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#### Hi everyone!

For someone with a spectacularly bad track record on the marriage front, it's no surprise I'm totally hooked on Nine's Married at First Sight! And judging by the calls I've been getting from friends asking me for the latest MAFS goss, I'm not alone. Well, this week our entertainment reporter Lucy sure delivers (p8). From a drug scandal to a shock pregnancy and one very messy love triangle, to say the trainwreck relationships on screen will make you feel better about your own love life is an understatement. In other baby news, we're

thrilled for George Clooney and his stunning wife Amal, who are now into their second trimester with twins! Not as excited as the happy couple though, who've splurged \$3 million on a fairytale nursery in preparation for the arrival of their babies - confirmed to be a boy and a girl (p22). It feels like yesterday we brought you ( their exclusive wedding album, and we can't wait to introduce you to the Clooney babies!



We'd love to hear your thoughts

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He pulled out all the romantic stops to charm Cheryl, with the pair initially getting on like a house on fire! But it wasn't long before he'd moved on...





25, practically throwing her bouquet at him, just two days before *Woman's Day* uncovered a truly shocking video of Cheryl snorting a white substance off her breast with a \$50 note, which has left both of them reeling.

"I posted this video as a joke on my Instagram account several years ago. Looking back I now realise what an extremely naive thing it was to have done, Now, in yet another bizarre twist, it is understood Andrew has dumped Cheryl and is spending time with Michelle, 31, one of the blonde twins from Perth, who has already declared she loves him and will fight to protect him from the other brides.

If that wasn't enough to confuse the millions of viewers, sources

exclusively revealed last week that the show's producers are desperate to get to the bottom of a persistent rumour one of the brides has fallen pregnant.

#### 'Cheryl and Lauren are both still texting Andrew – and each other'

"It's just one of the rumours that won't go away," one network insider says.

"The situation with Andrew is tearing apart the whole show. You'd think Cheryl and Lauren, 33, would hate him after he dumped them both, but they're still texting him and reaching out – and they're also talking to each other behind his back.

"It has caused a lot of friction and now Michelle's in the mix, too. Blind Freddie could have predicted it was never going to work out for Michelle and Jesse,

#### Drinks with twin Michelle

Michelle and "Jonesy" have been really close friends for a long time, and the Perthbased duo have been catching up on lost time since the show wrapped filming late last year. Cheers, guys!



Ironically, Michelle and Andrew knew each other from playing on the same mixed netball team in Perth, and had a deep connection before either one ever applied to find their soulmate on *Married at First Sight*.

"That's the crazy thing about this show," says our source.

"He married one girl, hooked up with another one, yet the whole time his perfect match was right there in front of him! Everyone was talking about how comfortable they were on the show, but they played it down. I wouldn't be surprised if this time it was the real deal!"

Michelle hinted at her feelings for Andrew on the show last week, declaring, "I love Jonesy," even though he'd just shocked them all by returning with Cheryl after runaway bride Lauren dumped him on their wedding night.

"When Andrew turned up at the dinner party with Cheryl, it was obvious Michelle was disappointed," our source says. "We all hope Andrew does find happiness with her because he's struck out twice now."

Michelle flew back from a Valentine's "date" with Jesse in Adelaide the following day to Perth, where Andrew lives. Cheryl was also in Perth last week, but she definitely wasn't spending time with Andrew, instead catching up with another contestant.

It's not known whether Cheryl – who has partied with Hugh Hefner at the Playboy Mansion in LA – lost down-to-earth Andrew's heart because of her love of the high life, but she was last week seen in Perth crying on the shoulder of fellow bride Susan after once again finding herself single.





Greeting his cute new girlfriend at Brisbane
Airport with a fresh rose, former Married at First
Sight groom Jonathan could barely contain his excitement as she walked off the plane and jumped into his arms. "They were extremely loved-up," tells one fan who spotted the reality star.







Perth, where he works as a stripper, after ending his TV marriage. Now one of his clients has revealed he's taking some time out from the job: "Too many people were trying to take photos of him, so he's not returning until the show finishes."

MARRIED AT FIRST SIGHT





### Cheryl's plastic surgery nightmare!

Old pics of Cheryl have surfaced – and the Gold Coast babe is almost unrecognisable! "I've obviously had my breasts done" she says, but remained tight-lipped on her other procedures. "I can't tell you all my secrets!"

#### Guess who...

.. has secretly dabbled in cosmetic surgery? "He had a penis enlargement a couple of years ago in Thailand!" claims one indiscreet friend.

#### GOT A TIP?

Write to us at womansday@bauer-media.com.au

Imagine... the same visible results of a collagen injection in just 15 sleeps\*, and a Botox injection in 4 weeks!



New freezframe NIGHT contains 2 Topical Micro Injection technologies, both clinically proven to visually match those of injections - topical line filling equivalent to a collagen injection and topical wrinkle freezing with visible results rivaling Botox Injections. But it's the dramatic face lifting effects that have astounded customers and experts alike, with skin structure brought back to a baby's skin in less than 3 months.

#### **American Society of Plastic Surgeons** confirms results

According to the American Society of Plastic Surgeons, a new overnight treatment can actually deliver the same visible results as a collagen injection in as little as 15 nights, with progressive results surpassing this effect.

#### It's like a double effect micro injection whilst you sleep

What's better than a topical alternative to wrinkle fillers? One formula that includes both an alternative to fillers and an alternative to Botox Injections!

freezeframe NIGHT is clinically proven to freeze expression wrinkles and reduce the appearance of wrinkles by up to 99%; with wrinkle smoothing results seen in 2 weeks. a 96% visible reduction in 4 weeks, and a massive 99% visible reduction in 8 weeks!

That's good news for all of us wanting smoother, wrinkle free skin. But it comes with a warning - you can't just treat wrinkles if you really want to look younger.

#### Warning: This secret face ager will make you look older than wrinkles - and it can't be treated with injections

After perfecting the formulation to provide dramatic results on wrinkles with their topical micro injector technologies, the scientists at freezeframe became conscious that one of the most, if not the most, dramatic signs of aging could not be treated with a needle.



94% wrinkle appearance reduction in 28 days, could NIGHT soon make injectables obsc

This secret face ager sneaks up on you like a thief in the night to steal away your youth and there are very few options to effectively

"Even the smoothest skin will look old when it starts to sag, and injections developed to treat wrinkles just can't offer results on sagging skin or the facial squaring that occurs when we age" says beauty expert and freezeframe founder Sonia Amoroso. "No cosmetic injection can do that. Only a facelift can do that"

But what if there was a technology which could lift firm and tone skin and prevent sagging so you'll never need a facelift?

