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- 6 DAVID ATTENBOROUGH
- 9 HOME & DIY
- 17 LOCAL NEWS
- 25 GARDENING
- 26 DAISY RIDLEY
- 28 FASHION
- 31 BEAUTY
- 34 KIDS
- 35 SCHOOL SAVVY
- 36 FOOD & DRINK
- 38 HEALTH & FITNESS
- 41 IT'S A WONDERFUL LIFE
- 43 BUSINESS & FINANCE
- 44 PUZZLES
- 46 SPORT
- 49 MOTORING
- 50 THE **VISION** LISTINGS

# Editor's notes...



Misha Mistry, Design Editor

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

December is here, the lights are going up and we are starting to prepare for the big day.

Christmas is the most exciting time of the year for many families. It's a time where everyone comes together to celebrate, eat good food and have fun.

But for some, this isn't the case. It has been revealed that Christmas is the time of year where most people consider volunteering and helping the less fortunate.

This could be by giving up some of your spare time to help a charity, donating items to a food bank or sending a gift to a hospice.

There are lots of ways you can get involved, so why not spread some festive cheer and consider helping others this Christmas?

In this month's local news, a local family light up their home to raise money for Rennie Grove Hospice Care, a man has been taken to hospital following a chainsaw injury and a dog owner has been prosecuted for outdated microchip details.

I hope you enjoy reading the December edition of the magazine. Let us know your thoughts.

I wish you a very merry Christmas and a Happy New Year and I hope you enjoy the festive season.

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*Misha*

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# BLUE IS THE COLOUR

As Sir David Attenborough returns to our screens with arguably his most spectacular and revealing series yet, we ask the world's most renowned naturalist if human beings will ever know everything about the deep.

From brine pools that lure in unsuspecting eels to cuttlefish that hypnotise their prey; from shrimps living in deep sea coral sponges to airborne trevallies – fish that leave the water to eat low-flying birds – we are discovering new mysteries of the deep with every mission. And no better are these more elegantly presented than in *Blue Planet II*, Attenborough's majestic, subterranean return to form, and currently the Sunday night feeding frenzy for natural world fans of all ages, all backgrounds.

"Nature is one of those unique things that unites us," begins Attenborough, now 91, and in his sixth decade of documentary-making with the BBC. "It pays no attention to social class or skin colour or wealth – nature inspires everyone in equal measure, and that's what makes it so perfect for me."

Of all nature, the ocean remains arguably the biggest mystery. Clearly, humans are not genetically equipped to venture to the depths, but even the latest technology can only take us so far.

"They say 95 per cent of the oceans are still unexplored, and when you get to the ocean floor that figure climbs to 99 per cent. If 70 per cent of the Earth's surface is water, you can see how little we actually know," Attenborough continues.

"We need to prepare ourselves for some spectacular discoveries in future. We will learn more about ecosystems and these strange environments, building a greater understanding of just how magnificent mother nature is.

"But with learning comes responsibility, and that's what I am most interested in ensuring we preserve, long after I've departed. We have a duty to protect what we find – from the coral reefs to fishing quotas to sand dunes – because if we can do that, then all the exploration is worthwhile."

Every week, viewers are mesmerised by the sights that are shown on their TV, with many calling the show a real-life Pixar. The filming is something to be admired, with the crystal-clear imagery, but it's the creatures of the sea that are the real stars. Here are some of the extraordinary moments from the show.



## Bobbit Worm

Viewers were left terrified during the third episode of the show with one of the scariest creatures – the bobbit worm. At around a metre long, the predator hides underneath the sand stalking fish until they come close enough to make their move.



## Giant Trevally

The giant trevally can grow to around 1.7m in length. It is no normal fish, as it tracks the flight path of a bird and then leaps out of the ocean to catch it. It will capture any bird sitting or gliding over the surface.



## Transgender Fish

Female wrasses have the ability to become male, but not all of them do. This is still puzzling to scientists and they are still trying to figure out why.



## Cuttlefish

One of the most fascinating creatures to be shown on the show was the cuttlefish, which has hypnotic powers. It lurks in south-east Asia and changes colour and pattern and pulsates its body to put its prey in a trance. This gives the fish enough time to capture its prey.



## Ocean Swells

Impressive ocean swells aren't just for blockbuster movies, the stunning scenes were shot by the film crew showing enormous waves forming and crashing, displaying their true power.



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HOME & DIY

### THE INTERIOR DESIGN TRENDS THAT ARE TAKING SCANDINAVIA BY STORM

#### Lagom

Cited as the new 'hygge' – think cosiness and contentment – lagom is more about 'not too little, not too much'. A tad less indulgent than its plaid-clad predecessor, lagom is about finding the balance in life. In interiors it is interpreted as having less clutter with a focus on good-quality, ecologically-sourced investment pieces.

#### Stylish storage

A step on from the Ikea clothes rail you used to overload in your student dorm, this is more about having a storage unit which is almost a work of art in itself, which you can then use to create a capsule wardrobe of your most aesthetically-pleasing pieces. A dead-cert way to impress the lover you could never get in college...

#### Outdoors indoors

There's nothing better than sleeping out under the stars, but if your locale is more the North Circular than the Northern Lights, you can still delight your little ones with a wood-stick tent bed. Fast becoming popular in Sweden, these adorable

tented canopies are light, easy to assemble and fit over existing frames. Glow-in-the-dark stars not essential.

#### Tech-free spaces

Philistines rejoice. Bedrooms can be device-free once more. Scandi style has always had a certain minimalism to it and this is now beginning to extend into people's desires to have bedrooms that are an oasis rather than an extension of one's TV room/office. Colour palettes soften to milky whites and greys, and designers are drawn to natural fabrics once more: like sheepskin and leather.

#### Black and white

Live your life like a Nordic noir television show by drenching your home in monochrome. Following in the lagom style of not too little, not too much, the trick is to add touches of black and white while keeping the overall colour scheme soft and neutral: a chevron throw, for example, or your favourite black and white film poster, though perhaps not one you can buy in Ikea.





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HOME & DIY

## Smells LIKE HOME

Whether you prefer candles, sprays or diffusers, find out what your candles and home scents say about you.

### Vanilla and sugar scents

If you love to fill your home with sweet and soothing fragrances, you are likely to be a homebody – someone who strives to make their home as welcoming and comforting and possible. Vanilla is one of the most calming aromas and is often used in candles that aim to evoke childhood memories like cupcakes or ice cream.

### Pine and woody scents

You have get-up-and-go and like to wake up in a home that is as invigorating as a clear winter's day. You decorate your home with rustic flourishes and lots of wood to match this wonderful earthy perfume.

### Rose and floral scents

In Victorian times, flowers were used as a way of expressing love, making them a very romantic scent to spritz. Die-hard dreamers can't get enough of the heady scent of rose, which is evocative of a first kiss, while those who prefer lighter florals like daisy and honeysuckle have a more whimsical and care-free approach to life.

### Cotton and fresh scents

Throw those windows open and let the sunshine in! If bracing fragrances that evoke the ocean or fresh laundry are your thing, you are likely to be a very breezy, care-free person. You love bright, airy spaces and your home is an immaculate retreat from the chaos of the world.

### Frankincense and musky scents

You are mysterious and have a penchant for the exotic. Your home is equally provocative and features lots of dark wood and velvet. Candles which feature amber and frankincense are ideal for the bedroom and are virtually guaranteed to set the mood.

