

Yes, Camilla WILL be Queen, says Her Majesty

■ On the 70th anniversary of her accession to the throne, Queen grants royal seal of approval of full title for Charles's wife

The Queen has given the Duchess of Cornwall her royal seal of approval to become the next Queen when Charles is made King, in a Platinum Jubilee message.

In a hugely significant intervention – shaping the future of the monarchy on her historic milestone – the Queen stepped in to announce “it is my sincere wish that, when that time comes, Camilla will be known as Queen Consort as she continues her own loyal service”.

The honour for Camilla will come as a surprise as, for the past 17 years, Charles and the Royal Family have insisted she will not use the title of Queen and instead will be known as Princess Consort. Her husband will be King Charles III.

A poll held back in June found that 63 per cent of the British public did not want Camilla to become Queen.

Palace officials hope the Queen's move will help change their minds.

The Queen, 95, also pledged to devote the rest of her life to the service of the nation as

she marked the historic 70th anniversary of her accession on Sunday. In the statement, signed “Your Servant”, she said it gave her “pleasure to renew” the pledge she gave on her 21st birthday that her “life will always be devoted to your service”.

‘eternally grateful’

She said she remained “eternally grateful for, and humbled by, the loyalty and affection” people continue to show after her seven decades on the throne – a time which has seen “extraordinary progress”.

She said she knew that Charles and Camilla would get the same support she had received, and sources said it is a sign she wanted Charles to have the same support Prince Philip gave to her.

Her Majesty said: “And when, in the fullness of time, my son Charles

becomes King, I know you will give him and his wife Camilla the same support that you have given me.”

She also stressed she was “fortunate to have had the steadfast and loving support of my family” and was “blessed that in Prince Philip I had a partner willing to carry out the role of consort and unselfishly make the sacrifices that go with it”.

The Duke of Edinburgh was the longest-serving consort in history until his death aged 99 last April.

Sources said the Queen had decided to use her message to pass on all the wisdom and experience of her 70 years on the throne. One said: “This is her saying with all that experience of seeing the support that she received from the Duke of Edinburgh and how her mother supported her father, she thinks the



SEEN IN PICCADILLY: a beaming image of the Queen as she celebrated 70 years on the throne on Sunday

right thing to do is to have a Queen Consort alongside a new King.”

The Queen also said she hopes her Platinum Jubilee will bring people together “after some difficult times for so many of us” and the celebrations will allow us to “reflect on the positive developments in our day-to-day lives that have so happily coincided with my reign”.

Elizabeth ascended the throne aged 25 following the death of her father King George VI on



LOOKING UP: but the subject of Camilla's future title remains controversial for most Britons

February 6, 1952, while she was in Kenya on an international tour.

She is the nation's

longest reigning monarch and the longest still-serving sovereign in the world.

News From Britain

Boris: Covid restrictions to end within weeks

PM to reveal roadmap on Feb. 21 with changes taking effect just days later

THE moment the UK has longed for edged closer this week with the surprise announcement that all Covid restrictions will be scrapped within weeks.

England will be the first in the world to fully break free from curbs that have blighted so many lives during the past two years of nightmare.

The PM will reveal a roadmap for living with Covid on Monday, February 21 – a month earlier than planned so long as “encouraging” trends continue, with the change taking effect on February 24. That would be 703 days since UK lockdowns began on March 23 2020.

Boris Johnson said that mandatory isolation rules for people testing positive for Covid are set to be swept away as infections, hospital admissions and deaths all fall.

He amazed MPs by effectively revealing the end of domestic restrictions at the start of Prime Minister’s Questions, pledging to make a statement confirming the move when the Commons returns from its half-term break.

Mr Johnson said:

“Provided the current encouraging trends in the data continue, it is my expectation that we will be able to end the last domestic restrictions, including the legal requirement to self-isolate if you test positive, a full month early.”

significant fall

His announcement came as figures showed almost 5,000 fewer people died in England and Wales last month than the five-year average for January.

This year there were 50,740 registered deaths which is 4,894 down on normal. The significant fall, credited to the vaccine rollout, happened despite there being 5,796 coronavirus deaths registered in the same period.

England would become the first country to ditch Covid rules completely.

Denmark has dropped its coronavirus laws, including the need to self-isolate, but its policymakers still advise anyone with tell-tale symptoms to quarantine at home for at least four days.

Sweden also joined its Scandinavian neighbour in ending almost all

restrictions, but until April 1 people testing positive there must still isolate.

Norway too intends to drop its final measures, on February 17 — a week before the UK plan — but people with the virus will still legally need to stay at home.

Health Secretary Sajid Javid told reporters: “Our country has made enormous strides in the fight against Covid.

“We delivered the fastest vaccine rollout in Europe and the public answered the call and stepped up to Get Boosted Now – which has allowed us to get through the worst of winter and the Omicron wave.

‘full month earlier’

“Thanks to the wall of defence we have built up through our arsenal of vaccines, anti-virals and tests we are the freest country in Europe.

“We are now leading the way in learning to live with Covid and if the data continues on its positive course, we will be able to go even further and end all domestic restrictions a full month earlier than planned.”

A further 68,214 UK infections were recorded on Monday, taking the



GOODBYE TO ALL THAT? the scheduled end of restrictions will be 703 days since UK lockdowns began on March 23 2020.

total over the last week to 485,074 – down nearly a quarter (22 per cent) on the previous seven days.

There were 276 deaths of people who tested positive within the last 28 days, with the weekly Covid death rate down 16 per cent.

Hospital admissions with the virus were 1,196; the weekly rate was 12 per cent less. Around one in 19 people in private households in England, 2.8 million people, had Covid in the week to February 5 – up from one in 20 (2.6 million) in the previous seven days.

Cabinet ministers are set to review the latest data towards the end of the half-term holiday before they formally sign off the final end of restrictions.

That would mean the two existing emergency measures – legally-enforced isolation and special powers for councils to shut businesses – would be axed.

