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# Editor's notes...



Leigh Fry, Editor

Hello and welcome to Edition 5 of **VISION**Chalfonts.

Last month I attended the Chalfont St Peter Chamber of Commerce seminar meeting at the Diogenes Sun Club. The attendance was

excellent and I was made to feel very welcome so thank you Marie and Andrew, and all the others that took time to chat to me.

The Chamber does lots of great work and it is all voluntary so all credit to the committee.

There are over 500 business owners across Chalfont St Peter alone, so when you choose a trades person or local business out of **VISION**Chalfonts, please let them know this is where you found them.

This month sees the launch of our Recruitment page which will feature local job vacancies.

If you would like to advertise any available positions, please give me a call on 07875 538522 or email [chalfonts@visionmag.co.uk](mailto:chalfonts@visionmag.co.uk)

In local news, students had a trip to remember to the Harry Potter Studios, the artisan village market returns, and we reveal the winner of this month's reader's photo competition.

Don't forget Mother's Day is on March 11 - just around the corner. I'm sure the local high streets will have the perfect treat for Mum.

Until next month, have fun and enjoy reading **VISION**Chalfonts.

*Leigh*

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Since studying art Alison has exhibited across the UK and has now reached the international market with works hanging in Italy, America, France and the Middle East. She has completed various commissions for clients including the Prince of Saudi Arabia and The Waldorf Hotel London and was recently named 'one to watch' by Saatchi. Inspiration is driven from travel, feeling and seeing wild and raw coastlines, to bleak and smouldering moors. Music and emotion are also translated through a visionary vehicle.

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# LEARNING to be Royal

**B**eautiful American actress Meghan Markle, who is marrying into one of the most famous families in the world, is now the only pupil at a unique school – learning how to be royal – before she walks down the aisle with Prince Harry in May 2018.

And the curriculum, coupled with her studies on that score, includes swotting up on information, which will get her through the UK citizenship test to make her a British subject, which takes three years. But Meghan, 36, will also retain her US citizenship.

These are “exams” that Meghan just cannot fail and given her track record she looks certain to gain an honours degree in QAC – Queen and Country.

Meghan has already been learning a lot about the Royal Family from her fiancé Prince Harry, 33, and one lesson she will need to make sure she does not screw up is whom should she dip and bob to in the social minefield of curtsying.

Meghan will be expected to become swiftly au fait with who's above, and who's beneath, her and Harry. For his part, as guide and mentor, Harry will need to take her painstakingly through the protocol.

The Queen is a definite as is her sister-in-law The Duchess of Cambridge. But it is a no to Sophie, Countess of Wessex, as she too is a commoner. However the answer changes to yes if she is with her husband Prince Edward.

Princess Anne also gets a curtsy from Meghan, as she is the daughter of a sovereign, but not Zara Tindall, Anne's daughter, or Peter Phillips.

Eugenie and Beatrice are a yes, unless Meghan walks into the room with Harry, then no because he is a higher rank.

Any royal prince also merits a curtsy.

The current rules on who curtsies to who come from a document drawn up by the Queen's private secretary in 2005 and circulated among the family and courtiers only. Entitled 'Precedence Of The Royal Family To Be Observed At Court', its purpose was to clarify Camilla's place in the firm following her marriage to Charles.

Applicants on the citizenship test must prove they have a good knowledge of English and life in the UK, with most required to sit a test costing £50, which covers British values, traditions, history and everyday life.

She has been warmly welcomed into the Royal Family and her first royal duty with Prince Harry in Nottingham shortly after the couple's engagement was announced shows that Britain is already in the grips of Meghan mania.

Meghan has already announced she is giving up the vast amount of charity of work she has undertaken. But instead she will join William, Kate and Harry in the Heads Together mental health charity. She will also increase her charity work here in the UK and is expected to become patron of a number of organisations.

Photo Credits: Kathy Hutchins/Shutterstock.com



# MEGHAN'S *Royal blood?*

**A**merican actress Meghan Markle already has a strong connection with Britain's Royal Family – even before she walks down the aisle with Prince Harry.

One of her ancestors Lord Hussey, 1st Baron Hussey of Sleaford, was executed by Henry VIII – Harry's 14th great-granduncle.

He was beheaded on the orders of Henry after falling out of favour with the king.

Meghan is Sleaford's relative 10 generations down the line.

And on her wedding day, Meghan and Harry are expected to be given a royal title as a wedding present from the Queen.

They are expected to be named as the Duke and Duchess of Sussex, which will give Meghan an HRH status.

It is one of the few remaining dukedoms that is available.

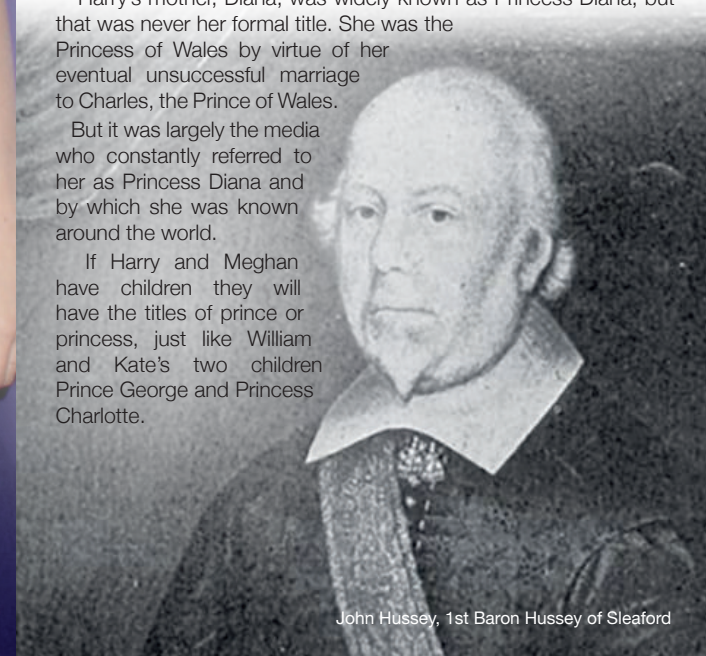
Meghan, 36, will not formally be known as Princess Meghan because she is not of royal birth. However, she will become Her Royal Highness Princess Henry of Wales when she marries Harry, whose proper first name is Henry.

Like Prince William's wife Kate, Meghan will be known as a duchess and not a princess – unless a future decision is taken to upgrade their titles to that of princess.

