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- 6 DANCING ON ICE
- 8 NICK KNOWLES
- 11 HOME & DIY
- 18 LOCAL NEWS
- 25 GARDENING
- 26 ROYAL ENGAGEMENT
- 29 FOOD & DRINK
- 30 NEW YEAR COACHING
- 31 HEALTH & FITNESS
- 33 BEAUTY
- 34 FASHION
- 36 KIDS
- 38 TRAVEL
- 41 BUSINESS & FINANCE
- 42 PUZZLES
- 44 SPORT
- 46 TECHNOLOGY
- 48 MOTORING
- 50 THE **VISION** LISTINGS

Editor's notes...



Misha Mistry, Design Editor

Hello and welcome to this month's edition of **VISION**Hemel. I would like to wish all our readers a very Happy New Year. The New Year is a time to recuperate after a busy festive period. It's also a time when

people set new goals and decide what they want to achieve. Last year was a fantastic year for us at **VISION** HQ. We launched three new magazines in the Chalfonts, Hornchurch and Billericay and significantly increased our readership.

This year, we will continue to bring you local news in your area, as well as interesting and engaging feature articles. We also have a few more magazines in the pipeline to be launched in the spring.

In this month's local news, Rennie Grove Hospice Care opens its sixth charity shop in the borough and £14.3million of damages are secured for a boy left brain damaged after being starved of oxygen at birth.

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

I hope you enjoy reading the January edition of the magazine and let us know your thoughts.

As always, please make sure you are quoting **VISION** when calling our advertisers and help to keep the £ local.

Misha

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DANCING ON 100

GET YOUR skates on



One of ITV's most popular shows will be returning in 2018 after a four-year break and a production shake-up. A host of celebrities will be taking to the ice partnered with some old and some new professional skaters. Ice-skating legends Jayne Torvill and Christopher Dean will also return, but this time on the judging panel alongside Jason Gardiner and new recruit Ashley Banjo. Phillip Schofield and Holly Willoughby will front the new series. The pair hosted the first six years between 2006 and 2011 together before Holly departed and was replaced for the final three series. Appearing on the show are a host of celebrities, including actresses, singers and reality TV stars.

With a fresh look and several years away from the screens, we're snow excited for the return of *Dancing on Ice*.

The Celebs

Candice is best known for winning *The Great British Bake Off* in 2016. Since then she has got engaged, become a *Sunday Times* columnist and released cookery books. She will be paired with returning professional Matt Evers.

Max is a rugby star who is best-known for winning 44 caps for Scotland. He is also the cousin of radio DJ Chris Evans. Max will be appearing with skating partner Alejandra Izquierdo.

Donna shot to fame after appearing in *Byker Grove* alongside Ant and Dec. After leaving the show she was part of a pop duo called Crush. She then turned her attention to TV presenting and fronted shows including *The Big Breakfast* and *MTV Select*. She will be paired with Mark Hanretty.

ITV viewers will be used to seeing Antony on their TV screens after his long run in *Coronation Street*. He joined the soap back in 2003 and has been a familiar face ever since. He has been partnered with newcomer Brandee Malto.

Stephanie is best known for playing Cindy Cunningham in the Channel 4 soap *Hollyoaks*. She has been paired with Sylvain Longchambon.

Perri is used to rigorous training regimes due to competing as a track athlete. She will be competing with Hamish Gaman.

Shooting to fame after his appearances on *The X Factor* and *I'm A Celebrity*, Jake will now take to the ice alongside Vanessa Bauer.

The outlook is cold and icy for TV presenter Alex. He will take to the ice with partner Brianne Delcourt – who has been a finalist three times and won in 2011.

Singer Lemar will take the place of Monty Panesar, who had to withdraw from the competition after sustaining an injury in training. Lemar will be skating with partner Melody Le Moal.

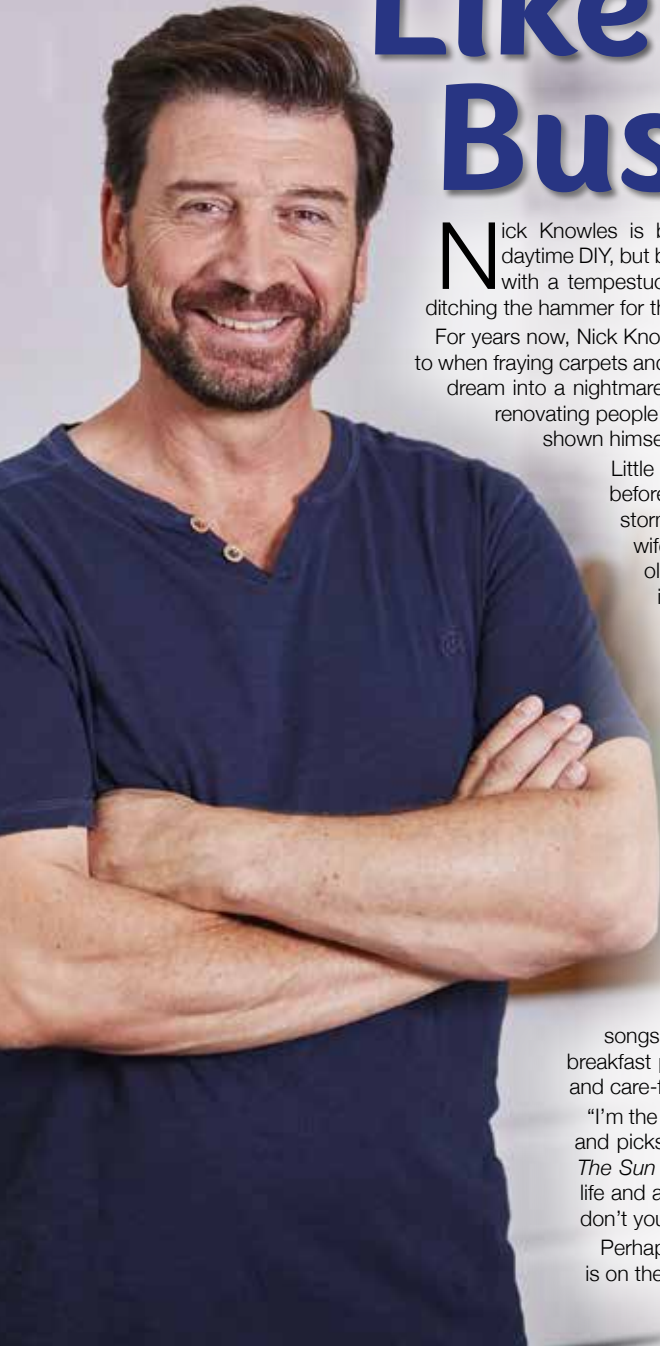
Actress Brooke Vincent has played the role of Sophie Webster in *Coronation Street* since May 2004. Admitting she has been battered and bruised in training, Brooke will appear in the show alongside partner Matej Silecky.

Cheryl is used to competing and won the Eurovision Song Contest with Bucks Fizz in 1981. She will be skating with professional Dan Whiston, who has won the show three times.

Self-confessed *Dancing On Ice* lover Kem will be appearing on the show after shooting to fame winning ITV2's *Love Island*. He has been coupled with Alex Murphy.



There's Knowles Business Like Show Business



Nick Knowles is best known as the undisputed don of daytime DIY, but beneath all that dust and debris lies a man with a tempestuous love life – and a very real interest in ditching the hammer for the harmonica...