Works like a mini facelift, with best in class Biolifting for dramatically lifted, firmer skin.

Have you ever pinched a baby's cheek and wished you still had skin that firm and bouncy? What if you could redensify your

skin and bring it back to that firm, cushiony skin of a baby?

Collagen Injection

Botox

Injection

Taking it beyond a topical alternative to injections, NIGHT contains a breakthrough biolifting technology which delivers never before seen results on skin with signs of sagging or facial squaring.

This powerful facial lifting technology acts like a mini facelift by restructuring the skin's bio-matrix, literally knitting it back together, redensifiying to create a firm and elastic support network.

In fact, it's so powerful it's clinically proven to bring even 65 year old skin right back to the strong, firm level of a baby's skin matrix in just 84 days! You'll be pinching your own firm baby cheeks before you know it.

The significance of this cannot be underestimated. You'll see results on sagging eyes and cheeks, marionette lines and jowls, facial squaring and even turkey neck (or tech neck as it's now being called).

But you don't need to wait 84 days to see results. This powerful technology was proven to give 75% firmer looking skin in just 15 days and increase elasticity in the skin by 177% in the same short 2 week period.

#### Wake up to younger looking skin in 2 short weeks

Apart from the obvious benefits of dealing with your worst wrinkles with no needles. NIGHT also has the benefit of whole face rejuvenation and powerful facial lifting and contouring. Each morning, you will awake looking and feeling younger than the day before. And instead of fading as the weeks go on, your results will just get better. In two short weeks wrinkles will appear dramatically smoother and skin will appear firmer and more elastic. Just 2 weeks after that you will see up to 96% reduction in wrinkle appearance as skin becomes even stronger, firmer and more elastic whilst you progressively see skin improve to the strength and level of a baby's in 84 days.

Now that's something to wake up to!





















Olympian Grant Hackett's family open up about the demons behind their famous son's torment

wimming champion Grant Hackett was reeling from a series of personal crises including the breakdown of his most recent love affair, but it was the heartache of being separated from his children that sent him out of control last week.

Grant, 36, returned to his home on the Gold Coast after failing to see the twins, downcast, angry and disappointed, and turned to the bottle for solace - which ultimately saw him taken out of his parents' house in handcuffs last Wednesday.

He was arrested around midday after reports he'd flown into a violent rage and was seen stabbing a knife into a chopping block in the kitchen of his "terrified" parents, Nev and Margie, who felt they had no option but to call the police.

A devastated Nev, who rarely

speaks to the media, later revealed Grant "had a mental breakdown" after drinking heavily, while Grant's older brother Craig went even further, admitting the family now feel that Grant is "dangerous".

"We've reached the end of the road. He's there in person but he's not there in mind, soul or spirit, and it's to the point now where, at times, he's dangerous," Craig warns.

"He's a danger to himself, he's a danger to the community, and poor Mum and Dad have tried to look after him so much. I'm concerned for his welfare.

"We'll do anything to help him. Anything at all – but it's hard for people with this sort of problem."

Grant had spent the previous



. last week.





They're Hollywood's hottest new couple
– but Julia clearly doesn't approve

sk any of Brad Pitt's friends what they think of his relationship with actress Kate Hudson and they'll tell you they couldn't be more thrilled for him.

After Brad's bitter split from his wife Angelina Jolie in September last year, the handsome actor has found happiness and the desire to move on thanks to his stunning new girlfriend. And his mates are delighted to see him in the arms of a woman who adores him and showers him with support.

But there's one person – a Hollywood heavyweight and one of Brad's oldest confidants – who is far from impressed.

Oscar winner Julia Roberts is said to be seething that 37-year-old Kate has won Brad's heart so quickly. The *Pretty Woman* star, 49, has been extremely close to Brad for years, but insiders say she's always hoped the pair might one day be more than friends.

It comes as Julia's marriage to her cameraman husband Danny Moder, 48, is thought to be at breaking point, with *Woman's Day* revealing just last month that Julia has been consulting divorce lawyers.

"Julia is furious Kate has just waltzed in and snatched up Brad in a matter of months," an insider tells us exclusively. "She doesn't think Kate is good enough for Brad – and there's a part of her that wants him for herself."

Indeed, it was Julia who rushed to 53-year-old Brad's side when Ange, 41, blindsided him with the divorce and ignited a bitter custody battle for the couple's six children – Maddox, 15, Pax, 13, Zahara, 12, Shiloh, 10, and eight-year-old twins Vivienne and Knox. "Brad poured out his heart to Julia," our source says. "He knew she'd be there for him and, as predicted, she dropped everything to be by his side."

After nearly two months in hiding following his divorce announcement, Brad needed support when he stepped out for the first time last November – and it was loyal, loving Julia who was there to help him through the tough times.

There were rumours the pair may have taken their friendship to the next level, but they were quickly put to bed when Brad's steamy relationship with Kate – who has sons Ryder, 13, and five-year-old Bingham – was revealed soon afterwards.

Much to Julia's dismay,
Brad's newfound romance
wasn't just a meaningless
fling, and insiders say it's
now full steam ahead for
the leading man and carefree
Kate. In January, friends let slip
Brad was preparing

to move into Kate's LA mansion after meeting her 71-year-old actress mum Goldie Hawn.

"They both share the same low-key vibe," a source says of the happy couple. "Brad looks better than he has done in years and it's all thanks to Kate."

But Julia still holds out hope Brad might change his mind.

"Julia has always adored Brad and sees him as someone who could take Danny's place, if they do end up splitting," another friend says, adding the actress now believes her 14-year marriage is past repair.

movie The Mexic

about Kate saying how she likes to flirt with one man after the next," the source claims.

"Even if she can't have Brad for herself, Julia would hate to see him get hurt, and she fears he's making the wrong choice by moving on so quickly."

Woman's Day 17



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Australian meat, fresh vegetables, natural casings and absolutely no artificial flavours or colours. We create beautiful food to nourish your beautiful body.









trends again! This time over money, and the Queen approves

hey don't call him the "wild" prince for nothing! After shaking things up in the royal family by professing his love for divorced US actress Meghan Markle, Prince Harry is once more breaking with tradition as the couple prepare to say "I do" later this year.

After Woman's Day reported last week that Harry and Meghan have locked in September 22 for their big day, palace insiders have revealed the pair's lawyers are busily drawing up a prenuptial agreement to protect their assets, and to ensure they each retain financial independence.

The move has caused a stir among senior royals as both

refused to sign similar paperwork ahead of their own weddings. But it seems the 32-year-old prince is determined to call the shots when it comes to his relationship.

Harry is worth an astounding \$52 million, while Meghan, despite being a star in her own right, is worth just \$7 million. Still, she's adamant she'll be a modern princess and thinks it's only sensible to be prepared should things not work out.

