER HAVE LIPSTICK ON YOUR TEETH AGAIN

Have gorgeous dark lips and an equally lovely smile by popping your finger in your mouth after applying lipstick, close your lips around your finger and pull it out.

CURL YOU LASHES IN NO TIME AT ALL

Make lash curling a doddle by heating your curler up with a gentle blast from a hairdryer. Not too hot though.

NAIL THAT CUPID'S BOW

For shapely lips, 'X' marks the spot. Use your lip liner to draw an 'X' on your upper lip, apply your lipstick using the cross as a guide and prepare to be kissed.

SMELL LIKE AN ANGEL ALL DAY LONG

Quit dousing yourself in scent, and instead apply to your pulse points for all-day aroma. These include: behind your ear, your wrist, base of throat, inside elbow and behind your knees.

CREATE CONTOURS WITH JUST BLUSH

If you're not ready for full-on contouring, you can still enhance your face's natural shape by applying pink blush on cheekbones, temples and brow bones.

CONCEAL THOSE PIMPLES

Make spots disappear by applying concealer, topped by foundation and finished with a touch of powder. Abracadabra, gone.

BOOST YOUR MANICURE

Forgo the layer of clear base and instead apply white nail varnish followed by your colour of choice. You'll be amazed at how the colour pops with this simple trick.



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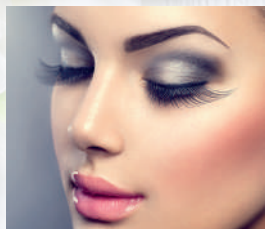
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Worst of THE EIGHTIES



FASHION

SHOULDER PADS – 'Power dressing' was a big thing back in the 1980s and exaggerated shoulders with a tiny, cinched-in waist – as worn by Alexis Carrington, Joan Collins' OTT character in *Dynasty* – suggested one was a formidable woman.

SPANDEX – Anyone under the age of 30 may only know Jane Fonda as the eponymous character in 2005 comedy *Monster-in-Law*, but back in the 80s she was a keep-fit goddess who made wearing head-to-toe spandex (almost) OK.

LEG WARMERS – They were having the 'time of their lives' – and thanks to cult film *Dirty Dancing* every guy and gal wanted to be either Patrick Swayze or Jennifer Grey. One very easy way to achieve that without actually having to learn to dance? Leg warmers.

WAISTCOATS – Beware, hipsters: waistcoats were in fashion once before and worn with great glee by ambitious young men in the 80s. And do you think those serious middle-aged men, with families and Volvos, look back through their faded Polaroids and think: 'Wow, I look terrific'? No, they do not.

OVER ACCESSORISING – Think Madonna in her heyday. Think bangles up to your elbow, 17 crucifix necklaces, a hairband and a scrunchie. Think a five-year-old who dressed herself.

BLUE EYESHADOW – It was barely acceptable in the 80s and it isn't acceptable now.

NEW ROMANTIC STYLE – Boy George looked beautiful in his eyeliner, ruffles and rouge, but as the trend bled down to the average man, the romance became a downright tragedy.

ACID-WASHED JEANS – Take perfectly good jeans and ruin them with acid. Because Eighties.

HAMMER PANTS – Among the many delights we can thank rapper MC Hammer for, these wide-legged kegs with tapered ankles do look extremely comfy, but then so do onesies and they're not tolerable either.

MULLET – Hair today – and gone today (and hopefully never ever coming back).

SEE NEXT MONTH FOR '80S REVIVAL...





CHINA OR BIN?

We've all chanced our hand on a bit of grub that may have crept a day or two over that hallowed 'Best Before' date – but what do these dates mean, and are they arbitrary or actually all-important?

dates appear on a wide range of frozen, dried, tinned and other foods, but will only be accurate if the food is stored according to the instructions on the label.