Mr Johnson’s

spokesman said the change was possible thanks to huge public enthusiasm for the Government’s inoculation programme: “We’ve seen consistent trends; cases, intensive care admissions have fallen over the last few weeks. We know there is a lag in deaths but they are also starting to decline. “Our expectation is that this will continue but the Prime Minister made clear that we expect to be in this position if the encouraging trends in the data continue, so obviously we will review that ahead of any final decision.

“It is an indication of the success of the booster programme and it is thanks to the British public coming forward in such numbers and at such speed that we are where we are.”

‘coercive lockdowns’

Prof Peter Openshaw, who advises the Government via

the New and Emerging Respiratory Virus Threats Advisory Group (Nervtag), said he would be “very reluctant” to suggest this marked the end of Covid, adding it was “still a very nasty virus”. He told BBC Radio 4’s The World At One: “There could be another variant, perhaps based on Delta or something else with higher pathogenicity, which could come back to bite us anytime and I’m pretty sure that next winter we’re going to see it back.”

Former Brexit minister Lord Frost, who quit Cabinet partly in protest at continuing curbs, was among senior Tories to praise the decision.

He said: “The PM’s plan to end all Covid restrictions a month early is the right thing to do and is extremely welcome.

“I hope the Government will also make clear we will not go down the road of coercive lockdowns ever again.”

Deeply touched Charles thanks his mummy

DEEPLY touched Prince Charles has paid an emotional tribute to Her Majesty after she gave her blessing to his “darling wife” becoming Queen.

In a moving message Charles admitted he and Camilla were “deeply conscious of the honour”

which settles the long-running debate over the Duchess’s title once he is King.

The Queen used the 70th anniversary of her reign to selflessly acknowledge the vital role Camilla plays in supporting Charles and the Monarchy.

“We are deeply conscious of the honour represented by my mother’s wish. As we have sought together to serve and support Her Majesty and the people of our communities, my darling wife has been my own steadfast support **cont. on page 3, col. 2**



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No apology from Boris over Starmer Savile slur

Boris Johnson has defied calls to apologise over his Jimmy Savile attack on Sir Keir Starmer after a mob confronted the Labour leader and accused him of “protecting paedophiles”.

Tory critics and MPs across all parties have demanded the Prime Minister say sorry for claiming – falsely – that Sir Keir failed to put the prolific sex offender in the dock when he was the country’s top prosecutor.

They said the jibe in the Commons last week had fuelled scenes near Parliament, on Monday, which led to police bundling the Opposition leader into a car for safety.

But Downing Street said the PM, who later slammed the “disgraceful” behaviour, would not apologise.

Commons Speaker Sir Lindsay Hoyle had rebuked Mr Johnson, telling the Commons his comments were “inappropriate” and “only inflame opinions and generate disregard for the House and it is not acceptable”.

He added: “Our words have consequences and we should always be mindful of the fact.”

Labour’s Kim Leadbeater, sister of murdered MP Jo Cox, said the ambush had been “really upsetting”. Mr Johnson last week accused Sir Keir of spending most of his time in the job “prosecuting journalists and failing to prosecute Jimmy Savile”

Johnson MUST lead us into the next general election, says IDS

■ Former top Tory throws his weight behind embattled PM as rumors of leadership challenge continue to swirl

BORIS Johnson must lead the Tory Party into the next General Election, Sir Iain Duncan Smith insisted this week.

The grandee and former party leader said he wanted senior figures to give the Prime Minister time to sort out “the big, big crises that are hitting the Government”.

Sir Iain’s backing came as he appeared to take aim at Chancellor Rishi Sunak, warning potential challengers to “temper their ambition”.

IDS, who led the party from 2001 to 2003, said on Tuesday: “If there are certain individuals who think they have a right to have a claim on that title of Prime Minister, well, fine.

“Ambition is a thing which exists in all of us.

“But it’s ambition at the right time. And I would say to people, temper your ambition.”

Asked if he thought Mr Johnson would lead the Tories into the next election, Sir Iain said: “I do at the moment. The Prime Minister is the one who has to sort this out.

Charles:

cont. from page 2

throughout.

“The year of this unprecedented Platinum Jubilee brings an opportunity for us all to come together in celebrating the service

The public will expect that of him.”

He added: “I am not particularly in favour of plunging us into the mess of votes of no confidence, followed by leadership elections.”

The Cabinet “pick a side” war comes after Mr Sunak and Health Secretary Sajid Javid distanced themselves from Mr Johnson’s Jimmy Savile attack on Labour leader Sir Keir Starmer last week.

One Cabinet member has called for Mr Johnson to sack Mr Sunak.

Meanwhile, Tory Tom Tugendhat, who chairs the Commons’ Foreign Affairs Select Committee, said he would “go for it” should the PM be forced out of No 10.

It is understood at least 35 letters calling for a vote of no confidence in Mr Johnson have been submitted to Sir Graham Brady, who chairs the party’s backbench 1922 Committee.

At least 54 letters are needed to force a vote.

MP Sir Charles Walker, once one of Mr

of the Queen, by whose example we will continue to be led in the years to come.”

He added: “On this historic day, my wife and I join you all in congratulating Her Majesty the Queen on the remarkable achievement of serving this nation, the realms and Commonwealth for 70 years.

He vowed that he and his “darling wife” would follow the example of the Queen’s life of duty during a future reign as King and Queen Consort.



Duncan Smith: “I am not particularly in favour of plunging us into the mess of votes of no confidence, followed by leadership elections.”

Johnson’s most loyal supporters, said it was now “inevitable” that he would be ousted over the Partygate scandal.

But Business Secretary Kwasi Kwarteng said of his remarks: “I don’t see what he’s seeing.” He denied Mr Johnson had lost the confidence of the party and dismissed talk of dozens of no-confidence letters as “feverish speculation”.

He also defended Mr Johnson over his Jimmy Savile slur against Sir Keir during the debate over Sue Gray’s update on her Partygate report.

The PM suggested the former director of public prosecutions had failed to bring prolific sexpredator Savile to justice.

Mr Kwarteng said Mr Johnson’s claim was “perfectly reasonable” as part of the “cut and thrust” of debate.