"Meghan's team were the ones who initiated the prenup to ensure both their assets are financially protected, and to avoid what could be a nightmare if they break up down the line," a royal insider says. "She thinks it's very important they retain financial independence.

"Having this agreement drawnup is a commitment in itself,

legal fees. It's a sure sign Harry is serious about announcing the wedding soon, and the prenup is due to be signed and sealed in the next week or two."

While some senior royals are up in arms, Harry's granny Queen Elizabeth, who has met 35-yearold Meghan, is believed be

"While it's not royal protocol and is very much a break from tradition, the Queen understands Meghan - with a successful career and her own profile carved out - is a modern woman with modern ways."



your career! In what appears to be a pointed message to Meghan, Cressida Bonas has claimed she struggled to land acting roles because of her time as

Harry's girlfriend. "Everyone has put me in a box because I was with you-know-who." She'll finally make her film debut in Tulip Fever later in 2017, with Judi Dench.

Woman's Day 19



## as PREGNANT!



by the film icon's close friend Frieda Hull.

She was one of the "Monroe Six", a group of fans who developed a friendship with the star as they followed her around the country, photographing her.

Before Frieda died in 2014, she told
Tony – her next-door neighbour – many anecdotes about
Marilyn, including the bombshell secret that the legend had been carrying Yves' baby.

While the affair between Marilyn and Yves, who died in 1991, has been noted before, this is the first time a pregnancy has been mentioned.

The famous pair met while costarring in the 1960 film *Let's Make Love*. During the shoot, Marilyn and Arthur stayed in a luxury

'The father
of the unborn
child was Yves
Montand'
in B
while Y
wife, ac
Signore

Tony bought the

neighbour Frieda,

who told him the

star's secret

slides taken by his

bungalow in Beverly Hills, while Yves and his wife, actress Simone Signoret, next door. "Frieda told me

the father of her unborn child was Yves Montand," Tony recalls. "She told me Arthur got called away and Yves' wife got called away, and they stayed together in a Beverly Hills Hotel bungalow and they had an affair."

After filming wrapped, Marilyn began shooting *The Misfits*, the film Arthur wrote for her. It was during this period that she was hospitalised for 10 days, for acute exhaustion.

"Frieda believed it wasn't exhaustion that landed her in hospital – she said it was a nervous breakdown and she lost her baby," says Tony.

"And all she told me was that Marilyn has lost the baby. It was never made clear whether that was by way of a miscarriage or even an abortion, and I never thought to press her on it."

Marilyn's battles with fertility are well documented. It's believed the beautiful screen legend, who suffered from endometriosis, had three miscarriages prior to this pregnancy.

The news of a secret baby is tantalising for Marilyn historians. But with both Marilyn and Frieda dead, there's no way to know for sure whether Tony's claims are in fact correct.





A life of pure luxury awaits the A-list couple's twins

nce upon a time in the British countryside, a little prince and princess were born into a fairytale life of luxury. They played with designer toys, slept in hand-crafted cribs and bore the surname Clooney... and everyone lived happily ever after.

They mightn't be real royalty, but George and Amal Clooney's unborn twins will be the closest thing Hollywood has to a prince and princess. And you can bet they'll live a lavish life beyond the imagination – and financial reach – of just about any other children on the planet.

Woman's Day can reveal highprofile human rights lawyer Amal, 39, whose pregnancy was confirmed last week, has selected the Aston Martin of prams – the Silver Cross, a favourite with the royal family. The limited edition is so exclusive there are currently only 800 on the market, retailing at a measly \$3900 each.

She's also believed to be very keen on gold-and-silverpanelled cribs by AFK Cherubini, worth \$5700 each, and a lovely Gucci changing bag that costs more than \$1600.

Our source says Amal's other half, 55-year-old actor George, who is worth an estimated \$325 million, is completely in support of his wife's desire to ensure their kids enjoy the best of everything.

It's difficult to comprehend the incredible privilege bestowed upon the Clooney twins – last week confirmed to be a boy and a girl – before they even take their first breath. But as preparations for their nursery are apparently underway, it's safe to assume their not-so-little sanctuary will look like it's straight from the pages of a glossy magazine.

George and Amal's latest spending spree on behalf of their unborn bubs will push their annual living expenses beyond \$3.3 million. They'll be splashing more cash than usual on extra security (estimated at \$1.3 million), at least four nannies (\$453,000), and a specialty chef to source and prepare delicious baby-suitable meals (\$90,000).

George and Amal tied

the knot in

Venice in 2014.

We're told the couple want to be sure they can travel with ease – even with their newborns in tow – between their properties around the world, pushing up their private jet costs to about \$1.5 million. It's thought they'll be dividing their time between their \$64 million Italian villa in Lake Como, George's \$3.6 million LA property, and their mansion in the British countryside, which is thought to be worth \$16 million.

They might have all the finest things money can buy, but we're told the Clooneys also want to teach their kids about family traditions, and it's understood Amal will bathe the twins in an old ceramic bucket she was given by her great-grandmother.



The clothes

Dolce & Gabbana
floral leggings with
matching cardigan
and sandals, \$900.

Tuxedo-style
bodysuit with
bow tie, \$315.



The prams
Silver Cross prams,
\$3900 each.





Pictures: Getty Images, Rex Features, Splash.

## THE HOLIDAY SNOBS' HOLIDAY NIGHTMARE!





The smitten Today star can't wait to set up home with his new girlfriend

arl Stefanovic's new love, Jasmine Yarbrough, has jetted into Sydney and straight into his arms.

news the couple have been dating since December, friends say Karl, 42, and Jasmine, 33, couldn't wait any longer to be together.

when she'd planned to fly home for the wedding of Karl's brother Peter, Jasmine arrived in Sydney last week after the pair decided they needed to be side by side and out in public - now.

Our source says the pair have also pressed fast forward on their plans to introduce Jasmine to Karl's family and friends.

"Jasmine plans to meet Karl's family and get closer to them over the next month while she's in Australia," confides a family friend. "Families from both sides have been very supportive and accepting of the relationship.

"All her friends in LA are supportive of her and Karl," the friend adds. "They both deserve happiness - and that's exactly what they give each other."

Karl and Jasmine are so committed to each other, they're even looking for a place to rent together in Sydney.

make their own."

The smitten Today host is so serious about Jasmine that he's now ready to introduce her to his children, Jackson, 17, Ava, 11, and 10-yearold River.

It's a huge step, given his fairly recent split from their mum, Cassandra Thorburn, 45 - but Karl knows if anyone can win them over, it's Jasmine.

