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Vision Chalfont Magazine

FOUNDER | Nik Allen | DESIGN EDITOR | Misha Mistry
 CO-ORDINATORS | Rebecka Fryer, Kim Plater
 CONTRIBUTORS | Amy Pollard, Charles Rae

Editor's notes...



Leigh Fry, Editor

Hello and welcome to this month's edition of **VISION**Chalfonts. At the time of writing, we are experiencing one of the coldest winters for a long time. The snowfall does cause lots of disruption

to not only transport but also local shops and services, so thank you to everyone who has made every effort to keep the local community working during this cold snap. And, so on to the magazine. A big thank you to all of you who have taken time to send in kind words and testimonials for the trades and businesses you have used from the magazine.

Not only does this really help us but all the local businesses too, so please keep them coming. Our new website is now up and running where you can see digital versions of all the **VISION**Chalfonts magazines. Please take a look and let us know what you think.

In local news this month, a man is jailed for sex offences, residents have their say on parking problems and we reveal this month's winner of the reader's photo competition.

Remember, our new Recruitment Page is coming very soon, so if you're a local business, employer or HR department looking to recruit, please give me a call to see what we can do to help fill your vacancy.

Have a great Easter everyone and I will see you all next month. Have fun and enjoy the read.

Leigh

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Jean Picton.

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ACROSS 1. BUMP, 3. GLASSFUL, 9. CANTATA, 10. RABBIT, 11. STRAIGHTAWAY, 13. ABACUS, 15. MERINO, 17. ADVANTAGEOUS, 20. ENNUJ, 21. OBELISK, 22. GUERNSEY, 23. X-MEN

DOWN 1. BACK SEAT, 2. MINOR, 4. LOATHE, 5. SPREADEAGLED, 6. FERRARI, 7. LARK, 8. MANIPULATION, 12. FORSAKEN, 14. ANDANTE, 16. STROBE, 18. ODUM, 19. BERG

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

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

The most recent dramatic turn is the coming to light of Ant's very public struggle with alcohol and prescription drug addiction, along with news that he is to divorce his wife of 11 years, Lisa Armstrong. Naturally, such a high-profile split has garnered almost daily attention from the press, with rumours abound that his estranged wife is demanding half of his estimated £62million fortune, with other more inflammatory headlines suggesting the TV presenter has already moved on with someone else.

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

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

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

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

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

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



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BAUHAUS IS A VERY FINE HAUS

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

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

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

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

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

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

How to be more Bauhaus:

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

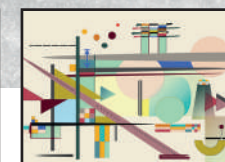


Photo credit: Gidon Levin/www.dezeen.com

HOME & DIY





HOME & DIY



Photo credit: www.luxurybathrooms.eu

Home Spa

TIPS TO TURN YOUR HUMBLE BATHROOM INTO A SPA RETREAT

DIGITAL SHOWERS

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

WET ROOMS

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

MARBLE TILES

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

HIS & HERS SINKS

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

WHIRLPOOL BATH

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

SHOWER STEAM ROOM

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



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HOME & DIY

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

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

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

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

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

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

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



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: George Ekin

Shop closed after 'ram raid'

A supermarket in Chalfont St Peter was forced to close recently after being broken in to. Thieves forced their way into the Co-op, in Market Place, on February 5 and stole the cash machine. The store had to close due to the incident. A spokesperson from Thames Valley Police said: "Offenders forced their way into the store and then stole an ATM."

"We believe that two vehicles may have been used during the burglary. "The force has carried out forensic work and house to house enquiries in the area, further CCTV has been obtained and is being reviewed. "If anyone has any information about the offence, please contact police via 101 and quote reference 43180038297."

Work under way on Phase One of HS2

One year after the Queen granted Royal Assent for Phase One of HS2, which will affect parts of The Chalfonts, significant work is under way in preparation for the new high speed railway line. More than £13million of homeowner payments are still available for those living along the route. The government is encouraging eligible homeowners in rural areas to apply for a payment under the Homeowner Payment Scheme. The scheme was set up as a way of sharing the future economic benefits of the railway with local people. More than £7million of payments have already been made under the scheme. Construction has already begun along the Phase

One route, which will run from London to the West Midlands and is due to be mostly completed by 2025. The first train services are expected to run on the line from 2026. Nusrat Ghani, HS2 Minister, said: "HS2 will be the backbone of our national rail network – improving vital links between some of our biggest cities and driving forward economic growth and regeneration. "One year on from Royal Assent we are making real progress, with contracts boosting jobs and prosperity whilst we ensure the new railway is not limited to providing faster, better journeys for passengers, but leaves a lasting legacy of improvements along the route for generations to come."



