



V

**SOLO
TRAVELLER
THIS YEAR**

**GET
FIT IN 7
MINUTES**

**CLOTHES SHOW
ON THE MOVE**

**DONALD TRUMP
Meets the President**

PRINCE HARRY

Is he lucky in love and ready to settle down?

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# Editor's notes...



Misha Mistry, Design Editor

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

It's the time of the year for New Year's resolutions, and recuperating after a busy festive period. There is no better way to relax than to kick

back on those chilly mornings with a cup of coffee and **VISION**Hemel.

This month, you can read all about Donald Trump's presidency and the 14-year-old girl who was cryogenically frozen after tragically losing her battle with cancer.

For those looking to work on their fitness this year, we show you how to get fit in only seven minutes, which fits into even the busiest of schedules.

Stay ahead of the latest trends, as **VISION**Hemel shares the hottest fashion tips for Spring 2017, and the Clothes Show prepares to move location after a successful 27 years in Birmingham.

Prince Harry may be classed as one of the world's most eligible men, but has he finally found someone to settle down with in *Suits*' Meghan Markle?

In local news, Gold medallists Max Whitlock and Jess Stretton were awarded MBEs and football star Harry Winks has broken into the Tottenham first team, working in partnership with his former school, Cavendish School. See if you can spot yourself in this year's Santa Dash pictures inside.

Wishing you a happy start to 2017 and enjoy,

*Misha*

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# HELLO TRUMP Goodbye Obama

The world will breathe heavily from this month as one of the most controversial men in American politics becomes the 45th President of the United States.

And for just a few hours the USA will have two presidents on January 20.

Hello Mr President – Donald Trump will be sworn in.

Goodbye Mr President – Barack Obama will bid his farewell to the White House.

But first Mr Obama will carry out his last five tasks that are undertaken by every outgoing Commander-in-Chief. He will first issue presidential pardons. Some years ago Gerald Ford pardoned Richard Nixon for his transgressions over Watergate.

He must also officially welcome the incoming president. Mr Obama will also leave a note for

President Trump. Then he will attend Mr Trump's Inauguration.

Finally he and Michelle and their daughters Malia, 16, and Natasha, 15 will ride a helicopter out of Washington – a tradition since Gerald Ford's exit in 1977.

Barack Obama will wake up in the White House on the morning of January 20. That night, Donald Trump will go to sleep for the first time in his new home.

The White House changes hands almost as instantaneously as the presidency does.

While the inaugural ceremonies are underway, staff at the White House will be frantically moving out the remnants of the Obama administration and preparing the residence and offices for their new inhabitants.

The next morning, Mr Trump, whose victory

stunned America – and the world – will walk from his new White House residence to the West Wing to attend to his duties as President of the United States.

Mr Trump has already made two announcements that have been greeted with huge public acclaim from Republicans.

The billionaire businessman has announced that he will not take a penny in presidential pay while he is in office.

He is reckoned to be worth £3.7 billion and is by far the wealthiest man ever to take office.

Since 2001, the President has earned a £317,000 annual salary, along with a £40,000 annual expense account, a £79,000 nontaxable travel account, and £15,000 for entertainment.

Under Federal law he must be paid the allotted annual salary, so it will be up to him how to pass that money on.

He is the third American president to give up his salary. John F Kennedy passed salary to charity – something he began as a Congressman. Herbert Hoover also split his salary between various charities, bolstering the incomes of his staffers.

His second declaration is that he has given up his multi billion dollar business empire to run the country.

In a series of tweets, the billionaire real estate magnate announced he will be leaving his “great business” to focus on running the country.

He wrote: “While I am not mandated to do this under law, it feels it is visually important, as President, to in no way have a conflict of interest with my various businesses.

“Hence, legal documents are being crafted which take me completely out of business operations. The Presidency is a far more important task!”

It is thought Trump's children Ivanka and her brothers Eric and Donald Jr. will have “shared responsibilities” within the company.

The siblings worked together to guide the company while their dad was on the campaign trail.

The gesture torpedoes any claims that Trump could face impeachment for breaching conflict of interest rules when in office.

While Mr Trump settles in the White House, Mr Obama and his family will remain in Washington so that Natasha can finish high school.

They have rented a £3.4 million mansion in the Kalorama neighborhood of DC, which will be their main home at least for the next two years.

It is also believed they have purchased a home in Rancho Mirage, California.



# FROZEN

## WAITING TO BE REBORN

The body of a 14-year-old British girl has been stored in a giant frozen vat in the hope that one day she will be revived.

The girl, known as JS and who died in October, shares her 10 ft fibreglass tomb with five other corpses all hoping that they too will one day be brought back to life.

They died in the hope that one day a cure will be found which would help them to be revived.

The tragic British teenage cancer patient was taken to the Cryogenics Institute in Michigan after winning a high court battle to be cryogenically frozen after her death.

The girl's divorced parents had disagreed over whether her wish to be frozen should be followed, so the girl, who cannot be named for legal reasons, asked a High Court judge to intervene.

In a heartbreaking letter to the court, she said: "I don't want to die but I know I am going to...I want to live longer...I want to have this chance."

She asked Mr. Justice Peter Jackson to rule that her mother, who supported her desire to be

cryogenically preserved, should be the only person allowed to make decisions about the disposal of her body.

Her body is stored in the white "cryostat" tank – codenamed HSSV-6-118 – where her body is now stored upside down.

She has been strapped to a plank, wrapped in a sheet and placed in a supermarket sleeping bag before being lowered head-first into the chamber.

The circular chamber, number 18 of 21 at the plant, was filled with liquid nitrogen to freeze it at -196C and sealed shut with a foam cork and 4ft metal lid after reaching its capacity of six bodies.

It will be re-opened only when staff there believe they can successfully resuscitate the girl – referred to as "patient 143" inside the 7,000sq ft warehouse.

She is the youngest frozen body at the institute – 3,700 miles from her London home.

A total of 145 bodies are currently frozen inside, including at least 15 from the UK, with patients paying at least £22,500 to secure a place.



Photo Credit: PA Images

# BEAT THE BLUES

Let's face it, living in Britain means we've been lumped with the rotten end of the weather deal. Sometimes it feels like we're living in sub-arctic conditions: the grey, gloomy days elongating ahead of us, the relentless rain never granting us a second's peace. Winter comes and the warmth of the sun ebbs away; we're left holding onto a distant memory of that one time when we dared to venture out without a jumper. Well, fellow Brits, not anymore! Winter may come, but it will not defeat us; it is now time to come together, stand strong and beat the winter blues once and for all.

We've collated the best tips for passing those winter months in style, and they couldn't be simpler...

## Cash in with colour

Swap your greys and blacks for mellow yellows, autumn oranges and popping pinks. It's as simple as buying a new bed throw, changing your pillow covers and using a new table cloth. It's guaranteed to lift your mood, and will help your home feel warmer.

## Seasonal scents

Get yourself in the festive mood by buying scented candles, seasonal sprays and potpourri. There's nothing quite like the smell of cinnamon, mulled

wine or spiced pumpkin to get you into that sparkling winter spirit.

## Maximise with mirrors

As the days get shorter, there's less natural light on offer. You can gloss over the gloom by adding large mirrors to any blank spaces you may have. Reflecting daylight or night-time lights will ensure your rooms feel bigger and your home brighter during those dark days.

## Remember...feet first

One of the easiest tips for beating the blues is to keep those tootsies nice and toasty. Why not invest in some super-soft slippers, socks or even – gasp – Ugg boots. You may not want to wear them to the pub but they'll ensure you'll stay insulated from top to toe?

## Home is where the hearth is

If you have a fireplace, rearrange your furniture to face towards it, making the glowing embers a heartwarming centre-piece. Add your comfiest cushions and throws all around for extra winter warmth, and snuggle up in front of a roaring fire.



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# PANTONE'S PALETTE

DISCOVER THE COLOUR OF 2017 AND FLOURISH!

Each year, interior designers across the globe wait in suspense for the announcement that will dictate their work for the coming 12 months: Pantone's Colour of the Year. Fresh on the heels of 2016's choice, light pink Rose Quartz and baby-blue Serenity, is a “tangy yellow-green” known as Greenery.

The Pantone Colour of the Year choice has long been implicated in major global trends – with 2015's earthy-brown 'Marsala' being reflective of many politicians' ties leading up to the General Election, and last year's double act reflecting the fluidity of gender across society.

Described by Pantone as “a refreshing and revitalising shade, symbolic of new beginnings”, Greenery is supposed to evoke images of verdant foliage and the blooming lushness of the great outdoors. Pantone hope that by choosing Greenery as their Colour of the Year, they can capitalise on the “innate craving” those of us in the modern age have to immerse ourselves in “the physical beauty and inherent unity of the natural world”.

But why is Pantone's Colour of the Year such a big deal?

In 1963, an American chemistry student called Lawrence Herbert created a system that identified the exact ink formula for every shade of colour, meaning that whatever an individual's visual perception, each colour's specific number – in Greenery's case, 15-0343 – would remain the same. Not only could graphic designers, fashionistas and interior decorators now distinguish between shades in a definitive way, but Herbert's system became the integral to his company Pantone.

The involvement of Herbert in its founding made Pantone a

‘global authority’ on colour – and it pervades everyday life in a surprising amount of ways. For example, the red hue that has come to be associated with that most giant of soft drink corporations, Coca-Cola, is actually the colour numbered 484 in the Pantone Matching System book. So long as PMS 484 is used, the finished product will exude that same ‘Coke Red’ we know and love.

