



New Idea



**CYN'S
SECRET
OBSESSION
WITH COLIN**



**KARL &
JASMINE**

*A dad
again!*

**ROCKED BY
PREGNANCY
SHOCK**

MAFS LOVE RAT EXPOSED

**NICOLE'S
MIRACLE
BABY
AT 50!**

**BIG OSCARS DAY
ANNOUNCEMENT**



**WHY ANTHONY
DUMPS NADIA**



**IDOL STAR
KATE
DEAURGO
FOUND**

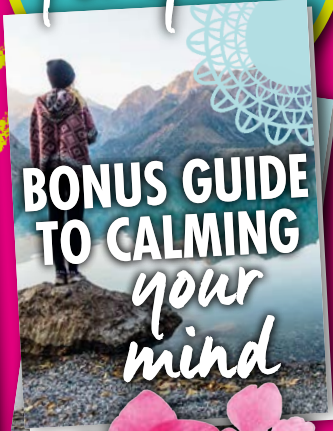


**SHOCKING
NEW LIFE
EXPOSED!**



**REVEALED!
ANGE'S
TWO-YEAR
AFFAIR**

**BEAT
ANXIETY
for good!**



**BONUS GUIDE
TO CALMING
your
mind**

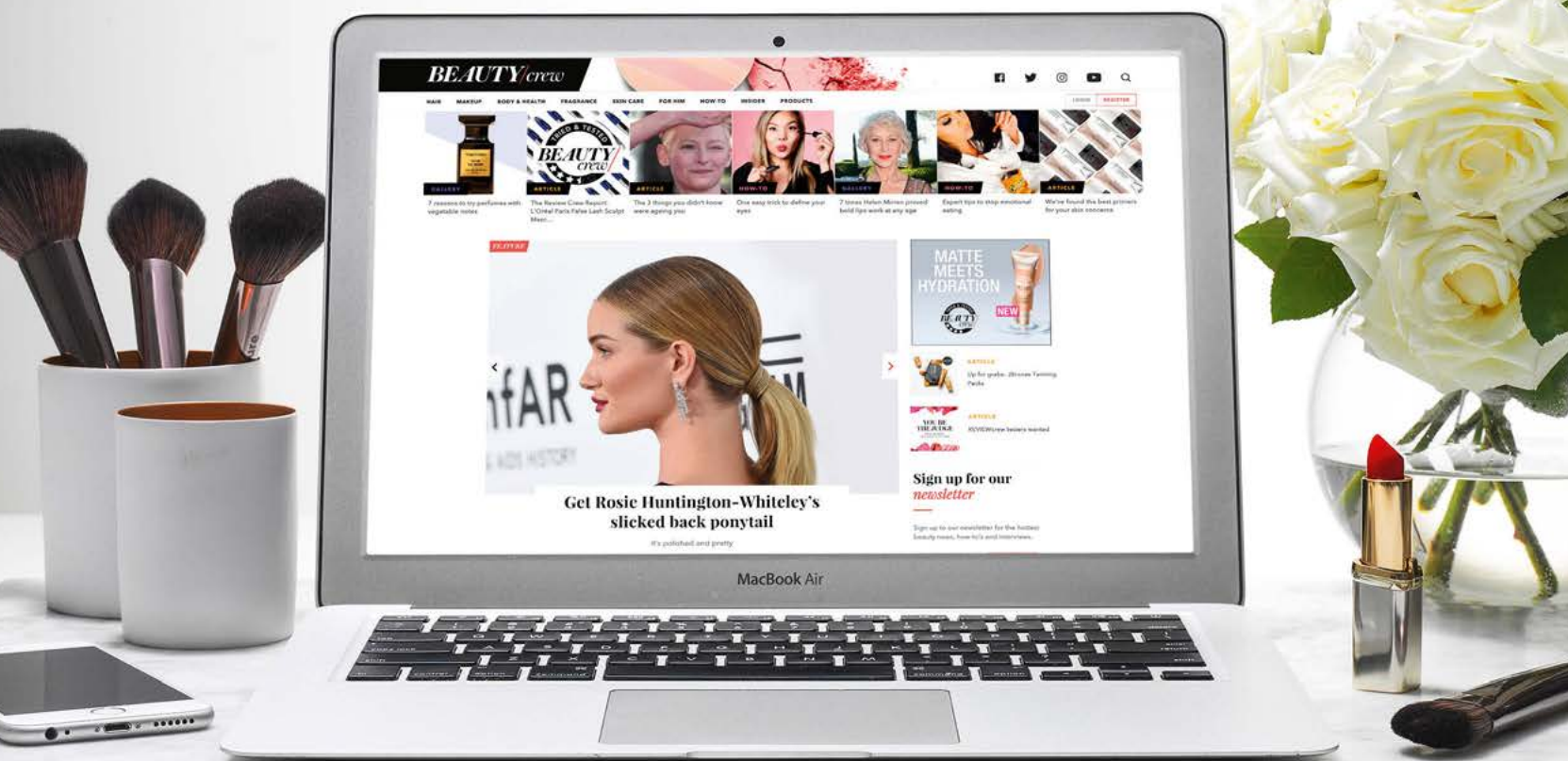
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Source: Nielsen Market Intelligence (Domestic), Average Daily Unique Browsers, as at 12/7/2016.



We all know how easy it is to feel swamped and stressed these days. Kids, work, family and, well, our busy lives have a habit of getting on top of all of us at some point, right?

So when some of the New Idea team started talking about mindfulness, I was really intrigued. I was even more hooked when I read our six-page special on how it works and how it's changed the lives of many Aussie women. And then I discovered that if you learn to eat mindfully, you can also lose weight! What's not to love?

Turn to page 64 and have a look at our step-by-step guide to learning to unwind, de-stress and relax. I really hope it's effective for you and I'd love to hear how you go – I'm going to try it too!

Fran

Frances Sheen,
Editor



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28

House Rules' Claire and Hagan share their beautiful wedding day with their little girls Darcy and Matilda – and us!

New Idea

MARCH 6, 2017

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SHE'S A GOOD SPORT!

DUCHESS KATE beams while playing a game of pool during a visit to a youth mental health project in Wales – but are her skills with a cue as brilliant as her smile? 'She was dreadful,' a cheeky youngster commented when she missed a shot. Ouch!



RIGHT ON CUE



My, Keith, your ears have grown....

Here are two things we never thought we'd see! NICOLE KIDMAN is not only getting cosy with MICKEY MOUSE in Walt Disney World Resort in Florida, but she's swapped her straight locks for her famous '90s curls.

The *Real Housewives Of Sydney* cast – MELISSA TKAUTZ, NICOLE O'NEIL, MATTY SAMAEI, ATHENAX LEVENDI, LISA OLDFIELD, KRISSY MARSH and VICTORIA REES – frock up for the launch of the reality show in Woolloomooloo, Sydney.





**SHE'S
STILL
GOT IT!**

There's just no stopping **CHRISTIE BRINKLEY!** Fresh from posing for the *Sports Illustrated* swimsuit issue, the 63-year-old dazzles in red at the *Sports Illustrated* Swimsuit Launch Event in New York. How does she do it?

Photo of David and Harper: [instagram.com](#).



DAVID BECKHAM is putting the Beckileaks fiasco behind him with a family ski trip to Whistler, Canada. Just how cute is **HARPER** in her ski outfit?!



**TRENDY
TOTS**

'So I was telling my agent, no more reality shows...!' Adorable mini fashionistas **PENELOPE DISICK** and **NORTH WEST** are deep in grown-up conversation as they take a stroll in downtown Calabasas, California.



Shock Oscars 'MY MIR BABY AT

'You start to tell yourself it might never happen... We wanted another child so much that it hurt,' Nic revealed last month.

THE EXCITING TRUTH ABOUT NICOLE'S RED CARPET BABY CONFESSION

BIGGER BROOD!

'The girls are really keen to have a little brother or sister as well,' says an insider, of Keith and Nicole's daughters Faith and Sunday (in pink, left). Fingers crossed, girls!



Walking the red carpet at this week's Academy Awards, all eyes will be on Aussie actress Nicole Kidman.

But while Nic's career is at an all-time high after her acclaimed performance in *Lion*, there's another secret that's making this the best year of her life, giving her that unmistakable glow.

Nicole has confirmed that she and husband Keith Urban will welcome a new baby this year, after years of desperately trying to conceive. While she has spent two years concentrating on her career and filming back-to-back films and TV series, she and Keith, 49, have decided to focus their efforts in 2017 on making their baby dream come true.

'That happiness you'll see on the red carpet at the Oscars isn't just to do with her nomination,' says a friend of the A-list couple. 'It's the glow of a mum who's keeping a very joyous secret.'

For years, they've tried to conceive naturally and have hoped a miracle would happen. But now they've decided to go down the surrogacy route and are actively looking for the right woman to carry their third baby.

'They've already been in touch with the same broker they used to conceive Faith and are hoping to have contracts sorted in six to eight weeks.'

'Now that Nicole and Keith have made this decision, there is no stopping them. The last two years have been about their careers, with Nicole focused on nailing a big role after a few box office flops, and

Keith doing his wildly successful *Ripcord* tour. But now's the time for family. Nicole's nearly 50 and they've realised it's now or never for baby number three.'

Sources say Nicole, 49, has openly discussed her and Keith's baby plans in the lead-up to the Oscars at several pre-red carpet events. It's not the first time she's made a baby announcement during the awards season – revealing the arrival of Faith at the 2011 Golden Globes.

'Oh, Nicole's not hiding it,' says an industry insider. 'She's been very vocal about how she would love to win another Oscar – but what she wants more than anything is another baby.'

'It's all anyone can talk about on the Academy Awards circuit.'

Nicole – who has an adopted daughter Bella, 24, and son Connor, 22, with ex-husband Tom Cruise – has made no secret of her dreams of another baby, a brother or sister to Sunday, eight, and Faith, six.

'I still have the faintest hope that something may happen to me this year,' she told *The Mail On Sunday's Event* magazine. 'Keith and I would love to have more babies. My grandmother gave birth to my mother at 49. I would be beyond happy and just welcome it with open arms.'

'In everything that has happened in my life, being a mother has been the overriding thing that has changed everything and made it better.'

She also opened up about her decision to put family first now her daughters are getting older, admitting she was losing a lot of acting roles because of her shift.



announcement

ACLE

50'

'My time is precious. I think once you reach a certain age, the time becomes incredibly important,' she told *Studio 10*. You're like... I'm raising a six and an eight-year-old who are in school so there's only a certain amount of time I can work because of their school year.

'That means I pass on things a lot... because ultimately – and this is just me – my family life is the most important thing to me so I'm not going to jeopardise that in any way, shape or form.'

And that new commitment means finding the perfect surrogate for their new baby, so their dream can come true.

'Keith's really excited too,' adds the source. 'For a while he was happy having two daughters, but he knows how much having a third baby means to Nic and he wants her happy.' **NZ**

'In everything that has happened in my life, being a mother has... made it better'

Nic had a special maternal bond with Sunny Pawar, who plays her young adopted son in *Lion*.





Carefree Ange hit the markets with Knox and her new man – who spoiled her with jewellery from Seng's stall (above).

HOW SHE HID
HER MAN BEHIND
BRAD'S BACK
FOR YEARS!

CONFIRMED!

ANGE'S TWO-YEAR AFFAIR

with her bodyguard

Ange couldn't hide her smile as her buff new beau escorted her to a press conference in Siem Reap.

Exclusive photos!

ANGELINA BREAKS HER SILENCE

Met the man making Angelina Jolie smile again – her hunky former bodyguard!

But while the star made no effort to hide her feelings towards her new lover during a romantic trip to Cambodia, New Idea can exclusively reveal that they fell for each other more than two years ago – when Ange was still married to Brad Pitt.

Sources say their close bond only turned romantic in recent months, but that there's 'no doubt' they fell in love several years ago and had an 'emotional affair' behind Brad's back.

'This man has been by Ange's side since he started working for her as a bodyguard in September 2014,' the insider says. 'They had a special connection right away – sparks flew from the first moment the were alone together.'

'Over the years, he became Ange's shoulder to cry on, her rock throughout all the turmoil in her marriage. And when they finally split, he's been the one who's held her hand ever since.'

'He makes her feel safe. The kids love him and look up to him. Ange is smitten.'

As New Idea's exclusive pictures show, the mum-of-six went public with her new hunk in Cambodia last week, where

she has been promoting her new movie *First They Killed My Father*.

The 41-year-old and her handsome beau were spotted leaving the luxury \$500-a-night Phum Baitang hotel in Siem Reap with eight-year-old twins Knox and Vivienne. They travelled in a convoy of three tuktuks to visit a local market.

The romantic new lover even surprised Angelina with an extravagant gift during their day out – two gold bracelets she had spotted earlier in the day and instantly fallen in love with.

Jewellery dealer Seng Nam, who sold him the \$340 bracelets, tells New Idea that she had seen Angelina shopping at the market when the star was in Cambodia a year ago making the movie, but she had never seen her muscular companion before.

'I thought he just wanted to make the children and Angelina happy,' she says.

'He was... a gentleman and returned to buy the bracelets. He spoke very politely and seemed very kind. His accent was American and he was in his 30s.'

'He wasn't wearing a wedding ring and he didn't have a walkie-talkie like her security guard.'

'He wanted to take care of Angelina and her kids, that was obvious. He paid in American dollars, cash. I could see the joy when he took the bracelets back

to them. Angelina was smiling. It obviously really pleased her.'

'I have never seen him with Angelina before. She has been to the market already, last year when she was making the movie, but I did not see him then.'

Angelina and her companion were accompanied by a Scottish bodyguard, who also looked after the star's security when she was filming in Cambodia last year.

Seng adds: 'I had seen the dark-haired man with Angelina last year. He was definitely a bodyguard – really tall and always keeping watch over her.'

'The new man behaved differently. He was more like a close friend.'

The mystery boyfriend – who was first spotted with Ange and the family in Malta in 2014, when she and Brad were filming *By The Sea* – was also by Angelina's side at another event in Siem Reap.

Wearing a crisp white shirt and grey trousers, he and Ange giggled and acted like teenage lovers as they walked to a press conference.

'It was more like he was there to be by her side, not watching over her,' an insider says. 'She had normal bodyguards there too, but they all had earpieces and walkie-talkies.'

'This man gave off the impression he was not part of her security team. There was talk he was one of her bodyguards some time ago, but now he is more than that.'

'He was making polite conversation with other guests and he was never far from Angelina's side.'

Text and photos: Coleman-Rayner NI

Angelina has finally spoken out about her ugly split and custody battle with Brad.

But despite the bitter court case that has seen her move heaven and earth to keep their six children from their dad, she appears to be putting on a brave face, even calling Brad, 53, a 'wonderful father'.

'We are focusing on the health of our family... We will be stronger when we come out of this because that's what we're determined to do as a family,' she told *Good Morning America*.

Speaking to the BBC, Ange also revealed she was 'coping' with the split and supporting their kids Maddox, 15, Pax, 13, Zahara, 12, Shiloh, 10, and twins Knox and Vivienne.

'Many people find themselves in this situation... My whole family have all been through a difficult time,' she said. 'We are and forever will be a family and so that is how I am coping. I am coping with finding a way through to make sure that this somehow makes us stronger and closer.'

ROME 2015

MALTA 2014

Pax (left), Maddox, Zahara and Shiloh joined their mum on the publicity trail.



Outspoken judge Colin Fassnidge gets three female contestants hot and bothered

Colin Fassnidge has been caught in a bizarre onscreen war as three *MKR* contestants battle for the judge's attention – but for very different reasons!

While 61-year-old Valerie's tongue-in-cheek flirting with the Irish chef leaves daughter Courtney 'so, so embarrassed', Wollongong mums Mell and Cyn admit that Colin got them fired up – and not in a good way.

The tough-talking corporate high-flyers – who 'share' a husband in real life (see right) – tell *New Idea* they had fiery, nonstop arguments with Colin because he reminded them so much of their spouses!

'Colin, Mell and I had many confrontations... many,' Cyn laughs. 'It started the very first time we met him. We sat down at the first instant restaurant and it was just on for young and old. And it progressively got stronger – Colin got more adamant in his opinions against us and we just didn't back down.'

'Colin is quite an antagonistic person. And the thing is, my husband Nick – who Mell also works for, and obviously I'm married to – is exactly like him. So Colin would be saying the smart-arse comments and we would feel the need to say something or put him in his place.'

'Or he'd be antagonistic for no other purpose than to just annoy people, so we'd have to set him straight. We just couldn't help but bite. Every time Colin would throw a fish in our pond, we would have to take the bait!'

Colin admits that the tension between Mell, Cyn and himself

FLIRTING AND FIGHTS 'OUR OBSESSION WITH COLIN'



Valerie admits she has a soft spot for the cheeky Irish chef...



...but Courtney is embarrassed by her mum's flirting!



The plain-speaking businesswomen didn't hold back when it came to Colin's comments.

ACCESS
ALL AREAS
MKR
MY KITCHEN RULES

escalated throughout the show, but says he loved going toe-to-toe with the feisty mums.

'Mell and Cyn were very fiery! Things got a little bit heated,' the 43-year-old judge says.

'They gave me a run for my money. Mell fought back – she tries her best not to fight back, but she can't help it, she really can't help it.

'Some of the arguments were over critiques, and then one time

'Colin's a very genuine man, a top bloke. I think he's very honest, and I like honest people.'

But while Mell and Cyn will keep Colin occupied for much of the Group Three instant restaurant round with their showdowns, it's Valerie who does her best to catch his attention – for a very different reason.

The happily married Brisbane mum admits she has a big crush on both Colin and new judge

'Colin got more adamant in his opinions against us and we just didn't back down'

she said I was like her husband and I made a joke about that.

'I was being tongue-in-cheek, but she didn't like that. But you know, you bite me and I'll bite you back!

'However, I actually really like people who are strong characters. I hate the wishy-washy ones.'

Despite the fiery showdowns, the trio have a mutual respect for one another.

'It's not personal,' Mell says.

Darren Robertson (pictured below) – 'I like their accents!' – and says her flirtations left daughter Courtney red-faced.

'She'd be like: "Oh Mum!" and would be so embarrassed,' Valerie laughs. 'But Colin's a rascal. I love him. He's a very smooth talker.'

Adds Courtney: 'At first I would get so red-faced and be nudging her under the table saying: "Knock. It. Off! What are you doing?"'

But while married father-of-two Colin laughs off the female attention, he is philosophical about why Valerie – and some of the other MKR ladies – have a soft spot for him.

'I think it's just that I get along with them,' he says. 'It's all a bit of fun!'



Mell & Cyn SHARE A HUBBY!

They've been best friends for more than 20 years – so much so, Mell and Cyn admit they even 'share' a husband!

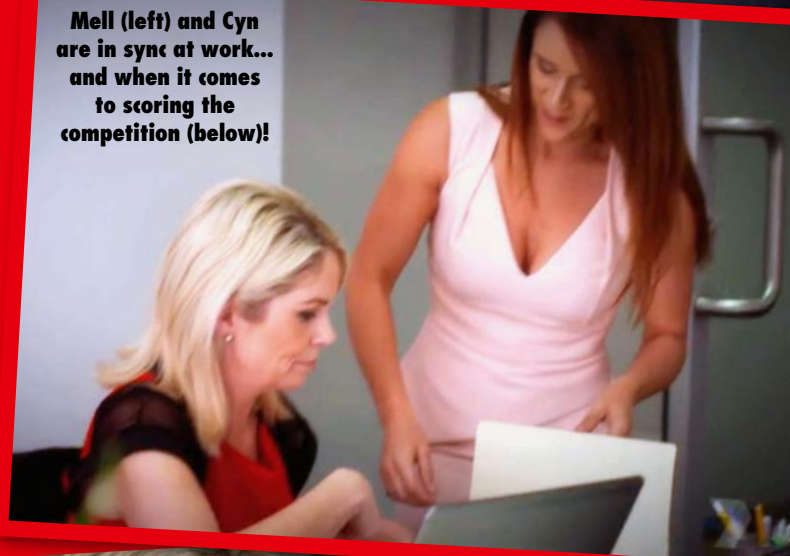
Cyn, 42, tells New Idea that lawyer Mell, 40, works for her hubby Nick at their conveyancing business, revealing: 'Mell's the work wife and I'm the real wife!

'That's what we always say – because it's true! Is it weird? No. Because we always side with each other when it comes to him, because 99 per cent of the time he is wrong and we are right.

'He and Colin are the same – they know they're just doing it to push your buttons but they keep doing it because it's fun,' she says.



Mell (left) and Cyn are in sync at work... and when it comes to scoring the competition (below)!



My Kitchen Rules airs Monday to Wednesday, 7.30pm, and Sunday, 7pm, Channel Seven.





Our baby after heartbreak



After their recent hardships, Carmine and Lauren look forward to parenthood.

Despite illness and a serious car accident, former *My Kitchen Rules* finalist Lauren Finelli has a bun in the oven!

'This is the one good thing that's happened since the show,' says the excited mum-to-be, proudly breaking her pregnancy news with husband Carmine. 'But it's a really big shock!'

The ultra-competitive couple, who delayed having kids so they could appear on *MKR* last year, feared they might never have a bub due to Lauren's ongoing battle with endometriosis.

But a car accident following the show turned up the heat and left her with crippling back and neck pain, plus a battle with depression.

'It's been one thing after another,' confides the bubbly 32-year-old, who is now 15 weeks pregnant. 'I got rear-ended really badly last June, and since the accident, I just haven't been able to go back to my normal life.'

'I used to be extremely active, exercising every day, dead-lifting 40 kilos. Now the pain is so bad, I struggle to do the shopping on my own or to cope with heavy pots and pans. Some nights I can't sleep at all with the pain.'

'I lost my confidence and went through a bit of depression. I couldn't get a job for the first time in my life. It seemed the window of opportunity had been taken away from me.'

'We had decided not to try for a baby because my back was in such bad shape, I didn't know if I could carry a child. And then this happened!'

Pregnancy was the last thing these *MKR* 'villains'

expected – even when Lauren's period was late.

'I've been all over the place since the car crash, so I didn't think anything of it,' she laughs. 'Then I started getting some stomach pain, but it felt similar to endometriosis.'

'I remember lying in bed one night and saying to Carmine: "There's something happening inside of me." But I still didn't realise what was going on!'

Lauren eventually woke up to the possibility and took a home pregnancy test two weeks before Christmas.

'I just didn't believe it at first,' she says. 'Carmine was at work, so I was by myself, but I didn't ring to tell him. I called my specialist and went straight in for a blood test to confirm it.'

Setting up a video camera to film his reaction, Lauren then waited impatiently for 34-year-old Carmine to come home.

'He was in shock because I'm a bit of a joker,' she explains. 'At

LAST YEAR'S STARS LAUREN AND CARMINE HAVE COOKED UP SOMETHING SPECIAL



first, he didn't know whether to take me seriously or not, but we're both so happy.

'Carmine always wanted kids, but... I just wanted to set myself up a little bit more and have a good job and stuff like that. It has always been: "I will do it after this or that."

'For seven years, I had a doctor misdiagnose me and tell me I had polycystic ovaries, so I always had that in the back of my mind. I thought it might have been a bit harder for us to fall pregnant.'

And while the couple have decided not to find out their baby's sex, one thing's for sure.

'The names won't be anything traditionally Italian. I'm not into that,' Lauren says.

For now, the reality star is optimistic as she completes a beauty course, writes a blog and plans an e-cookbook.

'Watch this space,' she jokes.

By Jenny Brown

Photos: Simon Casson **NT**

'It got to the point where I could have walked out,' says Sarah of her and Lama's instant restaurant ordeal.



Lama & Sarah

Bitter family fallout

While we're used to seeing plenty of fiery showdowns around the instant restaurant table, this week we see our first **MKR** team turn on one another.

South Australian cousins Lama and Sarah go head-to-head in spectacular fashion, with the fiery relatives taking every opportunity to slam and criticise each other's every move in the kitchen.

'We definitely had our ups and our downs,' Sarah admits.

'We had a few fights, didn't agree on a lot of things – the pressure made us both pretty fiery and feisty.

'It got to the point where I could have walked out and been like: "I just can't do this with you anymore," because we just couldn't cope with each other.'

Sarah reveals both she and Lama were going through intense personal problems during filming, which added to their onscreen stress – with Sarah going through a tough time at home and Lama dealing with the sudden, tragic death of her beloved father.

'We were both going through a few personal things... so emotions were already very high,' explains Sarah.

'I think if we were both in a better head space, we might have done things a little differently.'

Despite the tense on-air feud, Sarah says both she and Lama are stronger than ever.

As she tells *New Idea*: 'We're OK now. It really tested us, but we're OK now.'

My Kitchen Rules airs Monday to Wednesday, 7.30pm, and Sunday, 7pm, Channel Seven.



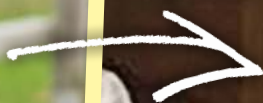
The cousins admit that their feisty personalities often puts them at odds with each other.



The pressure of fame took its toll, with Kate's weight climbing to an unhealthy 127kg by 2012.

THEN

The determined star overhauled her life to find a healthier balance, physically and mentally.