### Citrus and fruity scents

You have a happy and optimistic outlook on life and prefer a home fragrance which uplifts, even on the gloomy days. But citrus scents can sometimes overwhelm and be reminiscent of bathrooms, so consider fig as a summery alternative.





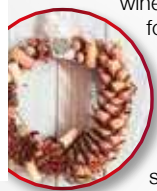


HOME & DIY

Ideas to make your very own DIY Christmas wreaths, easily and inexpensively

**What a corker**

Hide (or exhibit) your Chrimbo booze consumption by threading wine corks interspersed with baubles onto string until they form a circle. The perfect dining room decoration.



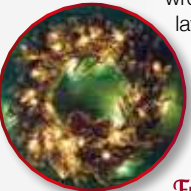
**Disco doorbell**

Create that Christmas party feeling at home with a sparkle-studded bauble wreath. Incredibly simple to make, just take a polystyrene ring base and glue on as many miniature baubles as possible until you can no longer see the white underneath. Finish with an extra sprinkle of glitter, or if you're feeling traditional, a spray of fake snow.



**Light fantastic**

Guide Santa to your house with a fabulous neon wreath. Use a wire metal wreath as a base and wrap layers of different coloured lights (battery-powered LED preferably) around the wire, alternating with tinsel to cover the light leads. Keep all-white for a classic effect or go colourful and flashy so everyone knows where the party is.



**Fun floral**

Naturally, one wants to avoid a wreath that feels funereal rather than festive, so you may think you ought to steer clear of flowers. Consider using pom-pom bursts of hydrangeas in alternative colours for a look that is both bright and beautifully Christmassy.



**Rustic romance**

Create the classic wreath using gifts from Mother Earth as you forage and find bits and bobs from an autumn walk (or just pop to your local florist). Using either a straw or metal ring as a base, attach anything from pine cones to fir branches, apples and cinnamon sticks, dried lemon slices and flowers, and even candy canes and ribbons.



**Gingerbread bake**

Using either a cardboard circle or gingerbread base, bake an array of biscuit shapes (leaves, trees, candy canes, etc.) which you can attach and decorate with icing. How fabulously festive of you.



Good Wreath!

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# MOULD WATCH

Damp weather makes a perfect environment for mould to grow, which can lead to health problems and even structural damage to your home. As with most things, prevention is better than cure and by following these tips you can keep your household healthy and mould-free all year long.

## Ventilate

One of the simplest ways to prevent mould is to keep air flowing throughout your home, particularly in areas like bathrooms and laundry rooms where moisture builds up. Try to open windows for at least half an hour to allow steam to clear post-shower, or if your bathroom doesn't have a window then a decent extraction fan is vital.

## Bleed radiators

Mould loves cold, damp corners, which is why it will often accumulate in rooms that are used less, like spare bedrooms or closets. Proper insulation will reduce your risk of mould enormously, but if you have a room with a faulty radiator there is no heat there to insulate, so at the start of the cooler season check all your radiators are heating up the way they ought to.

## Clear gutters

If dampness starts appearing in a ceiling or exterior wall, there is a good chance that a blocked gutter preventing effective drainage is to blame. By clearing gutters regularly in autumn and winter, you will prevent the build-up of fallen leaves that will turn into pipe-blocking mulch when it rains.

## Use specialised paint

If mould has already appeared, you can

clear it with a fungicidal wash. Then re-paint the area with a good quality fungicidal paint or gloss – note that the paint becomes ineffective if finished with non-fungicidal products.

## Wipe down

The best way to avoid mould is to keep your home warm, ventilated and dry, so if you find condensation building up on windows, crack the window open a little and give them a wipe down daily with a tea towel. And always wring it out rather than drying on a radiator, as that puts the moisture straight back into the atmosphere.





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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS

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## Awards for people at the heart of the community

The achievements of Hertfordshire County Council's community protection staff were recognised at the eighth annual Heart awards recently.

The awards highlighted contributions made to community safety by the Hertfordshire Fire and Rescue Service, Hertfordshire Resilience, Trading Standards, the Community Safety Unit and partner agencies.

Hemel Hempstead Green Watch won the Innovation of the Year award for their Christmas driving campaign.

Last year, members of the Green Watch produced a video to encourage responsible driving during the festive season. They recorded their own version of Shakin' Stevens 'Merry Christmas Everyone'.

The video was viewed more than one million times. Watch Commander Jim Attenborough won the Carbon Reduction and Sustainability award for being the driving force behind Hemel Hempstead's carbon reduction efforts, which have been the catalyst for a change in attitudes towards the environment and climate change among colleagues across the service.

## Dog owner collared for outdated microchip details

A dog owner from Hemel Hempstead has been prosecuted after failing to keep her dog's microchip details up to date.

In March, Dacorum Borough Council's dog warden collected a stray dog. Scanning the dog's microchip showed it as registered to an address in Essex. The address belonged to the previous owner so, as the current owner was unknown, the dog remained in kennels.

The dog's owner came forward to collect the dog. Between June 2014 and March 2017, the dog was seized as a stray six times. Each time the dog

was returned, the owner was asked to update the microchip details.

As the owner failed to update the details, a notice was served requesting her to do it within 21 days and provide evidence once done.

The owner failed to respond to the notice and was served a summons. She then failed to attend a hearing at St Albans Magistrates' Court in October and, in her absence, was found guilty of failing to comply with a Notice under the Microchipping of Dogs (England) 2015 regulations. She was ordered to pay a total of £585.



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Photo credit: Michelle Pulis



LOCAL NEWS

# Local family light up their home for charity

A family from Hemel Hempstead are lighting up their home this Christmas to raise money for Rennie Grove Hospice Care.

Michelle Pulis and her family chose to support the charity as Michelle was diagnosed with advanced breast cancer in 2011. The charity provided the family with support throughout her recovery.

The Pulis' have lit up their home in Blair Close, Woodhall Farm, for several years.

Michelle said: "We love Christmas and have two children. We started doing the lights for them and our neighbours and friends said they loved it.

"The lights got bigger every year and that's when we decided to do it for Rennie Grove. We've added more and more to it. It's a big display now."

The family had a successful switch-on event with families attending to see the big reveal.

Michelle continued: "It was very successful. We had over a couple of hundred people come. We did mulled wine, mince pies, a raffle and a tombola."

Last year, the family raised £1,200 and are hoping to beat that this year.

The lights are switched on every day from 4.30/5pm until 9pm. There's lots to see from a homemade nativity scene to a Playmobil and a large Lego display. There is also a quiz for children to fill out. Once completed, pop it in the red letter box and a boy and girl winner will be selected before Christmas.

Michelle said: "Come and enjoy it and have a look around. We want people to enjoy it."

# New sergeant joins Safer Neighbourhood Team



Hemel Hempstead East Safer Neighbourhood Team (SNT) has welcomed a new sergeant. Damien Hewitt has taken over the role.

Damien joined the constabulary as a PC in 2006 after leaving university. His first role was with the Intervention team in Hatfield, responding to 999 calls.

In 2011, he became a Detective Constable and joined the Local Crime Unit in Borehamwood, investigating crimes such as burglary and robbery.

Three years later, Damien was promoted to sergeant and returned to Intervention duties, this time in Hemel Hempstead, where he remained until taking up his SNT role in the autumn.

Damien said: "I wanted an opportunity to be more involved in the local community while also using my detective skills. The Safer Neighbourhood Team ticks all those boxes.

