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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. This month love is all around us with Valentines upon us. Yes, it is February already.

This month, why not treat your loved one to a homemade meal with our chorizo and butter bean stew recipe? I am also sure you will support the local businesses and in some further purchases you may want to express your devotion.

Olly Murs takes pride of place on our front cover talking about his recent role as a coach on *The Voice*, his love life and recent backlash he got when he was caught up in an incident in Selfridges.

In Sports we look at the rich list and our Home & DIY Features can give you some ideas for around the home to freshen up for 2018, now the tidy up from Christmas is over.

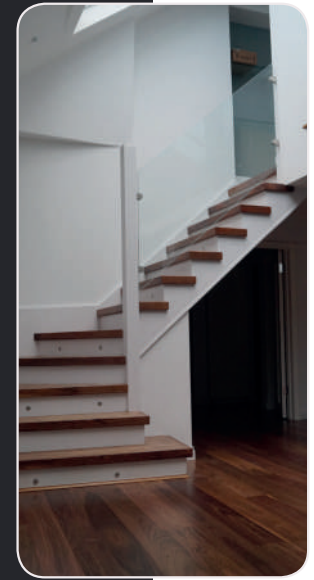
In local news, a family was rescued from their home after a fire started, Havering Mind has won its bid for funding and a parks police hero has been honoured for saving a man's life.

As always remember to share your stories for our local news pages. If you have a story to share, please send it to hornchurch@visionmag.co.uk

This is your magazine for your town. I hope you all enjoy the February version of **VISION**Hornchurch.

Brett

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

LEARNING *to be Royal*

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

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

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

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

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

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

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

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

Any royal prince also merits a curtsy.

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

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

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

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

Photo Credits: Kathy Hutchins/Shutterstock.com



MEGHAN'S *Royal blood?*

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

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

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

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

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

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

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

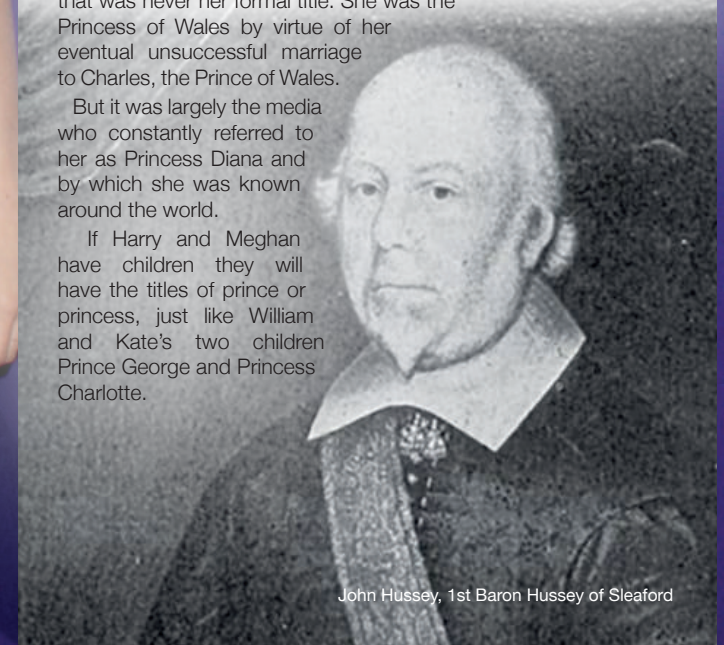
Meghan, 36, will not formally be known as Princess Meghan because she is not of royal birth. However, she will become Her Royal Highness Princess Henry of Wales when she marries Harry, whose proper first name is Henry.

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

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

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

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



John Hussey, 1st Baron Hussey of Sleaford

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En VOGUE

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

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

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

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

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

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



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A beautiful OBSESSION



BEAUTY

As the world's most influential make-up artist, Pat McGrath is devoted to bringing seriously fabulous and effective cosmetics to the masses.