Meanwhile, Tory peer Gavin Barwell declared there was not “a chance in hell” Mr Johnson would quit voluntarily.

The loyalty battle raged as the Prime Minister brought in two senior allies to Downing Street. He appointed Chancellor of the Duchy of Lancaster

Steve Barclay as his Chief of Staff and ex-BBC journalist Guto Harri as his Communications Director.

It follows the resignation last week of five top aides. They included Munira Mirza, one of Mr Johnson’s longest serving allies.

And No10 chiefs are braced for more top departures. Trade Minister Penny Mordaunt has become the latest to be put on “resignation watch” over Partygate. But a source close to her said “she is doing her job and calling for calm heads”.



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News from Britain

Bamber Gascoigne dead at 87

■ Tributes flow to former University Challenge host, who helmed iconic TV show for 25 years

FORMER University Challenge host Bamber Gascoigne died this week aged 87 following a short illness.

The TV presenter and author passed away at his home in Richmond, Surrey, surrounded by his family.

His wife Christina, to whom he was married for 55 years, said: "We never had a quarrel, not even when I turned the car over while we were driving to India.

"He was an incredibly generous man and everything he did was pointed towards sharing the gifts of his own life with others.

"He was even instrumental in the creation of a new Thames boat, so that schoolchildren could enjoy the river as much as he did.

"For 30 years, we swam

in the river.

"He loved opera and was thrilled that he could have an opera house in the garden he inherited from his aunt.

"It was 60 years ago that he hosted University Challenge, but that is what everyone remembers. That and his limitless thirst for knowledge, which he retained like a sponge."

Bamber was the original presenter of University Challenge, hosting the quiz show from 1962 to 1987.

'elegant, intelligent man'

He famously fact-checked every question and coined numerous catchphrases such as, "Fingers on buzzers", "I'll have to hurry you" and "Your starter for 10".

Among the stars paying tribute this week were actor Stephen Fry, who

said he was "such an elegant, intelligent man".

Fry, who took part in University Challenge in 1980, wrote on Twitter: "Oh no, not Bamber. He was so kind and warm to us students who sat nervously at those desks."

Peter Gwyn, executive producer of University Challenge, said everyone on the show "has been deeply saddened to hear of Bamber's death".

He added: "Bamber was unlike anyone else on television.

"His 25 years spent presenting the programme established it firmly as the institution it is now. He was a unique presence in British broadcasting and he'll be very sadly missed."

Sherlock actor Mark Gatiss, who portrayed Bamber in the 2006 film Starter For 10, said: "Very sorry to hear that Bamber



BRITISH ORIGINAL: Gascoigne was famous for his catchphrases, including "Fingers on buzzers", "I'll have to hurry you" and "Your starter for 10".

Gascoigne has died.

"An ever-cheerful icon of our collective TV upbringing who made knowledge and intelligence seem fun. That's how boffins should be, I always thought. It was a great joy to play him."

Bamber was born in London and won scholarships to Eton and Magdalene College, Cambridge, where he met his future photographer wife.

He also co-wrote the 1950s musical revue Share My Lettuce, which

showcased rising stars Kenneth Williams and Dame Maggie Smith.

He later created an online history encyclopaedia called HistoryWorld.

He was appointed a CBE in 2018 for services to the arts.

Zouma in the dog house after sickening attack on his cat

A LEADING Premiership footballer became the nation's villain this week after footage emerged his sickening attack on his cat.

The RSPCA have seized two felines belonging to footballer Kurt Zouma (pictured, right), as part of an inquiry into footage of the West Ham defender kicking, slapping, chasing and throwing objects at one cat.

The charity stepped in as the 27-year-old's club fined him a maximum £250,000 – two weeks' wages – for his actions last weekend.

West Ham said it "unreservedly condemns" his behaviour, adding: "We in no way condone cruelty to animals." But the east London club's decision to let Zouma play in Tuesday's match against Watford left the

nation up in arms.

Insurance provider Vitality decided to axe its multi-million sponsorship deal with West Ham after it refused to suspend the star – while Adidas, Zouma's personal kit supplier, said: "We can confirm Kurt Zouma is no longer an Adidas-contracted athlete."

It also emerged yesterday that the French international defender could face investigation in his own country over his appalling actions.

After the cat rescue, a spokesman for the RSPCA said: "Our priority is and has always been the wellbeing of these cats. They have been taken for a check-up at a vets and then will remain in our care while we investigate.

"We're grateful to everyone who expressed their concern for these



cats. We were dealing with this issue before the video went viral online and are leading the investigation."

Meanwhile, lawyers in Paris were examining the mobile clip of the attack after animal charity La Fondation 30 Millions d'Amis – 30 Million Friends Foundation – took a stand.

Its spokesman said: "We condemn this heinous act,

have asked that the player be suspended from the France team and filed a legal complaint."

The country's animal protection laws state that abusers can be fined up to £50,000 and jailed for four years – while French citizens can be prosecuted in France for crimes committed abroad.

TV presenter Jeremy Kyle said: "I'm a West

Ham fan, completely and utterly unbelievable. How he's playing tonight is beyond me."

Tory MP Chris Loder, whose Parliamentary Bill increased the maximum prison sentences for animal cruelty, said: "It doesn't matter if this guy's paid millions of pounds every year, he is still subject to the full force of

the law."

Becky Thwaites, of the pet charity Blue Cross, said West Ham's lack of action "normalises his abhorrent behaviour".

And Rachel Fletcher, a lawyer with Slater Heelis Solicitors, said: "Looking at how West Ham have acted, it seems to be a case of actions speak louder than words."

Baby girl for Rosie and Jason

MODEL Rosie Huntington-Whiteley and actor Jason Statham have had a baby girl.

Huntington-Whiteley, 34, confirmed the news on Instagram. She said the child's name is Isabella James Statham and she was born on February 2.

Rosie also shared a photograph of her newborn in a basket with its high sides obscuring her face, showing only her hand.

Her post prompted congratulations from famous friends such as fellow models Martha Hunt and Lily Aldridge.

She already has son Jack, four, with Statham.