USE BY The 'use by' date is about safety and the most important date to take note of. Foods can be eaten (and most can be frozen) up until the use by date, but not after. You will see use by dates on food that goes off quickly, such as some meat products or ready-prepared salads. For the use by date to be a valid guide, you must carefully follow storage instructions.

FREEZING Many people believe food can only be frozen on the day of purchase, but you can safely freeze most foods right up to the use by date – although it would be good to freeze it as soon as you know you aren't going to use it before that date expires. Do not eat, use or freeze any food after the use by date.

BEST BEFORE The 'best before' date is about quality, not safety. The food will be safe to eat after this date, but may not be at its best. Its flavour and texture might not be as good. The best before

THE SNIFF TEST Unfortunately, you can't decide whether to trust out-of-date food just by sniffing it. Food can look and smell fine even after its use by date, but that doesn't mean it's safe to eat – it could still be contaminated. You cannot see, smell or taste the bugs that cause food poisoning.



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The setting is perfect for large groups as well as being intimate enough to enjoy great food and company for couples, as well as families.

Serving up large portions of all the favourite Turkish dishes including Chicken Shish, Moussaka

and Iskender, there is sure to be something for everyone.

There is an extensive drinks and cocktail menu, and the restaurant welcomes diners to enjoy the bar after their meal – where of a weekend there is a DJ and belly dancers for a real Mediterranean feel!

Mirabel would be the perfect place to treat someone special for Valentine's day, or to dine out with the family for Mother's day.



fine dining

Impress your dinner date(s) with these tips on how to tackle a restaurant wine list like an expert. Cheers!

Never choose the second bottle on the list

It's a well-known fact that the second wine on any list usually has the highest price margin. So, either go for the cheapest bottle which may be slightly less quality but better value, or splash out on something a bit pricier.

Familiarise yourself with regions

Fancy something bold and fruity? Go for an Australian wine. Or if you're feeling a little more restrained and subtle, select a sophisticated French Merlot or a dry Italian Gavi. South African Sauvignon Blancs are known to be gorgeously zesty and bright, while you can't beat a robust Chilean red.

Consider buying by the glass

In general, it is better value to buy by the bottle over the glass. However, if you're in the kind of establishment that has more expensive wine available by the glass, it's more pleasurable to have one glass of dazzling wine over an entire bottle of mediocre plonk.

Go by your coffee tastes

If you like espresso, opt for an oaked Chardonnay or Cabernet Sauvignon. If you're crazy for

cappuccinos, you're more likely a Merlot or Sauvignon Blanc quaffer. And if you love a latte, you'll love a Pinot Grigio.

Don't be afraid to try something new

Wine lists are in general fairly predictable, so if you're in a French restaurant and nestled among the usual suspects is an unusual non-appellation Chenin Blanc from the Loire, chances are that someone simply loves it enough to stick it on the list.

Consult your waiter

Don't be afraid to ask. It doesn't make you look like you don't know what you're talking about; in fact, it shows you care enough to find the perfect wine for your other half's double cheeseburger with extra fries. How impossibly romantic.



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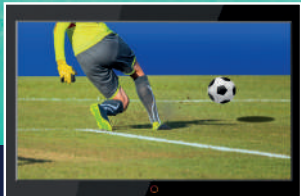
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Gerard Depardieu

Vine for attention

At once an acting legend on-screen and a figure of notoriety off it, Gerard Depardieu may have committed over 180 appearances to film, but his true vocation lies in his beloved vineyards of his native France.

Gerard Depardieu has always lived excessively. His love of wine is such that he has admitted to drinking as many as 15 bottles a day when he is "bored" and mired in one of his infamous benders. Depardieu has since poured an estimated €5million of his private earnings into the modernisation and expansion of his winery, which today boasts an annual production of 350,000 bottles.

His flagship Tigné vintage has consistently earned high ratings from the leading wine magazines. Depardieu regards his fascination with wine as an expression of his "lust for life" and his abiding "pursuit of pleasure" in all forms.