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

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

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

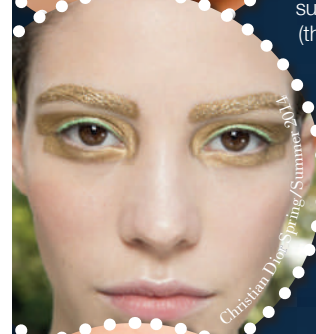
She is also making waves with her Pat McGrath Labs make-up range, which has been selling out in the States since 2015 and came to the UK in the summer. The sumptuous palates and sets may be pricey (the Lust 004 Lip Kit is £135 at Net-A-Porter), but they are in a league of their own in terms of quality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



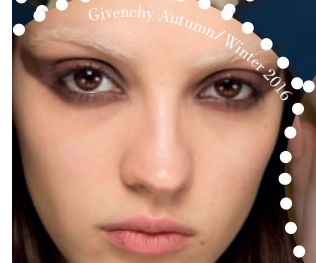
Prada Autumn/Winter 2012



Gucci Autumn/Winter 2013



Christian Dior Spring/Summer 2014



Givenchy Autumn/Winter 2016



Gucci Autumn/Winter 2017



Photo credit: www.vogue.co.uk & Desiree Mattisson



BEAUTY

THE LAST Sparkle

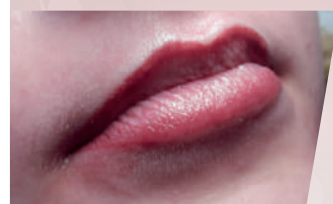
Imagine a world without glitter - no shimmering eye makeup on your nights out, no dazzling confetti on your daughter's fifth birthday, no glitz, no glamour, no shine. This dull dystopia may have you shaking your head in horror, but in reality, the impact glitter is having on our environment is far more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

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

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

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

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



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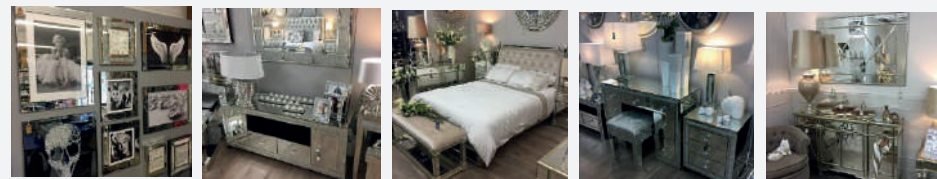


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SHAVING GOES CHIC

WHY MEN SHOULD DITCH THE BIC AND GET ON BOARD WITH LUXURY SHAVING PRODUCTS.

While women have long had an abundance of hair removal products to choose from – oil-enriched shaving balms, epilators and razors in every shape, size and colour – men have made do with comparatively fewer options. But in the last few years, beard shaving and facial care has become a lucrative industry.

Unlike many other grooming trends that look to the future by capitalising on advancing technology, the shaving trend draws from the past and the notion that the maintenance of a man's facial furniture ought to be a luxurious and indulgent experience. This ritual began in Roman times, when Alexander the Great ordered his soldiers to remove all hair so in battle the enemy would have nothing to grab hold of. Society followed suit and soon men all over Rome were frequenting barbershops to catch up on local gossip while they were shaved with straight blades and then massaged with soothing oils.

You may have noticed these traditional establishments popping up in your local high street; but while the format has not changed, the products have. Bluebeard's Revenge is a brand, for instance, whose exfoliators, creams and treatments promise "shaving for real men" and boast hard-working ingredients to minimise shaving discomfort. Taylors of Old Bond Street, meanwhile, sells the kind of products one might expect to find in James Bond's bathroom cabinet – like a Luxury Sandalwood Shaving Stick.

But whether you see yourself as a dapper Dan or a nefarious pirate, there are several reasons why you may want to consider upgrading your shaving regime. Firstly, disposable razors are becoming ever more expensive, and while a straight-edge razor will set you back around £40, the blades you put in it are remarkably cheap. Secondly, those who suffer from skin rash and ingrowing hairs may find that a single, extremely sharp blade lessens discomfort. And finally, the small point that shaving creams and balms make you feel and smell divine.



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BOXING MASH-UPS

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

BODY WEIGHT TRAINING

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

NOVELTY YOGA

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

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

ROPES

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

NAPPING

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

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NO SWEAT?

Understanding why we sweat and uncovering the myths behind how it aids toxin release and weight loss.

Sweating is having its moment. From Bikram yoga classes to infra-red saunas and even cardio classes in heated studios, it has never been cooler to sweat. But while devotees of these practices extol the many virtues of getting hot and steamy – which

include accelerated weight loss, improved flexibility and serious detoxification – few of these claims appear to be rooted in science.

“Sweating out the toxins” is one phrase often bandied about by perspiring yogis, but while it's nice to imagine your pores opening up and all matter of filth and unwanted fat pouring forth, the truth is that this really isn't the purpose of sweat at all. The function of sweat is to cool your body down when it is overheated. The cause of sweat does not alter its content, so whether you're slogging out on a 5k run or panicking prior to a big presentation, it will always predominantly consist of

water with traces of minerals.