For years now, Nick Knowles has been known as the man to turn to when fraying carpets and faulty sockets are turning your domestic dream into a nightmare. But when the *DIY SOS* front man isn't renovating people's abodes – and lives – for the better, he's shown himself to be a man of many talents.

Little was known about Knowles off-screen before saucy details emerged of a somewhat stormy personal life. After divorcing second wife Jessica Moor in 2015, the 55-year-old was the subject of various tabloid interest. A brief reunion with Moor while she successfully battled cervical cancer proved not to last, and since then Knowles has been romantically linked with a succession of reality TV individuals, the most recent being *The Only Way Is Essex's* Pascal Craymer.

Now, the DIY superstar and former presenter of game show *Who Dares Wins* has added yet another string to his entertainment bow in the form of a debut album, *Every Kind of People*. Having played the guitar for over 40 years, Knowles has struck a deal with Universal to cover a few of his favourite songs – and even took to Lorraine Kelly's breakfast programme to show off his husky vocals and care-free strumming style.

"I'm the kind of person who gets home from work and picks up the guitar and strums a lot," he told *The Sun* last month. "It's always been part of my life and a friend of mine said to me one day, 'Why don't you do an album?' It's been really exciting."

Perhaps a reworking of the *DIY SOS* theme tune is on the cards next? Then again, perhaps not.



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LIGHTBULB moment

HOW TO UNDERSTAND THE COMPLEX WORLD OF THE ECO-LIGHTBULB

Buying a bulb used to be a straightforward affair. First, one would figure out if they required a bayonet or screw-in fitting, then settle on a wattage – from 40w for a cosy glow, to 100w for those who prefer more of an interrogation room ambience. But as energy efficient lightbulbs have become not just ubiquitous, but a legal requirement over the past few years, it's easy to find yourself in the dark.

Firstly, let's look at what was wrong with the old incandescent lightbulb, which despite its lovely golden glow, was woefully lacking economically, losing 90 per cent of its energy through heat leakage. Comparatively, eco-lightbulbs last much longer, provide better value for money and can generate the same amount of light as the old bulbs while using at least 45 per cent less energy... which is why it was a no-brainer

when EU legislation began phasing out the traditional variety at the start of the decade.

Currently there are two main types of energy efficient light bulbs available in the UK. Compact Fluorescent Lamps (CFLs) and Light Emitting Diodes (LEDs). But while these thrifty little beauties save you money – the Energy Saving Trust maintains that by replacing all bulbs in your home with LED alternatives, you could save around £35 a year on your electricity bills – it's hard to create that same gorgeous radiance, particularly as the new bulbs are measured in lumens (brightness) and Kelvins (colour temperature), and the watts equivalent varies from bulb to bulb.

Here's a rough guide: to create around a 60w brightness, you need around 700 lumens, and for a similar warmth, between 2,700 to 3,000 Kelvins (a candle is around 1,500K, colder daylight is around 5,000K). LEDs generally cost more than CFLs, but they are more efficient, last far longer and offer a better quality of light. Eureka.





HOME & DIY



WILD WOOD

If you've embarked on a home improvement project lately, you might find yourself with odd bits of wood that you don't know what to do with. But don't throw them in the fire right away, as you can make beautiful and eclectic items for your home, easier than you may think.

For the absolute beginner, craft a set of coasters. Simply take your timber and saw it into even squares, which you can then sand - ensuring an even surface - and then varnish. Slightly more ambitious is a chopping board, which can be achieved with three pieces of uniform hardwood (must be thoroughly sanded and not warped). Remove excess glue with a chisel before applying several coats of a food-safe finish like mineral oil, walnut oil or beeswax, allowing the oil to fully absorb into the wood - this oil will need to be re-applied regularly.

Your carpentry projects needn't be limited to old floorboards and scraps, and if you're lucky to find yourself in possession of a large piece of driftwood, you can create a spectacular candle holder. The wood will need to be treated to prevent rot and decay, so thoroughly scrub and soak your timber in soapy water before immersing in a diluted bleach solution. Now you can begin sanding and carving out the holes for your tea lights, before finishing with several coats of a good wood preservative like furniture oil or liquid wax.

Once you've mastered the basics of repurposing wood, the only limit is your imagination. You can be ambitious and craft bigger items like coffee tables or chairs, make your own wall art, or spruce up old furniture by using your scraps for cabinet refacing. It's even possible to make a lampshade by gluing slivers of wood shavings together. Basically, when it comes to wood, you can always turn it into something good.

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What's the CRACK?

Cracks in your home's walls can really take the shine off your living space, but an amateur attempt to salvage the situation could make the problem worse. Here's the lowdown on how to cover up cracks in walls without doing any more damage to your precious plaster.

Before starting the process, make sure to put down plastic sheeting to avoid excess mess that will have to be cleared up later.

SCORE THE CRACK

Use a putty knife or a dull utility knife to score along the hairline crack to open its edges. This may seem counter-intuitive, but you need to increase the area for the repair compound to stick to.

SPREAD JOINT COMPOUND

With a wide taping knife, smooth a thin layer of joint compound over the cracked section.

TAPING

Press paper tape into the wet area along the length of the crack. You can use ordinary drywall tape and do not need to purchase any special plaster repair tape.

CURING AND FEATHERING

Let the entire thing dry fully. Gently feather joint compound over the taped area so the compound extends two or three inches past the taped area.

SECOND CURING

Let the joint compound dry. Lightly sand it down with fine sandpaper to get rid of any bumps or ridges. Do not sand so hard that you dig into the tape.

SECOND FEATHERING

Feather a second layer of joint compound, this time extending the edges even further out to about six to eight inches. Let the whole thing dry before once again sanding down.

FINISHING UP

Finally, your third coat of joint compound takes the edges out to 12 inches. When you are sanding this third and final coat, be aware this is your last opportunity to make things as perfect as they should be, so take your time and be careful to make it completely smooth.



HOME & DIY



CAST IRON IDEA

Is it worth investing in cast iron cookware?

They're expensive, heavy and prone to rust, and yet there are many chefs out there who swear by cast iron cookware. Why? It's tough as nails, to start with. As cast iron skillets don't have plastic or wooden handles, you can sear meat on the hob then happily throw the entire pan in the oven to finish. And while it isn't the greatest heat conductor – you need to warm up your pan for at least five minutes on the burner – it can withstand much higher temperatures, giving your steaks a mouth-watering crust while keeping the meat inside juicy and tender.

