



**SOLO
TRAVELLER
THIS YEAR**

**GET
FIT IN 7
MINUTES**

**CLOTHES SHOW
ON THE MOVE**

**DONALD TRUMP
Meets the President**

PRINCE HARRY

Is he lucky in love and ready to settle down?



FREE

Photo Credit: PA Images



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Editor's notes...



Nik Allen, Editor

Hello and welcome to the eighth edition of **VISION**Brentwood.

To celebrate the New Year, I'm excited to announce that distribution has increased, delivering **VISION** to another 2,000 homes in Brentwood.

It's the time of the year for New Year's resolutions, and recuperating after a busy festive period. There is no better way to relax than to kick back on those chilly mornings with a cup of coffee and **VISION**Brentwood.

This month, you can read all about Donald Trump's presidency and the 14-year-old girl who was cryogenically frozen after tragically losing her battle with cancer.

For those looking to work on their fitness in the New Year, we show you how to get fit in only seven minutes, fitting those workouts into even the busiest schedules.

Prince Harry may be classed as one of the world's most eligible men, but has he finally found someone to settle down with in *Suits'* Meghan Markle? Read all about the Prince's charitable work and the possibility of an upcoming royal wedding.

In local news, Google visited a school to show them a ground-breaking method of learning through virtual reality and 84-year-old Eric Sparrow is remembered after tragically being hit by a van.

Wishing you a happy start to 2017 and enjoy,

Nik

ACROSS
 1. BEES, 3. IRRITATE, 9. TURNOUT, 10. DOUSE, 11. EXTOL, 12. RESTING, 13. FLABBY, 15. FIDGET, 17. NOSTRIL,
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 DOWN
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 14. ASSAYER, 16. ELICIT, 19. VINYL

HELLO TRUMP Goodbye Obama

The world will breathe heavily from this month as one of the most controversial men in American politics becomes the 45th President of the United States.

And for just a few hours the USA will have two presidents on January 20.

Hello Mr President – Donald Trump will be sworn in.

Goodbye Mr President – Barack Obama will bid his farewell to the White House.

But first Mr Obama will carry out his last five tasks that are undertaken by every outgoing Commander-in-Chief. He will first issue presidential pardons. Some years ago Gerald Ford pardoned Richard Nixon for his transgressions over Watergate.

He must also officially welcome the incoming president. Mr Obama will also leave a note for

President Trump. Then he will attend Mr Trump's Inauguration.

Finally he and Michelle and their daughters Malia, 16, and Natasha, 15 will ride a helicopter out of Washington – a tradition since Gerald Ford's exit in 1977.

Barack Obama will wake up in the White House on the morning of January 20. That night, Donald Trump will go to sleep for the first time in his new home.

The White House changes hands almost as instantaneously as the presidency does.

While the inaugural ceremonies are underway, staff at the White House will be frantically moving out the remnants of the Obama administration and preparing the residence and offices for their new inhabitants.

The next morning, Mr Trump, whose victory

stunned America – and the world – will walk from his new White House residence to the West Wing to attend to his duties as President of the United States.

Mr Trump has already made two announcements that have been greeted with huge public acclaim from Republicans.

The billionaire businessman has announced that he will not take a penny in presidential pay while he is in office.

He is reckoned to be worth £3.7 billion and is by far the wealthiest man ever to take office.

Since 2001, the President has earned a £317,000 annual salary, along with a £40,000 annual expense account, a £79,000 nontaxable travel account, and £15,000 for entertainment.

Under Federal law he must be paid the allotted annual salary, so it will be up to him how to pass that money on.

He is the third American president to give up his salary. John F Kennedy passed salary to charity – something he began as a Congressman. Herbert Hoover also split his salary between various charities, bolstering the incomes of his staffers.

His second declaration is that he has given up his multi billion dollar business empire to run the country.

In a series of tweets, the billionaire real estate magnate announced he will be leaving his “great business” to focus on running the country.

He wrote: “While I am not mandated to do this under law, it feels it is visually important, as President, to in no way have a conflict of interest with my various businesses.

“Hence, legal documents are being crafted which take me completely out of business operations. The Presidency is a far more important task!”

It is thought Trump's children Ivanka and her brothers Eric and Donald Jr. will have “shared responsibilities” within the company.

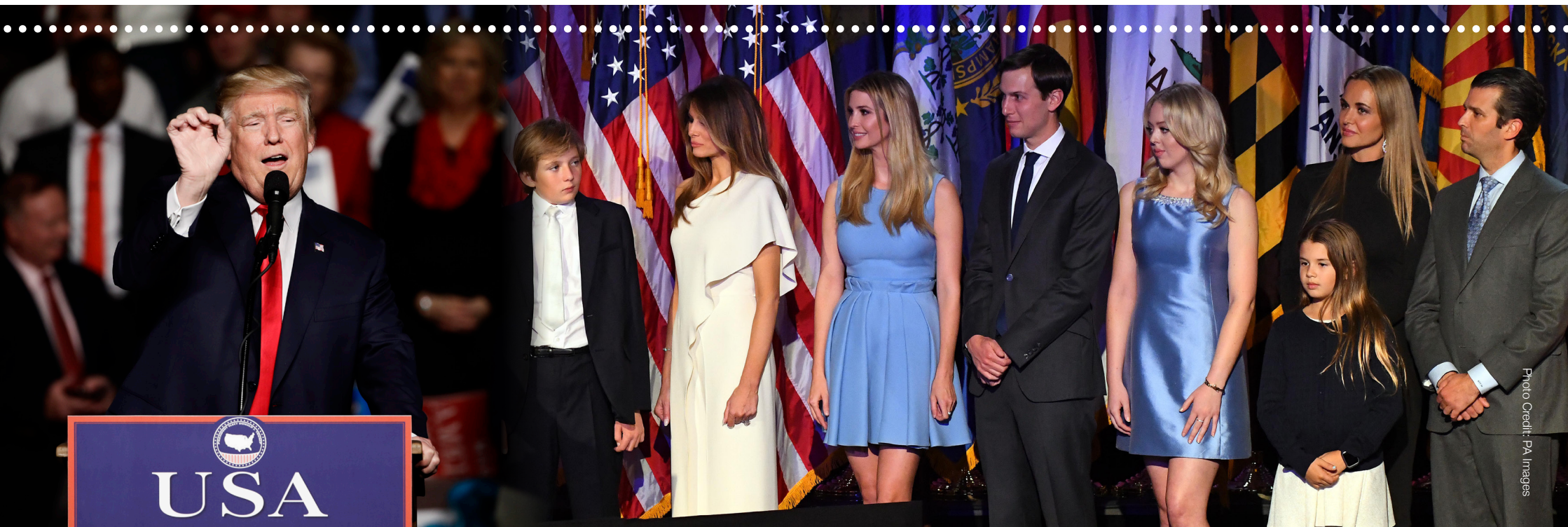
The siblings worked together to guide the company while their dad was on the campaign trail.

The gesture torpedoed any claims that Trump could face impeachment for breaching conflict of interest rules when in office.

While Mr Trump settles in the White House, Mr Obama and his family will remain in Washington so that Natasha can finish high school.

They have rented a £3.4 million mansion in the Kalorama neighborhood of DC, which will be their main home at least for the next two years.

It is also believed they have purchased a home in Rancho Mirage, California.



FROZEN

WAITING TO BE REBORN

The body of a 14-year-old British girl has been stored in a giant frozen vat in the hope that one day she will be revived.

The girl, known as JS and who died in October, shares her 10 ft fibreglass tomb with five other corpses all hoping that they too will one day be brought back to life.

They died in the hope that one day a cure will be found which would help them to be revived.

The tragic British teenage cancer patient was taken to the Cryogenics Institute in Michigan after winning a high court battle to be cryogenically frozen after her death.

The girl's divorced parents had disagreed over whether her wish to be frozen should be followed, so the girl, who cannot be named for legal reasons, asked a High Court judge to intervene.

In a heartbreaking letter to the court, she said: "I don't want to die but I know I am going to...I want to live longer...I want to have this chance."

She asked Mr. Justice Peter Jackson to rule that her mother, who supported her desire to be

cryogenically preserved, should be the only person allowed to make decisions about the disposal of her body.

Her body is stored in the white "cryostat" tank – codenamed HSSV-6-118 – where her body is now stored upside down.

She has been strapped to a plank, wrapped in a sheet and placed in a supermarket sleeping bag before being lowered head-first into the chamber.

The circular chamber, number 18 of 21 at the plant, was filled with liquid nitrogen to freeze it at -196C and sealed shut with a foam cork and 4ft metal lid after reaching its capacity of six bodies.

It will be re-opened only when staff there believe they can successfully resuscitate the girl – referred to as "patient 143" inside the 7,000sq ft warehouse.

She is the youngest frozen body at the institute – 3,700 miles from her London home.

A total of 145 bodies are currently frozen inside, including at least 15 from the UK, with patients paying at least £22,500 to secure a place.



Photo Credit: PA Images



BEAT THE BLUES

Let's face it, living in Britain means we've been lumped with the rotten end of the weather deal. Sometimes it feels like we're living in sub-arctic conditions: the grey, gloomy days elongating ahead of us, the relentless rain never granting us a second's peace. Winter comes and the warmth of the sun ebbs away; we're left holding onto a distant memory of that one time when we dared to venture out without a jumper. Well, fellow Brits, not anymore! Winter may come, but it will not defeat us; it is now time to come together, stand strong and beat the winter blues once and for all.

We've collated the best tips for passing those winter months in style, and they couldn't be simpler...

Cash in with colour

Swap your greys and blacks for mellow yellows, autumn oranges and popping pinks. It's as simple as buying a new bed throw, changing your pillow covers and using a new table cloth. It's guaranteed to lift your mood, and will help your home feel warmer.

Seasonal scents

Get yourself in the festive mood by buying scented candles, seasonal sprays and potpourri. There's nothing quite like the smell of cinnamon, mulled

wine or spiced pumpkin to get you into that sparkling winter spirit.

Maximise with mirrors

As the days get shorter, there's less natural light on offer. You can gloss over the gloom by adding large mirrors to any blank spaces you may have. Reflecting daylight or night-time lights will ensure your rooms feel bigger and your home brighter during those dark days.

Remember...feet first

One of the easiest tips for beating the blues is to keep those tootsies nice and toasty. Why not invest in some super-soft slippers, socks or even – gasp – Ugg boots. You may not want to wear them to the pub but they'll ensure you'll stay insulated from top to toe?

Home is where the hearth is

If you have a fireplace, rearrange your furniture to face towards it, making the glowing embers a heartwarming centre-piece. Add your comfiest cushions and throws all around for extra winter warmth, and snuggle up in front of a roaring fire.





PANTONE'S PALETTE

DISCOVER THE COLOUR OF 2017 AND FLOURISH!

Each year, interior designers across the globe wait in suspense for the announcement that will dictate their work for the coming 12 months: Pantone's Colour of the Year. Fresh on the heels of 2016's choice, light pink Rose Quartz and baby-blue Serenity, is a "tangy yellow-green" known as Greenery.

The Pantone Colour of the Year choice has long been implicated in major global trends – with 2015's earthy-brown 'Marsala' being reflective of many politicians' ties leading up to the General Election, and last year's double act reflecting the fluidity of gender across society.

Described by Pantone as "a refreshing and revitalising shade, symbolic of new beginnings", Greenery is supposed to evoke images of verdant foliage and the blooming lushness of the great outdoors. Pantone hope that by choosing Greenery as their Colour of the Year, they can capitalise on the "innate craving" those of us in the modern age have to immerse ourselves in "the physical beauty and inherent unity of the natural world".

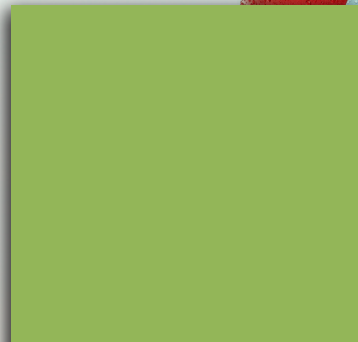
But why is Pantone's Colour of the Year such a big deal?

In 1963, an American chemistry student called Lawrence Herbert created a system that identified the exact ink formula for every shade of colour, meaning that whatever an individual's visual perception, each colour's specific number – in Greenery's case, 15-0343 – would remain the same. Not only could graphic designers, fashionistas and interior decorators now distinguish between shades in a definitive way, but Herbert's system became the integral to his company Pantone.