NOW



It's been a tumultuous ride for Kate DeAraugo since she won *Australian Idol* in 2005, but the fallen star has turned her life around



KATE DEARAUGO'S BIG REVEAL

'LIFE'S FINALLY BACK ON TRACK!'



KATE'S JOURNEY TO HEALTH

It's been a long healing process for the singer, who was just 20 when she became an overnight celebrity and found herself spiralling into depression and addiction. Taking time out to care for herself, Kate has now beaten her drug demons and found a healthy new outlook – and it shows!

With her career suffering a number of setbacks, and her weight battle resulting in not one but *two* extreme surgeries, Kate DeAraugo hit rock bottom in 2015. The singer was caught driving under the influence of drugs and was forced to admit she was an addict.

'I basically lost the plot and went into hiding,' she told radio hosts Kyle Sandilands and Jackie O of her career crumbling. 'Drugs, depression, the lot.'

Since that fateful night, the once bubbly blonde has taken a step back from the spotlight, and, as these private snaps show (above), has focused on rebuilding herself one step at a time.

A far cry from the height of her fame, Kate, 31, now works as a back-up vocalist with James Swallow's band and seems to have found solace in the tight-knit group, looking happy and content as she hits the stage and gets back to her musical roots.

'I was just a country girl who didn't know much about anything, I just knew I loved to sing,' Kate says of her ascent to stardom.

Having taken the first tentative steps back into the music biz, Kate's health appears to be back on track too, with the singer looking happy and healthy as she posed in a bikini – something she once thought she'd never do!

'I've never worn a bikini – I've bought a few but I've never put them on!' she said in 2015. 'For most women, it's an incredibly confronting thing to wear a bikini.'

The target of Kyle's infamous 'tuckshop lady arms' comment,

'I was just a country girl who didn't know much about anything, I just knew I loved to sing'

Kate has always been open about her weight struggles. In 2012 she competed on reality weight-loss show *Excess Baggage*, before undergoing full-body liposuction and a subsequent gastric sleeve procedure. As a result, the

reality star almost halved her weight, dropping from 127kg to a svelte 66kg.

'I'm always dieting. It's always been up and down but... I really lost the plot and I just ate myself into a mess,' she said.

The singer also revealed to a women's magazine: 'I'm amazingly happy with how much weight I've lost.'

But while Kate appears to have kept the weight off for good, a trimmed-down figure wasn't

enough to keep her demons at bay, with her addiction to ice taking hold and leading to a DUI charge that saw her hit headlines for all the wrong reasons.

Taking to Facebook to issue a heartfelt apology to her friends, family and fans, Kate vowed to turn her life around.

'I have let all of you down and I am just so very sorry,' she posted. 'I am unsure of what happens from here but this by no way means I am giving up. I will do what ever it takes to get my life back on track.'

And judging by the happy, sparkly eyed girl in these latest shots, Kate is well on her way to fulfilling her promise. **NZ**



DRUG SHAME

The star fell from grace in 2015 when she was charged with driving under the influence of drugs in inner Sydney. Pleading guilty, Kate admitted that she 'smoked and ate ice' the night before. Her lawyer Tony Chay (above) told the court the arrest was a wake-up call for the troubled songstress.

Karl Stefanovic has been rocked by a shock pregnancy showdown just months into his new relationship with model Jasmine Yarbrough.

Sources tell New Idea that the 42-year-old *Today* host was 'completely caught unaware' when his new girlfriend broke her baby news to him, revealing that she was desperate to fall pregnant in the next two years.

At age 33, friends say Jasmine is 'anxious' about the nine-year age gap between her and Karl – especially given his split from wife Cassandra Thornburn just five months ago – but wanted to make sure he was aware of her plans for a family before their relationship became too serious.

'Jasmine isn't naive,' says a friend of the model-turned-shoe designer. 'She knows that Karl has just come out of a really long marriage and has three kids [aged 16, 11 and 10].

'He's in his 40s, and there's a good chance that babies and marriage is the last thing on his mind right now.'

Another source explains: 'Of course Jas is going to want kids. Why wouldn't she? And especially with Karl, who can offer her stability. But more importantly, she knows he is already a great dad and loves that about him.

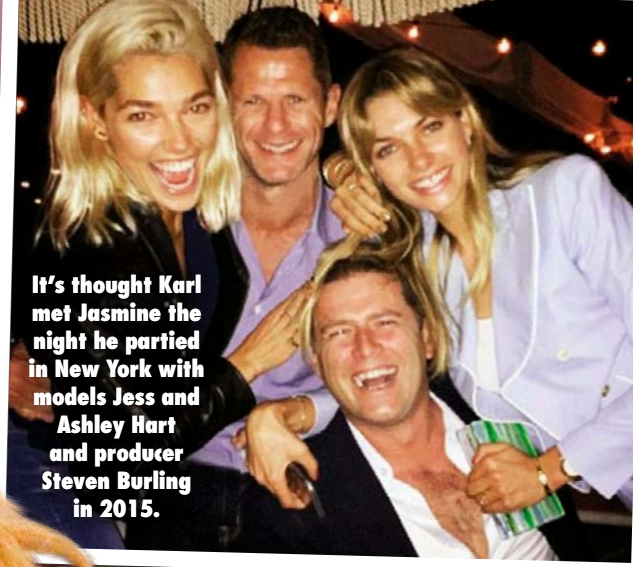
'A lot of her mates from school have started to have kids in the last couple of years. She

Karl and his wife of 21 years Cassandra (left) split up five months ago.

OH
BABY!

INSIDE THE NEW
REVELATION THAT'S
LEFT THE *TODAY* HOST
DUMBFUNDED...

Karl's pregnancy shock
**'I CAN'T
BELIEVE IT'**



It's thought Karl met Jasmine the night he partied in New York with models Jess and Ashley Hart and producer Steven Burling in 2015.

The king of breakfast TV has moved on quickly with the model-turned-shoe designer, who is nine years his junior.

Jasmine – who is part owner of Mara & Mine shoes, a favourite with celebrities such as Kendall Jenner – jetted into Sydney for a romantic break with Karl.

The pair were spotted sipping Champagne and putting on a loved-up display on a friend's boat in Sydney, with onlookers saying 'they couldn't keep their hands off one another'.

Jasmine – who once dated Wallabies star and Delta Goodrem's ex Drew Mitchell – has already told friends that Karl is The One, and is planning to move back to Australia so she can set up home with the star.

The extreme PDA comes after it was revealed that Cassandra and Karl's children only learned about Jasmine via news reports.

'At no point before it was released in the media did Karl tell [his wife] Cassandra or the children he was in a relationship and that he wanted his girlfriend to meet them,' Fairfax Media reported.

While it's also been reported that Jasmine and Karl met in December during his visit to LA, other sources have indicated to New Idea that the romance may have developed long before that.

It's believed Karl first met Jasmine during his US trip in June 2015. The TV star was in town to interview supermodels Jess and Ashley Hart, one of Jasmine's best friends, for *60 Minutes*, and was introduced to Jasmine during a wild night out.

The insider says: 'They stayed in touch ever since, while he was still married to Cassandra.' **NZ**

is one of the last in that group who doesn't have children.'

Friends of the Logie winner say that, while he was taken aback by the confronting conversation, he was happy to talk it over with his beautiful blonde girlfriend.

'When Karl told us about Jasmine's conversation about wanting a baby, he couldn't believe it,' said a source close to the father. 'He's only just got out of a marriage – he loves being a dad, but it is pretty soon to be discussing babies with Jasmine.'

'He could see where she was coming from though. She's 33, and doesn't want to waste time in a relationship with someone who's not on the same page.'

'Karl is totally smitten with Jasmine and told her he's definitely serious about moving forward with her. But he's convinced her just to have fun and let the relationship play out as it's meant to play out.'

The marriage and baby talk comes just days after LA-based

STILL HUNG UP ON DELTA?

While things are getting serious between Karl and Jasmine, it seems the suave host just can't shake his feelings for rumoured former flame Delta Goodrem.

Karl was spotted paying the singer a top secret visit

on the set of *The Voice* at Sydney's Fox Studios last week. Walking through the studio car park following a break in filming, a beaming Karl appeared relaxed in a denim shirt and jeans.

'She'd just had a quick dinner break and it seemed like Karl had snuck in for a rendezvous,' a source says.

'It was strange considering Jasmine is in town. You would think they'd be together all the time.'

The unlikely pair have enjoyed a playful

relationship for years, which was believed to have crossed from professional to personal last year. Karl has never been able to hide his soft spot for the Aussie pop star, flirting his way through many interviews with her on *Today* over the years.

'I love Delta,' gushed the Karl of the blonde songstress, describing her as 'beautiful' and 'intelligent'.

Could the TV host be finding it hard to choose between beauties?



Karl is conveniently also filming his new show *This Time Next Year* at Fox Studios.

Friends... or maybe more?





While the couple appeared to work through their issues onscreen, after the show the race caller broke it off without giving a reason.



MAFS SPOILER ALERT

ANTHONY DUMPS NADIA

THE GORGEOUS MODEL HAS BEEN FORCED TO NURSE A BROKEN HEART IN SECRET



After becoming an aunty, Nadia was keen to settle down – and then Anthony came along. Despite his attitude towards Cheryl on *MAFS*, the model still gave him a go.



In news that will shock *Married At First Sight* fans, New Idea can exclusively reveal Nadia was blindsided by Anthony when he ruthlessly dumped her without warning, following the show's season four finale.

The 37-year-old beauty stuck by her onscreen hubby after he was labelled arrogant

and accused of bullying other contestants, but now she's been the one left suffering.

According to an inside source at the finale, the couple happily revealed they were both smitten and keen to continue their relationship.

But just days after, Anthony, 33, blindsided the brunette by leaving her without explanation.

'She was heartbroken,' says the insider. 'She had no idea it was coming and was completely confused as to what could have happened.'

Needing answers and feeling betrayed, Nadia was unable to get Anthony to reveal why he had changed his mind. Left with no choice, she decided to take matters into her own hands.

Plucking up the courage, and with the support of the other brides, Nadia used the show's reunion to confront Anthony – calling him out on his behaviour.

'It becomes very emotional after she accuses him of being a fake,' explains the source.

'Nadia is left in tears because her feelings were real and she had fallen in love.'



Deb BREAKS THE RULES!

Furious with the experts' matchmaking skills, former model Deb has turned her back on the reality series – refusing any further publicity commitments.

Ignoring producers' calls, the Queenslander told friends she regretted the decision to look for love publicly, feeling she was negatively portrayed.

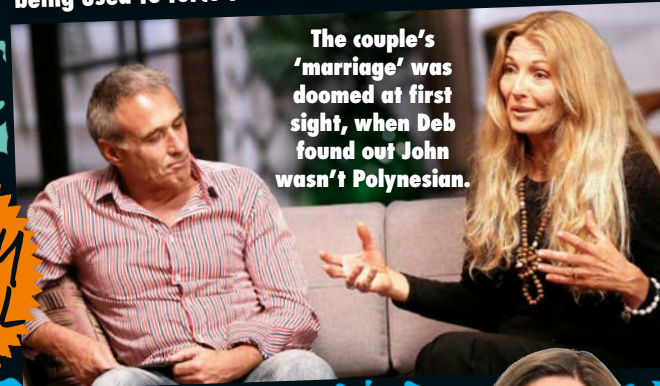
'I lost family and friends who I'd never had a conflict with before,' Deb says. 'There was a lot of morals and baggage involved.'

And it's not only Deb who's furious with the outcome. Stripper Michael began his boycott after he felt ridiculed by his 'wife' and fans.

'He felt like he was used to shock people because of his job, and after it didn't work out with Scarlett, he wanted nothing more to do with them,' says a friend. 'He also ignored calls and emails.'

With the two popular contestants not backing down, producers had no choice but to call in lawyers.

Adds a source: 'They signed up for it... so that is being used to force them back into the spotlight.'



The couple's 'marriage' was doomed at first sight, when Deb found out John wasn't Polynesian.

REALITY SCANDAL

The couple initially headed into the controversial TV experiment giving fans high hopes for a love match, seemingly having chemistry and similar outlooks on life.

But as the weeks went by, Anthony showed a different side to his personality, revealing to experts a 'Nadia is mine' mentality, while verbally attacking other couples.

Viewers have slammed the Sydneysider as 'dominating', warning Nadia to 'run away'.

'His behaviour towards Cheryl's second chance at love shocked everyone, and then when he told Nadia she lacked direction, social media went into meltdown warning her to get out of the toxic relationship,' says the source.

But the air hostess insisted the race commentator was her

perfect match, telling everyone she was confident they could work through his issues.

'She felt so betrayed because she has really defended his old-school values in a number of situations and really believed he was in it for the right reasons,' says a source. 'But as soon as the cameras stopped rolling, everything changed and he just ended it out of the blue.'

After their explosive confrontation, Nadia questioned Anthony's real motives in applying for the reality series.

'He never hid the fact he wanted to promote his career,' says the source. 'But she honestly believed they had a future together and couldn't believe she was fooled by him.'

NZ

SEAN AND SUSAN BABY SHOCK

The pitter-patter of tiny feet could be just around the corner for *MAFS* favourites Susan and Sean!

Susan, 37, admits she's open to having kids after meeting Sean's children on their home visit. 'They are the cutest things in the world,' she says about his two kids from a previous marriage. According to the FIFO worker, she now realises she's keen to start a family.

'I never wanted kids until about a year ago...' Susan confesses. 'I do think I would like to have a family.'

Could farmer Sean, 35, be the man she settles down with?



It seems the love experiment has worked out for these two!



MARY & FRED ROCKED BY MARRC



The pair have been putting on a united front amid whispers of a split.

SECRET FEUD

A Danish magazine (right) revealed that while Henrik and Margrethe are on vacation, they've hardly spent any time together.



husbands King Consort. Why should I be under my wife? I don't accept it! I will never accept it,' he told Dutch reporters in 2015.

It's no secret that Henrik hasn't been happy for some time. Shortly after he announced he was retiring from royal duties, the Queen attended a reception for the nation's diplomatic corps solo, with many suggesting grumpy Henrik had simply refused to go.

And in 2015, Henrik famously feigned illness in order to get out of his wife's birthday celebrations – before being spotted soon after in apparent

royal duties and renounced his official title as Prince Consort. He's all but withdrawn from being her partner in every sense of the word,' reveals the insider.

It certainly marks a change of heart for Henrik, who previously revealed how much

'They even sleep in separate quarters... It's no secret their marriage is in trouble'

he wanted to be king.

'I have always said that I should be a partner, but I am not considered as a partner because I'm not on the same level as my wife, which is completely incomprehensible.

'All the queens in the history of the world have made their

good health on holiday with friends in Venice.

So it comes as no surprise that Margrethe may even take away her husband's title of prince completely, in the face of their strained relationship.

And with such upheaval rocking the Danish palace,

Following a busy couple of months, it should have been a time for Queen Margrethe and Prince Henrik to finally relax, unwind and enjoy some quality time in each other's company.

However, according to Danish magazine *Her & Nu*, the ageing Danish monarch barely spent any time with her husband during her annual European holiday, sparking speculation that all is not well in their 50-year marriage.

'Margrethe and Henrik haven't been happy for a long time,' spills a royal insider.

'They're on vacation together but aren't spending any time together. They even sleep in separate quarters, as they do

at home. It's no secret their marriage is in trouble.'

Meanwhile, Margrethe, 76, and Henrik are living increasingly separate lives.

Princess Mary and Prince Frederik have been placed in charge for the three weeks the senior royals are away – officially making them acting King and Queen of Denmark.

There have long been whispers that the prince's parents have been on the rocks for some time. When Fred's 82-year-old father suspiciously changed his title from Prince Consort Henrik to plain Prince Henrik last year and stepped down from royal duties, insiders speculated that he was slowly but surely being pushed out by Margrethe.

'Last year, he retired from

ROYAL IMAGE CRISIS

it looks like Mary and Fred's temporary roles could become permanent.

Stunning Mary certainly looked the part as she welcomed Iceland's president in Copenhagen recently – an event that New Idea exclusively revealed to be a 'test run' for her imminent coronation.

'Already, with Margrethe and Henrik away trying to fix their problems, Fred and Mary have had to step up,' says the source.

'It might only be for three weeks, but there's always a possibility that Margrethe will never return to the throne. The fact they don't seem to be doing much to resolve their problems is not encouraging at all.'

If the Queen was to divorce her husband, it's quite possible Margrethe would abdicate and pass the crown to Fred and Mary.

Now, friends and family hope the long-standing royals can use their vacation to solve their problems once and for all. **NZ**

Mary and Fred took over in the Queen's absence – and insiders say the move could be permanent.

THE COUPLE
STEP UP THEIR
DUTIES AS
SHOCK DIVORCE
RUMOURS
SWIRL...

THE ROYALS HIT THE SLOPES

Taking the focus off family dramas, Mary and Fred shared cute snaps of their kids from a recent ski trip. Isabella (left), nine, Christian, 11, and twins Vincent and Josephine, six, chilled out with Mum and Dad in Switzerland.

Only in
New Idea

Migraines, panic attacks and flashbacks started to haunt Sarah Monahan's days and nights.

Trolled by a sick online stalker, the former *Hey Dad..!* favourite was suddenly forced to relive the sex abuse that stole her innocence behind the scenes.

Happily married and living in Florida, the proud survivor thought her nightmare was over when long-time co-star Robert Hughes was convicted and jailed for 10 child sex offences.

But then a troubled stranger started to bombard her public Facebook page with hundreds of messages in support of Hughes and other paedophiles.

'The first one came out of nowhere,' says Sarah, 39, who is speaking out to help other victims of abuse.

'Just when I was finally happy, I got this crazy stalker!'

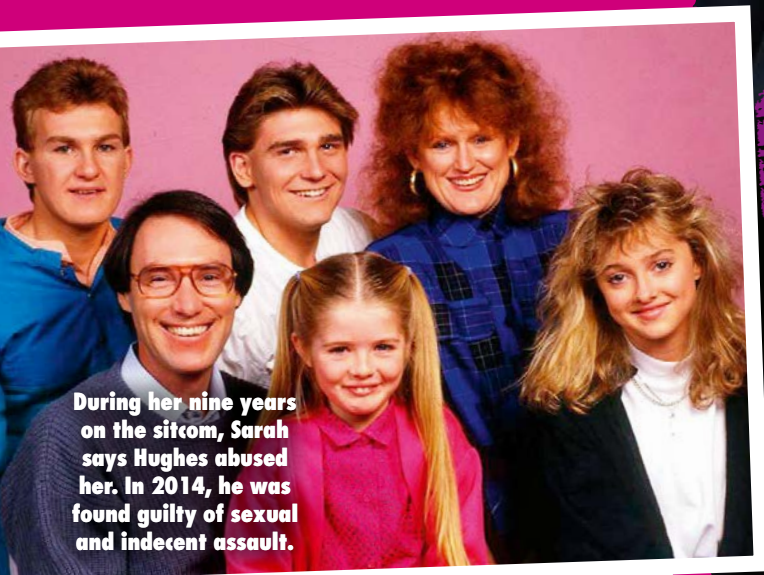
'I had relocated to Florida with my husband Matt. We were moving on and there had been no mention of Hughes for a long time, because we were between appeal hearings.'

'And then I woke up one day last year to find 20 horrible posts on my Facebook page – and every one had a picture of Robert attached.'

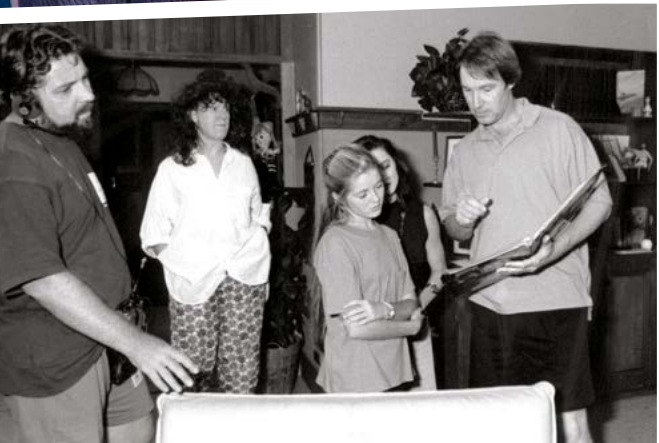
At first the troll called himself Mr Kelly – the surname of the zany family at the centre of the hit 1980s sitcom. But as weeks went by, he adopted 15 other pseudonyms, such as 'George Pell = Hero', 'Sydney Sex Fiend' and 'Don't Tell Mummy'.

Just when the actress thought she could live a normal life, a troll brought back her past.

LIFE ON HEY DAD..!



During her nine years on the sitcom, Sarah says Hughes abused her. In 2014, he was found guilty of sexual and indecent assault.



SARAH MONAHAN

MY
STALK
HEL

**READY TO
START HER
LIFE AGAIN,
THE BELOVED
AUSSIE STAR
IS RATTLED
BY YET
ANOTHER
HORROR**



Florida-based Sarah plans to start her own clothing line in between island-hopping with her new yacht.



'At first, it just freaked me out,' Sarah explains. 'I started getting migraines immediately, and I hadn't had any for months. Then there were nightmares and panic attacks...'

Her voice trails off as she remembers the ordeal, which lasted several months.

'I didn't know where this man was and I was worried for my personal safety. Then I kind of figured he must be in Australia, so it was more annoying than threatening,' she adds.

'But it became like a full-time job deleting his stuff. Most of it was pretty gross and it was very upsetting, triggering flashbacks for a lot of my followers, who are also sex abuse survivors.

'He would comment on every single reply on a thread, so it was constant – dozens of posts in a day. My phone was dingling all the time with his messages. And he started harassing other people he found on my Facebook page.

'I didn't know who this guy was, although it was clear he was very pro-paedophile. He congratulated every single sex offender, loved Robert

Hughes and said he thought [jailed entertainer] Rolf Harris was awesome.'

Shocked, disturbed and anxious to protect other people, Sarah started out simply deleting the man's comments and blocking his many user profiles.

But after she received a particularly vile story of a baby being abused, the feisty campaigner was prompted

It's a partial relief for Sarah, who is still waiting for the result of Hughes' appeal against his conviction.

'Fingers crossed,' she says, delighted to celebrate her 40th birthday in Florida, where she and Matt recently bought a 12.5m Meridian yacht to go island-hopping.

It's called No Kids, because

'It was very upsetting, triggering flashbacks for my followers, who are also sex abuse survivors'

to contact the FBI's Internet Crime Complaint Center.

Weeks later, Australian Federal Police officers swooped on a home in Bendigo, Victoria and arrested registered sex offender and self-described 'loner' Luke James Wallis.

The 34-year-old later pleaded guilty to an online harassment charge, plus a further child pornography offence, and is due for sentencing later this month.

that's how we can afford it,' laughs Sarah, who has written a bestselling autobiography and works with a young actors' charity, A Minor Consideration.

With plans to start her own clothing line, Shrimptank, for petite women, Sarah wants to put the past behind her and 'just live the life, hopefully'.

She adds: 'For the most part, things are pretty awesome now.'

By Jenny Brown **NI**

The star's book *Allegedly* tells the harrowing tale of her days on *Hey Dad..!* and the furore that ensued when her abuse became public.



ERL



**CRUIKEY,
CHANDLER!**

THE NEW STEVE IRWIN

Chandler's passion and enthusiasm reminds zoo staffers of Steve (left).



Inside the shock plans to make Bindi's boyfriend the face of Australia Zoo...

Bindi Irwin has plans for her boyfriend Chandler Powell to become the new Steve Irwin – and has even moved him into their home at Australia Zoo, where he has his own private croc compound!

Following an exclusive investigation at the wildlife park on Queensland's Sunshine Coast, New Idea can reveal Bindi and mum Terri believe Chandler is 'so much like Steve' and think it's a 'miracle' they've found each other.

Now Australia Zoo employees, speaking under the condition of anonymity, reveal that Chandler is being trained to take over the conservation side of the park.

'Bindi and Terri are so focused on the commercial side of things now that their appearances with animals are just a publicity

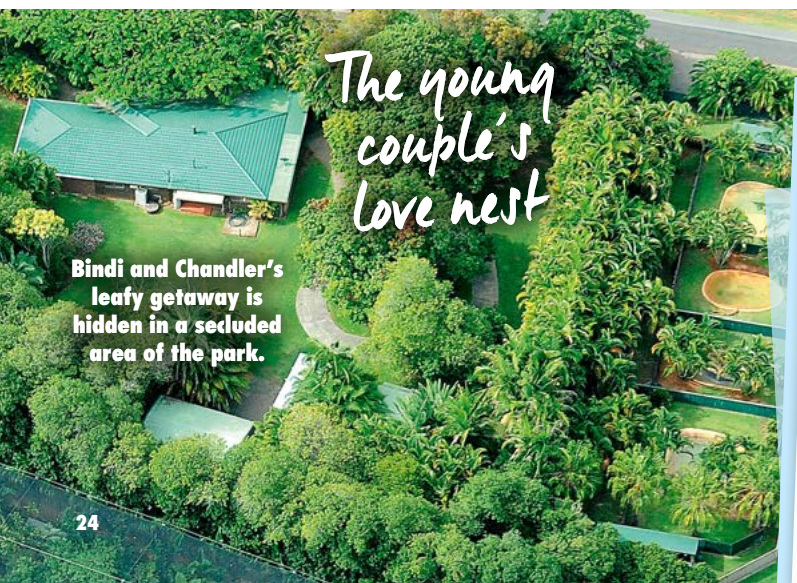
stunt,' says one zookeeper. 'But Chandler's different. He's always in the wildlife hospital trying to learn everything he can.