They also last for years, and even the rustiest skillet makes a hot find at a car boot sale as it can be scrubbed, re-seasoned and restored to its former glory. However, this need to season one's skillet – a process by which a layer of animal fat or vegetable oil is applied and cooked onto the cookware to make it stick-resistant – is a bone of

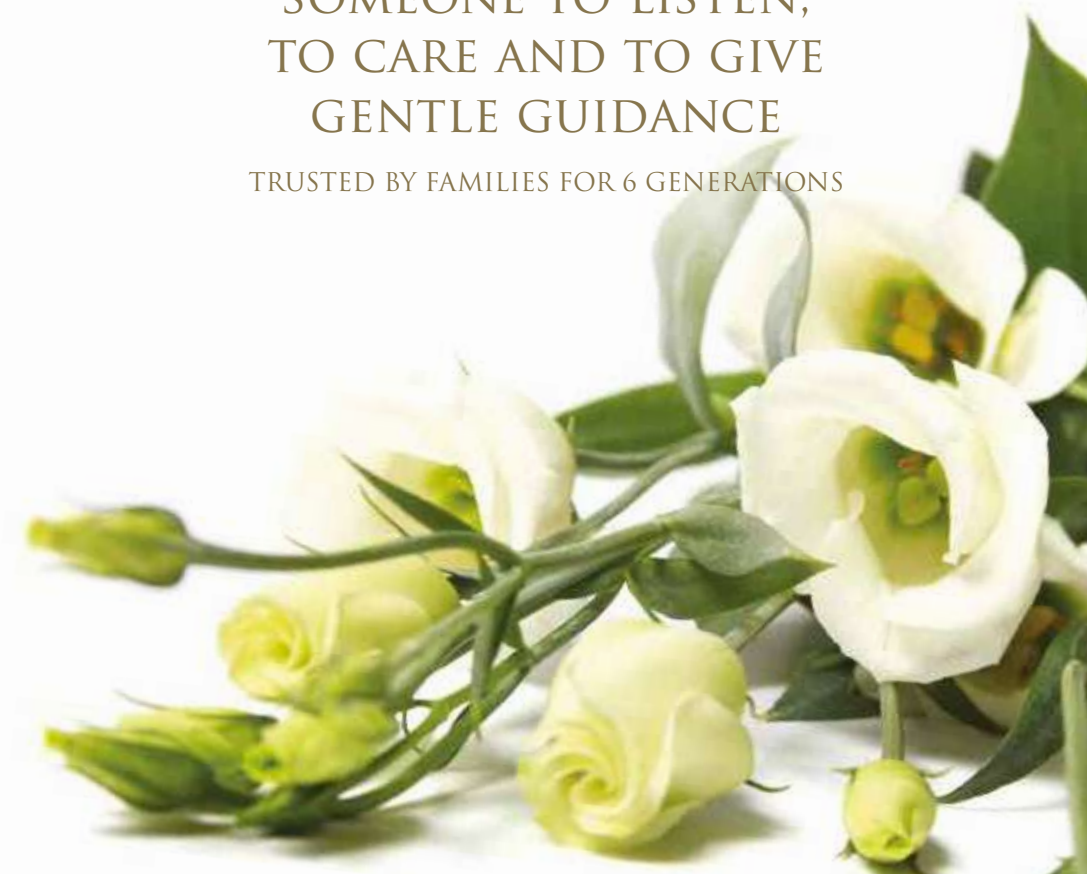
contention for some, particularly the time-starved; why not just buy a Teflon frying pan?

One argument is that this will cost you more over time as Teflon coating wears off, and the pans aren't as hardy. And the reason non-stick pans work so well is because they're coated with compounds known as fluoropolymers. When the pans start to chemically decompose at elevated temperatures, they're more likely to leach into your food and the air.

Having been around since the Han Dynasty in China (206 BC – 220 AD), cast iron has earned its reputation. It also looks great and is one of the few kitchen utensils you may one day pass down to your kids. It all comes down to preference. Though if you like your steak chargrilled on the outside and pink in the middle, cast iron may just be the pan of your dreams.

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LOCAL NEWS

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Photo credit: Jack Short

Rennie Grove Hospice Care opens sixth charity shop in the borough

Sir Mike Penning MP officially opened Rennie Grove Hospice Care's new charity shop in Hemel Hempstead recently – its sixth in the borough.

Located in the retail parade of the new Maylands Plaza on Maylands Avenue, the shop is the 26th in Rennie Grove's chain of charity shops across Herts and Bucks.

It offers a range of new and good quality pre-loved items for sale, including men's, women's and children's clothes and shows, handbags, jewellery, children's toys, books and home accessories.

Sir Mike said: "As a patron of Rennie Grove, I am very pleased to open their new shop in Hemel Hempstead."

"I hope it's really successful and raises plenty of money to support this local charity that does so much to enable people with life-limiting conditions to be cared for at home."

Director of retail and trading for the charity Deborah Gould said: "We're delighted to have opened our new shop in Hemel Hempstead."

"It joins our five existing shops which are located in Bennett's End, Grovehill, Marlowes, Warners End and Gadebridge."

"Thanks to our generous donors, we have some beautiful items for sale and we look forward to welcoming customers in the coming days and weeks."

Man airlifted to hospital on Christmas Day

A man sustained multiple injuries and was airlifted to hospital following a car incident.

At 10am on Christmas Day, the Magpas Air Ambulance was called to Junction 8 of the M1, near Hemel Hempstead, following a road incident where a car had rolled and a man was thrown from a vehicle.

The patient, in his 30s, was safely moved into the back of a land ambulance by an East of England Ambulance Service NHS Trust paramedic crew and

a Fire and Rescue Service crew.

The man was assessed and had sustained multiple injuries.

The Magpas doctor and paramedic team then flew the man to Addenbrooke's Hospital.

Upon arrival at the hospital, the patient was in a critical condition.

At the time of going to print, no further information was available at the time.



Photo credit: Peter Bradshaw

Woodside Morris Men celebrate 60th anniversary

Woodside Morris Men have been celebrating their 60th anniversary recently, as they continue to bring the ancient tradition of Morris dancing to local towns and villages.

The annual tour of Hertfordshire and Buckinghamshire reflects the spread of the membership over the region, which includes dancers and musicians in Hemel Hempstead.

The roots of Morris dancing are lost in the midst of medieval England but there are records of its performance in the 15th century.

Today, Woodside Morris Men dance at village fetes, festivals and pubs. Highlights include Boxing Day, St George's Day and May Day, where they dance at

dawn in Cassiobury Park, Watford.

Morris dancing has become increasingly popular at fetes, weddings and other events. However, the older established clubs such as Woodside have seen a decline in membership. This often makes it difficult to fulfil demand for their services.

However, there are signs of another revival as a new wave of young people form new groups.

If you would like to get involved by becoming a Morris man or musician then get in touch with Nick Wilson by calling 07860 663033 or visiting www.woodsidemorrismen.com

You can also find the Woodside Morris Men on Facebook and Twitter.

Sir Mike Penning MP receives knighthood



Hemel Hempstead MP, Sir Mike Penning, attended an investiture at Buckingham Palace recently where he received his knighthood from HRH the Prince of Wales.

Announcing the news on Facebook, he said: "It was a great honour to attend the investiture at Buckingham Palace and to receive my knighthood from HRH the Prince of Wales. When I think back to all those years ago when, as a boy soldier, one of my first jobs was guard duty at the palace. I could never have imagined that one day I would receive such an incredible honour."

"It was a very special day, not just for me and my family, but for everyone who has supported me and voted for me as the Member of Parliament for the Hemel Hempstead constituency. This really is an honour for the whole area."

The announcement that he would receive a knighthood was first announced on Thursday, October 12, 2017.

Sir Mike has been made a Knight Bachelor.

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Man puts his cash in the trunk



A man who lives near Hemel Hempstead scooped £500 recently after taking a no obligation home insurance quote with The Nottingham Building Society.

Mark Largan, 57, has earmarked the winnings to go towards a forest he is buying in Cornwall.

He already owns a forest in Devon and is adding to his collection alongside his daughter Samantha, 23, who will be the joint owner.

Mark said: "I saw the competition advertised and even though my home insurance isn't up for renewal yet I thought it worth getting a quote and having my name in the hat. I'm not normally lucky, so it was a nice surprise to win.

"The timing was good because my daughter and I are in the process of buying a commercial forest in Cornwall, an area where I already own a couple of properties. I also have a forest in Devon which I bought a couple of months ago.