"I used to live in Hemel Hempstead so I know the area well and am keen to assist with solving any issues local residents may have."

Over the coming weeks Damien will be working to increase the number of people signed up to the OWL messaging system, run by Neighbourhood Watch.

If you would like to speak with Sgt Hewitt or a member of his team, please email [SNTHemelHempsteadEast@herts.pnn.police.uk](mailto:SNTHemelHempsteadEast@herts.pnn.police.uk)





## High Street Green finally reopens

LOCAL NEWS



High Street Green in Hemel Hempstead has now reopened following six months of closure.

A hole in the road was initially reported to Hertfordshire County Council on May 12, 2017.

The road was immediately closed and special investigations were arranged to look at the issue.

Results showed a sinkhole and extensive work was required to resolve the issue and make it safe.

A spokesperson from Herts County Council said: "All repair work has now been completed and High Street Green was reopened on November 18."

## Man physically abused after helping distressed woman

A man was physically assaulted after helping a distressed woman into a taxi in Hemel Hempstead.

The incident happened in Riverside where the victim, a man in his 30s, was walking along the Marlowes when he became aware of a woman in distress outside Mode nightclub.

The woman, who is described as petite and with long blonde hair, asked for his help so he assisted her in getting a taxi at the taxi rank on nearby Waterhouse Street.

The taxi drove away and as the victim left, a mixed group of men and women approached him and became aggressive, threatening him.

A woman, described as black and in her mid-20s, pushed the victim.

The victim ran towards Riverside when one of the group chased him and physically assaulted him.

The offender, described as an Asian man in his mid-20s, with black hair and of medium build, ordered the victim to remove his jacket.

He did so and the offender, who spoke with a foreign accent, took it before making off in the direction of Primark.

Hertfordshire police are now appealing for

information to help with their enquiries. The incident happened between 3.30am and 4am on Saturday, October 14.

Detective Constable Jane Swift, from the Dacorum Local Crime Unit, said: "This was a distressing incident for the victim and while he was not injured, he was left shaken.

"Our enquiries into this incident are continuing however, we still have not traced the woman who got into the taxi. We are very keen to speak to her as she may have witnessed what happened, or have information that could assist with our investigation.

"Was this you? Or perhaps it was one of your friends? Were you at the taxi rank at the time of the incident? Did you see anything?

"If you have any information that could help us, however small, it could be vital evidence. Please call 101 quoting D1/17/8282 or report information online at [www.herts.police.uk/report](http://www.herts.police.uk/report)"

Alternatively, you can contact the independent crime-fighting charity Crimestoppers anonymously on 0800 555111 or at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

## Water Gardens win top landscape award



Photo credit: Dacorum BC

The historic Water Gardens in Hemel Hempstead has won a prestigious landscape award in recognition of its outstanding restoration.

Working with landscape architects HTA Design, Dacorum Borough Council restored the beloved Water Gardens, which reopened in July this year.

The Water Gardens won the Heritage and Conservation Landscape Institute Award for "the preservation and comprehensive restoration of a significant mid-20th century design".

Councillor Graham Sutton, portfolio holder for planning and regeneration, said: "It's fantastic that the Water Gardens restoration has been recognised as an exemplary project. So much hard work went into restoring the much-loved gardens for the enjoyment of the local community. We are also very grateful to the Heritage Lottery Fund/Big Lottery Fund who made the restoration possible."

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# Penning fury at health chiefs' decisions

Health chiefs responsible for planning and buying health services on behalf of people who live in Dacorum have been condemned by Sir Mike Penning MP.

people must be involved. "Healthcare decisions were, rightly, taken out of politicians' hands as they should be clinical and not political decisions. The consultation process was set up to ensure that local people were still involved. Herts Valleys CCG have binned that and are going ahead knowing that there is no way we can hold them to account. It simply is not acceptable."

The Hemel Hempstead MP spoke out after the Herts Valleys Clinical Commissioning Group (HVCCG) downgraded the Hemel Hempstead Urgent Care Centre and closed Nascot Lawn without consultation.

Sir Mike Penning MP condemned HVCCG for riding roughshod over local public opinion and for being in breach of the law.

CCGs are required to ensure public involvement and consultation in changes to the commissioning arrangements of health services which could have an impact on services available.

Sir Mike Penning MP said Parliament needs to hold a debate on NHS consultations.

He said: "They are downgrading our Urgent Care Centre without consultation. They are closing Nascot Lawn without consultation. They cannot do this. Local

Speaking in Parliament last month, Sir Mike called for a Parliamentary debate on NHS consultations.

He said: "A year ago, me and my constituents were furious when the Urgent Care Centre in my constituency was closed overnight. We were categorically promised by the chief executive of the acute trust that that was temporary—if it was not temporary, it would be illegal, because the trust had not consulted. It still has not consulted, we are a year on and the trust is looking to downgrade the centre."

Leader of the House Andrea Leadsom MP said Sir Mike Penning MP was right to raise the issue.

# Police staff praised at awards ceremony



Police officers and staff have been honoured for their dedication and bravery at an awards ceremony.

The event was held on November 21 and Will Hobhouse Esq, High Sheriff of Hertfordshire, presented the recipients with their awards.

Special Sergeant Gordon Matton, based at Hemel Hempstead, received the Special Constabulary Long Service and Good Conduct award for nine years' service.

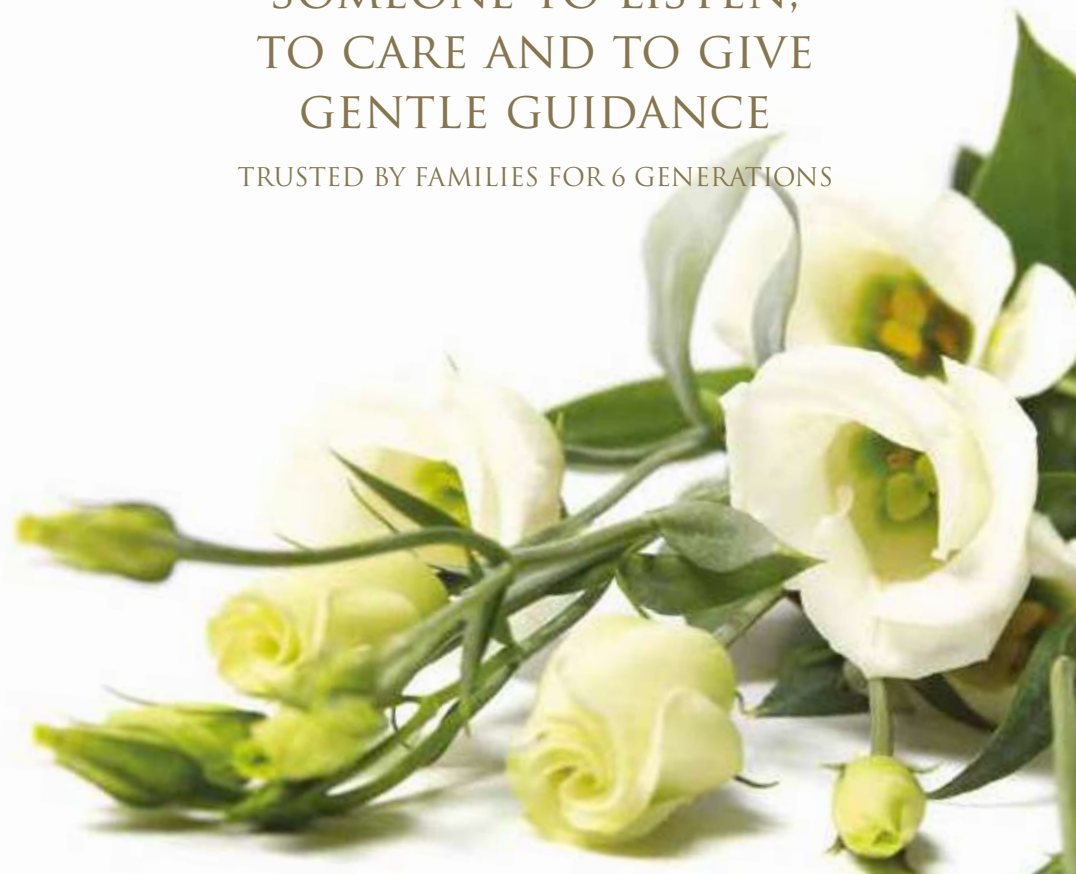
Police Constable Brian Evans and Special Constable Richard Downs, both based at Hemel Hempstead, received a Royal Humane Society award.