Man jailed for sex offences



Photo credit: Thames Valley Police

A man has been jailed for five years for child sex offences following a Thames Valley Police investigation.

Nathan Burns, 29, of Middle Meadow, Chalfont St Giles, pleaded guilty to four counts of sexual activity with a child, one count of causing a child to look at images of a person engaging in sexual activity and one count of possession of an indecent photograph of a child at Aylesbury Crown Court on February 12.

The offences occurred in 2016 and involved a teenage girl.

He was charged with the offences on June 22, 2016.

Investigating officer Detective Constable Michele Weston, of Thames Valley Police's Child Abuse Investigation Unit, said: "The victim suffered greatly as a result of this relationship. She has now made a full recovery in spite of this."

"I would like to thank the victim for her bravery and support throughout our investigation and I hope that this sentence will help her to move on with her life."

Residents urged to have their say on Heathrow plans

The expansion of Heathrow Airport has taken a significant step towards delivery as the airport has launched its public planning consultation, and residents are being urged to have their say.

The 10-week consultation was launched in January and residents have until 11.55pm on March 28 to have their say, giving local communities an opportunity to shape Heathrow's expansion proposals that aim to support an even more substantial future airport operation.

Part of the consultation relates to the physical changes on the ground needed to build a new north-west runway to operate the expanded airport.

As well as the new runway and terminal infrastructure, land around the airport may also be used for construction as well as changes to the local road network, the M25 and local rivers.

If you would like to have your say on the proposals, visit www.heathrowconsultation.com

You can also email expansion.feedback@heathrowconsultation.com or write to FREEPOST LHR EXPANSION CONSULTATION.

To view the full consultation document, visit www.chiltern.gov.uk/article/8619/Heathrow-launches-planning-consultation

Guide group prepares for hiking competition

Members of a Guide group travelled to Wendover recently and hiked around Coombe Hill.

Twelve members of the 1st Chenies and Chalfont Guides, together with leaders Sarka Viehoff and Kim Beattie, took the train to Wendover and hiked up and around the hill on January 27.

The hike was in preparation for the annual hiking competition which will be held in May.

It was an extremely muddy, wet, cold and windy day, but all participants completed the hike.

To finish, the Guides visited Rumsey's chocolate shop in Wendover village for a well-deserved treat.

A spokesperson from the Guides said: "Well done to all the participants and good luck for the hiking competition in May."



Photo credit: Kim Beattie

We are two!



What an amazing first two years we have had, an absolute dream come true from the day Spoilt Rotten opened to provide a service to all doggies and their parents with top level care, compassion, love and skill on all aspects of their experience.

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Little Chalfont
Parish Council



LOCAL NEWS



Little Chalfont Parish Council chairman

We are pleased to report that, at the parish council meeting on February 14, cllr Ian Griffiths was elected chairman (until May 2018, at which time a further election will take place). In addition, two members of the public were co-opted onto the council – cllrs Mike Crowe and David Alexander. We welcome both to the parish council.

Village green

A project to improve the notice boards on the village green in Little Chalfont has now been completed.

A new parish council notice board has been erected in a new location, along with the Churches Together notice board. Plus, a new footpath has been laid directly in front of the notice boards (see picture).

This project has been kindly supported by the

Little Chalfont Community Association and the Revitalisation Fund.

Grit bins

Following the snowfall that we've experienced this winter, the parish council received a number of enquiries about grit bins in the village. We are therefore surveying the location of the existing grit bins and their usage, taking advice from Bucks County Council.

In addition, we would like to hear from local residents about suggested locations in the village that would benefit from a grit bin. Obviously, we won't be able to fulfil all requests but we will endeavour to site grit bins in positions that will benefit the greatest number of residents, or in areas that suffer particularly when there is heavy snowfall.

Guides get a special visit for Thinking Day



Photo credit: Kim Beattie

The 1st Cheries and Chalfont Girl Guides had a visit from a special guest to celebrate World Thinking Day recently.

The 'guest' was Lady Olave Baden-Powell, wife of the founder of the Scouts movement, Lord Robert Baden-Powell.

She was born in 1889 and became the first chief Guide for Britain in 1918.

The event was to mark Lady Olave's birthday and the establishment of the World Thinking Day Fund or Friendship Fund that helps the movement grow and reach different places around the world.

