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FROM THE
DICTIONARY

ANT & DEC

The dynamic duo back on top

HARRY STYLES

From boyband heartthrob to individual stardom



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Editor's notes...



Brett Shoet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. This month we have some great news as **VISION**Hornchurch will now be delivered to another 1,000 homes. This means we will be distributing to the whole of Emerson Park too.

I would personally like to welcome all our new readers to the FREE monthly publication which provides you with local news and a range of interesting and informative feature articles. I hope you enjoy the read.

Thank you to all of our clients and readers for making this happen. We cannot grow the publication without your support.

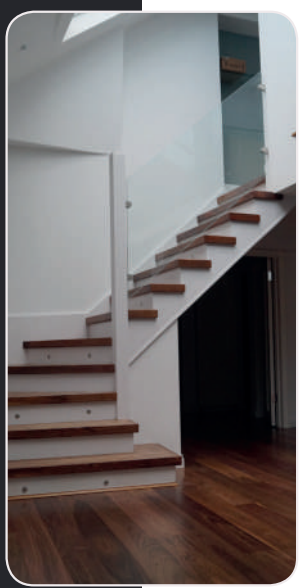
In this month's local news, Havering Council has filed a judicial review following the decision to close police stations in the borough, including in Hornchurch, the family of a three-year-old who has cancer are hoping to raise £400k to provide lifesaving treatment, and Queen's Theatre announces this year's panto.

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

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

Brett

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ACROSS
1. BUMP, 3. GLASSFUL, 9. CANTATA, 10. RABBIT, 11. STRAIGHTAWAY, 13. ABACUS, 15. MERINO, 17. ADVANTAGEOUS,
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.



By Invitation **ONLY**

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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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.



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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...



FASHION

POWER of the muse

From Hubert de Givenchy and Audrey Hepburn to Olivier Rousteing and Kim Kardashian, without the women who inspire designers, fashion simply wouldn't survive.

They say that behind every great man is an even greater woman, and in regard to some of the greatest fashion designers of all time that is a half-truth, for the ladies who inspire them are not tucked away but laid out for all to see under the hot, white spotlight.

"His are the only clothes in which I am myself. He is far more than a couturier, he is a creator of personality," said Audrey Hepburn of Hubert de Givenchy and the luxurious couture creations he designed for her – one of which was the little black dress her character Holly Golightly wore in *Breakfast at Tiffany's*. But whatever movie star pizzazz Givenchy gifted Hepburn, she repaid it in spades – the French fashion house still sells creations inspired by the actress.

Modern creators too are candid about the women who inspire them, and in the age of social media that can only be a good thing. Particularly if she has over 100 million Instagram followers, like Olivier Rousteing's muse and BFF Kim Kardashian; though of late, the Balmain head honcho has been spending a lot of time with Kim's little sister, Kendall. Could the modern relationship between the artist and his inspiration be as fickle as, well, a fashion trend?

Both Michael Kors and Karl Lagerfeld prefer the buffet approach to the muse; for the former, there is an interchangeable array of honey-limbed babes who perfectly embody his particular brand of wholesome sunshiny Californication (Kate Hudson, Blake Lively, Gigi Hadid), whereas the latter prefers whichever hot young thing is en vogue at the time. Though for Lagerfeld of course, there is only ever one true muse who not only personifies, but actually created the brand for which he is best known: Coco Chanel.