'He's enthusiastic and not afraid to get dirty, just like Steve was. He's breathed new life into Australia Zoo. He loves the marsupials, but can't wait until he's experienced enough to handle snakes and crocs by himself.'

The US wakeboarding champion, who wears his own monogrammed khaki uniform, has moved into Bindi's luxury quarters in a leafy, private area of the park – which also houses four crocodiles in separate pens that aren't visible to the public.

Employees say the pair rarely leave the love nest when they're not working, and live like a married couple.

'Terri's hardly ever there



The young couple's love nest

Bindi and Chandler's leafy getaway is hidden in a secluded area of the park.

TERRI'S MONEY HELL

Terri Irwin @TerriIrwin - Feb 16
Valentine's Day is over. You can eat again! Check out this week's deal @AustraliaZoo: Two burgers & two cokes for \$20. Yum!



The Irwin matriarch has been promoting the zoo heavily on social media.

W WIN



Bindi's wedding shock

Wedding bells are definitely in the air for Chandler and Bindi! The professional wakeboarder's brother Cameron recently proposed to his girlfriend Kristin – with their dad Chris sharing the happy news on Twitter. Now friends of Chandler's family are hoping that he and Bindi will be the next couple down the aisle. 'We're all hoping that he puts a ring on it – and soon,' a family insider reveals to New Idea.

Chandler's family (below) shared their joy over Cameron and Kristina's engagement.



Love is in the air!

TAKING OVER



Australia Zoo staff – as well as Terri and Robert – think Chandler is perfect for Bindi.

anymore – she's always heading off in her helicopter and leaves the park in Chandler's capable hands,' the insider says.

'He and Bindi love it – it becomes their own private love nest. Bindi loves taking him out to the croc ponds to teach him what her dad taught her.'

Amid rumours that the couple of more than two years are preparing to wed, it's believed Bindi, 18, will marry Chandler when the 20-year-old becomes a qualified crocodile handler –

fulfilling half of her father's tongue-in-cheek wish for her.

'Dad always said: "You can't date until you're 40 – and he has to be able to swim across our largest crocodile pond before he can go out with you!"' Bindi told *People* magazine.

Chandler proudly revealed that on the family's annual trip to far north Queensland last year, he achieved his first 'croc jump' on a 3m saltwater crocodile.

'Definitely learning from the best and I'm looking forward to what else is to come,' he wrote on a cryptic Instagram post.

Insiders say Steve, who died in 2006 from a stingray barb to the heart, would approve of Chandler.

'Bindi is very spiritual and she thinks Chandler is an angel,' says a source. 'He worships the ground Bindi walks on. They're inseparable.'

By Karleigh Smith **NI**

Photos of Bindi's love nest and zoo arena: Jeff Rayner/Coleman-Rayner. Photos of Robert with burger and merchandise, and Cameron proposing: twitter.com. Photos of Chandler's family, Chandler with lizard and with Irwins: instagram.com.

Is Terri going broke? Rumours of money trouble are circulating thick and fast, with several Australia Zoo sources telling New Idea that times are tough for the Irwin family.

With money reportedly 'drying up' thanks to poor ticket sales at the animal park, 52-year-old Terri has been forced to find other ways to make much-needed cash.

'Bindi did *Dancing With The Stars*, they're always trying to flog new things at Australia Zoo,' says the source.

'The latest thing they're trying to promote is Robert's photography – he was recently in the United State trying to rustle up sales. It all points to money trouble, that's what we've been told.'

Attendance at the zoo has been down, with rows of empty seats at a recent wildlife show.



Kim McCosker 10 years on '4 INGREDIENTS NEARLY ENDED ME'

REAL LIFE

Just like baker's dough, Kim McCosker's bright idea started small, then rose to dizzy heights.

It's 10 years since the busy mum, then breastfeeding the second of her three sons, set out to write 'the easiest cookbook in the world' featuring only four ingredients per recipe.

Publishers, agents, editors, distributors and booksellers warned her it would flop, but the international finance graduate refused to take no for an answer.

Self-funding the project to the tune of \$26,000, and mortgaging the family home to pay for it, she was forced to sell her first 2000 copies door-to-door 'in sheer desperation'.

'I was on a mission,' says the self-taught cook, who learnt to value hard work growing up on a farm in outback Queensland. 'I was repaying that money come hell or high water. And oh my gosh, it snowballed from there.'

Indeed it did, with 27 titles to Kim's name so far, covering everything from celebration food to gluten-free catering and healthy children's menus.

To date, she has sold almost nine million books in 26 countries spanning three continents, and in six languages.

The latest tome, celebrating a decade of 4 Ingredients, is a short story about the building of Kim's business, and the lessons she's learnt about perseverance, gratitude and staying humble.

Ten Years In is full of good advice and funny yarns – not a recipe in sight! – delivered in the down-to-earth style that has made Kim a favourite on the global celebrity speaker circuit.

With spouse Glen Turnbull, 50, quitting his own company to become a Sunshine Coast househusband for their sons – Morgan, 14, Hamilton, 11,

and eight-year-old Flynn – it's clear the couple must have made a lot of bread.

But Kim, 46, is coy about her bank balance, preferring to focus on her quest for simple food that's so easy to prepare it frees up time to spend with the family.

'I'm pretty ordinary,' she laughs. 'I am my own market, and that helps.'

'If I'm interested in something, probably 80 per cent of my average readers will be fascinated by it too.'

'I'm just like all the other mums out there. That's how I perfected my cupcake recipe – making hundreds of thousands of them for fetes, fundraisers and birthday parties. There's nothing different about me. Like any mum with school-age kids, I'll be busy baking trays of slices come August.'

• *Ten Years In* by Kim McCosker (4 Ingredients, \$19.99) is out on March 17.

NZ

The bestselling author reveals the truth behind her success

'I was on a mission. I was repaying that money come hell or high water'

**I DID IT
4 THEM**

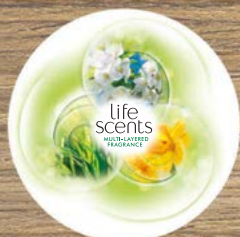
Kim's desire to spend more time with her family – kids Morgan, Hamilton and Flynn, and husband Glen – led to her bright idea.



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Their wedding had so many highlights, the smitten pair couldn't even pick their favourite part.

THE COUPLE
SHARE THEIR
VOWS IN A
BEAUTIFUL
CEREMONY
ON THE
WATER'S EDGE

House Rules'
Claire & Hagan

WE'RE
MARRIED!

After the lovable couple had made it all the way to the final of *House Rules* (right), they were at last ready to get married.



Their big day was years in the making, but *House Rules* renovators Claire Lintzeris and Hagan Rice had always planned on a very special wedding, starring their two gorgeous daughters.

'The girls were so excited to be flower girls,' laughs hairdresser Claire, hugging Matilda, five, and Darcy, three.

'We really wanted to involve them in the ceremony, so when we exchanged rings, we gave them bracelets as well.'

It's eight years since the popular Victorian couple – runners-up in the fourth season of *House Rules* – first met and fell in love. Realising 'from the start' that their relationship was made to last, they always wanted to tie the knot one day.

'But life got in the way,' grins 28-year-old plumber Hagan.

'We had kids and we wanted to build a house, so the wedding just got pushed back and pushed back.'





Claire and Hagan, who are already proud parents to Darcy (far left) and Matilda, haven't ruled out adding another baby to their brood!

Only in
New Idea

Last year the couple were forced to put their nuptials on hold because they were busy paying off their mortgage and couldn't afford the expense. Having their property renovated on *House Rules* finally made all their wildest dreams come true.

'Now we have a beautiful home and our own little family, we figured it must be time to get married,' smiles 29-year-old Claire. 'We really hoped it would be a day to remember!'

And so it was, with *House Rules* host Johanna Griggs on hand to celebrate at Blairgowrie Yacht Squadron on the Mornington Peninsula with her husband Todd Huggins.

Also on the guest list were series four contestants Brooke and Michelle, Luke and Cody, Fil and Joe and Nancy and Daniel,

putting all renovation rivalry behind them as they cheered the happy couple with around 170 other guests.

It was late afternoon when Claire walked down the outdoor aisle under a flawless blue sky with her proud father Peter, to the strains of Adele's beautiful ballad *One And Only*.

The bride looked stunning in an off-the-shoulder boho lace gown from Embrace Bridal Boutique, accessorising with an 'old' ring, some 'borrowed' lipstick and a 'blue' sapphire, in keeping with tradition.

Darcy and Matilda were cute as buttons in what they called their 'wedding dresses' – gorgeous tulle puffballs from Tutu Du Monde – under the proud gaze of bridesmaids Jenny Sims, Charlie Rice, Caitlin Wise, Carly Montgomery and Jenna Harris.

The bridal party were only 15 minutes late, but Hagan joked nervously as he waited with best man Brenton Kennedy and five groomsmen, immaculate in outfits from Ferrari Formalwear & Bridal.

Swapping rose gold bands under a floral ▶



Fellow contestants (top) – and host Joh Griggs (right) – from season four of *House Rules* attended the nuptials to see the happy couple exchange beautiful rose gold rings (above).





Little Darcy and Matilda joined in the fun too – getting cake all over their very own ‘wedding dresses’!



House Rules host Johanna Griggs and her husband Todd Huggins were thrilled for the former contestants.



harbour in front of celebrant Libby Briggs, the overwhelmed newlyweds were moved to tears.

‘I don’t really know what set me off,’ Claire says. ‘It was all so beautiful, overlooking the ocean with yachts sailing past!’

Ask the couple for highlights, and there were almost too many

Mr and Mrs Rice partied the night away. Leaving in a classic Volkswagen Kombi van, the couple’s honeymoon is on hold.

‘We’d like to go away, but not right now,’ Claire explains. ‘Maybe in winter when we can book a trip somewhere tropical and get away from the cold.’

‘It was all so beautiful, overlooking the ocean with yachts sailing past!’

to mention. But the groom’s threatened breakdance didn’t happen, much to Claire’s relief.

After cocktails and canapes – ‘We want to thank the yacht club so much, they were fantastic,’ Hagan says – the new

For the future, they haven’t ruled out another baby. And the dynamic duo reveal they also have ‘some new things happening’, with Hagan set to swap his plumber’s wrench for something very different.

‘We’re thinking of selling our house and starting a business in Blairgowrie,’ Claire confides. ‘It’s going to be very exciting, with three shops in one and Hagan trying something new.

‘But I can’t say too much. Everyone will have to wait to find out!’

By Jenny Brown

Photos: Shaun McKenna at Image Eight NI



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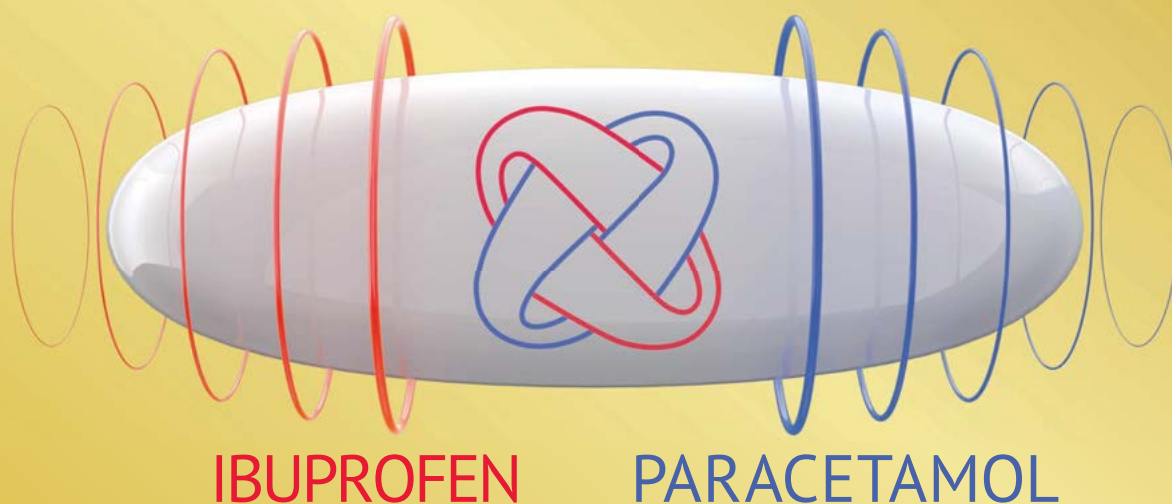
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Susan and Shawn (right) were devastated by son Harry's diagnosis. Only time will tell if his sister Macy and brother Oliver (below) also have the rare condition.

Susan Stilwell will never forget the day her family's world fell apart. As she and her husband Shawn reeled in shock, they knew nothing would ever be the same again.

Test results had revealed the Sydney couple's beautiful young son Harry was suffering from one of the cruellest diseases imaginable.

The happy six-year-old had been diagnosed with juvenile Batten disease – a rare genetic condition that gradually claims sufferers' eyesight, speech and movement, with affected children dying prematurely.

'I collapsed to my knees when I heard,' says Susan, her voice breaking. 'I kept saying: "This just can't be happening."'

'There was an immediate bond when I first laid eyes on Harry,' says the mother-of-three. 'I thought he was gorgeous. He's got beautiful little lips and serious big blue eyes.'

Life progressed normally for the loving clan until last year when Harry began school. It was then that his teacher alerted Susan, 42, and Shawn, 44, to the possibility that the youngster was having issues with his sight.

'I thought he'd probably just need glasses,' says Susan, who is also a devoted mum to Oliver, eight, and Macy, four.

'My biggest concern was that he wouldn't want to wear them, as he's quite a defiant little thing!'

After an ophthalmologist found Harry to be legally blind, Susan consulted a neurologist. Nothing could have prepared her for the devastation that followed.

'The neurologist did blood tests and came back to us and said: "Harry has Batten disease,"' she recalls. 'We'd never even heard of it beforehand.'

'It is a death sentence, but you wouldn't know there is anything wrong with Harry except that he has trouble seeing. Yet it's a disease that tears your child apart in front of your eyes.'

Determined to do whatever they can to help their son, Susan and Shawn are about to take their family to the US, where they are hoping

Harry will undergo clinical trials for revolutionary gene replacement therapies.

'We just want to get there as soon as possible while Harry is still well – and we have an appointment with a neurologist already lined up,' Susan says.

'The government in Australia really needs to fund more research into this and other rare genetic diseases. It's so important we raise awareness.'

Susan and Shawn know there is a 25 per cent chance that Oliver and Macy may also have the devastating condition. But for now, they are taking life one day at a time.

Susan says: 'Putting one foot in front of the other is really the only thing we can do.'

By Jackie Brygel **NZ**



The Stilwell family have set up a GoFundMe page to get Harry to the US and fund medical research for Batten disease-affected families. Visit gofundme.com/hope-for-harry-stilwell.

HARRY'S DESPERATE FAMILY SHARE THEIR HEARTBREAK

FIGHT TO SAVE SIX-YEAR-OLD Cruel disease is taking our boy

TVextra



Is it a one-night stand between Zac and Sam – or something more?



Distraught after Billie's funeral, the drunk father-of-one sleeps with Sam.

**ZAC'S
AFFAIR
WITH SAM IS
ABOUT TO TEAR
APART HIS
MARRIAGE**



Home And Away cheating scandal

WILL LEAH DIVORCE ZAC?



If Zac reveals his cheating secret to Leah, it could spell the end of his marriage.

It's been one devastating blow after another for the beloved Summer Bay resident Leah, played by Ada Nicodemou.

First, there was Billie's (Tessa de Josselin) death and now her husband Zac (Charlie Clausen) has made the ultimate betrayal – sleeping with his book editor Sam (Cheree Cassidy).

'Leah and Zac have been given one blow after the other,' Ada tells *New Idea*.

'It's been trying times, and the focus has been on the kids and trying to keep their heads above water. They haven't focused on their marriage at all. They've grown apart.'

Leah and Zac tied the knot with a beautiful wedding ceremony at the end of 2015. However, the couple barely had a moment to celebrate, as the shock shooting of Zac's psychotic ex Charlotte (Erika Heynatz) followed – for which Zac's son Hunter (Scott Lee) was a suspect.

And now the cracks in this once-happy couple's marriage have become cavernous.

While Leah may have her suspicions that something is going on with Zac, the guilty father-of-one is reluctant to confess to his drunken hook-up with Sam on the night of Billie's funeral.

When Leah asks where he was, Zac makes a split-second decision to lie to her.

Poor Leah is too focused on VJ (Matt Little) and baby Luc to realise just how bad things have become between her and her duplicitous husband.

'She just thinks he's being self-centred and selfish,' Ada explains of her character.

'He's more worried about what he's not getting from Leah, instead of supporting her and VJ through this terrible time. She doesn't suspect he's cheating though.'

But when Leah takes Luc out for a walk, she comes across Sam and warns her to stay away from Zac.

Yet the memory of Leah's threats don't last long for Sam since, mere hours later, the 'other woman' pitches up at Zac and Leah's place, asking for help in locating a van.

Furious at her husband after he offers to help Sam, Leah questions Zac about his relationship with the editor.

While Zac denies anything untoward is going on, Ada reveals that when Leah finally finds out his secret, their marriage will be in jeopardy.

'She would be devastated [to find out he cheated], so sad,' Ada confirms.

'It's such a betrayal and she would never expect it – heart-wrenching!'

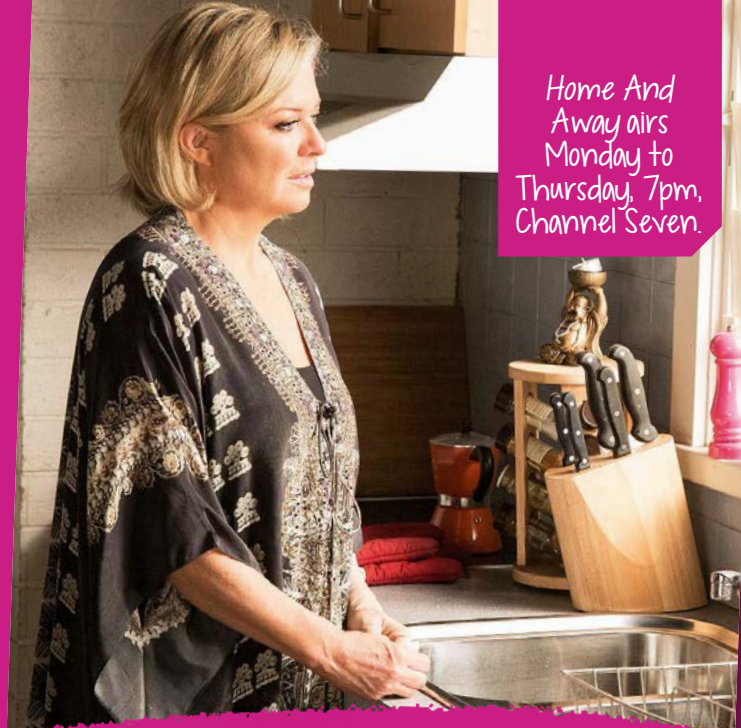
But would it really be the end for Zac and Leah?

'It would definitely be the end,' Ada states, emphatically.

Now with Zac off to a conference and Leah left at home to dwell on the sad state of her marriage, things are looking dire for the pair.

Will Zac spill the beans to Leah about his affair or will Sam expose the truth, tearing Summer Bay's favourite couple apart once and for all?

NI



Home And Away airs Monday to Thursday, 7pm, Channel Seven.

LIFE ON THE LINE... WILL JOHN DIE?

Things are going from bad to worse for John Palmer (Shane Withington) and Marilyn Chambers (Emily Symons).

Since discovering John was the arsonist attacking Summer Bay – thanks to a brain tumour affecting his behaviour – the couple have struggled to put their lives back together.

And the much-loved pair are set to suffer another blow when John agrees to undergo surgery to remove the tumour.

After being administered painkillers, John goes into anaphylactic shock.

Meanwhile, with his life still hanging in the balance, Kat (Pia Miller) breaks the news that John will be charged with arson – which includes arson causing death.

Even if he survives the treatment for his tumour, it seems John's life is well and truly in tatters.

How will they cope?

Marilyn must now cope with the possibility that John may die or go to jail.



TV
extra

The actor loves working with children and is a doting uncle to niece Bowie (far right).

Hugh Sheridan

I CAN'T WAIT TO HAVE KIDS

THE TV FAVOURITE OPENS UP ABOUT HIS PLANS TO BECOME A FATHER

There are so many reasons working on *House Husbands* is the perfect job for Hugh Sheridan.

Not only does the former *Packed To The Rafters* favourite get to show off his musical skills as primary school teacher Nick Gazecki, his new role means that he also gets to work with kids every day!



Nephew Valentino adores his 'Uncle Hughie'.



House Husbands airs Monday, 9pm, Channel Nine.



Selling Houses Australia, Wednesday, 8.30pm [AEDT], Lifestyle.



Charlie (left), Andrew and Shaynna mark the show's 100th episode with a charity project.

'I'm such a kid person,' the frontman of band California Crooners Club tells New Idea.

'I've done *Play School* and I've got heaps of nieces and nephews. My little brother was born when I was nine and I'm still obsessed with him and he's like 21!'

The 31-year-old admits he 'can't wait to be a dad' one day – especially since his nephew Valentino and niece Bowie were born.

'I think about it a lot and it really plays on my mind,' he confesses. 'I love working with kids, I think they're great – and they're really funny!'

However, Hugh says there are some goals he wants to achieve before settling down to start a family of his own.

'I will wait because I know that it's not necessarily something [to do] until you have plenty of money and are settled down,' he explains.

Currently splitting his time between Los Angeles and Australia, Hugh is enjoying his nomadic lifestyle... for now.

'I really like LA,' he says. 'While I'm still young I'm happy to push myself and keep up with the travel.'

One thing's for sure though, Hugh can't be separated from his cute niece and nephew for too long!

'I miss my family terribly,' the down-to-earth actor reveals.

'I'm so lucky to have such an amazing family, and being so far away from them is really hard. But they understand and I try not to stay away too long.'

NI

I am the SECRET TO OUR SUCCESS



Andrew (with his eldest daughter Olivia) brought his family to Australia in 2005.

After 10 seasons and 100 episodes, Andrew Winter knows the secret behind *Selling Houses Australia's* success – it's him!

'Obviously, I'm a lovable character,' laughs Andrew, who's become a sex symbol in Australia. 'Then you've got those other two, Shaynna [Blaze] and Charlie [Albone], that you put up with!'

Jokes aside, Andrew reveals he and his fellow cast members work well together because of their unique expertise.

'The good thing is, we're not in competition with each other,' the British-born former real estate agent explains. 'We have three different roles, we can appreciate each other's different way of doing things.'

It also doesn't hurt that Australia is property mad.

'We've got a bit of property action [on the show], which seems to be the obsession of many in Australia,' Andrew says.

'Male, female, young and old – Australians love property!'

After almost a decade of success *Down Under*, Andrew recalls his first foray into TV back in England, on *Selling Houses*.

'My business partner in London put my name forward to host a show and I said no,' the father-of-three says. 'They twisted my arm and I did the first season of six shows and hated every minute.'

'I said: "I'm never doing this again!" Then they doubled the money and my wife said: "You are doing it!" When the third season came up, that's when I started to know what I was doing and I thought it was really easy.'

The milestone 100th episode sees Andrew, Charlie and Shaynna tackle a Salvation Army property in Sydney's inner west, with all proceeds going to the charity.





The actor says he's still fond of his time on the police drama and wouldn't put a reunion 'off the table'.

Hold onto your handcuffs — the much-loved cop show could be coming back!

Ditch Davey hints **BLUE HEELERS** REUNION

It may be more than a decade since it left our screens, but Ditch Davey hasn't been able to shake *Blue Heelers*.

The hit Channel Seven police drama — which also starred John Wood and Martin Sacks — is still spoken about in reverent tones after all this time. So much so, that whispers of a reunion just won't go away.

And Ditch — the 44-year-old who played Evan Jones for six seasons — reveals exclusively to *New Idea* that new episodes of the long-running show could be closer than we think.

'I wouldn't say no to anything. I absolutely loved doing that show,' he tells.

'I get messages most weeks from fans of the show who still want to ask questions about it.

'People have such fondness for *Blue Heelers* that I wouldn't

put it off the table. If all the cards fell in the right way — I think it would certainly need a big reboot — but I wouldn't put it off the table.'

Luckily for fans of the actor, Ditch, who is married to fellow actress Sophia Dunn, will be seen on our screens again as soon as this week.

The Melbourne-based father-of-two arrives in *Weld* as George's (Erik Thomson) wayward brother Terry on hit drama *800 Words*.

With a steady career in the US, the former *Spartacus* star says working with old acquaintance Erik was the big drawcard for him returning to Australian TV.

'Erik is someone who I've always wanted to work with,' Ditch admits.

'I'd known him socially from my *Blue Heelers* days when he was on *All Saints*. We'd do press



800 Words airs Tuesday, 9pm, Channel Seven.

Ditch couldn't wait to work on Erik's drama, playing George's brother Terry.

junkets together. He's always been someone I've admired. I think he's a wonderful leader in our industry.'