Harry's mother, Diana, was widely known as Princess Diana, but that was never her formal title. She was the Princess of Wales by virtue of her eventual unsuccessful marriage to Charles, the Prince of Wales.

But it was largely the media who constantly referred to her as Princess Diana and by which she was known around the world.

If Harry and Meghan have children they will have the titles of prince or princess, just like William and Kate's two children Prince George and Princess Charlotte.



John Hussey, 1st Baron Hussey of Sleaford



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HOME & DIY

# FUTURE DESIGNS

Writer, broadcaster, curator and the undisputed king of European design – just who is Deyan Sudjic?

Early last year, London's Design Museum moved from its old home in the historic riverside location of Shad Thames to a new, glossily minimalist four-storey building in Kensington. Within a few weeks of opening, the museum had attracted more than a quarter of a million visitors – more or less the same number the old building managed to pull in over the course of a year.

But the newfound success of the Design Museum isn't just down to this shiny modernisation. Standing at the helm of the organisation for over a decade now has been writer and broadcaster Deyan Sudjic. And in that time, as well as releasing a hatful of academic books showcasing the length and breadth of the knowledge that has made him such a force in the world of design and architecture, Sudjic has taken the museum to new heights.

The son of Yugoslavian communists has managed to more than keep pace with the capital's fashionable design elite, all the while eschewing unnecessary pretentiousness. Having found his feet among the occasionally mismatched landmarks of London, Sudjic is determined to keep leading the way for British architecture and revolutionary design. Meanwhile, he has plenty to say about the way things are going.

"London is the nearest thing in Europe to Shanghai, the way the skyline has been utterly transformed, in a very heedless, mindless way," he told *The Guardian* last year. "It seems very curious that all the things that we took for granted as a terrible idea 25 years ago – like building skyscrapers in the middle of London – are suddenly seen as entirely normal. I think there are some buildings that do a lot of damage. No one, even its architect, seems to like the walkie-talkie. There are areas around Battersea Power Station that, when they're completed, the reaction's going to be shock."



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# HOME INVASION

HOME & DIY

The real truth about where the worst bacteria lingers in your home - hint: it's not your toilet.

### KITCHEN SPONGE

Think your kitchen is clean? Think again. A recent study found that many kitchen sponges had more bacteria than the average toilet. This means that when you wipe all your kitchen counters with your trusty sponge, you're essentially swearing a neat layer of bacteria all over the kitchen. The solution? Either boil your sponges, or replace them regularly.



### TOOTHBRUSH HOLDER

Ever thought about how your toothbrush holder is right by your toilet? Now factor in that every time you flush the toilet it sprays an aerosol of faecal bacterial up to an impressive six feet. Now wash your holder weekly with soap and hot water.



### PET BOWL

Poor poochie may have been drinking out of a veritable germ pond if his bowl has not been cleaned for a while. Studies have found bowls containing mould, yeast and coliform bacteria, so significantly improve your mutt's dining habits, and possibly the taste of his water, by banging the bowl in the dishwasher once a week.



### PHONES AND TABLETS

They may be a brilliant innovation, but the constant tap tapping of sticky fingers on tablets and smartphones can foster a lively playground of pathogens. In fact, so insidious are these bacteria, that studies have shown devices harbouring everything from E. coli to salmonella, and some even had more bacteria than an average toilet seat; so wash your hands and wipe down your devices.



### COFFEE MAKERS

The dark and damp water chambers of your coffee machine make a lovely home for microorganisms, which is why it's worth filling the reservoir with vinegar, which you can leave for around 30 minutes before running through. Be sure to brew a couple of lots of water before drinking though, as vinegar-flavoured coffee is almost as nauseating as the bugs that were there in the first place.







# WALL TO Wall

**H**anging wallpaper may seem simple, but with these tips and tricks you can fully ensure that every time you try, the end result is papered-over perfection.

Wallpaper is the easiest way to transform a room from bland to bold – but if you make mistakes, the end results can cause peeling or mismatching and will drive you up the wall.

### *Corners*

Learning how to wallpaper corners is one of the trickiest parts of the process. The most important thing to avoid is making the mistake of trying to paper a corner with a single sheet. This will cause wrinkles and creases to develop quickly.

When you measure the wall, add an extra half-inch before you cut it and this excess paper will cover the corner. Then take a second sheet and paste it to the second wall, right inside the corner without overlapping. You'll need to make a cut at the right angle between the ceiling and wall – make sure the paper is as smooth as possible and the cut is as close to the corner as you can make it.

### *Sockets and Fittings*

It's surprisingly easy to deal with electrical fittings and plug sockets when you're wallpapering. Firstly, make sure the power is switched off in the room, then paper over the fitting using your main sheet of wallpaper. Next, take a dry brush and lightly brush over the fitting.

Use a pencil to mark the centre of the fitting before drawing a line from the centre to each of the corners. Pierce a hole in the centre of the paper and cut along the lines. You will be left with four flaps. Unscrew the fitting from the wall and guide the flaps into this space, then re-attach the fitting so the paper is behind it.



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Students visit Harry Potter Studios

Students from The Chalfonts Independent Grammar School, in Chalfont St Giles, had a trip to remember recently as they visited the Warner Brothers' Harry Potter Studios.

Students in Middle Years Programme (MYP) 1 and MYP 2 attended along with three MP 3 students who won a *Harry Potter* quiz and had the least amount of reds for the school year so far.

All the students were entranced by the studio's sets, props, costumes and film techniques that were used to bring the film to life.

Marilena, from MYP 2, said: "I didn't expect it to

be that big and I thought there'd be loads of green screens. I didn't know that there was so much work that went into it."

Harry S, also from MYP 2, added: "I've already been before but I was really impressed with the improvements added like the forbidden forest which was mysterious and it hid secrets in deep dark places."

Students also had a lesson with the studio specialists, investigating costume designs and how designers have to link the costumes with the characters and the story.





# Students win Chiltern Railways artwork competition

Chiltern Railways recently run a competition recently for budding young artists aged 19 or under from across the region to design covers for their winter/spring 2017/2018 timetables.

Themes given included speed, railway symbols and the best thing about travelling with Chiltern Railways.

Out of the nine prizes available to win, seven students from The Chalfonts Independent Grammar School won prizes.