"Alongside my career and family, I have been a long-time amateur geologist and have always been fascinated by trees. Forests are also a good investment and can be an excellent legacy.

"I have a particular interest in the Douglas fir, which can grow to an impressive 150 feet and only thrives in certain parts of the UK.

"The money from The Nottingham will help buy a few of them - probably about a quarter of an acre of forest in fact."

£14.3m damages for boy left brain damaged after birth

A boy will receive £14.3million in damages after a settlement was agreed recently.

The boy was left brain damaged after midwives failed to properly monitor his heart-rate during birth and therefore didn't realise he was starved of oxygen.

The boy, who is now 17 years old, needed resuscitating after being born.

The brain damage means that he suffers with significant cognitive and motor impairment and finds it hard to carry out everyday tasks.

As part of the legal case, led by medical negligence specialists Hudgell Solicitors, and after clinical investigations, West Hertfordshire Hospitals NHS Trust admitted that this period of starvation of oxygen had caused the brain damage.

Solicitor Arani Yogadeva, of Hudgell Solicitors, said: "I am so pleased that we have been able to secure the vital care and support which our client needs for the rest of his life, which was the driving force for his parents to embark on this journey.

"The judge recognised the impact of the hospital's errors on the family as a whole."

The damages settlement includes a £4million initial payment, which will be placed into a trust to be managed by a professional Court of Protection Deputy alongside the boy's parents.

With subsequent annual payments for the rest of his life expectancy, the damages settlement will be worth around £14.3million.

Airfield becomes new home for Dancing On Ice



Popular show *Dancing On Ice* has moved its location to Bovingdon Airfield, having been filmed at the famous Elstree Studios for eight series.

The show returned to our screens on Sunday, January 7 after a long-awaited re-launch with Holly Willoughby and Phillip Schofield returning to front the show and skating legends Jayne Torvill and Christopher Dean moving to the judging panel alongside Jason Gardiner and Ashley Banjo.

TV bosses confirmed that the former RAF site, which has been home to films such as *Harry Potter and the Deathly Hallows* and *Rogue One: A Star Wars Story*, would be the new base for the show last year.

An ITV spokesman said: "It will be a temporary build holding two rinks - one for training and one for the live weekend show."



LOCAL NEWS



stock image

LOCAL NEWS



Child sex abuse images found on computer

A Hemel Hempstead plumber who was caught with child sex abuse images on his computer was spared a jail sentence recently.

Colin Jarvis, 60, had three Category A movies - the most serious type - on his tower computer and four Category B movies - the medium level.

A forensic examination also uncovered six extreme pornographic images, Luton Crown Court heard on January 5.

Prosecutor Marion Smullen said the police went to his home on June 28, 2016 and seized the computer.

Jarvis initially denied the charges but, when his trial was due to begin last November, he changed his pleas to guilty to two charges of making (downloading) indecent images of children and one of possessing extreme pornography.

The court was told he was of previous good character.

Defending, Russell Fraser said Jarvis accepted viewing pornography and used searched terms that meant he was 'sailing close to the wind.' He said only a small number of images had been found.

Judge Michael Kay QC told him: "In your own small way you contribute to an industry that puts these vile images on the internet. If nobody was searching the internet, children would not be abused."

He sentenced him to 22 weeks' jail suspended for 18 months. He must carry out 20 days of a Rehabilitation Activity Requirement and complete 150 hours of unpaid work.

Jarvis must also register as a sex offender and abide by the terms of a Sexual Harm Prevention Order for seven years.

The judge ordered him to pay £1,000 costs at a rate of £100 a month.

Council tax increase to fund policing in Herts

Hertfordshire's Police and Crime Commissioner David Lloyd is proposing a council tax increase of £12 a year to invest in more officers and additional investigation teams.

Following the announcement that police would be given a potential £450million cash boost in 2018/19, it was also revealed that £270million of the funds would come from a council tax increase.

David said he would be able to raise an additional £5.3million for policing in Hertfordshire in 2018/19 with the increase.

Funds would be spent on protecting neighbourhood policing teams, investing in additional officers from the Operation Scorpion units to help tackle burglary, anti-social behaviour and drug-related crime.

Additional funds will also be placed into the Force Control Room where 999 and 101 calls have dramatically risen.

There will also be more funding for crime investigation teams to make sure that victims of crime receive the best possible care.

To have your say, email your.views@herts.pcc.pnn.gov.uk with the subject Police Precept or write to: The Police and Crime Commissioner for Hertfordshire, 15 Vaughan Road, Harpenden, Hertfordshire, AL5 4GZ by January 31, 2018.



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GARDENING

How does your garden grow?

Green-fingered? Here are the gardening blogs you need to know about.

The Patient Gardener - patientgardener.wordpress.com

For those who have a long-running fascination with their garden, this blog is run by Helen Johnstone, a self-confessed 'plant obsessive'. Offering an insight into Helen's own horticultural paradise ('patience' cultivates an almost otherworldly garden, it seems), the blog documents the month-to-month progress of the plants, the festivals Helen attends, along with gorgeous snaps of nature and general gardening advice. A great all-rounder.

The Middle-sized Garden - themiddlesizedgarden.co.uk

Alexandra Campbell – creator of The Middle-sized Garden – is a novelist and journalist by trade, so it should come as no surprise that each post is beautifully written. Fortunately, none of the practical aspects of gardening are lost, as Alexandra does her best to solve the conundrum of 'the middle-sized garden' which requires 'more manure, plants and hands-on help' than a tiny courtyard garden. Informative, captivating and with an emphasis on money-saving tips and environmental conscientiousness, this blog is a joy to read.

The Compost Bin - the-compostbin.com

The 'Compostwoman' lives with her family in rural Herefordshire and has an enviable four acres of garden and woodland which is populated with veg plots, chickens and all manner of other wildlife. A thorough and informative blog, The Compost Bin covers everything from composting (obviously) and veg-growing to chicken-keeping, cooking, preserving and sustainable living.

Urban Veg Patch - urbanvegpitch.blogspot.co.uk

Ideal for anyone who lives in a built-up area and dreams of nurturing their own veg, albeit on a very small plot of land, Urban Veg Patch was founded by Caro Shives, who helped develop the gardens of the flats where she lives in North London, turning them from a barren wasteland into a self-sufficient space with mini orchard and children's plot. Truly inspirational.



Thanks to a roast chicken dinner and a sparkling ring **HARRY & MEGHAN GET ENGAGED**



Sometime this month, Prince Harry will fly to California with his wife-to-be, Meghan Markle, for a very important meeting – to meet her dad, the reclusive Thomas Markle.

Although he has spoken to him on the phone, during which he asked for Meghan's hand, Harry has not yet met his prospective father-in-law.

It is likely the meeting will be somewhere in Los Angeles where Mr Markle's ex-wife and Meghan's mother Doria Ragland lives. Mr Markle, who now lives in Mexico, has already said he is looking forward to giving Meghan away at her wedding in May in St George's Chapel, Windsor Castle.

Harry has met Doria and they get on well together and he asked her the same question - "Can I marry your daughter with your blessing?"

The answer was an unconditional yes. The scene was set for the engagement in September last year when Harry and Meghan were photographed holding hands at the Invictus Games in Canada which was their first public outing.

Within a few short weeks, Harry, 33, and Meghan, 36, became officially engaged.