"It's not the actual wine-making process that I feel passionate about," he says. "I love the countryside, the hills, the valleys, the place where the vines grow and the soil and the wind that blows across the vineyards. I take great pleasure in knowing the people who grow my grapes and who invest their lives in the land, and the process of making good wine. That's where the real passion comes."

Depardieu defines his world by a different metric from most people. He lives for each sip of a wine whose character is every bit as distinct and colourful as his own. Wine is a metaphor for the ability to appreciate the best things in life.

He added: "People often talk about the things you can do with money. I've had money, of course, but I also spend it all. I've never made profits with my vineyards - what's important is to be able to throw yourself into the world and experience it all."

"Nobody can teach the taste of life. It's not money that gives you taste - it's in your head. When you have money, you can buy anything you want. But it's not what you buy that's important, it's your palate."

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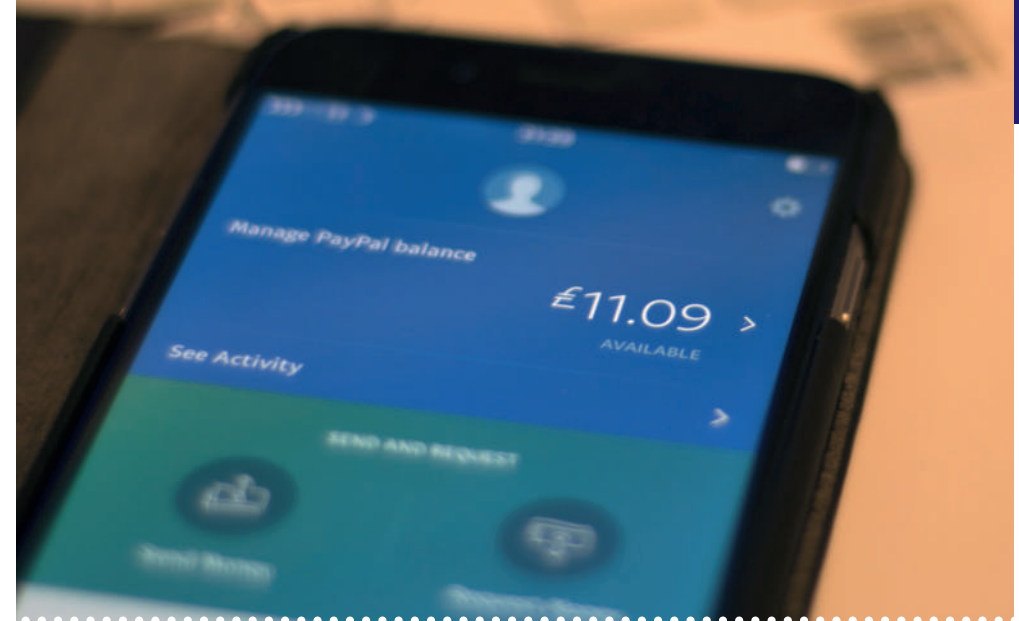
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PayPal

Financial apps like PayPal and Billr are transforming not just the way we spend, but the way we socialise too.

There was a time when nights out with friends involved endless rounds of drinks, shared cab rides home and drunken payback promises. But despite the boozy reverie, it wouldn't be uncommon to wake up and realise you've spent way more than you intended.

But with tech capable of positively influencing every aspect of our lives, it comes as no surprise that it's transforming not just our wallets, but also the way we socialise financially with those around us. For example, if a friend has bought you a ticket for an upcoming gig, but requests the money now, you can send the money instantly with PayPal using just their phone number – a welcome departure from the days of faffing about with sort codes and account numbers.

Sharing a cab has also become easier, with the likes of Uber offering a split fare feature which allows you to equally divide the bill (providing your co-rider

has an account). Likewise, Billr is an app that helps split the final total at restaurants by working out exactly what each diner ate. It takes shared plates into consideration, excludes non-drinkers from the wine cost and even works out what percentage of the tip you ought to pay.