Rosie has been in a relationship with actor Jason, known for his roles in Snatch and The Fast & The Furious franchise, since 2010.

Winning Brit Gongs Is threesy-peasy For Adele

WINNING gongs proved threesy-peasy for Adele this week, as she scooped a trio of the biggest Brit Awards – and sparked engagement rumours.

The British superstar, 33, took home Artist of the Year, Best Album and Best Song on Tuesday night. They were for her so-called “divorce album” 30, the biggest-seller of last year.

But divorce appeared a long way from her mind as she showed off a huge diamond ring on her wedding finger. The singer is dating sports agent Rich Paul, 40.

It wasn't all success for Adele. She lost out to Dua Lipa in the Best Pop Act category.

If Adele had won that award too, she would have tied with Robbie Williams for the most

Brit Awards ever, at 13. But she seemed more than happy as she went up to the stage again and again – and again – to drive fans wild with a live performance.

She only confirmed she would attend the ceremony last week, after cancelling her Las Vegas residency. Ed Sheeran, who was pipped by Adele in the categories she won, opened the show at London's O2 with a collaboration with Bring Me The Horizon, sharing vocals on his hit Bad Habits. Ed, 30, collected an honorary award for Songwriter of the Year.

This year was the first that Best Male and Best Female categories were scrapped in favour of a gender neutral Artist of the Year.

Host Mo Gilligan

quipped that the response was great until the men heard they were up against Adele.

Other performers were Sam Fender, Dave and Little Simz. A-listers on the red carpet included Ronnie Wood and wife Sally, Friends star Courteney Cox and partner Johnny McDaid, Line of Duty's Vicky McClure, Strictly's Oti Mabuse and Doctor Who star Jodie Whittaker, 39, who revealed she was expecting her second child with husband Christian Contreras.

Adele sparked engagement rumours after she was spotted wearing a huge diamond ring on her wedding finger.

The singer, 33, looked incredible in a classy black frock with a plunging chest. But it



SPARKLING FORM: Adele's sizeable engagement ring was on full display as she posed on the red carpet ahead of Sunday's Brit Awards in London

was the sparkler that really garnered attention as she placed her hand prominently on her hip.

But it follows reports that the superstar singer's relationship

with Paul is in trouble.

According to the New York Daily News, Adele was recently seen interrupting rehearsals

to take calls from her boyfriend and was seen

breaking down in tears.

An inside source said: “There's trouble in paradise. That's why she can't perform.”

Paul, 40, started dating Adele in early 2021.

Vardy's PA claims to have leaked Coleen stories

Rebekah Vardy's "sidekick" admitted "it was me" who leaked stories about Coleen Rooney, the 'Wagatha Christie' court battle heard this week.

And in another exchange, the footballer's wife told PR Caroline Watt she would “love” to leak details from Coleen's online account to the press.

Coleen, 35, was dubbed Wagatha Christie for carrying out a “sting operation” before accusing Rebekah, 39, of leaking stories about her private life to The Sun newspaper.

In a 2019 Twitter post, the wife of ex-England captain Wayne Rooney accused Rebekah of sharing three fake stories she had placed deliberately on her private Instagram account.

Rebekah, married to Leicester City striker Jamie Vardy, denies the accusation and is suing Coleen for libel.

On Monday, the High Court heard WhatsApp messages between Rebekah and Ms Watt had been disclosed to Coleen's legal team.

David Sherborne, for Coleen, said days after a story

about her car being damaged appeared in The Sun, Coleen tweeted it was “sad” an online follower was “betraying” her.

In a private WhatsApp conversation, accompanied by a laughing face emoji, Ms Watt told Rebekah: “It wasn't someone she trusted. It was me.”

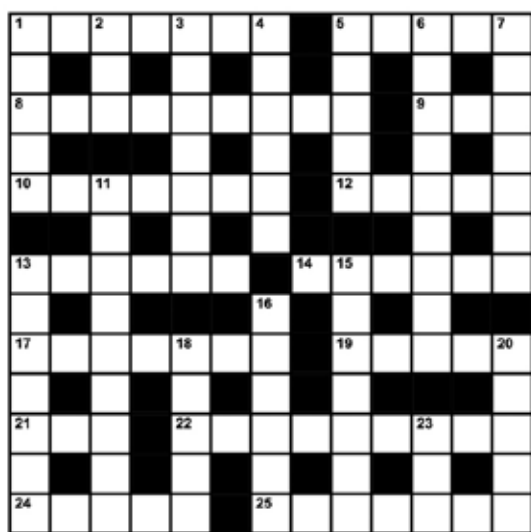
Hugh Tomlinson QC, for Rebekah, said the allegations caused her “huge damage and distress” and the messages “provides no evidence” she leaked the three fake posts.

The libel trial is set to begin in early May, but is likely to be delayed.

The British Weekly Crossword by Myles Mellor. #530

Across

- 1 Monarchs and their families (7)
- 5 Secretly desire (5)
- 8 Diamond center (9)
- 9 Audio equipment pioneer (3)
- 10 Bag (7)
- 12 Exercise output (5)
- 13 Dresses down (6)
- 14 Hungry lion, c.g. (6)
- 17 Like a rounded object (7)
- 19 Historic immigration island (5)
- 21 Abbr. on a business letter (3)
- 22 Confessed (4,5)
- 24 Blocks (5)
- 25 Similar to a web (7)