The two officers found a high-risk missing person in Hemel Hempstead and saved his life in January 2017.

When the pair found the male, he was bleeding profusely. The officers called an ambulance and applied pressure to the wound until paramedics arrived. The man was taken to hospital where he underwent immediate surgery and made a full recovery.

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GARDENING

# Festive Plant

S A F E T Y

The Christmas season brings with it lots of Christmas plants. We put up and decorate our Christmas trees, hang mistletoe above our doors and display holly in our homes. But not all of these plants are considered safe in the hands of children and animals.

## Christmas trees

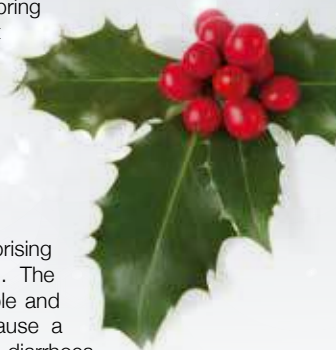
Christmas trees are probably the most popular plant to bring indoors over the festive season. Although not a major concern, cedars, pines and firs are mildly toxic. The biggest concern if swallowed is the possibility of puncturing part of the gastrointestinal tract. The tree oils could also cause irritation to the skin.



## Holly

As holly is so widely used it may seem surprising that this plant is poisonous if eaten. The berries are poisonous to both people and pets and swallowing them can cause a number of illnesses, including vomiting, diarrhoea, dehydration and drowsiness. Holly leaves can also cause problems if eaten, but due to their prickly nature, they are usually left alone.

If you are decorating with holly this winter, remove the berries before displaying the leaves, as even if they are out of reach, the berries can soon dry out and fall to the floor.



## Mistletoe

Mistletoe is one of the most popular Christmas plants, but also one of the most dangerous. If a child eats a couple of berries it's unlikely to cause much of a problem, but a small pet could be harmed by this. However, if any amount of mistletoe is eaten, it's advised to seek medical advice.



## Poinsettia

Although the poinsettia isn't particularly dangerous, it can cause irritation if the sap gets onto your skin. It will leave you with an itchy rash, but this is one of the safest festive plants.







Photo credit: Getty Images

# STARRING *Miss Daisy*

**H**er cinematic journey may have begun in a galaxy far, far away, but *Star Wars* actress Daisy Ridley is still as down-to-earth as they come.

In the last few years she has become one of Hollywood's biggest and brightest stars, but Daisy Ridley is exactly the same – bubbly, grounded and infectiously relatable, which is all the more astonishing given that her breakout movie, *Star Wars: The Force Awakens*, is the third highest grossing film of all time. “Everyone keeps asking me how I have changed, like it was this guaranteed expectation. Was I supposed to? I don’t feel any different,” demurs the 25-year-old star.

Having won a scholarship to Tring Park School for the Performing Arts in Hertfordshire, followed by small, earnest roles in TV shows like *Casualty* and *Mr Selfridge*, it’s hard to imagine a faster onward ascent to stardom, with Ridley plucked from obscurity and placed smack bang into one of the biggest, most lucrative franchises of all time.

So how is the London-born beauty coping with her fledgling fame? “In terms of personal life, nothing has really changed,” she says with a shrug. “Professionally, it’s been brilliant – the people I’m getting to work with and the places I’m travelling to, places I never thought I would get to see at this stage in my life... that’s all different, of course, and sometimes you have to stop and think, ‘How is this possible?’. It’s madness. And I don’t believe I will never stop being wowed. It’s all astonishing to me.”

The so-called “madness” is set to continue, with two major films released before the end of the year. Already in cinemas is Kenneth Branagh’s lavish re-imagining of Agatha Christie’s classic mystery *Murder on the Orient Express*, starring Branagh himself as the infamous and immaculately moustachioed detective Hercule Poirot. Ridley plays the indignant Miss Debenham, alongside Johnny Depp, Judi Dench, Olivia Colman and Michelle Pfeiffer.

When asked if she was excited about featuring in such a stellar line-up, Ridley is unable to contain her glee, saying with a laugh: “Oh my god, are you kidding? Seriously, if someone had asked me my dream cast, I don’t think I’d have come up with a combination so utterly amazing.”

Next year, Ridley will play the titular role in *Ophelia*, a reimagining of Shakespeare’s *Hamlet* told from the perspective of Ophelia, arguably one of the Bard’s most tragic female characters. She also lends her vocal talents to the cast of animated romp *Peter Rabbit*.

But first, we have the release of *Star Wars: The Last Jedi*, which continues the journey of Ridley’s Rey as she and the Resistance seek out Luke Skywalker. Shrouded in secrecy, principal photography of the film was completed almost a year-and-a-half ago, but fortunately, Ridley has become very good at keeping secrets.

“I quite like it,” she says with a wry smile. “I’d done it before with the first film, and I thought it would be completely impossible to keep my mouth shut because, you know, I like to talk. Yet it was easier than I predicted, and seeing the reaction from moviegoers makes it all worthwhile.”



# FOLLOWING SUIT

**W**hat every man should consider when buying a suit

## THE FIT

Get it right and you'll stroll about like a king; get it wrong and you'll feel (and perhaps even look) like a teen at prom wearing his dad's old suit.

If you're buying off the rack, try assorted brands to get a fit that suits you. The shoulder pads ought to lie flat, the jacket should fall straight and just cover your buttocks, while the trousers are meant to rest on the top of your shoes. Too long and they start to look sloppy.

## THE LINING

Feeling fancy? Then why not indulge in a lining, which makes the suit feel heavier and more luxurious. Choose a colour that's a shade or two darker than the suit, or if you're feeling bold, a rich purple or royal blue.

## THE BUTTONS

Three-button suits used to be the most popular, but the higher V-shape they create can make them feel restricting and stuffy. Two-button varieties are ubiquitous now and feel formal without being old-fashioned; while the slim-fit suits horribly popular among Shoreditch types have only one.

## THE FABRIC

Even on a tight budget, a 100 per cent polyester suit ought to be avoided. They look shinier than other materials and don't breathe well, meaning you might be sweating long before you walk through the door for that important meeting.

Wool is always the safest option and comes in a variety of cloths. Whereas flannel and tweed are heavy and a tad old-fashioned, worsted wool is durable, long-lasting and can be woven into various thicknesses.