"Jasmine is a generous, fun-loving, down-to-earth Aussie girl. Karl knows his

'Jasmine plans to meet Karl's family while she in Australia

kids will love her if they're able to give her a chance," says our source.

"Her parents have the model marriage and that's very important for Jasmine. She'd never do anything to intentionally rock the boat.

"Jasmine is at the point in her life where she's looking for her 'happy ever after', and hopefully Karl's the answer."



#### Cass's heartbreak over Karl's confession...

Karl's so in love with Jasmine that he's even broken the news of his new relationship to estranged wife Cassandra. "That was a big step for Karl," our source confides. Adding to the blow, Cass is worried Karl
might want to sell the \$7 million Cremorne home
they bought shortly before splitting. "It's really
tough for Cass; she's worried about the future and what this new relationship might mean for her. She knows it's ridiculous to even think about it, but she an't help worrying she's going to be homeless!"



**CELEBRITY NEWS** 

## On the 20th anniversary of Michael Hutchence's death his brother tells...

## 'I KNOW HE WAS MURDERED!'

Rhett Hutchence wants the world to know what really happened to Michael

his year marks 20 years since the world lost INXS star Michael Hutchence. But instead of closure, the looming anniversary has just made his brother Rhett even more determined to finally get to the truth about his death.

Rhett has launched his own personal quest to find out how Michael really died, and what happened to the huge fortune that should have gone to his daughter Tiger Lily, 20, but seemingly disappeared without a trace.

"Only three things could have happened that day," Rhett posted on social media in January, tears flowing as he wrote, on what would have been Michael's 57th birthday.

"Michael may have committed suicide, Michael may have passed due to lack of oxygen due to sexual misadventure, or adventure, or Michael was killed.

"In the last 19 years, looking, searching, meeting, talking to people, I have found all

Michael & Rhett were very close

three things could be plausible, but still don't have a solid answer, if you asked me."

A maid found Michael's body at 11.50am on Saturday, November 22, 1997, at the Ritz-Carlton Hotel in Sydney's Double Bay, when she forced the door to his room open and the belt he hanged himself with snapped.

Michael's partner Paula Yates vehemently rejected suicide, insisting he died of sexual misadventure after revealing they often The Coroner played sex games. Paula herself died of a heroin overdose in 2000.

Only two people have spoken publicly about what happened in the hours before his death, Coroner Derrick Hand, and Michael's former girlfriend, actress Kym Wilson, who along with her boyfriend Andrew Rayment, was with Michael in his room before his death.

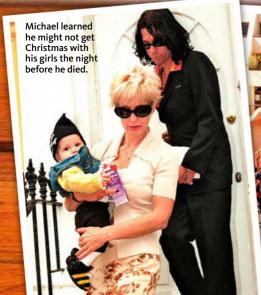
"So who would I like to speak to?" asks Rhett. "People who were there that night, people who were around him... associates, and of course, INXS, his other brothers, who for whatever reason, have kept their distance from me.

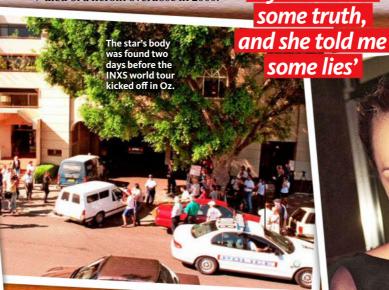
"I saw Kym the night after Michael passed, she told me some truth, and she told me some lies. I understood her lies at first, she needed them, to distance herself from the truth, but I'm sorry, I would have thought after 20 years she may now be willing to sit down with me... but she does not want to talk to me."

Kym, who quit acting after Michael's death, says she is still haunted by it, claiming it was "too painful" to talk to Rhett. He still hopes Andrew Rayment, now a Sydney lawyer, will speak to him to shed some light on what happened. There is no suggestion either was ever suspected of foul play.

The Coroner found the cause of death

was "hanging" and blamed a cocktail













imitating art, as the pair play lovers on screen.



the pair looked to be working through their problems.

Last week, a source told Woman's Day the actress isn't afraid to be single once more if Justin fails to live up to her standards. "She's furious with Justin and wants him to know she won't be messed around anymore not by him or anyone," revealed the close friend.





Last week, Justin posted a

rare selfie of the couple to

celebrate Jen's 48th birthday,

indicating he's determined to

get their marriage on track.

Justin even flew Jen

celebratory trip, and he

invited her best friend

Courteney Cox and her fiance Johnny McDaid along.

to Cabo, Mexico, for a

Matty J The new Bachelor?

f the rumours are true, it's certainly not a case of once bitten, twice shy for Matty J. Despite having his heart broken by Georgia Love on The Bachelorette last year, the Sydney-based marketing manager is reportedly gearing up to give love another shot as this year's Bachelor.

Speculation that the handsome 29-year-old is this year's 'It' guy went into overdrive last week, when it was revealed he's due to take a three-month hiatus from work. While Ten haven't denied the rumours, they're yet to make an official announcement about this year's show, which is said to be kicking off filming in a matter of weeks.

#### Sasha's secret message to Sam

Sam Frost looks to have moved on with rumoured boyfriend Dave Bashford, but her ex Sasha Mielczarek, 32, may be struggling to let go. In what appeared to be a tribute to Sam, 27, he shared a photo of himself on Valentine's Day with a cartoon of a lady in a bright-green outfit, similar to one worn by his ex. Sasha captioned the image, "happyvalentinebabe".





is marriage is reportedly in turmoil amid reports Victoria is ready to pull the plug and fight for custody of their four kids. But disgraced former footballer David Beckham has launched a public campaign to win back his wife's trust, after leaked emails suggested his charity work is all for show, and just days after he was spotted on a booze-fest with model Poppy Delevingne.

David has posted a series of photos on Instagram in a bid to prove to Victoria he's a devoted family man. Last week, he posed with Brooklyn, 17, Romeo, 14, Cruz, 12, and Harper, five, at New York's Natural History Museum and in the front row at Victoria's fashion show. He also posted a Valentine's Day message to his wife and sent her flowers ahead of New York Fashion Week, promoting his generosity.



Vic's ready to call it quits, and she'd also fight for custody of the kids.



her... again!

f Mischa Barton thought 2017 couldn't

f Mischa Barton thought 2017 couldn't get any worse, she was wrong. Just weeks after she was hospitalised following a bizarre meltdown, the former O.C. star was involved in a minor car accident, crashing a truck into an apartment building last week.

Mischa, who was thankfully unharmed, reportedly hit the roof of a carport after misjudging the truck's height. In a leaked video, the 31-year-old was heard pleading with authorities shortly after the incident. "What are we going to do about this?" she said. "Everything I own is in this U-Haul."

