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Editor's notes...



Misha Mistry, Design Editor

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

At the time of writing, The Beast From The East has arrived in the UK. We have had days of Freezing temperatures, strong winds and heavy snow, which has caused

havoc around the country.

Schools closed as sites were deemed unsafe, the roads were at a standstill and many flights across the UK were grounded.

But many workers braved the Freezing temperatures and the snow to continue their jobs.

The emergency services, in particular, battled with the elements to go to the aid of those in need, plumbers worked day and night to get boilers working again when pipes froze and councils continued to grit the roads day and night to make them as safe as possible for drivers.

Neighbours were checking up on the vulnerable and the elderly and getting them any shopping they may need.

It goes to show that communities can pull together when they need to.

In this month's local news, gymnast Max Whitlock has been selected to represent England at the Commonwealth Games and commuters were left with hours of delays following a crash on the M1.

I hope you enjoy this month's magazine.

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 20. ENNUJ, 21. OBELISK, 22. GUERNSEY, 23. X-MEN
 DOWN
 1. BACK SEAT, 2. MINOR, 4. LOATHE, 5. SPREADEAGLED, 6. FERRARI, 7. LARK, 8. MANIPULATION, 12. FORSAKEN,
 14. ANDANTE, 16. STROBE, 18. ODUM, 19. BERG

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

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

The most recent dramatic turn is the coming to light of Ant's very public struggle with alcohol and prescription drug addiction, along with news that he is to divorce his wife of 11 years, Lisa Armstrong. Naturally, such

a high-profile split has garnered almost daily attention from the press, with rumours abound that his estranged wife is demanding half of his estimated £62million fortune, with other more inflammatory headlines suggesting the TV presenter has already moved on with someone else.

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

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

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

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

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

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



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

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

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

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

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

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

Beginning to recognise...

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

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

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

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

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

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



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BAUHAUS IS A VERY FINE HAUS

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

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

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

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

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

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

How to be more Bauhaus:

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





Photo credit: www.frenchydesignblog.com



NO SHRINKING VIOLET

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

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

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

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

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

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

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



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HOME & DIY

Home Spa

TIPS TO TURN YOUR HUMBLE BATHROOM INTO A SPA RETREAT

DIGITAL SHOWERS

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

WET ROOMS

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

MARBLE TILES

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

HIS & HERS SINKS

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

WHIRLPOOL BATH

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

SHOWER STEAM ROOM

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



HOW TO BUILD A



WALL

Gallery walls have been taking the design world by storm recently. Whether it's big or small, creating a gallery with your favourite photos or prints can instantly change the feel of any space. But what's the best way to design a gallery for the space you have and how do you put it up?

Putting up a gallery wall isn't a quick five-minute job. It takes time, preparation and patience to get the perfect finish. You don't want any wonky frames or huge gaps.

First, you need to decide on the space you want to use for your gallery wall and choose your frames. If you have a smaller space it would be best to buy smaller frames in a few sizes. However, if you have a larger space, you can buy a couple of larger frames mixed with some smaller ones.

Once you have your frames, get a roll of craft

paper and make templates of each of the frames. Then, use Blu Tack to put them up on the wall. You can then move them around to your heart's content until you are happy with the overall look. This way, you won't be making hundreds of holes in the wall unnecessarily.

Next, fill your frames with your chosen prints or photos. To make sure your images work together, choose pieces with a theme. This could be a certain colour for example. But remember, the most important thing is that you love it. Gallery walls are unique and reflect the personality of the person who created them.

Hanging your frames on the wall is the most important part of this process. It's recommended that you always start by hanging the largest piece first. Once you've done that, build off from the centre outward with the smaller frames.



Photo credit: www.indoorlyfe.com



WINDOWS | DOORS | CONSERVATORIES



Swan wins 'Best of Customer Service' by Houzz® AGAIN!

SWAN WINDOWS of Rickmansworth were announced as winners of 'Best Of Customer Service' this January, by users of Houzz®, the leading platform for home renovation and design.

Swan Windows, a family-run business, has been championed for its depth of experience and keen eye for the importance of attention to detail. The company was chosen by a community of over 40 million monthly unique users who use the platform to connect with more than one million active home building, home improvement and design industry professionals.