We learned that Harry had designed her engagement ring himself from a diamond from Botswana, where the couple shared an intimate holiday. It also incorporates diamonds belonging to his mum, Princess Diana.

Meghan also described the proposal at Nottingham Cottage on the grounds of Kensington Palace: "We were roasting chicken. It was just an amazing surprise. It was so sweet and natural and very romantic."

That the proposal dinner was roast chicken sent the internet into a frenzy, particularly in America where engagement chicken is apparently a thing.

The actress admitted she "barely" let her husband-to-be finish proposing before she said:

"Can I say yes now?"

Harry added: "She didn't even let me finish, she said can I say yes, can I say yes and then there were hugs and I had the ring in my finger and I was like 'can I - can I give you the ring'? She goes 'oh yes, the ring!'"

Their love affair started with a blind date and they really fell for each other under the stars in Botswana.

The couple disclosed how the Royal Family helped their relationship blossom, with the "incredible" Queen and "fantastically supportive" Duchess of Cambridge helping the American actress settle in.

All this is vastly different for the girl from Los Angeles who, like Harry, comes from a broken home and succeeded in her ambition to become an actress culminating in her starring role in the US legal drama *Suits*.

Her father is white and her mother African American, and her biracial background was reflected in *Suits*. She is also a divorcee, whose marriage to Hollywood produced Trevor Engelson collapsed after two years.

Harry said his mother would have been part of their "crazy journey" and would be as "thick as thieves" with Meghan.

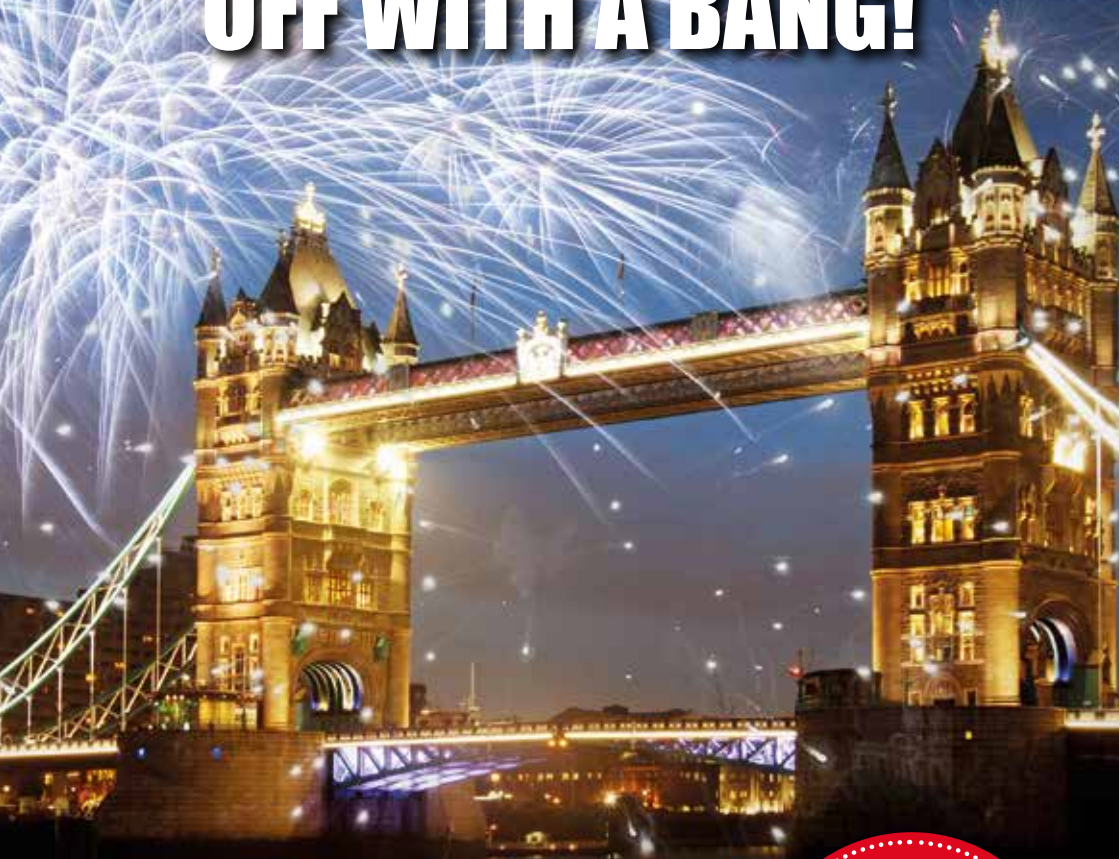
They also shared their hopes for the coming years, from having a family in the near future to setting off around the Commonwealth to carve out their joint future as working royals.

"The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars have aligned and everything was just perfect," said Prince Harry.

"This beautiful woman just tripped and fell into my life. We're a fantastic team, we know we are and over time we hope to have as much impact as possible."



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FOOD & DRINK

From botanical flavours to 'bleeding' veggie burgers, here's a look at what we might be eating in 2018.

Plant-based everything – Vegan food has been gaining in popularity for a while now, but things are about to go one step further as veggie burgers 'bleed' beetroot juice and expertly-sliced tomatoes mimic tuna in sushi. Also, much like nose-to-tail eating, we will be using every part of the veg with stems being used in salads, while melon rinds are pickled to be eaten. Vegan desserts are expected to get a makeover too, becoming creamier and even more indistinguishable from the real thing.

Japanese dude food – Much like 'dirty burgers' became the hot thing in American cuisine, miso and sashimi are no longer the cool kids in Asian dining, as Japan's heartier, more calorific fare like yakitori skewered chicken or deep-fried tofu in broth – dishes often served in the country's late-night izakaya bars – become de rigueur.

Botanical delights – Food is going floral as restaurants and producers alike take inspiration from the garden. Think rose-flavoured lemonade, lavender-infused chocolate and everything elderflower.

Indian street food – A natural evolution from the food van trend that has populated markets and urban spaces these last few years, Indian street food is set to make its way into our supermarkets and, by proxy, our homes. So ditch that boring old korma and get your chops around scallops in pickled ginger, or a fat Puri stuffed with veg and drizzled in chutney.

Super powders – It's well-known that the goal of every vegan diet is getting enough protein, which is why plant-based protein powders are becoming ubiquitous. The humble latte is also getting a healthy revamp as turmeric, masala chai, matcha and cacao find their way into more hot beverages.





Don't Know What You Want for 2018?



What resolutions are you carrying over from 2017 that repeatedly get pushed to one side? What excuses do you make that let you ignore your wants or the change you need to be your ultimate you?

We all know how miserable January can be. The season of abundance is over, back to work, everyone is skint or miserable. This allows us to lament over those lost wants for the New Year.

How do people conquer their goals? They plan, consistently work towards their goal, know what motivates them, take action and hold themselves accountable. Resulting in living the life they want.

Easier said than done?

TOP FIVE TIPS TO MAKE YOUR 2018 A WIN

PLAN

By planning you allow your brain more space to action. Write, draw, or mind map your wants, goals for 2018. Prioritise them and reflect daily. Separate work or life goals. Acknowledge your values, are they aligned with your current situation? Look at your interests, skills, hates... Are you using those to your advantage?

ACTION

Create your own motto/goal for six-months' time, encompassing your wants and ideal result. Break down your monthly steps that will make you reach your goal. Set five actions to reach that month's step.

REFLECT

Daily reflection of your goal(s) and the action you need to take will empower you to achieve. Keeping a record of your thoughts, achievements, steps, etc. will act as a constant reminder and shift your mindset to make sure you don't make excuses.