Last month, Mischa spent a night in hospital after being found screaming about the end of the world and calling her mother a witch while clinging to the back fence of her West Hollywood home. Days later she claimed she'd ingested the drug GHB, also known as the date rape drug. The actress was then spotted leaving a supermarket with bottles of wine later that week.



#### Kyle Sandilands vs David Campbell

#### **IHATE HIS GUTS!**



oud-mouthed radio host Kyle Sandilands has blasted *Today Extra* presenter David Campbell, calling him a "big mouth" and "a piece of sh\*t". Kyle's shocking rant came after his sidekick Jackie O revealed that David's co-host Sonia Kruger would be joining them on the show. "I refuse to go on that show [*Today Extra*] while he works there, because I hate the guy's guts," he scorned. Sources say the 45-year-old's resentment dates back to 2011, when David publicly slammed the controversial shock jock after he called a female journalist a "fat slag".

tures: BackGrid Australia, Getty Images, Instagram, Media Mode, Picture Media, Rex Features, Splash.

Adele's big news
Our secret wedding

he took home five gongs at the Grammys last week, but Adele had another reason to celebrate. Accepting her award for Album of the Year, she delighted fans when she let slip a rather big secret – she's married!

"My husband, my son, you're the only reason I do it," Adele, 28, said in a teary speech, which seemingly confirmed speculation she has tied the knot with Simon Konecki, 42.

Rumours swirled last year that the 15-time Grammy winner was set to wed Simon over Christmas,



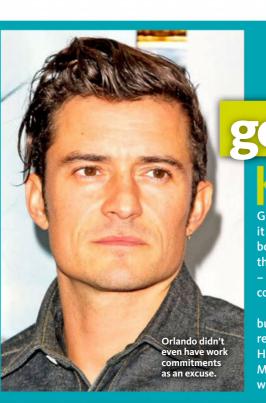
and Adele added fuel to the fire when she was spotted wearing what looked like a gold wedding band in late December. Some wondered if she was celebrating more than the arrival of a new year, when she was spotted buying champagne-shaped balloons and party supplies ahead of a New Year's Eve bash at her home in LA.

It's believed the couple chose to marry during the school holidays so their four-year-old son Angelo, and Simon's nine-year-old daughter from his previous marriage, could be there to share the occasion.

"They're a private couple and only want their nearest and dearest there," a friend said last November, when asked about the couple's planned nuptials. "The plan is to marry in LA, but they want to keep the details under wraps."

Simon is the founder and CEO of Drop4Drop, a non-profit organisation that helps supply clean water to communities in developing countries. He and Adele were first seen together in January 2012, and it's believed they bonded over their shared desire to make a difference in the world through charity work.





Is Orlando getting cold feet?

aty Perry's new hairdo garnered plenty of attention at the Grammys last week, but it was the absence of her boyfriend Orlando Bloom that had everyone talking – and the pop star refused to comment on his whereabouts.

Turns out Orlando wasn't busy – he was photographed relaxing alone at Soho House, an exclusive club in Malibu. It's left many wondering if Katy's need for commitment has derailed their romance. She's made no secret of her desire to settle down, while Orlando, who has six-year-old son Flynn with his ex-wife Miranda Kerr, seems less interested.

"He claims he's not ready to get married and have babies," says a source.

Just last month, Orlando and Katy, 32, appeared the picture of devotion when she threw a star-studded surprise party for his 40th.





#### It was a case of destiny for Australia's no.1 weatherman discovers BELINDA WANIS

t was written in the stars that Tim Bailey would end up on our screens. "I come from two generations of journalists," tells the quirky Ten weatherman, known for his gift of the gab.

"My dad is a political cartoonist, all my uncles were sub-editors, sports editors and news editors. My brother is Boo Bailey, the sports cartoonist on The Daily Telegraph.

"Mum still has a newspaper I wrote when I was seven. My brother, who was five at the time, illustrated it and we sold it around the neighbourhood - so we were never going to do anything else."

Welcoming Woman's Day into his Sydney garden as he celebrates 25 years at Ten, the 54-year-old TV star says he's never applied for a job but fallen from one to the next.

"With the weather, I had just come back from the Commonwealth Games in Canada [1994], where I was a reporter, and thought, 'What am I going to do next?'

"I was watching Brian Bury do the weather on the news and thought, 'That's what I want to do.' Two weeks later, I got a phonecall saying, 'Would you consider presenting the weather on Ten news?""

It seems Tim was destined to end up with his wife Sam, too!

"She went to a clairvoyant years before she even met me and was told, 'You're going to meet somebody that everywhere you go people will know him," Tim reveals. "And her girlfriends joked, 'Oh, you're going to marry Tim Bailey!"

The pair worked alongside each other at Thredbo ski resort, where Tim was doing the snow reports and Sam was working

before they realised they had "enormous chemistry".

Now, the couple have been married almost nine years and are parents to two adorable fur babies, Surfie and Motu. "I'm 14 years older than Sam, but you don't realise how happy life can be until you get the right person in it - I was very, very lucky.

"Wherever we go, there are always people coming up to me nonstop every day, and she has this wonderful tolerance and warmth to understand that it comes with the territory."

While he has had a dream career travelling, doing what he loves and interviewing top stars such as Leslie Nielsen (who shot him between the eyes with

(who couldn't understand his accent) and basketball legend Shaquille O'Neal (who pushed him over on court), it's not always plain sailing for Tim.

"I remember one time I was reporting for Good Morning Australia on the Gold Coast.

#### 'I have such a wonderful, unique job in television'

I was exhausted and under the weather and had to bungee jump at 4am. I was feeling so sick and I was scared - I don't like heights - and as I went down I yelled, 'Any jobs on the bloody Today Show? I'm quitting!" he recalls.

"Then another time, I was broadcasting live from the top of Mount Panorama at the Bathurst 1000, but everyone in front of me was laughing. At the end of the report, I turn around and there's three guys in the nude behind me!"

Despite the occasional tough ride, though, Tim knows he has one of the best gigs there is.

"I have such a wonderful, unique job in television. I have

it's bringing in the community, so there's no downside to it. I'm enjoying my job now as much as single the when I first got it – I really dig it."



1. "My grandmother is 105 years old. She's still living on her own and cooking for herself - she's amazing.'

- 2. "I do 500 sit-ups every weekday, and I surf and swim."
- 3. "I love horse racing and own a thoroughbred."
- 4. "We live in the Cook Islands for two months a year."
- 5. "I collect board shorts I have about 40 pairs."





# UR SIZE! piring weightloss ave lost 5386!!!

Woman's Day would ible slimmers!

It was in year 10 that Georgie decided to write to a naturopath, who over the next five months helped her change her eating habits, putting an end to her "no limits" food spree and helping her understand how to make better food choices.