## THE ACCESSORIES

With your perfect suit nailed, you can add your own embellishments. Ties are no longer essential, but belts are, and ought to be of a decent quality. Other accessories include cuff links, pocket scarves, socks and lapel pins, but while it's good to show your personality, be sure to err on the right side of novelty.



# Get knotted

**C**hristmas and New Year celebrations are approaching, so it is time to get out your finest suits and practice your tie knots. This year, impress your friends, family and work colleagues with these knots. We have included the traditional bow tie and the adventurous Eldredge.

## *The Eldredge Knot*

Difficulty – 5/5

1. Start with the wide end of the tie on the left and the small end on the right. The tip of the wide end should rest at the top of your belt buckle. Only move the small end.
2. Move the small end over the wide end to the left.
3. Move under the wide end and to the right.
4. Move up to the centre towards the neck loop.
5. Place down through the neck loop and to the left.
6. Move across the front, to the right, then up into the neck loop from underneath.
7. Place down to the left and around the back of the wide end to the right.
8. Bring it across the front towards the left and through the loop made in the previous step.
9. Pull the small end towards the left to tighten.
10. Move up to the centre towards the neck loop. Down through the neck loop and to the left.
11. Move up to the centre towards the neck loop. Down through the neck loop and to the right.
12. Place across the front towards the left and through the loop made in the previous step.
13. Pull the small end towards the left to tighten.
14. Tuck the rest of the small end behind the neck loop on the left side.

## *Bow Tie*

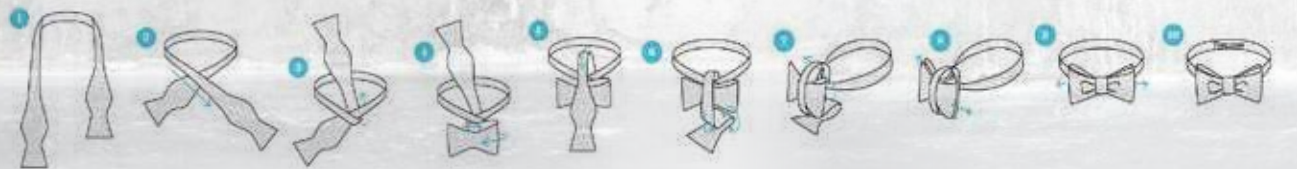
Difficulty – 4/5

1. Start with the bow tie lying face up. Adjust the bow tie so the right side is slightly shorter than the left. The end on the left will be referred to as A and the end on the right will be referred to as B.
2. Move A to the right side, across B.
3. Bring A under B and up through the neck loop.
4. At the joint, fold B towards the right and then towards the left to create a bow shape.
5. Bring A straight down over the middle of the bow shape that was made with B.
6. Fold A back towards the chest and pinch the fold.
7. Push the pinched end (A) through the loop behind B.
8. Pull on the folded parts of the bow to tighten.
9. Adjust until balanced on both sides.

## *The Eldredge Knot*



## *Bow Tie*





# Snow Queens

It is the season for Christmas and New Year parties, so it's time to start thinking about party cover-ups. Many think that by adding a jacket you will be ruining your glamorous look, but these cover-up ideas will have you turning heads.

### Sequin shrug

If you have a simple outfit with little embellishment or detail, sequin shrugs will be the perfect addition. If you have a dark-coloured dress such as black or navy blue, then add a contrasting coloured shrug such as gold. It will make the overall look more glamorous and sparkle when the light hits.

### Furs

This timeless piece will add a touch of chic to any look with its faux fur finish and bow. With the cold weather setting in, it will also keep you warm and is available in a variety of colours to go with any outfit.

### Ponchos

Ponchos are a great addition if you want something to keep you snug. They make the perfect layering piece and can easily be paired with any outfit.

### Cape

While more expensive to buy, capes are the perfect substitute for a coat. They are great whatever the weather and with a relaxed fit, they will slip on easily. Buy your cape in a colour that will go with any outfit, such as black, and wear it time and time again.

### Cover-up

For something simpler and just as stylish, why not opt for a knitted cover-up? They are great for wrapping up on a cold evening and will complement any outfit, particularly print dresses.



Photo Credit: www.debenhairms.com

# HOW TO BEAUTY: eyes and hair



When it comes to Christmas parties, hair and make-up are often the most talked about subjects. How should you have your hair? Up or down? Should you go all out and wear your new red lip or be subtle and go for a nude shade? Whatever you plan to wear, these hair and make-up ideas will be the perfect accompaniment to any outfit.

### Smoky eye

A smoky eye is the perfect choice as you can often achieve this look by adding to your original make-up. So, if you're rushing to get ready after work, this is a great time saving make-up idea. If you want to make more of an impact, use darker shades, or for a subtler look, use light brown tones.

Start by using a light tone of eye shadow and applying this all over the lid and slightly above. Then, using a darker shade, apply a small amount

to the outer eye and blend in towards the inner eye. This will create your smoky eye look. You can also add winged eyeliner for added impact and top up your mascara for bolder eyelashes.

### Waves

Waves are a must this festive season. With the cold weather, they are perfect for when you are wearing a woolly hat or ear muffs. Waves are also longer lasting than straight hair as often the cold weather will make it wispy and frizzy. This is less noticeable with wavy hair and it can be styled in numerous ways which are simple yet stylish.

For a perfect party updo, create a messy bun. This is easy to do and will only take a matter of minutes. Creating a bun with wavy hair will also give it more volume. The messy bun trend has been huge recently and you can even add hair accessories such as pins and clips to add a touch of glamour.







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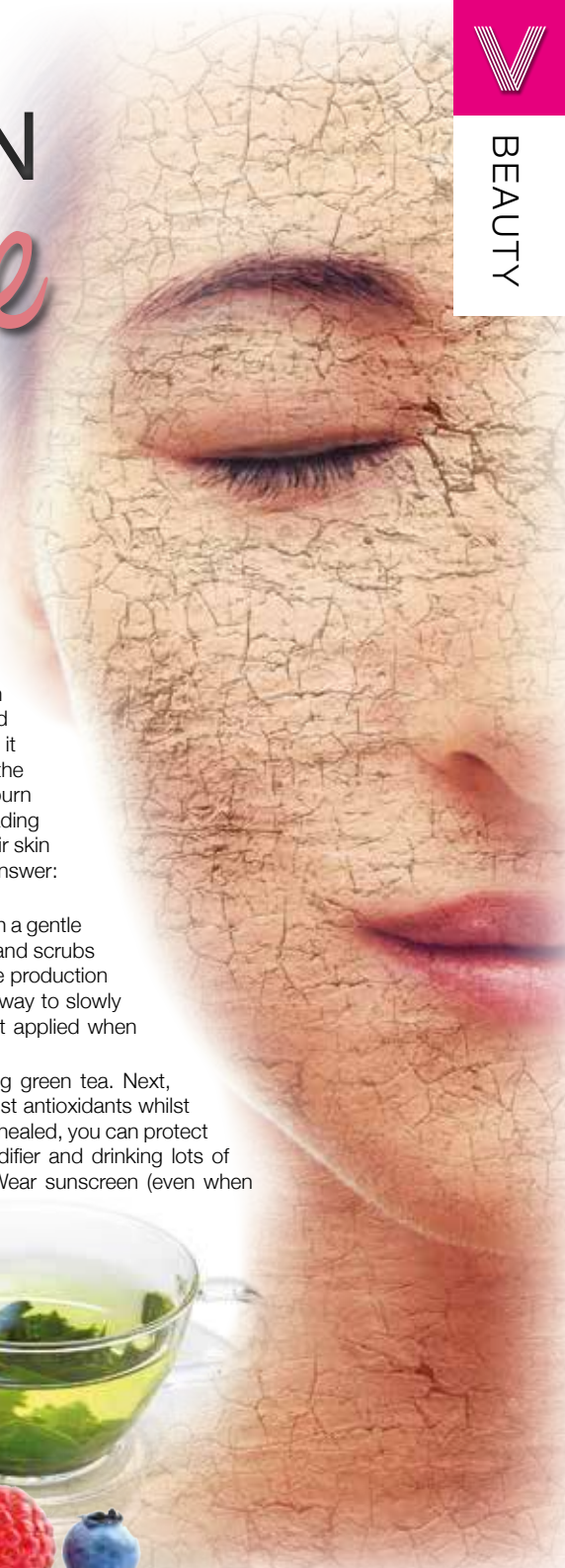
# SKIN Rescue