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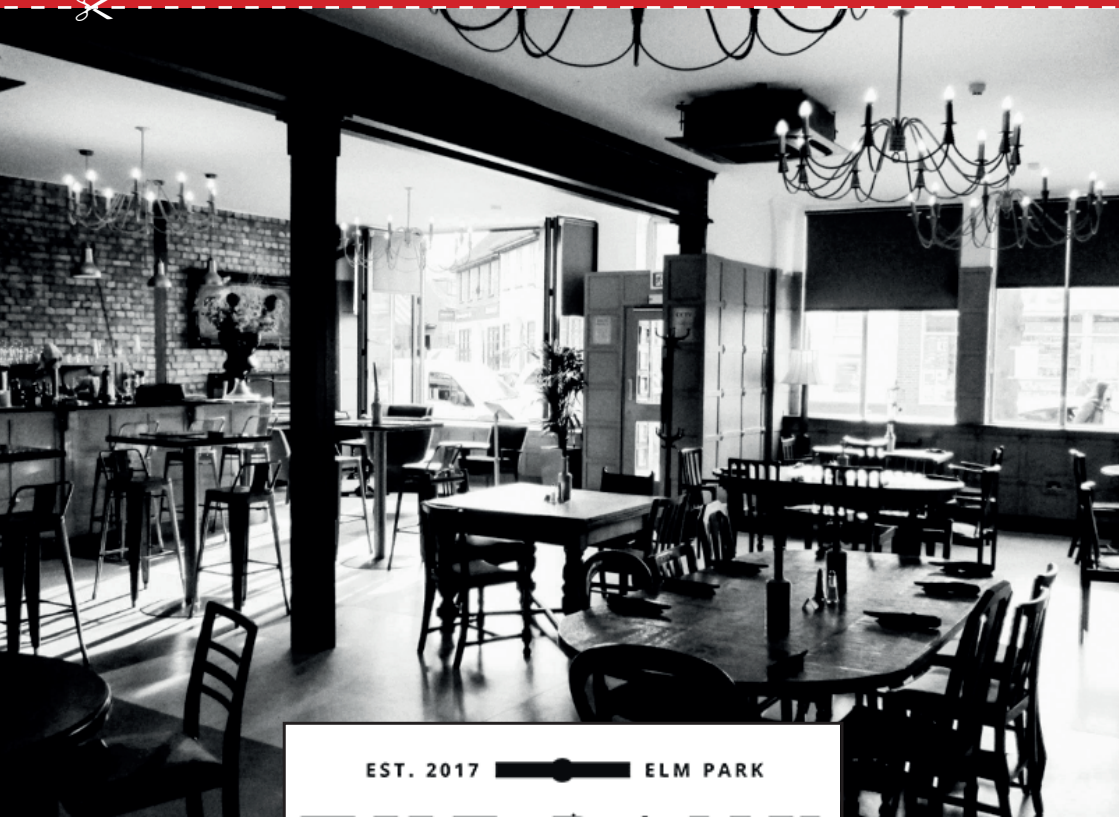
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finewining

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.



FOOD & DRINK

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."

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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.

Gorgeous CUTS

Feeling bloated and under the weather? Well look to within for the answer, as here are the dos and don'ts of balancing your internal bacteria.

DO fill up on fruit and veg, particularly those that are prebiotic and contain ingredients that bacteria feed on. These include asparagus, bananas, garlic, Jerusalem artichoke, kiwi, mushroom and onions.

DON'T overdo the antibiotics. Not only does taking too many antibiotics make you more susceptible to certain bacterial infections, they also disrupt the integrity of the intestinal microbiome which can leave your immune system even more vulnerable.

DO consider a probiotic supplement.

But **DON'T** be fooled by marketing. Some brands would have you believe the best supplement is the one with the most bacteria, but actually the strains of bacteria are more vital. So choose ones that contain *L. acidophilus*, *B. longum* and *B. bifidum*, and offer an effective delivery system.

DO load up on probiotic foods. Probiotic-rich foods, unlike prebiotic, actually contain new bacteria to boost your gut microbes. These include cultured dairy products like buttermilk, yogurt, kefir and cheese, along with fermented vegetables such as

kimchi, sauerkraut and lacto-fermented pickles.

DON'T overdo the junk food. Unsurprisingly, highly-processed foods don't encourage a healthy gut, and often contain ingredients which suppress 'good' bacteria, or increase 'bad'.

DO stay hydrated. When it comes to keeping everything healthy in your tummy, water is your friend, helping food move effectively through your intestines and maintaining an optimum environment for bacteria.

DON'T fear the four Ks. Like the Kardashians of the fermented food world, Kefir, Kombucha, 'Kraut and Kimchi are a formidable probiotic force. Having said that, some may find the idea of fermented spicy cabbage (Kimchi), fizzy fermented tea (Kombucha) and slightly sour-tasting yogurt drink (Kefir) a little overwhelming. However, once over the initial shock, these all taste delicious and will do wonders for the digestive system, leaving you with a glow and sparkle to rival the real Kardashian ladies... like, literally.



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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.



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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

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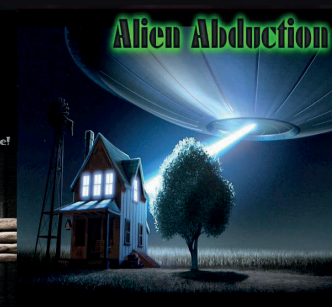


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KIDS

5 ALIVE

It can feel like an uphill struggle getting your children to consume their 'five a day', let alone actually enjoy the experience. But give these handy tips and tricks below a try, and see if they don't help your little one stave off hunger and keep healthy at the same time.