And while fans wait for a *Blue Heelers* update, keep an eye out for Ditch's top-secret project he's currently filming in Miami!

By Holly Richards **NI**



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TV extra

Monday, February TV HIGH

After a turbulent engagement, the drama continues for these two young lovebirds.

ANGRY
BRIDE

The wedding's off!

WILL YOUNG COUPLE COURTNEY AND BRAD CALL IT QUILTS?

BRIDE & PREJUDICE
MONDAY, 9PM, CHANNEL SEVEN

Things seem to be falling apart for many of the couples on the controversial new dating show.

Poor Chris is still reeling from his dad's refusal to attend his wedding to Grant in

Palm Springs. Meanwhile, Charity and Phoebe break the news of their engagement to family, but there is no doubt that this week's drama is centred around Courtney and Brad.

The young couple's relationship is in ruins after Courtney broke down over Brad's bucks night last week.

Has she pushed him too far with her jealousy and will this be the end for the troubled pair?

One thing is for sure, weddings are stressful and expensive! In a recent survey, it was revealed the average cost of a wedding is now at an all-time high of \$90,128 – more than \$30,000 above the average Australian wage!

This week, Charity and Phoebe (left) announce their engagement, while Grant and Chris (right) have family troubles.

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THE STRESS OUT OF
YOUR WEDDING AT
MYWEDDING.COM.

DRAMA

DEATH IN PARADISE
SATURDAY, 7.30PM, ABC

A Saturday night favourite for thousands of Aussies, this quirky crime comedy has been delighting audiences for years.

Now in its fifth season on free-to-air TV Down Under, *Death In Paradise* hasn't lost any of its sheen.

This week, Goodman's (Kris Marshall, right) aunt Mary (Wendy Craig) comes to visit him, but things take

THE MISSING
SUNDAY, 8.30PM
[AEDT], BBC FIRST

The highly acclaimed series returns for a second season, featuring an all-new case.

During the show's 2014 eight-part debut, James Nesbitt starred as a father who's searching for his missing son in France.

LIGHT



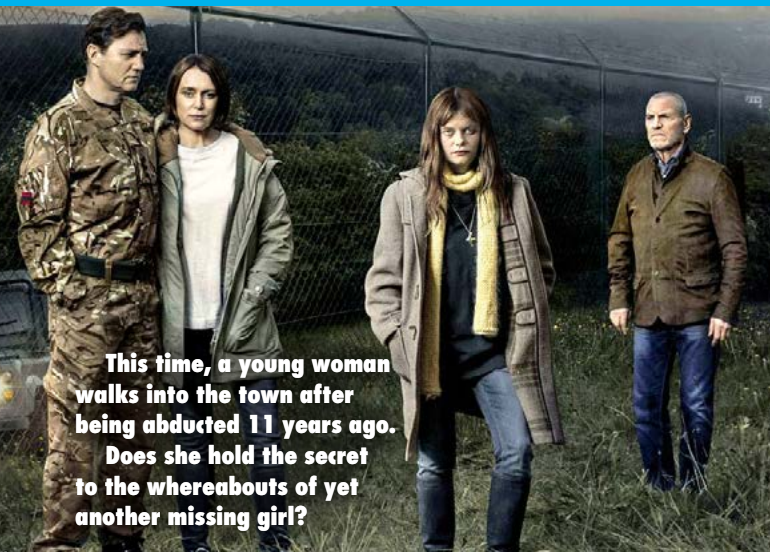
27 to Sunday, March 5

HIGHLIGHTS



an unexpected turn when she becomes the only witness to the murder of a tourist, John

Green (Robert Daws), who's thrown from his balcony in the next hotel room.



This time, a young woman walks into the town after being abducted 11 years ago. Does she hold the secret to the whereabouts of yet another missing girl?



It's Nicole's fourth Oscar nomination, but could this year mark her second win too?



SPECIAL

LIVE FROM THE RED CARPET: THE 2017 ACADEMY AWARDS
MONDAY, 9.30AM [AEDT], E!

The biggest day of the year in Hollywood has finally arrived!

Other than being on tenterhooks to find out who'll take home the big gongs, what many of us are really hanging

out for is to see what all the stars are wearing.

Keep an eye out for our own megastar Nicole Kidman, who is nominated for Best Supporting Actress in *Lion*.

AUSSIE FAVE!

2017 SYDNEY GAY AND LESBIAN MARDI GRAS
SUNDAY, 8.30PM, SBS

The glittering explosion that is the 2017 Sydney Gay and Lesbian Mardi Gras parade will sparkle and shimmer its way onto SBS. The hosts of this special broadcast include comedian Joel Creasey and breakfast radio host Em Rusciano. The 90-minute event will feature interviews with celebrity guests, plus stories from some of the parade participants – exploring issues of sexuality, equality and discrimination that still affects the LGBTIQ community.



ENTERTAINMENT

GOGGLEBOX

WEDNESDAY, 7.30PM [AEDT], LIFESTYLE, AND THURSDAY, 9PM, CHANNEL TEN



This family favourite is back and better than ever, so get set for another season of laughs! This week has provided a big seven days of television for the Goggleboxers. Australia's favourite armchair critics have taken it all in from the comfort of their lounge rooms and given their very honest feedback on the shows they love and loathe. Wayne and Tom's (both left) viewing highlights this week might surprise you!

Meet your three guides, Chrissy, Mon and Cath, as they travel the world!



TRAVEL GUIDES

TUESDAY, 9PM, CHANNEL NINE

It's the new reality show that has the whole nation green with envy!

Six groups of ordinary Aussies have been given the job we all want – they're travel critics.

In this hilarious new series, one person's holiday heaven proves to be another's idea of hell, as they review their experiences in some of the world's hottest travel spots.

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ALL AREAS

MKR
MY KITCHEN RULES

'Sharing plates give our family a sense of comfort and togetherness. Our daughter loves saying: "Sharing is caring." Those words couldn't be more spot on, especially when food is involved.'

Chicken Enchilada Bake

Serves 6, Prep 25 mins, Cook 25 mins

3 cups shredded roasted chicken meat (375g)
425g can Old El Paso Mexe Beans, drained
2 cups grated 3-cheeses blend (cheddar, mozzarella and parmesan)
2 tbsps fajita seasoning
12 mini flour tortillas (14cm)
Sour cream, to serve
Fresh coriander leaves, to garnish

TOMATO SALSA

1kg ripe tomatoes, chopped
2 green spring onions, chopped
1 cup chopped fresh coriander leaves and stem
2 long green chillies, deseeded, chopped
3 cloves garlic, chopped
Salt and pepper, to taste

1 Grease and line two large oven trays with baking paper.

2 To make tomato salsa, process all ingredients in a large food processor until coarsely chopped.

3 Combine chicken with beans, half the cheese, seasoning and 1½ cups of the salsa in a large bowl. Divide mixture down the centre of tortillas. Roll up firmly to enclose.

4 Place tortillas seam-side down and side-by-side on prepared trays. Spoon remaining salsa

down the centre. Scatter over remaining cheese.

5 Cook, uncovered, in a hot oven (200C), swapping trays halfway, for about 25 minutes, or until golden brown.

6 Serve with sour cream. Garnish with coriander leaves.

TURN OVER FOR MORE
DELICIOUS RECIPES



Mexican Red Rice

Serves 6, Prep 15 mins, Cook 55 mins

2 red onions, halved, thickly sliced
 2 green capsicums, chopped
 3 ripe tomatoes, cut into wedges
 Salt and pepper, to taste
 ¼ cup olive oil
 3 tsps paprika
 2 tsps ground cumin
 1 tsp dried oregano
 1½ cups SunRice Vita-Rice Parboiled Long Grain Rice
 2 cups chicken stock
 1 cup tomato juice
 ½ cup pitted Sicilian olives, sliced

with salt and pepper. Drizzle over combined oil, paprika and oregano. Toss well.

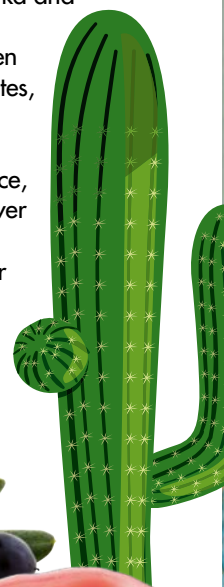
2 Cook in a hot oven (200C) for 25 minutes, or until vegetables are tender. Remove from oven. Stir in rice, stock and juice. Cover tightly with foil.

3 Cook for a further 30 minutes, or until rice is tender. Remove from oven. Stand, covered, for 5 minutes.

4 Serve topped with olives.

TIP
 For an added burst of flavour, stir through 2 chopped chorizos and roast with the vegetables.

1 Place onions, capsicum and tomatoes in an ovenproof casserole dish (12-cup capacity). Season



Spicy Meatballs with Jalapeno Lime Yoghurt

Serves 6, Prep 25 mins, Cook 22 mins

Lime wedges, to serve
 Parsley leaves, to garnish

JALAPENO LIME YOGHURT

1 cup Greek yoghurt
 ¼ cup jalapenos, drained, chopped
 1 tblsp lime juice
 Salt and pepper, to taste

MEATBALLS

750g beef mince
 1 cup finely chopped fresh parsley
 ½ cup dried packaged breadcrumbs
 ¾ cup grated parmesan
 2 eggs, lightly beaten
 1 small onion, finely chopped
 2 cloves garlic, crushed
 40g packet taco spice mix

1 To make jalapeno lime yoghurt, combine all ingredients in a bowl. Set aside.
2 To make meatballs, place all ingredients in a large bowl. Mix well. Roll 2 tblsps of mixture into balls (Makes about 24).
3 Heat an oiled, large, non-stick frying pan over a medium heat. Add meatballs in two batches. Cook, turning occasionally, for about 6 minutes, until browned. Transfer to an oiled oven tray.
4 Cook in a moderate oven (180C) for about 10 minutes, or until cooked.
5 Serve meatballs with yoghurt and lime wedges. Garnish with parsley.





Iceberg Black Bean Salad with Guacamole

Serves 6, Prep 15 mins

1 small iceberg lettuce, trimmed,
cut into 5cm wedges
Lime halves, to serve

GUACAMOLE

2 ripe avocados, chopped
2 tbsps lime juice
¼ cup finely chopped
fresh coriander
½ small red onion,
finely chopped
Salt and pepper, to taste

BLACK BEAN SALSA

425g can black beans, rinsed,
drained
250g punnet small cherry
tomatoes, halved
2 corn cobs, husks and kernels
removed
2 long green chillies, deseeded,
finely chopped
2 tbsps lime juice
½ cup chopped fresh coriander

1 To make guacamole, use a fork to mash avocados with juice in a small bowl until smooth. Stir in remaining ingredients.

2 To make salsa, combine all ingredients in a large bowl. Season.

3 Just before serving, arrange iceberg wedges on a serving platter. Spoon over guacamole and salsa. Squeeze over lime.

**NEW FOOD
IDEAS**

TIP
Guacamole and
salsa can be
made up to one
day ahead. Keep,
covered, separately,
in the fridge.



Budget busters! PANCAKES & PIKELETS

Whip up these family favourites on Pancake Day!

TIP
Batter can be made and refrigerated, covered, a day ahead. Hotcakes can be cooked several hours ahead. Reheat, wrapped in foil, in a moderately slow oven (160C) until warm, or serve cold.



\$1.85
PER SERVE

American Hotcakes with Whipped Cinnamon Butter

Makes 12, Prep 20 mins, Cook 20 mins

1½ cups buttermilk
2 eggs, lightly beaten
2 tsp vanilla essence
1¾ cups self-raising flour
2 tblsp caster sugar
Melted unsalted butter, for greasing
Fresh blueberries and maple syrup, to serve

WHIPPED CINNAMON BUTTER

125g unsalted butter, softened
1 tblsp icing sugar mixture
1 tsp ground cinnamon

1 To make cinnamon butter, beat butter, icing sugar and cinnamon in a bowl of an electric mixer until pale and creamy. Set aside.
2 Place buttermilk, eggs and

vanilla in a medium jug. Whisk until smooth.

3 Combine flour and sugar in a large bowl. Whisk in milk mixture until smooth.

4 Heat a greased, large, non-stick frying pan with melted butter over a medium heat. Pour ¼ cup batter into pan. Repeat to make two hotcakes.

5 Cook for about 2 minutes, or

until bubbles appear on the surface. Turn over. Cook for a further 2 to 3 minutes, or until golden underneath. Remove. Cover to keep warm. Repeat to make 12 hotcakes in total.

6 Serve warm hotcakes with cinnamon butter and blueberries. Drizzle over maple syrup.

Coconut Pikelets

Makes 24, Prep 15, Cook 20 mins

165ml can coconut milk
 ½ cup milk
 1 egg, lightly beaten
 2 tps vanilla essence
 1¼ cups self-raising flour
 1 tsp baking powder
 ¼ cup desiccated coconut
 2 tbsps caster sugar
 Melted unsalted butter,
 for greasing
 Strawberry jam and
 whipped cream, to serve

1 Place coconut milk, milk, egg and vanilla in a medium jug. Whisk until smooth.
2 Sift flour and baking powder into a large bowl. Stir in coconut and sugar.

Whisk in milk mixture until smooth.
3 Heat a greased, large, non-stick frying pan with melted butter over a medium heat. Spoon 1 tbsps batter into pan. Repeat to make five pikelets.
4 Cook for about 2 minutes, or until bubbles appear on the surface. Turn over. Cook for a further 2 minutes, or until golden underneath. Remove. Repeat to make 24 pikelets in total.
5 Serve warm or cold pikelets with jam and whipped cream.

TIP

Crepes can be made up to three days ahead. Keep, covered, in the fridge. Try serving crepes with strawberries, blueberries or banana and a caramel sauce.

\$1.20
PER SERVE



NEW FOOD IDEAS

\$0.80
PER SERVE



TIP

Pikelets can be made up to three days ahead. Store in an airtight container.

Crepes with Lemon and Sugar

Makes 8, Prep 15 mins, Cook 16 mins

1 cup milk
 1 egg, lightly beaten
 1 cup plain flour
 Melted unsalted butter, for greasing
 ⅓ cup lemon juice
 2 tbsps raw sugar
 Vanilla bean ice-cream, to serve
 Thinly sliced lemon, to decorate

bowl. Whisk in milk mixture until smooth.

3 Heat a greased, 20cm round, non-stick frying pan with melted butter over a medium heat. Pour ¼ cup batter into pan. Swirl to cover base.

4 Cook for about 1 minute, or until golden underneath. Turn over. Cook for a further 1 minute, or until golden underneath. Repeat to make eight crepes in total.

5 To serve, drizzle juice over crepes. Sprinkle over sugar. Roll up. Serve with ice-cream. Decorate with lemon slices.

1 Combine milk and egg in a medium jug. Whisk until smooth.
2 Place flour in a large

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annabelkarmel.com.au

With more than 20 years experience under her apron, Annabel Karmel, MBE, has become the UK's number 1 children's cooking author, best selling international author and expert on devising delicious and nutritious meals for babies and children.

Find all Annabel's favourite meals in the freezer aisle at Coles Nationwide and Woolworths Victoria.

* TCM 2016 data for authors in food & drink

Guilt-free delights

NEW FOOD
IDEAS

This prepare-ahead dish
is great for entertaining!

TIP
Try replacing hot
smoked salmon with
smoked trout or mild or hot
pancetta. Potatoes, beans
and eggs can be prepared
up to several hours ahead.
Keep, covered, separately,
in the fridge.



**1422KJ
PER SERVE**

Hot Smoked Salmon Nicoise

Serves 4, Prep 10 mins, Cook 20 mins

500g chat potatoes, halved
300g green beans,
trimmed, halved
2 tbsps drained capers
½ cup coarsely chopped fresh dill
2 eggs
2 x 150g packets hot smoked
salmon, flaked
Fresh dill sprigs, to garnish

DRESSING
2 tbsps light sour cream
2 tbsps deli-style Dijonnaise
mayonnaise
2 tbsps lemon juice
1 tbsp horseradish cream
1 tbsp water
¼ cup finely chopped fresh chives
Salt and pepper, to taste

1 To make dressing, whisk all

ingredients together in a small jug.

2 Cook potatoes in a large
saucepan of boiling, salted water
for about 15 to 20 minutes, or
until tender. Add beans in last
2 minutes of cooking. Drain.
Rinse under cold water. Drain.

3 Combine potatoes and beans
in a large bowl with capers
and dill.

4 Meanwhile, place eggs

in a small saucepan. Cover with
cold water. Bring to boil. Boil
gently for 5 minutes for semi-soft
boiled eggs. Drain. Transfer to a
bowl of cold water to cool slightly.
Peel off shells. Cut into quarters.

5 To serve, transfer potato
mixture to a serving bowl.
Arrange salmon and eggs
on top. Spoon over dressing.
Garnish with dill sprigs.



After-school snacks

FILL RUMBLING TUMMIES WITH THESE QUICK AND DELICIOUS TREATS



Ham and Pineapple Garlic Pizza Melts

Makes 9, Prep 10 mins, Cook 17 mins

480g loaf Stone Baked Garlic Sourdough
¾ cup tomato pasta sauce
50g baby spinach leaves
200g shaved leg ham
440g can pineapple thins in juice, well-drained and halved
1½ cups grated mozzarella

- 1 Trim ends of sourdough. Cut into nine thick slices. Arrange on two large oven trays.
- 2 Cook in a very hot oven (220C) for about 5 minutes, or until golden. Remove.
- 3 Spread slices evenly with sauce, about 1 tbslp on each.
- 4 Divide spinach, ham and

pineapple over sauce. Sprinkle with cheese.
5 Return to same very hot oven. Cook for 12 minutes, or until cheese is melted and bases are crisp. Serve.

TIP

You can buy Stone Baked Garlic Sourdough in the refrigerator section of major supermarkets, or replace with other thick sliced bread, if you prefer. Try swapping ham with salami. Melts can be made several hours ahead. Keep, covered, in the fridge.



Chocolate Zucchini Muffins

Makes 12, Prep 15 mins,
Cook 20 mins

1½ cups self-raising flour
⅓ cup cocoa powder
½ cup brown sugar,
firmly packed
½ cup Milk Choc Bits
¾ cup milk
⅓ cup light olive oil
2 eggs
1 cup coarsely grated zucchini

4 Cook in a moderate oven (180C) for about 20 minutes, or until cooked when tested. Stand in pan for 5 minutes. Transfer to a wire rack to cool. Serve.

TIP

You will need
1 medium zucchini
(175g) for this recipe.
Muffins can be made up to
three days ahead. Store in an
airtight container, or wrap
individually in plastic wrap
and freeze for up
to two months.

1 Line a 12-hole muffin pan (⅓-cup capacity) with large paper cases.
2 Sift flour and cocoa into a large bowl. Stir in sugar and Choc Bits. Make a well in the centre.
3 Whisk together milk, oil, eggs and zucchini in a jug. Add to flour mixture. Stir until just combined. Divide evenly among prepared pan holes.



**NEW FOOD
IDEAS**

Photos: Andra Martin. Styling: Carolyn Fienberg. Food preparation: Sarah-Jane Hallatt. Recipe development: Kim Meredith.



Vegetarian Nachos

Serves 4-6, Prep 10 mins,
Cook 15 mins

170g packet original salted corn chips
1 carrot, coarsely grated
½ x 250g punnet cherry tomatoes, halved
1 green spring onion, thinly sliced
375g jar mild salsa
3 tps salt-reduced taco spice mix
1½ cups grated cheddar cheese
Sour cream and chopped avocado, to serve
Extra sliced green spring onions, to garnish

in a medium bowl. Stir to combine. Spoon over corn chips. Sprinkle with cheese.
3 Cook in a moderate oven (180C) for about 12 to 15 minutes, or until golden and cheese is melted. Remove.
4 Serve warm nachos topped with sour cream and avocado. Garnish with extra onions.

TIP

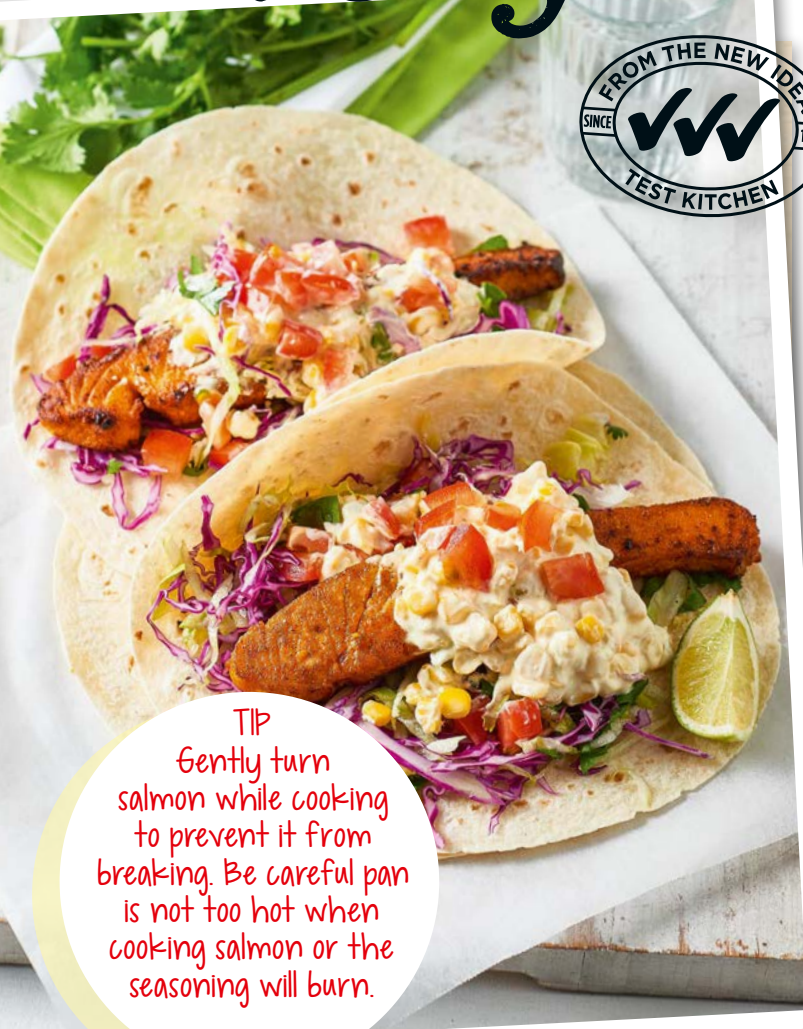
For a change,
add grated zucchini
and chopped capsicum
instead of carrot. If you
want a spicy kick,
add dried chilli
flakes.

1 Spread corn chips evenly over a large, shallow ovenproof dish.
2 Place carrot, tomatoes, onion, salsa and spice mix

Every night *easy*



FIVE WEEKNIGHT
MEALS ON THE
TABLE – IN LESS
THAN 35 MINUTES!



TIP
Gently turn
salmon while cooking
to prevent it from
breaking. Be careful pan
is not too hot when
cooking salmon or the
seasoning will burn.

Salmon Tacos with Mexican Creamed Corn

Serves 4, Prep 10 mins, Cook 10 mins

4 x 150g skinless salmon
fillets, bones removed
30g sachet Mexican
seasoning
300g red cabbage,
thinly shredded
1 iceberg lettuce,
thinly shredded
½ cup coarsely chopped
fresh coriander
2 tomatoes, finely chopped
8 tortillas, heated
Lime wedges, to serve

CREAMED CORN

2 corn cobs, kernels removed
1 cup low-fat sour cream
½ tsp finely grated lime rind
2 tbsps lime juice
Salt and pepper, to taste
100g feta, finely crumbled

1 To make creamed corn,
boil, steam or microwave corn
until tender. Drain. Combine
with cream, rind and juice.
Season. Sprinkle with feta.

2 Cut salmon lengthways
into 2cm-wide strips. Gently
combine with seasoning.

3 Heat an oiled, non-stick
frying pan over a medium
to high heat. Add salmon
in two batches. Cook,
turning occasionally, for
about 5 minutes, or until
cooked to your liking.

4 Combine cabbage with
lettuce and coriander
in a bowl.

5 Serve salmon with cabbage
mixture, creamed corn,
tomatoes, tortillas and
lime wedges.



Orange Pork with Capsicum Risoni

Serves 4, Prep 10 mins, Cook 24 mins

4 x 150g pork scotch fillet steaks
1½ cups risoni (300g)
1 tbsps olive oil
1 onion, finely chopped
1 red capsicum, finely chopped
1 green capsicum,
finely chopped
4 cobs corn, husks removed

MARINADE

1 tsp finely grated orange rind
2 tbsps orange juice
2 tbsps olive oil
2 tbsps finely chopped fresh
oregano, plus extra leaves,
to garnish
2 cloves garlic, crushed

1 To make marinade, combine
all ingredients in a large bowl.
Add pork. Toss to coat. Stand
for 10 minutes. Drain pork,
reserving marinade.

