

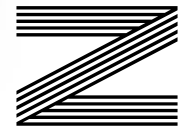
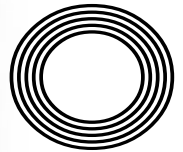


THE
WORLD
OF SEX
& POWER

MEGHAN MARKLE
making her mark

SAY WHAT?

*The best conversations to have
with smartphone Siri*



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OLLY MURS

The popstar's unexpected rise to fame

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Editor's notes...



Misha Mistry, Design Editor

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

Sexual harassment accusations have flooded global news recently, with victims continuing to come forward. Many have been inspired by others and given the confidence to explain their stories.

Celebrities, many of whom have been victims themselves, have also shown huge support, particularly on the red carpet. Many are due to wear black at this year's Baftas to support the Time's Up anti-sexual harassment movement.

It's worrying to think that if these victims didn't come forward, many others could be subject to the same things and no one would ever find out.

Read more on this story on pages 24 and 25.

In this month's local news, tributes are paid to a woman who died in a collision, Hemel Storm win the National Basketball Cup and a local is invited to London's Guildhall to receive a historic honour.

Do you have a story you'd like to share? Email editorial@visionmag.co.uk

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

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Misha



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 DOWN 2. REGRESS, 3. THROUGH, 4. NATIVE, 5. INDIA, 6. UNTIL, 7. VALEDICTION, 8. UNOBSERVANT, 14. PORTENT, 15. INFERNO, 17. CITRIC, 19. LIBEL, 20. SINCE

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LEARNING to be Royal

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

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

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

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

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

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

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

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

Any royal prince also merits a curtsy.

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

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

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

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

Photo Credits: Kathy Hutchins/Shutterstock.com



MEGHAN'S *Royal blood?*

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

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

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

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

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

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

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

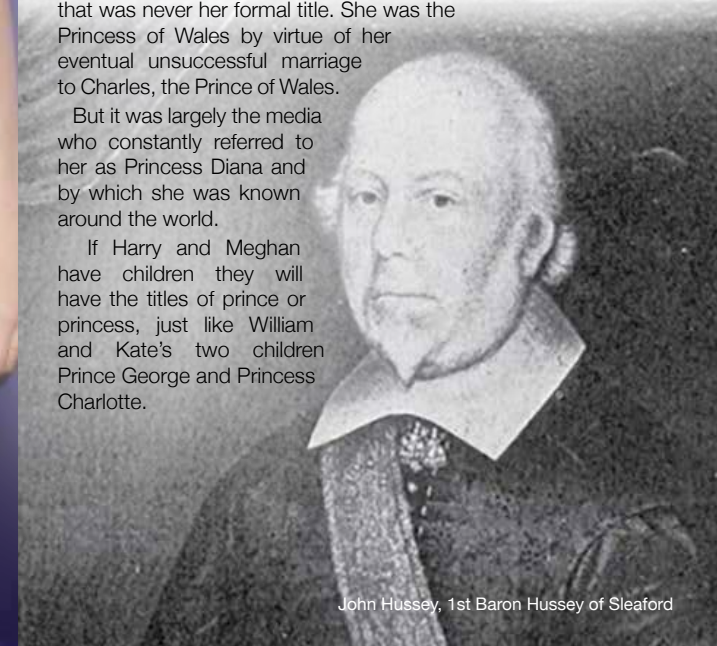
Meghan, 36, will not formally be known as Princess Meghan because she is not of royal birth. However, she will become Her Royal Highness Princess Henry of Wales when she marries Harry, whose proper first name is Henry.

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

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

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

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



John Hussey, 1st Baron Hussey of Sleaford

FUTURE DESIGNS



Banish loneliness with these hilarious – and sometimes insightful – questions and conversations you can have with your loyal virtual assistant Siri.

GAGS AND RIDDLES

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

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

EXISTENTIAL MUSINGS

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

PURE ENTERTAINMENT

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

FILM AND TELEVISION

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

TECHNOLOGY

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



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

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

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

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

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



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HOME & DIY

HOME INVASION

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

KITCHEN SPONGE

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

TOOTHBRUSH HOLDER

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

PET BOWL

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

PHONES AND TABLETS

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

COFFEE MAKERS

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





Movers AND SHAKERS

Innovative, minimalist and timeless, it's easy to see why Shaker design is still popular

You may have noticed the recent revival of sparse and functional furniture that has become what Lawrence Llewellyn Bowen might describe as “du jour”. And perhaps you’ve given no second thought to its origins – err, the olden days? But those ubiquitous wood-panelled kitchen cabinets with round knobs, those ladder-back chairs, and even those wicker baskets you’ve been using for storage, all derived from a rather surprising place.