1. HEALTHY JUNK FOOD

Try making your own healthy junk food using good quality lean meat for burgers; and swap desserts that are high in refined sugars with easy-to-make fresh fruit ice lollies made from fruit juice and pureed fruits.

2. PROPER PROVENANCE

Some kids can spot a hidden mushroom a mile off, so sometimes it's best to be upfront about fruit and vegetables. Explain to them where their food has come from, explaining why each thing is so good for them, and you may well get them more interested in what they are eating.

3. APPEARANCE

Try to make sure your child's food not only tastes good but looks good too. Mini portions, chicken skewers or bite-sized pieces of fruit will look enticing, whilst keep your kids healthy at the same time.

4. THE FRIDGE SHELF

Avoid empty calorie snacks like crisps or soft drinks and keep a supply of healthy snacks on hand. A low shelf in the fridge with cut-up fresh fruit and other healthy foods means that hungry children have somewhere to go that's easy to get to and packed with nutritious nibbles.

5. GET INVOLVED

Children love the thrill of assembling their own food, so why not lay ingredients out in bowls and let your youngsters fill and fold their own wraps, or choose their favourite toppings for tasty homemade pizzas.

Most children adore cooking, and tasks like squeezing fresh orange juice or cracking eggs are well within the capabilities of a budding Jamie Oliver, no matter how young. It's amazing how being involved in the planning and preparation of a meal can stimulate a child's appetite.



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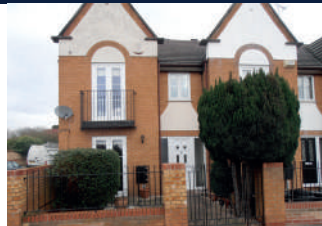
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BAUHAUS IS A VERY FINE HAUS

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
- > Reveal your home's raw materials (floor boards, brick, cement)
- > Keep decoration simple with splashes of colour
- > Buy a geometric shelving unit
- > Put up a Bauhaus-inspired poster
- > 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."





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.



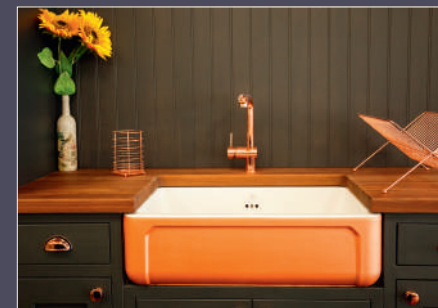
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HOME & DIY

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.



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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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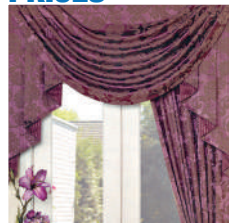
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Council starts legal action over police station closure

Havering Council has filed a judicial review following the decision to close police buildings in the borough, including Hornchurch.

Councillor Roger Ramsey, leader of the council, called for a judicial review when the council wrote a letter to the Mayor's Office for Policing and Crime (MOPAC) on the grounds that the consultation was unlawful and that they failed to comply with the public sector equality duty.

The mayor's office responded to the council standing by his original decision.

Cllr Ramsey said: "After writing to both MOPAC and the commissioner and receiving a disappointing

response, it was essential we started court action. This will demonstrate that we will not tolerate the closure of our public access police stations as the safety of our residents is paramount.

"The MOPAC consultation process was not undertaken properly. The decision will have a negative impact on residents in the south of the borough who will have to travel over an hour to their nearest police station, which is not acceptable. Also, older residents may feel more comfortable having face-to-face contact with police and it will be unjust to take this away from them."



Family hoping to raise £400K for lifesaving treatment

A mother from Hornchurch is asking for donations to fund lifesaving treatment for her daughter who is battling a rare form of cancer.

Isla Caton, who is three years old, was diagnosed with neuroblastoma in March last year after being ill for three months.

She was due to start her antibody treatment therapy, but a spot was found on her skull and it was revealed that she had relapsed.

Her mum Nicola Caton said: "It came as a shock to us because she was perfectly fine. She was maybe a little more tired, but that was the only thing."

Isla's JustGiving page has already reached over £200,000 but her family are now trying to double that so she is still able to receive the vaccines once she is clear of cancer.

The vaccines are used to help prevent the neuroblastoma returning.

Nicola said: "We will have to use the vaccine money to pay for her treatment now and then start a fresh."

"We just need to get her cancer free. That's our main concern."