After what can at best be described as a topsy-turvy year, Pantone have high hopes for the Spring-connnotations of Greenery to refresh and revitalise our homes, cars, clothes and accessories.



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HOME & DIY

# THE HOUSE THAT TECH BUILT

Smart phones are now seriously smart. Gone are the days of settling for a fuzzy camera and the ability to email; the modern mobile is now expected to perform technological miracles at the touch of a button. Here's the lowdown on the latest must-have gadgets you must own in order to move into the modern age as the proud owner of a 'smart home'.

very latest idea in computerised culinary wizardry. Sure, you'll need to buy specific (healthier) smart-oven-ready meals, but when your oven scans the barcodes attached to these it will know exactly whether to bake, broil, steam or char to get your food perfect every time.

## WI-FI KETTLE



This technical alternative to bog-standard boiling will never have you arguing over whose turn it is to put the kettle on.

With Apple's iKettle leading the way, this state-of-the-art (RRP £99) appliance pairs up with an app for Android or iPhone that can connect to either the Home Wi-Fi network or its own direct link. You can then just tap the power button and away your kettle boils – you can even choose which temperature you want the water to heat to, just in case you like your speciality tea and a speciality temperature.

## NEST THERMOSTAT



This thermostat doesn't just control your home's heating – it learns. After installation, the new Nest Thermostat (RRP £249) catches on to when you are turning it up or down and begins to act accordingly,

automatically keeping your abode at the optimum toastiness for every hour... just how you like it!

## AMAZON ECHO



Essentially the closest thing you can get to being inside Batman's actual bat cave, the Amazon Echo (RRP £150) is a speaker system and personal assistant (named Alexa) all-in-one. The Echo not only allows for you to control your heating, lighting and numerous appliances all from the same place, but also provides a timely spoken reminder for any important appointments,

## TOVALA SMART OVEN



It may look like a microwave, but the Tovala Smart Oven (available to pre-order for circa £260) is the

events and engagements you may be at risk of forgetting.

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# DIY IN UNDER AN HOUR

## HOMEMADE Blackboard

This 'do-it-yourself' project will bring endless hours of creative fun to children, and adults too!

1. Choose a piece of plywood as a backing for the blackboard
2. Apply a coat of primer to the sheet of plywood
3. Apply two coats of blackboard paint to primed plywood
4. Wait for paint to dry
5. Begin drawing



HOME & DIY



## Teapot Plant Pots

For a creative way to recycle unwanted crockery, follow these steps to transform them into miniature plant pots, making them perfect as a decoration anywhere around the house.

1. Fill teacups or other crockery with soil
2. Plant seeds and plants in the soil
3. Water well and place near sunlight

## Pebble Placemats

Perfect for use as coasters, place mats or even door mats. Create your own mats using only felt or wood, glue and pebbles.

1. Cut a piece of felt or wood to the desired size
2. Using a hot glue gun, cover the base layer
3. Place pebbles onto mat, keeping height consistent
4. Wait for glue to set before use







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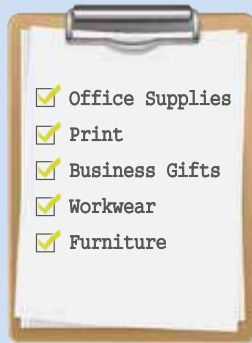
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# THE CLOTHES SHOW

FASHION

## MAKING HISTORY

After a whopping 27 years, the fashion event of the year is having an overhaul and moving to Liverpool next year.

*Clothes Show Live* is relocating for the first time in its history and, as well as moving locations, it will also be held from 7-9 July instead of the usual December date.

The event, which attracts more than 100,000 visitors every year, was born out of the BBC hit TV show fronted by Prof Caryn Franklin. It not only reported on catwalks but also offered viewers advice on achieving styles from the stage on a budget.

Prof Caryn Franklin has been a resident of the live event for many years, hosting workshops and seminars as well as leading some of the intimate catwalks. She is known for her work as co-editor of *i-D Magazine* and has been a fashion commentator for more than three decades.

The success of the show from 1989 to 2000 led to a magazine and then the launch of the live shopping event at the NEC Birmingham.

The show is known for launching the careers of many celebs, including Cat Deeley, and has grown from a being a small event to one of the most popular fashion showcases of the year.

The Fashion Theatre has seen the likes of *The X Factor* contestants 4th Impact, JLS and Alexandra Burke sing on the stage and showcases everyone from up and coming designers to highlights from the high street.

Next year's event is being publicised as the British Style Collective presented by *The Clothes Show*. As well as celebrating fashion, it will also showcase British culture and arts, taking place across three venues including Liverpool Cathedral and St George's Hall.

There are plans for the show to tour cities across the UK in the coming years, visit [www.clothesshow.com](http://www.clothesshow.com) and sign up for updates.





# SS17 from the catwalk

Spring/Summer 2017 is all about keeping it bright, colourful and fearless. This year's catwalk has projected a lot of prints, sequins and tailoring. The next season is about girls being flirty with florals and men embracing their inner metallic-urge. This is just a sneak peek at what's to come, the real reveal is on the February catwalks across Europe in London, Paris and Milan fashion weeks.

## Women

Mixing materials like lace and satin will ensure you stand out from the crowd and give your wardrobe some texture. This includes teaming lace tops with patent shoes and everything from fur jackets with satin trousers, to tasselled bags with velvet dresses. Layer it up and keep it flirty by wearing soft pinks and floral prints.

## Men

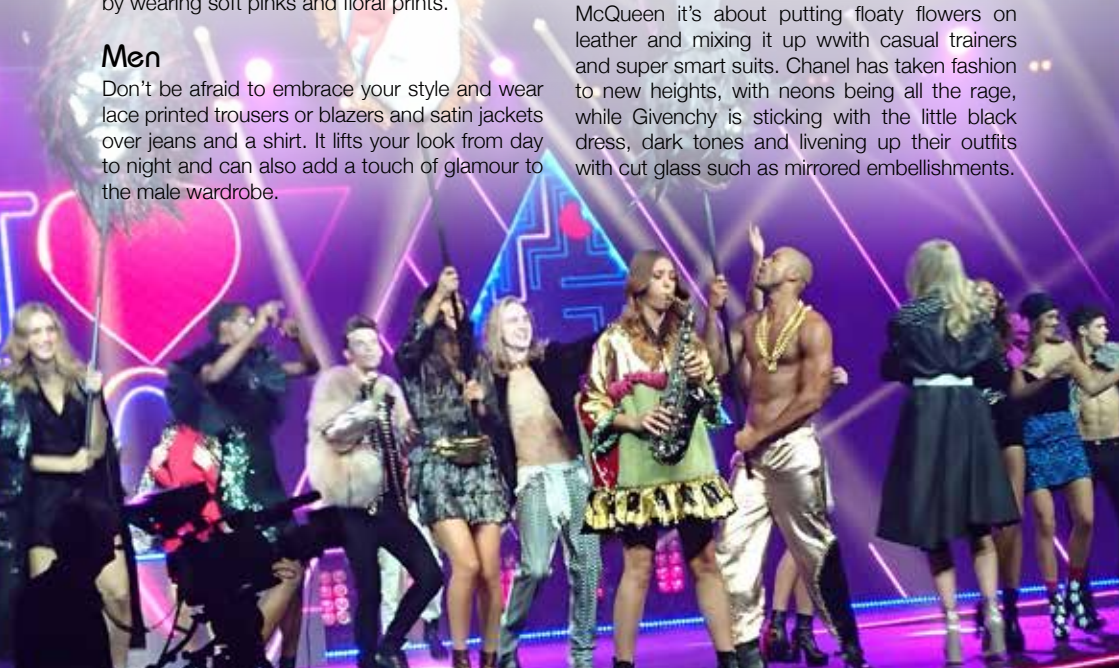
Don't be afraid to embrace your style and wear lace printed trousers or blazers and satin jackets over jeans and a shirt. It lifts your look from day to night and can also add a touch of glamour to the male wardrobe.

## High street

On the high street, women's retailers are going for high necks and tailored suit jackets, skirts and capri trousers for the ladies. This style is all about being able to go from day to night with ease and looking smart and polished all day. For men, it's about being adventurous, but keeping the colours tame and really letting go with the fabrics.

## Designers

The top designers are really letting loose. Women are treated to flowers, revealing lace all over dresses and of course, the all-important leather or fur coat. Men are going sheer when it comes to shirts and ankle-grazer trousers are staying from Autumn/Winter 2016 fashion staples. For McQueen it's about putting floaty flowers on leather and mixing it up with casual trainers and super smart suits. Chanel has taken fashion to new heights, with neons being all the rage, while Givenchy is sticking with the little black dress, dark tones and livening up their outfits with cut glass such as mirrored embellishments.



# The secret to the PERFECT BEEHIVE

It's a retro staple when it comes to achieving a beautiful barnet – find the secret to the perfect beehive hairstyle here...

Part your hair to the side with a comb. If you have a fringe, part that to the side too, tucking the longer hair behind your ear. Otherwise, simply comb your hair back.

If you want a big, retro beehive, you will want to keep it up. A half-down beehive is more modern and casual.