In many ways, this new tech ought to make friendships flow easier as they become more transparent, but there is another argument that says it could also make us less generous and more transactional. Aren't relationships built on a basis of trust that allows a buddy to buy a round without that person asking you to ping across the eight quid for your large Pinot Grigio? And aren't restaurant meals about company, not cash? On the other hand, if you're usually the teetotal vegan dining with four beer-swilling carnivores, apps like Billr might just be the answer to your prayers (as well as your conscience).



PUZZLES & TRIVIA

Answers can be found on the Contents Page 4

PUZZLES

ACROSS

- 1. Collide with (4)
- 3. Full measure of a drink (8)
- 9. Short musical composition (7)
- 10. Less common (5)
- 11. Immediately (12)
- 13. Calculating machine (6)
- 15. Sheep known for its wool (6)
- 17. Beneficial (12)
- 20. Feeling of boredom (5)
- 21. Tapering stone pillar (7)
- 22. One of the Channel Islands (8)
- 23. Superhero film based on comic characters (1-3)

DOWN

- 1. Chair at the rear of a vehicle (4,4)
- 2. Lesser (5)
- 4. Hate (6)
- 5. Stretched out completely (12)
- 6. Italian sports car (7)
- 7. Engage in spirited fun (4)
- 8. Act of influencing someone deviously (12)
- 12. Abandoned (8)
- 14. Moderately slow tempo (music) (7)

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											12
13		14				15					
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	17									18	
19											
20						21					
22										23	

- 16. Flashing light (6)
- 18. General hatred (5)
- 19. Mass of floating ice (4)

DID YOU KNOW

- ▶ Coca Cola originally contained cocaine
- ▶ In eastern Africa you can buy beer brewed from bananas
- ▶ Apples are more effective at waking you up in the morning than coffee
- ▶ Plastic bottles were first used for soft drinks in 1970
- ▶ Hawaii is the only state in the US that grows coffee
- ▶ Wine is sold in tinted bottles because it spoils when exposed to light
- ▶ Instant coffee was invented in 1901
- ▶ After petrol, coffee is the largest item bought and sold
- ▶ Diet Coke was introduced in 1982

SUDOKU

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For more information, visit www.eventbrite.co.uk/e/

march-brentwood-chamber-of-commerce-business-breakfast-tickets-42417745619

FoBK Quiz Night

Becket Keys Church of England
Secondary School, Sawyers Hall Lane,
Brentwood, CM15 9DA

Friday, March 16, 7.30pm – 10.30pm

Friends of Becket Keys present the Best of British Quiz Night on Friday, March 16. Doors open at 7:30pm. Teams of up to 10. Bring your own drinks and nibbles. Tickets £5 per person + booking fee.

To book tickets, visit www.eventbrite.co.uk/e/fobk-quiz-night-tickets-42746481878

Brentwood Half Marathon

Becket Keys Church of England Secondary
School, Sawyers Hall Lane, Brentwood,
CM15 9DA

Sunday, March 18, 10am



The Sportstiks Brentwood Half Marathon course weaves through quiet, undulating Essex countryside with long sections of the route on roads closed to traffic.

All entries will close on March 9, unless sold out earlier.

Brentwood mayor cllr Will Russell will be taking part in this year's half marathon alongside hundreds of other participants.

For more information or to sign up, visit www.brentwoodhalf.org



WHAT'S ON



Photo credit: www.theorytestpro.co.uk

SMART MOTORWAYS

Driving on the motorway during rush hour can be a driver's worst nightmare at times. Congestion and accidents can all equate to miles of standstill traffic and long delays, but smart motorways could be the answer. Reducing speed limits to ease congestion and closing or opening lanes to allow for the traffic to flow freely are some of the many ways smart motorways use technology to avoid congestion.