AWARENESS

Pay attention to your inner narrative. Part of your brain tells you to stay in your comfort zone which is why it feels easier. If you do break out, it's empowering. It's so easy to make excuses, but if you grab yourself an accountability partner, tell them what you need to do and by when, the excuses become much harder to make.

ACCOMPLISH

Your motto/goal should motivate you to achieve but set yourself a reward too. Acknowledge yourself for what you have achieved along the way, it doesn't have to be tangible, it may be that you are feeling more confident, you are eating more healthily... the list is endless.

BEFORE YOU KNOW IT, YOU'VE BECOME YOUR BEST SELF

Counteract the dullness of January, get fired up for 2018 and take action to fulfil your potential and carve out your ultimate you. Bulldoze through that list of wants, needs, changes...

Author, Kim Cutler, Storm McQueen Coaching.

NEW YEAR New You

12 WAYS TO KICK START 2018

DETOX

Even just a one-day juice fast will give your digestive system a rest after the period of indulgence.

SUPPLEMENT

Having attended so many parties and events, the least you can do is boost your immune system with a good-quality all-round multivitamin.

GET A GOOD NIGHT'S SLEEP

Rest is vital, so try to balance those late nights with a couple of early ones.

MEDITATE

Staying sane as the new year begins is a challenge in itself, so give your brain a break with meditation. Even 10 minutes a day is said to have a positive effect on wellbeing.

GO OUTSIDE

The urge to bed-in with endless box sets and bottomless tubs of Celebrations can be overwhelming, but will ultimately leave you feeling sluggish and blue. So, go for a walk, breathe in the air and let the natural world enchant you.

DO YOGA

If you don't have time for a full workout, try to fit in 20 minutes of yoga. The deep breathing will calm

you and the stretching will counteract all the hunching from present-wrapping.

MAKE A SMOOTHIE

Start the day with a delicious smoothie packed with berries, seeds, bananas and almond milk.

EAT NUTS

They're packed with nutrients (Brazil nuts in particular) and keep sugar cravings at bay.

PUT DOWN YOUR PHONE

What better time to have a mini digital detox than in 2018? Make it your new year's resolution.

PILE ON THE VEG

Christmas dinner leftovers are actually good for you – turkey is a superfood after all. Just make sure you eat all those sprouts.

HYDRATE

If you do only one good thing for your body this new year, drink lots of water.

BE THANKFUL

Christmas can be completely manic, so now it's over, take some time to be truly grateful to be with the ones you love.





VIT-A-MONTH

Your month-by-month guide to what vitamins to take every month of this year

January

Without vitamin D, the body can't absorb calcium or stimulate certain immune responses that protect us from colds and infections, so make sure to get a daily dose.

February

Beat those winter blues, help creaky cold bones and boost your brain with Omega 3.

March

Spring into spring with an iron supplement which will boost your energy levels by ensuring all your organs and cells are getting plenty of oxygen.

April

Along with producing collagen and helping to repair tissue, vitamin C is an antihistamine, perfect for those who suffer from hay fever.

May

If you want to get in shape for summer, take some vitamin K which helps carry calcium through the body to strengthen bones and prevent fractures.

June

Give your skin a boost with vitamin E. This antioxidant infuses the epidermis with moisture and soothes itchy, flaky skin while guarding hair and nails against free radical damage.

July

Wear that swimsuit with confidence by taking a digestive enzyme to beat belly bloat.

August

All that sunshine takes a toll on your skin, so help it heal with folic acid.

September

Get your body and brain in gear with a dose of magnesium, which helps fight depression and boost exercise performance.

October

Calcium is an essential mineral which will help support your bones over the colder months, while protecting your teeth from all those Halloween treats.

November

B Complex comprises a whole host of vitamins that get you in tip-top condition for this busy time of year. Whether giving you energy to attend all those festive soirees, reducing stress about end-of-year deadlines or balancing hormones, this is a powerhouse.

December

Vitamin A will put the twinkle back in your eyes, give winter skin a warm glow and strengthen bones, so you can breeze through the festive period.



PAIN REACTION

The scary reality of hair dye allergies and how you can prevent one happening to you

If you've ever sauntered into a salon expecting to get your hair dyed, only to leave a few minutes later with a blotch of the dye behind your ear and an untouched mane, don't be frustrated. The fact is, your stylist could be saving your life. Salons are obliged to perform skin patch tests, where a small dab of dye is applied to the skin for 48 hours to test for any allergies, as in the event of a client having a reaction they will not only be culpable, but it could in extreme cases prove fatal.

Most hair dye reactions are caused by one particular chemical: para-phenylenediamine (PPD). While PPD is present in 99 per cent of all hair dyes, it is thought that around five per cent of the population are allergic to it, with symptoms including scalp burning, eye swelling, face blistering and, in rare cases, anaphylaxis, where your immune system feels under attack, releasing a flood of chemicals which can cause you to go into shock – a reaction which can lead to death.

Though such an extreme reaction is unlikely, it is somewhat worrying how blasé we have become about applying such substances to our bodies. After all, how many times have you purchased a home hair dye kit from a chemist and forgone the recommended skin test? Furthermore, how many school children are having their hair coloured despite the fact that hair dye manufacturers say they are not intended for anyone under the age of 16?

The good news is that having an allergy to PPD doesn't mean you can never dye your hair again, as manufacturers strive to create more colourings that don't contain the compound – meaning you can be the most natural version of your unnatural self. The perfect compromise.





Rent-a-Rail

If you're the kind of gal (or guy) who never has anything to wear on a Saturday night (despite having an absolutely heaving wardrobe) then the future of fashion retail is looking very bright for you, as brands seriously consider renting over buying as a viable business model. Much like Netflix for clothes, the sartorial shopper could walk into their favourite high street store and rent the hottest handbag, dress or pair of party heels right off the rail – all for a flat, monthly subscription fee.

Sound too good to be true? Well, a similar system already exists Stateside and is proving to be a big hit. Online company Rent the Runway, based in New York, offers unlimited rental (albeit four pieces at a time) from thousands of highly-coveted items – brands include See by Chloé, Kate Spade and Diane von Furstenberg – for \$159 a month, which includes delivery, insurance and dry cleaning.

You may wonder why someone would want to drop around £4 a day on clothes they

don't even get to keep. Well, this is arguably a service aimed at the fashionista: someone who has disposable income, is expected to dress well for work or has an active social life, and has a penchant for designer brands. A quick perusal of the Rent the Runway website suggests many of the items on offer retail at far more than the monthly fee.

Another argument in favour of renting over buying is that it is better for the environment as so much so-called 'fast fashion' ends up in landfill sites. There is also the convenience of having what is essentially a never-ending revolving wardrobe without the need to find space for it. So, if you've ever found yourself lusting after Alicia Silverstone's virtual wardrobe in Nineties cult classic *Clueless*, the reality may be here sooner than you think.

But if you can't afford the Rent the Runway price tag, we may have the solution for you. Celebrities and models are also helping to make wearing designer more affordable for the everyday individual. A sustainable fashion initiative has been devised where celebs make their pre-loved clothes available to 'shwop' online.

The 'Shwop Shop' was launched by Oxfam and M&S and has gone from strength to strength. The public can now own big brands at a bargain price thanks to celebs such as Melvin Odoom, Millie Mackintosh and Tulisa. Since 2008, the Shwopping partnership has collected over 20 million items worth an estimated £16million for Oxfam's work.