Bend your head down. Let your hair fall over your face, and fluff it up, then decide where you want your hair to start. For a bolder retro style, you must start very close to your crown – be confident!

Bend your head forward so that your hair falls over your face. Take 1–2 inch sections of hair starting from the middle of your head, and run a comb back and forth through each section in small, quick motions. Make sure the top of the section remains smooth

Tease the rest of your hair, then flip all your hair back and run a brush over the topmost part to

smooth it out. If you lose some volume, just re-tease your hair as needed.

Tilt your head back and separate the top quarter of your hair, starting from your crown. Gently brush out this outer layer until smooth. Brush upwards to keep from squashing the hair that you've teased.

Sweep your smoothed hair over your teased hair and secure it in the back with bobby pins, pinning your hair together. Keep gathering and pinning until you achieve your desired shape. Push the bobby pins in upwards at a 45° angle for maximum hold.

Smooth your side sections, pull them taut, and pin them close to the back of your head.

Gather up the remaining strands at the back of your head and pull them together like you're creating a low ponytail. Twist the ponytail upward and close to your head; when it is tight, tuck the tips into it and secure it to your head with bobby pins.

Give your entire 'do one final spray and comb down any loose strands to achieve the stylized look of the times.





# Men...Wax On or Wax Off?

If you've found yourself longing for a back that doesn't resemble a bearskin rug or are sick of those pesky chest hairs detracting from your stunning six-pack, then read on...

Waxing and hair removal are often labelled as womanly pursuits, but male grooming, or 'manscaping' to use its official title, is more ubiquitous than ever before. No longer confined to porn stars and bodybuilders, regular blokes are often seen in salons asking for their shoulders, full chest, or ahem... 'sack, back and crack' to be unburdened from the fuzz.

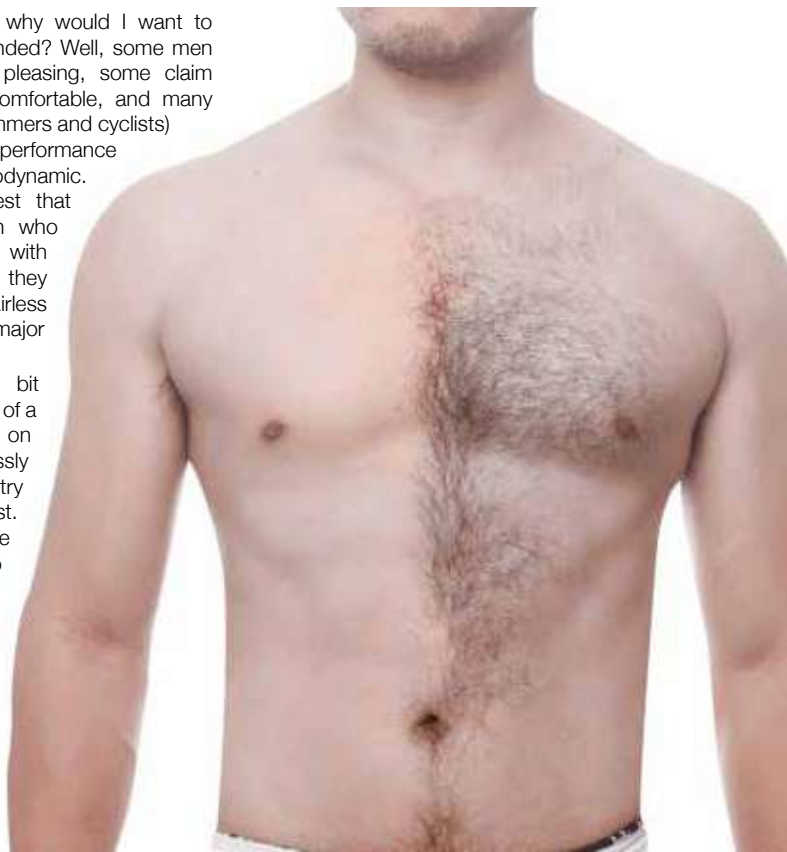
You may be wondering, why would I want to surrender what nature intended? Well, some men find it more aesthetically pleasing, some claim it is more hygienic and comfortable, and many sportsmen (particularly swimmers and cyclists) believe it helps enhance performance by making them more aerodynamic. Some studies also suggest that women appreciate a man who has a regular tidy up, with many admitting that whilst they wouldn't want an entirely hairless lover, gorilla bods are a major turn off.

If you are still a little bit uncomfortable with the idea of a stranger slathering hot wax on your privates before mercilessly ripping it off, then why not try a bit of DIY manscaping first. Electric beard trimmers are great if you just want to minimise the hair, or for a smoother look try a wet shave (trim first!). The benefits of shaving are that it is far cheaper and considerably less painful. However, waxing will give

a much cleaner result that can last up to six weeks.

Naturally there are a few things to consider before you take a sharp razor or hot wax anywhere near your crown jewels...good hygiene is essential as nicks and cuts can lead to infection, and precede your regime with a bath or shower to soften the hair. Finally, a bit of aftercare will greatly improve the results, so remember to moisturise.

So, does the modern man shy away from removing unwanted hair? No, he does not!



# Look after your skin

Your skin works hard to keep you healthy, but you do have to return the favour to maintain a youthful glow.

There are a number of things which can easily damage your skin that you might do every day and had no idea of the affect on your skin's health.

One of the most important factors to young, soft and smooth skin is moisture. Moisturising regularly keeps your skin tight, soft and improves elasticity. It also helps with the natural production of oil which is also an important factor in having healthy skin.

Secondly, you can maintain happy skin by managing stress. Although it might not seem like it, stress actually can have a profound affect on the way you look and feel and your skin is prone to breakouts and appearing dry and irritable.

Getting your skin into a routine, especially your face, will make a huge difference and, ensuring certain elements are never neglected, will put you on the road to victory.

## Seven steps to skin perfection:

1 Cleanse – in order for your skin to constantly evolve and rejuvenate, it's important you clean your skin every day. This includes washing your whole body and using a daily face wash on your neck as well as your face. Up to the age of 35, washing your face twice daily will help manage spots.

2 Tone – using a toner after cleansing is really important, especially if you are prone to oily skin or use public transport daily. Apply to your face using cotton wool to remove grime and dirt.

3 Moisturise – if you don't have oily skin, moisturising with a cream for dry skin such as

cocoa butter, fruit or nut based body butters are best. Use all over your body except the face.

4 Exfoliate – to remove dead skin cells and deep clean your pores, exfoliate your face twice a week and your body, once a week. This can be with a mitt or scrub.

5 Control stress – stress makes your skin prone to acne and redness. Manage it by getting lots of sleep and ensuring you keep up with your routine.

6 Eat lots of fruit and vegetables – vitamins are vital for producing good, healthy skin. Eating a variety of fruit and vegetables will ensure you feed your skin with the right nutrients.

7 Drink plenty of water – water keeps your skin hydrated and will help combat dryness. It also improves the appearance and can reduce spots by flushing your body of toxins.





# LOCAL NEWS

*from your neighbourhood*



## Premier League calling for Winks's local school

Title challengers Tottenham Hotspur are offering a new full-time sports programme in partnership with The Cavendish School, whose alumni includes Spurs' breakthrough midfielder Harry Winks.

The Sixth Form programme includes 10 hours of football training a week from Spurs' Global Coaching team while students will also be provided with an opportunity to achieve their FA Level 1 coaching award.

Completing the course will allow pupils to enrol on a number of sports degrees such as Sports Management, Sports Coaching, Sports Science and Physical Education.

Former pupil Winks, who scored on his first Premier League start against West Ham this season, said: "It's great to see us teaming up with my old school to provide students with a full-time sports programme. This course is another example of the great work the club does in using football to support the education of local young people."

Grant Cornwell MBE, head of Global Coaching at Spurs, said: "We are delighted to be partnering with The Cavendish School. Students will not only get access to a high quality football training and match programme, but using football as the hook will also see them gain qualifications in the classroom that can ultimately help them to further their careers and lead to higher education or employment opportunities."

David Fisher, director of Key Stage 5 at The Cavendish School, added: "This is a fantastic opportunity for students wishing to join our Sixth Form and we are extremely proud to be linked with such a prestigious global organisation.

"This opportunity highlights the continued efforts of our staff and students to raise results significantly above the national average, which is highlighted by the Ofsted 'Good' grade for our Sixth Form provision. Working with Tottenham Hotspur will give our students a huge incentive to be ambitious and achieve their goals in a wide variety of potential careers."

## Volunteer for something special in 2017



Most people have already made their New Year's resolutions but if you haven't yet decided what your resolutions should be, why not join Hertfordshire's Special Constabulary?

Alex Whittle has been a Special Constable for six years and is currently an Acting Special Sergeant based at Hemel Hempstead Police Station. Employed full time as a civil servant, Alex works a shift pattern which gives him the flexibility to be involved in variety of duties as a Special.

On average Alex is able to work 40 hours a month as a special.

Alex said: "I like the skills that being a Special Constable has given me; I am much more confident now than I was before I joined.

"Joining the Special Constabulary will be the most rewarding decision that you will ever make. All you have to give is 16 or more hours per month and you will be rewarded with a whole new skill set that is maintained by regular training, a peer group that looks out for you and is always on hand to help, and the feeling that you are making a difference in your community."