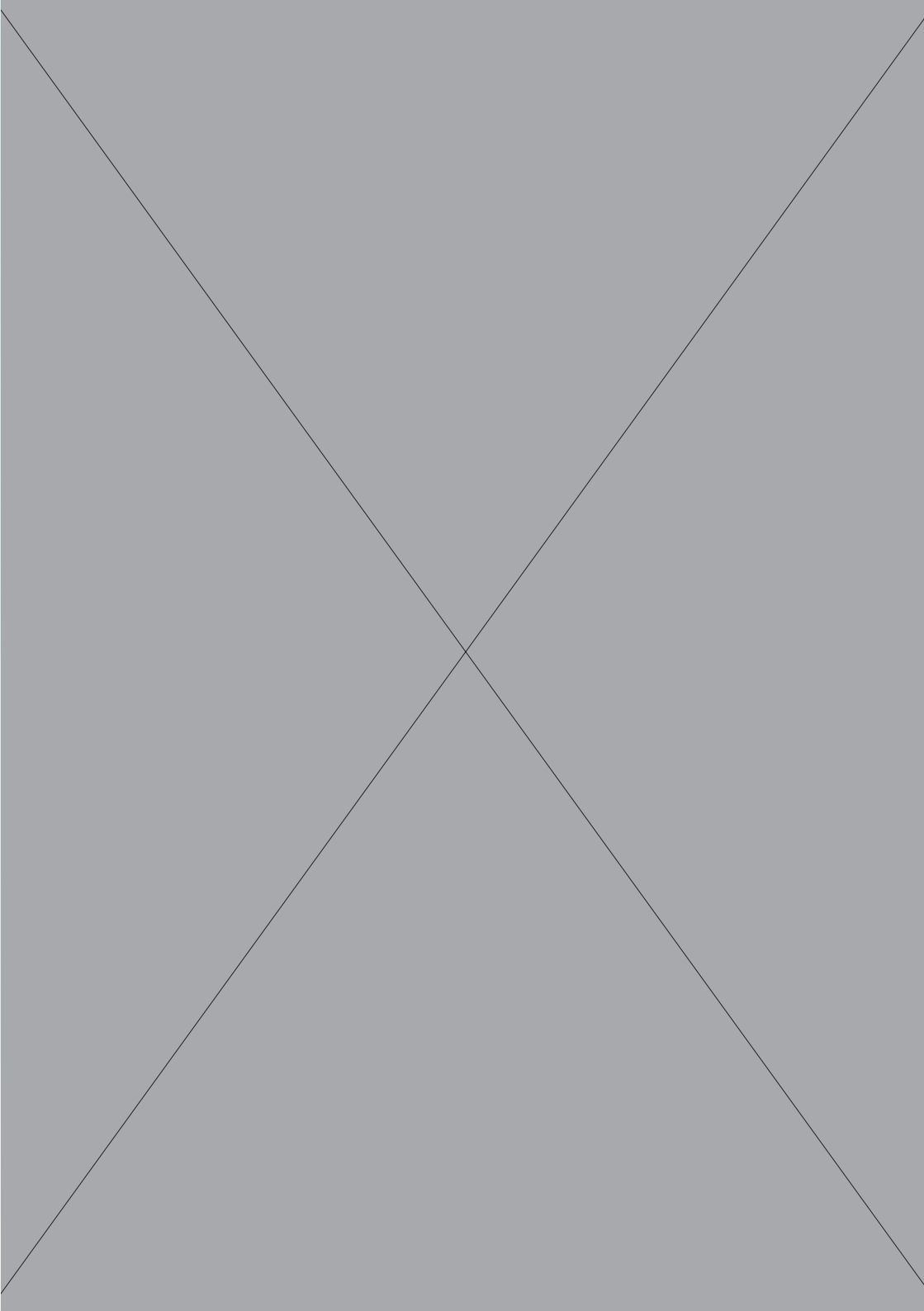
The involvement of Herbert in its founding made Pantone

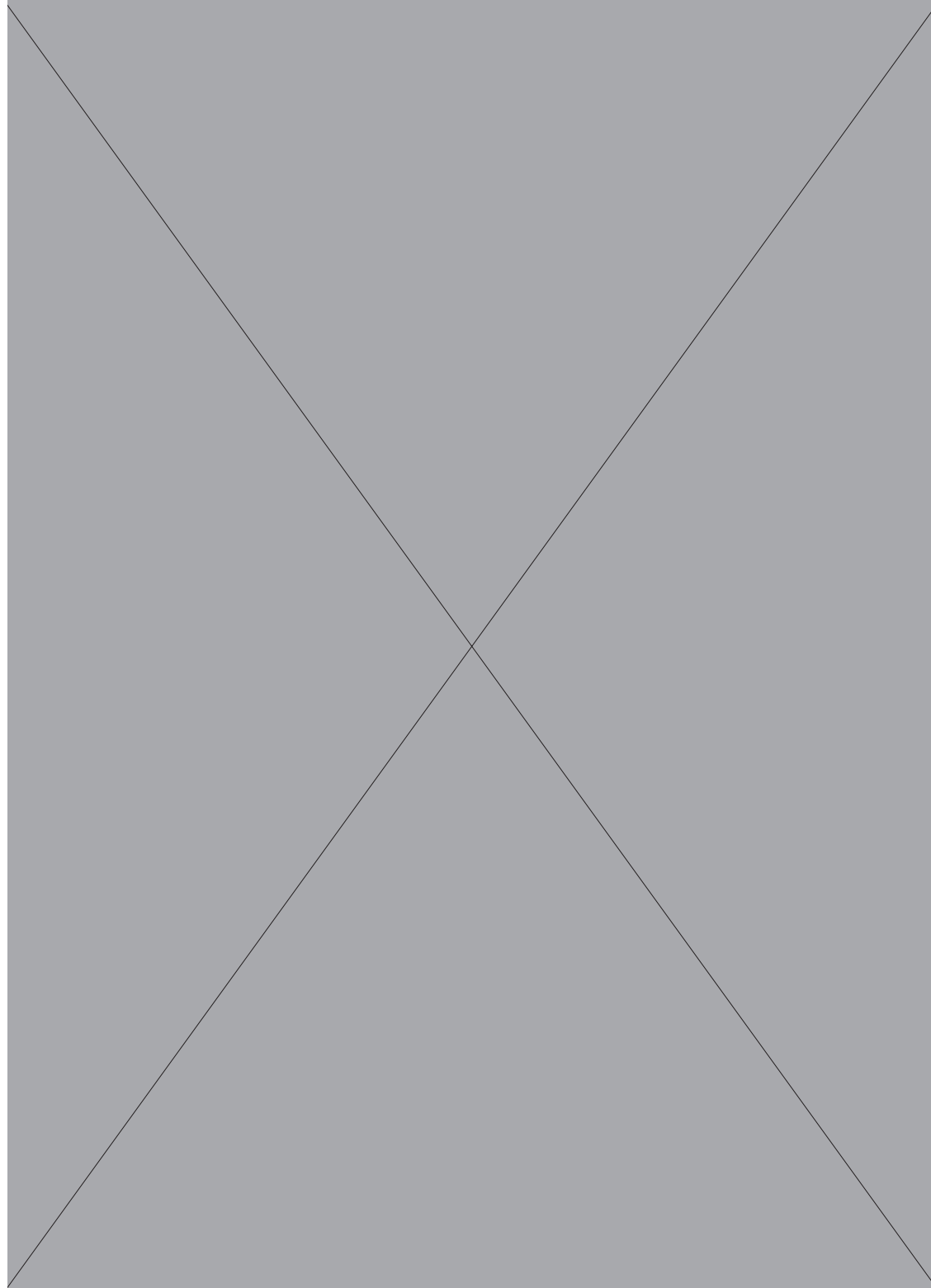
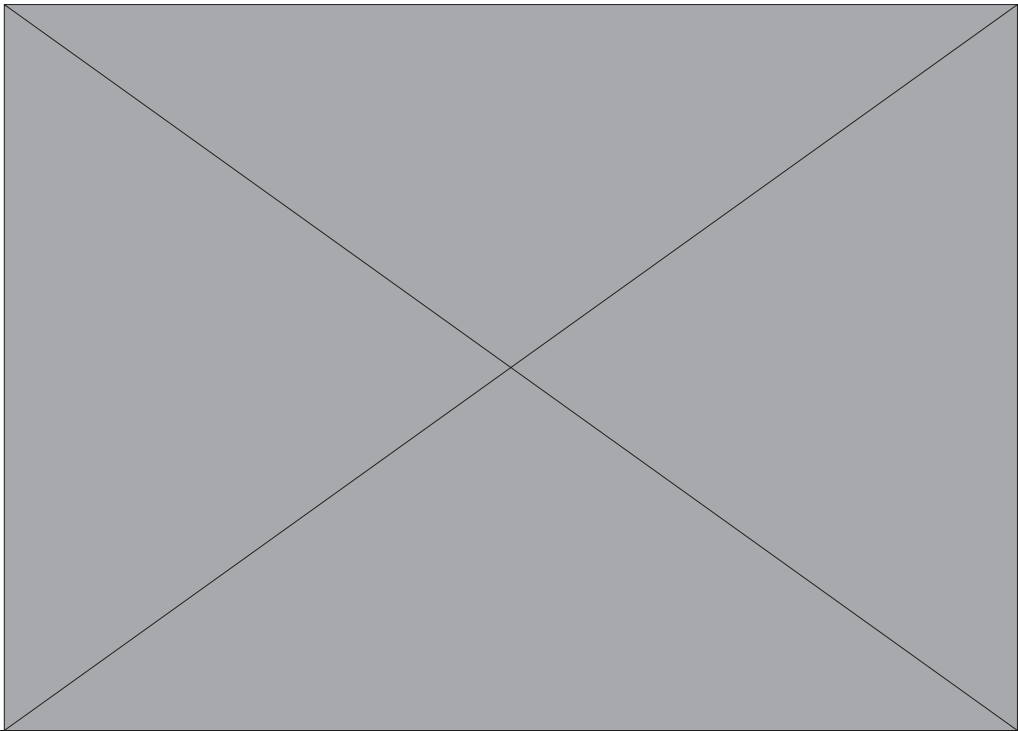
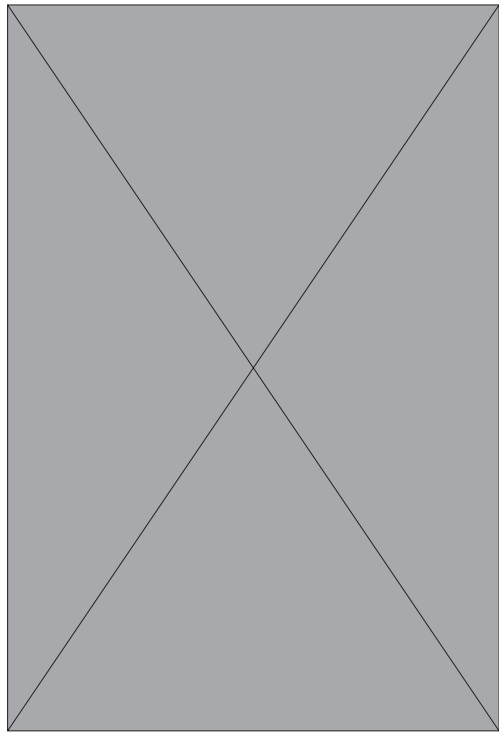
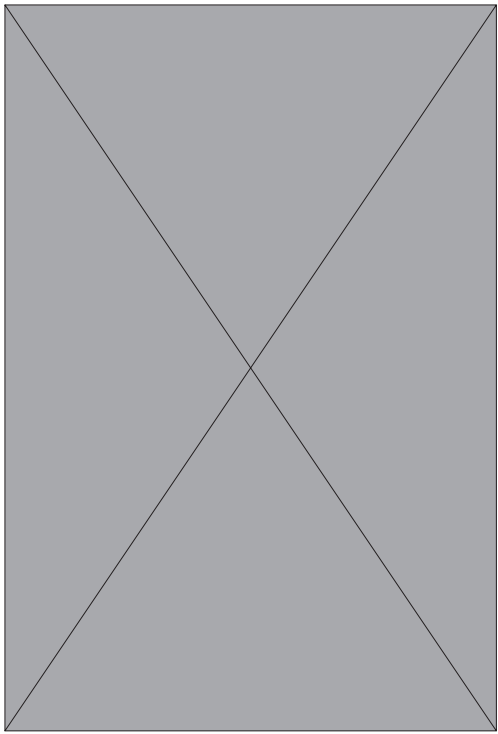
a 'global authority' on colour – and it pervades everyday life in a surprising amount of ways. For example, the red hue that has come to be associated with that most giant of soft drink corporations, Coca-Cola, is actually the colour numbered 484 in the Pantone Matching System book. So long as PMS 484 is used, the finished product will exude that same 'Coke Red' we know and love.

After what can at best be described as a topsy-turvy year, Pantone have high hopes for the Spring-connotations of Greenery to refresh and revitalise our homes, cars, clothes and accessories.

PANTONE®
15-0343 TPG
 Greenery







THE HOUSE THAT TECH BUILT

Smart phones are now seriously smart. Gone are the days of settling for a fuzzy camera and the ability to email; the modern mobile is now expected to perform technological miracles at the touch of a button. Here's the lowdown on the latest must-have gadgets you must own in order to move into the modern age as the proud owner of a 'smart home'.

WI-FI KETTLE



This technical alternative to bog-standard boiling will never have you arguing over whose turn it is to put the kettle on.

With Apple's iKettle leading the way, this state-of-the-art (RRP £99) appliance pairs up with an app for Android or iPhone that can connect to either the Home Wi-Fi network or its own direct link. You can then just tap the power button and away your kettle boils – you can even choose which temperature you want the water to heat to, just in case you like your speciality tea and a speciality temperature.

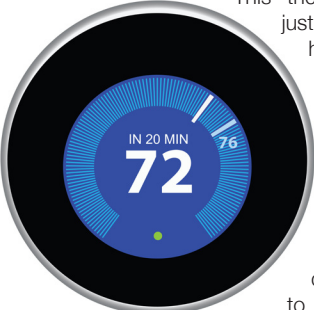
TOVALA SMART OVEN



It may look like a microwave, but the Tovala Smart Oven (available to pre-order for circa £260) is the

very latest idea in computerised culinary wizardry. Sure, you'll need to buy specific (healthier) smart-oven-ready meals, but when your oven scans the barcodes attached to these it will know exactly whether to bake, broil, steam or char to get your food perfect every time.

NEST THERMOSTAT



This thermostat doesn't just control your home's heating – it learns. After installation, the new Nest Thermostat (RRP £249) catches on to when you are turning it up or down and begins to act accordingly, automatically keeping your abode at the optimum toastiness for every hour... just how you like it!