No matter the price tag, the fashion world is transforming to make designer affordable for everyone.



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KIDS

NO PARK?

No Problem

With the dark nights drawing in it can be tempting to stay indoors. But when the sun is shining, it's important to bundle up the kids and have some fun with winter activities outside. As English weather is often unpredictable, it's also worth planning for a rainy day. Here are some excellent ideas for winter outdoor and indoor fun.

FOR A RAINY DAY

Board games

Anyone over the age of 40 will have grown up regarding board games as the first 'go to' option when the weather turns; but over the past few decades computers and tablets have stolen something of that market away and left the likes of Monopoly, Operation and Kerplunk for the festive market. But trends are changing - industry research last year showed that millennials are driving a board games revival... and at the heart of that is the kids market, with more new board games and puzzles launched in 2016 than the previous two years put together.

Scavenger hunt

A twig, a 20p coin, a sweet wrapper, a conker, a roll of Sellotape... Whoever thought a scavenger hunt around the house could be so much fun? Yet for kids burrowing into nooks and crannies in pursuit of completing their hitlist, this is a simple, cost-free and hugely rewarding challenge for siblings and mates alike.

GO OUTDOORS

Geocaching

Geocaching has become hugely popular over the past few years. It is an outdoor treasure-hunting game where participants use a GPS system to hide and seek containers anywhere in the world. This is a great free activity for the whole family and will have you exploring for hours. All you need is the Geocaching app and you're ready to get hunting.

Mud painting

This may be a parent's worst nightmare, but mud painting allows children to learn, play and use their imagination. It may be a messy activity, but it will keep kids entertained for hours and allow their imaginations to run wild. You can also use the mud to create mud pie.



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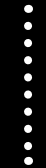
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18

DESTINATIONS FOR 2018

18 OUT-OF-THIS-WORLD PLACES THAT WILL WOW THE WORLD OVER THE NEXT 12 MONTHS



Punta Cana, Dominican Republic
Crystal blue waters, white sand, beach parties and Caribbean culture.

Kerala, India
Treasure, temples and stunning backwaters including five large lakes linked by canals.



Kruger national Park, South Africa
One of South Africa's largest game reserves and your best chance of seeing the big five: lions, leopards, rhinos, elephants and buffalos.

Lisbon, Portugal
Fascinating history, flea markets and fabulous food.



Reykjavik, Iceland
Breathtaking architecture, wild nightlife and natural wonder.

Curepipe, Mauritius
Quaint, steeped in colonial history and home to Trou aux Cerfs, a dormant volcanic crater.



Vardzia, Georgia
Unlike anything you have ever seen, this a cave monastery site excavated from the slopes of the Erusheti Mountain.

Khao Lak, Thailand
Perfect for peace and quiet, this resort destination combines lush tropical rainforest and expansive white beaches.



Beijing, China
Home to the grand Forbidden City complex, the imperial palace during the Ming and Qing dynasties.



Valletta, Malta
Named as the European Capital of Culture 2018, this is one hot spot.

Salzburg, Austria
Medieval and baroque buildings, stunning vistas and the birthplace of Mozart.



Montevideo, Uruguay
A vibrant and eclectic city hosting some of the world's best steakhouses.



Langkawi, Malaysia
An archipelago made up of 99 islands on Malaysia's west coast, this is literally paradise.



Wellington, New Zealand
Fan of *Lord of The Rings*? Then you will LOVE the Weta Workshop in Miramar.



Lake Assal, Djibouti
A crater lake in the Danakil Desert, surrounded by black lava fields and dormant volcanoes.



Seoul, South Korea
A vibrant metropolis where the futuristic meets the ancient.



Patagonia, Chile
Wild, vast and unbelievably picturesque, this is one for naturalists. Also home to guanacos, an elegant cousin of the llama.



Vilnius, Lithuania
If Prague is becoming too commercialised, try a cosmopolitan city with diverse architecture, from the old to the modern, and where a pint only costs £1.30.



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SWAP & Save

Think you can't survive without your daily café-bought latte? What may seem like a few quid a day actually adds up, and this innocent treat could be stopping you from buying something you really covet in the long run. Here's how and why you should consider cutting back...

Coffee has never been so popular. From ubiquitous green mermaids on the High Street, to artisan Antipodean beaneries in the hipster parts of town, everyone is (literally) full of beans. But at around £3 a cup, coffee is not just powering up your day, its powering the economy, and what may seem like a small amount is actually a hefty wodge of your wage over time.

STOP SLURPING, START SAVING...

Here's what cutting back on the beans could afford you:

1 week...£14

Pizza or pasta main course and glass of wine/beer in a restaurant

1 month...£60.90

Pod coffee machine

3 months...£182.70

Espresso machine

6 months...£365.40

European weekend break

1 year...£730.80

One-week all-inclusive European Holiday

5 years...£3,654

Second-hand car

20 years...£14,616

Nice pot for a 'rainy day'

(based on £2.80 average for medium latte)

Whilst there are many variables on how much you might actually save, the bottom line here is value for money and if your daily dose of the black stuff is worth the half-hour of pleasure you get from it. Buying coffee every single day is a habit. To slow down that addiction, try telling yourself that a bought coffee is a treat item.

For some, life without coffee may be too much, so here are some tips for recreating that coffee shop buzz:

☞ Invest in a good coffee machine at home – pods are good, fresh beans are better

☞ Put your home brew in a posh portable cup for on-the-go sipping

☞ Buy a one-cup dripper or AeroPress for quality coffee at work

Recreate sweet treats by buying big bottles of your favourite syrups and creamers.





PUZZLES & TRIVIA

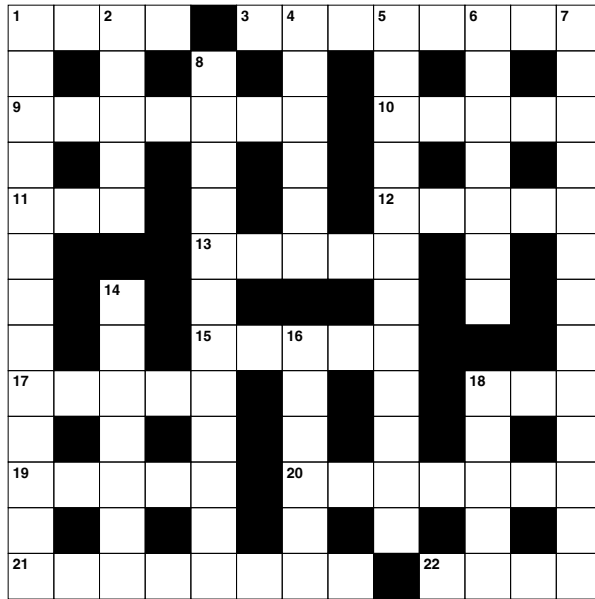
PUZZLES

ACROSS

- Canines (4)
- Where one finds Glasgow (8)
- Swindles (7)
- Uniform jacket (5)
- Herb; regret (3)
- Discover (5)
- Decay (5)
- A Fish Called ___ : film (5)
- Tree of the birch family (5)
- 22nd Greek letter (3)
- Maladroit (5)
- Tropical disease (7)
- Channels of the nose (8)
- Run away (4)

DOWN

- Removal of trees from an area (13)
- Diving waterbird (5)
- Building for gambling (6)
- Casual chatter (6-6)
- Plants that live a year or less (7)
- Remove dangerous substances from (13)
- Creator of film scripts (12)
- Restores honour (7)
- Standard; usual (6)
- Servant in a royal household (5)



Answers can be found on the Contents Page 4

DID YOU KNOW

- ▶ August had the highest percentage of births
- ▶ November is the only month used to represent a letter in the phonetic alphabet.
- ▶ Months that start on a Sunday will always have a Friday 13th
- ▶ Rio de Janeiro translates to river of January.
- ▶ In the original Roman calendar, October was the eighth month, hence 'octo' meaning eight
- ▶ Even though October has 31 days, it is the longest month of the year due to the clocks going back one hour

SUDOKU

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

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SPORTING CALENDAR

Football fanatic, or just a total tennis-head? Don't miss an ace, goal or hole in one with this handy guide to what's what in the sporting world of 2018...