If you would like more information on becoming a Special Constable, visit [www.hertspolicecareers.co.uk](http://www.hertspolicecareers.co.uk) and click on 'apply online'.

## Demolished office block under the hammer

Work has started on a development which will create much-needed affordable new homes for rent on the site of an empty office block in Hemel Hempstead.

The development in Swallowdale Lane, built by Hightown Housing Association, will consist of 87 one-and-two bedroom flats across four blocks, and is nearby to shops, green spaces and public transport.

Demolition work has just begun on Viking House, an empty block that was formerly owned by Atlas Copco and was bought by Hightown in 2014.

The outdated building will be replaced with contemporary architecture, with the entrance in

Redbourn Road leading into a courtyard and a children's play area, surrounded by three four-storey blocks, rising to a nine-storey block creating a landmark corner building.

The central space will create a focus for the development and a shared space for residents to enjoy. There will be nearly 100 parking spaces and a cycle and foot path linking to the former railway line known as The Nickey Line.

## Man sent to psychiatric unit indefinitely for manslaughter



A man who admitted killing a woman at her home in Hemel Hempstead will serve an indefinite spell at a psychiatric unit on December 19, he was sentenced to a Hospital Order with a restriction without time limit after pleading guilty to killing Nicola Cross at her home.

Nicola Cross, 37, was stabbed several times at her home in Dunlin Road by Marcin Porczynski, who is 24 years old and from Claymore in Hemel Hempstead in September last year.

At St Albans Crown Court last month he pleaded guilty to manslaughter on the grounds of diminished responsibility.

Detective Chief Inspector Jerome Kent from the Bedfordshire, Cambridgeshire and Hertfordshire Major Crime Unit said: "This was an incredibly tragic incident. It is highly unusual to be randomly attacked in your own home and is one of the saddest cases I have ever dealt with.

Phillip Mansfield, District Crown Prosecutor for Thames and Chiltern Crown Prosecution Service (CPS), said: "This case represents a devastating tragedy with Nicola, a wife and a mother-of-two, being killed in such horrific circumstances. I would like to thank her husband and family for the support they have given to the prosecution of this case. Our thoughts are very much with all of Nicola's family and friends at this time."





## Residents invited to help shape health plans

A debate about future plans set to transform healthcare services in Dacorum will go ahead later this month.

Residents can attend the Your Care, Your Future event on Tuesday, January 31, at Hemel Hempstead School from 7pm to 9pm.

It is being organised and attended by local NHS services, including Herts Valleys Clinical Commissioning Group (CCG) and West Hertfordshire Hospitals NHS Trust to inform the community about possible developments and gain an understanding of what locals want.

Health experts are keen to hear from residents about the existing community networks and resources that new local services can work alongside.

Corina Ciobanu, local GP and chair of Dacorum Locality for Herts Valleys CCG, said: "Hospital plans

have drawn a lot of debate and attention, and while these will continue to be important, we need to see them as being part of bigger plans to transform health and care services.

"We want to widen discussions to look at plans to deliver better co-ordinated care closer to home, which is what people told us was a priority at the start of our conversation about developing future provision under Your Care, Your Future. I hope that people will come along to this event to find out more and be part of the conversation about developing future services."

There will also be an update on plans to modernise hospital provision for people needing emergency and specialist care.

Contact Annette Pullen by emailing [annette.pullen@hertsvalleysccg.nhs.uk](mailto:annette.pullen@hertsvalleysccg.nhs.uk) to book for this event.

## Hometown heroes are honoured



Hemel's sporting heroes received some well-deserved recognition in the recent New Year's Honours list.

Max Whitlock, who became Britain's first ever gold medallist in artistic gymnastics when he won gold at the floor and pommel horse exercises in Rio, was made an MBE. He is the most successful gymnast in British history.

Meanwhile Jess Stretton who also picked up a gold medal in archery in Rio was given an MBE. Jess made her international debut in 2015 and started 2016 on a high by setting a new world record and claiming silver at the Fazza International Para Championships in Dubai.

Her career highlights include individual bronze at the 2015 Para World Championships, individual gold at the 2015 Para World Ranking Tournament in Nove Mesto, Czech Republic and individual gold and team bronze at the 2015 Para World Ranking Tournament in Almere, Holland.

Graham Cook, the manager of Albin International Repatriation, was also made an OBE for services to the armed forces.



## Sun shines on a sea of Santas

Hemel town centre turned red and white last month as 520 Santas on two and four legs descended on Riverside to sparkle in the sunshine at The Hospice of St Francis' ninth annual Santa Dash.

The gaggle of Santas of all ages set off at 10am to walk, scoot or sprint the 2.5-mile dash taking in the High Street and Gadebridge Park.

The speediest Santa was Cosmo Craven, from London, but was soon followed by many others, including little Joshua Smith, just seven weeks old, who was carried around the course by dad Duncan and mum Michelle, who recently moved to Hemel Hempstead.

Another family taking part was Rachna Mehta and sons Konark, 11, and Veer, six, dashing for the first

time in memory of their mum and grandma, whilst little Tommy Stewart, four, from Northbridge Road, Hemel, dashed with dad, Brad, and the pair have already raised £75 thanks to donations from family and friends.

Events fundraiser at the hospice, Lauren Parker, said: "We're so grateful for the amazing support we've received not only from all our volunteers, marshals and 520 Santa's but also from Mike Penning, Belvoir Lettings, Riverside Shopping Centre and everyone else who contributed in any way. We couldn't have done it without you!"

If you'd like to find out more about the hospice, visit [www.stfrancis.org.uk](http://www.stfrancis.org.uk)

## Have your say in helping shape the future of Dacorum

VISIONHemel readers are being urged to have their say on shaping the future of the area.

The call comes from Dacorum Borough Council (DBC) who are drawing up proposals to form an overall planning blueprint for the area by establishing detailed proposals and requirements for particular sites and areas.

The planning documents will shape the borough over the coming decades and play an important part in the decision on planning applications.

Government planning chiefs have asked DBC to make a series of changes to the documents to ensure it can be formally adopted. The modifications will affect a number of development sites in Hemel

Hempstead and local planning chiefs want to hear from members of the public about these changes.

To make comments and view documents, go to <http://consult.dacorum.gov.uk/portal/planning/mods/consult>

This consultation closes at midnight on Sunday, February 5.

Graham Sutton, portfolio holder for planning and regeneration, said: "The Site Allocations DPD will give us more say over future development within the borough by providing a robust set of policies and proposals to support housing and economic growth, whilst at the same time safeguarding and enhancing our environment."

## Casey has a Heart of Gold



A care home administrator at a nursing home in Hemel Hempstead has won a Heart of Gold Award.

Casey Ann Bird, who works at Water Mill House, was presented with the award which recognises employees for their dedication and commitment in providing high quality care and compassion to all the home's residents. They are run by Carebase, who manage a number of elderly care homes across the South East and East Anglia.

Christine Thomson, manager of Water Mill House said, "Casey is a shining example of someone, who whilst not directly providing care, puts our residents and team at the forefront of everything she does – and all with the most amazing smile. We are delighted she is this year's Heart of Gold Ambassador. Well done Casey".

Nominations for the award came from residents and their relatives, co-workers, social workers and local health professionals.

Casey said: "I am really honoured to be this year's Heart of Gold ambassador and that I am appreciated and valued in this way. It shows you that something very little, like a happy smile, can go a long way to making a difference to people."

## Reduced number of drivers stopped for using a mobile

The number of people stopped for driving with a mobile phone in Hemel Hempstead is going down after it peaked two years ago.

As of December 2003 it has been a specific offence to use a hand-held mobile phone or similar device when driving. There is a £60 fixed penalty with three penalty points for the offence rising to £1,000 on conviction in court.

In 2012, 158 drivers were stopped. That figure rose to 170 in 2013 before it peaked at 223 in 2014 and dropped to 152 in 2015. As of the end of October last year, 101 people had been stopped.

Alice Bailey, communications and campaigns advisor for Brake, said it would be wonderful to think this drop is down to people getting the message about the dangers of mobile phone use.

She explained: "A recent report called mobile use behind the wheel 'an epidemic', with our own studies showing more than half of drivers in some age groups admit they still use a phone while driving. As our police forces have faced major budget reductions, road traffic officers have too often been seen as a soft option for cuts.

"Many investigations will result in prosecutions of offending drivers who go on to receive fines, driving bans or even prison sentences. However where it is appropriate, offending drivers are diverted to driver education courses rather than prosecution.

## Tudors on the up after festive fixture wins



The festive period reaped rewards for the Tudors as a poor run of form from October to November was overturned with a few Christmas wins.

December kicked off with a 5-3 away win at Weston-super-Mare, a 4-0 drubbing of Bishop's Stortford and well-worked 1-0 home win over Hampton & Richmond. A 3-3 draw on New Year's Day with Hampton & Richmond rounded off a fantastic set of results.

Upcoming fixtures include a home tie against Eastbourne Borough on January 28, an away match at East Thurrock United on February 4, and a home tie against league leaders Maidenhead United on February 11.

Of course, the new year means new signings as the January transfer market opens. The Tudors signed 29-year-old striker Liam Enver-Marum from National League side Maidstone United to shore up the front line. He has got on the scoresheet five times already this season for the Stones.

The announcement followed a wave of transfer activity at the club, with midfielder Graeme Montgomery joining arch rivals St Albans City for an undisclosed fee, forward Mitchell Weiss ventured to Hayes and Yeading United on a one month loan and Lewis Taafe cancelled his contract with the club.