AMAZON ECHO



Essentially the closest thing you can get to being inside Batman's actual bat cave, the Amazon Echo (RRP £150) is a speaker system and personal assistant (named Alexa) all-in-one. The Echo not only allows for you to control your heating, lighting and numerous appliances all from the same place, but also provides a timely spoken reminder for any important appointments, events and engagements

you may be at risk of forgetting.



DIY IN UNDER AN HOUR

Homemade Blackboard

This 'do-it-yourself' project will bring endless hours of creative fun to children, and adults too!

1. Choose a piece of plywood as a backing for the blackboard
2. Apply a coat of primer to the sheet of plywood
3. Apply two coats of blackboard paint to primed plywood
4. Wait for paint to dry
5. Begin drawing



Teapot Plant Pots

For a creative way to recycle unwanted crockery, follow these steps to transform them into miniature plant pots, making them perfect as a decoration anywhere around the house.

1. Fill teacups or other crockery with soil
2. Plant seeds and plants in the soil
3. Water well and place near sunlight

Pebble Placemats

Perfect for use as coasters, place mats or even door mats. Create your own mats using only felt or wood, glue and pebbles.

1. Cut a piece of felt or wood to the desired size
2. Using a hot glue gun, cover the base layer
3. Place pebbles onto mat, keeping height consistent
4. Wait for glue to set before use



NOT SO

GARDENING

FINGERED

Ever watched in wonder as Monty Don and Alan Titchmarsh create a host of flourishing flora with a mere flick of a trowel? Well you're not alone.

So if you're more used to watching your wild roses wilt and your peonies perish, these simple hacks below will help you revolutionise your vegetation without having to go anywhere near a garden centre. Bloomin' marvellous!

DIY TROWEL

Take one empty detergent bottle with a handle. Using a sharp knife, cut the end of the bottle off at a slant that runs from a couple of inches down from the bottom of the handle to the very bottom of the far side of the bottle to form a shovel. Attach a piece of string to the bottle's neck, display your new creation proudly on the shed wall, and voila!

WATERING CAN

Alternatively, keep the bottle intact and poke holes in the screw-top with a heated sewing needle to make your own watering can.

KEEPING THINGS NATURAL

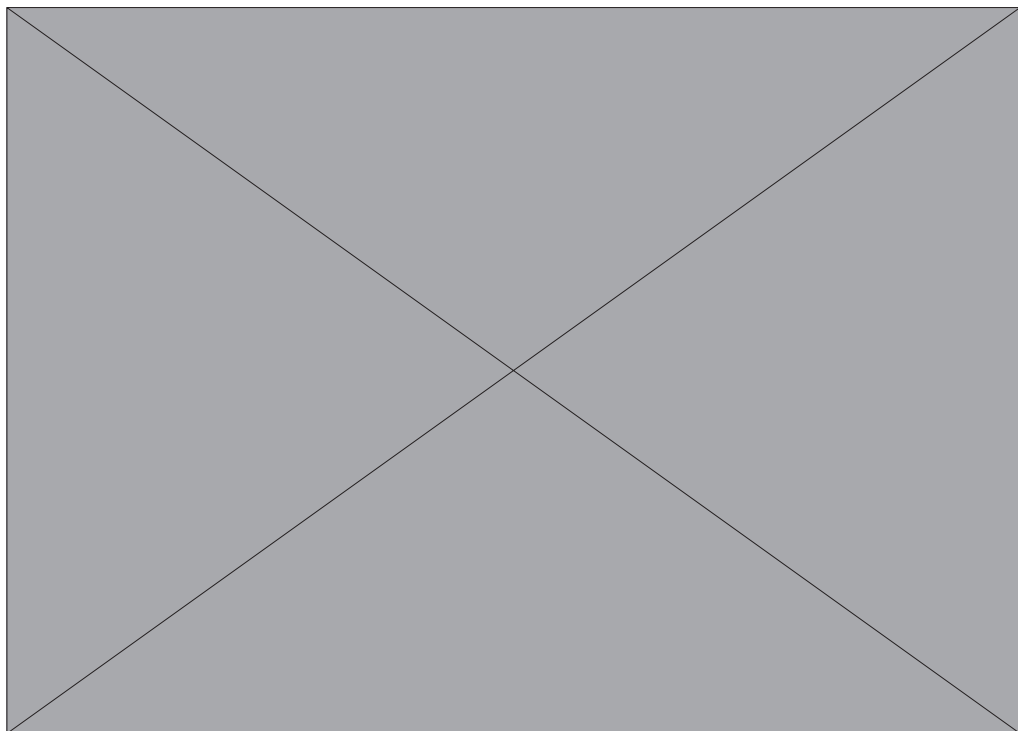
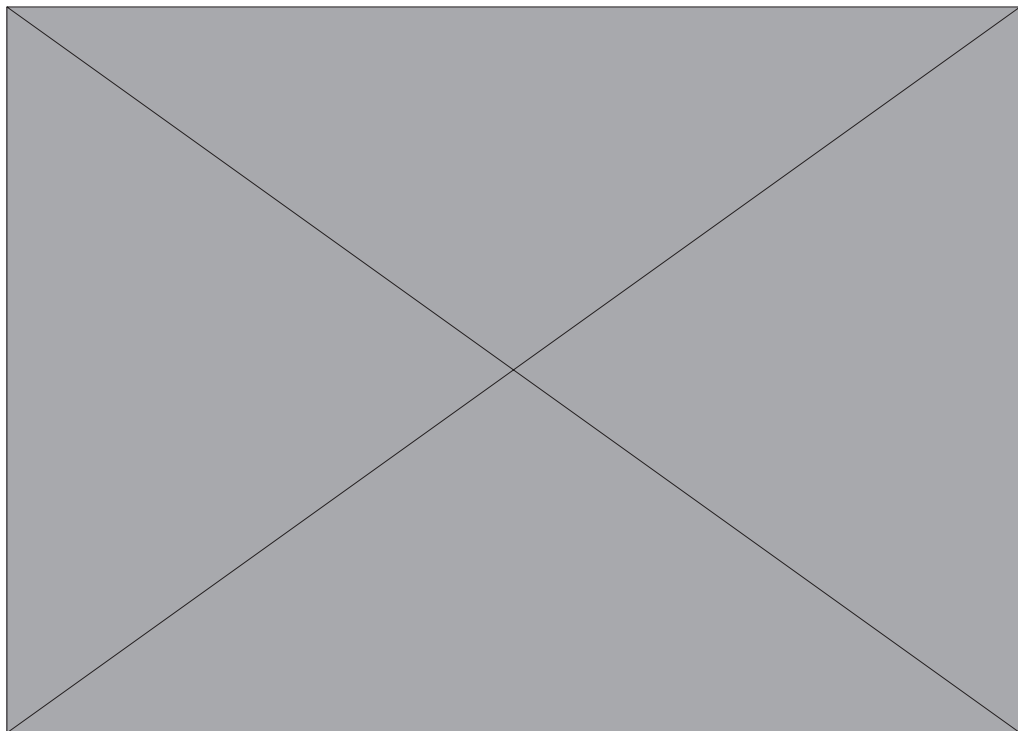
If you're continually confused about the dizzying

array of terracotta receptacles being touted as the next best thing in plant-holding perfection, then fear not! Next time you make an omelette, try to crack your eggs cleanly in half. Whilst still in the cardboard tray, pop your seeds in the half-shells and add a covering of soil. If you keep the soil moist, you'll soon have an indoor tray of seedlings. What an egg-cellent idea...

FERTILISER FUN

There's no need for any chemical or horticultural knowledge when it comes to making your own fertiliser: stinging nettles will do just fine! Fill a bucket with nettles – wearing gloves, of course – and cover with water. Now place a weight on top of the nettles to make sure they stay submerged, then leave the bucket in the corner of the garden for two weeks.

When the fortnight has elapsed, fish out the greenery but keep the water. Dilute that by a ratio of 20:1 and use on your flower beds to provide your plants with a fantastic source of nitrogen – especially good when growing vegetables such as kale or broccoli.





Tales from the BUSINESS GHOST



HOW TO MAKE YOUR *january resolve stick*

There is a problem with making New Year's Resolutions - they don't work! The tradition of changing bad habits, starting good ones or declaring ambitious goals at the dawning of the year dates back millennia and appears in almost every civilisation. But there is one thing they have always had in common: the majority of these self-made promises fail – and here is why:

Excellence comes from creating good habits and making the way that you 'aspire to be' the way that 'you are' every day. The more you act in a certain way and reinforce good habits, the more that way of behaving will become the new you and lead you to success. Each additional day that you succeed in your resolution towards change will strengthen your chances of becoming that ambition. So resolutions are a good thing.

However, if you limit your commitment to being better, ridding yourself of bad habits, and starting exciting new projects to one day in 365, you are missing the point. To be better, you need to make a change today. The fact that 'today' is the day a new determination or an idea is provoked in your heart means that 'today' is your best chance of making it happen. By the time tomorrow comes, your emotion and passion for changing will have diminished.

So, if you are reading this in the middle of January (or indeed at any other time of the year) and the goal that you set yourself back on the first day of the year is long gone – don't give up. Start again today - stop smoking, start running, cut back on the overtime, spend more time with your kids, find your passion and follow it.

As Ralph Waldo Emerson once said: "Write it on your heart that every day is the best day of the year."

Don't worry about tomorrow. Just commit to a better version of you today and take each new day as it comes.





FASHION



THE CLOTHES SHOW

MAKING HISTORY

After a whopping 27 years, the fashion event of the year is having an overhaul and moving to Liverpool next year.

Clothes Show Live is relocating for the first time in its history and, as well as moving locations, it will also be held from 7-9 July instead of the usual December date.

The event, which attracts more than 100,000 visitors every year, was born out of the BBC hit TV show fronted by Prof Caryn Franklin. It not only reported on catwalks but also offered viewers advice on achieving styles from the stage on a budget.

Prof Caryn Franklin has been a resident of the live event for many years, hosting workshops and seminars as well as leading some of the intimate catwalks. She is known for her work as co-editor of *i-D Magazine* and has been a fashion commentator for more than three decades.

The success of the show from 1989 to 2000 led to a magazine and then the launch of the live shopping event at the NEC Birmingham.

The show is known for launching the careers of many celebs, including Cat Deeley, and has grown from a being a small event to one of the most popular fashion showcases of the year.

The Fashion Theatre has seen the likes of *The X Factor* contestants 4th Impact, JLS and Alexandra Burke sing on the stage and showcases everyone from up and coming designers to highlights from the high street.

Next year's event is being publicised as the British Style Collective presented by *The Clothes Show*. As well as celebrating fashion, it will also showcase British culture and arts, taking place across three venues including Liverpool Cathedral and St George's Hall.

There are plans for the show to tour cities across the UK in the coming years, visit www.clothesshow.com and sign up for updates.



SS17 from the catwalk

Spring/Summer 2017 is all about keeping it bright, colourful and fearless. This year's catwalk has projected a lot of prints, sequins and tailoring. The next season is about girls being flirty with florals and men embracing their inner metallic-urge. This is just a sneak peek at what's to come, the real reveal is on the February catwalks across Europe in London, Paris and Milan fashion weeks.

Women

Mixing materials like lace and satin will ensure you stand out from the crowd and give your wardrobe some texture. This includes teaming lace tops with patent shoes and everything from fur jackets with satin trousers, to tasselled bags with velvet dresses. Layer it up and keep it flirty by wearing soft pinks and floral prints.

Men

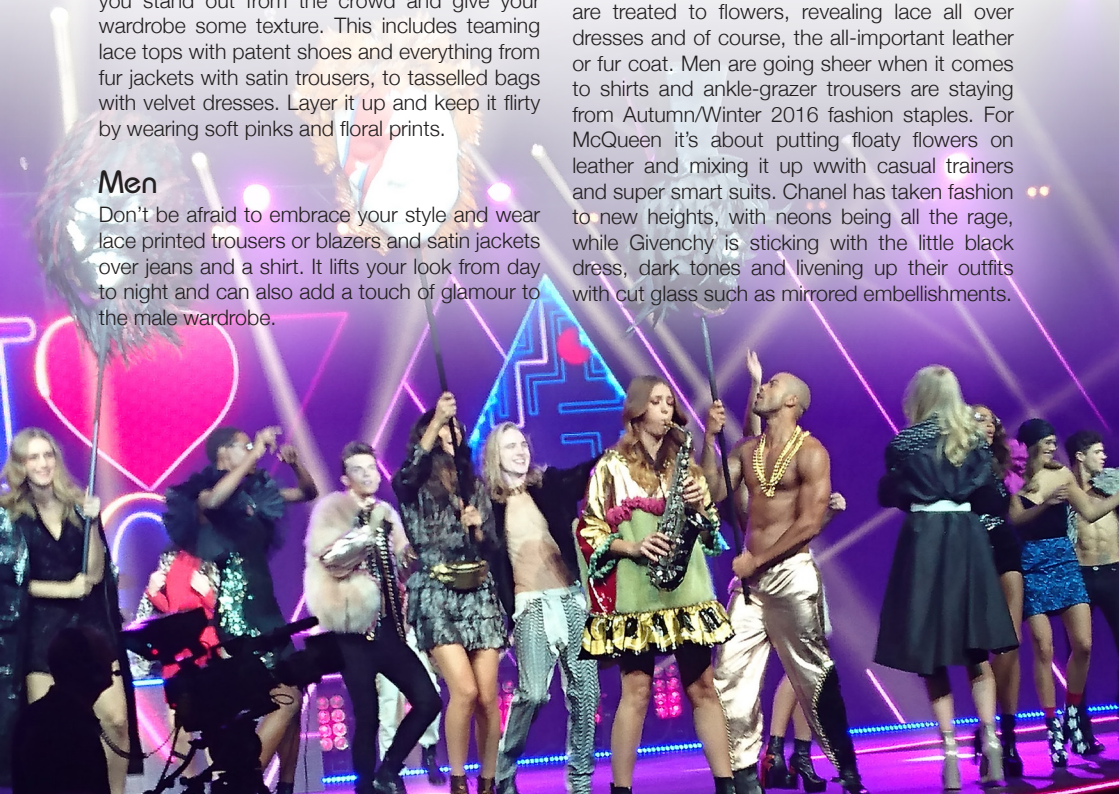
Don't be afraid to embrace your style and wear lace printed trousers or blazers and satin jackets over jeans and a shirt. It lifts your look from day to night and can also add a touch of glamour to the male wardrobe.