The Best of Houzz is awarded annually in three categories: Design, Customer Service and Photography, with Customer Service honours based on several factors, including

the number and quality of client reviews a professional received in 2017.

A 'Best Of Houzz 2018' badge will appear on winners' profiles, as a sign of their commitment to excellence and these badges will help homeowners identify popular and top-rated home professionals on Houzz.

Receiving the accolade, Rob and Ivana Swan said: "We are incredibly proud to have won this award for the second year in a row. But we can't forget the extremely talented team of people at Swan Windows. We also need to thank Jo, Georgina and Victoria in the office, who work tirelessly to ensure that all our customers are kept up to date with their projects, and, of course, our extremely talented teams of fitters – Andy, John,

Chris, Kieran and Miles – who work on site, making sure we deliver a professional and A* service in all aspects of glazing, from windows and doors to glass architecture. It's teamwork like this that goes towards helping our customers achieve their dream homes."

Acknowledging their success, Marcus Hartwall, Managing Director of Houzz UK and Ireland said, "We're so pleased to award Best of Houzz 2018 to this incredible group of talented and customer-focused professionals. Each of these winning businesses, including Swan Windows, was singled out for recognition by our community of homeowners and design enthusiasts for helping to turn their home improvement dreams into reality."



It's teamwork like this that goes towards helping our customers achieve their dream homes

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Whitlock selected to represent England at Commonwealth Games

Max Whitlock MBE has been selected to represent England at the Commonwealth Games being held in Australia in April.

This will be the Hemel Hempstead gymnast's third Commonwealth Games, having already won eight medals previously.

The 25-year-old will be hoping to retain gold medals in the all-around, floor and team events that he won at the Glasgow games four years ago and also improve on his silver on the pommel and bronze on the parallel bars.

Whitlock said: "I'm delighted to be going to my third Commonwealth Games for England and can't wait to get out to the Gold Coast and begin competition.

"My Commonwealth Games experiences so far have been incredible and I'm looking forward to being a part of Team England again, aiming to win medals for my nation.

"The gymnastics competition, particularly between the Home Nations, is going to be intense and I know the whole team are working hard to be in the best shape to produce medal-winning routines."

Woman sexually assaulted in Marlowes

A 31-year-old man from Hemel Hempstead has been arrested and charged after a woman was sexually assaulted inside a business premises in Marlowes, Hemel Hempstead, at around 5.30pm on Tuesday, February 20.

Piotr Metrychi was arrested shortly after the

incident by patrol officers.

He has been charged with two offences of rape and one offence of ABH and appeared at Hatfield Remand Court on February 22.

He has been remanded in custody and is due to appear at St Albans Crown Court on March 23.



Chicken run... KFC runs out of vital ingredient

LOCAL NEWS



Customers across the UK and Ireland were left outraged after fast food chain KFC ran out of chicken recently.

Hemel Hempstead was one of the restaurants affected and was closed.

The company revealed the shortage of their vital ingredient was down to their new delivery partner struggling to cope with the hundreds of deliveries needed to keep the restaurants running.

Posting on Twitter, KFC posted: "We've bought a new delivery partner onboard, but they've had a couple of teething problems – getting fresh chicken out to 900 restaurants across the country is pretty complex.

"We won't compromise on quality, so no deliveries has meant some of our restaurants are closed and others are operating a limited menu or shortened hours."

Restaurants reopened days later, however many were running reduced menus after other ingredients were also missing due to the lack of deliveries.

Road accident causes commuter chaos

Commuters were subject to hours of delays recently after an incident on the motorway caused chaos on the roads.

At around 5.30am on February 28, a blue Fiat Punto, which was travelling between J8 (Hemel Hempstead) and J6A (for the M25) southbound, was involved in a collision with a lorry.

The driver of the Fiat – a man aged in his 20s from Watford – was taken to hospital with serious injuries.

The motorway was closed for several hours due to the police investigation and to allow diesel to be cleared from the carriageway.

PC Jonathan Grygiel, from the Hertfordshire, Bedfordshire and Cambridgeshire Roads Policing Unit, said: "We know that there were a number of

people who initially stopped at the scene of the collision but had left before speaking to officers.