The students that received prizes include Arthur,

Middle Years Programme (MYP) 1, Kai, MYP 1, Marilena, MYP 2, Bjorn, MPY 3, Jessie, MYP 3, Jak,e MYP 4 and Sam, MYP 4.

The winning designs will be printed on the covers of Chiltern Railways' new timetables and seen by thousands of customers travelling the entire Chiltern route between London Marylebone, Birmingham, Oxford and Aylesbury.

The winning students also received two one-day family travel passes for travel anywhere on their network.

# Artisan village market returns for 2018

A popular artisan village market has reopened in Chalfont St Giles for 2018.

Duck Pond Market, on The Green, is one of the most picturesque markets and is open on the third Saturday of every month.

At the market, there are the best local artists, crafters, food producers and ethical businesses.

There are locally made arts and crafts, gifts, vintage, homewares and clothing. There's also a choice of locally made food to enjoy at the market or to take home.

The market is open from 10am until 3pm for residents to enjoy.

Early 2018 dates include February 17, March 17 and April 21.

For more information, visit [duckpondmarket.com/chalfont](http://duckpondmarket.com/chalfont)



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*Little Chalfont*  
**Parish Council**



Photo credit: John Harrison

**Community centre plans to be resubmitted**

Owing to the late publication of a couple of reports, the parish council has decided to temporarily withdraw the planning application for the new community centre; this was due to be decided at the Chiltern District Council planning committee on February 1.

The parish council will now have more time to respond to various objections in the district council case officer's report in order to give the proposed application a better chance of success. The application will be resubmitted shortly.

**Local plan meeting attended by 500**

An estimated 500 people attended a meeting held jointly by the parish council and the community association on January 18 at Kings Church, Amersham (see picture insert).

The meeting was addressed by the district councillors representing Little Chalfont, Peter

Martin and Don Phillips, who explained the complexities and pressures on councils to provide more housing.

The meeting was so well-attended and there were so many questions from the audience that there was unfortunately insufficient time for councillors to address all concerns – but councillors were left in no doubt about the strength of the community's opposition to the development plans for Little Chalfont.

Both the parish council and the community association will continue to fight for the best possible outcome for Little Chalfont.

**Little Chalfont Parish Council chairman**

The parish council is sorry to announce that Gill Roberts, who has been the parish council chairman for the past two years, has had to step down due to personal circumstances.

We are very sorry to lose such a valued member of the council. A new chairman will be elected by the council at its next meeting on February 14, and s/he will remain in place until May 2018 when a further election will take place. In the meantime, Vice Chairman Ian Griffiths will be acting chairman. Further details about the new chairman will be posted on the parish council website at [www.littlechalfont-pc.gov.uk](http://www.littlechalfont-pc.gov.uk)

**Reader's monthly photo**



Photo credit: Claire Pollard

Well done to this month's winner of the monthly photo competition – Claire Pollard.

This image of a full moon poking out over the trees was taken on January 31 in Chalfont St Giles.

Again, there will be no theme next month, so get snapping and sending in your images.

The winner will be shown in the local news section in the next edition.

Please submit entries by March 1. You can email them to [chalfonts@visionmag.co.uk](mailto:chalfonts@visionmag.co.uk) with 'Reader's photo March' in the subject line.

As always, good luck and happy snapping.



LOCAL NEWS



## Chamber of Commerce event a huge success

LOCAL NEWS



Photo credit: Paul Upward Photography

An event that brings local businesses together to network was a huge success last month.

The seminar, which was held on January 18 at the Diogenes Sun Club, Chalfont St Peter's very own naturist club, saw around 50 individuals attend from local businesses and other influential groups in the village.

At the seminar, which was centred around health and wellbeing, were talks from Andrew Welch - Chamber President, Diogenes Sun Club, Calme Health and Beauty, and The Wonky Agency. There was also a demonstration by Richard of Richard Robert Hairdressing. Delicious food was kindly provided by Chef Zhu.

Marie Cavanagh, who organises the Chamber seminars, said: "We try and use interesting venues wherever possible and we were really pleased with the turnout."

The event is relaxed and the perfect opportunity for businesses and individuals to network.

**VISION** editor Leigh Fry is currently offering a discount to Chamber of Commerce members wishing to advertise in the magazine.

For information on advertising costs, please contact Leigh by calling 07875 538522 or emailing [chalfonts@visionmag.co.uk](mailto:chalfonts@visionmag.co.uk)

Anyone that wants to get involved with the Chalfont St Peter Chamber of Commerce can contact them via their website [www.cspchamber.co.uk](http://www.cspchamber.co.uk) and [www.keepitlocalcsp.co.uk/csp-chamber-of-commerce](http://www.keepitlocalcsp.co.uk/csp-chamber-of-commerce)

## Five streets targeted in one night by burglars

Residents of Chalfont St Peter are being warned to remain vigilant after several burglaries in the village.

Between 1pm and midnight on January 27, there were burglaries in Goldhill West, Turners End,

Leachcroft, Austenwood Close and Nortoft Road and one in Gerrards Cross on Bull Lane.

Entry was gained at the rear of the properties and various items were stolen including electrical items and jewellery.

If you have any information that may assist the police in their investigations, contact the Amersham Investigation Hub on 101 and quote reference number 43180028331.

Patrols are being conducted in the area and residents are being asked to report any suspicious activity immediately to the police on 101 or 999 in an emergency (for example, a crime is taking place).

## Ofsted re-inspection remains 'inadequate'

An Ofsted re-inspection of Buckinghamshire County Council's children's service, which serves The Chalfonts, remained as 'inadequate'.

In November 2017, Ofsted inspected the children's service and on January 29, the re-inspection report was published where the overall findings remained the same.

Cabinet member Warren Whyte said: "I am extremely disappointed and concerned with the outcome, and the council fully accepts the findings of the report.

"It is clear that some of our services are still not good enough yet and the pace of improvement in some key areas has been too slow. It is our collective responsibility to make sure that we put this right.

"It is important that we do not lose sight of the strengths inspectors highlight and the improvements we have already delivered, and our continued commitment to improve.

"Above all else, my message to the children and families we support is that we remain resolute and determined to improve.



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Photo Credit: Andrew Zainny Shutterstock.com

# WHEN THE HOUSE OF CARDS CAME CRASHING DOWN

As Harvey Weinstein takes his ungracious exit from the inner sanctum of the movie world's elite, he seems to be taking many others with him – even on this side of the Atlantic – but where will this modern-day sex scandal end?