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# .....THE GINGER PRINCE

*finds happiness himself.....*

Photo Credit: PA Images

He says of himself that he was just a “ginger white prince” trying to make kids laugh.

Now 10 years later Prince Harry’s Sentebale charity in Lesotho is firmly helping orphans and vulnerable children, many of whom are affected by the HIV/AIDS epidemic.

Prince Henry Charles Albert David to give him his full correct name, 32, set up the charity in memory of his mother Princess Diana as a mark of respect to her well-documented charity work.

In August this year it will be the 20th anniversary of the Princess’s tragic death in a Paris car crash and there isn’t a day goes by that Harry and elder brother William do not think about their mum.

Harry has fulfilled that promise he made to himself of the ginger white prince making those tragic kids put laughter back into their lives at Sentebale, which means forget me not, by making regular visits.

Harry is Diana and Charles’s youngest son. The one always destined for a time to be the spare to the heir.

He is one of the world’s most eligible men. He has the title, the looks and the loot - but what he has not got is a Princess with whom he can share the rest of his life.

But all that may be about to change because it looks like Harry – one of the most popular royals – may have just found his perfect match in American actress Meghan Markle, 35, who stars in the TV series *Suits*.

And one thing is for certain his sister-in-law would have to find a different kind of Christmas Present for him as she once gave him a ‘grow your own’ girlfriend kit.

Harry wants to be a bit more like William, with a wife and family of his own.

There is huge speculation and growing daily that Harry and divorcee Meghan will announce their engagement in 2017.

Although he has had a number of casual girlfriends there have only been two previously that were serious, Chelsy Davy and Cressida Bonas.

We know Harry is deadly serious about Meghan because he put out a statement in effect confirming they were an item when he hit out at American paparazzi.

Recently after a tour of the Caribbean, Harry, instead of flying directly home took a 1,700-mile detour to Toronto, where *Suits* is filmed, to spend around a day with Meghan.

Earlier in the year she flew into London to spend nearly a week at Harry’s London home, Nottingham Cottage in the grounds of Kensington Palace. Even more recently the smitten actress has literally spelled out her feelings for Harry with new bit of jewellery.

The delicate necklace has two tiny letters, H and M, hanging off it and is thought have been made by Los Angeles designer Maya Brenner.

On her website, the 14 carat personalised piece retails at around £190.

Did Harry give her the present or did the jewellery firm see a smart opportunity for free advertising?

Whatever, it did not stop Meghan wearing it in public increasing the speculation of a wedding.

Although the last American divorced woman to marry into the royal family – Wallis Simpson – almost caused its downfall, the signs are that - to use a social media expression - #Megaharry will be hugely popular.

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## NOT SO

# GARDENING

## FINGERED

Ever watched in wonder as Monty Don and Alan Titchmarsh create a host of flourishing flora with a mere flick of a trowel? Well you're not alone.

So if you're more used to watching your wild roses wilt and your peonies perish, these simple hacks below will help you revolutionise your vegetation without having to go anywhere near a garden centre. Bloomin' marvellous!

### DIY TROWEL

Take one empty detergent bottle with a handle. Using a sharp knife, cut the end of the bottle off at a slant that runs from a couple of inches down from the bottom of the handle to the very bottom of the far side of the bottle to form a shovel. Attach a piece of string to the bottle's neck, display your new creation proudly on the shed wall, and voila!

### WATERING CAN

Alternatively, keep the bottle intact and poke holes in the screw-top with a heated sewing needle to make your own watering can.

### KEEPING THINGS NATURAL

If you're continually confused about the dizzying

array of terracotta receptacles being touted as the next best thing in plant-holding perfection, then fear not! Next time you make an omelette, try to crack your eggs cleanly in half. Whilst still in the cardboard tray, pop your seeds in the half-shells and add a covering of soil. If you keep the soil moist, you'll soon have an indoor tray of seedlings. What an egg-cellent idea...

### FERTILISER FUN

There's no need for any chemical or horticultural knowledge when it comes to making your own fertiliser: stinging nettles will do just fine! Fill a bucket with nettles – wearing gloves, of course – and cover with water. Now place a weight on top of the nettles to make sure they stay submerged, then leave the bucket in the corner of the garden for two weeks.

When the fortnight has elapsed, fish out the greenery but keep the water. Dilute that by a ratio of 20:1 and use on your flower beds to provide your plants with a fantastic source of nitrogen – especially good when growing vegetables such as kale or broccoli.







# GET FIT IN JUST 7 MINUTES

If you want to get in shape this January but don't have hours to slog it out in the gym, this scientifically proven workout is for you.

Getting fit, and staying fit, is hard. We're all familiar with that frustrating cycle of having best intentions on New Year's Eve (somewhere around the eighth canapé and third glass of champagne) only to find ourselves frustrated, disappointed and none-the-slimmer by March. To quote John Lennon: "Life is what happens while you're making plans" and maintaining a realistic diet and exercise regime in amongst work, family and other chores, can seem near impossible, until now.

The beauty of the seven-minute workout is that it is quick (duh!), effective, and you can do it almost anywhere.

Studies have shown that working muscles to their highest capacity, even for a short period of time, produces molecular changes comparable to those of several hours of running or bike riding. Chris Jordan, the Director of Exercise Physiology at the Human Performance Institute, says that high intensity interval

training provides "many of the fitness benefits of prolonged endurance training but in much less time."

To produce visible results, it's recommended you do the workout daily, but with no equipment required you could do it almost anywhere... in the park, at home while you watch TV, even on your lunch break! Wahoo Fitness even do an app to talk you through move each for maximum flow.

The bad news is, those seven minutes will be largely unpleasant. The good news, is that after those seven minutes you are free to get on with the rest of your life!

## 7 Minute Workout

Each exercise for 30 seconds with a 10 second break in between.

- ▶ Push-ups
- ▶ Sit-ups
- ▶ Jumping jacks
- ▶ Plank
- ▶ Lunges
- ▶ Squats
- ▶ Running on the spot
- ▶ Crunches
- ▶ Burpees
- ▶ Back-press



Squat

Left: Back Press  
Right: Lunges  
Below right: Press Up  
Below: Jumping Jack



# FIGHTING THE FLAB



As the festive season rears its sparkly and indulgent head, the new year is all about getting fit and healthy and cracking down on the bulge.

Us Brits try everything from the downright weird and wonderful to the typical popular fad diets such as cutting carbs and calorie counting. Tackling the extra pounds can be a lifestyle change, but for many of us it's about a quick fix and something we go all out for in January, and tail off in March.

Here are some key tips from some of the most popular diets that claim to offer fast results.

## DUKAN DIET

This eating plan is a low carb, high protein diet. There are four phases and, unlike other high protein diets, this one slowly introduces carbs and all foods over the four steps. Ensure you exercise once a week too.

## HOW IT WORKS

● Eat a strict lean-protein diet from a list of 72 foods including eggs, turkey, fish and low-fat protein rich foods for five days

● Phase two: reintroduce some non-starchy vegetables such as carrots and mushrooms on three days. Carbs are still out apart from oat bran.

● Phase three: have two meals a week consolidating most foods, introduce starchy things like potatoes. Do this for five days for every pound lost in step two. Every Thursday is protein-only day to maintain weight loss

● The final step is about not falling off the wagon. Eat three tablespoons of oat bran a day, continue to have a protein-only day each week and regular exercise. Reintroduce all foods, but try and bear in mind the rules from steps one to three

● Results: 11lb every three days for the first few phases, with an increase at the end of phase two when your body starts to tap into its own fat.

## 5:2 DIET

This diet is all about fasting and training your body to need less fuel on certain days and therefore consuming less calories.

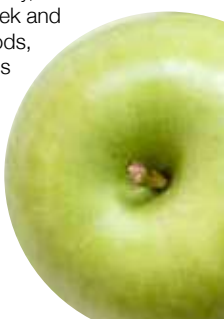
## HOW IT WORKS

● Eat normally for five days of the week and cut your calorie intake by three quarters on the other two

● On your normal days, aim to still eat healthily rather than pigging out, as this will also speed up the weight loss

● Example diet plan: women - 1800 calories and men - 2000 calories five days a week and consume any treats (within reason). On the two fasting days, reduce intake to 500 calories for women and 600 calories for men

● Results: a loss of at least 11lb per week and some claim to have seen improvements in their blood pressure and cholesterol.



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## Weekday dinner cheats

If you find yourself starved for both food and time when you get home from work, try one of our weekday cheats - five easy meals that you can make from scratch in under 20 minutes. They're each filling, nutritious, and if you're catering for just yourself, you may even find there's enough left over for lunch the next day!

### Tuna 'Puttanesca' Spaghetti

An Italian classic (with a saucy reputation), this recipe has added tuna for a protein boost.

Make a classic tomato sauce base with added chopped olives, a generous squeeze of anchovy paste (depending on your preference for fishiness), and grab a tin of tuna. Leave to simmer for 10 minutes while your spaghetti cooks and then serve. Done!

### Chicken Schnitzel with Green Salad

A great one for relieving yourself of that post-work aggression.

Lay your raw chicken breasts in between two layers of cling film on your worktop and beat with a rolling pin until they're about 2-3mm thick. Using a mix of breadcrumbs and parmesan, dip your chicken in flour, beaten egg and breadcrumbs, then fry 2-3 minutes on each side till golden. Yummy.