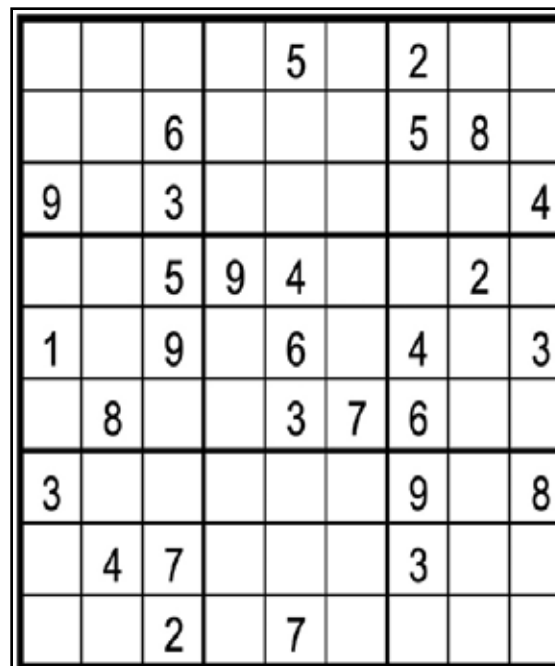
Down

- 1 Throughways (5)
- 2 Attention getters (3)
- 3 Mooched (7)
- 4 Sings on a mountaintop (6)
- 5 Pendleton and Lejeune (5)
- 6 Spinal (9)
- 7 Farm vehicle (7)
- 11 Dental discomfort (9)
- 13 Methods (7)
- 15 Classic baseball variant (3,1,3)
- 16 ___ the brakes (4,2)
- 18 Emulates Mario Andretti (5)
- 20 Feel (5)
- 23 The NY Manning (3)

Solution to Puzzle #529



The British Weekly Sudoku by Myles Mellor #530



Solution to Sudoku #529

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

Local News



As mental health issues soar... let's treat people with kindness

As the Harry styles song goes:

"Maybe we can...find a place to feel good...And we can treat people with kindness...Find a place to feel good"

There's some darkness out there, right now, whether it's covid-anxiety, fear of the unknown, the thought of failing, feeling unaccomplished. Rates of suicide have risen astronomically in the past two years - lets look at some statistics:

The age-adjusted suicide rate in 2019 was 13.93 per 100,000 individuals.

The rate of suicide is highest in middle-aged white men.

In 2019, men died by suicide 3.63x as often as women.

On average, there

are 130 suicides per day.

White males accounted for 69.38% of suicide deaths in 2019.

In 2019, firearms accounted for 50.39% of all suicide deaths.

Forgive me for being morbid, but it's a real thing - just this past week two young males I was acquainted with decided to end their lives, tragically. I've known other friends commit suicide throughout the years too. Or even make an attempt.

When I was 19... I was one of them! And I'm going to do my best to explain what it was like, what that darkness and pain was I was feeling, that despair that took over me and the hopelessness I felt - the constant thought that I couldn't be fixed.

When I was 19, I was in a pop group, touring Europe, performing on Top of the Pops, with screaming fans waiting outside venues. The world at my feet. Of course there were many, many highs and I felt extremely lucky to be chosen to be a part of this and very grateful to have had this experience - but there was this underlying feeling of not being deserving of it, feeling inauthentic, like a fraud, that I was likely living someone else's dream.

humble

Growing up in a small working-class town we were taught to be humble, not to brag and never get above our station. Good values I think most of us can all live by. But perhaps it creates this idea of keeping us small, falling in line, being a model citizen. I was the baby of five kids, and my parents both worked, so I had a sense of freedom, which looking back was a blessing - I doubt very much I'd be sitting in my LA house with my amazing views typing away - if not for that. Something else I'm truly grateful for.

Now back to the 19year-old kid in a bathtub - putting his head under the water and holding his breath for as long as he can - not for sport but to numb the unexplainable pain or void. I mean it all reeks



ALMOST AN EPIDEMIC: Mental health issues among white men have grown alarmingly in recent years...but there is help out there

of attention-seeking, I was thinking...why? for what? What's the point of it all? Looking back it was likely the thought of humiliation and the shame I carried with me about my being gay and having to hide it - living this 'inauthentic life'. "Being into girls"... "Being into Nirvana"... "Being a singer" and the daily fear of being caught out or exposed. IF I KILL MYSELF... They would have to have pity and wouldn't dare dog me down - for I am dead. Dramatic right? It's probably no surprise I went into acting, to create characters as far from myself as possible.

what is normal?

If you've seen reruns of the TV show NIP/TUCK, each episode begins with the dialogue "Tell me what you don't like about yourself?"

I think most people who have never been suicidal can create some sort of list... I'm too short, I'm too fat, I don't like my lips, my butt. Essentially it comes down to society and media - what's perpetuated as being acceptable - aka normal.

This feels like a chapter in a book that one day I'll get around to writing "Confessions of a teeny-bop pop-star" but again perhaps not, it really isn't that interesting of a life. There I go again not getting above my station. But this column only

allows so many words.

I do want to say looking back at whatever force pulled that young man's head out of the bath water and gasped for air I want to say: thank you! Yes I have dark days, but I'm grateful for all the 20+ years I've experienced here on earth since then, the places I've been, the people I've encountered, the love and kindness I've been shown. I often say life is a roller coaster - there are many ups and downs - and when you are down... what comes next will be an up, eventually! Hang on in there because it could be an invigorating, fulfilling adventurous journey. Try to find the balance in everything, try to live authentically, try not to compare yourself to others...take risks, be spontaneous,

say yes to new things, create boundaries... but mainly enjoy the ride.

Treat others with kindness, for we never know what someone is really going through.

Perhaps today we can all reach out to one friend who might be going through a tough time, be a sounding board, a shoulder to cry on - be a good friend, it might just make all the difference.

Rest in Power - Chris and Barry -- May you now find your peace.

I am not an expert in suicide prevention, so if you or you know of someone struggling this time, there is help available:

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Olivia Colman: best actress nomination for *The Lost Daughter*

Another good year for Brits at the Oscars?

BRITISH talent will hope this will be a very good year at the Oscars, with some of our brightest talents leading the way in the nominations.

Benedict Cumberbatch, Andrew Garfield, Olivia Colman, Dame Judi Dench and Sir Kenneth Branagh are all nominated for leading awards, with Cumberbatch, 45, a particular favorite for his role as a cruel rancher in Jane Campion's western *The Power Of The Dog*, a film which leads the pack with 12 nominations.

But he will face stiff competition from frontrunner Will Smith, nominated for his turn as the father of Venus and Serena Williams in *King Richard*.