On Thursday, October 5, *The New York Times* published a story detailing decades of allegations of sexual harassment against Hollywood producer Harvey Weinstein.

In an official apology, the 65-year-old admitted that he had “caused a lot of pain”, but vehemently denies having non-consensual sex with any of those named. Stars of the magnitude including Angelina Jolie and Gwyneth Paltrow came forward to speak out against Weinstein and other men in power, unleashing a flood of accusations.

Those who know the film industry are not surprised, for the Hollywood casting couch is legendary. But these powerful sexual predators do not prey solely on the beautiful and famous; nor do they target just females, as actor Anthony Rapp proved when he accused Kevin Spacey, one of Hollywood's most decorated actors, of sexually assaulting him when he was just 14 years old.

The claim prompted Spacey to come out publicly as gay for the first time, sparking criticism for the inappropriate timing of his announcement as a further wave of accusations came forward from

young, vulnerable men. Some are asking why victims didn't speak out sooner, yet quickly we must remind ourselves of the shame and fear that still surrounds sexual abuse.

Mostly though, this is a story about power. Weinstein's wealth and status allowed him to hush those he hurt for fear he would do irreparable damage to their careers, and those who dared speak out were kept at bay by lawyers, often by offering thousands in compensation. Actress Rose McGowan claims she turned down a \$1million (£760,000) offer from Weinstein in return for her silence.

The red carpet at the Golden Globes was dominated by one colour – black. This was to show support of Time Up's movement, standing in solidarity with victims of sexual assault and harassment. Actresses Nicole Kidman, Angelina Jolie and Emma Stone were among those to walk the red carpet in the colour.

It's not just Hollywood actors who have been subject to allegations. Several MPs, including a minister, have also been accused of inappropriate behaviour towards young women. In January 2018, it was revealed under a Freedom of Information request by the Press Association that there have been more than 24,000 attempts to access pornographic websites in Parliament since the

election. However, parliamentary authorities say the majority of the attempts were not deliberate.

Some of the publicised revelations involve International Trade Minister Mark Garnier (who asked his secretary to buy him sex toys as well as calling her an inappropriate name), former Work and Pensions Secretary Stephen Crabb (who sent explicit text messages to a job applicant) and Sir Michael Fallon (multiple offences). Defence Secretary Fallon fell on his sword, Commons veteran Kelvin Hopkins was suspended by Labour for “inappropriate touching”, and Tory MP Charlie Elphicke had his whip suspended as multiple other allegations against leading political figures surfaced.

One of the latest people to be accused of sexual harassment is *Marvel* creator Stan Lee. According to the *Daily Mail*, who exclusively revealed the news, a nursing company employed to care for him stopped working for him after several complaints. These included demanding oral sex, groping and walking around naked. Lee's lawyers have accused the company of defaming Lee.

It seems the first allegations have caused a snowball effect, giving those affected the confidence to step forward and share their stories. Many believe this is just the beginning and, as recent months show, it seems that is true.





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GARDENING

# Spring clean YOUR GARDEN

Now is the time of year when things really start to get busy in the garden. The worst of the weather is (usually) behind us and the days are getting longer. Frosts and strong winds can still be a hazard, but it is time to put in lots of preparation for the months ahead.

### Spring clean

Get rid of any weeds which have cropped up in recent months to ensure they don't get out of hand and dig over your beds. Also cut back overgrown and non-flowering shrubs. Deadhead daffodils and hydrangeas as the flowers finish and let the foliage die back naturally. If you have a lawn it's also time to mow it to ensure a greener, denser patch in the summer. It is an ideal time for roses to be pruned, removing any damaged, dead or diseased stems.

### Prepare and plant

Once you have dug over your flower beds, add a layer of compost or well-rotted manure. Then it

is time to think about planting - if you plan it well enough you can have a continuous crop of flowers in the summer months.

Hardy annuals and perennials such as delphiniums can be sown to provide a burst of colour. It is also time to plant summer-flowering bulbs such as gladiolus, lilies and ranunculus.

Sweet peas, broad beans and first salads can be planted, but will need to be protected from mice and bad weather with cloches.

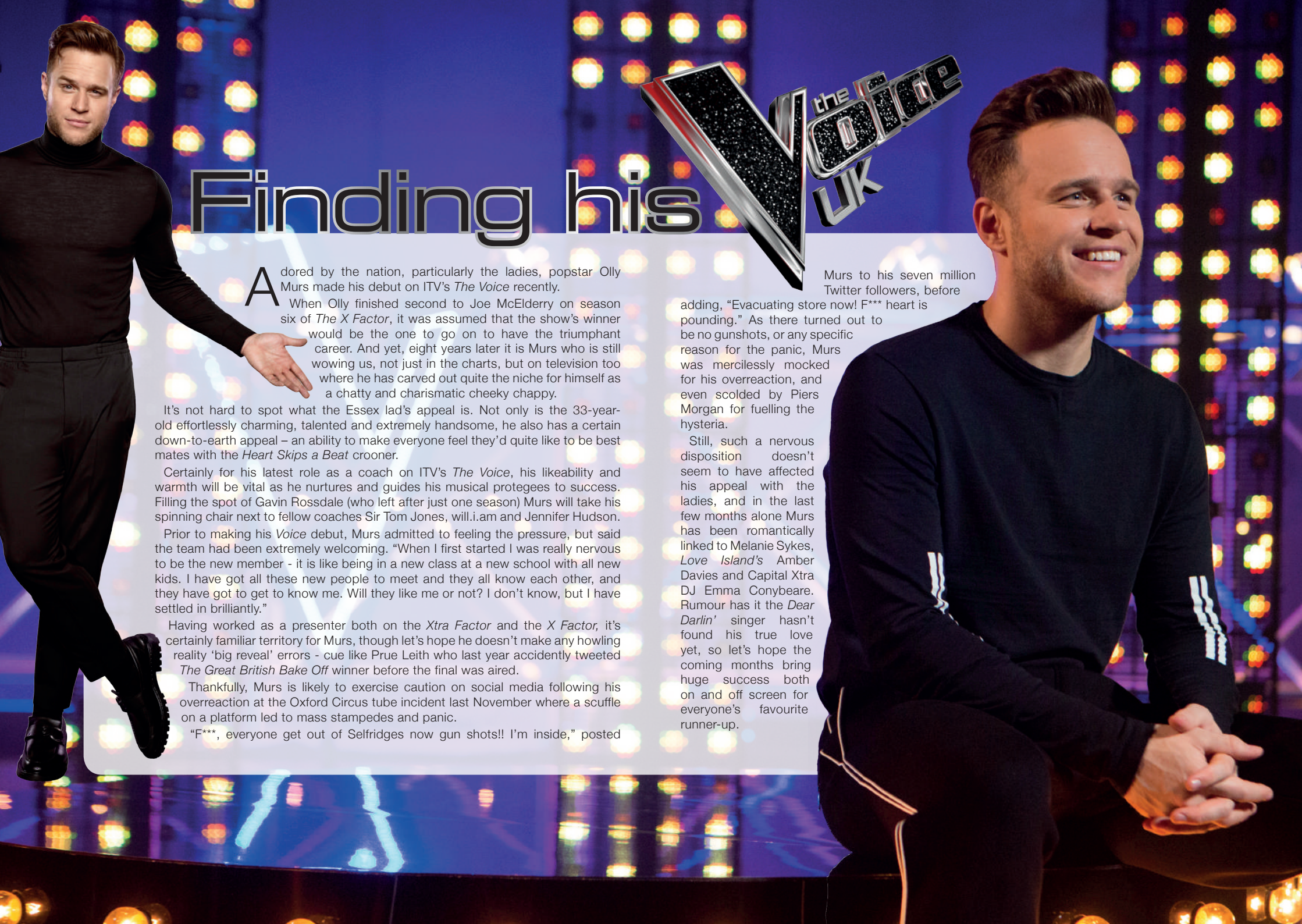
Plant out onions and shallot sets and cover with netting to prevent birds pulling them free. Plant the first potatoes.