High street

On the high street, women's retailers are going for high necks and tailored suit jackets, skirts and capri trousers for the ladies. This style is all about being able to go from day to night with ease and looking smart and polished all day. For men, it's about being adventurous, but keeping the colours tame and really letting go with the fabrics.

Designers

The top designers are really letting loose. Women are treated to flowers, revealing lace all over dresses and of course, the all-important leather or fur coat. Men are going sheer when it comes to shirts and ankle-grazer trousers are staying from Autumn/Winter 2016 fashion staples. For McQueen it's about putting floaty flowers on leather and mixing it up with casual trainers and super smart suits. Chanel has taken fashion to new heights, with neons being all the rage, while Givenchy is sticking with the little black dress, dark tones and livening up their outfits with cut glass such as mirrored embellishments.



LOCAL NEWS

from your neighbourhood

LOCAL NEWS

LOCAL NEWS



Man remembered after death following collision

Tributes have been paid to a Brentwood man who died in hospital following a collision.

Eric Sparrow, 84, was parked in Greensleeves Drive, Warley, when he was hit by a white Renault Master delivery van. The driver in question was a 23-year-old man from Ilford who suffered no injuries.

An investigation is continuing into the circumstances leading up to the collision between Mr Sparrow and the car, as he waited to get into a gold coloured Range Rover.

The devoted grandfather and father died eight days after the collision at Queens Hospital in Romford.

Mr Sparrow was born in 1932, completing an apprenticeship as a carpenter before serving for two years in the RAF. He went on to set up his own business, working as a Master Builder with much of his work being in Essex.

Mr Sparrow was the longest serving member of his Freemasons lodge, being recognised for his commitment with an honorary membership.

A dedicated husband, Mr Sparrow celebrated his 60th wedding anniversary with his wife Olive only days before his death as well as receiving a card of congratulations from the Queen. He will be greatly missed by all who have had the pleasure of knowing him.

Since retirement, Mr Sparrow continued to play 18 holes of golf, three times a week as well as becoming the treasurer of Maylands Golf Club.

Officers investigating the incident are appealing for any witnesses or anybody with information to come forward by contacting the Serious Collision Investigation Unit on Essex Police 101 or by emailing sollisionappeal@essex.pnn.police.uk.

New Year, returned service



The New Year will see the return of a popular Brentwood bus route which was axed last year.

The 261 bus which runs between Brentwood and Blackmore was set to be removed from service in December after Amber Coaches announced it would not be continuing the route.

Locals were outraged, with one regular user of the bus telling **VISION**: "It's an awful decision to stop the bus when it's such a useful route and so many of us depend on it to travel to Blackmore."

Essex County Council is stepping in to help continue the service after seeing the impact of the decision to stop the popular bus route.

Leader of Essex County Council, councillor David Finch, said: "Officers have worked around the clock in a bid to find an operator to support this service. It is always right that we first seek a solution that doesn't result in cost to the taxpayer or reducing other routes.

"We are stepping in to support it for the time being while we continue to seek a solution. I would like to invite the local community who have made clear the importance of this service and been very vocal in their support to turn that into real action.

"I look forward to hearing their proposals and seeing the necessary growth in passenger numbers to support the service."

It remains vital for locals to continue using the service in order to make it profitable, enabling it to run for years to come.

Van driver vandalises car with owners inside

Police are appealing for witnesses following a road rage incident which took place in Brentwood on the A12.

A Ford van driver was reported to have thrown rubbish out of his window, before a couple beeped their horn at him.

The man in the van was then said to have begun driving aggressively towards the female driver in her

30s, before pulling in front of the victims and stopping on the A12 in a live lane.

The woman drove around the van but had to stop at traffic lights at the Brook Street roundabout where a man and woman got out from the van and began kicking and punching the victim's vehicle, causing damage to the windows and door.

The victim drove off when the lights changed, and the Ford continued to drive aggressively towards her, before leaving.

Anybody with information is asked to contact PC Edward Gosling on 101, or call Crimestoppers anonymously on 0800 555 111.

Google brings lessons to life



Google have paid a visit to Brentwood County High School to share ground-breaking software with students and staff.

The new project, 'Google Expeditions' allows students to "take a field trip right from their classroom," allowing a teacher to act as a guide while they lead groups of students through collections of 360 degree and 3D images.

The sessions allowed students to take part in half-hour workshops, using virtual reality headsets to learn in a whole new way. The groups enjoyed learning 18 different subjects throughout the day, from learning about the respiratory system to the First World War.

Brentwood County High School headmaster, Stephen Drew, said: "This is an amazing opportunity for our young people and staff.

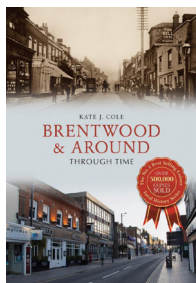
Brentwood's history revealed

A fascinating book has been released which looks into Brentwood's history. *Brentwood and Around Through Time* will take you back to the start of the town's history.

Capturing the growth of Brentwood, this great read will tell the origin of the town's name, coming from 'burnt wood', to the arrival of the railway in 1840.

Author Kate Cole invites the reader on a captivating photographic journey of old and new.

The book is available online for only £13.49 on www.amberley-books.com





..... THE GINGER PRINCE

finds happiness himself.....

Photo Credit: PA Images

He says of himself that he was just a “ginger white prince” trying to make kids laugh.

Now 10 years later Prince Harry’s Sentebale charity in Lesotho is firmly helping orphans and vulnerable children, many of whom are affected by the HIV/AIDS epidemic.

Prince Henry Charles Albert David to give him his full correct name, 32, set up the charity in memory of his mother Princess Diana as a mark of respect to her well-documented charity work.

In August this year it will be the 20th anniversary of the Princess’s tragic death in a Paris car crash and there isn’t a day goes by that Harry and elder brother William do not think about their mum.

Harry has fulfilled that promise he made to himself of the ginger white prince making those tragic kids put laughter back into their lives at Sentebale, which means forget me not, by making regular visits.

Harry is Diana and Charles’s youngest son. The one always destined for a time to be the spare to the heir.

He is one of the world’s most eligible men. He has the title, the looks and the loot - but what he has not got is a Princess with whom he can share the rest of his life.

But all that may be about to change because it looks like Harry – one of the most popular royals – may have just found his perfect match in American actress Meghan Markle, 35, who stars in the TV series *Suits*.

And one thing is for certain his sister-in-law would have to find a different kind of Christmas Present for him as she once gave him a ‘grow your own’ girlfriend kit.

Harry wants to be a bit more like William, with a wife and family of his own.

There is huge speculation and growing daily that Harry and divorcee Meghan will announce their engagement in 2017.

Although he has had a number of casual girlfriends there have only been two previously that were serious, Chelsy Davy and Cressida Bonas.

We know Harry is deadly serious about Meghan because he put out a statement in effect confirming they were an item when he hit out at American paparazzi.

Recently after a tour of the Caribbean, Harry, instead of flying directly home took a 1,700-mile detour to Toronto, where *Suits* is filmed, to spend around a day with Meghan.

Earlier in the year she flew into London to spend nearly a week at Harry’s London home, Nottingham Cottage in the grounds of Kensington Palace. Even more recently the smitten actress has literally spelled out her feelings for Harry with new bit of jewellery.

The delicate necklace has two tiny letters, H and M, hanging off it and is thought have been made by Los Angeles designer Maya Brenner.

On her website, the 14 carat personalised piece retails at around £190.

Did Harry give her the present or did the jewellery firm see a smart opportunity for free advertising?

Whatever, it did not stop Meghan wearing it in public increasing the speculation of a wedding.

Although the last American divorced woman to marry into the royal family – Wallis Simpson – almost caused its downfall, the signs are that - to use a social media expression - #Megaharry will be hugely popular.



The secret to the PERFECT BEEHIVE

It's a retro staple when it comes to achieving a beautiful beehive – find the secret to the perfect beehive hairstyle here...

Part your hair to the side with a comb. If you have a fringe, part that to the side too, tucking the longer hair behind your ear. Otherwise, simply comb your hair back.

If you want a big, retro beehive, you will want to keep it up. A half-down beehive is more modern and casual.

Bend your head down. Let your hair fall over your face, and fluff it up, then decide where you want your hairdo to start. For a bolder retro style, you must start very close to your crown – be confident!

Bend your head forward so that your hair falls over your face. Take 1–2 inch sections of hair starting from the middle of your head, and run a comb back and forth through each section in small, quick motions. Make sure the top of the section remains smooth

Tease the rest of your hair, then flip all your hair back and run a brush over the topmost part to

smooth it out. If you lose some volume, just re-tease your hair as needed.

Tilt your head back and separate the top quarter of your hair, starting from your crown. Gently brush out this outer layer until smooth. Brush upwards to keep from squashing the hair that you've teased.

Sweep your smoothed hair over your teased hair and secure it in the back with bobby pins, pinning your hair together. Keep gathering and pinning until you achieve your desired shape. Push the bobby pins in upwards at a 45° angle for maximum hold.

Smooth your side sections, pull them taut, and pin them close to the back of your head.

Gather up the remaining strands at the back of your head and pull them together like you're creating a low ponytail. Twist the ponytail upward and close to your head; when it is tight, tuck the tips into it and secure it to your head with bobby pins.

Give your entire 'do one final spray and comb down any loose strands to achieve the stylized look of the times.





Men...Wax On or Wax Off?

If you've found yourself longing for a back that doesn't resemble a bearskin rug or are sick of those pesky chest hairs detracting from your stunning six-pack, then read on...

Waxing and hair removal are often labelled as womanly pursuits, but male grooming, or 'manscaping' to use its official title, is more ubiquitous than ever before. No longer confined to porn stars and bodybuilders, regular blokes are often seen in salons asking for their shoulders, full chest, or ahem... 'sack, back and crack' to be unburdened from the fuzz.