### Thai Green Curry

Readymade curry pastes make this a doddle. Fry chicken, prawns or tofu with a few

spoonfuls of curry paste, Add the coconut milk, lime leaves, fish sauce and sugar and stir well. Leave to simmer for 10 minutes as the rice cooks, adding the veg midway so it doesn't get too soggy. Simple yet sumptuous.

### Sizzling Beef Stir Fry

For maximum flavour... fast!

Marinate your beef strips in the morning in your sauce of choice, then upon returning in the evening, fry for 3-4 minutes before adding vegetables and extra sauce, plus a portion of ready-cooked noodles. Who said cheats never prosper?

### Tofu Ramen

Why tofu means top marks.

Rehydrate dried mushrooms in a mix of boiling water and miso paste. Fry your tofu and any veg you fancy, then add your broth. Pre-cooked noodles, chilli flakes and even a boiled egg can be added to this simple, warming soup. Superb.



Beef Stir Fry



Tuna 'Puttanesca' Spaghetti



Tofu Ramen



Thai Green Curry



Chicken Schnitzel with Green Salad



# Start your adventure at **MAZZA**

A quick totting-up process, as my wife and I sat down for dinner at Mazza, easily got us to a dozen curry houses within a 10-minute drive of our home in Hemel. With such a proliferation of food from the Indian subcontinent, to stand out from the crowd a restaurant needs to offer something different and special.

A couple of hours later we'd decided that is exactly what the Mazza can offer diners – a modern and spacious restaurant with impeccable service and, best of all, a menu that goes way beyond the standard offerings and has dishes that even a seasoned curry eater like me had never seen before.

Let's start with the place itself though: if you drove along Marlowes over Christmas you couldn't have missed Mazza's twinkly white lights. Inside the décor is a mixture of modern and Asian-themed. What we particularly liked was the space: many restaurants sit diners so close together you feel like you are all on one big table, but not here.

The staff are immaculately turned out, and strike the perfect balance between attentive and over-bearing. The owners, Hasan, Nurul, Wasik and Ahad chatted with several regulars as they arrived, but offered equally warm greetings to everyone on a busy Saturday evening.



After poppadums and a good mix of chutneys, we settled down to enjoy our starters. I opted for Tandoori Lamp chops and really enjoyed the smoky barbecue taste and tender meat. My wife tried Chicken Tikka Puree for the first time, and was delighted with the mixture of meat and a tangy sauce with a slight kick, served on a very light and moist puree bread. Both dishes were accompanied by a generous fresh salad.

Onto the mains, and while my wife went for something she knows – and really enjoyed her Chicken Biryani – I ventured into new areas and selected the Chicken Nawabi Nawaz. For me, it was easily the star of the night.

It was close to a curried stew, with huge chunks of chicken sitting in a rich sauce alongside potato, onion, pepper, cherry tomatoes and green chillies. I cannot recommend it highly enough, and Hassan explained as it's a dish the restaurant invented themselves, they can easily remove the chillies if required.

We shared a delicious Sag Mushroom side dish and a plain Naan, which was one of the moistest and lightest I've had.

You may have your local favourite curry house – but if you haven't already, I'd urge you to try Mazza.



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# THE GREAT AVOCADO SHORTAGE

It's a staple of the modern palate. Cholesterol-reducing, filled with more than 20 vitamins, minerals and other nutrients, and containing no salt whatsoever, the avocado is a sure-fire winner for anyone hoping to eat healthily and still enjoy their food.

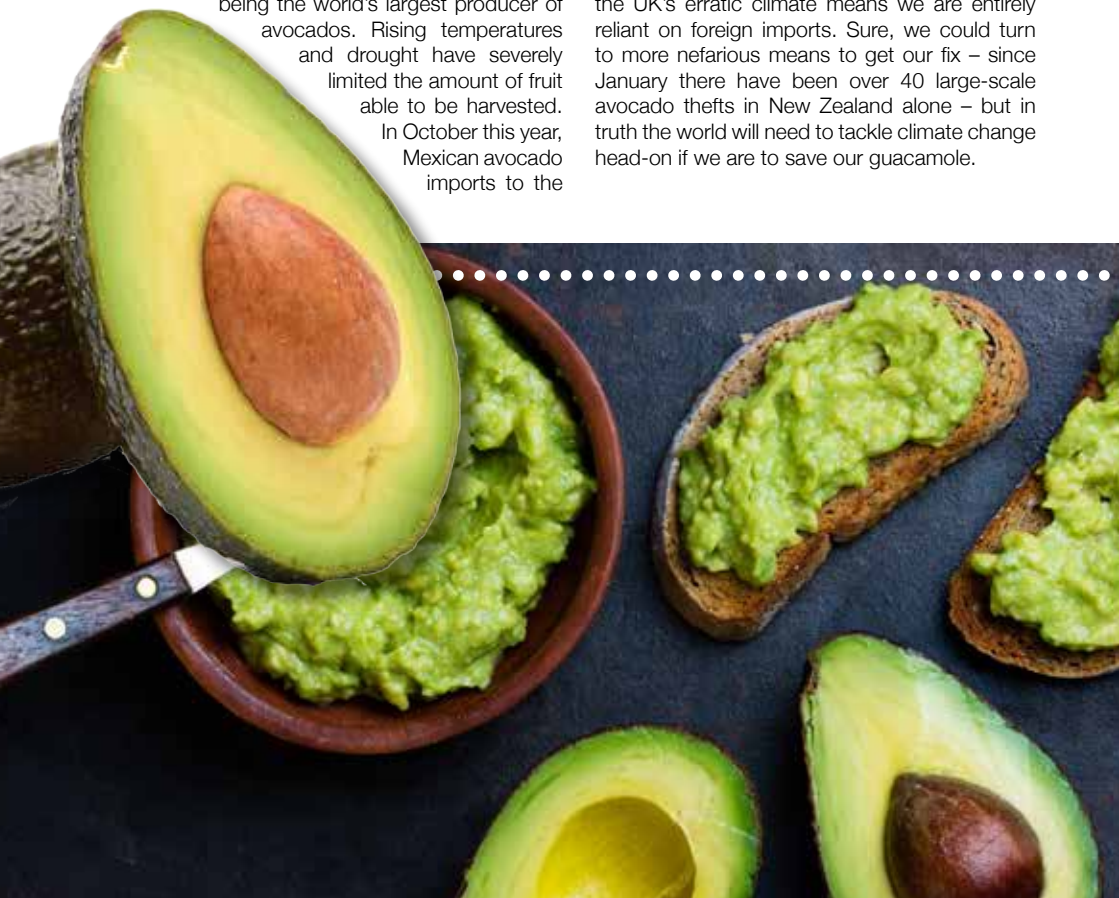
Recently the UK's demand for the creamy green superfood has rocketed. Sales figures are breaking records set only one year previously and Nigella Lawson's use of avocado on toast alone boosted sales by 30 per cent, according to Waitrose.

So what's the problem? A multitude of issues is affecting avocado availability at its source – especially in California and Mexico, the latter being the world's largest producer of avocados. Rising temperatures and drought have severely limited the amount of fruit able to be harvested. In October this year, Mexican avocado imports to the

USA fell by nearly half from 44 million to 22.9 million pounds compared to 2015. Similarly, hotter weather on the Australian peninsula has meant some growers have lost entire crops – some of which can number up to 500,000.

Alongside this, Mexican farm workers have been involved in a series of strikes for better pay, leading to the volume of avocados exported by the country plummeting by up to 80 per cent. With this shortage naturally making avocados highly sought-after, the price of individual fruit has risen to nearly \$4 in some areas of the US, and up to \$7 Down Under.

The good news is that the avocado insufficiency has yet to reach our shores; the bad news is that the UK's erratic climate means we are entirely reliant on foreign imports. Sure, we could turn to more nefarious means to get our fix – since January there have been over 40 large-scale avocado thefts in New Zealand alone – but in truth the world will need to tackle climate change head-on if we are to save our guacamole.



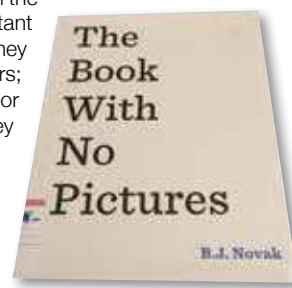
## How to make READING FUN

Some children are natural little bookworms; others find reading akin to riding a unicycle whilst juggling underwater. Fortunately, there are many ways to encourage and guide your little ones through the literacy jungle. The methods are simple, the rewards... endless!

*with No Pictures* and *Interrupting Chicken* are two great examples of stories that flip the joke onto the adult reading the story, thereby empowering the child and deepening their connection with the tale.

### Encourage conversation

Rather than rushing through the story, encourage your reluctant reader to vocalise how they feel about the characters; what made them laugh or even what similarities they can find in their own life.



### Don't dismiss audio books

It may seem counterproductive to encourage listening over actual reading, but it can be a really effective way of helping a child fall in love with the idea of books. By building vocabulary and developing an understanding of sentence structure, words become less intimidating, allowing the magic of stories to shine through.

### Make storytime an adventure

Build a little den and invest in a book light to create a campfire feel; or snuggle up on a big pile of pillows with their favourite teddies. Beyond being simply a bedtime ritual, storytime can become a full sensory experience that your child will look forward to all day.