### In the greenhouse

If you have a greenhouse why not sow cucumbers, tomatoes, aubergines, celery and peppers, and plant strawberry runners in hanging baskets.







# Finding his

**A**dored by the nation, particularly the ladies, popstar Olly Murs made his debut on ITV's *The Voice* recently. When Olly finished second to Joe McElderry on season six of *The X Factor*, it was assumed that the show's winner would be the one to go on to have the triumphant career. And yet, eight years later it is Murs who is still wowing us, not just in the charts, but on television too where he has carved out quite the niche for himself as a chatty and charismatic cheeky chappy.

It's not hard to spot what the Essex lad's appeal is. Not only is the 33-year-old effortlessly charming, talented and extremely handsome, he also has a certain down-to-earth appeal – an ability to make everyone feel they'd quite like to be best mates with the *Heart Skips a Beat* crooner.

Certainly for his latest role as a coach on ITV's *The Voice*, his likeability and warmth will be vital as he nurtures and guides his musical proteges to success. Filling the spot of Gavin Rossdale (who left after just one season) Murs will take his spinning chair next to fellow coaches Sir Tom Jones, will.i.am and Jennifer Hudson.

Prior to making his *Voice* debut, Murs admitted to feeling the pressure, but said the team had been extremely welcoming. "When I first started I was really nervous to be the new member - it is like being in a new class at a new school with all new kids. I have got all these new people to meet and they all know each other, and they have got to get to know me. Will they like me or not? I don't know, but I have settled in brilliantly."

Having worked as a presenter both on the *Xtra Factor* and the *X Factor*, it's certainly familiar territory for Murs, though let's hope he doesn't make any howling reality 'big reveal' errors - cue like Prue Leith who last year accidentally tweeted *The Great British Bake Off* winner before the final was aired.

Thankfully, Murs is likely to exercise caution on social media following his overreaction at the Oxford Circus tube incident last November where a scuffle on a platform led to mass stampedes and panic.

"F\*\*\*, everyone get out of Selfridges now gun shots!! I'm inside," posted

Murs to his seven million Twitter followers, before

adding, "Evacuating store now! F\*\*\* heart is pounding." As there turned out to be no gunshots, or any specific reason for the panic, Murs was mercilessly mocked for his overreaction, and even scolded by Piers Morgan for fuelling the hysteria.

Still, such a nervous disposition doesn't seem to have affected his appeal with the ladies, and in the last few months alone Murs has been romantically linked to Melanie Sykes, *Love Island's* Amber Davies and Capital Xtra DJ Emma Conybeare. Rumour has it the *Dear Darlin'* singer hasn't found his true love yet, so let's hope the coming months bring huge success both on and off screen for everyone's favourite runner-up.



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# THE SCIENCE OF...

They say it can lift spirits, cure colds and is even good for the soul, but what are the facts behind this 'souper' food?

Grandmas have been extolling its virtues for years – and it turns out that a steaming bowl of chicken soup really can cure what ails you. Far from being hokum, there appears to be some sound, science-based logic behind this old wives' tale, suggesting that a compound contained in the brilliant broth – called carnosine – can help your immune system fight the early symptoms of flu.

A study published in 2000 by Dr Stephen Rennard of the University of Nebraska Medical Centre, Omaha, discovered that the soup inhibited the movement of the most common type of white blood cell – neutrophils – which defend against infection. This, he believed, stopped the bacteria from spreading and consequently eased symptoms.

Yet despite numerous studies and the potential carnosine connection, scientists have struggled to pin down the exact ingredient which makes chicken soup so effective. It is possible that the nutrients found in its delicious ingredients – chicken, onions, carrots, celery, parsley, salt and pepper – work in synergy to create this beneficial effect. In other words, chicken soup is the Avengers of the food world.

While shop-bought soup appears to be as healing as homemade, there is nothing quite like the added power punch you get from boiling a chicken carcass yourself, releasing a whole other host of trace minerals, vitamins and rich gelatine – thought to support skin and digestive health. But with no conclusive evidence, there are those who maintain its miraculous properties are merely a placebo effect.

But who can blame the believers? When your nose is running like Niagara Falls and your entire body aches, a mug of steaming, soothing soup as comforting as a hug from your best friend might be all the healing you need.



*chicken soup*



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# One-Pan Wonder

## Chorizo & Butter Bean Stew

One-pan wonders. We all love these types of recipes, where you can create a filling sumptuous meal using only one pan. There's something incredibly satisfying about putting all the ingredients into one pan and leaving them to fuse together into a something that's bursting with flavour. This recipe is no exception a hearty and delicious one-pan wonder.