"I'm appealing for anyone who saw the collision or believes they may have dash cam footage that could help our investigation to get in touch by calling the non-emergency number 101, quoting Operation Swiftsure, or report information online at www.herts.police.uk/report"

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

Nascot Lawn saved... for now

Parents whose children attend respite centre Nascot Lawn have won their latest legal challenge.

Herts Valleys Clinical Commissioning Group (CCG) said it would stop funding for Nascot Lawn due to financial reasons, however the High Court ruled the CCG must consult with Hertfordshire County Council over the closure.

This means the respite centre will continue to stay open until August this year.

Herts Valleys CCG has said they "expect to start the formal consultation very soon" and "the CCG will make the decision in the early part of May".

Dr Nicholas Small, local GP and chairman of Herts Valleys CCG, said: "This decision that we made back in November to stop funding services at Nascot Lawn was one of the hardest we have had to make as a board.

"Whatever the outcome of this consultation and new decision, we continue to be concerned for the children and families who use Nascot Lawn respite services.

"Having made the decision last November, we had hoped this judicial review would bring the matter to a conclusion.

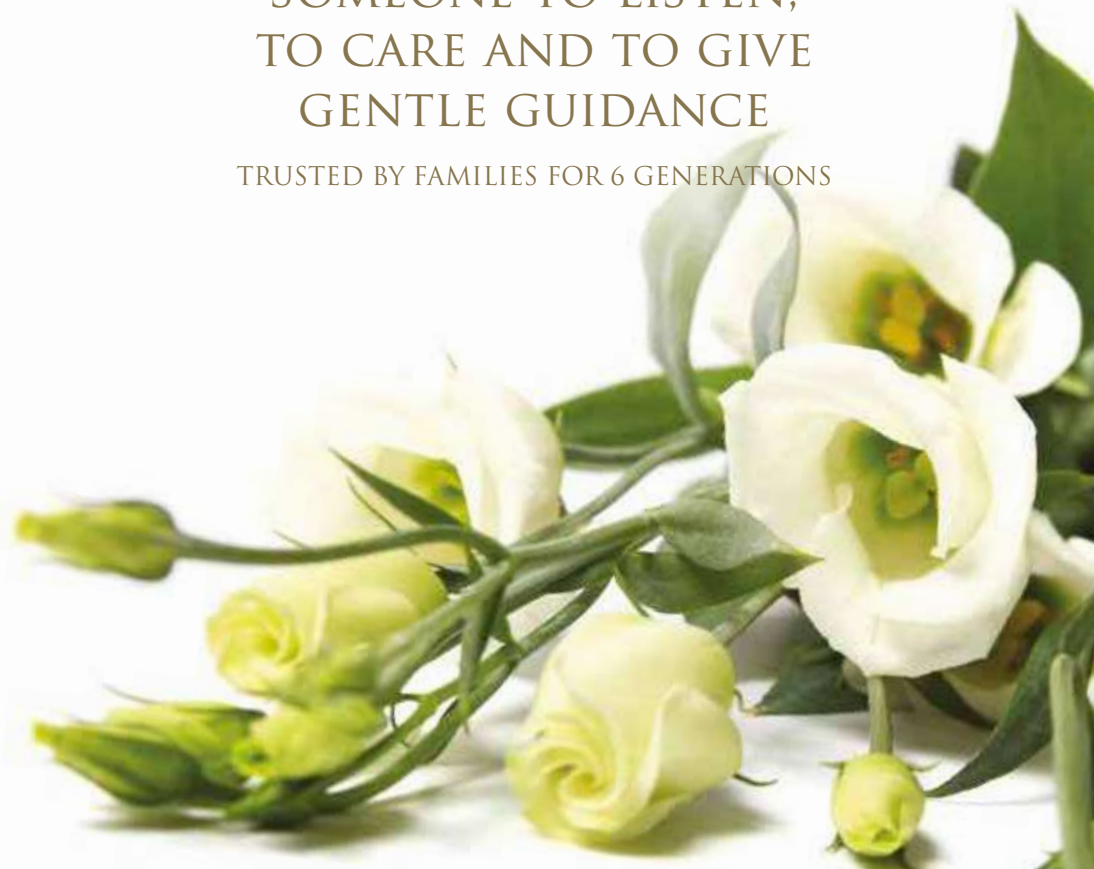
"In any event this judicial decision means that the service will be funded on the current basis until at least August 2018."