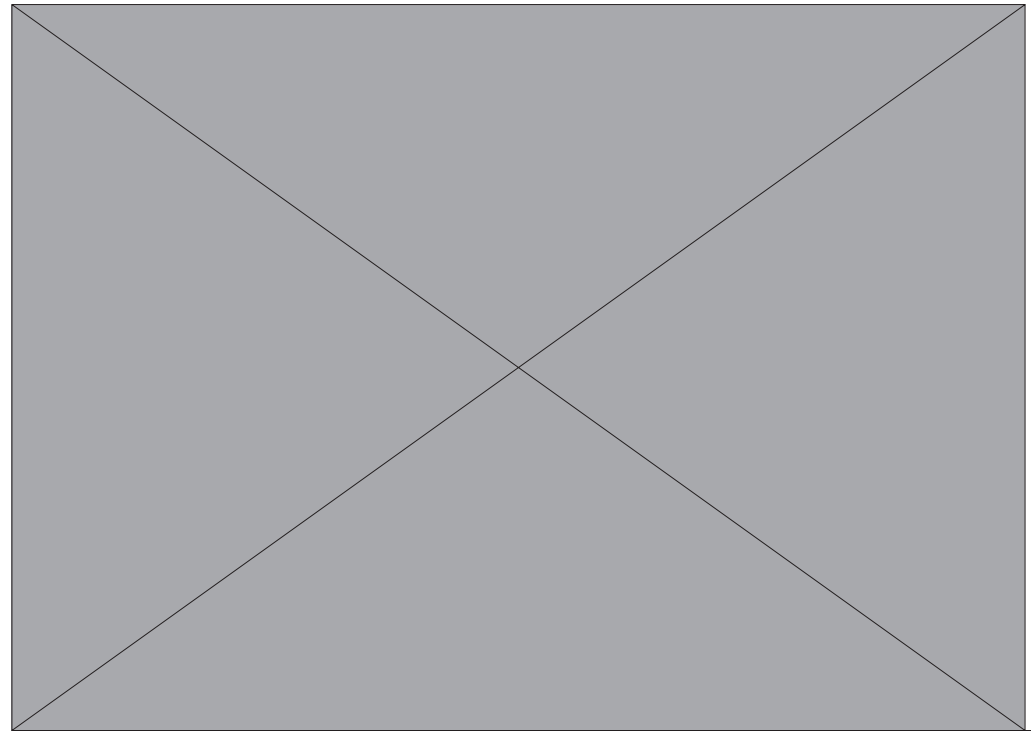
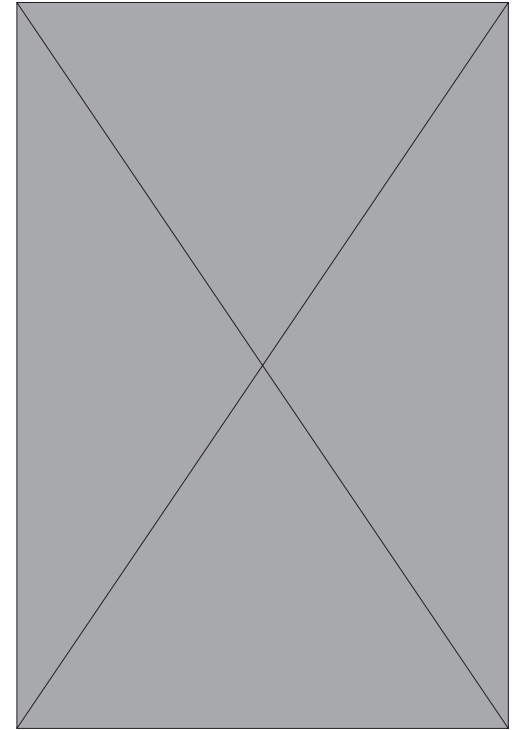
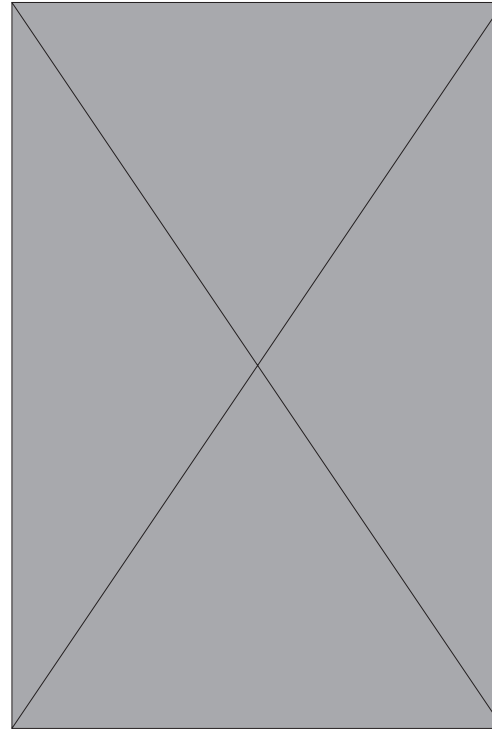
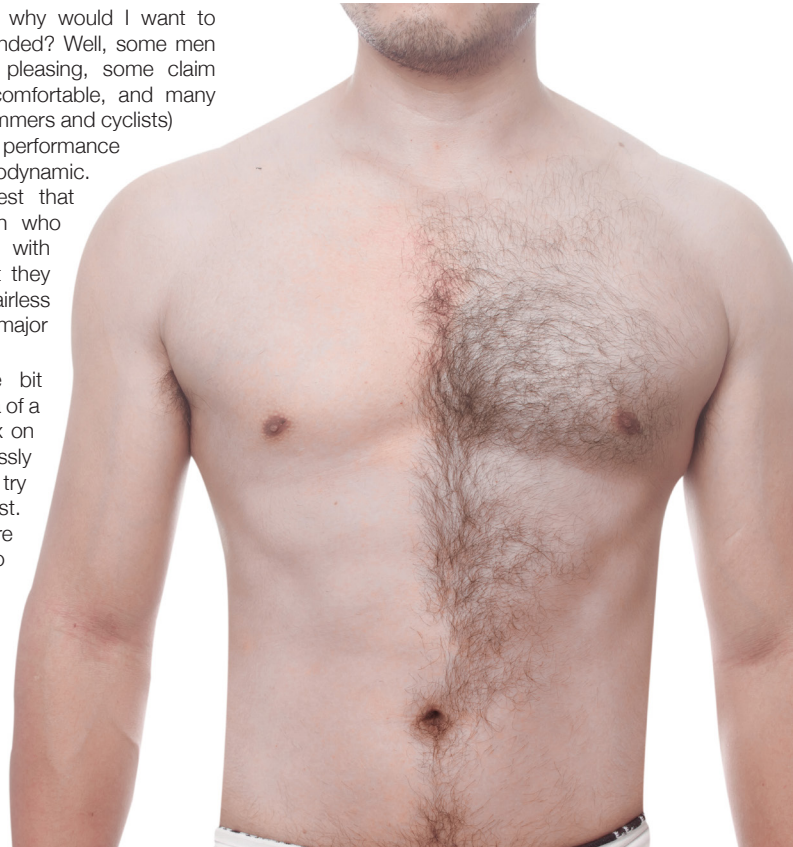
You may be wondering, why would I want to surrender what nature intended? Well, some men find it more aesthetically pleasing, some claim it is more hygienic and comfortable, and many sportsmen (particularly swimmers and cyclists) believe it helps enhance performance by making them more aerodynamic. Some studies also suggest that women appreciate a man who has a regular tidy up, with many admitting that whilst they wouldn't want an entirely hairless lover, gorilla bods are a major turn off.

If you are still a little bit uncomfortable with the idea of a stranger slathering hot wax on your privates before mercilessly ripping it off, then why not try a bit of DIY manscaping first. Electric beard trimmers are great if you just want to minimise the hair, or for a smoother look try a wet shave (trim first!). The benefits of shaving are that it is far cheaper and considerably less painful. However, waxing will give

a much cleaner result that can last up to six weeks.

Naturally there are a few things to consider before you take a sharp razor or hot wax anywhere near your crown jewels...good hygiene is essential as nicks and cuts can lead to infection, and precede your regime with a bath or shower to soften the hair. Finally, a bit of aftercare will greatly improve the results, so remember to moisturise.

So, does the modern man shy away from removing unwanted hair? No, he does not!





Look after your skin

Your skin works hard to keep you healthy, but you do have to return the favour to maintain a youthful glow.

There are a number of things which can easily damage your skin that you might do every day and had no idea of the affect on your skin's health.

One of the most important factors to young, soft and smooth skin is moisture. Moisturising regularly keeps your skin tight, soft and improves elasticity. It also helps with the natural production of oil which is also an important factor in having healthy skin.

Secondly, you can maintain happy skin by managing stress. Although it might not seem like it, stress actually can have a profound affect on the way you look and feel and your skin is prone to breakouts and appearing dry and irritable.

Getting your skin into a routine, especially your face, will make a huge difference and, ensuring certain elements are never neglected, will put you on the road to victory.

Seven steps to skin perfection:

1 Cleanse – in order for your skin to constantly evolve and rejuvenate, it's important you clean your skin every day. This includes washing your whole body and using a daily face wash on your neck as well as your face. Up to the age of 35, washing your face twice daily will help manage spots.

2 Tone – using a toner after cleansing is really important, especially if you are prone to oily skin or use public transport daily. Apply to your face using cotton wool to remove grime and dirt.

3 Moisturise – if you don't have oily skin, moisturising with a cream for dry skin such as

cocoa butter, fruit or nut based body butters are best. Use all over your body except the face.

4 Exfoliate – to remove dead skin cells and deep clean your pores, exfoliate your face twice a week and your body, once a week. This can be with a mitt or scrub.

5 Control stress – stress makes your skin prone to acne and redness. Manage it by getting lots of sleep and ensuring you keep up with your routine.

6 Eat lots of fruit and vegetables – vitamins are vital for producing good, healthy skin. Eating a variety of fruit and vegetables will ensure you feed your skin with the right nutrients.

7 Drink plenty of water – water keeps your skin hydrated and will help combat dryness. It also improves the appearance and can reduce spots by flushing your body of toxins.





FIGHTING THE FLAB

As the festive season rears its sparkly and indulgent head, the new year is all about getting fit and healthy and cracking down on the bulge.

Us Brits try everything from the downright weird and wonderful to the typical popular fad diets such as cutting carbs and calorie counting. Tackling the extra pounds can be a lifestyle change, but for many of us it's about a quick fix and something we go all out for in January, and tail off in March.

Here are some key tips from some of the most popular diets that claim to offer fast results.

5:2 DIET

This diet is all about fasting and training your body to need less fuel on certain days and therefore consuming less calories.

HOW IT WORKS

- Eat normally for five days of the week and cut your calorie intake by three quarters on the other two
- On your normal days, aim to still eat healthily rather than pigging out, as this will also speed up the weight loss
- Example diet plan: women - 1800 calories and men - 2000 calories five days a week and consume any treats (within reason). On the two fasting days, reduce intake to 500 calories for women and 600 calories for men
- Results: a loss of at least 11lb per week and some claim to have seen improvements in their blood pressure and cholesterol.

DUKAN DIET

This eating plan is a low carb, high protein diet. There are four phases and, unlike other high protein diets, this one slowly introduces carbs and all foods over the four steps. Ensure you exercise once a week too.

HOW IT WORKS

- Eat a strict lean-protein diet from a list of 72 foods including eggs, turkey, fish and low-fat protein rich foods for five days
- Phase two: reintroduce some non-starchy vegetables such as carrots and mushrooms on three days. Carbs are still out apart from oat bran.
- Phase three: have two meals a week consolidating most foods, introduce starchy things like potatoes. Do this for five days for every pound lost in step two. Every Thursday is protein-only day to maintain weight loss
- The final step is about not falling off the wagon. Eat three tablespoons of oat bran a day, continue to have a protein-only day each week and regular exercise. Reintroduce all foods, but try and bear in mind the rules from steps one to three
- Results: 11lb every three days for the first few phases, with an increase at the end of phase two when your body starts to tap into its own fat.





GET FIT IN JUST 7 MINUTES

If you want to get in shape this January but don't have hours to slog it out in the gym, this scientifically proven workout is for you.

Getting fit, and staying fit, is hard. We're all familiar with that frustrating cycle of having best intentions on New Year's Eve (somewhere around the eighth canapé and third glass of champagne) only to find ourselves frustrated, disappointed and none-the-slimmer by March. To quote John Lennon: "Life is what happens while you're making plans" and maintaining a realistic diet and exercise regime in amongst work, family and other chores, can seem near impossible, until now.

The beauty of the seven-minute workout is that it is quick (duh!), effective, and you can do it almost anywhere.

Studies have shown that working muscles to their highest capacity, even for a short period of time, produces molecular changes comparable to those of several hours of running or bike riding. Chris Jordan, the Director of Exercise Physiology at the Human Performance Institute, says that high intensity interval

training provides "many of the fitness benefits of prolonged endurance training but in much less time."

To produce visible results, it's recommended you do the workout daily, but with no equipment required you could do it almost anywhere... in the park, at home while you watch TV, even on your lunch break! Wahoo Fitness even do an app to talk you through move each for maximum flow.

The bad news is, those seven minutes will be largely unpleasant. The good news, is that after those seven minutes you are free to get on with the rest of your life!

7 Minute Workout

Each exercise for 30 seconds with a 10 second break in between.

- ▶ Push-ups
- ▶ Sit-ups
- ▶ Jumping jacks
- ▶ Plank
- ▶ Lunges
- ▶ Squats
- ▶ Running on the spot
- ▶ Crunches
- ▶ Burpees
- ▶ Back-press

Squat



Left: Back Press
Right: Lunges
Below right: Press Up
Below: Jumping Jack





Weekday dinner cheats

If you find yourself starved for both food and time when you get home from work, try one of our weekday cheats - five easy meals that you can make from scratch in under 20 minutes. They're each filling, nutritious, and if you're catering for just yourself, you may even find there's enough left over for lunch the next day!

Tuna 'Puttanesca' Spaghetti

An Italian classic (with a saucy reputation), this recipe has added tuna for a protein boost.

Make a classic tomato sauce base with added chopped olives, a generous squeeze of anchovy paste (depending on your preference for fishiness), and grab a tin of tuna. Leave to simmer for 10 minutes while your spaghetti cooks and then serve. Done!

Chicken Schnitzel with Green Salad

A great one for relieving yourself of that post-work aggression.

Lay your raw chicken breasts in between two layers of cling film on your worktop and beat with a rolling pin until they're about 2-3mm thick. Using a mix of breadcrumbs and parmesan, dip your chicken in flour, beaten egg and breadcrumbs, then fry 2-3 minutes on each side till golden. Yummy.

Thai Green Curry

Readymade curry pastes make this a doddle. Fry chicken, prawns or tofu with a few

spoonfuls of curry paste, Add the coconut milk, lime leaves, fish sauce and sugar and stir well. Leave to simmer for 10 minutes as the rice cooks, adding the veg midway so it doesn't get too soggy. Simple yet sumptuous.

Sizzling Beef Stir Fry

For maximum flavour... fast!

Marinate your beef strips in the morning in your sauce of choice, then upon returning in the evening, fry for 3-4 minutes before adding vegetables and extra sauce, plus a portion of ready-cooked noodles. Who said cheats never prosper?

Tofu Ramen

Why tofu means top marks. Rehydrate dried mushrooms in a mix of boiling water and miso paste. Fry your tofu and any veg you fancy, then add your broth. Pre-cooked noodles, chilli flakes and even a boiled egg can be added to this simple, warming soup. Superb.