A smart motorway is a section of a motorway that has traffic management methods to make your journey a little more bearable when it's busy. These include using the hard shoulder as a lane and setting variable speed limits to control the flow of traffic and reduce the risk of standstill traffic.

Drivers face stricter fines, however, as

permanently switched on speed cameras were recently launched on the new M1 smart motorway. The cameras have been installed in a bid to crack down on speeding, after one driver was caught travelling along the stretch at 128mph last year. It's the law that wherever a speed limit is displayed, it is adhered to, even on the motorway.

The first smart motorway scheme opened on the M42 in 2006 and has proved to ease traffic and create a better driving experience. Analysis of data showed that journey reliability had improved by 22 per cent and accidents had reduced by more than half.

Parts of the M25, M1, M4 and M6 to name a few have already been converted into smart motorways with another 480 miles of smart motorway lanes being planned.



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THE SPORT RICH LIST

The big earners from the last year revealed... "Getting paid £250,000 a week, for kicking a sheep's means its stars are now being paid more than ever before, and truly astounding amounts for what prowess to entrepreneurial levels?"

1 Cristiano Ronaldo
(non-mover)
Earnings for the year: £69million (£43m through sport, £26m through endorsements).
Like him or loathe him, it was an astounding year for Ronaldo. Off the back of Portugal's unexpected Euro 2016 triumph, Ron became the most marketable sportsman on the planet, with a wage packet to suit. He also clinched La Liga and Champions League glory with Madrid, but no money in the world will ever compensate for that dreadful bust unveiled at Aeroporto Cristiano Ronaldo in his native Madeira Islands.



2 LeBron James
(up 1)
Earnings for the year: £63million (£23m through sport, £40m through endorsements).
NBA star LeBron James is always near the top of rich lists, and 2017 was another stellar year for the 33-year-old.
Interestingly, the Cleveland Cavaliers hotshot earned almost twice as much from product endorsements in 2017 than he did from basketball itself, further evidence, as if it was needed, of the power of sports brands.



3 Lionel Messi
(down 1)
Earnings for the year: £59million (£39m through sport, £20m through endorsements).
A quiet year for Messi on the pitch, relatively speaking, as Barcelona and Spain failed to shine, though his status as a sports icon – with a wage packet to match – only heightened last year.



4 Roger Federer
(non-mover)
Earnings for the year: £47million (£4m through sport, £43m through endorsements).
A couple of years ago people observed the Swiss tennis star's slide from the top, but they reckoned without the battling brilliance of the eight-time Wimbledon champion, and his first victory in SW19 in five years helped cement his place at no.4 on the rich list, even in a sport where endorsements are king.



5 Kevin Durant
(non-mover)
Earnings for the year: £44million (£19m through sport, £25m through endorsements).
Another basketball star sits in the top five, with Kevin Durant of the Golden State Warriors proving the sport's status as the money leader in the US.



bladder around. You're having a laugh." As unfair (and unfunny) as it may seem, the big business of sport amounts to, let's be honest, 'having a bit of fun'. But who were the global names who truly took their sporting

THE REST OF THE TOP TEN...

6. Andrew Luck
(American football)
(new entry)
Earnings for the year: £37million (£35m through sport, £2m through endorsements).



7. Rory McIlroy (Golf)
(new entry)
Earnings for the year: £37million (£12m through sport, £25m through endorsements).



8. Stephen Curry
(Basketball) *(new entry)*
Earnings for the year: £35million (£9m through sport, £26m through endorsements).



9. James Harden
(Basketball) *(new entry)*
Earnings for the year: £35million (£19m through sport, £16m through endorsements).



10. Lewis Hamilton (F1)
(new entry)
Earnings for the year: £34million (£28m through sport, £6m through endorsements).





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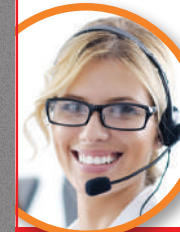
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