Photo credit: HOSS Photography

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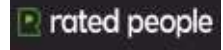
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Generous golfers raise £15K for hospice



Participants in a charity golf day swung into action and raised £15,000 towards hospice at home care.

Rennie Grove Hospice Care, based in Hemel Hempstead, was presented with a cheque for the proceeds from the event organised by EIC Insurance Services.

A total of 28 teams took part in the golf day – the 13th such event hosted in support of the hospice.

Organisers and sponsors treated the golfers to a competitive and fun-filled round of golf that included a £10,000 hole in one competition. Unfortunately, no one was lucky enough to sink the lucky shot.

Once back in the clubhouse, the event rounded off with a sit-down meal and entertainment. There were also auctions and the opportunity for golfers to further aid the hospice with a pledge for a nurse. Seventeen supporters committed £100.

EIC charity coordinator Ian Styles said: "We are pleased to once again be supporting local charity Rennie Grove and are delighted to have raised a further £15,000 towards the work its nurses do in caring for local people and their families.

"The golf day proves to be successful year on year thanks to the loyal support of colleagues, sponsors and volunteers. People are so generous."

Three teenagers charged with joint enterprise murder

Three teenagers have been charged with joint enterprise murder.

A 16-year-old from Hemel Hempstead and two 14-year-old boys from Watford have been remanded in custody and are due to next appear at Luton Crown Court on April 27.

Jordan Carter, aged 18, from Berkhamsted, died when he was fatally stabbed on February 23.

His family are being supported by specialist officers from the Bedfordshire, Cambridgeshire and Hertfordshire Major Crime Unit.

Anyone with information that could help the police investigation is asked to contact police via the non-emergency number 101, quoting Operation Centas, or report information online at www.herts.police.uk/report

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

Man jailed for coercive control offence

A Hemel Hempstead man was jailed recently after subjecting his partner to sustained abuse and control.

John Gardner, 33, of Treselian Square, pleaded guilty to coercive control.

Over the course of a two-year relationship, Gardner abused, controlled and isolated his partner from friends and family.

He subjected her to repeated violence and called her vile and derogatory names on a daily basis.

All aspects of her life were controlled by him.

His behaviour meant she left work and became financially dependent on him. He redirected money that was to be paid to her into his own bank account.

He allowed her to have a mobile phone but he made her delete the numbers of people he didn't like and listened in on conversations.

Gardener was sentenced to 20 months in custody, given an indefinite restraining order not to contact the former partner and also handed a criminal behaviour order (CBO).

The CBO means he must disclose any future relationships to police, so that any partners can potentially be made aware of his past.



LOCAL NEWS



Sir Mike Penning MP pledges to #PassOnPlastic

Sir Mike Penning MP signed a pledge to #PassOnPlastic with Sky Ocean Rescue recently. The pledge is a commitment to reduce single-use plastic consumption.

Commenting, Sir Mike Penning MP said: "I commend Sky who have been working hard to raise awareness of ocean health and I am delighted to join their campaign and look at ways to reduce my own plastic consumption."

"I have a daughter who is a marine biologist and she

has already put pressure on my wife and I to make sure we use as little single-use plastic as possible. We already consider this whenever we are shopping, but I am sure we can do even better.

"It is deeply worrying that there are five trillion pieces of plastic in the world's oceans, with eight million more tonnes ending up there every year. We all have a role to play in protecting our oceans – that's why I have signed my pledge to #PassOnPlastic and encourage others to do the same."

Former Scout leader jailed for historic abuse of boys

A former Scout leader and youth football coach has been jailed for more than three years after admitting to the sexual abuse of boys in the 1980s.

Neil Borgeat, of Almondsbury, was sentenced on Monday, February 5. The offences relate to three victims who were in his care while in his roles as a leader at 4th Boxmoor Scout Group or as manager of youth teams at Emerald Vale Football Club. The boys, now all in their 40s, were aged between seven and 16 at the time of the offences.

In court, Borgeat pleaded guilty to three charges of indecent assault and two charges of gross indecency with or towards a child. He was sentenced to 42 months in prison and is to remain on the sex offenders' register for life.