They are both nominated alongside fellow Brit Garfield for his



DOGGONE BAD: Cumberbatch in *Power of the Dog*

part as Rent playwright Jonathan Larson in *Tick, Tick...Boom!*, Javier Bardem for his role in *Being The Ricardos* and Denzel Washington in *The Tragedy Of Macbeth*.

Colman, who won the 2019 best actress Oscar for *The Favourite*, has landed her second nomination in that category as a mother reflecting on her past in *The Lost Daughter*.

She is up against, among others, Kristen Stewart for her performance

as Diana, Princess of Wales in *Spencer*. Dame Judi and Ciaran Hinds won nominations for roles in Sir Kenneth's autobiographical *Belfast*.

The black-and-white film has also landed the filmmaker best director and best original screenplay nominations, while the film is also in the running for best picture.

Sir Kenneth said his parents and grandparents would have been "overwhelmed".

More Tuesday trivia fun...

The laughs, the singalongs, and the banter - it's **Brits in LA Pub Quiz**, your weekly live entertainment treat.

Sandro Monetti hosts another edition of the popular trivia night on Tuesday February 15, 7.30pm sharp at the Market Tavern.

Thirteen teams competed for the prizes last time out but it was Boris Pooped His Party who eventually emerged victorious after a tense tiebreaker.



Stargazing with Annie Shaw



ARIES: Now is a decent time for you since the Sun is in your cousin sign Aquarius, so make your plans for the coming week and make them positive ones.

TAURUS: In retrospect you have achieved a lot since the beginning of last month on and off. Well now you have enough time to take some downtime to catch up.

GEMINI: You have no choice now but to relax. This is not easy for you at the best of times. You always have something you are involved with, but take time every day to meditate, breathe and reflect on your blessings.

CANCER: Look back on these past few weeks and look at what you have achieved, not what you did not. Now is your chance to plan ahead. The sun in Aquarius will energize you.

LEO: You are probably planning ahead and already know what you will be doing the rest of month ahead. However nothing is set in stone so be flexible. The sun in your opposite sign will assist you.

VIRGO: You are usually worried about something in life. However, you have taken this stressful time with a good heart. Your boss Mercury is going forward now so back to action.

LIBRA: You probably will find time to fit in everything that will be coming up this next week. Mercury moving swiftly brings some kind of unfinished business to complete.

SCORPIO: Feeling somewhat unsettled is a sign of the current times we are in. Best way to overcome this and feel more connected is to reach out to others. Expect some financial relief.

SAGITTARIUS: Get your cupboards cleaned out mentally and physically. Make room for better days ahead and sure they are on the way! Finances should be getting better soon.

CAPRICORN: Those trying times you went through in the past are finally gone. Time to relax a little for you busy folks. Think of the things you want to achieve and know that will come in due course.

AQUARIUS: You have fully entered into your new year and for some it comes with a bit of confusion. Mercury is your friend and although he is not in your house yet he is still looking out for you. Happy Birthday!

PISCES: You are known to be sensitive, however Jupiter in your life now can show you a new way to be more grounded. Make sure to keep busy and reach out to family and friends when you can.

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Blues into World Club Cup Final



WORTH A SHOUT: despite scoring the only goal of the game, Romelu Lukaku was vocal about the poor service he received from teammates

Chelsea will meet Brazilian side Palmeiras in the Club World Cup final after edging past Al-Hilal at the Mohamed bin Zayed Stadium in Abu Dhabi on Wednesday.

Romelu Lukaku scored the only goal in the first half.

The Blues will now look to lift the only trophy that has evaded them across Roman Abramovich's 19-year ownership of the club.

Boss Thomas Tuchel missed the game as he was isolating after testing positive for Covid-19.

Chelsea dominated from the start against the Saudi Arabian side, and

their breakthrough came from Lukaku just after the half-hour mark.

Kai Havertz's left-wing cross was inadvertently headed into the Belgian's path by Yasser Al Shahrani, and he rifled home from point-blank range.

It was Lukaku's ninth goal of the season and ended a six-game drought, after he missed a couple of opportunities earlier in the match.

Two minutes after the break, Havertz burst through on goal and clipped the post from a tight angle, despite having Lukaku and Hakim Ziyech for support in the area.

Asian champions Al-Hilal barely threatened until Mohamed Kanno shot over from distance after combining well with former West Bromwich Albion midfielder Matheus Pereira.

Chelsea keeper Kepa Arrizabalaga then denied Moussa Marega from eight yards out, while Odion Ighalo and Kanno saw shots blocked as Chelsea struggled to put the game to bed.

But the European champions held on in the end and, in Saturday's final, will have the chance to avenge defeat in this competition a decade after their last appearance.

Pep laughs off 'best team in world' tag

Pep Guardiola said Manchester City "are not the best in the world" despite them temporarily extending their lead at the top of the Premier League to 12 points following victory over Brentford on Wednesday.

Riyad Mahrez scored his eighth goal in seven games as they moved further away from second-placed Liverpool, who play Leicester on Thursday.

But Guardiola said he "does not care" for "stupid things" like praising his side for being better than the rest.

"In so many ways I'm impressed with [the players'] attitude," he

added. "They still have the desire in every game to do their jobs."

"Normally they are being complimented, being praised - 'you are the best team in the world' - these stupid things. You can be confused, but we are still normal."

"We are not the best team in the world. The best team in the world is Chelsea, the best team is Palmeiras. We are not the best and I don't care."

European champions Chelsea, who currently sit third in the table, play Brazilian side Palmeiras in the Club World Cup Final on Saturday.

That is a trophy

Manchester City have never competed for because they have not won the Champions League in order to qualify.

City were deserved winners against Brentford despite a tough opening. Mads Roerslev's rash tackle on Raheem Sterling then presented Mahrez with the opportunity to score and he sent David Raya the wrong way from the penalty spot.

Kevin de Bruyne doubled City's lead after 69 minutes when he finished off the rebound after Raya had rolled the ball straight to Sterling on the edge of the area, then denied the England man with a save he could not hold.