Founded in England in the 18th century, the Shakers were a break-off group from the Quakers (They were initially known as Shaking Quakers because of their ecstatic behaviour during worship services). At their peak in pre-Civil War America, there were around 6,000 believers, but despite these still relative conservative numbers, the Shakers have always been a source of fascination thanks to their lifelong vows of celibacy, female religious leadership, simple lifestyles, and furniture design.

Admirably unadorned, the Shakers preferred function over form, giving their designs a timeless and universal impression. This makes it easy to understand why the style has become so prevalent once again, for in a world where most things are popular for five minutes, Shaker design is essentially trend-proof. Also, as we live in smaller and smaller spaces, their innovations – such as hanging chairs on walls while they’re not being used and custom-built storage – are now regarded as ingenious modern-day interior solutions.

So if you fancy shaking it up, invest in a sturdy ladder-back chair, or wooden rocker, utilise your entry hallway with a storage bench and stylish peg rail, paint your old cabinets in a neutral grey or white palette, and get your hands on some proper handmade wicker baskets. In no time at all, you’ll be revelling in the simplicity and sense of practical peace you’ve created in your home (vow of celibacy not required).



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WALL TO Wall

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

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

Corners

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

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

Sockets and Fittings

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

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



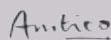


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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Lin Trinniss

Hemel Storm win National Basketball Cup

Hemel Storm battled back from a 12-point first quarter deficit to beat Manchester Magic 94 – 77 and lift the National Cup recently.

The victory is Storm's first national title since winning promotion to the National League's top flight, having previously won the National Patrons Cup in 2011 and again in 2012.

Following the game, coach Robert Youngblood said: "I'm emotional right now. I wanted to come to Hemel and win some silverware because the club and all the volunteers deserve it. And I feel blessed and happy for this team."

Coaches of fans travelled to UEL Sportsduck to support their team, including Hemel Hempstead MP Sir Mike Penning.

Sir Mike said: "This is a huge triumph for Storm and for Hemel Hempstead as a whole. The club has acquired tremendous local support and three coaches of supporters went down to the University of East London for the final.

"Angie and I were very proud to be among them and we had a really fantastic day out. Congratulations to the team, the sponsors and the supporters. What a great success story."

Officers help deter tool thieves

Police in Hemel Hempstead have been working to protect companies against tool thieves.

As part of Operation Engrave, officers visited Osborne Communities to offer crime prevention advice before engraving their tools.

Engraving tools makes them less attractive to thieves as they're harder to sell on and easier to be reunited with their owner if they're lost or stolen.

Anyone can get their tools engraved for free by contacting 01442 271642.



Intoxicated man crashes into car park

LOCAL NEWS



CCTV footage has been released by police after a drink-driver crashed into a car park in Hemel Hempstead recently.

Ross Edmonds, of Bowmans Court, Hemel Hempstead, pleaded guilty to dangerous driving, drink driving and failing to stop at the scene of an accident at Luton Crown Court on January 16.

He was given a 12-month custodial sentence suspended for two years and a six-month curfew from 7pm to 7am.

He has also been banned from driving for two years and must pass an extended test to regain his licence.

PC Daniel Webb said: "This drink-driver drove down Maxted Road at speed and failed to turn at the junction with Swallowdale Lane. Instead CCTV footage shows the vehicle leaving the ground and crashing into the car park of a business premises, narrowly missing an electrical substation.

"He not only put his own life at risk but also the life of his two passengers. His reckless behaviour could have also put other road users and wider members of the public at risk of serious injury or even death."

The footage can be viewed at www.youtube.com/watch?v=9si6JizvpgA

Man sentenced for secretly filming woman during sex

A man from Hemel Hempstead has been given a two-year community order after secretly filming himself and a young woman as they had sex.

The woman had no idea she was being filmed by John Walker until months later when he sent her a screenshot of a video he had recorded.

Luton Crown Court heard the woman was deeply shocked and terrified the video could have been distributed by Walker.

He pleaded guilty to voyeurism and admitted possessing an extreme pornographic image.