Detective Constable Laura Chillingworth said: "Borgeat is a manipulative paedophile who targeted young boys for his own sexual gratification. It is clear that Borgeat not only groomed his victims but also parents and other adults who believed he was safe to be with children."

"I have no doubt his sexual interest in young boys motivated his involvement in the Scouts and youth football."

"His actions have resulted in lifelong consequences for his victims who, 30 years on, are still coming to terms with what he did. I would like to thank them for coming forward."



THE WORDS BEING DITCHED FROM THE DICTIONARY

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

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

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

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

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

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

Some of the words being removed from The Oxford Junior Dictionary

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

Some of the words being added to The Oxford Junior Dictionary

Blog, chatroom, attachment, block graph



GOING UP

IN STYLE

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

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

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

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

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

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

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

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

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





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GOOD Scents

HOW TO DESIGN YOUR VERY OWN AROMATHERAPY GARDEN

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

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

For those who have less space, it is still easy

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

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

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



Gerard Depardieu

Vine for attention

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

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

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

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

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

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

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

finewining

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

Never choose the second bottle on the list

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

Familiarise yourself with regions

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

Consider buying by the glass

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

Go by your coffee tastes

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

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

Don't be afraid to try something new

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

Consult your waiter

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





CHIN OR BIN?

We've all chanced our hand on a bit of grub that may have crept a day or two over that hallowed 'Best Before' date – but what do these dates mean, and are they arbitrary or actually all-important?

dates appear on a wide range of frozen, dried, tinned and other foods, but will only be accurate if the food is stored according to the instructions on the label.

USE BY The 'use by' date is about safety and the most important date to take note of. Foods can be eaten (and most can be frozen) up until the use by date, but not after. You will see use by dates on food that goes off quickly, such as some meat products or ready-prepared salads. For the use by date to be a valid guide, you must carefully follow storage instructions.

FREEZING Many people believe food can only be frozen on the day of purchase, but you can safely freeze most foods right up to the use by date – although it would be good to freeze it as soon as you know you aren't going to use it before that date expires. Do not eat, use or freeze any food after the use by date.

BEST BEFORE The 'best before' date is about quality, not safety. The food will be safe to eat after this date, but may not be at its best. Its flavour and texture might not be as good. The best before

THE SNIFF TEST Unfortunately, you can't decide whether to trust out-of-date food just by sniffing it. Food can look and smell fine even after its use by date, but that doesn't mean it's safe to eat – it could still be contaminated. You cannot see, smell or taste the bugs that cause food poisoning.