FA CUP 5TH RD DRAW

Luton v Chelsea
Crystal Palace v Stoke
Peterborough v Man City
Liverpool v Norwich
Southampton v West Ham
Middlesbrough v Tottenham
Nott'm Forest v Huddersfield
Everton v Boreham Wood

Ties to be played the week commencing March 2

FA CUP FOURTH ROUND

CAMBRIDGE UTD (0) 0	LUTON (2) 3
CHelsea (1) 2	PLYMOUTH (1) 1
BOURNEMOUTH (0) 0	BOREHAM WOOD (1) 1
CRYSTAL PALACE (2) 2	HARTLEPOOL (0) 0
EVERTON (0) 4	BRENTFORD (0) 1
Huddersfield (1) 1	BARNsLEY (0) 0
NOtTm FOREST (3) 4	WEST HAM (0) 2
LIVERPOOL (0) 3	CARDIFF (0) 1
MAN CITY (2) 4	FULHAM (1) 1
NOtTm FOREST (3) 4	LEICESTER (1) 1
PETERBOROUGH (1) 2	QPR (0) 0
SOUTHAMPTON (0) 2	COVENTRY (0) 1
STOKE (0) 2	WIGAN (0) 0
TOTTENHAM (2) 3	BRIGHTON (0) 3
WOLVES (0) 0	NORWICH (0) 0

Weekend EPL

BURNLEY (0) 0	WATFORD (0) 0
ATT: 19,527	

CHAMPIONSHIP

BLACKPOOL (2) 3	BRISTOL CITY (0) 1
WOL (0) 0	PRESTON (0) 1
SWANSEA (0) 1	BLACKBURN (0) 0

LEAGUE ONE

BURTON ALBION (0) 0	SHEFF WED (0) 2
CHARLTON (2) 3	AFC WIMBLEDON (2) 2
IPSWICH (0) 1	GILLINGHAM (0) 0
MK DONS (0) 2	LINCOLN CITY (0) 1
MORECAMBE (0) 1	BOLTON (0) 1
OXFORD UTD (1) 3	PORTSMOUTH (1) 2
ROTHERHAM (0) 1	ACCRINGTON STANLEY (0) 0
SHREWSBURY (0) 1	FLEETWOOD TOWN (0) 1
SUNDERLAND (0) 1	SUNDERLAND (0) 1

LEAGUE TWO

BARROW (0) 1	TRANMERE (0) 1
CRAWLEY TOWN (0) 2	STEVENAGE (0) 2
FOREST GREEN (0) 2	NEWPORT COUNTY (0) 0
HARROGATE TOWN (0) 2	BRADFORD (0) 0
LEYTON ORIENT (0) 0	COLCHESTER (0) 1
NICHOLLE P	PORT VALE P
SALFORD CITY P	OLDHAM (0) 1
SCUNTHORPE (0) 0	BRISTOL ROVERS (0) 1
SUTTON UTD (0) 1	EXETER (0) 2
SWINDON (0) 1	NORTHAMPTON (0) 1
WALSALL (0) 0	

Wednesday's Results

Premier League	ASTON VILLA (3) 3	LEEDS (2) 3
MAN CITY (1) 2	BRENTFORD (0) 0	
NORWICH (1) 1	CRYSTAL PAL (0) 1	
TOTTENHAM (1) 2	SOUTHAMPTON (1) 3	
BLACKBURN (0) 0	NOTTM FOR (1) 2	
BRISTOL C (1) 2	READING (0) 1	
CARDIFF (2) 4	PETERBORO (0) 0	
PRESTON (0) 0	HUDDERSFLD (0) 0	
QPR (1) 2	MIDDLESBRO (1) 2	
SHEFF UTD (1) 2	WEST BROM (0) 0	
Fulham 2-0	Barnsley 1-0	
Blackburn 0-0	Reading 0-1	
Luton 3-0	Sheff Wed 2-0	
Sheff Utd 2-0		

Sky Bet Championship	BOURNEMOUTH (2) 3	BIRMINGHAM (0) 1
BLACKBURN (0) 0	NOTTM FOR (1) 2	
BRISTOL C (1) 2	READING (0) 1	
CARDIFF (2) 4	PETERBORO (0) 0	
PRESTON (0) 0	HUDDERSFLD (0) 0	
QPR (1) 2	MIDDLESBRO (1) 2	
SHEFF UTD (1) 2	WEST BROM (0) 0	
Fulham 2-0	Barnsley 1-0	
Blackburn 0-0	Reading 0-1	
Luton 3-0	Sheff Wed 2-0	
Sheff Utd 2-0		

Cinch Scottish Premiership	ABERDEEN (0) 2	CELTIC (2) 3
DUNDEE UTD (1) 1	MOTHERWELL (0) 0	
HEARTS (1) 1	DUNDEE (0) 2	
RANGERS (1) 2	HIBERNIAN (0) 0	
ROSS CNTY (0) 1	LIVINGSTON (0) 1	
ST MIRREN (1) 2	ST JOHNSTONE (1) 1	
ABERDEEN (0) 2	CELTIC (2) 3	
DUNDEE UTD (1) 1	MOTHERWELL (0) 0	
HEARTS (1) 1	DUNDEE (0) 2	
RANGERS (1) 2	HIBERNIAN (0) 0	
ROSS CNTY (0) 1	LIVINGSTON (0) 1	
ST MIRREN (1) 2	ST JOHNSTONE (1) 1	