Beef Stir Fry



Tuna 'Puttanesca' Spaghetti



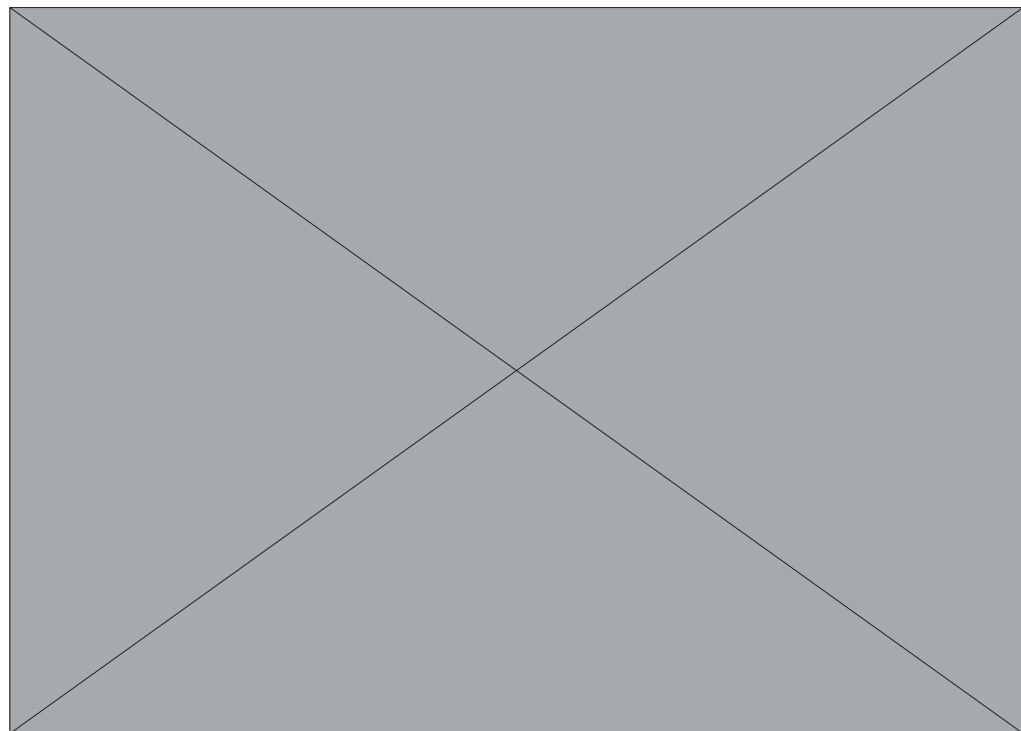
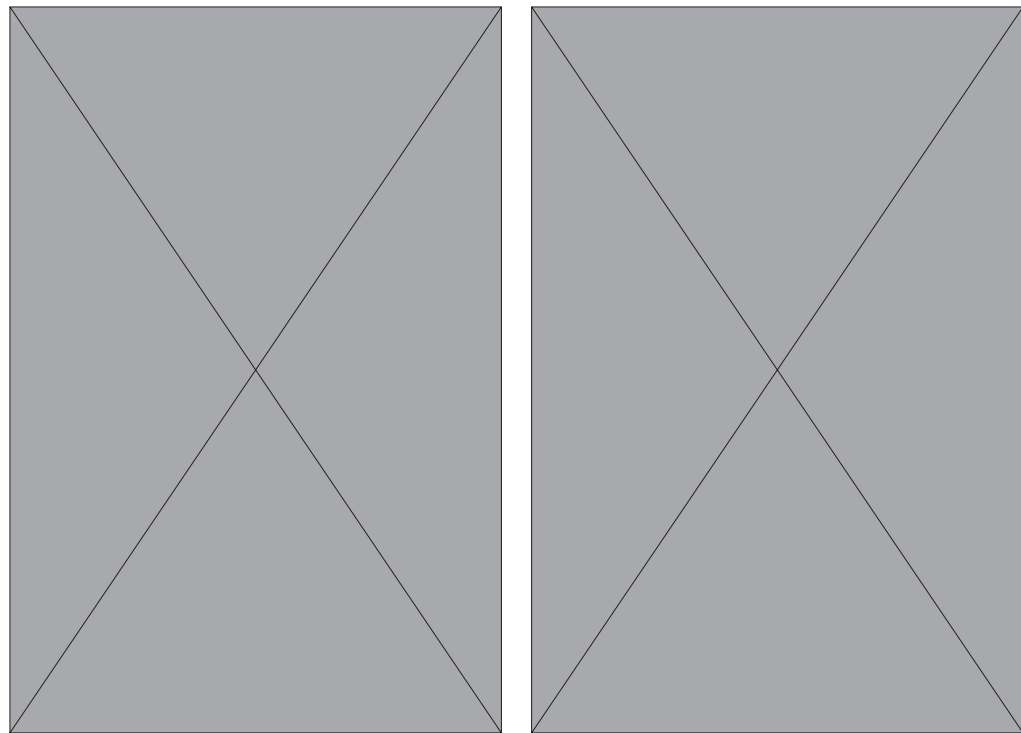
Tofu Ramen



Thai Green Curry



Chicken Schnitzel with Green Salad



THE GREAT AVOCADO SHORTAGE

It's a staple of the modern palate. Cholesterol-reducing, filled with more than 20 vitamins, minerals and other nutrients, and containing no salt whatsoever, the avocado is a sure-fire winner for anyone hoping to eat healthily and still enjoy their food.

Recently the UK's demand for the creamy green superfood has rocketed. Sales figures are breaking records set only one year previously and Nigella Lawson's use of avocado on toast alone boosted sales by 30 per cent, according to Waitrose.

So what's the problem? A multitude of issues is affecting avocado availability at its source – especially in California and Mexico, the latter being the world's largest producer of avocados.

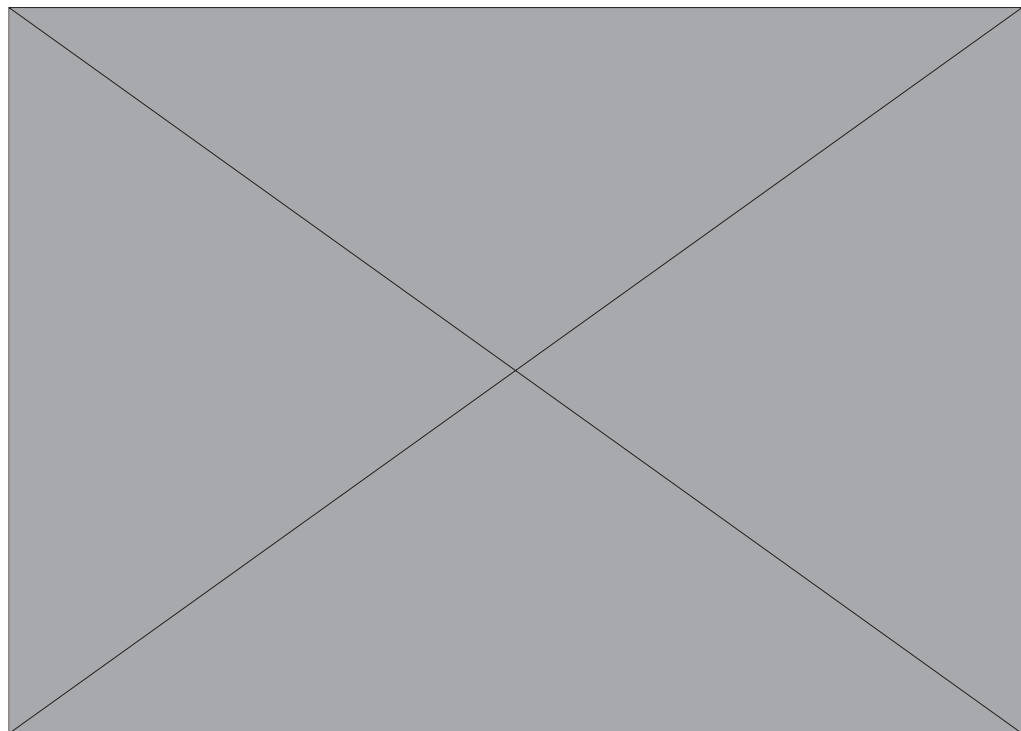
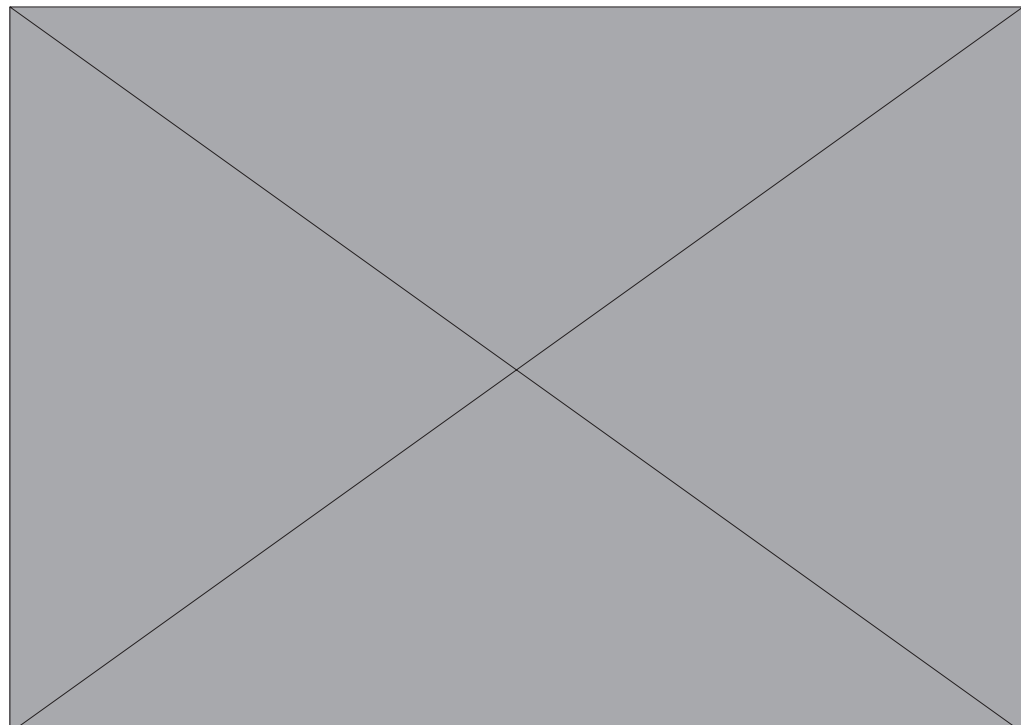
Rising temperatures and drought have severely limited the amount of fruit able to be harvested.

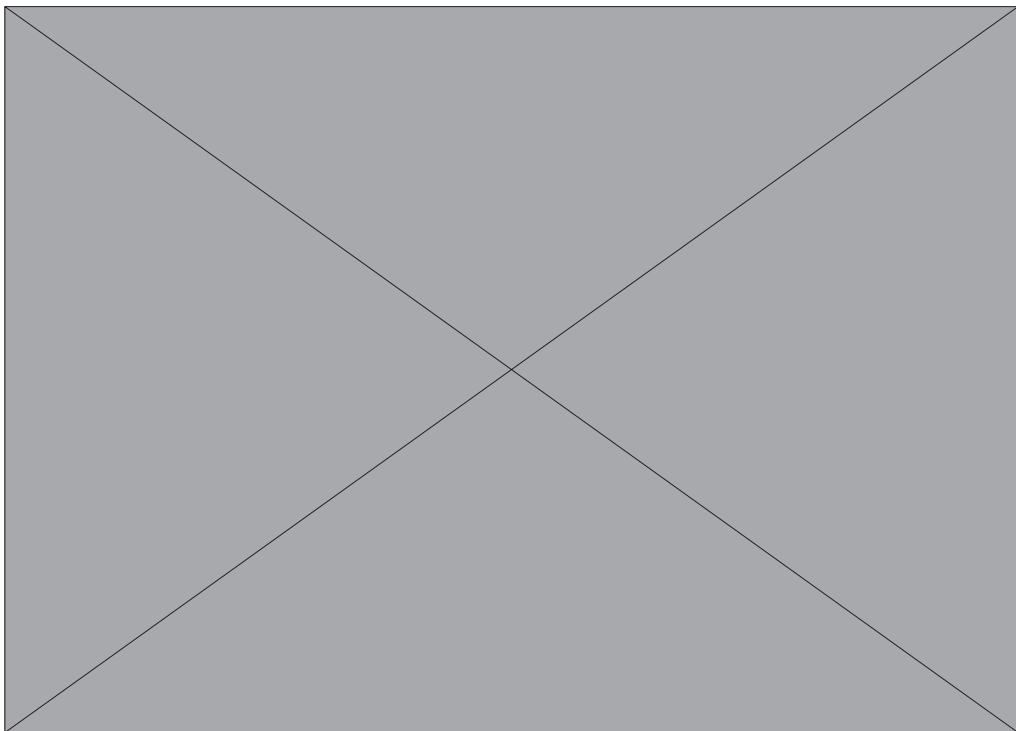
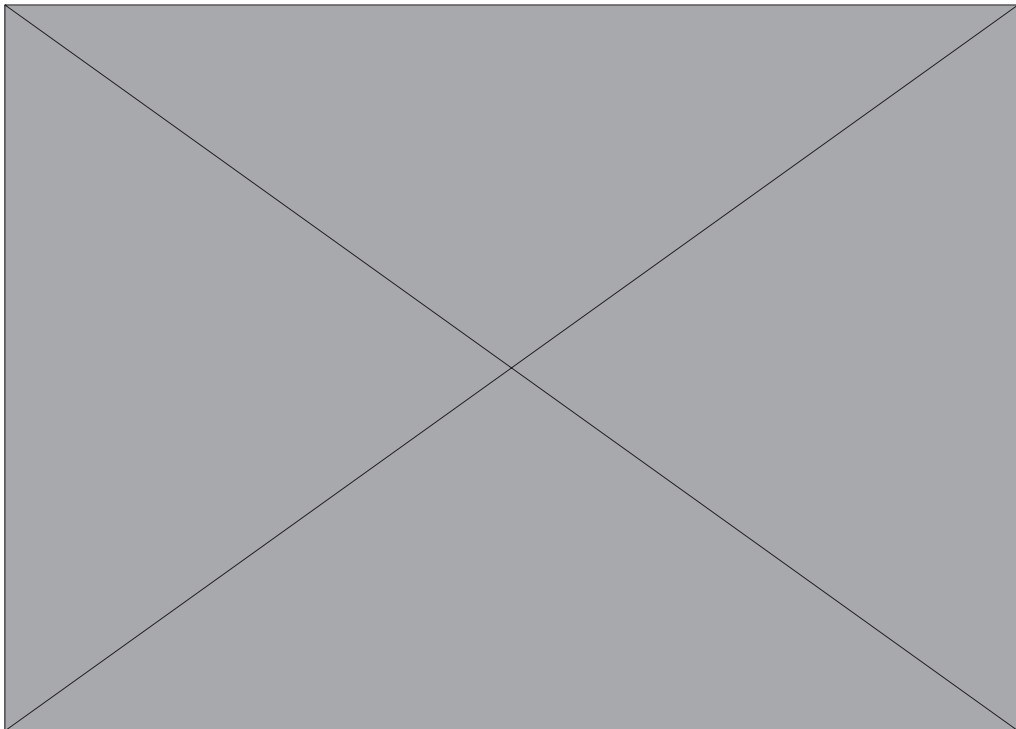
In October

this year, Mexican avocado imports to the USA fell by nearly half from 44 million to 22.9 million pounds compared to 2015. Similarly, hotter weather on the Australian peninsula has meant some growers have lost entire crops – some of which can number up to 500,000.

