



GOOD DAY: Millennial Smiles better as time goes by

MILLENNIALS smile less than any other generation – and even admit that a third of those smiles are actually fake.

We tend to smile more as we get older and become less concerned with pretending to be happy, a study suggests.

Pensioners smile an average of 6,424 times a year, which apparently works out at 1,095 times more than millennials.

Those aged 18 to 34 not only grin the least but are also most likely to be faking it – with five of their average 15 smiles in a normal day being forced.

The research, carried out for snack maker Metcalfe's, found the average adult smiles 16 times a day, with engineers apparently the cheeriest (21 times) and farmworkers beaming the least (eight times).

Sarah Henden, brand manager at Metcalfe's, said: "It's particularly uplifting to see that as social pressures fade and we become more contented with life, we tend to smile even more the older we get."



'Shining' revenge at party

A RAMPAGING partygoer sliced through a front door with a chainsaw in a what a judge said was like a scene from *The Shining*.

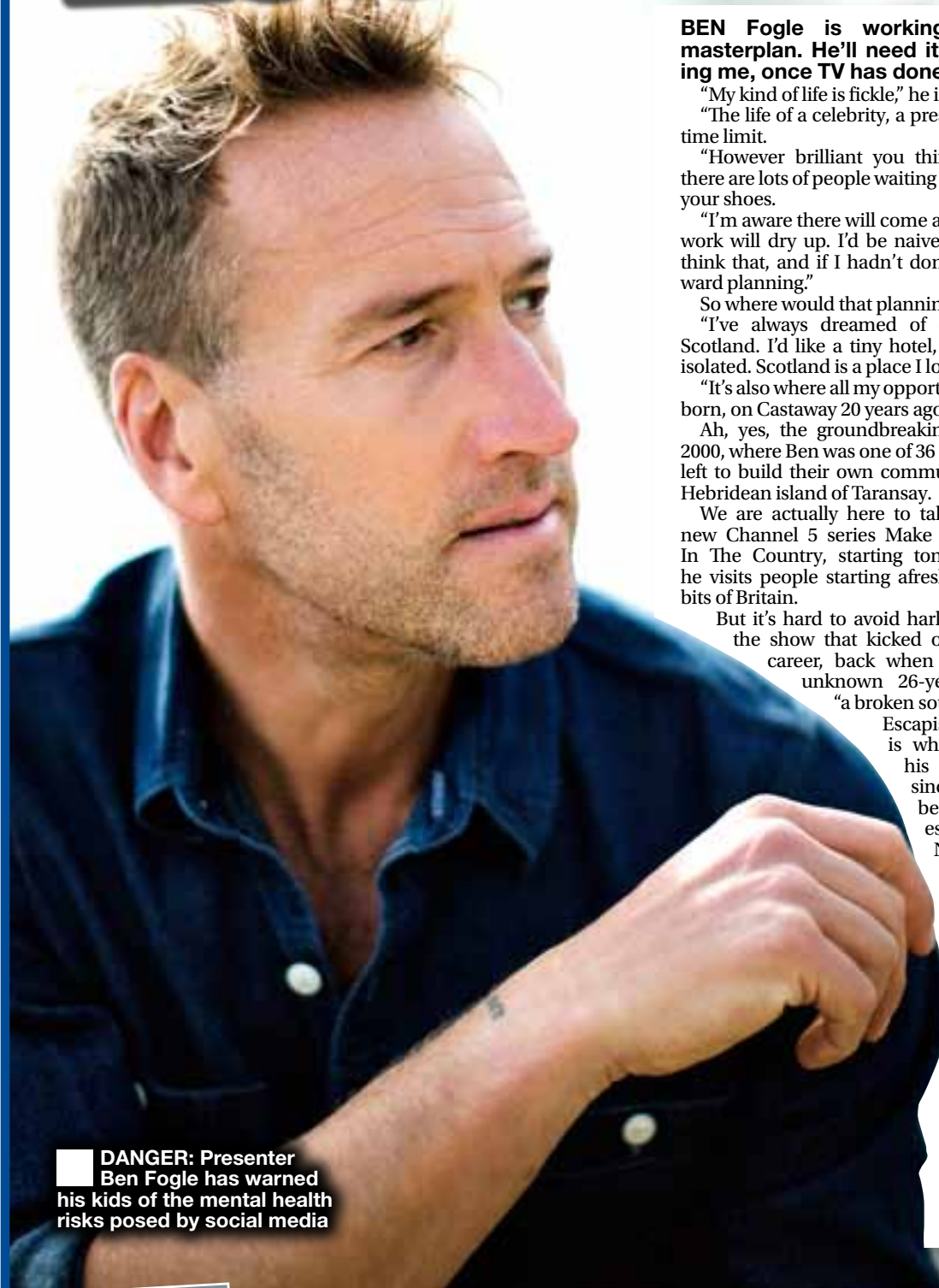
Henry Price, 37, wanted revenge on guests after he got into a fight at the bash.