Tuesday's Results

Premier League	BURNLEY (0) 0	MAN UTD (1) 1
NEWCASTLE (1) 3	EVERTON (1) 1	
WEST HAM (0) 0	WATFORD (0) 0	
SKY BET CHAMPIONSHIP	COVENTRY (1) 1	BLACKPOOL (1) 1
DERBY (2) 3	HULL (0) 1	
FULHAM (1) 3	MILLWALL (0) 0	
LUTON (1) 2	BARNsLEY (1) 1	
STOKE (0) 3	SWANSEA (0) 0	
SKY BET LEAGUE ONE	AFC WIMB'DN (0) 0	ROTHERHAM (0) 1
BOLTON (1) 2	CHARLTON (0) 1	
CHELSEA (0) 2	SUNDERLAND (1) 1	
CREWE (1) 1	PLYMOUTH (0) 4	
DONCASTER (0) 0	IPSWICH (1) 1	
FLEETWOOD (0) 0	MK DONS (1) 1	
GILLINGHAM (0) 0	CAMBRIDGE (0) 0	
LINCOLN C (2) 2	MORECAMBE (0) 1	
LEAGUE TWO	BARROW (0) 1	TRANMERE (0) 1
CRAWLEY TOWN (0) 2	STEVENAGE (0) 2	
FOREST GREEN (0) 2	NEWPORT COUNTY (0) 0	
HARROGATE TOWN (0) 2	BRADFORD (0) 0	
LEYTON ORIENT (0) 0	COLCHESTER (0) 1	
NICHOLLE P	PORT VALE P	
SALFORD CITY P	OLDHAM (0) 1	
SCUNTHORPE (0) 0	BRISTOL ROVERS (0) 1	
SUTTON UTD (0) 1	EXETER (0) 2	
SWINDON (0) 1	NORTHAMPTON (0) 1	
WALSALL (0) 0		

Jota double keeps Reds in touch

■ Liverpool keep City within sight as they ease past beleaguered Foxes at Anfield

Diogo Jota scored twice as Liverpool cut their deficit to Premier League leaders Manchester City to nine points with a dominant performance against Leicester at Anfield on Thursday.

Jürgen Klopp's side had a host of chances and reliable Portuguese forward Jota netted in each half, pouncing on Kasper Schmeichel's parry from Virgil van Dijk's header for the first, before stroking a second late on.

The Reds still have a game in hand on champions City and another commanding display suggests the title race may not yet be a

foregone conclusion.

Foxes goalkeeper Schmeichel was in inspired form and made crucial saves to twice deny Roberto Firmino and Luis Diaz on his full debut.

Mohamed Salah came off the bench in the second half after returning from Africa Cup of Nations duty and he too was unable to find a way past Schmeichel. When he did, a sublime curling strike rattled the crossbar.

Leicester will rue the missed opportunity from James Maddison at 0-0 as the Englishman found space down the left edge of the area but his rising shot was pushed over the bar by Alisson.

Leicester's poor season sees them stay in 12th place in the table, 10 points adrift of a Europa Conference League spot.

Liverpool's season was going to be derailed once Salah and Sadio Mane went off to the Africa Cup of Nations - well that was the theory anyway. But it has not materialised that way.

Klopp's side are growing in confidence and swatted aside Leicester with ease to stretch their run to just one defeat in their last 19 games in all competitions - ironically a loss at the Foxes on 28 December.

In reaching the Carabao Cup final, still in both the Champions League and FA Cup, and sitting second in the top flight, Liverpool remain in contention for an unprecedented quadruple of trophies.

And the options available to Klopp now mean an already fearsome attacking line is further bolstered by the arrival of Diaz, who was making his first start for the club.

The former Porto man showed good touches in the final third and was unfortunate not to get on the scoresheet in front of the Kop, seeing a swerving shot and close-range drive batted out by Schmeichel.

If the Colombian needs any inspiration from a new signing at Liverpool, he needs to look no further than Jota, who has



BRACE YOURSELF: Jota scored either side of half time

now scored 17 goals in all competitions this season.

Arriving from Wolves for a hefty £45m at the start of last season, Jota's goalscoring performances are not only highlighting the depth of the team, but giving Klopp a good

headache of who to select in the front three.

Salah was on the bench this time after his run to the Afcon final with Egypt, beaten by teammate Mane's Senegal on penalties, and introduced in the second half.

On another day he might have had a hat-trick, but a shot at the near post and a one-on-one effort was kept out by the impressive Schmeichel, as well as hitting the woodwork with another classy attempt.

HOW THEY STAND										
	P	W	D	L	F	A	Pts			
Man City	24	19	3	2	57	14	60			
Liverpool	23	15	6	2	59	19	51			
Chelsea	24	13	8	3	48	18	47			
West Ham	24	12	4	8	42	31	40			
Man Utd	23	11	6	6	37	31	39			
Arsenal	21	11	3	7	33	25	36			
Tottenham	21	11	3	7	28	27	36			
Wolves	21	10	4	7	19	16	34			
Brighton	22	6	12	4	23	23	30			
Southampton	23	6	10	7	29	36	28			
Aston Villa	22	8	3	11	31	35	27			
Leicester	21	7	5	8	34	37	26			
Crystal Palace	23	5	10	9	32	37	25			
Brentford	24	6	5	13	26	40	23			
Leeds	22	5	8	9	27	43	23			
Everton	21	5	4	12	25	38	19			
Newcastle	22	3	9	10	24	44	18			
Norwich	23	4	5	14	14	46	17			
Watford	22	4	3	15	23	41	15			
Burnley	20	1	11	8	17	28	14			

It's a miracle to be back - Eriksen

Christian Eriksen says it feels like a miracle to be able to resume his career with Brentford after collapsing while playing for Denmark at Euro 2020 last summer.

The 29-year-old (right) has been fitted with an implanted cardioverter-defibrillator (ICD), a type of pacemaker, after suffering cardiac arrest.

He has joined the Bees on a six-month deal after his release by Inter Milan.

"The first thing is to show the gratitude," Eriksen told BBC Sport.

"To the people around me, the team-mates, the doctors first on the pitch, the team doctors and



paramedics and then at the hospital, to do everything and check everything.

"Then all the messages from people to show support for me and what my family have been through. It has been

really lovely to see all the grateful messages.

"I am very lucky and I have told them face to face, I am very happy they did what they did otherwise I would not be here."



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9.30AM NORWICH V MAN CITY
SUN 2/13 6 NATIONS
7AM ITALY V ENGLAND

Super Bowl LVI
3PM RAMS v BENGALS

Tues 2/15 Champions League
NOON PSG V REAL MADRID
NOON SPORTING V MAN CITY
English Premier League
12.15 MAN UTD V BRIGHTON
Wed 2/16 Champions League
NOON INTER V LIVERPOOL
NOON SALZBURG V BAYERN
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