Prosecutor Rebecca Austin said the defendant and the woman knew each other and met up in

November of 2016 and had consensual sex at his home. The pair didn't see each other after that but remained in touch.

The court was told that the whole ordeal had placed a considerable strain on the victim, who had been frightened to go out in Hemel Hempstead for fear of bumping into the defendant.

Passing sentence, Judge Madge told Walker: "What you did was clearly a breach of trust."

He sentenced Walker to a two-year community order, which will include a Rehabilitation Activity Requirement of 30 days. He will also be subject to a month-long home curfew between the hours of 8pm and 5am.

Walker was also made the subject of a restraining order not to contact the victim.

Rennie Grove launches indoor triathlon challenge

Rennie Grove Hospice Care has teamed up with Nuffield Health in Hemel Hempstead to challenge local people to take part in a sponsored indoor triathlon and raise funds for a great cause.

The challenge will be held on Sunday, March 4 with registration at 9am and the first contenders starting at 10am.

There are prizes for the winners of each category and goody bags for everyone that enters.

Participants will have 10 minutes on each piece of equipment which include a static bike, a rowing machine and a treadmill.

Volunteers are also needed to help run the event.

Gillian Barnett, director of fundraising at Rennie Grove Hospice Care, said: "We are delighted to be teaming up with Nuffield Health to run this exciting new test of endurance, strength and stamina. You don't have to be an elite athlete to get involved as we have an intermediate category and one for people who are giving it a go just for fun."

Entry is £20 per person or £30 for groups of three that wish to enter on a relay basis.

Entrants must be 16 years and over.

To register, visit www.renniegrove.org



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Local receives historic honour

When local woman Emily Ansell Elfer was invited to London's Guildhall to receive a historic honour last month, it was a double special occasion. Her grandad, James Woods, had the same honour presented to him more than five decades previously.

Emily received the Freedom of the City of London earlier this month after being nominated for the privilege by the Worshipful Company of Butchers.

The Freedom of The City is one of the oldest surviving traditional ceremonies, dating back to 1237. Freeman hold a number of traditional rights – including the right to drive sheep over London Bridge; to carry a naked sword in public; or that if the City of London Police finds a Freeman drunk and incapable, they will find them a taxi home rather than throw them into a cell. These privileges are now effectively symbolic.

Emily received the Freedom at the Chamberlain's Court within London's Guildhall. She was asked to state the 'Declaration of a Freeman' to the courtroom

and to sign the Freeman's Declaration Book. She was then presented with a parchment copy of the Freedom inscribed by a calligrapher, together with a copy of the Rules for the Conduct of Life.

Emily said: "I feel honoured to have received the Freedom of the City of London and am very proud to play a small part in continuing the traditions of the city. I was nominated by The Worshipful Company of Butchers through my work as a food editor.

"The event was a most enjoyable occasion and was particularly special as my grandfather, who also has the Freedom, attended. I felt very proud to continue the family tradition and to celebrate the day with my grandad, parents and sister."

James, who received the Freedom back on March 15, 1965 during a successful career in the city, added: "I was very proud to see Emily receive the Freedom. It was a day for the whole family to remember and I have captioned the photo of us together as 'Old Freeman and Young Freeman'."

Tribute paid to woman who died in collision



The family of a woman who died in a collision in Queensway, Hemel Hempstead, have paid tribute to the "life and soul" of their hearts.

Natalie Hastings, aged 41, from Hemel Hempstead, was involved in a collision with a grey Volvo on Monday, January 15. She sadly passed away in hospital as a result of her injuries.

In a statement, Natalie's family said: "Natalie was a beautiful soul with a big, big heart, taken far too soon.

"To the world she was like sunshine on a rainy day. She was the life and soul of our hearts.

"The sun won't shine so bright anymore without her in the world. She was an amazing daughter, sister, aunty and granddaughter.

"To the girl that always put others first, you'll be missed eternally but your memory will always live on. We love you always and forever, your family."



New special constables join Herts Police

Twelve new special constables were welcomed into Hertfordshire Constabulary during their Attestation Ceremony at Police Headquarters on January 25.

Helen Miller, who will be based at Hemel Hempstead Police Station, was among those who graduated.

During 11 weeks of training, the new recruits learnt about basic law around theft, public order, assaults, traffic, powers of arrest and Stop and Search. They also used a virtual learning environment which trained them in legislation.

Each graduate went through a rigorous selection process and had to pass a final exam and practical assessments to enable them to qualify for the role of special constable.