Serves 4 | 40 minutes | Easy

### INGREDIENTS:

- ▶ 150g chorizo, chopped into slices
- ▶ 1 onion, peeled and chopped
- ▶ 1 garlic clove, peeled and crushed
- ▶ 2tsp rosemary
- ▶ 2tsp sweet or hot smoked paprika
- ▶ 1x400g tin of chopped tomatoes

- ▶ 2 x400g tins of butter beans, drained
- ▶ 230g roasted red peppers, sliced
- ▶ Crusty bread to serve

### METHOD:

Using a deep-based frying pan or a large casserole dish, fry the chorizo over a medium heat for a couple of minutes. Be careful not to overcook them. Remove from the pan using a slotted spoon, and put them to one side on a plate. Add the onion to the pan and fry until they are soft and golden.

Add the garlic, rosemary and paprika. Fry for another minute and then add the peppers, chopped tomatoes and beans. Take the tomato tin, half fill with water and add to the pan. Simmer this for 15-20 minutes until the stew thickens. Then, return the chorizo to the pan and warm through for a few more minutes while you toast the bread. Spoon the stew over the bread and dig in.



Recipe credit: Rebecca Heslop



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BEAUTY

# A beautiful OBSESSION



Photo credit: www.vogue.co.uk & Desiree Mattsson



Prada Autumn/Winter 2012



Gucci Autumn/Winter 2013



Christian Dior Spring/Summer 2014



Givenchy Autumn/Winter 2016

As the world's most influential make-up artist, Pat McGrath is devoted to bringing seriously fabulous and effective cosmetics to the masses. Unless you work in the fashion industry, or are a cosmetics geek, it is unlikely that the name Pat McGrath will be instantly familiar – but you will almost certainly have seen her work. From creating fashion campaign looks for brands like Louis Vuitton, Prada and Balenciaga to bringing us some of the most iconic images in fashion editorial – not to mention the wealth of celeb red carpet looks she has contributed to over the years – Pat McGrath is essentially the queen of make-up.

Raised in Northampton by her Jamaican mother Jean during the 1970s, McGrath developed an early fascination with cosmetics, fuelled in part by the fact there were so few products on the market that were effective for black skin. Despite having no formal training, McGrath began garnering attention for her bold and innovative make-up style; her career breakthrough came in the early Nineties when she began collaborating with Edward Enninful (then fashion editor of *i-D* magazine).

Hugely celebrated within her industry, the 47-year-old has managed to remain somewhat behind the scenes, but with Enninful's recent appointment as editor-in-chief of British *Vogue*, McGrath has been thrust into the spotlight, becoming the fashion bible's beauty editor-at-large.

She is also making waves with her Pat McGrath Labs make-up range, which has been selling out in the States since 2015 and came to the UK in the summer. The sumptuous palates and sets may be pricey (the Lust 004 Lip Kit is £135 at Net-A-Porter), but they are in a league of their own in terms of quality and colour as McGrath strives to make products with enough pigment to show up on every skin tone – they also come packaged in clear bags stuffed with sequins. All proof that while glitter may not always be gold, it will make you look a million bucks on Saturday night.



Gucci Autumn/Winter 2017



FASHION

# En Vogue

## Everything you need to know about Edward Enninful, *Vogue's* new head honcho

When editor-in-chief Alexandra Shulman announced her departure from *Vogue* just over a year ago after a quarter of a century in the role, tongues were instantly wagging over who would land what is arguably the most coveted post in British fashion. Some saw it as a chance to shake up the old guard; an opportunity to move the magazine into more diverse, bold and modern territory. And when it was revealed that avant-garde visionary Edward Enninful would be filling Shulman's stylish shoes, it was clear the masses had a real personality on their hands.

The first black male editor at the magazine, charismatic Enninful was making waves before he'd even stepped into *Vogue's* offices, but one look at his impressive CV proves his appointment was nothing to do with controversy, and all to do with merit.

Having been appointed fashion director of cutting-edge culture tome *i-D* in 1991 (at the age of just 18), Enninful worked extensively with both American and Italian *Vogues* throughout the noughties, and his most recent role as creative and fashion director at America's *W* Magazine saw his stock continue to rise.

Born in Ghana, Enninful emigrated to London's Ladbrooke Grove with his parents and five siblings when he was young. A working-class background combined with the veritable melting pot that was West London in the early Seventies, were reflected in his debut edition of *Vogue* which was released last November. Starring mixed-race British model and feminist activist Adwoa Aboah on its cover, the 'Diverse' issue paid tribute to Britain's great and eclectic heritage, and featured a broad array of talent, along with high-end couture alongside urban streetstyle.

In short, if Enninful keeps things original and innovative, we can expect *Vogue* to become an entirely different animal – cooler, all-encompassing and more thought-provoking – by the decade's close.



Photo credit: RICHARD YOUNG/REX/Shutterstock





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### BOXING MASH-UPS

Boxing combined with Pilates? Check. Boxing combined with Barre (ballet)? Check. Virtual boxing? Yup, thanks to Boxx Method, an online workout programme that claims to be "the world's first virtual boxing experience". Boom.

### BODY WEIGHT TRAINING

This trend is all about getting back to basics as you use your own body weight to build strength. Part of the reason for its burgeoning popularity is that it requires no equipment and can be performed anywhere, meaning you can finally be that weirdo in the office.

### NOVELTY YOGA

It may be one of the most ancient forms of exercise, but there are too many modern incarnations to

count. There's 'couples' yoga', said to strengthen your bond with each other; 'beer yoga' (performed down the boozer with a beer in hand, and founded in Germany); 'laughter yoga' and even 'goat yoga', which is where you practise outside with... goats. Just keep an eye on your yoga mat.

### ROPES

It may sound a bit kinky to the exercise lingo layman, but working out with weighted ropes is going to become even more popular in 2018, and it's not hard to see why when you consider the health benefits. Ropes not only work every muscle in your body, they also give you a cardiovascular workout and improve co-ordination. You'll knot find a more thorough workout.

### NAPPING

Napercise is already a 'class' you can take at David Lloyd Gyms, whereby you lie on a single bed in a comfortably-heated room with soothing sounds piped out. It is said to burn calories while you sleep and is, therefore, the perfect workout. Yawn...





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- > Tell me a joke (keep asking for several different responses)
- > How much wood can a woodchuck chuck?
- > Why did the chicken cross the road?
- > Will pigs fly?'
- > What does the fox say?

- > Do you like Pokémon Go?
- > Hey, Alexa

**EXISTENTIAL MUSINGS**

- > What is the meaning of life?
- > What does Siri mean?
- > How old are you?
- > When is the world going to end?
- > What is 0 divided by 0?