Another belief is that sweating in excess will miraculously aid weight loss. It won't. Weigh yourself before and after a class or sauna and you may very well have lost weight, but most of this will again just be water.

But this isn't to say there aren't benefits from sweating. It is still an effective way to purify pores, so providing you cleanse and moisturise properly afterwards, you will get glowing skin. Sweating also encourages you to drink lots of water, which will rehydrate your body and push blood through your organs (like your liver and kidneys, which take care of all your detoxification) – helping you to think and function better.

Finally, a heated environment does help improve flexibility and promote relaxation, meaning you are more likely to enjoy a workout class and want to return. This means that over time you will build muscle and lose weight, leading to a happier, healthier you.



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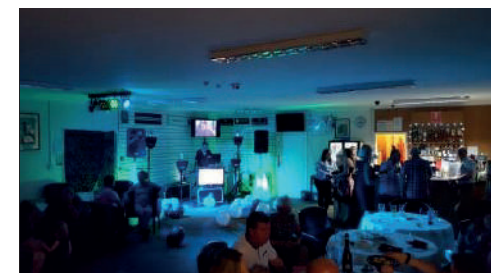
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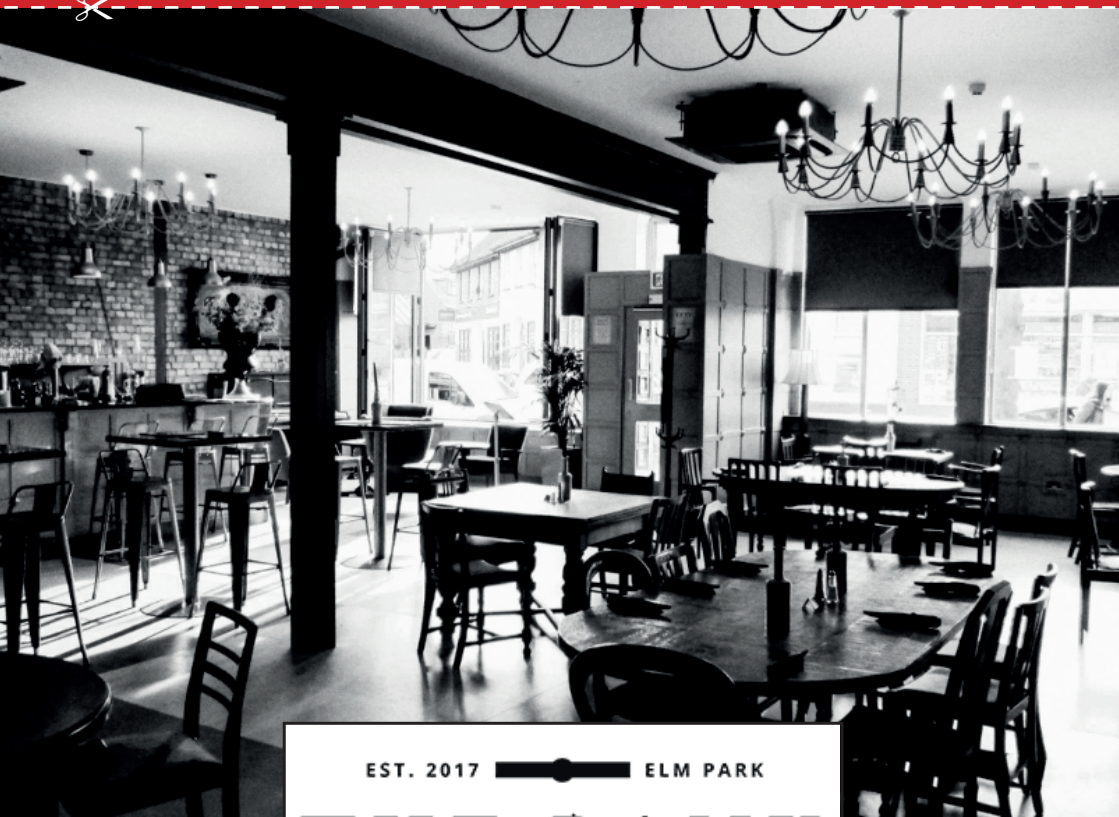
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One-Pan Wonder

Chorizo & Butter Bean Stew

One-pan wonders. We all love these types of recipes, where you can create a filling sumptuous meal using only one pan. There's something incredibly satisfying about putting all the ingredients into one pan and leaving them to fuse together into a something that's bursting with flavour. This recipe is no exception a hearty and delicious one-pan wonder.