2 Meanwhile, cook risoni in a

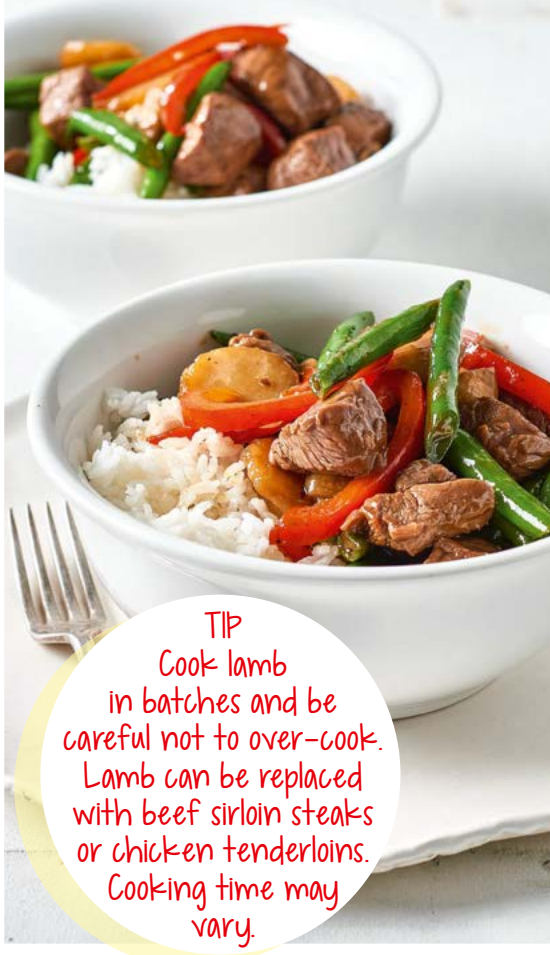
large saucepan of boiling, salted
water until just tender. Drain.

3 Heat oil in same saucepan
over a low heat. Add onion
and capsicums. Cook, stirring
occasionally, for about 5
minutes, or until soft. Stir in
risoni. Cover to keep warm.

4 Meanwhile, heat an oiled,
large, non-stick frying pan
over a medium to high heat.
Add pork. Cook for about
2 to 3 minutes on one side.
Add reserved marinade. Turn
pork over. Cook for a further
2 to 3 minutes, or until cooked
to your liking.

5 Boil, steam or microwave
corn until tender. Drain.

6 Serve risoni, pork and pan
juices with corn. Garnish with
oregano leaves.



TIP
Cook lamb in batches and be careful not to over-cook. Lamb can be replaced with beef sirloin steaks or chicken tenderloins. Cooking time may vary.

Oyster Sauce Lamb with Water Chestnuts

Serves 4, Prep 10 mins, Cook 21 mins

- 2 tbsps soy sauce
- 1 tbsps Chinese cooking wine
- 2 tsps cornflour
- 600g lamb rump steaks, trimmed, cut into 2cm pieces
- 1½ cups long-grain rice
- 1 tbsps vegetable oil
- 200g button mushrooms, quartered
- 300g green beans, trimmed, cut into 5cm lengths
- 1 red capsicum, cut into thin strips
- ½ cup oyster sauce
- 227g can sliced water chestnuts, drained

- 1** Blend soy sauce, wine and cornflour in a bowl. Add lamb. Toss to coat. Stand for 10 minutes. Drain lamb, discarding marinade.
- 2** Meanwhile, cook rice according to packet directions. Cover to keep warm.
- 3** Heat an oiled, large, non-stick wok over a very high heat. Add lamb in four batches. Stir-fry for about 4 minutes, or until browned. Remove. Wipe wok clean.
- 4** Heat oil in same wok over a high heat. Add mushrooms, beans and capsicum. Stir-fry for about 5 minutes, or until almost tender.
- 5** Return lamb to wok with oyster sauce and chestnuts. Stir-fry until lamb is hot.
- 6** Serve stir-fry over rice.

Open Garlic Steak Sandwiches

Serves 4, Prep 5 mins, Cook 25 mins

- 800g potatoes, cut into thin wedges
- 1 tbsps olive oil
- Salt and pepper, to taste
- 4 x 150g beef rump steaks
- 8 slices bread, toasted
- 8 slices Tasty cheese
- 120g mixed lettuce leaves
- 1 cucumber, peeled into ribbons

GARLIC BUTTER

- 50g butter, melted
- 2 cloves garlic, crushed
- ¼ cup finely chopped fresh parsley
- 2 anchovies, finely chopped

- 1** Toss potatoes with oil. Season. Spread over two oven trays.
- 2** Cook in a very hot oven (240C) for about 25 minutes, or until crisp.
- 3** Meanwhile, season beef with salt and pepper.
- 4** To make garlic butter, place all ingredients in a bowl. Stir until blended.
- 5** Heat a lightly oiled, non-stick frying pan over a medium to high heat. Add beef. Cook for about 3 to 4 minutes on each

- side for medium, or until cooked to your liking. Pour over half the butter. Remove pan from heat. Rest beef in pan for 5 minutes. Thinly slice.
- 6** To serve, spread remaining garlic butter over toast. Top with cheese and beef. Drizzle with beef resting juices. Serve with potatoes, lettuce and cucumber.



NEW FOOD IDEAS

Sweet and Sour Chicken Salad

Serves 4, Prep 5 mins, Cook 10 mins

- 600g chicken thigh fillets
- Salt and pepper, to taste
- 2 bunches broccolini, trimmed, cut into 5cm lengths
- 80g baby spinach leaves
- 2 carrots, peeled into ribbons
- 250g punnet cherry tomatoes, halved
- 4 green spring onions, thinly sliced diagonally
- 100g packet Original Fried Noodles

DRESSING

- 2 tbsps apple cider vinegar
- 2 tbsps tomato sauce
- 2 tbsps olive oil
- 1 tbsps caster sugar
- 1 tbsps Worcestershire sauce

- 1** Season chicken with salt and pepper.
- 2** Heat an oiled, non-stick frying pan over a medium to high heat. Add chicken. Cook for about 5 minutes on each side, or until cooked. Remove. Rest, covered with foil, for 5 minutes. Thinly slice.

TIP
For a spicy kick, replace half the tomato sauce in the dressing with your favourite chilli sauce. Chicken can also be cooked in advance and served cold.



- 3** To make dressing, whisk all ingredients in a jug until sugar is dissolved.
- 4** Boil, steam or microwave broccolini until just tender. Drain. Rinse under cold water. Drain well. Combine with spinach, carrots, tomatoes and onions.
- 5** Serve vegetables topped with chicken and noodles. Drizzle over dressing.

Kitchen Notes

TIP
For a flavour boost, add 1 to 2 tps of your favourite dried herbs or a touch of chilli.

TOMATO COOKING SAUCE

MAKES 4 CUPS, PREP 30 MINS,
COOK 1 HOUR, 10 MINS

2kg ripe tomatoes
2 tbsps olive oil
2 onions, finely chopped
2 cloves garlic, crushed
1½ tps sea salt flakes

- 1 Using a small sharp knife, remove cores from tops of tomatoes. Cut a shallow cross in the base.
- 2 Place tomatoes in a large heatproof bowl. Cover with boiling water. Stand for 1 to 2 minutes, or until skins start to split. Remove tomatoes with a slotted spoon. Cool slightly. Peel and discard skins. Cut into 2cm pieces.
- 3 Heat oil in a stockpot over a medium heat. Add onions and garlic. Cook, stirring, for about 6 to 8 minutes, or until onions are soft. Add tomatoes. Reduce heat to medium to low.
- 4 Simmer rapidly, covered, stirring occasionally, for about 1 hour, or until tomatoes are soft and pulpy. Remove lid. Cook for a further 5 to 10 minutes, or until sauce is thickened. Stir in salt. Remove from heat. Cool.

DID YOU KNOW?

- Victorian strawberries are currently in season, from now all the way through to May.
- With seeds on the outside, strawberries aren't strictly berries and are in fact a member of the rose family.
- A punnet of strawberries provides more than 50mg of vitamin C, which is more than 100 per cent of the daily recommended dietary intake for an adult.
- Low in natural sugars, strawberries have a low GI of 40, meaning their sugars are slowly absorbed.
- 125g of strawberries contain around half of a serving of fresh fruit, which goes towards your recommended two serves a day. For information, visit vicstrawberry.com.au.

Crispy kale

Kale just got a whole lot more delicious with the introduction of Ceres Organics Kale Chips in Spicy, Garlicky and Cheesy flavours. It's the perfect guilt-free snack! The range is great for anyone who is gluten intolerant, or following a paleo or vegan diet. Get them from selected health food stores and supermarkets, and for more information, visit ceresorganics.com.au.



TIME FOR MORNING TEA

Inspired by the tastes of Australian women, Twinings' newest blend, Morning Tea, has a refreshing, clean flavour with no aftertaste. It's equally satisfying served black, with a splash of milk or with a slice of lemon. After a celebrity design competition, the four finalists' box designs are available from supermarkets and independents (10-pack \$2.69, 50-pack \$6.99). Vote for your favourite at twinings.com.au, with 10 cents from each pack going to the designer's chosen charity.

WE

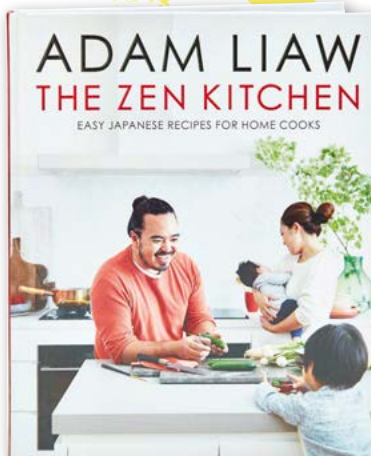


There's nothing quite like the taste of fresh ginger to lift a marinade, stir-fry dish or drink to the next level. The Microplane Ginger Tool is the complete answer to preparing fresh ginger with ease. This all-in-one tool includes a rasp-like peeler, fine grating blade and angled blade for slicing, all for \$44.95. For stockist details, visit cg.dksh.com.au.



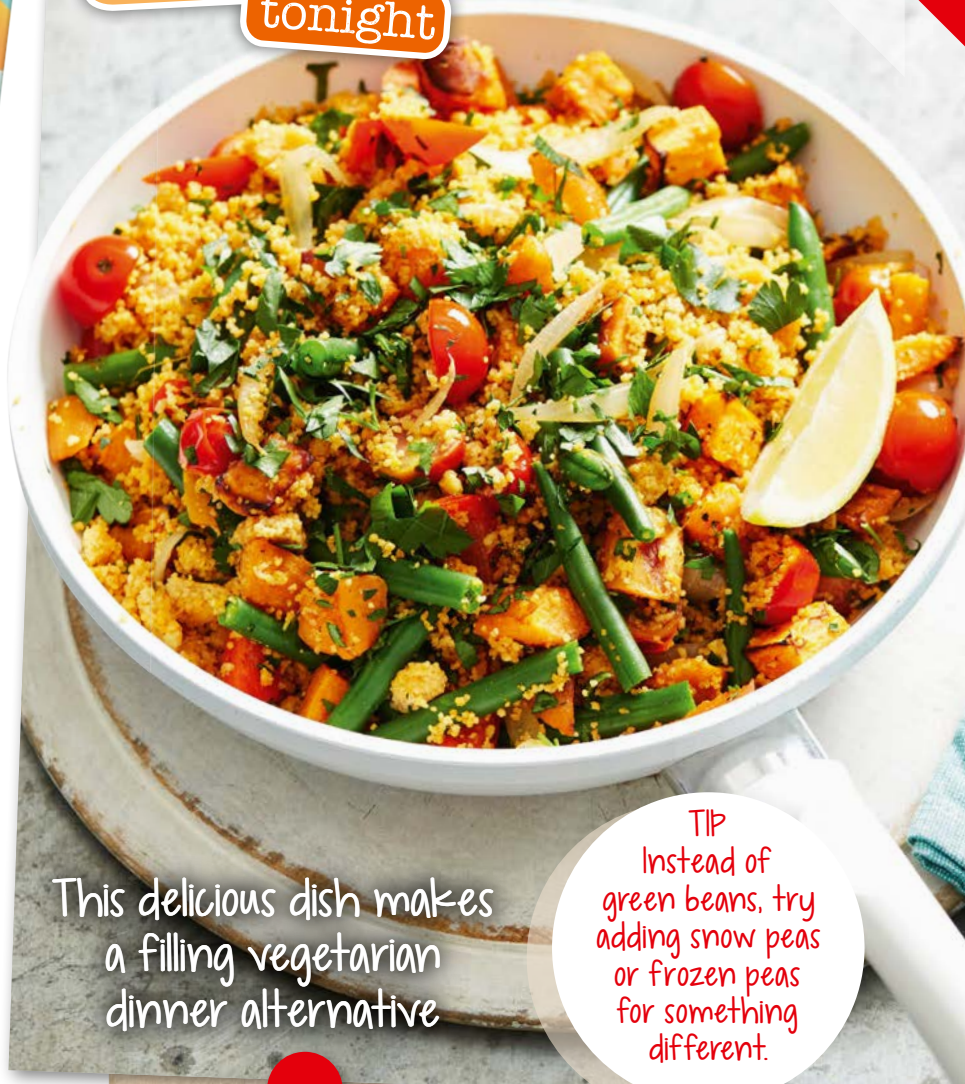
BOOKS FOR YOUR COOK

In his latest cookbook, *The Zen Kitchen* (Hachette Australia, \$49.99), Adam Liaw (former winner of *MasterChef* and one of Australia's favourite foodies) has created a beautifully photographed guide to simple Japanese recipes that the whole family will love. There are step-by-step photos and great information on ingredients and equipment to make cooking this delicious style of food even easier.



New Idea
MAKE IT
tonight

NEW FOOD IDEAS



This delicious dish makes a filling vegetarian dinner alternative

TIP
Instead of green beans, try adding snow peas or frozen peas for something different.

Spanish Vegetable Couscous

Serves 4, Prep 10 mins, Cook 15 mins

600g sweet potato, peeled and cut into 1 cm cubes
2 tbsps olive oil
Salt and pepper, to taste
2 cloves garlic, crushed
1 onion, thickly sliced
1 red capsicum, thinly sliced
2 tps smoked paprika
1½ cups couscous
1½ cups vegetable stock
250g punnet cherry tomatoes, halved
200g green beans, trimmed, halved
½ cup finely chopped fresh parsley
1 lemon, cut into wedges

lined with baking paper.
2 Cook in a very hot oven (240C) for about 15 minutes, or until potatoes are lightly browned and tender. Remove.
3 Meanwhile, heat remaining oil in a large, deep, non-stick frying pan over a medium heat. Add garlic and onion. Cook, stirring occasionally, for about 2 minutes, or until onion is soft. Add capsicum. Stir for 2 minutes. Add paprika. Stir until fragrant.
4 Add couscous, stock, tomatoes and beans. Stir to combine. Reduce heat. Simmer, covered, for about 2 minutes, or until stock is absorbed. Remove from heat. Stand, covered, for 5 minutes. Gently stir through the potato and parsley.
5 Serve with lemon wedges.

1 Toss potatoes with half the oil in a medium bowl. Season with salt and pepper. Place in a single layer on an oven tray

Take 5 ingredients

WITH A HANDFUL OF INGREDIENTS, THIS DINNER IS A WINNER!

NEW FOOD IDEAS

TIP
To save time, you can use beef or chicken stir-fry strips as an alternative to rump steak. For a perfect stir-fry, heat wok over a high heat until hot and add meat in batches, so it fries and browns, rather than stews.

Teriyaki Beef and Mushroom Stir-Fry

Serves 4, Prep 10 mins, Cook 15 mins

½ cup teriyaki sauce and marinade
½ cup barbecue sauce
600g beef rump steak, trimmed, thinly sliced
300g button mushrooms
200g green beans, trimmed, halved crossways
Steamed rice, to serve (optional)

1 Combine sauces and 2 tbsps water in a jug.
2 Heat an oiled, large, non-stick wok over a high heat. Add beef in two batches. Stir-fry for about 3 minutes, or until browned, but not cooked through. Remove.
3 Reheat same oiled wok. Add mushrooms. Stir-fry for about

5 minutes, or until browned. Add beans. Stir-fry for about 2 minutes until just tender.
4 Return beef to wok with sauce mixture. Stir-fry for a further 2 minutes, or until sauce boils.
5 Serve stir-fry with steamed rice.

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In Stores!

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by famed artist Jürgen Scholz*

*Sculpted kitten perches on top as
a second one rides below*

*Swinging brass-toned pendulum
and decorative pine cones hang
from golden chains*

*Accurate quartz movement
and golden hands*

Sculpted roses add Old-world charm

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AUTUMN BLUES

Top, \$89.95, Gap.
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boots, \$249.95,
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The key
denim pieces
to buy now!

Jumpsuit,
\$139.95, Gap.
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Fashion

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AUTUMN BLUES

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Fashion



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Dress, \$34.95, Cotton On. Handbag, \$199, Trenery. Heels, \$99.95, Lipstik Shoes.



Jacket, \$279.95, T-shirt, \$39.95, and jeans, \$119.95, Witchery. Heels, \$79.95, Lipstik Shoes.

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Witchery witchery.com.au.
All products available at time of going to press.

Photos: Archie Surtracoom. Styling: Julie Russell. Styling assistant: Paige McMillan. Hair and make-up: Laura Nolan.

Get it all
ON THE TABLE

foodiful.com.au

Australia's *newest* home for food

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delicious recipes

shop 
any time and save

cook
meals they'll love

5 steps to RADIANCE

NEW
Beauty

Cut confusion and cost at the beauty counter with this clever skincare guide

You don't have to break the bank! These essential steps (and products) are all you need to combat ageing and keep your skin glowing...

STEP ONE CLEANSE AND SLOUGH

Cleansing and exfoliating paves the way for the absorption of treatment products. Choose a cleanser that's gentle, will melt away stubborn make-up and has an exfoliating ingredient, such as enzymes or AHAs, in its formula.

1 The Divine Company Certified Organic Daily Renewal Lactic Gel Cleanser, \$54.95.

2 Bioelements Flash Foam Cleanser, \$20.95.

STEP TWO MASKS

Include two masks into your regimen – one that removes deep impurities and one that infuses moisture and anti-ageing ingredients. Use each as needed, up to three times a week.

3 TO CLEANSE: Ella Bache Energising Creme Masque, \$68.

4 TO MOISTURISE: Clinique Pore Refining Solutions Charcoal Mask, \$52.

STEP THREE EYE CREAM

The skin around your eyes requires a light cream. Using a facial moisturiser can lead to small, white bumps around lids (milia) and can cause make-up to run (hello, panda eyes!).

5 Vanessa Megan Resuscitate Anti-Ageing Eye Cream, \$49.95.

6 Natural Instinct Dark Circle Correction Eye Creme, \$19.95.

STEP FOUR DAY AND NIGHT CREAM

Day creams often include sunscreens and antioxidants to protect against environmental aggressors. Night creams contain ingredients that support your skin's overnight repair processes. If your skin is a little lacklustre, you may wish to splurge and buy both. If not, or you don't want to shell out for two separate creams, a two-in-one day/night cream works well.

7 Dr Lewinn's Eternal Youth Luminosity Day & Night Cream, \$69.95.

8 Human+Kind All In One Day and Night Cream, \$38.

STEP FIVE SUNSCREEN

Sunscreen is essential to protect against ageing and skin cancer. There's no need to layer it on before make-up – choose a foundation formula with maximum SPF protection that will cover flaws and make your skin glow.

9 M.A.C Studio Waterweight Foundation SPF 30, \$54.

10 Bobbi Brown Intensive Skin Serum Foundation, \$89.

HINT
Store beauty products in order of use to streamline your routine and keep your bathroom clutter-free. Only keep six or seven products at one time, replacing only when you've run out.

CELEB ALERT
Duchess Kate (top) has been spotted buying Bobbi Brown make-up.



WHERE TO BUY: Bioelements absolutespa.com.au, Bobbi Brown bobbibrown.com.au, Clinique clinique.com.au, Dr Lewinn's drlewinns.com.au, Ella Bache ellabache.com.au, Human+Kind (07) 5564 6767, M.A.C maccosmetics.com.au, Natural Instinct naturalinstinct.com.au, The Divine Company thedivinecompany.com, Vanessa Megan vanessamegan.com.

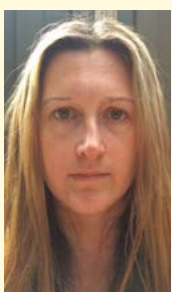
truly natural results

“My skin has improved so much. It's unbelievable. I'm wearing less makeup than ever before and everyone says I look so refreshed.”

Mel

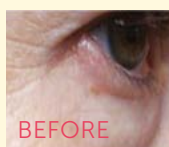
40, Mother of 2.

MEL'S 6 WEEK CHALLENGE

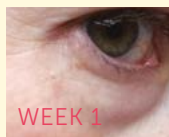


BEFORE

Before I started the challenge I was really concerned about the dark circles and bags under my eyes. Dryness is always a problem and I had some fine lines and pigmentation that had become a worry. I went into the challenge hoping to achieve some noticeable improvement in the puffiness and dark circles under my eyes.



BEFORE



WEEK 1

IN JUST 1 WEEK

After using Natural Instinct Eye Cream and Serum morning and night for only a week, my lines have softened and under my eyes is already less puffy. The plumping serum made me see results instantly. I absolutely love these products.

AFTER 6 WEEKS

After six weeks my skin is so much softer - its smooth and somehow feels more refined. My lines and dark circles have lightened. I need less makeup and when I do use it, it applies so well. I feel really comfortable using natural products that actually work better than the man made chemical ones. Natural Instinct products are now a permanent part of my skin care routine.

#naturalinstinctskincare #lovenaturalinstinct

MY FAV PRODUCT

DARK CIRCLE + WRINKLE CORRECTION EYE CRÈME

25% OVERALL REDUCTION IN WRINKLES*

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20% IMPROVEMENT IN SKIN BARRIER & SMOOTHNESS AFTER 4 WEEKS*



natural
instinct

naturalinstinct.com.au

*Tested under Dermatological skin specialist control - 30 women after 6 weeks of application of product. Laboratory measured Miravex Antera 3D 2016. Centrum Kosmetykow, Dr Koziej. † Laboratory measured Skin wrinkle & hydration Miravex Antera testing 2016 - after 6 weeks, Centrum Kosmetykow, Dr Koziej



BE MINDFUL *and beat stress!*

Learning to live in the moment can help you to feel calmer, eat healthier and sleep better



Don't just go through the motions – enjoy life!

You may have heard the buzz about mindfulness – a popular focusing technique used by everyone from Oprah to elite athletes. But did you know it can help you worry less and enjoy life more?

‘Mindfulness is one of the most helpful life skills we can have – a real sanity-saver for mothers. Think of it as paying attention to what you are experiencing, as you are experiencing it,’ says Kellie Edwards, founder of mindfulness4mothers.com.

The principles of being present and awake are found in ancient wisdoms going back thousands of years. It gained popularity among doctors in the mid-1990s when they discovered that MBCT – mindfulness-based cognitive therapy – helped to treat people who suffered from repeated episodes of depression. Now it’s hit the mainstream, and there are lots of mindfulness apps, online courses and even colouring books designed to help you rewire your brain to feel calmer.

WHAT IT MEANS TO BE MINDFUL

‘Mindfulness is both a form of meditation and a way of living,’ says Associate Professor Craig Hassed, a GP who teaches mindfulness at Melbourne’s Monash University.

The good news is, you don’t have to learn a new skill – it’s innate.

‘We weren’t born worrying about whether we’ll have enough superannuation by the age of 70!’ Craig says. ‘That’s a habit we get into early on in life.

Children are naturally mindful. They really pay attention to what’s happening around them – watching bugs, feeling tree bark, looking at clouds.’

WHAT’S IN IT FOR YOU

Experts say when we don’t live life mindfully, life passes us by without us even noticing and we can feel crushed by our responsibilities.

‘When stress and anxiety become too dominant, which they often do when we’re busy, it’s extremely wearing on your mind and body,’ Kellie says.

Long-term stress can cause digestive and respiratory issues, increased inflammation, and can negatively impact your mental and emotional health.

STRESS LESS

The science behind the mindfulness phenomenon is impressive. One study from the University of California found it lowers your level of stress hormones, both in your brain and your body.

‘Mothers tell me it is life-changing, that it brings them a sense of calm, confidence and renewed energy,’ Kellie says.

IMPROVE YOUR MOODS AND SLEEP

Another study from the University of Utah showed that people who describe themselves as being more mindful have more stable emotions and better control over their moods throughout the day. They also sleep better.

Despite a busy career, the talk-show host still takes time out to centre herself.

Send yourself to time out

END STRESS WITH A SINGLE BREATH

‘To instantly shut down the stress response and activate your parasympathetic nervous system – which helps you recover from stress and relax – take five deep breaths, where you allow the out breath to be longer than the in breath,’ says Charlotte Thaarup, director of The Mindfulness Clinic.

GET MORE GOLD OUT OF LIFE

How many times have you driven somewhere, arrived at your destination, but can’t remember how you got there? Do you ever find yourself unable to get past page one of a bestselling book because your mind is elsewhere?

‘When we’re not mindful, we’re not tasting our food, we’re not enjoying our walks through the park, we’re not connecting with other people. Mindfulness

means we can enjoy and notice the simple pleasures in life,’ Craig says.