**WHAT CAME FIRST:  
THE CHICKEN OR  
THE EGG?**

**PURE ENTERTAINMENT**

- > Can you sing? (ask repeatedly)
- > Can you beatbox?
- > Will you go on a date with me?
- > Do you have a girlfriend?
- > What do you want for Christmas?
- > What costume should I wear for Halloween?
- > Why do you vibrate?
- > What are you doing later?
- > I'm drunk
- > I'm naked

**FILM AND TELEVISION**

- > Are you her? (referring to Joaquin Phoenix's OS 'girlfriend' in the film *Her*)
- > Is Jon Snow dead? (*Game of Thrones*)
- > Have you seen *The Matrix*?
- > Hey Computer? (*The LEGO Batman Movie*)
- > What is *Inception* about?
- > Do you like *Blade Runner*'?

**TECHNOLOGY**

- > Windows or Mac?
- > Do you follow the three laws of robotics?
- > Which is the best phone?

**HOW DO  
I LOOK?**





KIDS

# BEAT the Bugs

How to stop those nasty viruses that kids pick up at school from thriving.

It may be near impossible to stop your little one from accumulating all manner of gruesome gremlins and vile viruses while at school – unless you consider the Jake Gyllenhaal film *Bubble Boy* as a serious parenting option - but you can teach them how to prevent the spreading of germs once they've brought them home.

When it comes to kids, remember that seeing is believing. Getting a five-year-old to understand that when he or she sneezes a spray of up to 100,000 bacteria rises in the air at 100mph, is not going to be an easy task, so it's worth trying to find a fun way to help them understand the basics.

A good way to do this is to prepare some

hand sanitising gel with edible glitter or lustre dust in, then play a game telling them you've given them the dreaded lurgy (the edible glitter or lustre dust). This visual cue will help them appreciate how widespread bacteria are, and also means that when they wash their hands they must clean them really well to be rid of all the edible glitter or lustre dust.

It's also good to educate your child using books and song. *A Germ's Journey* by Dr Katie Laird and *What Are Germs?* by Katie Daynes make for clever and entertaining reads, while Carex have a great selection of hand washing songs you can download from their website for free.

Consider too really simple persuasive techniques, such as buying a hand soap which smells or looks great.

Finally, gentle reminders can never hurt when trying to get your little one into a good

habit. Teaching them to blow their own nose properly, wash hands frequently and cover their mouth when they sneeze will not only save the rest of your family from the never-ending onslaught of illness, it will also serve them well in the future.



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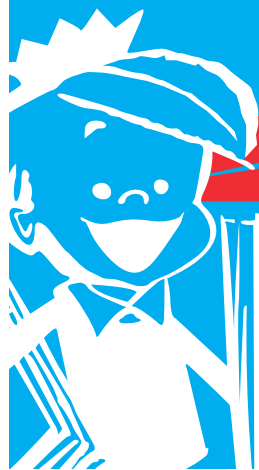
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# LONDON

on a budget



TRAVEL



## HOW TO CONQUER THE CAPITAL FOR JUST £20 A HEAD

### Plan ahead:

Average train fares have risen by 25 per cent since 2011, meaning the most expensive part of your trip to London could be just getting there. Fortunately, there are plenty of ways to save. By booking in advance (even just the day before) you can get money off your train tickets, and if coming from further afield you may want to look into split-ticketing, where you buy two or more tickets for different segments of your journey. You may also want to invest in a railcard (60 per cent off for children on the Family & Friends Railcard) and book train tickets with Travelcards included.

markets like Camden and Borough, not to mention London's many glorious parks.

### Hunt out offers:

For deals on attractions that aren't free, it's worth scouring the internet for offers. Days Out Guide is a handy website that offers two-for-one deals on attractions like the London Eye and Madam Tussauds. Many places also offer discounts for booking ahead and large groups.

### Free attractions:

Possibly one of the best things about our capital is that there are loads of fantastic free attractions. The Science Museum, the British Museum and the Tate Modern are just three fun and fascinating places where general entry costs nothing – and there are loads more. There is also an abundance of free

### Cheap eats:

The cheapest way to feed your family is to take your own lunch, but where's the fun in that? For a big treat, restaurant chains like Pizza Express or Bella Italia often have voucher codes on their websites. Or for something more authentic, why not head to Brick Lane where there is an abundance of fantastic street food, world-class bagels and, of course, some of the finest Indian cuisine?





# WINGING IT



Photo Credit: Phil Rees/REX/Shutterstock

He's the most decorated player in the history of the game, and now former Manchester United legend Ryan Giggs is getting a chance to make a name for himself on the game's biggest stage – international football – as the newly unveiled manager of the Wales national team.

When you consider Ryan Giggs' illustrious career on the pitch, it's almost impossible to envisage the Welsh winger in any other colour than the red of Manchester United. But until the age of 14, Giggs was signed to the youth academy of bitter cross-city rivals Manchester City – and could well have ended up as a club legend in sky blue.

But thankfully for Red Devils fans, Giggs' switch to Old Trafford proved the catalyst for a career that seemed to specialise in record-breaking achievements. After making his professional debut in 1991, Giggs became an integral part of the so-called 'Class of '92', alongside stars such as David Beckham, Gary Neville and Paul Scholes.

By 1999, this core of home-grown talent had proved crucial to Manchester United's most successful season to date – with Giggs, of course, scoring one of the goals of the decade with an electric, mazy run against Arsene Wenger's formerly invincible Arsenal. A goal of brilliance and perfection not matched by the goal celebration.

The treble of Premier League, FA Cup and UEFA Champions League victories won that year was a first in British footballing history, and also an indicator of the rewards Giggs' future career was to hold.

While teammates came and went, Giggs proved to be a one-club man through and through. By the time of his retirement in 2011, he was United's record appearance maker, having stepped onto the pitch a colossal 963 times for the Red Devils. Add to that becoming both the club's and the Premier League's record assist maker, with 271, his remarkable tally of 13 Premier League titles, four FA Cup wins, three League Cup win triumphs, two UEFA Champions League winner medals, a FIFA Club World Cup gong, Intercontinental and UEFA Super Cup success, plus nine FA Community Shield

victories, and Giggs is the most decorated individual ever to grace the professional pitch.