Serves 4 | 40 minutes | Easy

INGREDIENTS:

- ▶ 150g chorizo, chopped into slices
- ▶ 1 onion, peeled and chopped
- ▶ 1 garlic clove, peeled and crushed
- ▶ 2tsp rosemary
- ▶ 2tsp sweet or hot smoked paprika
- ▶ 1x400g tin of chopped tomatoes

- ▶ 2 x400g tins of butter beans, drained
- ▶ 230g roasted red peppers, sliced
- ▶ Crusty bread to serve

METHOD:

Using a deep-based frying pan or a large casserole dish, fry the chorizo over a medium heat for a couple of minutes. Be careful not to overcook them. Remove from the pan using a slotted spoon, and put them to one side on a plate. Add the onion to the pan and fry until they are soft and golden.

Add the garlic, rosemary and paprika. Fry for another minute and then add the peppers, chopped tomatoes and beans. Take the tomato tin, half fill with water and add to the pan. Simmer this for 15-20 minutes until the stew thickens. Then, return the chorizo to the pan and warm through for a few more minutes while you toast the bread. Spoon the stew over the bread and dig in.



Recipe credit: Rebecca Heslop



THE SCIENCE OF...

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

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

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

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

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

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



chicken soup

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BEAT the Bugs

KIDS

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

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

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

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

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

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

Finally, gentle reminders can never hurt when trying to get your little one into a good habit. Teaching them to blow their own nose properly, wash hands frequently and cover their mouth when they sneeze will not only save the rest of your family from the never-ending onslaught of illness, it will also serve them well in the future.



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- > Why did the chicken cross the road?
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- > What does the fox say?

> Do you like Pokémon Go?

> Hey, Alexa

EXISTENTIAL MUSINGS

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

PURE ENTERTAINMENT

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

FILM AND TELEVISION

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

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Spring clean YOUR GARDEN

GARDENING

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

Spring clean

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

Prepare and plant

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

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

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

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

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

In the greenhouse

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





HOME & DIY

FUTURE DESIGNS

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

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

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

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

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



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WALL TO Wall

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

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

Corners

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

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

Sockets and Fittings

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

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



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Movers AND SHAKERS

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

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

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

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

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



HOME & DIY

HOME INVASION

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

KITCHEN SPONGE

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

TOOTHBRUSH HOLDER

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

PET BOWL

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

PHONES AND TABLETS

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

COFFEE MAKERS

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



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EURONICS

Finding his



Adored by the nation, particularly the ladies, popstar Olly Murs made his debut on ITV's *The Voice* recently.

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

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

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

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

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

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

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

Murs to his seven million Twitter followers, before

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

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

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Debating team win trophy in national competition

A team from Havering Sixth Form College, in Hornchurch, beat off strong competition from private and funded schools around the UK to win the History Matters Debating Competition held at Cambridge University recently.

The team of four students, including Alexandria Blackwell, Steven Gjegji, Shanna Bromberg and Callum Flynn, had to research and then articulate an argument in front of a small audience and judging panel.

They travelled to the university with history course leader Penny Jackson and were drawn to face a team from St Ivo School Sixth Form.

The history students had to research and then present a debate on: 'Nuclear weapons helped to make the world safer between 1945 and 1951'. St

Ivo spoke for the motion and Havering Sixth Form College spoke against the motion.

The Havering Sixth Form team won their debate against St Ivo and were also judged to have presented the best research and spoken performance out of all the participating teams.

Penny Jackson said: "I'm really proud of the students – they did a great job. To beat other private and funded schools and win the trophy was a fantastic achievement."

Student Alexandria said: "We thought the construction of our debate went well but then the questions from the audience and the judges took a long time and were quite tough. We were surprised when we found out we had won."

Havering Mind wins Aviva Community Fund bid

A mental health charity, which is based in Hornchurch, has won funding that will be used to benefit the local community.

Havering Mind, based in Harrow Lodge House, won their bid for Aviva Community Funding which will allow them to be able to train more than 80 people in the local community in mental health first aid.

The individuals will attend a two-day training course which will teach people how to identify, understand and help a person who may be developing a mental health issue.

Mental health first aid teaches how to recognise crucial warning signs of mental ill health.