Georgie swapped her daily diet of up to four litres of Coke, three kilos of pasta and a family-size chocolate block for Thai beef salads and vegan chickpea curries.

She also started going to the gym, and now exercises four times per week.

She now weighs 69kg, and loves it when she walks past her old school friends, who often don't recognise her.

"The old food now makes me feel sad," says Georgie, who smiles when customers tell her she's "too skinny" to work in the plus-size clothing shop where she's employed.

> "I've done the right thing and I'm proud of my achievements!"

> > Bad habits: "I'd grab food like someone would grab a cigarette"

'I couldn't have lost 100kg without Mum!

y the time he was in his late teens, Ryan Mackay weighed a staggering 214kg. "I just loved food," says Ryan. "I used to eat way too much junk. I loved pasta, rice, bread – and always had huge portions, like three sandwiches before dinner.

"Mum used to say 'Ryan, you have to stop, you shouldn't be eating that.' She warned me," says the teacher's aide from Wattle Grove, NSW. "But I always thought I'd worry about it one day later."

Ryan's mum Roslyn admits she was terrified by her son's weight gain. "Sometimes of a night when he'd go to bed, I used to listen to hear him snoring because I'd be scared he'd stop breathing," she says.

Roslyn suggested gastric-sleeve surgery to reduce the size of his stomach, but Ryan, now 21, was determined to lose the weight on his own.

Then in 2014 a friend asked Ryan to join the gym with him. At the same time, Roslyn ordered Lite n' Easy for the family in an attempt to teach her son about portion sizes. That's when his life changed.

"I'd been going to the gym for a while, but once I started learning about portion sizes I was losing 3-4kg a week. It's all about self-control – you don't want to throw away your hard work at the gym."

Roslyn was by her son's side every step of the way. "There were a few times where I'd ask her to show me the better option to eat, and her encouragement just helped day in and day out," says Ryan.

He now weighs 113kg and has stuck to small portions

'I always had huge

portions – like

three sandwiches

before dinner'

of protein and vegetables for his meals. He also goes to the gym five days a week.

After losing more than 100kg, Ryan is now able to enjoy sport. "I always played sport but it's way easier. I can even go for a run after a game of cricket," he says with a smile.

Roslyn says seeing her boy so happy is the best feeling ever. "I'm so proud I could shout off the highest mountain, not only for him to lose weight, but for staying true to himself along the way."





s she wriggles her toes in the white sands of WA's Cottesloe beach, a smile spreads across Katy Parker's face. This is the first time she's been beachside since 1999, and after shedding 62kg, she's finally got the courage to don a bathing suit.

"I've got collarbones now!" says Katy, 28, excitedly. Katy's problems began when she got her first car, which meant a cheap burger was never far away.

The young nurse's dress size quickly doubled from a 12 to a 24, and patients began to ask if she

After spending all day on her feet, she'd return home with swollen legs and feet, and back pain.

Recognising her daughter's discomfort, her mum suggested a gastric sleeve. After going ahead with the surgery, Katy quickly began dropping weight.

She began exercising at home four times a week, walking on her treadmill and doing workout DVDs. She now eats five meals a day - each one a small serve of veg and protein – but still indulges in sweets occasionally. To ensure her weight never

gets out of hand, she steps on the scales each Monday.

"My life is completely different," she says. For the first time in years, Katy is bending, squatting, patting dogs, and even cleaning cars.

"I've almost ticked everything off my bucket list," she adds with a laugh.

'I belly danced my way to a fabulous body!"

ard to believe that not so long ago Cece especially as she takes to the stage as a belly dancer. But the Queenslander's hobby has changed her life and her body for good.

Cecelia's weight struggles began when she was at school. "I was trapped in a vicious cycle. I was bullied

feel better," the 28-year-old explains.

After leaving school, she stopped exercising and began drinking Baileys Irish Cream and milk almost daily. "I'd eat pasta, and lots of it. I really loved sugary stuff too – lollies, chocolate, and ice-cream."

revamped her diet to rely on salads, raw vegetables and lightly steamed foods, and began belly dancing.
Cecelia believes dancing is the secret to her 34kg weight loss and rock-hard abs. "It's good for your core

I didn't know I had! You work up a sweat and it can be a fully-body cardio workout."

'I've found muscles in my body I didn't know I had!'



36 Woman's Day





nna Van Dyken was always a big girl. At 13 she was buying clothes in a women's size 14, and by the time she'd reached her forties she was so overweight she couldn't walk to her letterbox.

But after shedding 75kg, the Perth mum is enjoying all new experiences. For the first time ever her son Ethan can fit his arms around her for a hug, and Anna has been able to purchase clothing from her favourite boutique – a shop she could only admire in Words: 8kg when I walked into WeightWatchers - now I'm 73kg. It's so surreal being a normal size and I absolutely love not standing out any more," Anna, 46, says.

She became "accidentally motivated" to lose weight four years ago. Her husband Rod, who weighed 128kg, had been diagnosed with diabetes, and her then 10-year-old son Ethan weighed 79kg and wasn't able to keep up with his peers.

"Ethan came last in a cross

was excruciating to watch," recalls Anna, whose heartbreak at seeing her son struggle inspired her to provide healthier meals for her family.

She stopped buying junk food and downsized all of the family's main course plates to ones that were little bigger than side plates. In addition, she swapped

### 'It's so surreal being a normal size. I love not standing out'

sweetened drinks for water, and takeaways for fresh fruit and vegies. The whole family benefitted - Ethan lost 9kg, Rod dropped 38kg, and Anna halved her size.

They incorporated exercise into their routine too, and Anna runs 10km several times a week. "My days of buying two economy airline seats are behind me," she laughs.









# cer awareness month ur was so big, people as pregnant

drinking," says Kasie, who says she looked six months pregnant by the end of the holiday.

When she got home Kasie had another ultrasound, which showed the mass had doubled to the size of a football. She booked in for surgery that night, but before she could get there, her health took a serious turn.

"After Aaron left for work in the morning, I collapsed. I was vomiting and in and out of consciousness," says Kasie, who described the pain in her belly as "worse than childbirth".

She was rushed straight to hospital in an ambulance, where doctors confirmed her ovary had ruptured.

When Kasie was taken into surgery, she still didn't know if the mass was cancerous. Hours later, she awoke with her mum Lynette by her side.

"Aaron wasn't there so I knew it wasn't good. He was too upset," recalls Kasie. "The specialist told me it was cancer – they'd given me a hysterectomy. I wasn't shocked, I'd had that feeling all along."