### Choose the right reads

Kids' books have come a long way in the last few years and are so brilliantly quirky, funny and engaging that even grownups can be captivated. *The Book*



### Persevere

The trick here is little and often, so set aside at least five minutes for reading every day. It should never feel like a chore. In fact, reading time should always be an enjoyable and bonding experience for child and parent. So, go big, do silly voices, use props, diversify reading material and don't ever give up. Good luck!



TRAVEL

# GO IT ALONE

If 2017 is your year of adventure, don't be afraid to travel solo. We've listed the top destinations for going it alone and some handy tips for keeping safe.

## Austin, Texas USA



America has a reputation for being a friendly place in general, but Austin, Texas, is the archetypal welcoming town. Known for its festival culture, this vibrant and youthful area boasts over 250 live music venues and is famous for its many food truck trailer parks. Just don't go there if you're on a diet...

## Bali, Indonesia



For those craving rest and relaxation, Bali is the ultimate solo destination. With stunning beaches in abundance, plus ancient temples and yoga schools, there is a strong backpacking community. Both food and accommodation are incredibly cheap.

## Copenhagen, Denmark



For a truly magical city break, head to Copenhagen. The capital of Denmark, it is both metropolitan and gorgeously scenic. Sporting some magnificent

architecture plus world-class shopping and restaurants, this Scandi treasure really is a no-brainer.

## Melbourne, Australia



For the far-flung adventurer, it has to be Melbourne. A backpacker's paradise, this bustling little city has so much to offer. Known for their incredible coffee, talented street musicians and Instagram-worthy graffiti, Melbourne is the kind of place you'll arrive alone but leave with a gang of new friends.

## Dublin, Ireland



Local, cultural and famous for its hospitality, there is actually a lot you can do for next to nothing in the Emerald Isle. Free walking tours operate daily beginning at The Spire of Dublin monument or you can explore the richly historical grounds of Trinity College for free. Locals are usually happy to guide to the best bars, where you can have a pint of Guinness or a dram or five of local whiskey.

## Top Tips for Travelling Solo

- ✦ Book accommodation in advance
- ✦ Take a trusted guide book (and a good book for solo dining)
- ✦ Follow your instincts; if it doesn't feel right, say no
- ✦ Always carry your ID with you
- ✦ Keep to open, public places, especially at night
- ✦ Be open to new ideas, cultures and friends
- ✦ Treasure every moment.

# “There's a spider in my bin...”



Some members of the public think nothing of ringing up the police on the 999 emergency line for the most bizarre and stupid reasons. Food and travel are among the most common of the ridiculous calls received.

Another asked police to take them to the airport after sleeping through their alarm.

The Metropolitan Police has listed the worst calls as they warn people to think sensibly.

One drunken reveler rang the emergency services at 4am on a Saturday to ask: "Where is the best place to get a bacon sandwich right now?"

Another woman rang to say her kebab was cold and the shop would not replace it.

The force also received a call from one woman who was angry because she had seen a clown selling balloons for £5, which she said was more than his rivals.

There was another call by a man who phoned to say he had a 50 pence piece stuck in a washing machine at his local launderette.

Officers were also asked to use their sirens and flashing lights to escort panicked holidaymakers to the airport on time after they had slept through their alarm.

And one woman wanted officers to deal with noisy foxes outside her home as they were stopping her from sleeping.

One caller reported that men had turned up at her property and were trying to take her away. The men were in fact police officers who were arresting her.

As the festive time of year usually sees the 999 emergency line at its busiest, the Met have asked people to try and use it sensibly.

Chief Superintendent Pippa Mills, head of command and control, said: "This is just a sample

of inappropriate calls received by our operators this year.

"Callers, who do not have an emergency, may prevent others who require our immediate assistance from getting through to us.

"This presents a real risk to our ability to respond to genuine emergency calls."

She added: "We want people to have a safe and enjoyable festive season. In the event that officers are required, we need calls to reach us swiftly."

The Metropolitan police receive 4.5 million phone calls to 999 and 101 numbers per year.

Surrey Police also received calls including "Will I get arrested if I move my housemate's banana?", "Fancy a chat?" and "My shutters aren't working properly" – all in the same day.

Other 999 calls included "There's a spider in my bin", "My washing machine isn't working" and "My TV is broken and *EastEnders* is about to start."

Officers revealed the daft calls from members of the public as part of a campaign to highlight the issue of police time-wasting.

In one call, a distraught resident said: "I think someone has stolen my eggs. My chicken lays an egg every morning, but today there wasn't one there."

The force has taken to Facebook and Twitter using the hashtag *policing matters* to raise awareness.

Surrey Police said it received 675,500 contacts from people every year – nearly 2,000 a day, making it important for people not to waste their time.

And last year they attended a staggering 10,270 incidents – on average 28 a day – which were not policing matters and should have been directed to other organisations.

## BECOMING A DEMENTIA FRIEND

### For all your legal needs

Machins Solicitors and Dementia Friends are running a free information session at Shendish Manor, London Road, Hemel Hempstead HP3 0AA on the following dates:

**Wednesday 25th January 2017 &  
Wednesday 22nd February 2017 10-11.30am**



The information session will be informal and interactive and will enable you to understand more about what dementia is and the small things you can do to help people with the condition. We will also be able to provide some practical legal advice on the importance of putting plans in place for the future.

With over 10,000 volunteers, Dementia Friends are helping to create communities in which people living with dementia feel more understood and included.

Dementia Friends Champions are trained and supported by the Alzheimer's Society to run Information sessions in their community and help inspire others to help those living with dementia to live well.

Aimed at relatives, carers, businesses and residents in the Hemel Hempstead area the session will be delivered by local Dementia Friends volunteer and champion, Doug MacDonald.

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To register, please contact Daryl Sullivan on 01442 872311  
or email [daryl.sullivan@sumtab.co.uk](mailto:daryl.sullivan@sumtab.co.uk)

# You Tube GROW ONLINE



Zoe Sugg, better known online as Zoella, has made millions from not only working at home, but doing what she loves most.

So how exactly has the 26-year-old turned her love for fashion and beauty into a business which reportedly makes more than £50,000 per month?

Having set up her YouTube channel in 2009, Zoella began vlogging, giving viewers an insight into her own life and beauty regime, with her 'favourite' videos, whilst working in New Look.

In 2014, Zoe released her debut Novel, *Girl Online*, breaking the record for the highest first-week sales for a debut author since records began, selling 78,109 copies. Despite receiving criticism for using a ghostwriter, the YouTuber went on to release her sequel, *Girl Online: On Tour*, this time writing the book herself with the help of an editor.

Cleverly collaborating with other YouTubers, including her boyfriend Alfie Deyes, Zoella has formed a group of vloggers with some of the highest viewing figures online. Currently boasting more than 10.7 million subscribers on the social media platform, her audience is growing by the day as well as having recently released a popular range of beauty products.

The beauty vlogger isn't the only one who has used their YouTube success to begin other projects. Supercars of London channel creator, Paul Wallace, has not only managed to afford his own supercar but launch his own clothing range, branded SoL. The supercar enthusiast from Watford used his passion for automobiles to gain more than 490,000 subscribers on YouTube, from which he managed to earn enough to afford his own Audi R8 before upgrading to a Lamborghini Gallardo.

He said: "Blogging is my daily job, if you can call it a job. It's my hobby and I thoroughly enjoy doing it. I put in eight to ten hours of filming per day, let alone two hours to edit and all through the day having to stay up to date with social media."

These two channels, amongst many others have gone to prove that YouTube monetisation with the correct marketing can prove an incredibly rewarding business.

Years ago, earning a living from your own bedroom would have been seen as a ridiculous idea, but many YouTubers have gone on to prove that motivation, an enjoyment of what you do, and being personable can in fact, go a very long way.





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BUSINESS & FINANCE



# HOW TO MAKE YOUR january resolve stick

There is a problem with making New Year's Resolutions - they don't work! The tradition of changing bad habits, starting good ones or declaring ambitious goals at the dawning of the year dates back millennia and appears in almost every civilisation. But there is one thing they have always had in common: the majority of these self-made promises fail - and here is why:

Excellence comes from creating good habits and making the way that you 'aspire to be' the way that 'you are' every day. The more you act in a certain way and reinforce good habits, the more that way of behaving will become the new you and lead you to success. Each additional day that you succeed in your resolution towards change will strengthen your chances of becoming that ambition. So resolutions are a good thing.

However, if you limit your commitment to being better, ridding yourself of bad habits, and starting exciting new projects to one day in 365, you are missing the point. To be better, you need to make a change today. The fact that 'today' is the day a new determination or an idea is provoked in your heart means that 'today' is your best chance of making it happen. By the time tomorrow comes, your emotion and passion for changing will have diminished.

So, if you are reading this in the middle of January (or indeed at any other time of the year) and the goal that you set yourself back on the first day of the year is long gone - don't give up. Start again today - stop smoking, start running, cut back on the overtime, spend more time with your kids, find your passion and follow it.

As Ralph Waldo Emerson once said: "Write it on your heart that every day is the best day of the year."

Don't worry about tomorrow. Just commit to a better version of you today and take each new day as it comes.





# THE GRAND TOUR

## Brake-ing rules?



If there is one thing Jeremy Clarkson has proven in the last decade, it is that he is certainly not afraid of a fight... and that's exactly what he's started.

