

STAYING IN

My favourite things

Cornwall-based fine artist Amy Albright has four new paintings on show at the Summerhouse Gallery in Marazion and has her first solo exhibition at Artwave West Gallery in Dorset from October 2 until November 7

The last book you enjoyed?

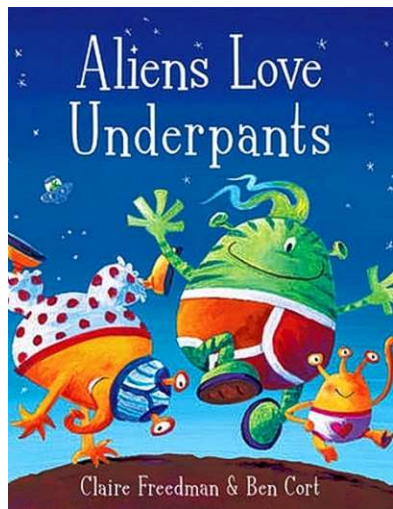
A children's book called Aliens Love Underpants – I've been reading it to my son Henry, it's brilliant! On a more grown up note I have just read the Goldfinch by Donna Tartt – An excellent read.

The TV show you loved?

Poldark – loved it!

The film you could watch over and over again?

Into the Wild. Not only does it make me want to live more simply, travel and explore the world but it has the most beautiful sound track by Eddie Vedder.



Your favourite recipe to cook?

Spaghetti pomodoro. It's an Italian classic that I have grown up with, and I love it, it's easy to cook and tastes delicious. It is simply plum tomatoes, lots of garlic and olive oil, spaghetti and Parmesan cheese and maybe a few more secret ingredients! Plus my one-year-old loves it so it's a winner in our house.

The song that means the most to you?

A song by Primal Scream called Come Together. It is an uplifting song that makes me feel good, calm and positive whenever I listen to it.

Your top travel destination?

Italy. My dad is part Italian, so I have been lucky enough to explore a lot of Italy growing up. I love everything about it, the food, the art, the culture, the history, the markets and the passionate people.

The prized possession you value above all others?

It would have to be my engagement ring. It was passed down through generations from my fiancé's family. It looks very vintage, delicate and utterly beautiful. I love it.

Your happiest memory?

Winning the Midas Art award was pretty awesome but becoming a mother has to top anything. Holding little boy Henry in my arms has got to be my most cherished moment yet.



If you could have one superpower, what would it be?

The ability to breathe under water. So much of my art work is inspired by the sea and the world beneath it's surface. If I had the ability to stay down there taking in all the beautiful colours and patterns it would be incredible. I tried scuba diving once but didn't get on with it at all so this would be the answer!

The best piece of advice you've been given?

Trust your instincts and be true to yourself.

Favourite place(s) to visit in the South West?

Tresco, Isles of Scilly. Such a beautiful, tropical haven, I spent three weeks painting there a few years ago and the inspiration I gained has provided no end of inspiration for work including my latest commission for P&O's cruise ship Britannia (pictured on page 2).



Tresco, Isles of Scilly

Your favourites

TOP 10 DVD RENTAL

- 1 (1) Insurgent
- 2 (2) Home
- 3 (3) The Second Best Exotic Marigold Hotel
- 4 (-) Cinderella
- 5 (4) Kingsman – The Secret Service
- 6 (5) Big Hero 6
- 7 (6) Marvel Avengers: Age of Ultron
- 8 (7) American Sniper
- 9 (-) The Water Diviner
- 10 (-) The Hobbit: The Battle of the Five Armies

(Chart supplied by Amazon.co.uk/DVD)

TOP 10 FILM STREAMING

- 1 (1) Paddington
- 2 (3) Pacific Rim
- 3 (2) The Imitation Game
- 4 (7) The Internship
- 5 (5) Despicable Me
- 6 (4) Man of Steel
- 7 (6) The Dark Knight Rises
- 8 (9) Divergent
- 9 (8) Epic
- 10 (10) '71

(Supplied by Amazon.co.uk/DVD)

GAME CHART ALL FORMATS

1. LEGO Jurassic World
2. Grand Theft Auto V
3. The Elder Scrolls: Online
4. Batman: Arkham Knight
5. FIFA 15
6. Rare Replay
7. Battlefield Hardline
8. Minecraft: Xbox Edition
9. Minecraft: Playstation Edition
10. Dying Light

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TOP 10 FREE APPS

1. BBC iPlayer by BBC
2. Crazy Kitchen by Zindagi Games Inc.
3. Red Ball 4 by FDG Entertainment GmbHG & co.KG
4. Prime Instant Video by Amazon.com
5. Netflix by Netflix, Inc
6. Candy Crush Soda Saga by King
7. Colorfy: Coloring Book for Adults – Free by Fun Games for Free
8. FlipPix Jigsaw – Notes by GabySoft
9. YouTube by youtube.com
10. Facebook Messenger by Facebook

(Supplied by Amazon Appstore)

BESTSELLING EBOOKS

1. How I Lost You, Jenny Blackhurst
2. No-One Ever Has Sex In The Suburbs, Tracy Bloom
3. The Girl On The Train, Paula Hawkins
4. Revenge, Martina Cole
5. Abducted, TR Ragan
6. My Sister's Secret, Tracy Buchanan
7. Perfect Daughter, Amanda Prowse
8. A Tap On The Window, Linwood Barclay
9. The Shock Of The Fall, Nathan Filer
10. Grey, EL James

(Compiled by Amazon.co.uk)