The fund recently supported the 16 Days of Activism campaign to end violence against women and girls.



Reader's monthly photo



Photo credit: Roland Brewer

Well done to this month's winner of the monthly photo competition – Roland Brewer from Chalfont St Peter.

The image of St Mary's Church was taken on Saturday, February 17.

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 of **VISION**Chalfonts.

Please submit entries by April 6. You can email them to chalfonts@visionmag.co.uk with 'Reader's photo April' in the subject line.

As always, good luck and happy snapping.

Residents' fury over 'dangerous' parking

Residents in Chalfont St Peter have spoken out regarding parking problems.

Members of Facebook group Chalfont St Peter Connected expressed their dismay at "dangerous" and "inconsiderate" parking along Lower Road, with many residents unable to park near their homes.

Geoff Watts believes that office workers are part of the issue as they have nowhere to park and won't pay to park elsewhere.

He said: "The underlying point is that offices were built with insufficient parking and the council hasn't operated a properly integrated planning policy."

Many residents have called for parking restrictions, including yellow lines and permits. However, not everyone agrees.

Julie Bratton believes parking restrictions would penalise residents who have no other option but to find parking on nearby roads.

She said: "Parking restrictions would penalise residents of High Street who have absolutely nowhere to park. We are residents who pay our taxes and the parking problems that we have seem to be disregarded by the council."

Some believe parking problems are much more widespread.

Chris Coble commented: "Problems along Lower Road? More like problems in Chalfont St Peter."

"It really has got to the point where it is extremely annoying and also dangerous for residents."

Colin Meads added: "The parking problems are symptoms of a failed planning system both at central government level and at Chiltern District Council."

"This allows over development and inadequate infrastructure. Hence, we have offices built with inadequate parking facilities; residential extensions and residential developments with inadequate parking facilities; and poor public transport meaning a reliance on the private car. The broken planning system needs to be fixed urgently."

Chiltern District Council was contacted to respond.



Photo credit: Guy Bagley

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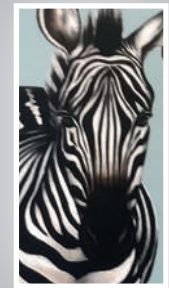


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GARDENING

GOOD Scents

HOW TO DESIGN YOUR VERY OWN AROMATHERAPY GARDEN

The word aromatherapy may evoke luxurious but pricey massages, decadent bath oils, and tiny bottles of precious elixir, but in reality it's very easy to plant and grow your own aromatic herbs and plants, creating a space that is fresh, fragrant and inexpensive.

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

For those who have less space, it is still easy

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

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

By the end of summer it is possible to have a veritable apothecary on your doorstep, which can be harvested and dried to enjoy when the cold sets in.



By Invitation **ONLY**

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

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

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

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

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

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

Beginning to recognise...

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

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

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

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

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

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

Photo credit: Tim Rooker/REX/Shutterstock

POWER of the muse

From Hubert de Givenchy and Audrey Hepburn to Olivier Rousteing and Kim Kardashian, without the women who inspire designers, fashion simply wouldn't survive.

They say that behind every great man is an even greater woman, and in regard to some of the greatest fashion designers of all time that is a half-truth, for the ladies who inspire them are not tucked away but laid out for all to see under the hot, white spotlight.

"His are the only clothes in which I am myself. He is far more than a couturier, he is a creator of personality," said Audrey Hepburn of Hubert de Givenchy and the luxurious couture creations he designed for her - one of which was the little black dress her character Holly Golightly wore in *Breakfast at Tiffany's*. But whatever movie star pizzazz Givenchy gifted Hepburn, she repaid it in spades - the French fashion house still sells creations inspired by the actress.

Modern creators too are candid about the women who inspire them, and in the age of social media that can only be a good thing. Particularly if she has over 100 million Instagram followers, like Olivier Rousteing's muse and BFF Kim Kardashian; though of late, the Balmain head honcho has been spending a lot of time with Kim's little sister, Kendall. Could the modern relationship between the artist and his inspiration be as fickle as, well, a fashion trend?

Both Michael Kors and Karl Lagerfeld prefer the buffet approach to the muse; for the former, there is an interchangeable array of honey-limbed babes who perfectly embody his particular brand of wholesome sunshiny Californication (Kate Hudson, Blake Lively, Gigi Hadid), whereas the latter prefers whichever hot young thing is en vogue at the time. Though for Lagerfeld of course, there is only ever one true muse who not only personifies, but actually created the brand for which he is best known: Coco Chanel.