Nicola is positive that the additional funding can be raised.

She continued: "We've been guided by the Bradley Lowery Foundation.

"We feel that we have so many people backing Isla that we truly do think we will be able to get it.

"We've raised over £200,000 so far. The money is a huge amount and we are so grateful."

Even though raising the funds is a huge part of the challenge, the support the family have received has been overwhelming.

Nicola said: "I just want to thank everyone so much for the support. Without them we wouldn't have got this far.

"The money has been amazing but the love and support has also been amazing."

To donate, visit www.justgiving.com/campaigns/charity/thebradleyloweryfoundation/islacaton

Primary school given 'good' Ofsted rating

A primary school in Hornchurch has been rated 'good' by Ofsted inspectors.

St Mary's Catholic Primary School was given the rating in a report published last month.

This visit was the first short inspection carried out since September 2013.

The school was praised for the quality of education,

improving the quality of teaching and learning, and ensuring the school was a happy, safe and welcoming environment.

The report stated: "The school continues to be at the heart of the local community, with close links to the church next door. You have developed a positive and caring ethos in the school."

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New Lidl set to open



Artistic impression

A new Lidl store will be opening in Hornchurch later this month.

The shop, which is being built on the High Street, will be opening on March 15.

A spokesperson from Lidl said: "The multi-million pound investment will see Lidl commit to building a sustainable 2,747m² store with a net sales area of 1,690m², and will create up to 40 new jobs.

"The supermarket will boast facilities including a fully-glazed shop front, an in-store bakery, longer-style tills with dual packing facilities, customer trolleys and ample parking for both cars and bicycles."

Queen's Theatre announces 2018 panto

The Queen's Theatre, in Hornchurch, has announced this year's panto extravaganza will be *Jack and the Beanstalk*.

The family favourite production will run from November 28, 2018 until January 6, 2019.

Tickets for the festive spectacular range from £12.50 to £29 and are now on sale.

When Jack sells Daisy, his family cow, for magic beans, he soon discovers they open up an unexpected world of thrilling adventures.

The show will be brought to you by the same team as last year's record-breaking *Beauty and the Beast* and 2016's *Cinderella*.

The panto will be peppered with pop hits from across the decades, bundles of audience participation and hilarious jokes.

The theatre is offering an early bird deal of 10 per cent off if tickets are booked before March 31.

Man to row 3,800 miles from New York to London

A man from Hornchurch and his companion will be rowing from New York to London in an attempt to break a world record.

Josh Peck, who works as a personal trainer, set himself the challenge to inspire other people to challenge themselves to achieve a goal.

He will be taking on the 3,800-mile non-stop journey across the Atlantic to raise money for mental health charity Mind and specialist charities that help to reduce ocean plastic.

Josh needs to be able to raise £80,000 in order to be able to take on the challenge.

He said: "We have raised some cash but we still have a way to go.

"We're completely non-profit and all the money will go towards the charity.

"The £80,000 is to ensure we do it and cover every element that could go wrong. Any money leftover will go to the charities."

The challenge has been set to launch from early August 2018 from New York docks, heading up and around Hudson Bay, then heading east towards London.

The duo will spend two to three months in rotating shifts of two hours in order to complete the gruelling task.

Living on a vessel so small surrounded by nothing but water, the greatest challenge will not only be physical but also mental.

For more information or to make a donation, visit gofundme.com/AdventureAthletic





Students aim high at OxFizz subject carousel

Ambitious students aiming for the top universities when they leave Havering Sixth Form College in Hornchurch attended a subject carousel with almost 100 other high flyers from across London.

Run by OxFizz, an organisation which supports students with their university applications, the day gave students a taste of what it would be like to study a variety of different subjects at Oxford and Cambridge.

Ten students from the sixth form attended the day on February 3.

They rotated around talks run by 23 OxFizz volunteers, all graduates from some of the best universities in the world and heard about their own experiences.

Former Havering Sixth Form College student Lee Robertson left to study a degree at Cambridge University and is now the volunteering coordinator

at OxFizz.

He said: "The day gave students the chance to hear about a range of different subjects – some of which they may have never heard of or considered before.

"One student told us when they arrived that they thought students from these universities were 'posh', 'rich' and 'scary'. But by the end of the day, they actually found them down to earth, and left really excited and better informed about how to make a strong university application.

"I am so grateful for the support that I received from Havering Sixth Form College in my application to Cambridge, and I know that Penny Jackson and other tutors are still doing amazing work with the Aiming High programme. It was a pleasure to meet and support students from my old college, and I look forward to working with more of them in the year ahead."