Much has been made of United's plight since the incredible reign of Sir Alex Ferguson came to an end. For his part, Giggs remained an important member of the club as assistant manager to both David Moyes and Louis Van Gaal, who both oversaw challenging transitions at Old Trafford. There was even a brief taste of the top job too, before current incumbent Jose Mourinho came to the Theatre of Dreams with his own tried and tested backroom staff.

In the meantime, the Welshman has busied himself in the world of business – most notably alongside Gary Neville with a Manchester-based hospitality company, and as a part-owner of ambitious National League North team Salford City.

Thoughts of management were clearly never far from his mind though, and the former captain's ambitions of taking up a permanent spot in the dugout were finally realised recently when he was named as the new manager of the Welsh national team, for whom he appeared 64 times. As successor to Chris Coleman, who guided Wales to the semi-finals of Euro 2016, Giggs already has some large boots to fill. But if successful, surely a return to the Old Trafford managerial set-up won't be far from his mind.





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**WHY THE DVLA BANNED OVER 300 NUMBER PLATES...**

It must be tough for the folks at the Driver and Vehicle Licensing Agency (DVLA). Not only do they shoulder the responsibility of protecting us from number plates which could be deemed offensive or salacious, they even have to employ censors who meet every six months – to coincide with the bi-annual release of new numbers – to ensure that the more creative motorist doesn't cruise around with 'PE12 VRT' emblazoned on their Maserati.

Which is why on August 25, in a bid to get ahead of the game, the Swansea-based agency released a list of 300 number plates which would be banned when the '67' vehicle registrations came into effect the following week. Among them were the more blatantly offensive configurations – like MU67 DER, BU67 GER, DO67 GER, BA67 ARD, MU67 GER, and HU67 WLY – along with more cryptic ones like NO67 DAD, NO67 FUN, NO67 MUM and NO67 SON that start with the word NO and end with another complete three-letter word (where the 67 is irrelevant).

The DVLA maintains that it has a responsibility to ensure plates do not "cause upset or offence", which is why religious words like JE55US and AL14LAH are banned too – although in June the agency admitted that JH11 HAD had "slipped through the net". But deciding what can be deemed offensive is surely the hardest job of all, and in the past AD13 CTS, PR15 SON and AL60 POP have all been withheld. One thing's for sure: those poor censors will be putting in some serious overtime when the 69 registrations are released in 2020...

**Understanding the lingo:**

- A 6 can look like a 'G' or an 'S'
- A 7 can be read as a 'T' or an 'L'
- The number 67 can be seen by some as an 'R'

**PEI2 VRT**

**MU67 DER**

**NO67 FUN**

**JE55US**

**JH11 HAD**

**PR15 SON**





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How small retailers are ditching the middle man and seeing their businesses thrive.

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And these are the tip of the iceberg. Put simply, subscription boxes are a fantastic way of giving

someone you love (or even yourself, ahem) a monthly delivery of a lovely treat. Dazzlingly diverse, you can buy everything from socks to igneous rocks, without the hassle of having to go to the shops.

But subscriptions are not just great for those keen to give or receive, they're actually becoming an invaluable extension to the traditional business model. By allowing companies to ditch the middle man, manufacturers and retailers are able to lower prices, while the repeat payment process offers greater security, increased knowledge of who customers are, and the ability to plan ahead with new products and trends. It's no wonder the subscription industry is booming.

Take a look online now, broaden your horizons, and wait, peering out the window for the delivery man's knock. And yes, before you ask, there's even a subscription box for curtain design.



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# PUZZLES & TRIVIA

PUZZLES

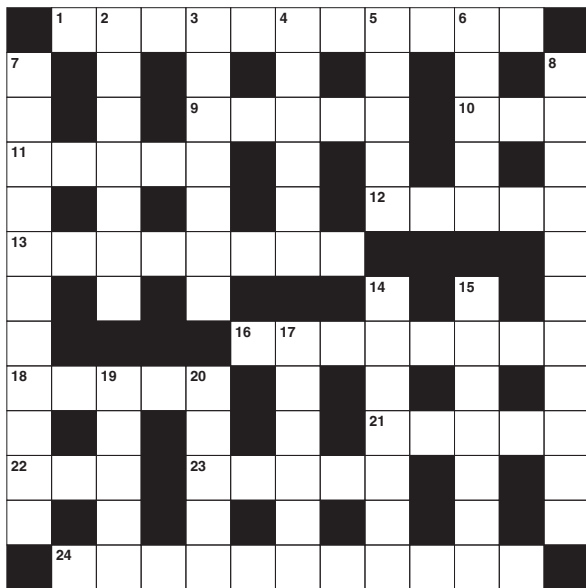
Answers can be found on the Contents Page 4

### ACROSS

- 1. Showy (11)
- 9. Judged (5)
- 10. Net (anag) (3)
- 11. In a slow tempo (of music) (5)
- 12. Speak without preparation (2-3)
- 13. Made with purpose; planned (8)
- 16. Sailing vessel (8)
- 18. Speaks (5)
- 21. Eighth Greek letter (5)
- 22. Sphere or globe (3)
- 23. The Norwegian language (5)
- 24. Angry dispute (11)

### DOWN

- 2. Return to a former state (7)
- 3. From beginning to end (7)
- 4. Indigenous (6)
- 5. Country in southern Asia (5)
- 6. Up to the time when (5)
- 7. Act of saying farewell (11)
- 8. Inattentive (11)
- 14. Omen (7)
- 15. Raging fire (7)
- 17. \_\_\_\_ acid: lemon juice constituent (6)



- 19. Published false statement (5)
- 20. From that time (5)

### DID YOU KNOW

- ▶ M&M's chocolate stands for the initials of its inventors Mars and Murrie
- ▶ Iceland consumes more Coca Cola than any other country
- ▶ Nintendo first produced playing cards
- ▶ Cheerios cereal was originally called Cheerioats
- ▶ Hilton was the first international hotel chain
- ▶ Porsche also builds tractors
- ▶ The first product to have a barcode was Wrigley's gum
- ▶ There are 22 stars in the Paramount logo

### SUDOKU

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

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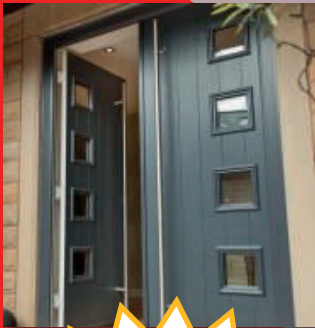


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