GOING UP

IN STYLE

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

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

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

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

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

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

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

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

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



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finewining

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

Never choose the second bottle on the list

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

Familiarise yourself with regions

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

Consider buying by the glass

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

Go by your coffee tastes

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

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

Don't be afraid to try something new

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

Consult your waiter

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



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Gerard Depardieu

Vine for attention

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

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

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

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

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

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

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



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make up HACKS

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

MAKE YOUR OWN LIP GLOSS

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

TURN A PENCIL EYELINER INTO GEL

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

REVIVE DRIED-UP MASCARA

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

MAKE LIPSTICK LAST LONGER

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

WING IT

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

COVER UP DARK CIRCLES LIKE A PRO

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

NEVER HAVE LIPSTICK ON YOUR TEETH AGAIN

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

CURL YOUR LASHES IN NO TIME AT ALL

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

NAIL THAT CUPID'S BOW

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

SMELL LIKE AN ANGEL ALL DAY LONG

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

CREATE CONTOURS WITH JUST BLUSH

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

CONCEAL THOSE PIMPLES

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

BOOST YOUR MANICURE

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



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AGE FIT

THE BEST WORKOUTS FOR EVERY AGE

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

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

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

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

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



HEALTH & FITNESS



Gorgeous GUTS

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

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

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

DO consider a probiotic supplement.

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

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

kimchi, sauerkraut and lacto-fermented pickles.

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

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

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



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N A T U R A L
D E S E L E C T I O N

THE WORDS BEING DITCHED FROM THE DICTIONARY

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

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

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

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

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

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

Some of the words being removed from The Oxford Junior Dictionary

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

Some of the words being added to The Oxford Junior Dictionary

Blog, chatroom, attachment, block graph

heron
cowslip
newt
mistletoe
otter
nectar
bluebell
cygnet
dandelion
Acorn
adder
ash
beech
conker
lark
pasture
buttercup
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TRAVEL

Going, going, GONE

FIVE PLACES YOU SHOULD VISIT BEFORE IT'S TOO LATE

You may think you have your whole life to travel the world and see all that it has to offer, but you might need to hop on a plane sooner than you think. Global changes are causing some of the most magnificent sights to vanish. It's time to start planning your trip to bucket list destinations before it's too late.

Great Barrier Reef, Australia

The largest coral reef in the world is under threat. Environmental changes have been steadily damaging the Great Barrier Reef for years and it's thought the natural wonder could be destroyed within the next 100 years.

The Maldives

The Maldives are one of the most picturesque locations in the world with its crystal-clear waters and soft sand. It is also one of the lowest nations in the world with more than 80 per cent of the island less than one metre above sea level. The islands are in danger from the rising waters and could soon cease to exist.

Cape Town, South Africa

Cape Town is facing a huge water crisis and could eventually run out completely. 'Day Zero', the date when they might have to turn off most taps, has been set for April 16 this year in a bid to tackle the shortage.

Venice, Italy

Known as one of the most romantic cities in the world, Venice is recognised for its canals and bridges. However, reports indicate the city is sinking five times faster than anyone thought. Rising sea levels and waves of tourists are also speeding up the damage.

The Alps, Europe

Winter sports fans will need to get their skis on if they want to visit The Alps. The mountains could soon be devoid of snow and ice due to climate change.



THE SPORT RICH LIST



SPORT

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

1 Cristiano Ronaldo *(non-mover)*

Earnings for the year: £69million (£43m through sport, £26m through endorsements).

Like him or loathe him, it was an astounding year for Ronaldo. Off the back of Portugal’s unexpected Euro 2016 triumph, Ron became the most marketable sportsman on the planet, with a wage packet to suit. He also clinched La Liga and Champions League glory with Madrid, but no money in the world will ever compensate for that dreadful bust unveiled at Aeroporto Cristiano Ronaldo in his native Madeira Islands.

2 LeBron James *(up 1)*

Earnings for the year: £63million (£23m through sport, £40m through endorsements).

NBA star LeBron James is always near the top of rich lists, and 2017 was another stellar year for the 33-year-old.

Interestingly, the Cleveland Cavaliers hotshot earned almost twice as much from product endorsements in 2017 than he did from basketball itself, further evidence, as if it was needed, of the power of sports brands.

3 Lionel Messi *(down 1)*

Earnings for the year: £59million (£39m through sport, £20m through endorsements).