Over the next 12 months, the new recruits will

continue their training, allowing them to pass out as substantive special constables once they are assessed as fit for independent patrol.

Special constabulary chief officer Mark Kendrew said: "As the special constabulary chief officer, I was delighted to meet our new special constables and I am very proud to welcome them to our dedicated team.

"Becoming a special constable brings with it the promise of being involved in something exciting, worthwhile and making a real difference in the local community as well as having the chance to learn new skills.

"I have no doubt they will make a significant contribution to policing in Hertfordshire."

Heartless thieves steal sentimental items

A woman in her 70s was left devastated after a safe containing sentimental items was stolen in Hemel Hempstead recently.

It happened in Reddings sometime between December 22 and January 2.

Between these times, offender(s) entered the property and took a safe containing a wallet and cash belonging to the victim's late husband, plus a number of sentimental documents.

The victim was not staying at the property at the time of the burglary.

Detective Constable Laura Brine, from the Hemel Hempstead Local Crime Unit, said: "This is a particularly upsetting crime due to the fact the safe contained a wallet belonging to the victim's late husband who died last year.

"The wallet contained his last £90 that the victim

was keeping just in case she ever needed it. The safe also contained sentimental documents from the couple's life together. She is absolutely distraught by this crime and I would urge the person or people who did this to do the right thing and hand themselves in.

"I appreciate some time has passed since the incident but any information at all, however insignificant it may seem, could be vital to our investigation."

If you have any information, please contact Hertfordshire Constabulary via the non-emergency number 101, quoting crime reference D1/18/30, or report information online at www.herts.police.uk/report

Alternatively, you can contact the independent crime-fighting charity Crimestoppers anonymously on 0800 555 111 or through their Anonymous Online Form at www.crimestoppers-uk.org

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WHEN THE HOUSE OF CARDS CAME CRASHING DOWN

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

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

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

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

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

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

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

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

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

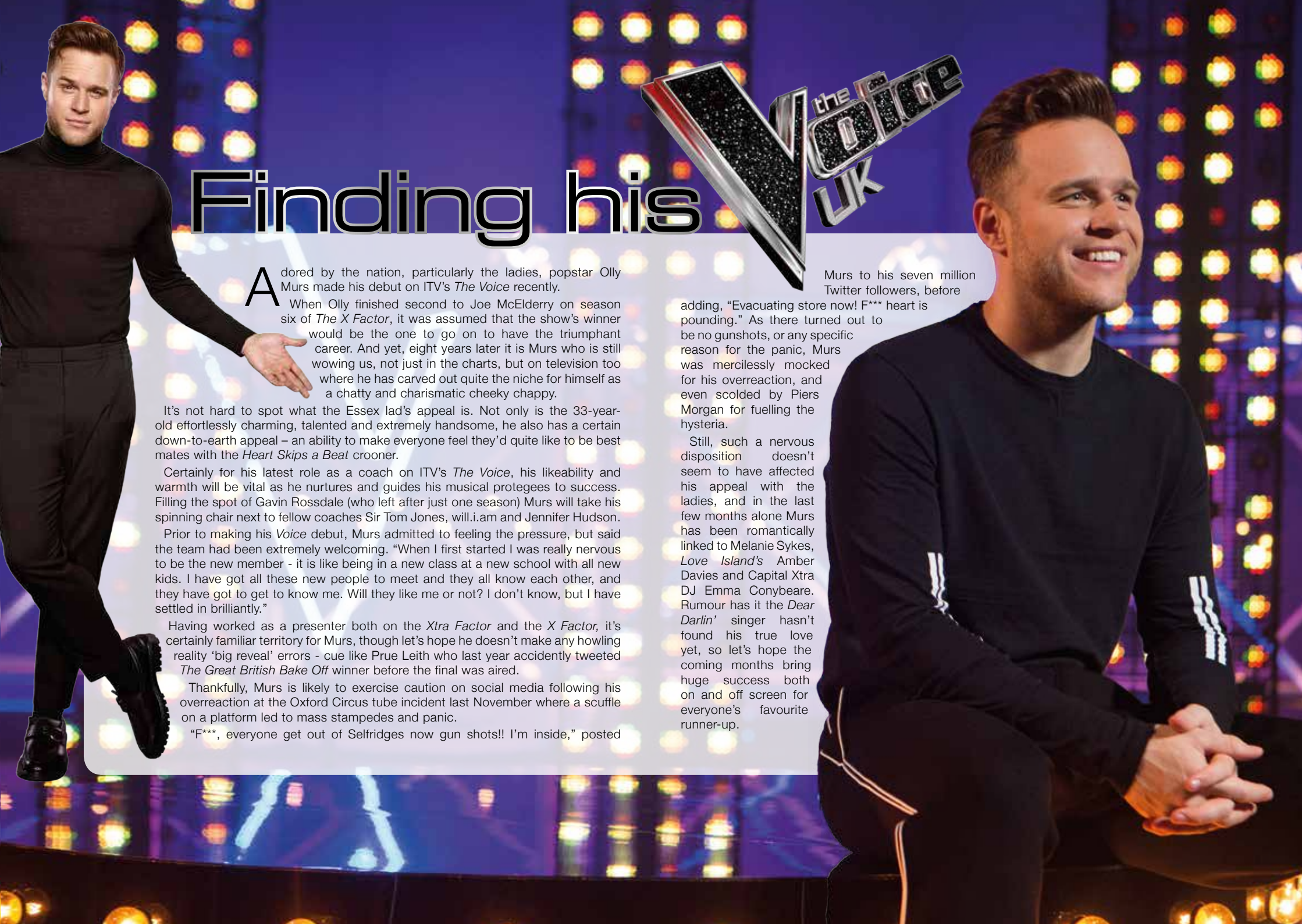
election. However, parliamentary authorities say the majority of the attempts were not deliberate.