Construction firm raises thousands for hospice

A team from a Hornchurch construction firm returned military action heroes for the day to raise more than £2,500 recently.

Ten members of staff from NC Construction took part in a military assault course challenge in Surrey in aid of St Francis Hospice.

Staff visited the charity to hand over the money raised from their efforts, which was five times their original target.

Kerrie Coulson, business manager at the firm, said: "It was such a great day out and we had so much fun.

"We are really grateful to all our friends, families, sub-contractors, clients and suppliers for making a donation and helping to raise so much money."

Mike Allen, corporate partnerships manager, said: "This is an outstanding example of NC Construction's commitment to helping the hospice to continue to provide its specialist end of life care and support services to the community.

"Not only did they raise a significant sum of money for the hospice, they gave up a day's work to take part in the challenge."

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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



MP helps to secure additional funding

For too long, Havering has been getting a raw deal when it comes to the cash our borough receives from central government because of outdated assumptions that inner London's boroughs have higher funding needs.

Havering now has both the oldest population and fastest growing number of children of any London borough, placing twin pressures on our social care system and housing supply, and a huge strain on our council's coffers.

The disparity of treatment between inner and outer London is one of the things I pledged to raise with government when I first got elected in June. As such, I recently went to see Local Government Minister, Rishi Sunak, with Romford's MP, Andrew Rosindell, and Havering leader, cllr Roger Ramsey, to make our case for additional grants.

A couple of weeks later, the new funding settlement for councils was announced, and we were delighted

to see Havering get an extra £2.1million in resource as well as access to a £150million pot to provide adult social care and a share of a £16million Rural Services Grant. Havering will also benefit from London being confirmed as a business rates retention pilot area. This will see London keeping 100 per cent of growth in business rates, which will stay in communities and be spent on local priorities.

The government's settlement is designed to give councils more financial freedom to deliver services for their most vulnerable residents while protecting council tax payers from excessive increases in their bills. I am glad that central government listened to us but we now need the inner-outer London issue to be addressed long-term by changing how grant is calculated. I shall therefore be contributing to the government's new funding consultation to ensure that our borough always has what it needs to deliver the best services to local people.

www.julialopez.co.uk

Assombalunga joins the Urchins



Photo credit: AFC Hornchurch

AFC Hornchurch announced the departure of Matthias Fanimo recently.

The midfielder signed for Slovenian second division side NK Drava Ptuj.

Following the news, the club announced the signing of Christian Assombalunga from Chelmsford City.

The striker made a habit of scoring against the Urchins, having done so for Chelmsford City and Waltham Abbey.

Posting on their website, chairman Alex Sharp commented: "Chris is a player we have admired for a few seasons now, and someone we tried to sign at the end of last season.

"He is a fantastic addition to our squad and someone we believe can play at a much higher level, which was very much in our thinking when we decided to bring him to the club.

"Chris is coming to a great club and I know our fans will make him feel very welcome."

Manager Jimmy McFarlane added: "I'm delighted Chris has agreed to come to the club and I think he will be very successful here as we push for promotion to the Bostik Premier Division."

Student success celebrated at awards ceremony

A school in Hornchurch has been celebrating students' achievements at a presentation evening recently.

Sanders School, in Hornchurch, held the evening at the Queen's Theatre to celebrate the achievements of students during the 2016/17 academic year.

The event is one of the most prestigious and enjoyable events in the school's calendar.

Awards were given for progress and achievement

in a variety of subjects. Students were also awarded for academic excellence, perseverance and service to the school along with a team award, leadership and citizen of the year awards.

The awards were presented by the Mayor of Havering, councillor Linda Van den Hende, and former student and guest speaker Lauren Langdon.

College commemorates Holocaust Memorial Day

Two students led Havering Sixth Form College's commemoration of Holocaust Memorial Day recently.

Anna Donoghue and Becky Wingett were selected as ambassadors for the Holocaust Educational Trust and to lead the commemoration because of the outstanding work they produced for their history A-levels.

On January 26, the students created a Holocaust Memorial Day display and table in the college Atrium to make other students aware of the atrocities of the Holocaust and of other genocides that have taken place around the world.

They asked students and staff to write on notes why they felt it was so important to remember the Holocaust, which they then stuck to a board.

They also handed out leaflets and stickers and put up posters and photographs from survivors.