What began as a 'fracas' in which Clarkson punched his former *Top Gear* producer in a row over food has turned into a fight for ratings after Clarkson left the show and took fellow presenters Richard Hammond and James May with him.

Following reports of falling viewing figures for the BBC's newly launched *Top Gear*, Chris Evans stepped down as the show's new presenter, telling Twitter followers: "I feel like my standing aside is the single best thing I can now do to help the cause."

With *Top Gear* in disrepute, and reports Matt LeBlanc was unhappy during his first series of the BBC show, the former *Top Gear* trio set their sights on a new adventure, *The Grand Tour*.

The all-new 12 part series has been released weekly, coming from a different location every Friday. Viewable only by Amazon Prime members, viewing figures are unknown but are said to have surpassed *Top Gear's* ratings which hit an all-time-low average of 1.9 million viewers per show in the last series.

Clarkson, Hammond and May told fans of *The Grand Tour* that Amazon won't even share the viewing figures with the stars of the show, with Clarkson adding: "You just don't know, but they did say millions", suggesting they have already beaten their former employers.

While many would have expected Clarkson to show remorse for his actions which resulted in a £100,000 racial discrimination and injury claim as well as the BBC not renewing his contract, it seems to have done quite the opposite.

The first episode began with Clarkson exiting a faceless corporate HQ listening to *I Can See Clearly Now*. Before viewers had time to comment on its insinuations, the trio were making cleverly disguised jibes towards their former show. Describing Clarkson as "technically the only one never to be fired from anywhere", and commenting that all three have been "motoring journalists for 20 years", there was no missing the comments which were said to have been aimed towards the BBC and its newly chosen presenters.

It didn't stop there, as Jeremy added: "It's very unlikely I'm going to be fired now, because we're on the internet." Clearly feeling safe under Amazon, *The Grand Tour* boasts on-the-edge jokes which would have made headlines elsewhere, and even a new test circuit named the 'Ebola-drome.'

Those with a subscription to Amazon Prime, which costs £79 per year, can watch *The Grand Tour*, which is said to have a budget of £4.5million per episode. Amazon is rumoured to have splashed more than £3million on the pre-credits alone, which included a cast of hundreds making their way through the desert in a *Mad Max*-style opening sequence.

Each of the 36 planned instalments will be aired over three seasons, marking the second chapter in the careers of three of the best known petrolheads in the world.

So what does *The Grand Tour* have to offer that *Top Gear* never did? It certainly isn't cutting any corners when it comes to costs, and the team turn out stunning footage week after week using filters, lenses and drones to capture those irreplaceable moments. With the same banter, an enormous budget and no sense of political correctness... it's definitely one to keep automobile fans entertained.



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MOTORING

# FAREWELL FORMULA 1

Next season's Formula 1 will be without some of its longest-serving drivers, as British and Brazilian veterans Jenson Button and Felipe Massa announced their retirements after a combined 30-year stint in the fastest sport on Earth.

As notable as their respective absences will be, however, neither announcement came close to emulating the shockwaves sent across the entire sport after the shock retirement of Mercedes' Nico Rosberg – just five days after the German speedster clinched his first F1 title.

After a long-running battle with teammate and rival Lewis Hamilton, Rosberg's retirement even took Mercedes boss Toto Wolff by surprise, but it's not unique – legendary driver Alain Prost called it quits after winning the title in 1993. A devoted family man, the 31-year-old driver cited the pressures of an intense season battling Hamilton and the time away from his wife and young daughter as the main reasons behind his exit.

Question marks still remain, however, over whether Rosberg's retirement was one last dig at his former teammate Hamilton. After all, the pair's relationship over the season deteriorated rapidly – most notably after that infamous crash between the pair in Spain this year – and Rosberg's departure means that Hamilton will no longer get the chance to reclaim the title from him next year.

After racing with Mercedes for six of his eleven-year career, Rosberg leaves behind some sizeable shoes to fill. The early frontrunners to replace the champ include Fernando Alonso and Sebastian Vettel – both exceptional drivers, though currently contracted to McLaren and Ferrari respectively – and highly touted prospects Pascal Wehrlein and Max Verstappen. Wehrlein is currently a test driver for Mercedes who was allegedly poised to replace Hamilton had the Brit quit mid-season after the fracas in Spain, whilst Verstappen has made a name for himself as one of the sport's brightest young talents, meaning Red Bull Racing will do whatever they can to retain his services next season.

But after 206 races, 57 podium finishes, and one title to match the championship-winning exploits of his father Keke in 1982, there's very few who could argue that Rosberg's retirement hasn't been hard earned.





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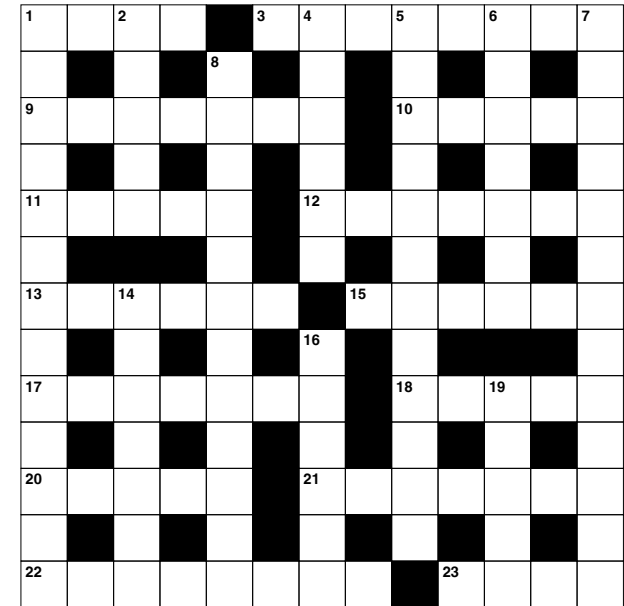


### ACROSS

1. Pollinating insects (4)
3. Annoy (8)
9. Number of attendees (7)
10. Put out a fire (5)
11. Laud (5)
12. Taking a break (7)
13. Overweight (6)
15. Move restlessly (6)
17. Nasal opening (7)
18. Relating to a city (5)
20. Country in NE Africa (5)
21. Rank in the forces (7)
22. Female students' society (8)
23. Pottery material (4)

### DOWN

1. Someone who drops things regularly (13)
2. White heron (5)
4. Go to bed (6)
5. Dimly; not clearly (12)
6. Funny (7)
7. Vigorously (13)
8. Fellow plotter (12)
14. One who assesses metals (7)



16. Evoke (6)

19. Type of plastic (5)

## DID YOU KNOW

- ▶ Cherophobia is the fear of fun
- ▶ The person who invented the frisbee was cremated and made into frisbees after he died
- ▶ In 2008, Microsoft made a bid to buy Yahoo for \$44.6 billion. In 2016, it was sold for just \$4.8 billion
- ▶ A man once sued Warner Bros, and won, after he was injured while fainting during a 1974 screening of *The Exorcist*
- ▶ If you Google search 'askew', the content will tilt slightly to the right
- ▶ The word 'minion' comes from the French word 'mignon', which means 'cute'
- ▶ The man who invented pop-up ads has since apologised to the world for creating one of the most hated forms of advertising
- ▶ Bubble wrap was originally designed to be used as a textured wallpaper

## SUDOKU

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



# TOP 5 FOR 2017

**2016** saw Portugal win the European Championships, Andy Murray clinch the world no.1 spot and Team GB surge to their greatest ever Olympic performance in Rio. But sport moves on at a pace like no other, so without dwelling too much on the past – our dismal cricketing performance in India for a start - here we look at five of the biggest sporting events worth getting ready for in 2017.



## FEBRUARY 4 – SIX NATIONS

The Six Nations kicks off in February with reigning champions England looking to defend their title for the first time in five years, with 2016 seeing Eddie Jones' boys in white clinch their first Grand Slam victory since 2003. After a fantastic 2016 which saw England hammer Australia both home and away, hopes are high, with the Three Lions heavy favourites going into the tournament.

## APRIL 29 – ANTHONY JOSHUA v WLADIMIR KLITSCHKO

After brushing aside 18 previous opponents, British boxer Anthony Joshua defends his heavyweight world title against the legendary Wladimir Klitschko at Wembley Stadium in a bout that, if he wins, will surely promote Joshua into the pantheon of British boxing greats.

## JUNE 3 – CHAMPIONS LEAGUE FINAL

Last year saw the mighty Real Madrid defeat local rivals Atletico for the second year running in a nail-biter of a penalty shootout from which Cristiano Ronaldo's spot kick won Los Blancos their 10th European title. This year, the final will be held at Cardiff's National Stadium of Wales.

## JULY 3 – WIMBLEDON

2016 was the year that British tennis ace Andy Murray finally knocked the incredible Novak Djokovic from his perch as tennis' World Number One. Murray will hope to emulate his 2016 triumph over Milos Raonic to consolidate his place at the top of the sport.

## AUGUST 4 – IAAF WORLD CHAMPIONSHIPS

After a stunning performance in Rio as part of the 2016 Olympic Games, a host of Britain's best athletes – including Mo Farah – will be taking to the track in London as part of the World Championships. The biggest story of the Games is likely to be Usain Bolt's performance, after the nine-time Olympic gold medallist announced these will mark his competitive farewell.



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