According to the charity, one in four of us will fight a

mental health problem this year and one in 10 young people experience a mental health issue at any one time. For those aged five to 19 years, suicide is the second most common cause of death.

A spokesperson from the charity said: "We are delighted to have won this bid.

"This training is such a great opportunity for people in Havering who work with young people and with vulnerable adults.

"We would like to thank everyone who voted for us to win this funding. We are looking forward to getting started."

For more information, visit haveringmind.org.uk

Man left fighting for his life after altercation at bar

Detectives are appealing for witnesses to an incident at a bar in Hornchurch which left a man critically injured.

Police were called shortly after midnight on Saturday, December 16, to reports of a seriously injured man at the Vertigo Lounge in Station Lane, Hornchurch.

Officers attended the location along with London Ambulance Service.

A 33-year-old man was taken to hospital suffering head injuries. His condition was serious but not thought to be life threatening.

Officers believe the man was injured falling down stairs having been pushed by another man following an altercation.

A 45-year-old man was arrested several hours later at an address nearby. He was taken to an east London police station and later released under investigation.

Detectives from East Area CID are investigating the incident.

Anyone who witnessed the incident should call East Area CID on 020 8345 2724. To remain anonymous call Crimestoppers on 0800 555 111.



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Former artistic director at Queen's Theatre dies



Bob Carlton, former artistic director of Queen's Theatre, Hornchurch, has passed away.

He held the position at the theatre for 17 years and stepped down in September 2014 after directing a run of his self-penned musical *Return to the Forbidden Planet*.

Carlton is often credited with saving the Queen's Theatre from closure, as when he started his position the theatre was at a time of financial difficulty.

Queen's Theatre posted on Facebook following the news.

They wrote: "So sad to hear that Bob Carlton, former artistic director of Queen's Theatre Hornchurch for 17 years, has died. Our condolences go out to his family. RIP."

Council estates to be regenerated

Existing blocks of housing in Hornchurch will be replaced with modern, quality housing, as part of an ambitious project that will see the regeneration of sites across the borough.

Solar, Serena and Sunrise Sheltered scheme in South Hornchurch will be one of the first locations to be regenerated. Other locations include Romford, Gidea Park, Harold Hill, Rainham and Cranham.

At a cabinet meeting on January 17, members agreed to award preferred bidder status, for a joint venture partnership, which will see 12 council estates regenerated to provide 3,000 homes over the next 12 years.

Many of the new homes will be for affordable rent, while others will be low cost home ownership, where the council will retain a share in the property. There will also be properties for private sale.

Councillor Roger Ramsey, leader of Havering Council, said: "This is the most exciting and ambitious council home building programme in the country and

I'm confident the preferred development partner will be able to help us to deliver our future vision for the borough.

"The estate regeneration project along with the arrival of Crossrail has literally put Havering on the map. This, together with plans for the two dedicated housing zones, previously approved by cabinet, means developers, businesses and people moving to the borough all want to be a part of a future Havering.

"Forming this joint venture will allow us to deliver more high-quality affordable homes for our residents than ever before. But the benefits of this project will be felt across the borough, bringing with it new and improved transport links, better local amenities and new schools and GP surgeries."

Parks police hero honoured with Royal Award

A police officer from Havering Council's Parks Constabulary has received a prestigious award after being recognised by the Royal Humane Society for saving the life of a man in a park in Hornchurch.

PC Jones helped in preventing a man who had already attempted trying to commit suicide in Hornchurch Country Park on July 16, 2017.

PC Jones came to the man's rescue after he had tried to suffocate himself using a plastic bag.

Thanks to a swift and professional response, the man was able to make a full recovery.

PC Jones was presented with the Royal Humane Award at a ceremony at the town hall, in Romford, on Monday, January 15.

PC Jones said: "Receiving this award is a great honour. It reflects the kind of work and challenges my colleagues and I are faced with on a daily basis.

"It's lovely to be recognised by both the Royal Humane Society and also the management team at the council."



Photo credit: Havering Council

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Students and staff raise money during RaG week

Students and staff helped to collect money for charity as they took part in a Raise-and-Give (RaG) week at Havering Sixth Form College in Hornchurch recently.

There were performances of musical *Sister Act* and a Christmas concert that was attended by friends, parents and residents who live near to the college.

RaG week also included activities such as the HSFC Bake Off Competition, a FIFA tournament, glass painting and engraving, a table tennis competition, a staff versus students netball match and games stalls in the Quad.