Prior to Holocaust Memorial Day, Anna and Becky had attended a seminar and were taken on a day trip to Poland as part of the Lessons from Auschwitz scheme.

Anna said: "It was an experience I will never forget and has motivated me to try to do something to make a change."

History tutor Penny Jackson said: "The project is challenging and can be emotional, but it is a great opportunity for the students and it really brings into focus the atrocities of the Holocaust."



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Business student networks with city bosses

An A-level business student attended an awards ceremony in London after being named as a winner in the 10th annual Worshipful Company of International Bankers (WCIB) Essay Competition.

Andrew Lam was presented with £100 at a ceremony held at the headquarters of ING Bank in Moorgate.

He had the chance to network with financiers, CEOs, bankers and entrepreneurs and left the evening presentation with an offer of work experience with accountants at a grant and funding charity based in London Bridge.

The competition asked students from 25 school sixth forms and colleges across London to write a 1,500-word magazine article discussing the following topic: 'Cashless payments are now commonplace. Is this, and other developments in FinTech, fundamentally changing the provision of

traditional financial services?'

Andrew wrote about the progress of technology and online banking and whether notes and coins will eventually die out and become non-existent.

He said: "The best part about winning was not actually the £100, but the chance to network with so many people in the banking industry at the ceremony.

"I found that really useful, talking to them and finding out about the opportunities available after college. I was even offered work experience there and then which will help me so much with my future plans."

Two other Havering Sixth Form College students, Jimmy Kidjana and Caroline Enaw, received certificates from the WCIB for their essay entries and were given £25 Amazon vouchers by The CUBE – the college's careers department.

Enjoy a musical extravaganza for a worthy cause

Havering Mind will be holding a new event to raise vital funds later this year.

The Havering Tribute Fest is an open air concert that will take place at Damyns Hall Aerodrome, in Upminster, on Saturday, July 21.

The event will feature live tributes to musical greats. The gates and bar will open from 3pm with live music commencing from 4pm.

All money raised will go to the mental health charity

to help support their services to local people who are experiencing problems with their wellbeing.

Tickets, which must be booked in advance, are £20 for adults, with under 14s free. All youths under the age of 18 must be accompanied by an adult.

Tickets also include entry to the Wings & Wheels Family Festival on July 22 at the same venue.

For more information and to book tickets, visit www.haveringtributefest.co.uk





Photo credit: Everyone Active

Thousands attend leisure centre's grand opening

More than 8,000 people joined Olympic medallist Colin Jackson CBE and *Dancing on Ice* star Ray Quinn at the official opening of Sapphire Ice and Leisure on February 3.

Throughout the day, guests were treated to a host of free activities including public skating and swim sessions.

On the ice, crowds were impressed by Ray's award-winning skills on the ice before British figure skating champions Graham Newberry and Kristen Spours treated the audience to a performance.

Both pools were filled with visitors and more than 100 children joined former Olympic athletes as part of an Oceans of Fun event.

Colin also showed his talent when he took part in a range of fitness activities in the new 100-station fitness suite.

Residents were impressed with the new facilities. John Scott said: "It's awesome and fantastic

to have the Raiders play hockey in the borough again."

Dara Stringer added: "It's brilliant that now we have a place for our kids to go and enjoy themselves. I'm even more pleased that my daughter has started ice skating lessons and I don't have to travel a million miles away."

Councillor Roger Ramsey, leader of Havering Council, said: "It was an honour to open this long-awaited facility, named after the reign of Queen Elizabeth II.

"This project has been at the forefront of this administration's ambition and I'm very happy that thousands of residents joined us to celebrate this and that they were all impressed by the facilities available at Sapphire Ice and Leisure.

"I hope that all residents across the borough make good use of this complex to help maintain and improve their health and wellbeing."

Take the lead and become a PAT volunteer



Photo credit: Becky Moyce

An exciting project is about to start in Havering as Pets As Therapy (PAT) is recruiting volunteers to visit care homes with their dogs.

PAT, a charity founded in 1983, recently received a gift from a lady who had lived in Havering. Her dream was to see a PAT dog in every care home in the borough of Havering, so she remembered the charity in her will.

If you would like to find out more about becoming a PAT volunteer and visiting a care home in Havering, please visit www.petsastherapy.org

Alternatively, email reception@petsastherapy.org or call 01494 569130.

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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.

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.

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 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.