Alongside this, Mexican farm workers have been involved in a series of strikes for better pay, leading to the volume of avocados exported by the country plummeting by up to 80 per cent. With this shortage naturally making avocados highly sought-after, the price of individual fruit has risen to nearly \$4 in some areas of the US, and up to \$7 Down Under.

The good news is that the avocado insufficiency has yet to reach our shores; the bad news is that the UK's erratic climate means we are entirely reliant on foreign imports. Sure, we could turn to more nefarious means to get our fix – since January there have been over 40 large-scale avocado thefts in New Zealand alone – but in truth the world will need to tackle climate change head-on if we are to save our guacamole.





Some children are natural little bookworms; others find reading akin to riding a unicycle whilst juggling underwater. Fortunately, there are many ways to encourage and guide your little ones through the literacy jungle. The methods are simple, the rewards... endless!

with No Pictures and Interrupting Chicken are two great examples of stories that flip the joke onto the adult reading the story, thereby empowering the child and deepening their connection with the tale.

Don't dismiss audio books

It may seem counterproductive to encourage listening over actual reading, but it can be a really effective way of helping a child fall in love with the idea of books. By building vocabulary and developing an understanding of sentence structure, words become less intimidating, allowing the magic of stories to shine through.

Choose the right reads

Kids' books have come a long way in the last few years and are so brilliantly quirky, funny and engaging that even grownups can be captivated. *The Book*

Encourage conversation

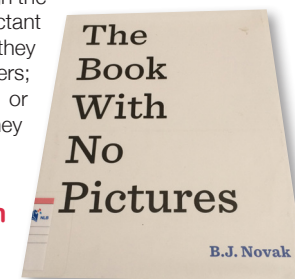
Rather than rushing through the story, encourage your reluctant reader to vocalise how they feel about the characters; what made them laugh or even what similarities they can find in their own life.

Make storytime an adventure

Build a little den and invest in a book light to create a campfire feel; or snuggle up on a big pile of pillows with their favourite teddies. Beyond being simply a bedtime ritual, storytime can become a full sensory experience that your child will look forward to all day.

Persevere

The trick here is little and often, so set aside at least five minutes for reading every day. It should never feel like a chore. In fact, reading time should always be an enjoyable and bonding experience for child and parent. So, go big, do silly voices, use props, diversify reading material and don't ever give up. Good luck!



WHAT'S ON

in your area

Annual Fete des Rois Celebration
Belli Centre, St Peter's Church, CM14 5QJ
Saturday, January 7

Come along to this annual event to enjoy a traditional French celebration. With Basque Chicken and Galette des Rois on the menu, you are welcome to bring your own drinks and glasses. Take part in the picture quiz and raffle, with tickets costing only £15 per person. Beginning at 7pm with the meal beginning at 8pm, booking is essential. For more information, call 01277 374319 or visit www.brentwoodfrenchtwinning.com.

Music for the New Year
Brentwood Theatre, CM15 8AG
Sunday, January 15

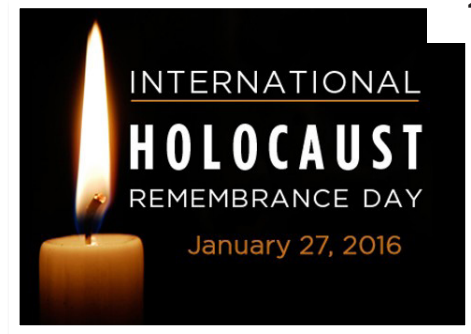


Members of the Brentwood Philharmonic Orchestra play a selection of popular favourites arranged and conducted by John Hawkins. The programme will include music by Sullivan, Bach, Debussy, Borodin, Dvorak, Delibes and lots of Strauss. Performance runs from 2.30pm until 4.20pm, with tickets costing £10. For more information, call 01277 200305.

Body Moves
Ingrave Johnstone School, Brentwood Road, CM13 3NU
Tuesday, January 10

Why not come along and give a Fitness through Exercise Movement and Dance class a try? Running every Tuesday evening during school term time, this friendly group allows you to work to your own ability, with all ages welcome and current members aged between 40-70 years of age. With your first class FREE, classes runs from 8.05pm-9.25pm. Come along to give it a go, or for more information, call 01277 211050 or visit www.keepfit.org.uk.

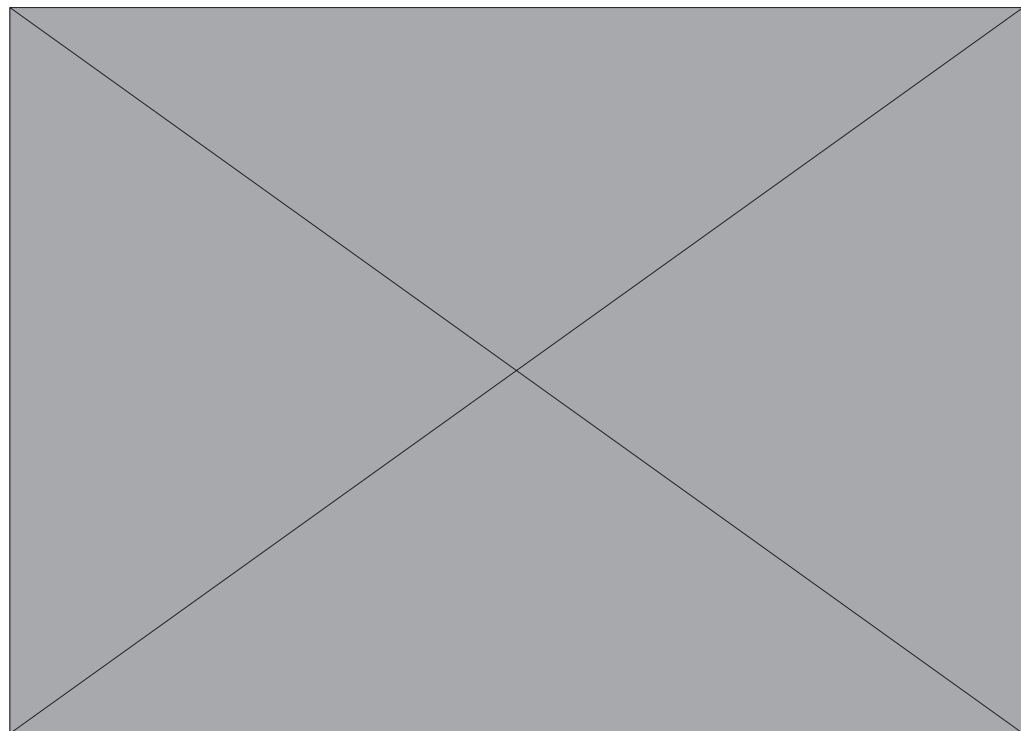
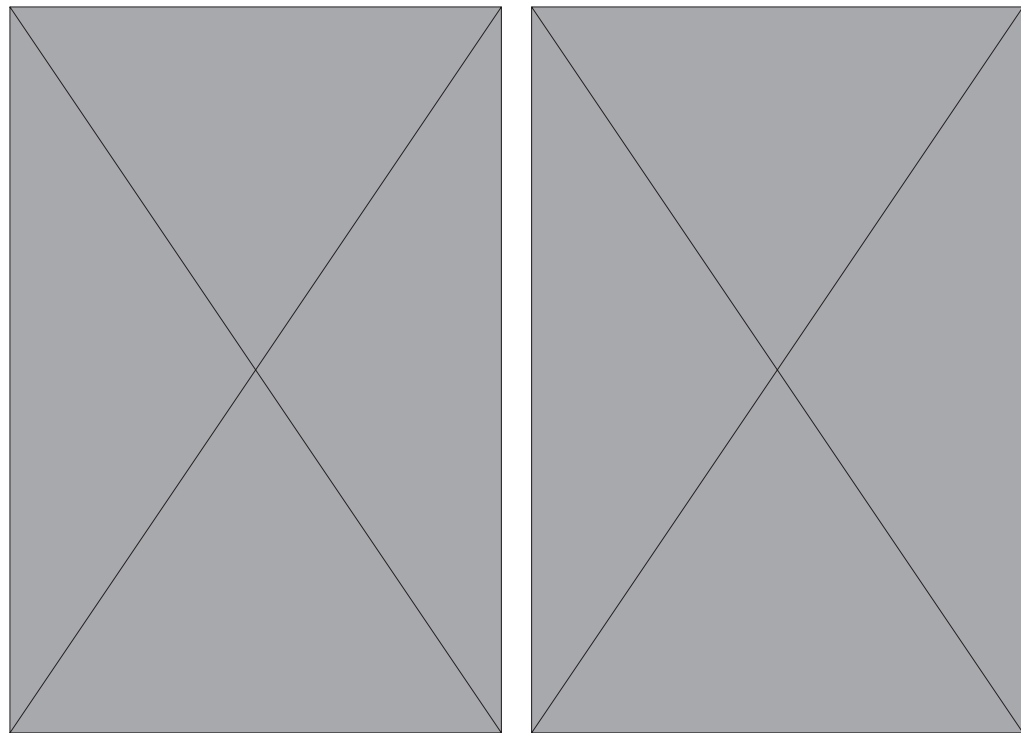
International Holocaust Memorial Day
Town Hall, Ingrave Road, CM15 8AY
January 26, 27, 28



Explore the background to the Holocaust, the lives of people caught up in those tragic events, their survival stories and their subsequent return to 'normal' life. Come along on January 26 and 27 between 9.30am and 4.30pm, or on January 28th from 9:30am to 1pm. Take the opportunity to speak to a Holocaust survivor in an interactive session – space permitting - on the ground floor, or hear the personal story of Edgar Guest, a Hungarian Jew, at 11am on Thursday and Friday in the Council Chamber. Completely free of charge, donations are welcome. For more information, or to register a group or 10 of more, please contact Moira Dare-Edwards on 01277 213243, or email mdareedwards@btinternet.com

Meeting of commemoration
Brentwood County High School, CM14 4JF
Saturday, January 28

Visit the main hall of Brentwood County High School at 6.30pm to hear guest speaker Rudi, a German Jew who was sent to Bergen-Belsen where both of his parents sadly died. Escaping on the last train out of Bergen-Belsen, Rudi and his siblings eventually made their way to Britain. This will be followed by the Act of Commemoration for the six million victims of the Nazi Holocaust. Entry is free of charge and donations are welcome, with a freewill offering following the meeting.

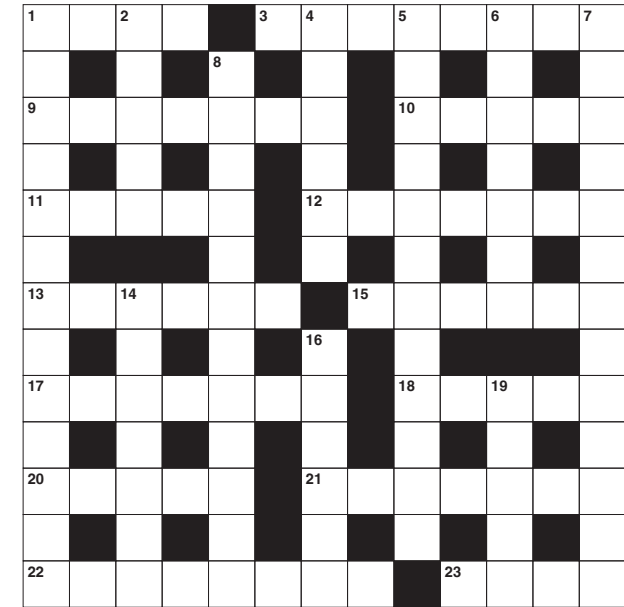


PUZZLES & TRIVIA



ACROSS

1. Pollinating insects (4)
3. Annoy (8)
9. Number of attendees (7)
10. Put out a fire (5)
11. Laud (5)
12. Taking a break (7)
13. Overweight (6)
15. Move restlessly (6)
17. Nasal opening (7)
18. Relating to a city (5)
20. Country in NE Africa (5)
21. Rank in the forces (7)
22. Female students' society (8)
23. Pottery material (4)



DOWN

1. Someone who drops things regularly (13)
2. White heron (5)
4. Go to bed (6)
5. Dimly; not clearly (12)
6. Funny (7)
7. Vigorously (13)
8. Fellow plotter (12)
14. One who assesses metals (7)
16. Evoke (6)
19. Type of plastic (5)

DID YOU KNOW

- ▶ Cherophobia is the fear of fun
- ▶ The person who invented the frisbee was cremated and made into frisbees after he died
- ▶ In 2008, Microsoft made a bid to buy Yahoo for \$44.6 billion. In 2016, it was sold for just \$4.8 billion
- ▶ A man once sued Warner Bros, and won, after he was injured while fainting during a 1974 screening of *The Exorcist*
- ▶ If you Google search 'askew', the content will tilt slightly to the right
- ▶ The word 'minion' comes from the French word 'mignon', which means 'cute'
- ▶ The man who invented pop-up ads has since apologised to the world for creating one of the most hated forms of advertising
- ▶ Bubble wrap was originally designed to be used as a textured wallpaper

SUDOKU

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



GO IT ALONE

If 2017 is your year of adventure, don't be afraid to travel solo. We've listed the top destinations for going it alone and some handy tips for keeping safe.

architecture plus world-class shopping and restaurants, this Scandi treasure really is a no-brainer.