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

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

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





Finding his

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

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

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

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

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

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

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

Murs to his seven million Twitter followers, before

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

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



Spring clean YOUR GARDEN

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

Spring clean

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

Prepare and plant

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

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

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

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

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

In the greenhouse

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



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En Vogue

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

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

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

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

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

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



Photo credit: RICHARD YOUNG/REX/Shutterstock



A beautiful OBSESSION



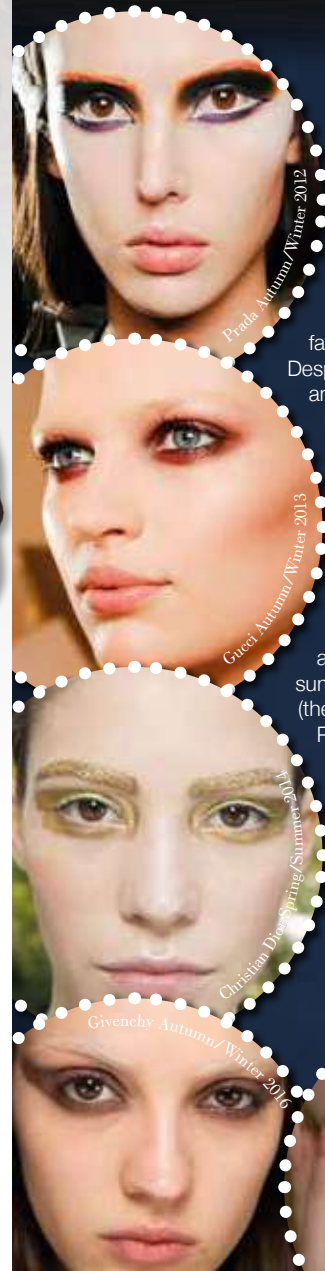
Photo credit: www.vogue.co.uk & Desirée Mattsson

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

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

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

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



Prada Autumn/Winter 2012

Gucci Autumn/Winter 2013

Christian Dior Spring/Summer 2011

Givenchy Autumn/Winter 2016

Gucci Autumn/Winter 2017



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BEAUTY

THE LAST Sparkle

Imagine a world without glitter - no shimmering eye makeup on your nights out, no dazzling confetti on your daughter's fifth birthday, no glitz, no glamour, no shine. This dull dystopia may have you shaking your head in horror, but in reality, the impact glitter is having on our environment is far more terrifying.

Most glitter is made from plastic, and the tiny size of its particles makes it a potential ecological hazard, particularly in the oceans. Anyone who has ever had a brief fling with the sparkly stuff is aware of its insidious nature, as it lingers under your nails, on your skin and about your home for weeks. And once out into water, it behaves no differently. In fact, the number of microplastic fragments in the world's ocean has been estimated at up to 51 trillion.