PUZZLES & TRIVIA

PUZZLES

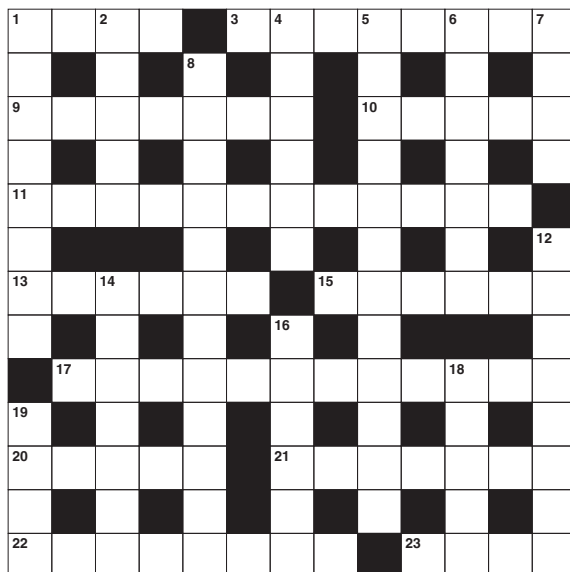
Answers can be found on the Contents Page 4

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

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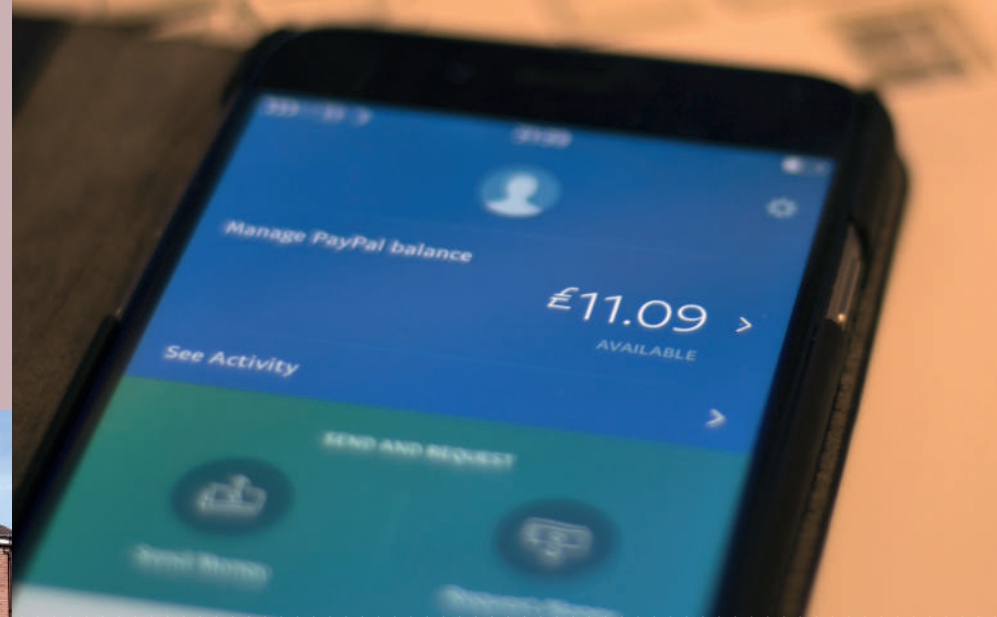
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PayPal

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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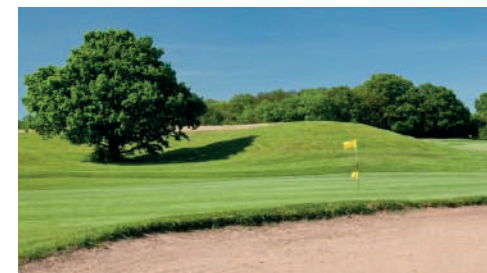
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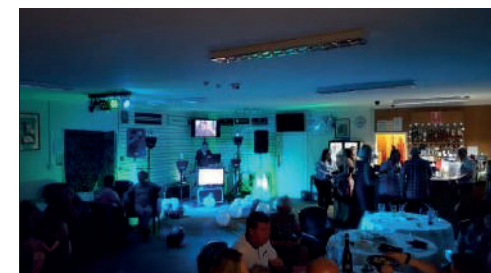
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THE SPORT RICH LIST

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?”

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.

THE DEATH OF THE SMART WATCH

They were once heralded as the latest must-have gadget and the future of wearable tech wizardry, so why is it that smart watches have failed to live up to the hype surrounding them?

Modern tech developments have a habit of making devices once only available to 007 a reality, and when Apple launched its first smart watch in 2015 it appeared to be signalling that it was once again paving the way for the future of personal gadgetry. Unfortunately for Apple and the many companies that invested time in creating their own technological timepieces, the smart watch has so far failed to take off.