Austin, Texas USA



America has a reputation for being a friendly place in general, but Austin, Texas, is the archetypal welcoming town. Known for its festival culture, this vibrant and youthful area boasts over 250 live music venues and is famous for its many food truck trailer parks. Just don't go there if you're on a diet...

Melbourne, Australia



For the far-flung adventurer, it has to be Melbourne. A backpacker's paradise, this bustling little city has so much to offer. Known for their incredible coffee, talented street musicians and Instagram-worthy graffiti, Melbourne is the kind of place you'll arrive alone but leave with a gang of new friends.

Dublin, Ireland



Local, cultural and famous for its hospitality, there is actually a lot you can do for next to nothing in the Emerald Isle. Free walking tours operate daily beginning at The Spire of Dublin monument or you can explore the richly historical grounds of Trinity College for free. Locals are usually happy to guide to the best bars, where you can have a pint of Guinness or a dram or five of local whiskey.

Top Tips for Travelling Solo

- Book accommodation in advance
- Take a trusted guide book (and a good book for solo dining)
- Follow your instincts; if it doesn't feel right, say no
- Always carry your ID with you
- Keep to open, public places, especially at night
- Be open to new ideas, cultures and friends
- Treasure every moment.

FAREWELL FORMULA 1

Next season's Formula 1 will be without some of its longest-serving drivers, as British and Brazilian veterans Jenson Button and Felipe Massa announced their retirements after a combined 30-year stint in the fastest sport on Earth.

As notable as their respective absences will be, however, neither announcement came close to emulating the shockwaves sent across the entire sport after the shock retirement of Mercedes' Nico Rosberg – just five days after the German speedster clinched his first F1 title.

After a long-running battle with teammate and rival Lewis Hamilton, Rosberg's retirement even took Mercedes boss Toto Wolff by surprise, but it's not unique – legendary driver Alain Prost called it quits after winning the title in 1993. A devoted family man, the 31-year-old driver cited the pressures of an intense season battling Hamilton and the time away from his wife and young daughter as the main reasons behind his exit.

Question marks still remain, however, over whether Rosberg's retirement was one last dig at his former teammate Hamilton. After all, the pair's relationship over the season deteriorated rapidly – most notably after that infamous crash between the pair in Spain this year – and Rosberg's departure means that Hamilton will no longer get the chance to reclaim the title from him next year.

After racing with Mercedes for six of his eleven-year career, Rosberg leaves behind some sizeable shoes to fill. The early frontrunners to replace the champ include Fernando Alonso and Sebastian Vettel – both exceptional drivers, though currently contracted to McLaren and Ferrari respectively – and highly touted prospects Pascal Wehrlein and Max Verstappen. Wehrlein is currently a test driver for Mercedes who was allegedly poised to replace Hamilton had the Brit quit mid-season after the fracas in Spain, whilst Verstappen has made a name for himself as one of the sport's brightest young talents, meaning Red Bull Racing will do whatever they can to retain his services next season.

But after 206 races, 57 podium finishes, and one title to match the championship-winning exploits of his father Keke in 1982, there's very few who could argue that Rosberg's retirement hasn't been hard earned.



For those craving rest and relaxation, Bali is the ultimate solo destination. With stunning beaches in abundance, plus ancient temples and yoga schools, there is a strong backpacking community. Both food and accommodation are incredibly cheap.

Copenhagen, Denmark



For a truly magical city break, head to Copenhagen. The capital of Denmark, it is both metropolitan and gorgeously scenic. Sporting some magnificent



KING MURRAY IS TOP OF THE WORLD

For years the cathedral town of Dunblane, just north of Stirling was famous for just one thing – the massacre of 16 children at the local primary school.

Killer Thomas Hamilton put it on the map so to speak in March 1996, when he walked into the school and callously shot down a class of five and six year olds and a teacher in the school gym.

Many children ran for cover and hid under desks to escape the madman. One of them was a youngster waiting in line to go into that very gym. It was the luckiest escape ever for young Andy Murray. Another to escape was his older brother Jamie.

Now they have made the town famous again for altogether much happier reasons. Both play professional tennis and both have just become the number one in singles for Andy and doubles for Jamie.

What made it even more poignant is that his mother Judy said the family knew the 43-year-old unemployed former shopkeeper, and had even given him lifts in their car.

Andy said the incident had affected him deeply, but hoped his triumphs on the tennis court had a positive influence on the town.

He said: "It is just nice that I've been able to do something the town is proud of."

Andy has certainly proved himself on the tennis courts of the world.

It is often joked that when he loses he is Scottish, but when he wins he is British.

Well he certainly is British through and through now after consolidating his position as the world number one.

Among the 46 victories he has had are three grand slams (including Wimbledon twice), two Olympic Gold medals and a silver medal, a Davis Cup champion and of course his latest victory is the 2016 ATP World Tour Finals.

He was first ranked as British number one in February 2006, which is not bad as in 2005 he was ranked 407th in the world.

He achieved a top 10 ranking by the ATP for the first time in April 2007. Andy became world number one in November this year, as the first new player to top the rankings since Novak Djokovic in 2011.

At the 2012 US Open, Andy became the first British player since 1977, and the first British man since 1936, to win a Grand Slam singles tournament, when he defeated Djokovic in the final.

In July 2013, Andy won the Wimbledon Championships, becoming the first British player to win a Wimbledon senior singles title since Virginia Wade in 1977, and the first British man to win the men's singles title since Fred Perry, 77 years previously. This year, he won his second Wimbledon title to become the first British man to win multiple Wimbledon singles titles since Perry in 1935.

He is the only tennis player, male or female, to have won two Olympic singles titles.

Andy partnered with his brother Jamie in the doubles as part of Great Britain's Davis Cup winning team in 2015 securing the first Davis Cup title since 1936.

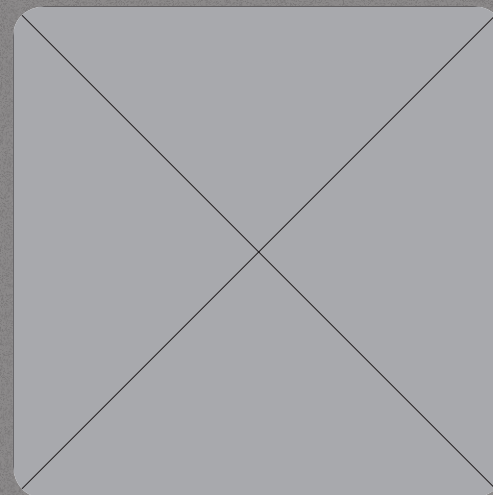
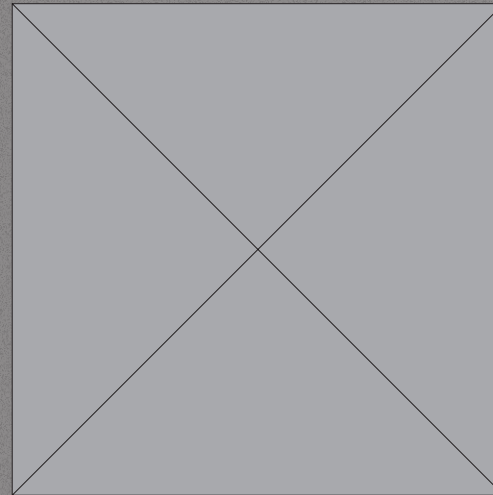
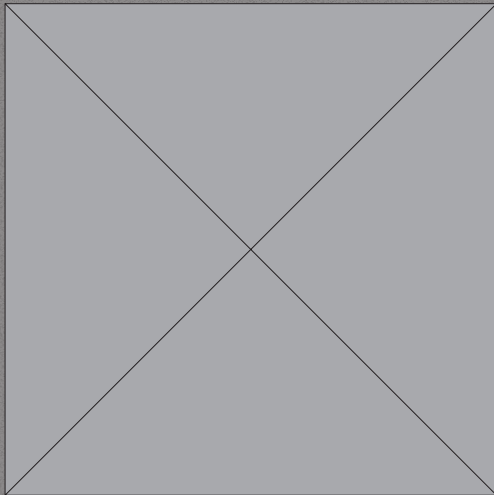
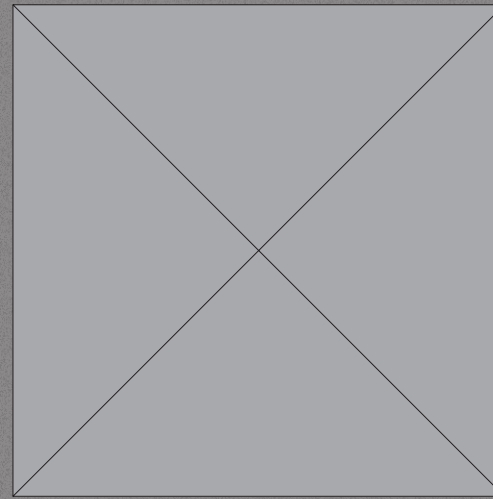
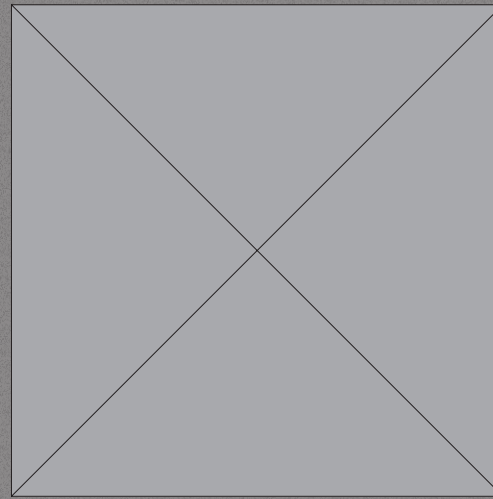
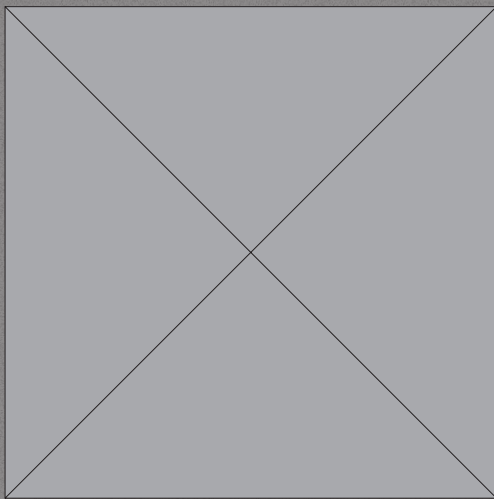
Following his first Wimbledon title, Andy was voted 2013 BBC Sports Personality of the Year. He repeated the feat in 2015, and again for a third time in December 2016.

He has also earned a massive £45million in career winnings and he has the world at his feet.

His success has earned him an OBE.

2016 has also been pretty good in his private life – the tennis champion welcomed his first child Sophia Olivia in February with his wife, Kim Sears in June.

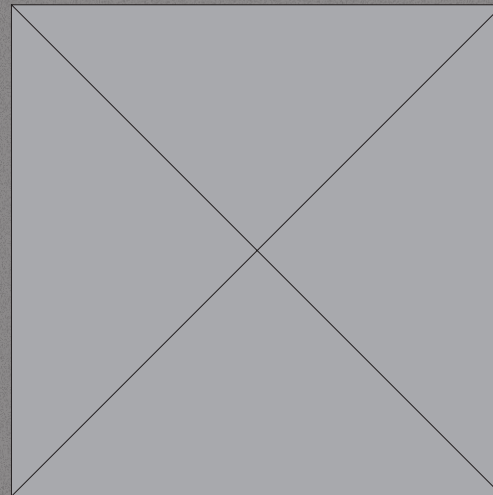
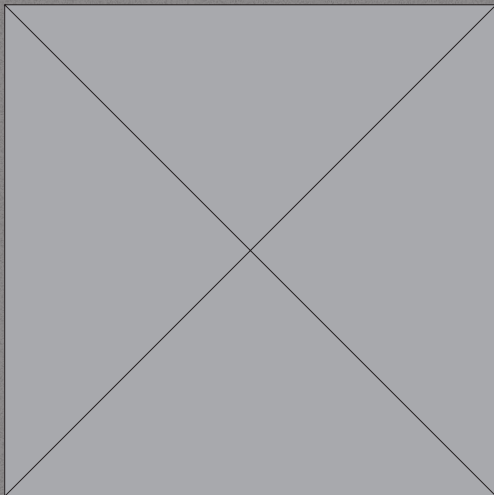
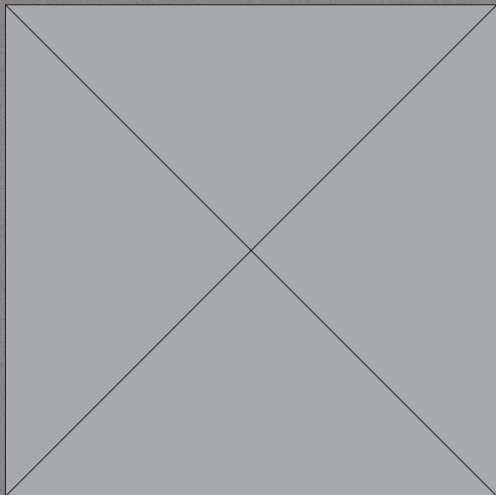
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