Kasie was told she had Stage 1C mucinous ovarian cancer – a rare form of the disease. She joins the 1550 Australian women who are diagnosed with ovarian cancer each year. Genetics and family

history account for up to 20 per cent of cases, but Kasie has no idea why she developed it.

She was told she'd require six months of chemotherapy. Before her first session, she called her boys into her room for a hug.

"I saw Jesse's worried face and said, 'Now, mate, everything is going to be fine, but the lump the doctors cut out of me was cancer.'

"He went white and Jaxon looked unsure. Seeing that look on their faces is an image I'll never be able to get out of my head. My heart broke," she says.

As chemotherapy progressed, Kasie's long blonde hair began falling out. So a friend with a hairdressing salon suggested the boys could cut their mum's hair.

"They gave me a mohawk at first," she says with a laugh.

"I lost my eyebrows and eyelashes and got a lot of pity looks at the supermarket – so I tried not to go out too much."

The chemotherapy took its toll: aching muscles and bones, nausea and fatigue. When Jaxon had his seventh birthday at a play centre, Kasie had to stay home.

But by late September 2016, Kasie was celebrating the end of her treatment – and there was no sign of the cancer.

"I had a little cry in my car after hearing that," she admits.

Thankfully, cancer seems like a distant memory to Kasie now. She feels great and doesn't dwell on the disease that almost stole her life.

"I feel very, very lucky," she says. "If it'd been left any longer, it could have been too late."

Wear a teal ribbon this month to support Ovarian Cancer Australia, and on Teal Ribbon Day on February 22. To buy a ribbon or make a donation, visit ovariancancer.net.au.



## What you need to know

ONE AUSSIE
WOMAN DIES
FROM OVARIAN
CANCER EVERY
SEVEN HOURS
- THAT'S 1200
WOMEN A YEAR.

OF WOMEN DIAGNOSED WITH OVARIAN CANCER SURVIVE LONGER THAN

**FIVE YEARS.** 

## EARLY DETECTION CAN SAVE YOUR LIFE!

If diagnosed early,

women have an

SOO

chance of surviving past
the five-year mark.

Learn to recognise the symptoms, which include abdominal or pelvic pain, increased abdominal size or persistent bloating, needing to urinate frequently, or feeling full after eating a small amount. If you have one or more of these symptoms over a fourweek period, consult your GP.

# Take it outsid

Entertain alfresco while the weather's still hot with these delicious dishes from new cookbook *Outdoor Kitchen* 



# BACON, EGG & PUMPKIN FEAST BRUSCHETTA

SERVES 6 PREP + COOK 45 MINUTES

- ♦ 300g Jap pumpkin, cut into 1cm slices
- ♦ 275g cherry truss tomatoes
- ♦ 6 slices short-cut rindless bacon
- ♦ 2 tbsp olive oil
- ♦ 2 tbsp white vinegar
- 6 eggs
- ♦ 150g baby spinach leaves
- ♦ 1 long Afghan flatbread

### **SPINACH SALSA VERDE**

- ◆ 1 cup firmly packed basil leaves
- ♦ ⅓ cup olive oil
- ♦ 3og baby spinach leaves
- 1 garlic clove, crushed
- ♦ 2 anchovy fillets, chopped finely
- 1 tsp baby capers
- 1 tbsp lemon juice
- 1 Preheat oven to hot, 200°C. Oil and line two large oven trays with baking paper. Place pumpkin and tomatoes on one tray and bacon on the other. Drizzle trays with half oil. Season pumpkin with salt and pepper. Season bacon with pepper. Roast 20 minutes, swapping trays halfway through, until pumpkin is tender, tomatoes softened slightly and bacon golden. Cover to keep warm.
- 2 Meanwhile, half-fill a large saucepan with water. Add vinegar and bring to the boil. Break 1 egg into a cup. Using a spoon, make a whirlpool in water and slide egg into whirlpool. Repeat with another 2 eggs. Cover pan, remove from heat. Set aside 3 minutes until yolks are runny and covered in set egg white or cooked as desired. Using a slotted spoon, carefully remove eggs from pan. Drain on paper towel. Repeat with remaining eggs. Cover to keep warm.
- **3** Boil, steam or microwave spinach until wilted. Squeeze out excess moisture.
- 4 Preheat grill on high. Place bread on a large oven tray and brush with remaining oil. Place bread under grill 1 minute until top is lightly golden. Transfer to a serving board.
- **5 SPINACH SALSA VERDE** Blend basil, half oil, spinach, garlic, anchovy and capers until combined. Add remaining oil in a steady stream. Stir in juice and season. Makes about ½ cup.
- **6** Top bread with bacon, pumpkin, eggs, spinach and tomatoes. Drizzle with salsa verde. Season with freshly ground black pepper.







# MIXED ZUCCHINI SALAD

SERVES 4 (AS A SIDE)
PREP + COOK 30 MINUTES

- → 345g sourdough, torn into chunks
- → ⅓ cup extra-virgin olive oil
- ♦ 1½ tsp freshly ground black pepper
- ♦ 2 large green zucchini
- ♦ 3 medium yellow zucchini
- 7 zucchini flowers with stems attached
- ◆ 110g tub buffalo mozzarella, torn
- → ½ cup loosely packed small mint leaves

### CHILLI LEMON THYME DRESSING

- ♦ ¼ cup extra-virgin olive oil
- → ¼ cup lemon juice
- 3 tsp lemon thyme tips, chopped coarsely
- 2 small red Thai (serrano) chillies, seeded, chopped finely
- 1 Preheat oven to hot, 200°C. Grease and line a large oven tray with baking paper.
- 2 Toss bread, oil and pepper on tray until coated. Season. Roast 15 minutes, turning halfway through cooking, until golden.

# **3 CHILLI LEMON THYME DRESSING** Place ingredients in a screw-top jar. Shake well.

in a screw-top jar. Shake well. Season to taste. 4 Using a vegetable peeler, peel green zucchini and one

peel green zucchini and one yellow zucchini into long thin ribbons. Cut remaining yellow zucchini crossways into rounds. Separate flowers from zucchini stems. Using a vegetable peeler, peel stems into thin ribbons.

**5** Combine bread, zucchini, zucchini flower petals, mozzarella and mint on a large platter. Drizzle with dressing.





Australia's most innovative new products have been revealed in the annual consumer -voted Product of the Year Awards 2017! The 45 winners represent the most exciting new products on the Australian market today. Product of the Year are celebrating by rewarding 50 readers with the opportunity to win a Product of the Year hamper!

### **HOW TO ENTER:**

To win one of 50 prize packs, simply head to nowtolove.com.au/poty and tell us in 25 words or less what is your favourite product from the Product of the Year winners, and why? And submit your entry as instructed.