Most of these microplastics (defined as fragments of plastic less than 5mm in length) have been broken down from larger debris, but some glitter - along with microbeads which are set to be banned in the UK this year - is manufactured specifically to be small enough to be included in cosmetics, craft glues and beauty products.

Not only have marine animals - from plankton to whales - been documented eating plastic, with devastating results, they can also end up inside us when we consume seafood. So do you think the idea of eating a shimmering scallop is cute? Well consider the fact that most glitter is made of aluminium and a plastic called PET which can break down to release chemicals that disrupt hormones, and have been linked to the onset of certain cancers and neurological diseases, and you may change your mind.

Thankfully, this may not be the end of glitter, for while some scientists are calling for it to be banned, others are creating biodegradable options. So next time you're seeking out a sparkle, do your bit for those hungry whales and splash out on the good stuff.





BRAVE NEW WORLD

THE FITNESS TRENDS YOU NEED TO TRY OUT IN 2018.

HIGH-INTENSITY INTERVAL TRAINING

A quick, fun and effective workout, short bursts of intensive exercise are followed by moments of rest, helping you to burn fat in around 30 minutes.

BOXING MASH-UPS

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

BODY WEIGHT TRAINING

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

NOVELTY YOGA

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

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

ROPES

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

NAPPING

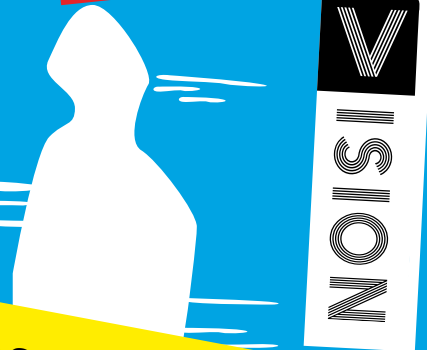
Napercise is already a 'class' you can take at David Lloyd Gyms, whereby you lie on a single bed in a comfortably-heated room with soothing sounds piped out. It is said to burn calories while you sleep and is, therefore, the perfect workout. Yawn...



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LAST-MINUTE COVER ALSO NEEDED!



BEAT the Bugs

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

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

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

A good way to do this is to prepare some

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

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

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

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

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



THE SCIENCE OF...

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

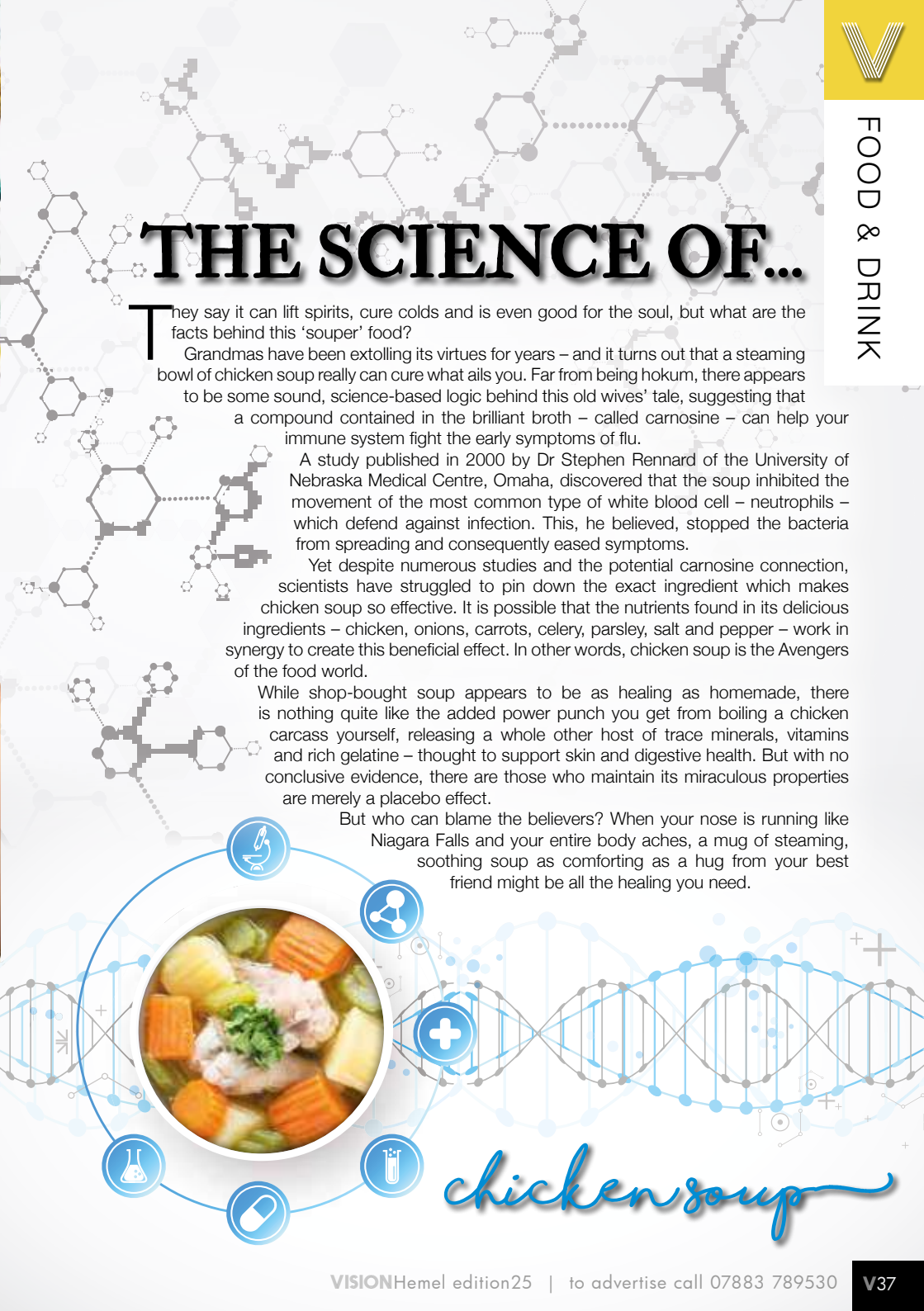
Grandmas have been extolling its virtues for years – and it turns out that a steaming bowl of chicken soup really can cure what ails you. Far from being hokum, there appears to be some sound, science-based logic behind this old wives' tale, suggesting that a compound contained in the brilliant broth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