How to save your complexion from the perils of cold winds and central heating. It's no secret that summer skin is easy to master. You've been wearing your SPF 50 tinted moisturiser every day, getting a regular dose of vitamin D and enjoying a dewy natural glow with just a dab of lip gloss and a lick of mascara. But then, overnight, everything changes and you wake up with skin that's as flaky as a Greggs sausage roll. Everything feels like it's attacking your pores, from scalding shower water to the drying central heating and the bruising cold air.

The trouble is that when your skin is healthy with its moisture barrier intact, it's glowing and plump and easy to care for, but once that barrier is damaged it can feel like nothing will repair it, ever, and even the products it once found nourishing now sting and burn – this is because chemicals are absorbed easier, leading to a greater chance of irritation. So how do we repair skin that has been stripped of its protective layer? The answer: through gentle nourishment and lipid replacement.

Firstly, get back to basics. Simplify your routine with a gentle cream cleanser and avoid alcohol-based products and scrubs at all costs. Find a moisturiser that boosts ceramide production or anything with omega oils. Rosehip oil is a great way to slowly start rebuilding your layer of protection and is best applied when your face is slightly damp to trap moisture.

When cleansing, use tepid water and try drinking green tea. Next, you'll find eating lots of berries and oily fish will boost antioxidants whilst reducing inflammation within the body. Once skin is healed, you can protect it by avoiding harsh products, investing in a humidifier and drinking lots of water. Oh, and like Baz Luhrmann sagely said: "Wear sunscreen (even when it's cloudy)."





# Christmas crafts



**C**hristmas is the perfect time of year to get the children involved in doing crafts. With the cold weather and dark nights setting in, it can be difficult to keep the children occupied, but these Christmas craft ideas are sure to do the trick.

### Pine cones

When walking to school or out on winter walks, why not look around for some pine cones? They are so easy to paint and decorate and look great as winter decorations. They can be put into a bowl, placed in a display or just hung on the Christmas tree with a piece of string.



### Reindeer flower pots

These reindeer flower pots are perfect for gifts, as well as using yourself. All you need is a flower pot, red pom-pom for the nose, goggle eyes, brown felt, brown pipe cleaners and anything else you want to decorate with. Simply stick on the eyes, nose and pipe cleaners. Cut the ears out of the felt and stick on. You can then decorate the reindeer as you like.

### Snowmen paper chains

Paper chains are great for putting up around the house and are so easy to make. Children can decorate them any way they like. Fold a piece of plain paper in half, then in half again. Unfold and re-fold on the folds to create a concertina accordion fold. Draw your snowman design lightly onto the paper. Carefully cut out the design making sure there's still a bit of paper at each edge to hold the chain together – this is usually done using the hands of the snowmen. Unfold and design.



# SCHOOL SAVVY

**F**orget Christmas, if you're a parent with a child enrolling into a new school next year, then this is the most stressful period for you. But don't fret, for here are some dos and don'ts for picking the right school for your little one.

**DO** attend the open days: It's easy to gloss over an establishment's flaws when looking at a fancy brochure, which is why attending a school's open day is essential (even though this is still arguably the best the place will ever look). Upon arriving, pay attention to how the school feels – what's on the walls, how organised are the classrooms, are the teachers friendly and, if it's a daytime opening, how engaged are the kids?

results for the schools you're looking at, offering a pretty reliable snapshot of how each is performing, while the Ofsted report will offer a broader understanding of how the curriculum is taught and the pupils' overall wellbeing.

**DON'T** be afraid to ask questions: Take the opportunity to ask teachers and pupils alike how they feel about the school, and don't fret about being upfront with representatives regarding any nagging doubts you have.

But **DON'T** base your decision entirely on that: If an institute has an 'outstanding' Ofsted rating, but you've heard of excessive bullying or disruption at the school, it's important to bear both in mind. Similarly, if a school has a 'satisfactory' rating but seems to have got its act together since the report, it may be worth giving it a second look.

**DO** pay attention to the Ofsted report and league tables: Official statistics will tell you test and exam

**DO** go with your heart: Whatever the facts and figures, the most important barometer is how you and your little one feel about the school, and that feeling normally comes from the heart.



# SHAKEN & STIRRED cocktail for Winter

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a winter cocktail that will revolutionise your reputation as a master mixologist.

## HOT TODDY

With honey, sugar and lemon combined with the full-bodied blast of dark rum, this cocktail is perfect to enjoy with friends around a roaring fire – and will even stave off any sniffles in the process.

## INGREDIENTS

- ▮ 1 part dark rum
- ▮ 1 bar spoon honey
- ▮ 1 large lemon peel
- ▮ 1 ounce hot water

## INSTRUCTIONS

Prepare a mug by rinsing it with boiling water and pouring the water out. Add the honey (or sugar) and the lemon peel and pour in an ounce of hot water and stir until the sweetener has dissolved. Add dark rum and top off with more boiling water.



# 5 WAYS TO GET CREATIVE WITH Brussels Sprouts

Far from being just a Christmas dinner side dish, these vitamin-packed powerhouses are a superb way to brighten up many a comfort food, adding a wealth of health benefits along the way.

## Bacon and Brussels hash

A classic flavour combination, this hash topped with a poached egg makes a fantastic hangover breakfast and is a great way to use up leftovers. Simply fry bacon, onions, parboiled potatoes and cooked Brussels sprouts in a little oil until crispy, golden and delicious.

## Caramelised sprouts with garlic

Set a sturdy roasting pan on the stove with oil and add a pound of halved, raw Brussels sprouts (cut side down) with five peeled garlic cloves and sauté until the bottoms are browned. Season the pan and transfer it to a pre-heated oven (approx. 200C) for 10-15 minutes, shaking occasionally. Add a glug of good balsamic vinegar and serve.

## Lemony sprouts and breadcrumb penne

A superb use for leftovers, just fry cooked sprouts with garlic and chilli until warmed through, then add half a glass of white wine and reduce. Finally, stir in cooked penne and toasted breadcrumbs with the zest of half a lemon.

## Sprout salad with apple, walnut and blue cheese

Wash your sprouts and separate the leaves before tossing with toasted walnuts, shredded apple and chunks of blue cheese. Finish with a classic vinaigrette dressing.

## Gruyere and parmesan gratin

If you are going to serve sprouts as a side, consider mixing it up by including them in a gratin. Rich, creamy and flavoursome, this makes an impressive little dish and the only skill required is the ability to whip up a béchamel sauce with plenty of tangy gruyere and parmesan, which you can then bake with your parboiled veg. Consider Brussels sprouts haters fully converted.