One of the largest manufacturers of smart watches, Pebble, recently announced that it had sold just one million models over the past two years. So what went wrong for Apple and co? One problem may well be that although the smart watch can make calls, it is necessary to tether the device to a working smart phone, and most potential buyers were reluctant to shell out hundreds of dollars for something that was really just an accessory to their mobile. Further to this was the realisation that, while Apple pay and other contactless apps were great at first, they quickly became redundant after contactless cards were rolled out nationwide.

Even Apple CEO Tim Cook – who is the first to take to the stage singing the praises of the company's successful creations – has remained strangely silent when it comes to smart watch sales, and future models have generally fallen by the wayside in favour of promoting fresh generations of iPhone or the new wireless Airpod headphones.

Has the Apple watch been a flop? No, not entirely – it even outsold iPhones in its first year on the market. But as buyers began to realise that by and large smart watches don't really do anything a smart phone doesn't, and they have no killer feature to provide the draw for interested parties, the smart watch has certainly fallen short of expectations.



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WHAT'S ON *in your area*

Where to Start with Your Family History
By Peter Layzell
Hornchurch Library, 44 North Street,
Hornchurch, RM11 1TB
March 9, 3pm – 4.15pm

This talk covers the basic rules for researching your family history based on Peter's experience in both conducting family history research and from running popular family history websites.

Tickets are £5 per person. Contact 01708 434903 for more details.

Mother's Day Craft Drop-In
Ingrebourne Valley Visitor Centre,
Saturday, March 10, two sessions,
10am – 11am or 11.30am – 12.30pm



A drop-in craft event to celebrate Mother's Day. Make something special for your mum to keep in time for Mother's Day. Suitable for ages 3+. Donation: £3 per child.

Charity Fundraising Concert
St Luke's Church, Front Lane, Cranham,
Upminster, RM14 1LD
Saturday, March 17, 7.30pm

The Brentwood Big Band will be performing a charity concert at St Luke's Church on March 17.

Admission for adults is £12 and under 16s is £6.

For tickets, contact Debbie Broom on 01708 473314 or email debbie.broom@tesco.net

Alternatively, contact David Squibb on 07713 069309 or email david@squibb.eclipse.co.uk

British Heart Foundation Quiz Night
North Street Halls, Hornchurch, RM11 1QX
Saturday, March 17, 7.30pm

Adam Berry is hosting a quiz night to help raise funds for the British Heart Foundation.

He said: "As some of you know, I have a heart condition and that has led me to a path of health, fitness and now a London Marathon place."

Teams of eight. It costs £6 per person on the day. RSVP to adam@thegymstarter.com or call 07534 804024.

Islands In The Stream
Queen's Theatre, Billet Lane, Hornchurch,
RM11 1QT
Monday, March 19, 7.30pm



This high-slapping stage show brings together the beloved glamour and personality of Dolly, along with Kenny's charisma and energy with hit after hit including *Jolene*, *9 to 5* and *I Will Always Love You*, plus the smash hit *Islands in the Stream*.

To book tickets visit www.queens-theatre.co.uk/whats-on/show/islands-in-the-stream-2

Titanic: Honour and Glory Exhibition
Hadfield Museum, 19-21 High Street,
Romford, RM1 1JU
April 7 – September 1

This exhibition tells the story of the Titanic disaster through artefacts and will include stories from local people, who have a connection to the ship. A series of talks will support this exhibition. Group visits with refreshments are available upon request.

Call 01708 766571 for exhibition access times.

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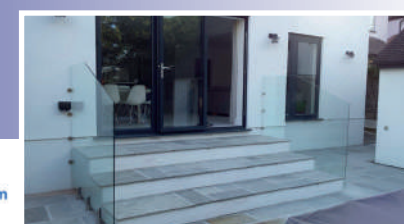
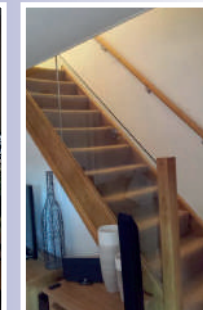
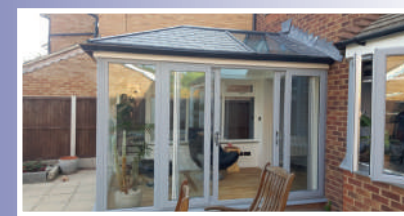
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