All the events raised funds for the college's nominated charities, which are St Francis Hospice,

Cancer Research UK and EducAid. Money was also raised for the Save the Children charity.

The college also dropped off a trolley-load of food and other supplies, which were donated by staff and students, to Harold Hill Food Bank.

Principal Paul Wakeling, who attended the performance of *Sister Act*, said: "I was lucky enough to see the opening night of *Sister Act*. I know that it has been a lot of work getting this show production ready but last night was such a joyful experience.

"The students excelled, really pushing themselves. The music and acting were fantastic and the audience were completely engaged and loved every minute."

Students experience a day in the life of a Ford engineer

Aspiring engineers from Havering Sixth Form College, in Hornchurch, were taken on a visit to Ford Dunton Technical Centre for a tour and the chance to take part in design workshops recently.

The 18 students – all in the upper sixth year of the engineering BTEC diploma course – saw the company's newest cars being designed and were given a talk on the different types of apprenticeships and training schemes run at the centre.

They also took part in some group engineering activities where they designed a futuristic car.

One of the students said after the visit: "The trip was a fantastic experience that opened my eyes to how a Ford apprenticeship would work. It was also interesting to see the different processes that they have developed towards creating cars for the future."

Another student said: "It was good to see all the different sectors of a motor engineering company and how they come together to create a single car. It gave us an insight into all the processes that have to take place in order to build a car. I really enjoyed the visit and learning about a Ford engineer's work day and work place."



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Photo credit: ITV

LOCAL NEWS

Kem impresses the Dancing On Ice judges

Love Island's Kem Cetinay, who previously worked as a hairdresser in Hornchurch, had a great performance to start off the *Dancing On Ice* competition.

Skating to *Shut Up and Dance* by Walk The Moon with partner Alex Murphy, he received a score of 20.5 and finished joint top of the week one leader board alongside singer Jake Quickenden and his partner Vanessa Bauer.

Combined with the public vote, it was announced he had avoided the skate-off and was through to week three of the show.

In week three, Kem and Alex skated to The Pointer Sisters' *I'm So Excited*. They impressed the judges with the up-beat routine.

They scored 23.5 and finished in joint second place on the leader board.

Once again, Kem's fans got behind him and voted to keep him in the competition.

At the time of going to print, Kem was due to take on the ice in week four.

Elderly women targeted by fake fraud detectives

Police are urging people in Hornchurch to be vigilant following four incidents in south Essex where suspects posing as fraud detectives have attempted to con vulnerable people.

Three reports were made on January 9 with elderly women in Leigh, Westcliff and Southend being contacted.

A final report was made on January 12 from an elderly woman in Benfleet.

Investigating officer DS Rachel Jeffery said: "The suspects are preying on their elderly victims' trust and respect for police officers in an attempt to con them out of hundreds, and in some cases thousands of pounds.

"Fortunately, in each case reported to us the victims were rightly suspicious and either told a relative, police or their banks.

"Remember we will never ask you for personal bank details on the phone or ask you to withdraw any sums of cash.

"We would always talk to you in person if we were concerned about anything suspicious reported to us.

"Even at your doorstep, continue to remain vigilant and ask an officer to show their identification, we won't mind you asking to see."

For more advice on bogus callers and scams visit www.essex.police.uk/advice/bogus-callers



Leader calls for judicial review of 'unlawful' police station consultation

Havering Council has threatened to seek judicial review against the Mayor's Office for Policing and Crime (MOPAC) and the commissioner of the Metropolitan Police Service in respect of their decision to close police buildings.

Last year, MOPAC carried out a consultation on the closure of Hornchurch and Rainham police stations and reached the decision to close these sites.

Since then, councillor Roger Ramsey, leader of the council, sent a letter to MOPAC and the commissioner of the Metropolitan Police Service demanding that they reconsider the closures and withdraw the decision to close the public access points across the borough.

Cllr Ramsey said: "The outcome of MOPAC's consultation was unacceptable, and the process was even worse. We are advised that it was unlawful which is why I have approved a claim for judicial review. To start off with, the consultation was unlawful because decisions had already been made before the consultation started. The language

used in the consultation such as 'choices like this are inevitable' demonstrates that regardless of what was said during the consultation, a decision had already been made.

"MOPAC also failed to provide sufficient information to consultees to enable them to make an intelligent response. There was no indication of the costs of the current police buildings or their replacement which meant that consultees were not in a position to compare costs and make an informed response.