# REAL REMEDIES

*for the pressures of modern life*

When Vanessa Jacoby's job with a leading city bank started to affect her health and family life, she knew that something had to change.

She said: "When my teammate resigned and they didn't replace him, it effectively doubled my workload. I was suffering in every kind of way under the pressure."

It was when Vanessa attended a yoga class with her mother that her next step became clearer.

more than 300 herbs, plants and roots to build their business – Real Remedies.

Vanessa explained that she and James have created a range of products for people sensitive to the energetic effects of plants, and for those who want to become more so.

She said: "We're helping people to explore and develop a conscious understanding of their own internal experiences. When we look inward at our own feelings and how they're affected by and connected with the world, we can become incredibly alive and aware."

"Without exception, we can all do this and it results in immense peace, clarity and fulfilment."

If the past year is anything to go by, there is a growing market for businesses like Real Remedies.

Vanessa said: "People love the offering – they love that we are using natural healthy, organic ingredients, no additives or nasties and that they're designed to inspire greater connection and awareness. And yes, the market is growing - We've actually just been approached by a leading supermarket who are interested in our products."

With Real Remedies booked to appear at a number of festivals and also hosting their own events in the New Year, it seems demand is growing.

For more, go to [www.realremedies.co.uk](http://www.realremedies.co.uk)

She explained: "At the end of the class, the teacher rang a singing bowl on my heart. I felt alive, deeply at peace, balanced and blissful. I felt truly awake for the first time."

Vanessa spent the next four months in deep meditation exploring her new found vitality, sensitivity and awareness.

She said: "I studied the Eastern arts and was drawn to the Chakras and also a Shamanic Herbalism course which talked of a deepened relationship with the plants. I started to experiment with herbal extractions and combined them in ways I felt worked with each of the Chakras."

Over the last year, Vanessa and her husband James have sourced, researched and experimented with



## *Festive Fatties*

THE ABSOLUTE CALORIE CON OF CHRISTMAS BEVERAGES

It used to be that Christmas indulgence lasted for a couple of days at the end of December. And while it is possible to put on weight from even just a day or two of excessive eating, it's fairly easy to bounce back. The trouble is, with every high street chain keen to offer an abundance of fattening festive fare, often from as early as late October, it can be easy to unwittingly consume massive amounts of extra calories.

The most insidious of these festive 'treats' is arguably the ubiquitous Christmas beverage, be it hot chocolate with festive sprinkles or a latte infused with gingerbread. The first problem is – like when consuming wine or beer – it can be easy to forget that what you're drinking is counting towards your daily calories.

But the biggest problem is just how much fat and sugar is packed into some of these mugs, particularly when you consider the barista's casual upsell to a bigger size or the addition of cream and marshmallows. In anticipation of this year's fair cocktail menu of hot drinks, we looked at the calorific content from last year's recipes, and found...

**COSTA MINT HOT CHOCOLATE MEDIO** 452 calories | 20.4g of fat | 45.5g of sugar

**TALL STARBUCKS GINGERBREAD LATTE** 305 calories | 15.6g of fat | 28.6g of sugar

**CAFFÈ NERO PRALINE LATTE & WHIPPED CREAM** 325 calories | 20.9g of fat | 25.4g of sugar

But there is some good news. It appears some coffee chains are aware of the problem: Starbucks has been whispering about reducing the sugar content in its most iconic Chirrimbo drinks, and have already removed the largest size from menu boards, with others set to follow suit.

Plus, remember, it's actually okay to treat yourself occasionally, but try to limit your intake and do your best to resist the dreaded 'whipped cream upsell'!



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# It's a Wonderful Life

## Home Alone 2: Lost in New York

If you aren't a nine-year-old boy who harbours a secret desire to ditch your family for a solo frolic in New York, then you likely have a soft spot for the Big Apple and would love nothing more than a pre-Christmas shopping spree at Bloomingdales.

## Bad Santa

You're the kind of person who tells very inappropriate jokes at the Christmas dinner table to varying degrees of success, like the year you almost made your grandmother choke on her stuffing.

## The Holiday

If this is on the top of your viewing list, you are probably a very stressed-out mum who would happily swap your shambolic household for a bit of peace and quiet by the beach this Christmas.

## It's a Wonderful Life

You're a philosopher. Of course, Christmas is expensive and stressful and more hassle than it's worth, but hey – it could always be worse. It could be New Year's Eve.

## Holiday Inn

Oh, you old romantic. Do you remember when Christmas really used to mean something? When it was all about love rather than consumerism? Do you remember when everything was in black and white? \*Sigh\*

## The Muppet Christmas Carol

You love a classic, but also feel that even Charles Dickens would prefer this hilarious and musical retelling of his most famous novella.

## Love Actually

You might be a wee bit lonely, actually...

## Elf

You're a child at heart and love to revel in all the Christmas merriment, from hollering out carols to tearing open presents and drinking candy cane-flavoured vodka until you pass out.

## Die Hard

You always initiate the annual Christmas Nerf war in your mother's house, and when she berates you for knocking over the Christmas tree, yell: "Welcome to the party, pal."







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# SHRINKFLATION SCANDAL

**Y**ou might recall the recent furore over the new shape chosen for Toblerone chocolate – but the much-loved and mountain-bedecked sweet treat isn't the only product feeling the force of 'Shrinkflation'...

Younger people may have heard their elders complain about how products have changed from their day – and it seems they have a point. Recent analysis from the Office for National Statistics has revealed that more than 2,500 products have shrunk in size but not price in the last five years.

This phenomenon, whereby products shrink in size while their cost remains the same or increases, is known as 'Shrinkflation'.

Angry consumers have noticed Toblerone, Maltesers and Mars bars are smaller than they used to be – with a Maltesers sharing bag shrinking by a whopping 15 per cent – and the most blatant examples of

'Shrinkflation' appear to be coffee, confectionary and fruit juices. But it's not just those with a sweet tooth that have been hit: a standard roll of Andrex toilet paper now contains 221 sheets, down from 240.

The reason behind 'Shrinkflation', according to confectionary manufacturers, appears to be an increase in the cost of raw materials, despite the fact that sugar and cocoa costs have actually dropped in recent years, with the latter seeing a sharp drop after a five-year period of increases. The recent fall in the value of the pound may also have had an effect on prices.

Andrex has reasoned that its toilet roll is now better quality, despite there being less of it, and Maltesers maker Mars has attributed the 15 per cent decrease to a bid to make the product more affordable. With the inflation rate for products such as chocolate actually 1.22 percentage points higher (when the smaller size was taken into account) than the national average, consumers with a sweet tooth may soon have to look elsewhere for an affordable sugar fix.