INSTANT CALM

One aspect of mindfulness is using the power of breath to activate the relaxation response. It’s a simple, ancient tradition that works for women on the go. You can use it anytime you’re feeling rushed or overworked.

‘Tuning into your breath is an opportunity to pause in your day and breathe more slowly for a moment,’ Kellie says. ‘Your mind and body will calm right down.’ ▶

‘IT FEELS GOOD – KINDA LIKE WHEN YOU HAVE TO SHUT YOUR COMPUTER DOWN. JUST SOMETIMES WHEN IT GOES CRAZY, YOU JUST SHUT IT DOWN AND WHEN YOU TURN IT ON, IT’S OK AGAIN. THAT’S WHAT MEDITATION IS FOR ME’
– ELLEN DEGENERES

NEW
Stress-free



Combat daily stressers by developing a mindfulness habit — but remember, practice makes perfect!



5 WAYS TO STAY MINDFUL

under pressure

Tip
To make meditation habitual, start simple. Commit to five minutes a day, then work your way towards 20 minutes.

There are two cornerstones to mindfulness,' according to Monash University's Craig Hassed. The formal practice of it through meditation, and the informal practice of it by being present and attentive in your day-to-day life.

Here's how to be successfully mindful...

1. Stay patient

Becoming mindful is not hard to do the first few times, but rewiring healthy habits requires practice. 'Like any new way of doing things, it takes patience because the habit of not

being mindful — of letting your mind go wherever it chooses — is second nature,' says Kellie Edwards from Mindfulness 4 Mothers.

2. Start your day with a five-minute meditation

Sit in a chair, close your eyes and do nothing but pay attention to the inside of your body — what it's doing and how it feels. Focus on your heartbeat, then move your attention up from the soles of your feet, through your legs, stomach, back, neck and all the aspects of your face (eyes, nose, forehead, etc...). Then pay attention to your breathing.

'This is like a gym workout for your mind,' Craig says.

After a few days, increase the meditation to 10 minutes, then to 20 — or do two sessions of 10 minutes, twice a day.



NEW
Stress-free

*Colour your
way to a
calmer you!*



YOUR MINDFULNESS TOOLKIT

The more regularly you practise being mindful, the more it will start to become second nature. These tools are designed to help you...

- The Headspace and Smiling Mind apps
- The Mindfulness For Wellbeing free six-week online program from Monash University (futurelearn.com)
- Mindfulness colouring books, such as *Mindfulness Moments* (Pan Macmillan, \$16.99)

3. Take a hike

As you walk, observe things around you: plants, trees, the leaves under your feet, the sun on your skin, if the wind is warm or cool. Notice any changes in your body as you walk. Has your breathing changed? Label any negative memories or thoughts, then let them drift away and refocus your mind on your immediate environment.

4. Stop trying to multi-task

Instead of trying to cook dinner, talk to your kids and fold the washing – which is a recipe for stress – Craig recommends calmly moving from one task to another, only doing one at a time.

'So you're cooking dinner on the stove, and your child comes to tell you something. Say: "I'll be with you in

a minute." Get the sauce to where it needs to be, take it off the heat, then engage your attention and fully listen to your child. Then go and fold the washing. That is efficient attention switching.'

5. Stomp your feet

To instantly shut down your anxiety when you're late for the school drop-off and your youngest has rubbed Vegemite in his hair, Charlotte Thaarup at The Mindfulness Clinic advises stomping your feet like a two-year-old or pinching the inside of your arm: 'These tricks interrupt your stress and stop it escalating.'

Then deal with things as advised in point four. ►



'MY LIFE IS BETTER WHEN I GET STILL REGULARLY. CALL IT MEDITATION OR CALL IT QUIET TIME – DOESN'T MATTER. THE BENEFITS ARE THE SAME. IF YOU STAY WITH THE PRACTICE, IT'S LIKE DEVELOPING SPIRITUAL MUSCLE. I PROMISE YOU WILL BECOME LESS STRESSED, MORE FOCUSED' – OPRAH WINFREY

Focusing on your meals will help you to eat better, binge less and even lose weight

Mindful eating is eating with attention,' says Charlotte Thaarup at The Mindfulness Clinic.

This is not a diet and there are no food restrictions. Studies – including one in the journal *Appetite* – show that eating with attention can help you to stop bingeing and even lose weight. Here are Charlotte's tips...

START WITH THE SULTANA EXERCISE

Take a sultana and use your five senses with it for five minutes.

Look at it, notice the textures and colours. Smell it. See if you can squish it and hear it. Feel it between your fingers. Finally, taste it – roll it around on your tongue. Observe how it feels between your teeth.

PUT YOUR UTENSILS DOWN BETWEEN MOUTHFULS

This slows you down and helps to stop you mindlessly eating a tub of ice-cream without even noticing because you weren't paying attention.

NOTICE YOUR THOUGHT PATTERNS WHILE YOU EAT

Are your thoughts negative during a meal? Self-punishing? If so, push those negative thoughts aside and go back to focusing on the different sensations of eating.

PREPARE YOUR MEALS WITH LOVE

This helps you focus on enjoying them. Go shopping for healthy ingredients, set the table using your special cutlery and sit down and share family meals with no distractions, such as the TV or your smartphone.

NZ

6-PAGE
MINDFULNESS
special

EAT MINDFULLY

+ worry less!

Anxiety-busting snacks

When you're worried, your adrenal glands release cortisol – the stress hormone that makes your heart rate speed up and puts your senses on high alert. Stress also causes food cravings, especially for carbs. Try these calming snacks instead:

- Chamomile tea and a small handful of cashews
- Three squares of dark chocolate
- Avocado on wholemeal crackers
- Blueberries with Greek yoghurt



'MEDITATION AND BEING CLOSE TO YOURSELF HELPS EVERYTHING IN YOUR LIFE... IT HELPS [ME] MAKE BETTER DECISIONS AND BE A BETTER MOTHER, AND JUST DEAL WITH THE DAILY STRESS OF THE MODERN WORLD THAT WE LIVE IN. IT HELPS WITH EVERYTHING' – LIV TYLER

NEW
Stress-free



Too busy?
Sleep on it

CLEAR YOUR MIND FOR BETTER SLEEP

'Overthinking often masquerades as something useful such as making sense of things, but it's like doing laps in hell when you're trying to fall asleep,' says psychologist Kellie Edwards. To switch off the worry and switch on the mindfulness techniques in bed, try Kellie's three tips:

- #1 DELIBERATELY FINISH WITH THE DAY BEFORE YOU GO TO BED** Remind yourself that you have done all you can for today and you will return to any unfinished tasks tomorrow. When your mind wanders back to school lunches, gently and mindfully return to your breath and how comfortable your bed is.
- #2 SEE EACH NIGHT AS NEW** When we get caught up thinking about all the previous nights we've struggled to drop off to sleep, we're missing the

opportunity to practise 'beginner's mind', which is the chance to see each moment as a fresh and new experience.

#3 TUNE IN TO YOUR TIRED SIGNS AND GO TO BED WHEN THEY ARISE Once the kids are asleep, we have this golden time that we daydream about. Many mums push through tired signs, staying up for one more show or to get one more thing achieved. But sleep is a basic need you cannot be healthy and happy without – so prioritise it!



CREATE A MINDFUL SANCTUARY

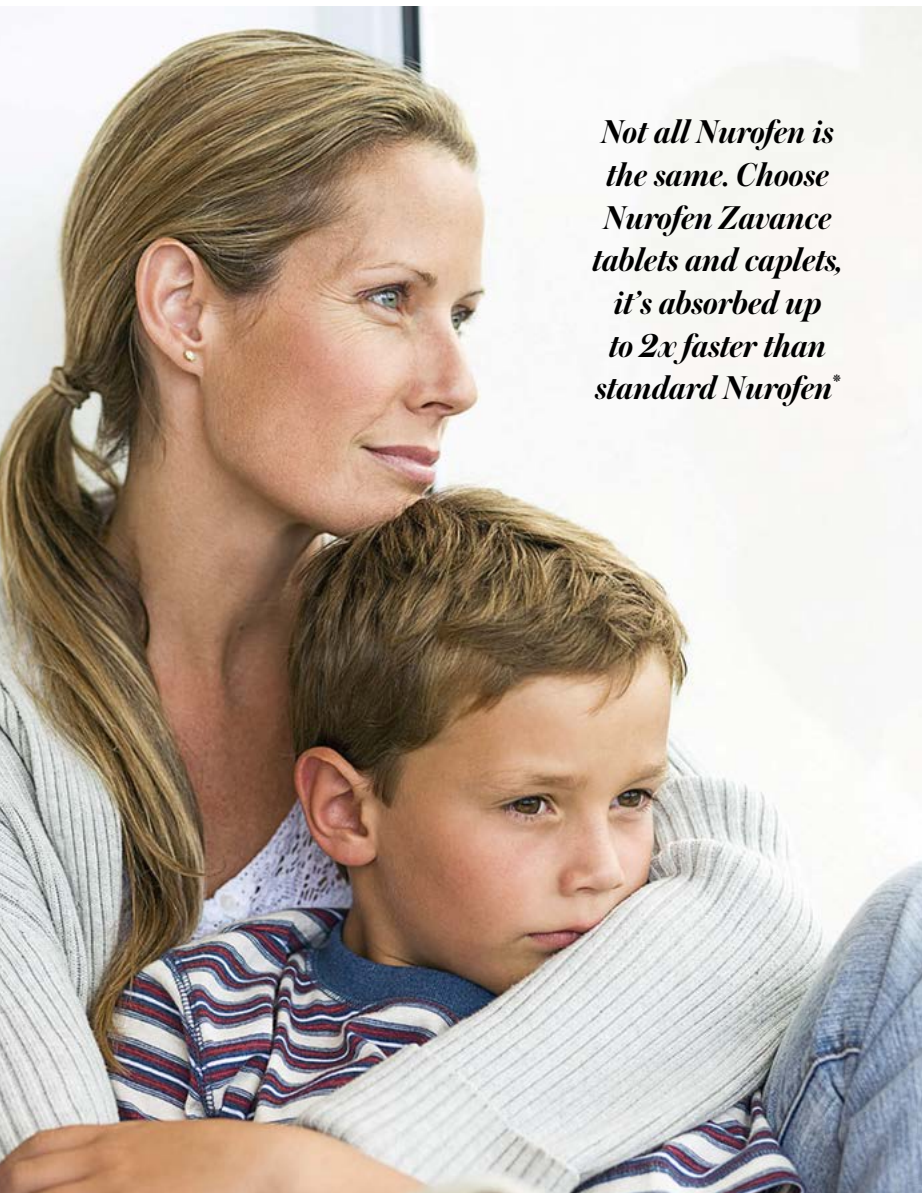
Is your home a calming place for you and your family? *The Mindful Home* (Exisle Publishing, \$34.99) co-author Dr Craig Hassed suggests taking a look around and listening to the 'noise' in your home. Are there three TVs on and an iPad blaring? Too much clutter? An environment that's not overloaded is key. He also recommends having a 'quiet space' – somewhere anybody can go to refresh after a demanding day.



The feel-good facts

Life's great when you're feeling well, so by getting the facts on everyday aches and pains (and how to beat them) you can help make every day a feel-good day.

Not all pain is the same. And the way we experience pain can vary, depending on the cause. Acute pain such as headache or period pain is different to chronic pain which can last for weeks, even years. We've got the facts to help explain that pain...



*Not all Nurofen is the same. Choose Nurofen Zavance tablets and caplets, it's absorbed up to 2x faster than standard Nurofen**

1. YOUR BRAIN INTERPRETS PAIN BUT DOESN'T ACTUALLY FEEL IT

When you sprain your ankle, for example, nerve fibres send a signal to your brain which recognises the sensation as 'pain'¹.

2. YOU REALLY CAN HAVE A HIGH OR LOW PAIN TOLERANCE

Everyone perceives pain differently, and a multitude of factors can play a part in this, including structural and chemical changes in your brain, inflammation levels in your body and beliefs about pain. This is why some people really can take higher pain levels than others.

3. YOUR LUNCH CAN AFFECT YOUR PAIN THRESHOLD

Inflammation – the redness and swelling that in small doses helps your body heal – is a major culprit. And lifestyle choices can fan the flames. Processed foods, fried foods and too much alcohol are all out. Instead, try healthy fats, lean proteins and fresh produce, which are loaded with anti-inflammatory phytonutrients².



**Relieve pain fast
with Nurofen Zavance –
it's not your average Nurofen!**



4. WHEN IT COMES TO PAIN RELIEF, FAST ABSORPTION IS KEY

Nurofen Zavance tablets contain a different formulation which includes a sodium salt that makes it absorb up to 2x faster than standard Nurofen*. From a scientific review, it has been shown that faster absorbing formulations generally provide more effective pain relief so you can get back on track faster.

For the temporary relief of pain and/or inflammation. Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist, see your healthcare professional. This article is for your general information only and is not intended to diagnose or prescribe. Always see your healthcare professional if you have any questions.

*Dewland P et al BMC Clinical Pharmacology 2009, 9:19.

¹ www.mydr.com.au/pain/pain-and-how-you-sense-it.

² www.prevention.com/food/healthy-eating-tips/foods-cause-inflammation

ASMI 27219-0117



Mum-of-two and social commentator Angela Mollard guides you through the thrills and spills of parenthood

First out, best blessed

Firstborn children have better thinking skills and score better on IQ tests than their younger brothers and sisters because they receive more mental stimulation from their parents, according to a new study. Research from the University of Edinburgh said the findings explained why firstborns tend to have better wages and higher levels of education in later life.



THANKS FOR YOUR CONCERN, BUT NO, I'M NOT SICK, DYING OR SAD.

I JUST FORGOT TO PUT EYE MAKEUP ON THIS MORNING.

The FLAWSOME Mum

BROUGHT TO YOU BY NEW IDEA

THE FLAWSOME MUM

Need a break? Take some time out and have a laugh by checking out The Flawsome Mum page at facebook.com/theflawsomemum.

10-MINUTE TIDY

After years of despairing about my messy house, I've stumbled on a terrific solution. Every evening, I conscript the kids into a 10-minute tidy where we set the timer on the oven and rush around putting stuff away. Lunchboxes are unpacked, washing folded and newspapers are put in the paper bin. The house looks instantly tidier and 10 minutes passes in no time. Give it a go.



NEW Kids

Kids on the BLOCK

Did you hear about the 10-year-old who applied to be a professor of Lego at Cambridge University? Seeing the job advertised, Aedhan Brown (pictured above right) sent off his application for the \$160k role outlining why he should be considered for the position.

'I am the best candidate for the job of professor of play in education because I am 10 years old and I love to play.'

Although he was unsuccessful, Aedhan received a wonderful response telling him he was impressive, inspiring and a future leader.

It's a great story, which illustrates the enduring appeal of Lego. While other toys come

and go, Lego remains a beloved favourite, with industry experts naming it as the greatest toy of all time. Here are eight reasons we love those little plastic blocks...

- It was invented by a Danish carpenter who started making the bricks when he lost his job. The word Lego comes from the Danish phrase 'leg godt', which means 'play well'.
- You can combine six of the eight-studded Lego bricks in more than 915 million different ways!
- As well as boosting kids' motor development, educators say Lego teaches lateral thinking, creativity, organisation and critical thinking.
- Lego created a female scientist set a few months after seven-year-old

Charlotte Benjamin chastised the company for making female Legos who only 'sit at home, go to the beach and shop'. The scientist set has figurines that study dinosaurs, map the stars and perform lab experiments.

- If Lego figurines were real people, they would be over half the size of the world's population – there are more than four billion!
- British TV show *James May's Toy Stories* built a full-sized house out of Lego – which even had a usable toilet, shower and bed – using 3.3 million bricks.
- Lego is the world's largest tyre manufacturer, with more than 650 million tyres produced in 2014 alone.
- However wonderful Lego is, it's still a pain when you stand on a block!



THEY INDUCED ME AND I DIDN'T TAKE ANY PAIN MEDICATION. I WAS LIKE: "I NEED EVERYONE IN THE HOSPITAL NOT TO OFFER ME ANY PAIN MEDICINE, I WANT TO GIVE BIRTH NATURALLY" - MIRANDA KERR, MODEL AND MUM TO FLYNN, SIX

Reviews for you

Have a look at these fantastic products we know you'll love

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PICK
OF THE
WEEK



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NUROFEN ZAVANCE

Not all Nurofen is the same. Nurofen Zavance tablets contain a different formulation which includes a sodium salt molecule that makes it absorbed up to 2x faster than standard Nurofen*. From a scientific review, it has been shown that faster absorbing formulations generally provide more effective pain relief so you can get back on track faster.

*Dewland P et al BMC Clinical Pharmacology 2009, 9:19 (Sponsored by RB)

ASMI: 27237-0117



COCONUT POWER

Inecto Coconut hair care is a moisture miracle for your hair. Condition and hydrate dry, damaged strands with the power of nourishing coconut oil. Bonus: it smells just like a tropical holiday!

For stockists, visit datelinecity.com

DRINK TO YOUR GOOD HEALTH

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Allison Dubois



NEW
Destiny

Have confidence in yourself and the universe will deliver, says medium Allison

Q I'm divorced and have been single for almost five years. I'm very reserved without alcohol and scared to try online dating. Will I meet someone, and will I overcome my fear of intimacy?

Hopeful, via email.

A A fear of intimacy can be a real problem. That's something that you need to address with a professional – perhaps a counsellor or a sex therapist who can help you to understand why you have this fear and how to overcome it.

Once you've faced your fear, it will be easier to find a healthy relationship. Online dating doesn't have to be a bad thing. You just have to be smart about what

information you share. It's actually an easy way to sift out those who really aren't your type.

As 2017 is a year of new beginnings, it's time to turn over a new leaf and work on your confidence. This is the year to fall in love, get married, have babies, and start new businesses, so take advantage of the positive vibe.

Q I've just found out that a colleague has passed away. There is talk that he had a heart attack, but he was as fit as a fiddle and I've heard rumours he committed suicide. I want to know if he is OK where he is now. The last time I saw him he was fine, being his silly self. I just can't believe he's gone.

Nicole, via email.

A Nicole, I don't get suicide energy around your friend. A heart attack feels right.

Even people who are in shape can die from a heart attack. Sometimes it is a pre-existing weakness in the heart that went undetected throughout their life. There are instances where defects aren't detected until it's too late, even for the seemingly healthy.

My dad was a professional ballroom dancer for 50 years, in great shape, and he died of one massive heart attack.

It sounds like your friend had a good sense of humour, and he is no doubt making those around him laugh. The best way to keep his memory alive is to tell happy stories about him, and learn from his positive outlook on life.

Q I haven't spoken to my brother in two years. We had a falling out over a birthday he thought he wasn't invited to – he'd forgotten he was verbally invited by my daughter weeks prior. His wife got involved and sent my daughter a mean email. Since

then, we haven't spoken. I love my two nieces and miss them. What should I do?

Unsure, via email.

A Sometimes family members can make us feel like we're walking on eggshells, and that's not what family relationships should feel like. However, your situation doesn't feel hopeless to me.

My advice to you is to speak to your brother one-on-one and appeal to his sense of family. Even if it wasn't your oversight, just apologise. It's not worth losing time with your family members over something so small. Agree to put it behind you both and move on. This is not a permanent division – your relationship can be healed.

It's a new year, and people are hopeful and more open to starting the year with a clean slate. Send him a singing telegram and balloons for his birthday – you're his sister, you know how to make him smile!

HAVE A QUESTION FOR ALLISON? Email destiny@newidea.com.au

Q I dreamt about my son, who's now an adult. He was with my ex-boyfriend, who has passed away. My son was limping and told me he tried to help my ex-boyfriend in a fight and he hurt his knee badly. I also dreamt of my ex-husband and his knee was all cut up on the side. What does it mean? I keep having the same dream.

Diane, via email.

A The recurrent symbols of ex-partners in these dreams, along with the suggestion that your son was younger in the dream than he is now, relates directly to past emotional issues.

Your son limping and your ex-husband's wounded knee subconsciously speaks about an inability to move forward. Check in with your son and yourself to see if there are any old emotional wounds/scars from that time. Outdated negative beliefs resulting from past hurts may be holding you back or impeding your healthy outlook for a positive future.



Susan Taylor

New Idea's dream analyst explains the meaning of yours

Q I often dream that I'm driving at night and speeding out of control on the other side of the road. I try but I can't get into the correct lane. The car isn't stuck – it's light, and I can move it a little too easily – but I keep ending up on the wrong side of the road. It isn't raining but it has been.

Alexandria, via email.

A The subconscious mind speaks to us in pictures and emotions to reflect upon where we are

in our current life situations. The car represents your mental wellbeing. The fact that it is speeding and out of control raises concerns about stability in your current life situation.

Ending up in the wrong lane indicates that deep down you are concerned you are heading in the wrong direction. The presence of water indicates a potentially emotional slippery surface.

Listen to what this dream is telling you, and re-evaluate whether you are on the right path.

IF YOU WOULD LIKE A DREAM ANALYSED BY SUSAN, send a detailed description of your dream with your name to destiny@newidea.com.au

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*Study conducted by Ozderm, Skin Testing & Dermatological Studies, March 2015

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tricky trivia and sharp
sudoku will test
your skills

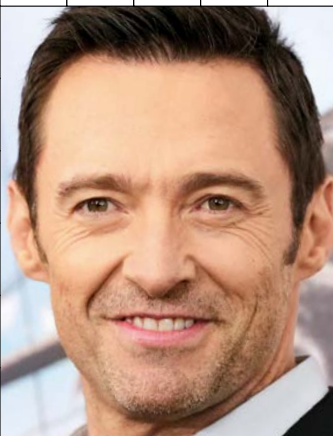
Puzzler

WIN!
SHARE IN
\$1000!

COMPACT STARS

To win one of four prizes of \$50, complete
the puzzle and read the coloured squares
to reveal a movie featuring Hugh Jackman.
Write this title on the coupon.

\$200
UP FOR
GRABS!

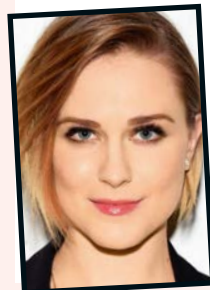
Primate	Tree-lined street	Ornate, frilly collar	Mediterranean island	Lubricants	Chimney pipe	Discover, locate	Sack, satchel	Dispute settlement officer	Female striped big cat
Catherine — 6th & last wife of Henry VIII			Irregular, quirky						
			Homeric Trojan War epic					Pen tip	
Comedy sketch show	Newt		Suddenly moving forward						
							Simple tune, melody		
Admitted to wrongdoing	Native American heroine	Rock floating in space				Let — the Beatles' last album (2,2)		Female parent	
Green vegetable									
Jazz vocal technique	Representative					Upper limbs	Discloses, uncovers	Purpose-based journeys	
Grow older									
That woman								— Dingo, TV presenter	
Yoko — J Lennon's widow		Coffee cups	Event location	— Patel, actor	Finished, ended				
			Male parent		Spike of corn	Historical period			
Punctual (2,4)	Crocodile —, Paul Hogan film					Small hotel			
		Tropical fruit				Bottle or jar top			
Free-form music session	Second hand			Romantic flowers					

WORD SEARCH

To win one of two prizes of \$50 in our word search, find everything on the list in the grid. One of the entries can't be found. Write this on the entry coupon.

\$100
UP FOR
GRABS!

H	C	R	A	M	F	O	S	E	D	I	E	H	T	C	P	F
Q	X	E	R	H	V	S	T	H	E	M	I	S	S	I	N	G
O	L	R	L	B	E	I	R	H	F	M	E	Z	W	G	A	C
M	I	L	D	R	E	D	P	I	E	R	C	E	D	A	G	N
L	O	J	O	Y	K	P	G	B	O	K	M	O	T	M	G	L
K	K	L	T	E	F	K	P	F	L	K	O	H	D	L	O	V
Q	O	H	M	H	E	U	E	X	D	L	E	C	L	A	D	J
D	E	F	T	M	C	H	K	L	B	W	A	J	R	C	M	O
S	M	X	N	H	T	S	N	E	R	A	T	V	O	I	Y	E
N	I	P	S	O	I	M	U	E	F	L	Q	D	W	T	G	Q
Z	I	Z	T	F	K	R	S	L	Z	P	I	C	T	C	H	C
Z	X	N	B	O	T	T	W	W	C	I	I	S	A	U	A	
W	I	A	I	K	L	P	P	E	S	U	E	G	E	R	J	L
I	F	W	N	E	D	U	V	V	E	I	Z	C	W	P	C	W
O	W	R	Z	O	N	C	E	A	N	D	A	G	A	I	N	



THIS WEEK: EVAN RACHEL WOOD
ACROSS THE UNIVERSE
DOLORES
INTO THE FOREST
MILDRED PIERCE
ONCE AND AGAIN
PRACTICAL MAGIC
THE IDES OF MARCH
THE MISSING
THE WRESTLER
THIRTEEN
TRUE BLOOD
WESTWORLD

WORD MAKER

How many words of four letters or more can you make from the letters on the right? Each word must contain the centre letter and you must make one nine-letter word. No proper nouns.