A quiet year for Messi on the pitch, relatively speaking, as Barcelona and Spain failed to shine, though his status as a sports icon – with a wage packet to match – only heightened last year.

4 Roger Federer *(non-mover)*

Earnings for the year: £47million (£4m through sport, £43m through endorsements).

A couple of years ago people observed the Swiss tennis star’s slide from the top, but they reckoned without the battling brilliance of the eight-time Wimbledon champion, and his first victory in SW19 in five years helped cement his place at no.4 on the rich list, even in a sport where endorsements are king.

5 Kevin Durant *(non-mover)*

Earnings for the year: £44million (£19m through sport, £25m through endorsements).

Another basketball star sits in the top five, with Kevin Durant of the Golden State Warriors proving the sport’s status as the money leader in the US.



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

THE REST OF THE TOP TEN...

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



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



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



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



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



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SMART
MOTORWAYS

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

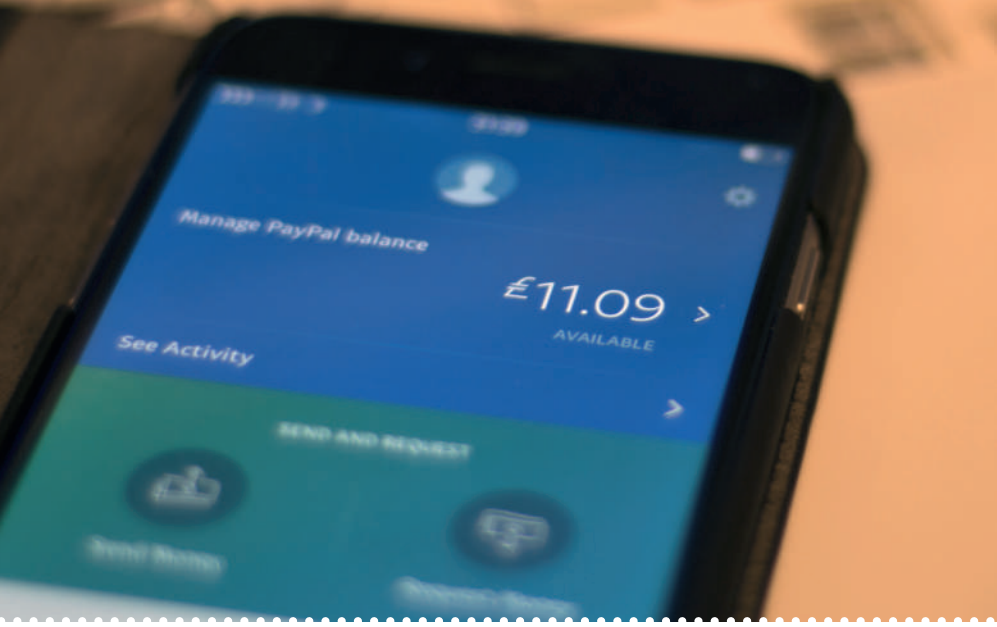
A smart motorway is a section of a motorway that has traffic management methods to make your journey a little more bearable when it's busy. These include using the hard shoulder as a lane and setting variable speed limits to control the flow of traffic and reduce the risk of standstill traffic.

Drivers face stricter fines, however, as

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

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

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



PayPal

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

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

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

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

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

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

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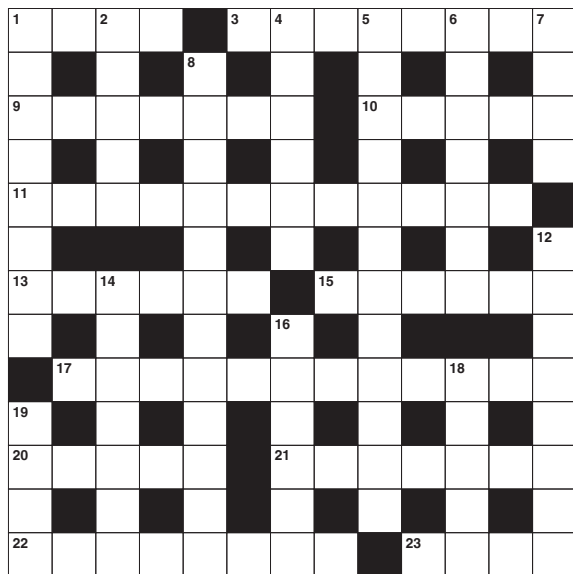
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



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

DID YOU KNOW

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

SUDOKU

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