"On top of this, by law, both MOPAC and the commissioner must comply with the public sector equality duty. They failed to do this, and were not aware of the impact of the decision on residents of Havering (which has the oldest population in London). Older residents may feel more comfortable having face-to-face contact with police at the existing buildings. Older and disabled residents may have a greater difficulty in accessing the one remaining police station in Romford."

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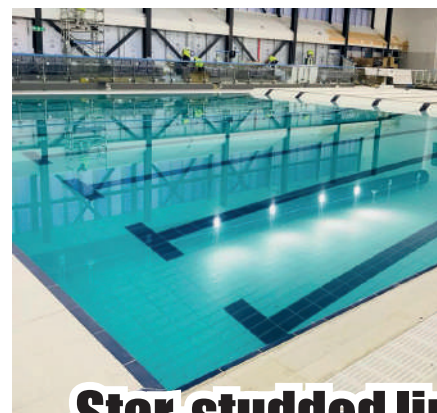
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Star-studded line up to open new facilities

A host of celebrity guests have been confirmed to attend the official opening of Sapphire Ice and Leisure in Romford.

Dancing on Ice star Ray Quinn will be at the opening alongside Colin Jackson CBE on February 3 to welcome visitors to the centre as it opens its doors for the first time.

Colin, the former Olympic hurdler, will be putting his abilities to the test in the new 100-station gym and setting visitors a series of fitness challenges.

Ray will demonstrate his skating skills at 10.30am before some of the country's top figure skaters take to the ice at 1pm.

A variety of free activities will be hosted from 9.30am - 10am and visitors will have the opportunity

to get their skates on, as well as joining in with family fun swims and exercise sessions. There will also be balloon modelling and face painting for younger children.

The Raiders will play their first game at their new home from 4pm - 9pm, before an ice disco gets under way from 9pm - 10pm.

Councillor Melvin Wallace, cabinet member for culture and community engagement, said: "Having Colin Jackson and Ray Quinn open our long-awaited facility is great news. I encourage residents to come down on the day which will be filled with activities.

"The health and wellbeing of our residents is a priority for the council and this facility is great for the future of sport and leisure in Havering."



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Family rescued from firework fire

A family from Hornchurch were rescued by firefighters after a fire was started with what is believed to be a firework.

A smoke alarm helped alert a family to a fire in their home on North Street.

A woman heard the smoke alarm and when she went to investigate found the lobby of the building full of smoke. She alerted the fire brigade.

Firefighters rescued two adults and four children from the first floor of the converted flat.

Watch manager Steven Blundell who was at the scene said: "Thankfully a smoke alarm alerted the family to the danger. I can't stress how important it is to have numerous smoke alarms in your home and to test them regularly."

"As a minimum you should have at least one device fitted on the ceiling of every floor in your home, however, we recommend you fit one in every room you regularly use as well as in the hallway."

It's believed that a stray firework started the fire and while it caused no fire damage, it did create a lot of smoke.

Blundell continued: "Even small fires can be deadly, left undetected they can smoulder and develop into a larger blaze. This incident also shows how dangerous fireworks can be and how much smoke they can create. Without the early warning from the smoke alarm, this story could have had a very different ending."

Twenty one firefighters and officers attended the incident with crews from Hornchurch, Harold Hill and Dagenham fire stations.

The brigade was called at 1.10am and the fire was under control by 2.05am.

Club record for Elliot Styles

AFC Hornchurch defender Elliot Styles claimed a club record for wearing the Hornchurch shirt recently.

Elliot wore it for a record 524th time on December 23 and now holds the all-time Hornchurch record.

His first senior club was Clacton which he joined in 2001. He then played for Ilford and Redbridge before signing for Hornchurch in 2006.

Elliot has also scored his fair share of goals for Hornchurch. At the time of his 524th appearance, he had scored 31 in total.

He has also been called upon as goalkeeper on three occasions.

Posting on the AFC Hornchurch website, the club wrote: "A fantastic career that we all hope will run and run."

"Well done Elliot, an incredible achievement."



Photo credit: AFC Hornchurch

Tobi Joseph joins the 100 club

AFC Hornchurch's Tobi Joseph made his 100th appearance for the club during a 2-1 win against Haringey Borough on January 15.

The midfielder made his debut against Leatherhead in August 2014 and went on to become a regular in the team - starting in 30 games and appearing as a substitute in nine.