YOUR GOAL: 22

F	O	T
E	H	D
G	A	R

SUDOKU

Slot the numbers 1 to 9 into every horizontal line, vertical row and 3 x 3 square. Here are three puzzles, graded from easy on the left, to hard on the right.

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

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

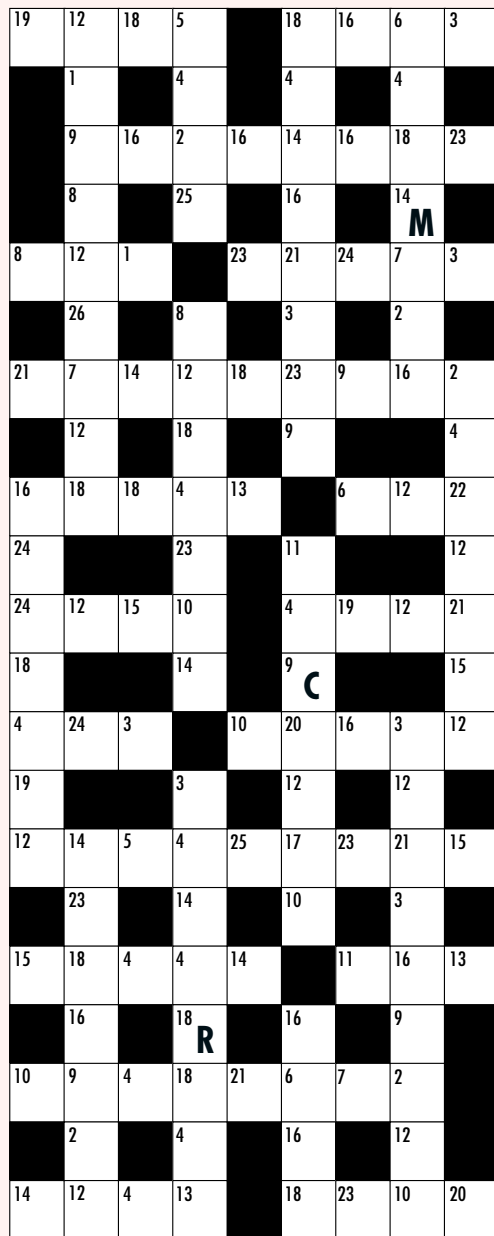
9							2	1	7
		7	9	6					
					4			5	
4			7				2		
			8		2				
	2				6			8	
	8		4						
				1	9	3			
3	9	4							6

Puzzles

CODE CRACKER

To win one of three prizes of \$100, work out which number represents which letter. All letters of the alphabet appear at least once. Fill in the coloured boxes at the bottom to reveal our prize word. Write this answer on the entry coupon.

\$300
UP FOR
GRABS!



1	2	3	4	5	6	7	8	9
								C
10	11	12	13	14	15	16	17	18
				M				R
19	20	21	22	23	24	25	26	

8	17	5	18	23	25
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ACROSS

- 1 Chirping summer insect (6)
- 4 Northern polar region (6)
- 8 Recollection (6)
- 11 Insertion point in a computer document (6)
- 14 Michelle —, TV fitness personality (7)
- 17 Loud noise after lightning (7)
- 18 Draw into a false understanding (7)
- 20 Jewish religious officer (5)
- 21 Victory (7)
- 23 Acupressure massage style (7)
- 25 Bolero composer (5)
- 26 Race involving swimming, cycling, and running (9)
- 27 Navigation device (7)
- 31 Stephanie —, cookbook author (9)
- 32 Honking bird (5)
- 34 Thin strip of land (7)
- 36 *The —*, film about Howard Hughes starring Leonardo DiCaprio (7)
- 38 Internet connection device (5)
- 41 Trophy (3)
- 42 Able to be heard (7)
- 44 From the Emerald Isle (5)
- 45 Tip over, invert (5)
- 46 Clear 119 Across material (7)
- 48 — Malfoy, Harry Potter's antagonist at Hogwarts (5)
- 49 Bogus, illegitimate (4)
- 50 Seat in a park (5)
- 51 Reserve a place at an event (4)
- 53 Channing —, actor (5)
- 56 Festive event, often involving time off work (7)
- 57 Cut and gather crops (4)
- 58 Joyous exultation (4)
- 59 Cost of insurance (7)
- 63 — Rose, Australia's first indigenous world boxing champion (6)
- 65 Stephenie Meyer's teen vampire saga (8)
- 67 Bucket (4)
- 69 Soviet leader 1941-53 (6)
- 73 Paper-folding craft (7)
- 75 Lacking width (6)
- 76 Overly wordy (7)
- 77 Hair grooming device (4)
- 80 Edvard —, Norwegian painter known for *The Scream* (5)
- 81 Monster slain by Beowulf in Old English poem (7)
- 83 Ground meatball (7)
- 84 Certified under Islamic cultural law (5)
- 86 Leap (4)
- 88 Celebratory conflagration (7)
- 89 Educational facility (6)
- 91 Tanned hide (7)
- 94 Tempo, cadence (6)
- 96 — Baldwin, actor noted for his satirical impressions of Donald Trump (4)
- 97 Frame of bones (8)
- 98 Lodestone (6)



- 102 Sturdy and long-lasting (7)
- 103 Pointed front of a ship (4)
- 104 Usain —, champion sprinter (4)
- 106 Cigarette plant (7)
- 110 Royal racecourse in England (5)
- 112 Huckleberry —, young Mark Twain hero (4)
- 113 Tree depicted on the flag of Lebanon (5)
- 114 Arabic sultanate, capital Muscat (4)
- 115 Run away to 129 Across (5)
- 119 Versatile polymer substance (7)
- 121 From Baghdad (5)
- 122 Largest deer species (5)
- 123 Afternoon performance (7)
- 124 Foot digit (3)
- 125 Himalayan republic, capital Kathmandu (5)
- 127 Edible sprout (7)
- 128 Small Chinese dog breed (4,3)
- 129 Join in wedlock (5)
- 130 Stemmed drinking vessel (9)
- 133 Power (7)
- 136 Edible, thistle-like plant (9)
- 138 Evening (5)
- 139 Of little importance (7)
- 142 Heavenly, divine (7)
- 144 Mistake (5)
- 146 Wool harvester (7)
- 148 Mountain home of the gods of classical Greece (7)
- 149 Spiny anteater (7)
- 151 Ascending (6)
- 152 Game participant (6)
- 153 Worn, weathered (6)
- 154 Strictly religiously observant (6)

DOWN

- 1 Nightclub variety show (7)
- 2 Gain altitude (5)
- 3 High card (3)
- 5 From Moscow (7)
- 6 Tribal symbol (5)
- 7 Infatuation (5)
- 8 Mythical king with golden touch (5)
- 9 — Gras, celebration often involving a parade (5)
- 10 Italian whey cheese (7)
- 11 Forensic police TV series (1,1,1)
- 12 Changed trajectory (7)
- 13 Batman villain (7)
- 15 Chewy cartilage found in meat (7)
- 16 Orbiting entity (9)
- 18 Domestic rodent catching device (9)
- 19 Bitter irony (7)
- 22 Vietnamese soup (3)
- 24 That man's (3)
- 27 Pledge to undertake or support (6)
- 28 Trouble, naughtiness (8)
- 29 Mexican resort city (8)
- 30 Turn, rotate on an axis (6)
- 32 Majestic (5)
- 33 Eccentric (7)
- 35 *The —*, pensive sculpture by Auguste Rodin (7)
- 37 Juvenile frog (7)
- 39 Storage facility (5)
- 40 Highest possible (7)
- 43 Deborah Harry's rock group (7)
- 47 Tactical withdrawal (7)
- 49 — Dunaway, actress (4)
- 52 Maintained (4)
- 54 Noah —, actor (6)
- 55 Comfy indoor shoes (8)
- 56 2015 Adele song (5)
- 60 Inuit snow shelter (5)
- 61 Of questionable reputation (7)
- 62 — Buttrick, publishing pioneer (3)
- 64 Constellation of the Hunter (5)
- 66 *It's A — Life*, 1946 Christmas film with James Stewart (9)
- 68 Complicated situation (9)
- 70 — Peace Prize, annual humanitarian award (5)
- 71 Royal domain (7)
- 72 — Getty, actress (7)
- 74 Persistent pain (4)
- 78 Bat and ball sport summer (7)
- 79 Flightless South American bird (4)
- 80 Military rank (5)
- 82 Company board member (8)
- 85 Lindsay —, actress (5)
- 87 Municipal leader (5)
- 90 Spotted cat of tropical America (6)
- 92 Numerical comparison (5)
- 93 Request (3)
- 95 Natural environment or abode (7)
- 99 Of the surrounding atmosphere (7)
- 100 Feudal agricultural worker (4)
- 101 Render senseless (4)
- 102 Without emotion (7)
- 103 Pope (7)
- 105 Storm (7)
- 107 Romantic singer (7)
- 108 Uncertain, lacking resolve (8)
- 109 Italian cheese (8)
- 111 Painful muscular contraction (5)
- 116 Foe (5)
- 117 Horse's fastest gait (6)
- 118 Stated position on an issue (6)
- 120 Personal quality (9)
- 123 Hair grown on the upper lip (9)
- 126 Ignition device (7)
- 129 Shakespeare's murderous Scottish lord (7)
- 130 British royal house (7)
- 131 Bite-sized chicken pieces, often battered and deep-fried (7)
- 132 Having refined ability (7)
- 134 Egg cells (3)
- 135 Metal food or drink container (3)
- 136 Out and about, on the loose (2,5)
- 137 Amelia —, female pilot (7)
- 140 Tusk material (5)
- 141 Productive chicken (5)
- 142 Plenty, more than enough (5)
- 143 Verve, relish (5)
- 145 Cowboy carnival (5)
- 147 Unit of work (3)
- 150 Disreputable bounder (3)




NUROFEN ZAVANCE IS ABSORBED

SUPERCROSS

To win one of three prizes of \$100, simply solve the crossword and work out the hidden word, using the coloured squares. Write this on the entry coupon.



\$300

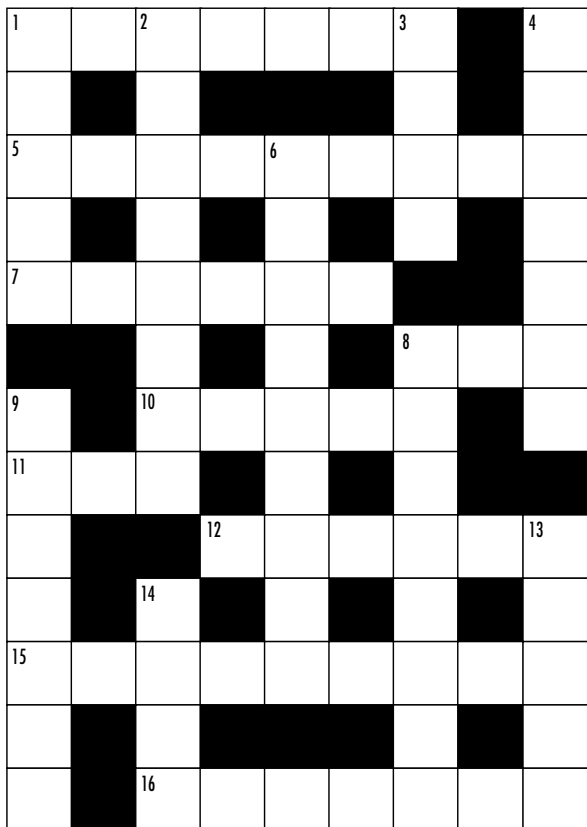
UP FOR GRABS!

1		2			3		4	5		6		7		8		9		10			11			12		13	
14				15		16				17										18		19					
20						21					22			23	24								25				
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119						120		121						122							123						
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130		131						132		133	134				135			136								137	
138						139				140		141		142		143						144		145			
146						147				148										149	150						
151								152							153							154					

Puzzles

CRYPTIC CROSSWORD

Give your brain a workout!
To check if you're right, see solutions.



ACROSS

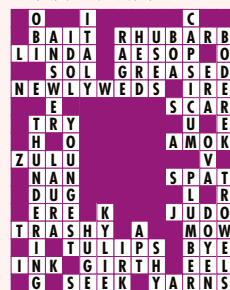
- 1 Ms Jones tried to rig debt recovery (7)
- 5 Help Andy score at high school level (9)
- 7 See Comrade Guevara process dairy product (6)
- 8 Car turned into curve leading to Joan's birthplace (3)
- 10 Cut off verse composition (5)
- 11 Odd twine used to bind (3)
- 12 Nearly lost morning exercise (6)
- 15 Classical dancer upset in bare-all expose (9)
- 16 Caribbean buccaneers trapeze around (7)

DOWN

- 1 Fundamental degree as written (5)
- 2 Where batter is safe to grow (8)
- 3 Catch moving part (4)
- 4 Toss security device to Venetian money-lender (7)
- 6 Vine shall twist around Tennessee music city (9)
- 8 Tree surgeon carved rib roast (8)
- 9 Trip over blues trademark (7)
- 13 Back smart streetcars (5)
- 14 First Foreign Legion officers' parade is a failure (4)

FEB 20 ANSWERS

COMPACT STARS



Winning title: *Rock Dog*.

CODE CRACKER

1	2	3	4	5	6	7	8	9	10	11	12	13
P	H	S	A	O	N	L	E	Q	I	B	X	J
F	W	T	V	G	Z	R	M	D	Y	K	U	C

Winning word: *Frugal*.

WORD SEARCH

Winning answer: *Manchester By The Sea*.

SUPERCROSS

ACROSS: 1 Remark, 5 Acropolis, 10 Public, 13 Errol, 15 Pupil, 17 Fairer, 18 Moustache, 19 Oxygen, 20 Bingo, 21 Essay, 22 Crowd, 25 Dolly, 26 Fuzzy, 28 Riptide, 29 Chopper, 32 Cinema, 35 Nelson, 37 Pepper, 39 Pulpit, 42 Genuine, 43 Mole, 44 Agree, 45 Gnocchi, 47 Colin, 49 Muppets, 50 Iva, 51 Ted, 52 Formula, 55 Swami, 56 Acre, 58 Ingot, 60 Corgi, 62 Parrot, 64 Nadir, 65 Coen, 66 Debt, 67 Opulent, 70 Kanye, 71 Genus, 73 Marvel, 75 Cheese, 77 Toowoomba, 78 Nephew, 81 Access, 84 Apiary, 85 Helsinki, 86 Sumo, 88 Fray, 89 Miracles, 90 Sprint, 91 Nougat, 92 Spouse, 95 Shortfall, 97 Ballet, 99 Creche, 101 Ditto, 103 Frodo, 104 Usurper, 106 Beer, 107 Pass, 109 Rodeo, 110 Israel, 112 Sleet, 115 Spain, 117 Deal, 118 Agent, 119 Learned, 120 Tan, 121 Owl, 122 Delight, 124 Glean, 125 Javelin, 128 Hera, 129 Eggs, 130 Embargo, 134 Shorts, 136 Oregon, 137 Ignore, 138 Radius, 140 Liberty, 143 Ignoble, 145 Usual, 147 Rocks, 149 Tokyo, 151 Flute, 152 Tract, 154 Geisha, 156 Ambitious, 157 Intern, 159 Rhett, 160 Bread, 161 Museum, 162 Yesterday, 163 Yachts.

ANSWERS THIS WEEK

WORD MAKER

Dearth, Death, Doeth, Dath, Earth, Father, Forth, Froth, Frothed, Gather, Goathard, Godfather, Goth, Haft, Hafted, Hard, Hare, Hared, Hart, Hate, Hated, Hater, Hatred, Head, Hear, Heard, Heart, Heat, Helt, Herd, Hero, Hoar, Hoard, Hoed, Hoer, Horde, Oath, Other, Rhea, Thread.

QUIZ TIME

1 Prize answer, 2 Danish, 3 Cheese, 4 Tasmania, 5 March.

CRYPTIC CROSSWORD

Across: 1 Bridget, 5 Secondary, 7 Cheese, 8 Arc, 10 Sever, 11 Tie, 12 Almost, 15 Ballerina, 16 Pirates.
Down: 1 Basic, 2 Increase, 3 Trap, 4 Shylock, 6 Nashville, 8 Arborist, 9 Stumble, 13 Trams, 14 Flop.

HEXWORD

1 Myrtle, 2 Gretel, 3 Python, 4 Ponder, 5 Goldie, 6 Jolson, 7 Steele, 8 Cahill, 9 Harold, 10 Borneo, 11 Arabia, 12 Bridle.
Hidden word: Inside.

SUDOKU MANIA

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

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

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

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Ansible Pty Ltd max call/SMS cost \$0.55 incl. GST. Mobiles higher, not available from payphones.
If you're calling, leave only your answers to the questions (as many as you can complete, in the order listed on the entry coupon) along with your first and last name and full address. If you SMS your answers in, please add a comma between each answer. If posting, see below.
Competition closes 12/3/17 at 5pm AEDT. Prize draw 17/3/17 at 12 noon.

MAIL: FILL IN THIS COUPON AND SEND TO: NEW IDEA PUZZLES 10, AUSTRALIA: PO BOX 70, EASTERN SUBURBS MC, NSW 2004 NEW ZEALAND: RESPONSE BAG 500127, AUCKLAND 1142

CODE CRACKER

NAME

WORD SEARCH

SUPERCROSS

ADDRESS

COMPACT

QUIZ TIME

TEL

Competition closes 12/3/17 at 5pm AEDT.

QUIZ TIME

To win one of two prizes of \$50, write the answer to the first quiz question on the entry coupon. For the other answers, see solutions.

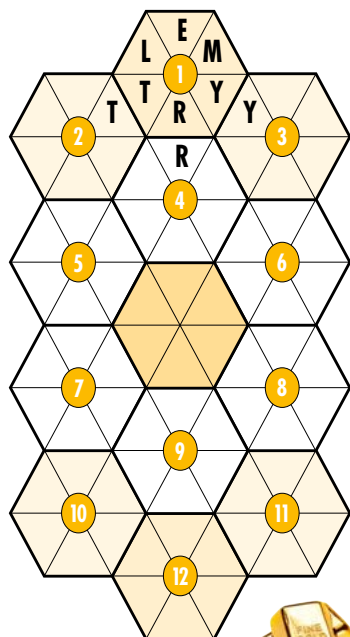
\$100 UP FOR GRABS!

- 1 Who played Kim's 'second best friend' Sharon in the TV series *Kath and Kim*?
- 2 What nationality is tennis star Caroline Wozniacki?
- 3 Fromage is the French term for which kind of food product?
- 4 Which part of Australia was called Van Diemen's Land until 1856?
- 5 In which month of the year does the vernal equinox occur?



HEXWORD

Each of the clues below has a six-letter answer. Write the answer clockwise in the spaces around the appropriate clue number. Where the hexagons touch, the letters in the adjoining segments will be the same. We've answered one clue for you. The letters in brackets tell you the first letter of the answer. The letters in the inner coloured hexagon will spell a hidden word.



CLUES

- 1 Flowering shrub associated with the Roman goddess of love, Venus (M)
- 2 Hansel's fairytale sister (G)
- 3 Monty —, comedy team which featured John Cleese and Eric Idle (P)
- 4 Think deeply on a subject (P)
- 5 — Hawn, actress and mother of Kate Hudson (G)
- 6 Al —, singer and actor who starred in the first 'talking picture' *The Jazz Singer*, in 1927 (J)
- 7 — Rudd, pen-name of Arthur Davis, noted for *On Our Selection*, featuring the characters Dad and Dave (S)
- 8 Tim —, leading goal-scorer for the Australian men's football (soccer) team, the Socceroos (C)
- 9 — Holt, Australian Prime Minister who disappeared while swimming at Victoria's Cheviot Beach in 1967 (H)
- 10 South-east Asian island shared by Indonesia, Malaysia and Brunei (B)
- 11 *Lawrence of —*, epic 1962 film with Peter O'Toole in the title role (A)
- 12 Harness fitted over a horse's head (B)



Pacific magazines

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Horoscopes



WITH KAREN MOREGOLD

For all things astrological, visit my website: karenmoregold.com

PISCES

FEB 20 – MAR 20

Dynamic, challenging and changing financial trends will push up the pressure gauge this week. Use research to guide you with big decisions or special deals, beautiful and unusual purchases or unexpected expenses. A stressful matter will need calm follow-through. Dreaming of something you dearly want or would love to do will inspire exciting plans, and good news or a thoughtful message will be uplifting.

LUCKY NUMBERS: 1, 5, 12

ARIES

MAR 21 – APR 20

Uncertain plans will surge forward and a family commitment may go over the top. Intriguing encounters will fire up your social life, and singles, a striking attraction could sweep you off your feet! Watch a tendency for emotional decisions. Sorting out loose ends financially will take patience, and with an overdue conversation, there will be an important message to put across, as well as someone else's to take on board.

LUCKY NUMBERS: 8, 17, 22

TAURUS

APR 21 – MAY 21

A domestic or family undertaking will ask more of you and sensitive family issues will need insightful handling. Soothing differences between family members will test your mediating skills, and a frustrating home situation could try your patience – go peacefully or sparks could fly. Fun personal plans will grow dramatically, while an important meeting will lay foundations for a new professional connection or friendship.

LUCKY NUMBERS: 2, 16, 42

GEMINI

MAY 22 – JUN 21

Exciting and adventurous activities will light up this week, and warm exchanges will revive a special relationship from the past or build new connections. For singles, this could bring romance. Awkward differences may arise, but how you handle them will shape the development of these associations. An ambitious career undertaking will showcase your talents. Watch your spending – money could burn a hole in your pocket.

LUCKY NUMBERS: 11, 27, 29

CANCER

JUN 22 – JUL 23

A bold personal or professional project will take you into uncharted territory, and you'll be under pressure to be enterprising and creative. PR challenges will test your people skills, and you'll have to keep your cool to defuse contentious issues and promote genial relations. Exciting developments with travel plans or a long-distance relationship will fire your enthusiasm, while a social invitation will break new ground.

LUCKY NUMBERS: 24, 26, 27

LEO

JUL 24 – AUG 23

A getaway or exploring fun places will be an adventure, while meeting new people will be educational. Bringing exciting plans with a distant colleague or relative to fruition may be quite challenging. Singles, a long-distance romance could fire up. You'll need to pin down confusing details with a complex matter to find the best way forward. A social invitation will be a chance to make a good first impression.

LUCKY NUMBERS: 9, 10, 36

VIRGO

AUG 24 – SEPT 23

Emotions will run high this week. A spontaneous passion could rev up your love life, but brewing differences with others or challenging situations will need calming input to avoid clashes. Chores for family members will entail extra running around. Keep a cool head with a costly undertaking or complex financial business to make smart decisions. A fun, unusual encounter will be a breath of fresh air.

LUCKY NUMBERS: 17, 19, 33

LIBRA

SEPT 24 – OCT 23

Expect the unexpected this week – loved ones could do impulsive things. A special occasion with someone close will be an emotional affair, but an unusual request that puts you on the spot could disrupt other plans. A health pursuit will grow – the more you learn, the keener you'll become. Good fortune financially will replenish the kitty. Getting off the beaten track and going to intriguing new places will bring fun discoveries.

LUCKY NUMBERS: 6, 21, 32

SCORPIO

OCT 24 – NOV 22

Health, beauty or fitness endeavours will rev up this week, a physical task could be unexpectedly challenging and family commitments may turn into labours of love. There'll be more to keeping a promise than you thought, and take care with spontaneous offers – it will be easy to bite off more than you can chew. Fun activities will open new doors, and for singles, a charming encounter could spark romance.

LUCKY NUMBERS: 15, 23, 41

SAGITTARIUS

NOV 23 – DEC 21

Playful exchanges with your partner, a fun common interest and spontaneous loving will add a fresh sparkle to your love life. Singles, a new love could take you by storm! Creatively, you'll be on fire. Inspiration and passion will transform a personal project close to your heart, but be prepared – there will also be unusual challenges you can only play by ear. A special social invitation will delight you, and visitors will bring the social action to you.

LUCKY NUMBERS: 7, 14, 18

CAPRICORN

DEC 22 – JAN 20

Changes of plans or stumbling blocks with a family or domestic project will test your ingenuity, a challenging family issue will need gentle defusing and visitors will be enjoyable but disruptive. It will take imagination grounded with research to set up an unusual project. A fun getaway will refresh your spirits, and your intuition will guide you in a situation that calls for subtle levels of understanding.

LUCKY NUMBERS: 13, 40, 44

AQUARIUS

JAN 21 – FEB 19

Travelling extra distances this week will push the pace, a change of scene will take you into a different world and catching up with someone from afar will be an emotional treat. Singles, a long-distance romance could simmer. Money could slip through your fingers, so keep tabs on extra costs and impulsive outlays or you won't know where it goes. Unusual new possessions will be a joy, and a jubilant highlight will be something to celebrate.

LUCKY NUMBERS: 3, 4, 20

Your Say

SHARE THE
LAUGHS WITH US!

CHILDREN'S WORLD

ALL WORK...

My young son wanted to talk to his dad at work, but I had to tell him: 'Dad is in a meeting, and he can't bring his phone in.' In response, he asked: 'Can't he even bring any toys in?'