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make up HACKS

GET NATURAL CONTOURING THE EASY WAY

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

MAKE YOUR OWN LIP GLOSS

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

TURN A PENCIL EYELINER INTO GEL

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

REVIVE DRIED-UP MASCARA

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

MAKE LIPSTICK LAST LONGER

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

WING IT

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

COVER UP DARK CIRCLES LIKE A PRO

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

NEVER HAVE LIPSTICK ON YOUR TEETH AGAIN

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

CURL YOU LASHES IN NO TIME AT ALL

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

NAIL THAT CUPID'S BOW

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

SMELL LIKE AN ANGEL ALL DAY LONG

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

CREATE CONTOURS WITH JUST BLUSH

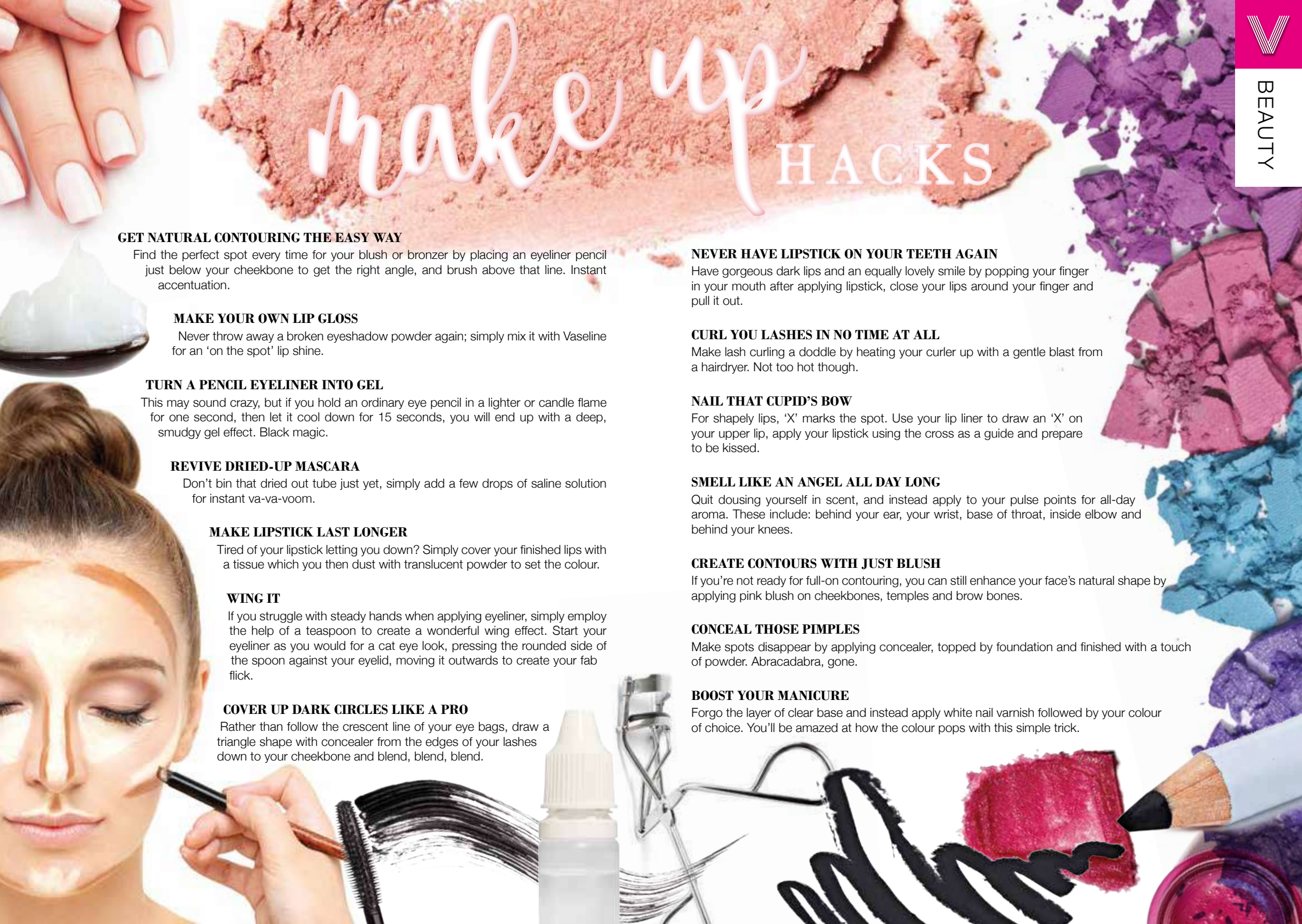
If you're not ready for full-on contouring, you can still enhance your face's natural shape by applying pink blush on cheekbones, temples and brow bones.

CONCEAL THOSE PIMPLES

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

BOOST YOUR MANICURE

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



PEST PROBLEM?

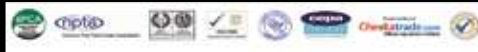


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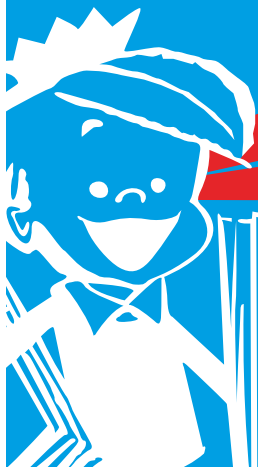
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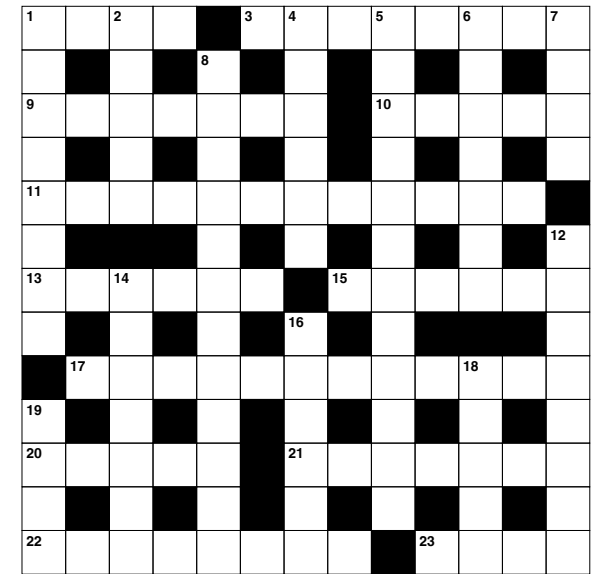
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