The 2015/16 season saw Joseph score 15 goals from 30 appearances. However, his excellent run came to an end when he sustained a serious injury in a game against Bury Town, which ended his season and most of the next too.

At the time of reaching his 100th appearance, Joseph had already scored two goals this season.

Posting on their website, the club said: "Well done Tobi."



Photo credit: AFC Hornchurch

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WHEN THE HOUSE OF CARDS CAME CRASHING DOWN

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

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

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

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

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

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

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

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

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

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

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

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

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



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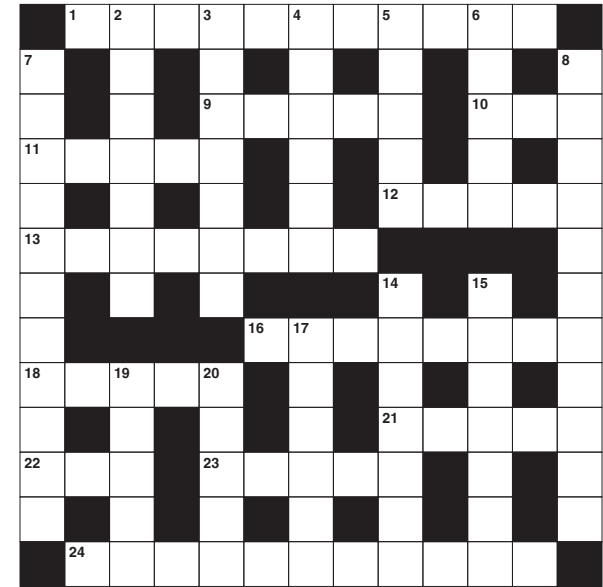
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



19. Published false statement (5)

20. From that time (5)

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

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BOXING CLEVER

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

Thoughts of management were clearly never far from his mind though, and the former captain's ambitions of taking up a permanent spot in the dugout were finally realised recently when he was named as the new manager of the Welsh national team, for whom he appeared 64 times. As successor to Chris Coleman, who guided Wales to the semi-finals of Euro 2016, Giggs already

has some large boots to fill. But if successful,

surely a return to the Old Trafford managerial set-up won't be far from his mind.





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Naughty NUMBER PLATES

WHY THE DVLA BANNED OVER 300 NUMBER PLATES...

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

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

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

Understanding the lingo:

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

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KILLER ROBOTS

James Cameron's *Terminator* films envisaged them in a bleak far-off future, but the notion of killer robots is becoming a key topic of conversation among some of the world's biggest tech brains...

The 'Campaign to Stop Killer Robots' may well sound like a bit of a joke, but take into account the fact that it's supported by over 100 of the world's leading robotics engineers – not to mention SpaceX and Tesla billionaire Elon Musk – and the situation looks somewhat more serious.

In a letter sent to the United Nations, leaders in the artificial intelligence (AI) industry have urged the global organisation to take into account the 'Pandora's Box' that the development of 'lethal autonomous' technology could open and unleash.

While these so-called 'killer robots' – defined as fully autonomous weapons that can select and engage targets without any human intervention – aren't yet a reality, current technological advances are making them very possible in the near future. Musk and his fellow AI innovators want to see these examples of 'morally wrong' technology banned under the UN Convention on Certain Conventional Weapons.

And while various reports on the dangers of killer AI have been supported by Stephen Hawking, Apple's Steve Wozniak, and Musk among others, some members of the Silicon Valley community appear less concerned. In July, a squabble between Musk and Facebook CEO Mark Zuckerberg hit the headlines, with Zuckerberg deeming the warnings against a potential killer robot threat "pretty irresponsible" and Musk retorting that the Facebook founder's knowledge on the subject was "limited".

But in the same month, the Tesla tech-head told a gathering of US government figures that they would do well to heed his warnings. "I keep sounding the alarm bell," he said. "But until people see robots going down the street killing people, they don't know how to react because it seems so ethereal."

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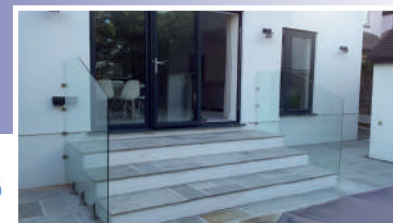
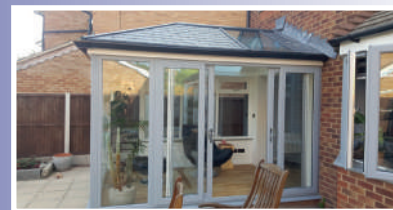


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