*Veronica Todaro,
Hoppers Crossing, Vic.*

PHONICS FAIL

We were playing I Spy when my son, five, announced: 'I spy with my little eye something beginning with f.' After many incorrect guesses, I had to give up and ask what it was. His answer? 'Photo!'

*Maureen Buckley,
Noble Park, Vic.*

HANDY GRAM!

I had a good laugh when my daughter told me that my six-year-old granddaughter Bella had reminded her to bring her school dresses out to Gram's to have the 'hinges' let down!

*Monica Urquhart,
Tamworth, NSW.*



My adorable one-year-old great-grandson Henley brings joy to all who meet him.
MARY FRENCH, GERALDTON, WA.

DIY PRESENT

I asked Miss Five if she had written a letter to Santa, and she told me she hadn't, because there was only one thing she wanted for Christmas – an ice-cream truck. When Christmas morning came, she observed all the family presents underneath the tree and exclaimed in excitement: 'They must be the parts for my ice-cream truck!'

*Danni O'Connor,
Wantirna South, Vic.*



'Forget expensive toys – all I need is an old tyre!' says my eight-year-old grandson David.
THELMA HOFFMAN, HIGHFIELDS, QLD.



Erik, my grandson, is out for a duck!
**ANGELA EVANS,
SCARBOROUGH, WA.**

Mere Male

GENETICALLY PREFERRED

MM was at the local chemist submitting his prescriptions. Wanting to save money, he asked the pharmacist: 'Could I have the genetic brand please?' I hope he meant generic!

Debby Barnes, Werribee, Vic.

LETTER OF
THE WEEK
WINS
\$100!

ENOUGH WITH THE BUILDING!

My MM adult son had suffered yet another hiccup in his life and was feeling a bit down. 'I know when things go wrong, it builds character,' he told me. 'But sometimes, I would like just a little less character.'

*Sandra James,
Heathcote, Vic.*

CASH COW

As city slickers, MM and I aren't used to farm life. One morning, he waited on the veranda of the homestead we were visiting while I went for a walk where cattle were grazing. When a huge bull began trotting towards me, I ran back to MM shouting: 'A bull just charged me!' MM casually asked: 'How much?'

R. Dell, Toowoomba, Qld.

THE OL' GAL

The wife of an MM friend has recently been recovering from a knee replacement operation. When I asked MM how she was going, he – being a 4WD owner and enthusiast – replied: 'She's still a bit slow. She's getting along in the first gear, low range.'

*Concesa Kuizon,
Christchurch, NZ.*

Send us your funny stories about your kids and mere males and win! The letter/pic of the week wins \$100 and all other published entries receive \$25. Post your original letters and photos (sorry, photos cannot be returned) to Children's World or Mere Male, New Idea, GPO Box 7814, Sydney, NSW 2001, or email childrensworld@newidea.com.au or meremale@newidea.com.au.

Nene King

DON'T LET OTHER PEOPLE'S BAD BEHAVIOUR DRAG YOU DOWN, SAYS NENE



PETTY PARENTS

Q My parents don't get on with my husband's parents and it makes things very difficult whenever we all get together. It's my mother-in-law's 60th next year and I know she isn't planning to invite my parents, which will really upset them. We live in a small town and it's all getting very fraught and awkward.

Penny, via email.

A Your parents and in-laws should be ashamed. They are selfish, short-sighted and making life miserable for their children. Your mother-in-law's birthday is a time of celebration. Why would your parents expect to be invited when they don't get on? Being in a small town is irrelevant – family conflict is no-one's business. The tension has to end. All adults involved should agree to be civil. Life's too short for such unpleasantness.

SIBLINGS AT WAR

Q My two grown-up sons fell out about four years ago and they haven't patched things up yet. Their father (my husband) is ill, and I would dearly love for them to make peace with each other while he is still here to see it. However, they are both OK with their distance from each other – it doesn't bother them, but it bothers their father and me so much. How can we help them to become close again?

Ariel, Port Stephens, NSW.

A Your sons are not close, and they prefer to keep their distance – it can happen with siblings. Taking them on a guilt trip is pointless. Far more important is ensuring your boys keep in touch with their father, who is ill. Life is not perfect, so accept that the boys are good sons. They love you. That's all that matters.

HE'S OUT OF LINE

Q My colleague is really rude to other colleagues. I am good friends with him, but I find it so awkward with the way he talks to people. I've tried to bring it up with him, but he just shrugs it off. I don't know what to do, as they have started to complain.

Phillipa, via email.

A It's not your problem. You have tried to tell your colleague he is rude, but he shrugs off the concern... Whatever! Complaints may eventually reach his boss, and it will be up to them to do something about it. Whatever happens, remember, you are not your friend's keeper.

ASK ME ANYTHING!

To contact Nene, email nene@newidea.com.au or write to Advice, New Idea, GPO Box 7814, Sydney, NSW 2001.



My granddaughter Isabel, two, makes a very cute little Hawaiian hula girl. SHELLEY LYCETT, WANGURI, NT.



I took my New Idea up to the mountains of Nuwara Eliya, Sri Lanka, and enjoyed reading it at Pedro Estate tea plantation and factory. AMBERLEY DEV, CANNINGTON, WA.

READER OF THE WEEK WINS \$100!

Letters

BRAVE CLAIRE

What a terrifying experience for Claire, being trapped in a cult for most of her life (NI Feb 27). It's hard to believe that this still goes on in modern-day Australia!

Congratulations to her for speaking out to warn and alert others.

D. Newton, Parramatta, NSW.

LETTER OF THE WEEK WINS \$100

A POP ICON

I was so interested by Marcia Hines' news (NI Feb 27), as I have always been a fan of hers. Her hit singles such as *Fire And Rain* and numerous albums like *Amazing* will never die. I loved seeing her as a judge on *Australian Idol* for many years, as she gave such a good balance to the show and was always compassionate and fair to nervous contestants. How exciting that Marcia will be performing in concert again! I do hope she finds the love she

seeks from the right partner, as she deserves happiness having always given so much to others.
F. Rooney, Sale, Vic.

GENUINE FUN

I loved seeing the beautifully natural photos of Jessica Mauboy (NI Feb 20) with her boyfriend and friends, having fun in the water at Bondi Beach. What a refreshing and lovely read about a healthy and sincere celebrity simply enjoying summer!

S. Seymour, Tamborine Mountain, Qld.

STOP BULLYING

I feel disgusted that Cassandra Thorburn has been targeted with such cruel remarks, as I'm sure she has suffered enough dealing with the public break-up of her marriage. No-one has the right to make nasty comments – the split is Cassandra and Karl's private business. Leave her alone to make a new life for herself and the children, without Karl.

Vicki Fryer, Bunbury, WA.

Starwatch FROCKS

CHECK OUT
THE STYLE HITS
AND MISSES
FROM THE
RED CARPET



CARRIE BICKMORE
Taking things to an edgy new level in this monochromatic number, the mum-of-two rocks the red carpet.

8/10



OUR
FAVE!

ELIZABETH HURLEY
Figure-hugging lace with a strappy stiletto and a killer blow-dry? Classic Liz! Having perfected her red-carpet look over the years, it's little wonder the actress is on point.

9/10

HELEN MIRREN
Bow down to the dame! While the stalwart sometimes pushes things a little too far, this Needle & Thread frock is the perfect mix of elegant and fun.

9/10



JENNIFER LOPEZ
Another week, another killer J.Lo ensemble. Demure up the top, sexy down the bottom, the star nails it with her killer pins.

9/10



KATY PERRY

The sparkly singer dazzled at the Brit Awards, but we're not sure about her painful-looking 'do. We've got a headache just glancing at it!

8/10

ALL THAT GLITTERS... IS KATY!



DANNII MINOGUE

Kapow! Ms Minogue looks simply stunning in this sleek teal number. The minimal accessories and understated locks take it to the next level.

7/10



KATE HUDSON



DIANNA AGRON

SHEER delight!

Just when you thought the see-through trend had done its dash, the celebs kick it up a notch by adding sexy corsetry to the mix!



SIENNA MILLER



BELLA HADID



EMMA WATSON



Adele and husband Simon want to give Angelo (above) a little brother or sister.

Adele's AUSSIE BABY!

Superstar Adele sure plans on making her trip Down Under one to remember!

Having let slip that she recently married long-time partner Simon Konecki, sources tell New Idea the duo are treating their time in Oz as their honeymoon and are hoping to conceive a 'honeymoon baby'!

'Adele and Simon have been looking forward to her tour of Oz,' says a family insider. 'This is their unofficial

honeymoon as they've not had a chance to get away and celebrate their marriage.'

Already parents to Angelo, four, Adele has made no secret of her desire to further add to her brood.

'So my womb is starting to ache a little bit. It's like: "Baby, baby, baby. Need a baby, need a baby,"' she said recently.

Photo of Lisa Marie's twins and Meghan with Justin: Instagram.com.
Photo of Tiger Lily: Facebook.com.



MY HOT BOD

She's made no secret of the fact she hates the gym, so just how did wine-loving, workout-loathing Adele get so trim?

For starters, the Grammy winner went on the new Sirtfood diet, which claims foods such as chocolate, red wine and garlic help activate your 'skinny genes'.

Then the singer started doing seven-minute workouts with trainer Pete Geracimo, which involves doing seven different types of planks for one minute each.

'I love planks and plank work. Because if you have any kind of back problems, doing crunches is not going to help,' Pete says.



LISA MARIE HITS ROCK BOTTOM!

What a mess! Claiming she is broke and forced to live rent-free with her 27-year-old daughter Riley Keough, Lisa Marie Presley is currently embroiled in a bitter divorce battle with her third husband Michael Lockwood as the 40th anniversary of Elvis' death fast approaches.

Having accused Michael of possessing 'disturbing' images of children, which he denies, Lisa Marie's mother Priscilla has taken on temporary custody of the couple's eight-year-old twins Finley and Harper.

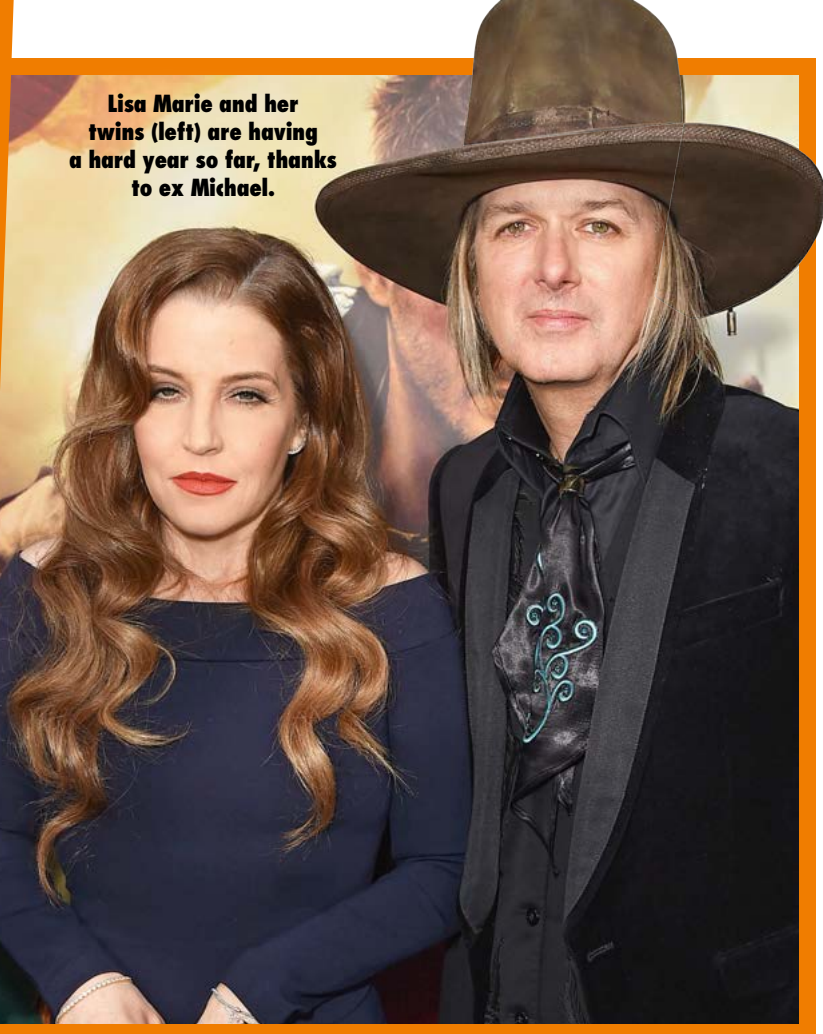
'The girls have been with me and will be until all this is sorted out,' says 71-year-old Priscilla (above left).

Adding to the 49-year-old star's woes, fresh reports claim Michael may release naked photos of her as part of a revenge plot.

Meghan – who has beefed up security at her Toronto home (below) – is preparing for her prince to join her in Canada.



Lisa Marie and her twins (left) are having a hard year so far, thanks to ex Michael.



'Julia mopes around the house, watches TV and eats,' an insider reveals.



DINNER FOR ONE?

Cutting a lone figure as she grabs herself a pizza in Malibu, Julia Roberts has once again fuelled rumours of marriage problems, conspicuously moving her wedding ring to her middle finger. Plagued by reports there is trouble in paradise, Julia has not been seen with husband of 14 years Danny Moder in months, with pals telling *Radar Online* the megastar has turned to comfort eating after Danny moved out of the family abode.

'Julia's down in the dumps about Danny. She's gained [19kg], and has totally given up on her diet and exercise regime,' says a friend. 'It's all she can do to get out of bed in the morning.'



CANADA BOUND

HARRY MOVES FOR MEGHAN

Cementing his status as a royal rebel, Prince Harry is planning on turning his back on his homeland in favour of life across the pond with his new love Meghan Markle. With the Invictus Games set to be held in Canada later this year, Harry is using it as the perfect opportunity to settle down with actress Meghan, who films *Suits* in Toronto.

'[Harry] will be... hands-on with organising the Invictus Games,' a source tells the *Daily Express*. 'It will also give him a legitimate reason to spend more time with Meghan, he's truly smitten.'

The move will pave the way for Harry's plan, of a more permanent move once he and Meghan wed.

'Harry loves America and is totally open to dividing his time between Canada, LA and London once he and Meghan are officially man and wife,' a source tells *Radar Online*.



Meghan and Harry (with Canadian PM Justin Trudeau) love the Canucks!



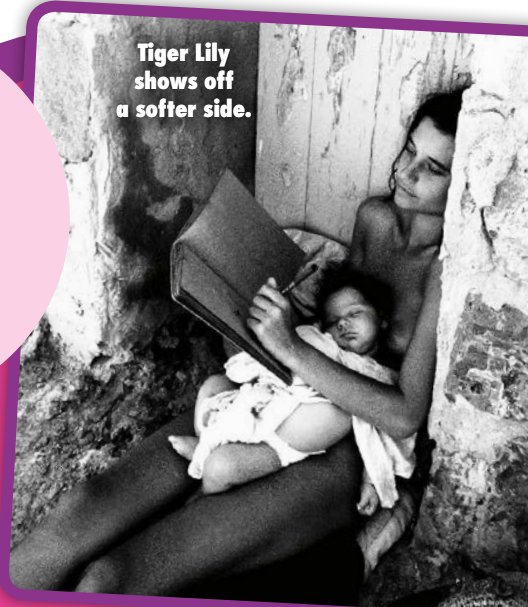
Tiger's got a baby!

Snuggled up with a sleeping baby on her lap, Tiger Lily Hutchence has displayed her maternal side by appearing in a sweet snap on Facebook.

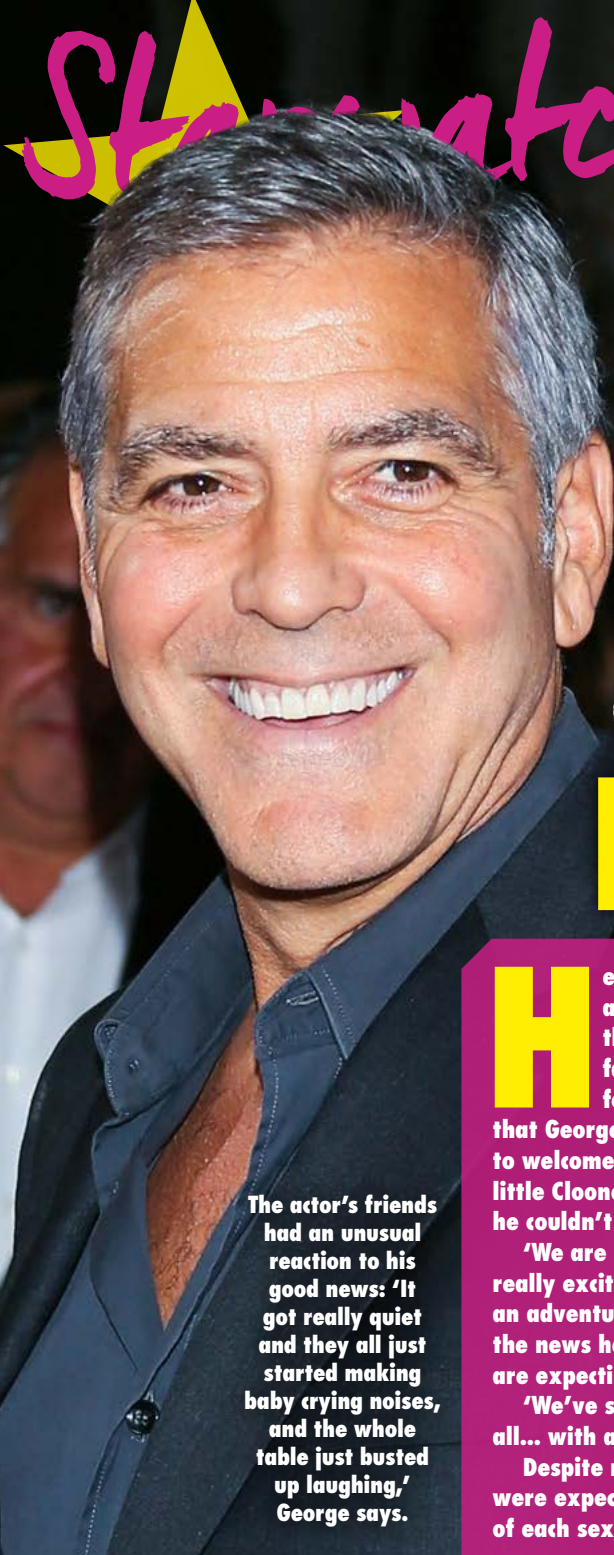
The photo – which shows a topless Tiger, notebook in hand, while her close friend's daughter snoozes in her lap – sparked a flurry of admiring comments from friends and family, who said it was 'beautiful' and 'says so much about you'.

'This is gorgeous. So peaceful,' wrote her half-sister Fifi Robertson-Geldof. Aww!

Tiger Lily shows off a softer side.



Starwatch



PROUD PARENTS



Amal proudly displays her bump while out and about recently.

George Clooney HE'S EXCITED!

The actor's friends had an unusual reaction to his good news: 'It got really quiet and they all just started making baby crying noises, and the whole table just busted up laughing,' George says.

He's remained adamant over the years that fatherhood wasn't for him, but now that George Clooney is about to welcome not one but two little Clooneys into the world, he couldn't be more thrilled!

'We are really happy and really excited. It's going to be an adventure,' says George of the news he and his wife Amal are expecting twins in June.

'We've sort of embraced it all... with arms wide open.'

Despite reports the couple were expecting one child of each sex, George says

they are intent on keeping this part of it a surprise.

'I don't know where this rumour comes from that we are going to have a boy and a girl. We ourselves don't know yet and don't want to know,' he tells *Paris Match*.

As for their jetsetting careers, George says that now parenthood is imminent, he and Amal will restrict their travel plans.

'We have decided to be much more responsible,

to avoid the danger,' he said. 'I won't go to South Sudan any more or the Congo, Amal will no longer go to Iraq and she'll avoid places where she knows she isn't welcome.'

Brad's dad advice

'Brad has been giving George tips about what it's like being a dad to twins,' confirms an insider. 'He's going through everything from strollers to feeding and sleeping.'



DAVID CASSIDY'S SAD DEMENTIA DIAGNOSIS



The *Partridge Family* star announced his resignation from touring last week.



The '70s heart-throb David Cassidy has announced he's battling dementia.

The *Partridge Family* star, 66 – who watched both his mother and grandfather succumb to the neurological disease – admitted to *People*: 'I was in denial, but a part of me always knew this was coming.'

The revelation comes after a recent performance where the singer repeatedly struggled

to remember lyrics to songs he had been singing for nearly 50 years, and even appeared to fall off the stage at one point.

David says he's made the decision to end his music tour so that he can concentrate on himself and his health.

'I want to focus on what I am, who I am and how I've been, without any distractions,' he explains. 'I want to love. I want to enjoy life.'

Kate's the new royal trendsetter!

QUEEN & KATE STYLE SISTERS!

When it comes to dishing out advice, the Queen is nothing short of an expert. But when it comes to fashionable matters, it appears the monarch is more than happy to take her cues from none other than the Duchess of Cambridge! 'Her Majesty has grown very fond of Kate's style,' a source tells the *Daily Express*, adding that Kate is 'thrilled' the Queen has turned to her for style advice. Looking good, ladies!

LIANNA'S MOMENT

Aussie 'It girl' Lianna Perdis has reached a new milestone in her modelling career, taking to the catwalk during New York Fashion Week for designer Christopher Esber.

It was a family affair for the 17-year-old beauty, whose dad Napoleon did the make-up for the show.

'When Christopher asked me to be a part of his show, my immediate answer was "yes"! I adore his work and am humbled to have been chosen to showcase his designs,' Lianna says.

The make-up king's little girls are all grown up now.

THIS IS HER!

CHRISSY METZ I'M SO PROUD

It's been a long journey to success for *This Is Us* star Chrissy Metz, who says she's finally come to accept herself.

Telling *People* magazine she is 'proud of who I am', the rising star says she was once riddled with self-doubt and started 'eating my feelings'.

'It's not about our size - it's how we look at ourselves and how we feel about ourselves,' she says of her body image revelation.

Recently taking aim at the trolls who body-shamed Lady Gaga after her Super Bowl performance, the plus-sized actress has become somewhat of a Hollywood crusader.

'I think what happens and really

what the core of the issue is that we project all of our stuff and our crap on other people,' she said. 'If we're really genuinely happy with ourselves and love ourselves, you can't talk s*** about other people. You can't be hateful because you love yourself, and we're extensions of each other. We're all connected.'

After overcoming her own self-doubt, the star is now an advocate for others.

A lot of Chrissy's image issues are played out through her character Kate in *This Is Us*.

Starwatch



Take your pick

We're pretty sure Susan Sarandon was joking when she said: 'I'm open. My sexual orientation is up for grabs,' which sounds like she's just about to go to auction. Thinking about it, that's a pretty cool idea for a TV show!



Child labour

'They work for me now,' said Mariah Carey of her five-year-old twins. The singer was talking about how she dishes out chores to keep Moroccan and Monroe grounded – but reducing the hired-help bill comes as an added bonus.

CELEBS SAID WHAT?
OH YES THEY DID...

SOCIAL SPEAK!



WHO: BROOKLYN BECKHAM

'I didn't know my parents were big until I was 13,' Brooklyn said last week. By the look on his face, he doesn't know where the washing machine is at 17!

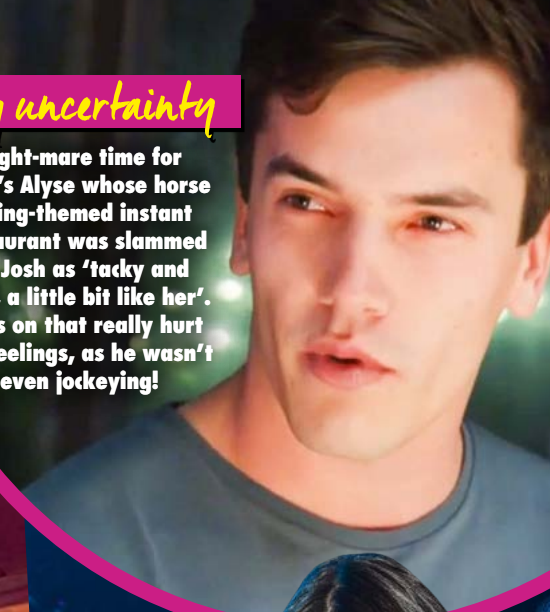
WHO: DAVID BECKHAM

Not to be outdone by Brooklyn, dad David does 'normal stuff' even better, and he clearly loves it. 'Goldenpies' is smiling like Manu just gave him 10 out of 10!



Racing uncertainty

Night-mare time for MKR's Alyse whose horse racing-themed instant restaurant was slammed by Josh as 'tacky and fake, a little bit like her'. Odds on that really hurt her feelings, as he wasn't even jockeying!



Sister act

'She's definitely one of the smartest... people I know,' Kendall Jenner said of big sis Kim. She might have the looks and the money, but Kendall's got no hope of captaining a winning pub trivia team at this rate.



WHO: REESE WITHERSPOON

Reese was 'soaking up the sun in gorgeous New Zealand' – but was the moment secretly ruined when she caught her sleeve and hat in barbed wire? Time for I'm A Celebrity... Cut Me Outta Here!



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