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

DID YOU KNOW

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

SUDOKU

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



AGE FIT

THE BEST WORKOUTS FOR EVERY AGE

20s

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

30s

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

40s

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

50s

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

60s

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



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Worst of THE EIGHTIES

SHOULDER PADS – ‘Power dressing’ was a big thing back in the 1980s and exaggerated shoulders with a tiny, cinched-in waist – as worn by Alexis Carrington, Joan Collins’ OTT character in *Dynasty* – suggested one was a formidable woman.

SPANDEX – Anyone under the age of 30 may only know Jane Fonda as the eponymous character in 2005 comedy *Monster-in-Law*, but back in the 80s she was a keep-fit goddess who made wearing head-to-toe spandex (almost) OK.

LEG WARMERS – They were having the ‘time of their lives’ – and thanks to cult film *Dirty Dancing* every guy and gal wanted to be either Patrick Swayze or Jennifer Grey. One very easy way to achieve that without actually having to learn to dance? Leg warmers.

WAISTCOATS – Beware, hipsters: waistcoats were in fashion once before and worn with great glee by ambitious young men in the 80s. And do you think those serious middle-aged men, with families and Volvos, look back through their faded Polaroids and think: ‘Wow, I look terrific’? No, they do not.

OVER ACCESSORISING – Think Madonna in her heyday. Think bangles up to your elbow, 17 crucifix necklaces, a hairband and a scrunchie. Think a five-year-old who dressed herself.

BLUE EYESHADOW – It was barely acceptable in the 80s and it isn’t acceptable now.

NEW ROMANTIC STYLE – Boy George looked beautiful in his eyeliner, ruffles and rouge, but as the trend bled down to the average man, the romance became a downright tragedy.

ACID-WASHED JEANS – Take perfectly good jeans and ruin them with acid. Because Eighties.

HAMMER PANTS – Among the many delights we can thank rapper MC Hammer for, these wide-legged kegs with tapered ankles do look extremely comfy, but then so do onesies and they’re not tolerable either.

MULLET – Hair today – and gone today (and hopefully never ever coming back).

SEE NEXT MONTH FOR '80S REVIVAL...



Going, going, GONE

FIVE PLACES YOU SHOULD VISIT BEFORE IT'S TOO LATE

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

Great Barrier Reef, Australia

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

Cape Town, South Africa

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

Venice, Italy

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

The Maldives

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

The Alps, Europe

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





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PayPal

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

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

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

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

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

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

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THE SPORT RICH LIST

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

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

1 Cristiano Ronaldo *(non-mover)*

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

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

2 LeBron James *(up 1)*

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

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

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

3 Lionel Messi *(down 1)*

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

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

4 Roger Federer *(non-mover)*

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

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

5 Kevin Durant *(non-mover)*

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

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



THE REST OF THE TOP TEN...

6. Andrew Luck *(American football)* *(new entry)*

Earnings for the year: £37million (£35m through sport, £2m through endorsements).



7. Rory McIlroy *(Golf)* *(new entry)*

Earnings for the year: £37million (£12m through sport, £25m through endorsements).



8. Stephen Curry *(Basketball)* *(new entry)*

Earnings for the year: £35million (£9m through sport, £26m through endorsements).



9. James Harden *(Basketball)* *(new entry)*

Earnings for the year: £35million (£19m through sport, £16m through endorsements).



10. Lewis Hamilton *(F1)* *(new entry)*

Earnings for the year: £34million (£28m through sport, £6m through endorsements).



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SMART MOTORWAYS

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

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

Drivers face stricter fines, however, as

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

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

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

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