# PUZZLES & TRIVIA

PUZZLES

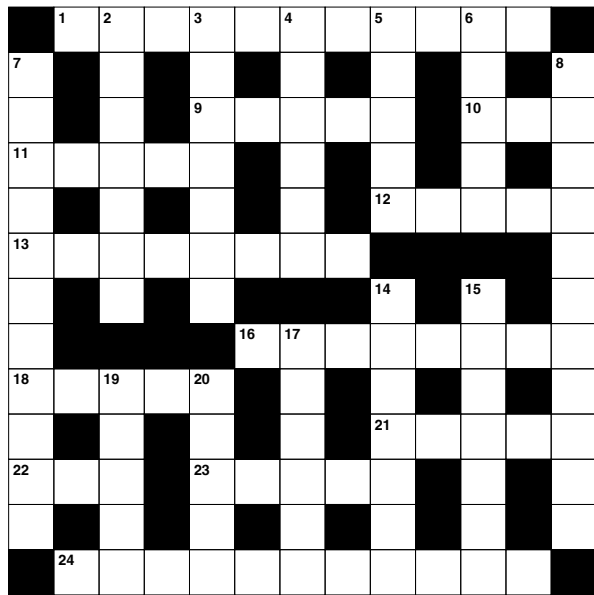
Answers can be found on the Contents Page 4

## ACROSS

- 1. Disenchant (11)
- 9. Holy chalice (5)
- 10. Arrest; apprehend (3)
- 11. Academy award (5)
- 12. Active cause (5)
- 13. Sweet on a stick (8)
- 16. Definite and clear (8)
- 18. Meat and vegetables on a skewer (5)
- 21. Musical times (5)
- 22. Grandmother (3)
- 23. Group of eight (5)
- 24. Rural scenery (11)

## DOWN

- 2. Freezing (3-4)
- 3. Firmly establish (7)
- 4. Temporary shelter (4-2)
- 5. Latin American dance; sauce (5)
- 6. Snow leopard (5)
- 7. Attractive (4-7)
- 8. State of preoccupation (11)
- 14. Segregated groups or areas (7)
- 15. Impressed a pattern on (7)
- 17. Experienced adviser (6)



- 19. Small drum (5)
- 20. \_\_\_\_\_ Ulvaeus: member of ABBA (5)

## DID YOU KNOW

- ▶ Britain was introduced to the Christmas tree in 1841, when Queen Victoria's German husband Prince Albert brought one to Windsor Castle for the Royal Family
- ▶ The Christmas cracker was invented in 1847 by Tom Smith, a baker of wedding cakes from Clerkenwell, London.
- ▶ The Christmas candy cane, shaped as a shepherd's crook, represents the humble shepherds who were first to worship the new-born Christ.
- ▶ In some countries, the baby Jesus delivers the gifts, in others, the Three Wise Men. But in most countries, Santa Claus does the honours.

## SUDOKU

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



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THE GALLERY







# MAY THE FOURTH BE WITH YOU



Not since the legendary racing icon James Hunt has F1 found someone who mixes style and substance in the way Lewis Hamilton does. Yet when gawping at his questionable fashion statements, or in looking past the ubiquitous throng of beautiful women, it's easy to dismiss the fact that the 32-year-old Stevenage-born racer has just surpassed the great Sir Jackie Stewart's longstanding record of three World Championship victories.

"I try to find a balance in my life," he begins. "The lifestyle I live is definitely different to the other drivers, but who says it has to be the way they are doing things? My style works perfectly for me.

"If people don't know or don't recognise the amount of preparation I put into this then I'm pretty sure they'll never get it."

Hamilton's recent move into the history books is just the latest milestone in a career saturated by success. Alongside his four Championship titles, the Brit also holds the record for pole positions in qualifying, and is the only driver in the sport's history to have won a race in every season he's competed. He's even managed to bag a BBC Sports Personality of the Year along the way.

And while his 'try hard' behaviour has made for tabloid ridicule and feuds with fellow drivers, there's another side to Hamilton off the track - it's the side that stays ultimately grounded, guided by an unrelenting show of support he has for his younger brother Nicholas, who was born with cerebral palsy and constantly defied the odds to end up as a current-day British Touring Car Championship competitor.

"Nicholas was told he'd never walk, or play the drums, or drive, and he can do all those things now and more," the elder Hamilton brother beams. "I look at him and I'm incredibly inspired every day.

"He acts as a constant reminder of how very blessed I am whilst carving out his own future and his own success. It's just incredible - he is the hero, not me."

For British number one Anthony Joshua, it has been quite a ride, yet ask those in the boxing fraternity, and they'll tell you the 28-year-old Watford-born fighter's journey has only really just begun.

Whatever is in store, it appears Anthony's grounded personality is here to stay. After all, why should the orthodox heavyweight champ change tact? His sucker-punch humility has already done for everyone who's crossed his path up until now.

Here are the British bulldog's magic moments so far:

**2009-2012**

As an amateur, Anthony boxed through home and international tournaments, coming second in the AIBA World Boxing Championships in 2011 before clinching Olympic gold for Team GB at London 2012.

**October 5, 2013**

Anthony's first professional fight vs Emanuele Leo of Italy - won with a TKO (technical knock-out) after just 2mins 47secs.

**September 13, 2014**

Sealing his first year as a professional, Anthony boxed and defeated Konstantin Airich at the Manchester Arena, to take his professional record to 8-0. This was also his longest fight to date, making it all the way to the third round!

**October 11, 2014**

Anthony won the vacant WBC International Heavyweight title at the O2 Arena by defeating Denis Bakhtov, and retained that title seven months later against Kevin Johnson to take his record to 13-0.

**2015-2016**

Anthony picked up the vacant Commonwealth, British Heavyweight and IBF Heavyweight titles, as well as retaining his existing belts in bouts against Dillian Whyte, Charles Martin, Dominic Breazeale and Eric Molina.

**April 29, 2017**

In Anthony's biggest victory yet, he defeated Wladimir Klitschko, a modern-day icon, to also claim the WBA Super and IBO Heavyweight titles.

**October 28, 2017**

Tricky Frenchman Carlos Takam put up a good fight but succumbed to Anthony's power in the 10th round in Cardiff.

**Boxing record:** 20-0 (5 Kos, 15 TKOs).





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# Gold

# PLATED

Whether you consider them ostentatious or a symbol of prestige, the market for personalised number plates has established itself as a multimillion-dollar industry. But what are the most expensive number plates in the history of automobiles, and who owns them?

For many multimillionaires, owning the latest model of luxury sports car just simply isn't enough, with a few adding their own touch of individualism to the vehicle with a personalised number plate. While anyone can own one of these fancy auto accessories, the very top end of personal plates can often cost their buyers a seven-figure sum – with the world's most expensive, a plate bearing the single number '1', currently belonging to Saeed Abdul Ghaffar Khouri of Abu Dhabi, who parted with £7million for his prized possession.

Looking a little closer to home, here's a run-down of the three most expensive plates that the UK currently has to offer:

in a deal he hopes to provide more value for money that the £50million he gave Liverpool for the services of Fernando Torres. Interestingly, this unique plate was originally commissioned to be put on Pope John Paul II's Popemobile for a papal visit to Ireland.

**M I**

## 2. 'M 1' – MIKE McCOMB

After selling his Mobile Phone Store to BT Cellnet in 2000, Mike McComb had a fairly large pile of wonga lying about. Six years later he decided to put £330,000 of that to good use by purchasing the 'M 1' plates as a present for his son... who was just six years old at the time.

**F I**

## 1. 'F 1' – AFZAL KHAN

Bradford-born entrepreneur Afzal Khan takes the top spot for vehicular vanity in Britain by grabbing the holy grail of petrol-head plates to affix to his Mercedes SLR McLaren for a massive £440,000. At the time, Khan described the figure as "a good price to pay" as the plates were "probably worth 10 times that".

**VIP 1**

## 3. 'VIP 1' – ROMAN ABRAMOVICH

Abramovich's name has become synonymous with splashing the cash since taking over Chelsea Football Club in 2003, and the Russian oil mogul grabbed the 'VIP 1' plate in 2006 for £285,000



MOTORING



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