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

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

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

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



chicken soup

Sizzling Start

FOR NEW STEAKHOUSE

I like to think I have pretty high standards, especially when it comes to food.

So, when the opportunity arose to check out Miller and Carter's new steakhouse in Victoria Street I gladly accepted.

Making our way to the restaurant my dining partner, who is a colleague from work, and I both mentioned how absolutely freezing it was that evening.

But the minute we walked through Miller and Carter's door we were met with a warm welcome and thankfully a very cosy place.

Our friendly waiter was called Mihai and he showed us to our seats.

For a Tuesday evening it was very busy, but given the size and layout of the restaurant it didn't feel packed, and the efficient staff led by their assistant manager Sophie were all very efficient and personable.

Wasting no time my colleague and I went for the sticky chipotle bites and hand cut nachos.

We also had a glass of New Zealand Merlot and an Argentine Malbec.

The starters were lovely, but I've a confession to make – I'm not a huge fan of steak, not that it was a problem as the menu features a wide variety of options including vegetarian, fish, other meats and kids' meals.

But I was in a steakhouse, so I adopted the when in Rome approach and went for an 8oz fillet steak for my main dish. I didn't regret it.

Tandoori marinated lamb rump was my colleague's choice (see, told you they had other options) and we both agreed the dishes were delicious.

I can hand on heart say that the steak is up there with the best I've ever enjoyed. It was everything you want from a steak and added to the side salad and macaroni and cheese which accompanied it meant it wasn't just the warmth of the restaurant which gave me a warm glow.

To top off what was a thoroughly enjoyable experience, there's more to a good restaurant than just the food, we shared fresh berries and sorbet meringue.

I'm a big believer that new restaurants live or die by how good they are in the first weeks and months of opening and after this sizzling start I predict a bright future for Miller and Carter in St Albans.



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TRAVEL

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Plan ahead:

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

Free attractions:

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

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

Hunt out offers:

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

Cheap eats:

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





PUZZLES & TRIVIA

PUZZLES

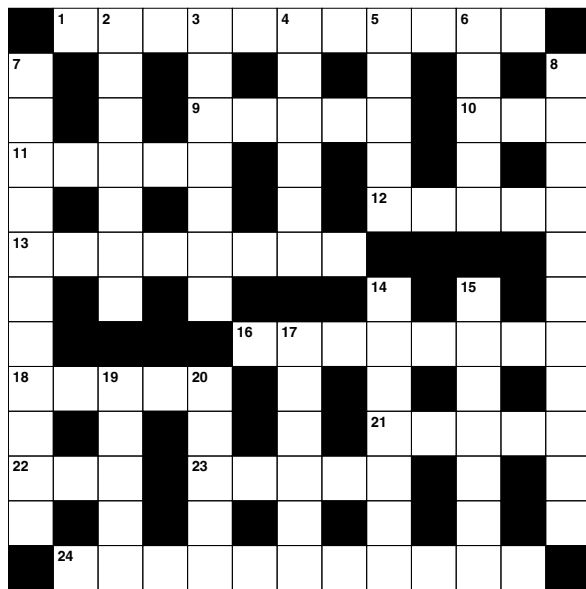
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



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

DID YOU KNOW

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

SUDOKU

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

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Naughty NUMBER PLATES

WHY THE DVLA BANNED OVER 300 NUMBER PLATES...

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

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

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

Understanding the lingo:

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

PE12 VRT

MU67 DER

NO67 FUN

JE55US

JH11 HAD

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BUSINESS & FINANCE

BOXING CLEVER

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

Your mum's birthday is coming up and you're all out of ideas. You have neither the time nor the mental energy to traipse around the shops, and everything being thrown at you through the internet seems a bit too lazy.

Enter the subscription box. Does your dear old ma love tea? Well Suki Tea will deliver one box containing expertly picked blends, for three months. Yes, it will cost you £29.85, but isn't that a price worth paying for a present that keeps on giving?

Alternatively, perhaps she's more of a G&T gal? If so, why not grab BoroughBox's Craft Gin and Tonic box which, for £69.99 (three months), offers a boozy gift with tasty nibbles thrown in for good measure.

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

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

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

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

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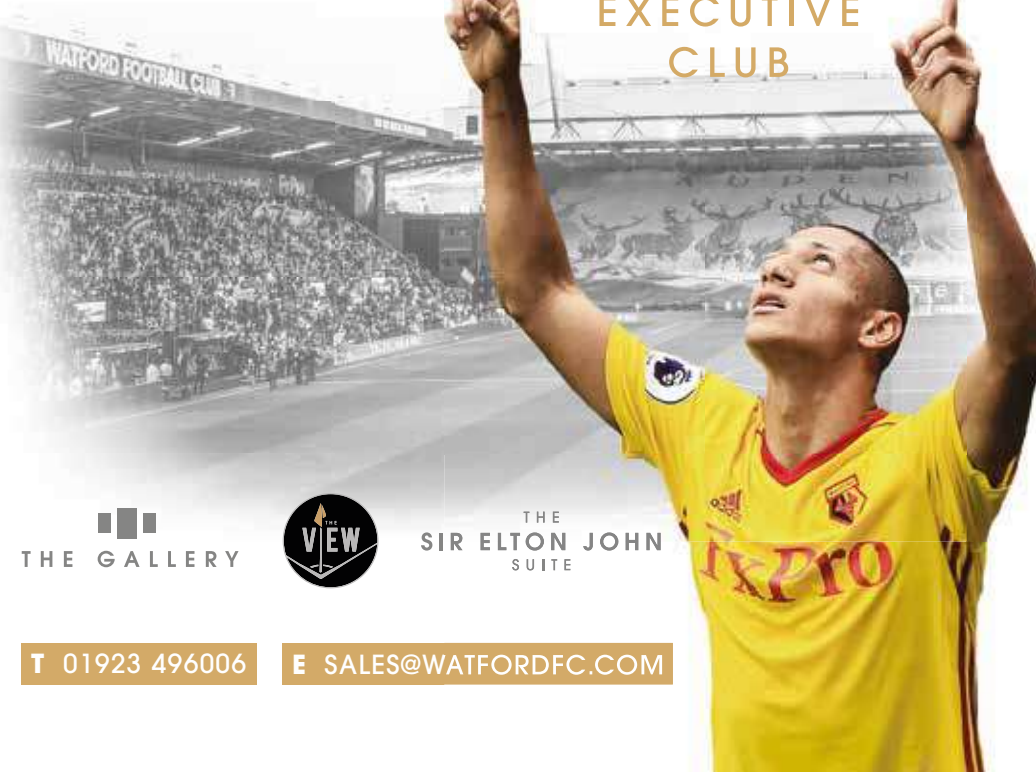


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WINGING IT



Photo Credit: Phil Rees/REX/Shutterstock

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

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

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

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

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

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

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

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

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

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



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