FEB

4th: Super Bowl LII, Bank Stadium

The 52nd Super Bowl will take place in Minneapolis. The New England Patriots are the current defending champions, and Justin Timberlake will be returning to the stage for the coveted half-time show slot – 14 years after his appearance with Janet Jackson featured an unfortunate wardrobe malfunction.

APR

5th-8th: The Masters, Augusta

Last year's champ, Sergio Garcia, is expected to feature, along with England's most recent victor, Danny Willett, and four-time winner Tiger Woods.

14th: Grand National, Aintree

The Grand National will hit Aintree in early April in a thunder of hooves and a menagerie of fascinating hats. Last year, 14/1 outsider One For Arthur grabbed the title – and a good chunk of the £1million pot that makes this race the most lucrative in the sport.



JUN

14th-July 15th: FIFA World Cup, Russia

Yes, England are through and will be hoping for a strong start to manager Gareth Southgate's international competitive debut. But the Three Lions will need to be at the very top of their game if 2018 is finally going to be the year that football comes home, with Spain and France looking strong and holders Germany hoping to emulate Pele's Brazil with consecutive wins.



JUL

2nd-15th: Wimbledon, London

Reigning champion Roger Federer will be aiming to add to his record of eight victories at the All England Tennis Club, while newly-knighted Andy Murray will be hoping to give the home fans something to cheer about. In the women's matches, new mother Serena Williams may well return – looking to continue her almost superhuman domination of the sport.

7th-29th: Tour de France

Brit Chris Froome will be hoping to keep hold of cycling's coveted Yellow Jersey this year – but there'll be stiff competition in the 21-stage race which, at 3,329km, will be the shortest route of the 21st century.



SEP

28th-30th: Ryder Cup, Le Golf National

The biggest names in transatlantic golf will be heading to France this year for the chance to get their hands on those famous green jackets. The United States are the current defending champion, but last won in Europe in 1993.



SPORT

Photo credit: A RICARDO / Shutterstock.com

Photo credit: Matt Gum / Shutterstock.com



Sports TECH



It's never been easier to keep fit without ever entering the tortuous territory of the gym, and these apps show that to achieve peak physique all you really need is some motivation and a smartphone.

IMUSCLE

While you may not possess the necessary anatomical insight to know what your muscles are up to when you work out, iMuscle does. Allowing you to choose which specific muscles you want to train and tone from a detailed diagram, this app not only suggests relevant exercises, but also provides an in-depth animation of the muscles at work, so you know how to get the most out of your workout.

STRAVA CYCLING

A GPS with a twist, Strava Cycling measures your speed, distance and elevation as you cycle to give you a full overview of how your training is progressing. Furthermore, this app can sync with other users, allowing you to discover the best

nearby trails and even pit yourself against fellow cyclists who have ridden the same routes.

POCKET YOGA

As you'll no doubt have been told by one of your more flexible friends, yoga is a great way of relaxing your mind, body and soul. But if the thought of stretching in front of a room full of sweating yogis fills you with dread, Pocket Yoga – with its audio and visual guidance and catalogue of 27 separate routines – can help you enjoy the benefits of yoga in the comfort of your own home. Namaste.

CHARITY MILES

The upshot of exercise for the majority of people is eventual self-improvement, but this app gives a little back to the community while you're in the process of re-imagining your own self. Charity Miles has partnered with a host of major companies, allowing you to choose from over 40 charities to support while you run. The more miles you go, the more money is donated to your chosen charitable project.

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Speed Demons

The Land Speed Record is one of the oldest accolades – but how much do you know about the brave drivers who sought to go faster than anyone before them? Andy Green, the current record holder, speaks to **VISION**...

In 1898, French engineer Eugène Brillié and his business partner Gustave Gobron founded a car company which created the Gobron-Brillié. Six years later, Louis Rigolly became famous for being the first man to go beyond the speed of 100mph – 103.56mph to be exact – at Chatillon-sur-Seine in France. Rigolly must have considered his automotive accomplishment to be insurmountable; the Frenchman was the first of many daring drivers to put their lives at risk in the pursuit of speed.

During the next decade, Rigolly's record was smashed seven times. From Henry Segrave attaining 200mph with the Sunbeam 1000HP in 1927, to renowned speed junkie Sir Malcolm Campbell's famous 300mph run with the Blue Bird in 1935. In 1965, another impossible dream was made real when Craig Breedlove took to the Bonneville Salt Flats in American Spirit and went at the speed of sound in a land vehicle for the very first time.

In 1997, Andy Green teamed up with his predecessor Richard Noble (Thrust 2, 650.88mph). The resulting vehicle, Thrust SSC, was the first to exceed the speed of sound on land. Now, 20 years after this momentous motoring marvel, Green and Noble are back with Bloodhound SSC. Their goal? 1,000mph.

"We've solved problems that no one has even addressed before because nobody has tried to build a car doing 1,000mph at ground level," Green says. "To put into perspective, the world's fastest jet fighters max out at about 900mph at ground level in thick air. They go twice as fast up in thin air at 50,000ft, but we're aiming to build a car that is faster than any jet fighter. The task is that ambitious."

Green is looking to become the first man in history to break his own land speed record. "In the Bloodhound, I'm accelerating at 2G and slowing down at 3G, that's 60mph per second," the 55-year-old explains. "So it's equivalent to driving at 60mph and completely stopping in one second; that's how quickly the car will slow down."

Bloodhound SSC is operational, but Green is already looking to the next generation of speed demons.



BLOODHOUND SSC

SPEED COMPARISONS OF THE FASTEST THINGS IN THE WORLD

28		The maximum speed USAIN BOLT reached when he set his 100m record of 9.58 seconds in 2009
48		11 time world champion SIR CHRIS ROY can reach speeds of over 48mph using pedal power alone!
317		KEN WARRY built his jet-powered boat in his back yard in Sydney. His record has stood since 1970!
763		In 1937 ANDY GREEN became the first and only person to drive a car faster than the speed of sound!
833		FELIX BAUMGARTNER had to jump from a height of 31,999 metres to reach these very high speeds!
988		The low altitude record is held by BARRY GREENHAMER in his F100 - which he built out of scrap parts!
1050		At peak speed BLOODHOUND SSC will be faster than a bullet from a .507 Magnum!
4510		The rocket powered X-15 flew so high that two flights counted as space flights!
24790		SATURN V 150 times more powerful than BLOODHOUND SSC - generating 21.6 million Thrust HP at launch!

Notice how most of the really fast things achieve their speeds very high up where there is little or no air resistance (drag). The lower you get, the more dense the air becomes. At top speed Bloodhound could experience almost 20 times as drag!

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