Judge Paul Thomas QC told Cardiff Crown Court: "It must have been reminiscent of the horror film *The Shining*."

Price, from Pontypool, admitted affray and got a 12-month jail sentence suspended for two years.

CASTAWAY STAR PLOTS TV ESCAPE

Ben's dreaming of his own New Life



BEN Fogle is working on his masterplan. He'll need it, he's telling me, once TV has done with him.

"My kind of life is fickle," he insists.

"The life of a celebrity, a presenter, has a time limit.

"However brilliant you think you are, there are lots of people waiting to jump into your shoes.

"I'm aware there will come a point when work will dry up. I'd be naive if I did not think that, and if I hadn't done some forward planning."

So where would that planning take him?

"I've always dreamed of escaping to Scotland. I'd like a tiny hotel, somewhere isolated. Scotland is a place I love.

"It's also where all my opportunities were born, on *Castaway* 20 years ago."

Ah, yes, the groundbreaking *Castaway 2000*, where Ben was one of 36 plucky souls left to build their own community on the Hebridean island of Taransay.

We are actually here to talk about his new Channel 5 series *Make A New Life In The Country*, starting tonight, where he visits people starting afresh in remote bits of Britain.

But it's hard to avoid harking back to the show that kicked off Ben's TV career, back when he was an unknown 26-year-old and "a broken soul".

Escapism, after all, is what much of his telly work since then has been about – especially *New Lives In The Wild*.

And that is what this latest series – albeit featuring less eccentric types than the former show – sets out to celebrate.

So why does Ben think so



THE MIKE WARD INTERVIEW

BEN FOGLE
ADVENTURER'S HOTEL HOPE

many people want to flee the rat race? "It's the speed and noise of modern life," he says. "We're constantly bombarded – TV, online, you name it, we're being deafened.

"It is why there's a mental welfare epidemic. Moving to somewhere quieter is what many people dream of.

"And this kind of show proves it's achievable."

Ben admits that living remotely himself isn't feasible yet. Not while he's still busy globetrotting.

"My children would find it a wrench to leave their schools. And I doubt my wife would be happy if I marooned us on an island and then buggered off to, say, Cape Town for weeks."

When he's actually home, mind you, Ben prides himself on being the family man.

Wilderness

He explains: "I can switch very easily from living in the wilderness to coming back and going to parents' evenings or taking the children swimming."

Ben believes one of his biggest responsibilities as a dad is to encourage his kids, aged nine and 10, to have a healthy approach to social media.

"My own relationship with it became unhealthy," he confesses. "I was on it far too much. They could see that. I was constantly glancing at my phone when we were out. "In the end I deleted it. I only have it on my computer now.

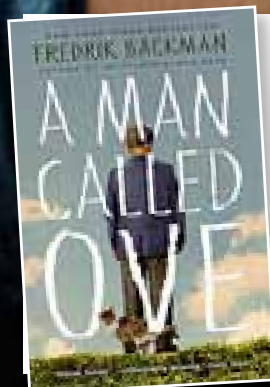
"I've told them it can be very unhealthy, that there's lots of hate out there. I still get stung by hurtful comments. After 20 years, I ought to have a thicker skin."

Oh, but surely then Ben Fogle wouldn't be Ben Fogle?

"Well, that's true," he admits. "I'd be Piers Morgan on GMB."

● **Ben Fogle: *Make A New Life In The Country* starts tonight on Channel 5 at 9pm. For details of Ben's one-man tour, *Tales From The Wilderness*, go to benfogle.com.**

DANGER: Presenter Ben Fogle has warned his kids of the mental health risks posed by social media



FOGLE'S FAVOURITES

FILM: *City Of God*
BOOK: *A Man Called Ove*, by Fredrik Backman
TV SHOW: *Flight Of The Conchords*
COMEDIAN: Chris Lilley
SPORTING EVENT: Olympics
SPORTSPERSON: Alex Honnold

SPORTS TEAM: England Rugby Union
SONG: *Million Pieces*, by Bastille
SINGER: Beck
BAND: *Vampire Weekend*
FOOD: Italian
COLOUR: Green
DRINK: Water

CITY: London
HOLIDAY DESTINATION: Austria
BUILDING: Cabin
GADGET: iPad
APP: *WeatherPro*
SCHOOL SUBJECT: Bushcraft