Terms and Conditions: Competition closes 11.59pm AEDT on Sunday March 26, 2017. Open to Australian residents only, aged 18 years and over. One entry permitted per person. For full terms and conditions please visit nowtolove.com.au/POTY. See bauer-media.com.au for location of Bauer Media's Privacy Notice. The promoter is Bauer Media Limited (ABN 18 053 273 546).

OTHER 2017 PRODUCT OF THE YEAR WINNERS: ALDI SPECIALLY SELECTED BRIOCHE BURGER BUNS - ALDI EXPRESSI COFFEE CAPSULE MACHINE - PM FRESH ASIAN CRUNCHY SALAD - COCOON CREATE 3D PRINTER & PEN - ALDI DELI ORIGINALS FETA DIPS - ALDI SPECIALLY SELECTED SMOKED RAINBOW TROUT FILLETS IN OIL - ALDI POWER FORCE ANTI-BAC PLUS SURFACE SPRAY DISINFECTANT - ALDI BROOKLEA STAMPEDE CHOCOLATE DAIRY SNACK - COLES BRAND READY MEALS - COLES FRESH PASTA - COLES PASTA SAUCE FRESH - ALDI SPECIALLY SELECTED WOOD FIRED PIZZA - ALDI CONFIDENCE HYPOALLERGENIC 4PLY TOILET TISSUE - BIRCH & WAITE FREE RANGE RICH TARTARE SEAFOOD SAUCE - ALDI LACURA SKIN SCIENCE RENEW EXPERT FACE CREAM - ALDI LACURA SKIN SCIENCE INTENSIVE REVIVE SERUMS - DON PREMIUM BUTCHER'S STYLE BACON RANGE - D'ORSOGNA TRIPLE SMOKED HAM - COLES SOUPS VARIOUS CHILLED SOUP FLAVOURS - COLES UTIMATE CHOCOLATE CHIP COOKIE - SARA LEE INCREDIBLY CRUNCHY CHEESECAKES - ALDI DAIRY DREAM GREEK STYLE LIME YOGURT ON STRAWBERRY LAYER

# ALL SOOM SCC Time to expand your sponge repertoire – give Time to expand your sponge repertoire – give

### WHISKY CARAMEL SPONGE ROLL

SERVES 10 PREP 10 MINS COOK 15 MINS

Preheat oven to moderate, 180°C. Lightly grease and line a 25 x 30cm Swiss roll pan. In a large bowl, using an electric mixer, beat 3 eggs until frothy. Gradually add ½ cup caster sugar, beating until mixture is thick and pale and holds its shape (10 minutes). Combine 3/3 cup sifted self-raising flour and 1 tsp ground ginger and fold lightly into egg mixture, followed by 2 tbsp boiling water. Pour mixture evenly into pan. Bake 10-12 minutes until sponge springs back when touched lightly.

enough to fit sponge on a bench. Sprinkle with ¼ cup caster sugar. Turn cake onto paper, trim edges, brush with ¼ cup whisky and quickly roll up. Cool. CARAMEL CREAM FILLING Meanwhile, in a bowl, stir 250g mascarpone until smooth. Fold ½ cup caramel Top 'n' Fill through (don't over-stir). Unroll cake. Spread caramel cream mixture over the top and sprinkle with ½ cup chopped, roasted skinless hazelnuts. Re-roll. Serve dusted with icing sugar and sprinkled with extra chopped hazelnuts.

## GIANT JELLY CAKE SERVES 8-10 PREP 10 MINS COOK 35 MIN

Preheat oven to moderate, 180°C. Grease and line two 20cm round sandwich pans. In a bowl, using an electric mixer, beat 4 eggs until frothy. Gradually add ¾ cup caster sugar, beating until mixture is thick, pale and holds its shape (10 minutes). In a jug, combine 1/3 cup boiling water and 10g butter. In a bowl, sift 1 cup self-raising flour and 1 tbsp cornflour. Lightly fold flour mixture into egg mixture, followed by water mixture. Pour mixture evenly into pans. Bake 15-20 minutes, until sponge springs back when touched. Loosen edges with a butter knife. Turn out cakes onto wire rack. Cool completely. Wrap in plastic wrap. Freeze 1 hour until firm. JELLY **COATING** Meanwhile,

in a heatproof bowl, whisk 85g packet port wine jelly crystals into 1 cup boiling water until

dissolved.





SERVES **4** PREP **15 MINS** COOK **10 MINS** PER SERVE **2224kJ** COST PER SERVE **\$2.70** 

- ♦ 200g ciabatta, sliced, torn into bite-sized pieces
- ♦ 500g pork sausages, one end snipped
- ♦ 33og jar roasted capsicum, drained, roughly chopped
- ◆ 1 red onion, finely sliced
- 1 large cucumber, chopped
- 1 Preheat oven to moderate, 180°C. Line an oven tray with baking paper.
- **2** Spray bread with olive oil. Bake 5-10 minutes until golden and toasted. Set aside to cool.
- **3** Meanwhile, squeeze meat from sausage casings. Roll meat into balls. Arrange on tray.
- 4 Heat a frying pan on high. Spray with olive oil. Cook meatballs 10-12 minutes, turning, until golden all over and cooked through. Drain on paper towel.
- **5** In a large bowl, toss capsicum, onion, cucumber, croutons and meatballs together. Season.



# Ingredient dinners

Fast, fresh and delicious

– whip up one of our
no-fuss meals tonight!



# CAJUN CHICKEN WITH KUMARA MASH & BEANS

SERVES **4** PREP **10 MINS + MARINATING** COOK **15 MINS** PER SERVE **1736kj** COST PER SERVE **\$2.25** 

- 500g chicken thigh fillets, trimmed
- 2 tbsp Cajun seasoning
- ♦ 750g kumara, peeled, chopped
- ♦ 50g butter
- ♦ 200g green beans, steamed
- 1 In a large bowl, combine chicken and Cajun seasoning. Drizzle with a little olive oil and toss until well coated. Set aside.
- 2 In a large saucepan of boiling salted water, cook kumara 10-12 minutes, until very tender. Drain. Return to pan with butter. Mash until smooth. Season to taste. Keep warm.
- **3** Meanwhile, preheat a barbecue grill or chargrill pan on high. Spray with oil. Grill chicken 5-6 minutes each side, until cooked through and grill marks appear.
- **4** Slice chicken thickly and serve on a bed of kumara mash. Accompany with green beans.





# LAMB STEAK WITH BEETROOT & ASPARAGUS SALAD

SERVES 4 PREP 10 MINS + RESTING COOK 10 MINS PER SERVE 1066kj COST PER SERVE \$3.50

- ♦ 350g lamb leg steaks
- ♦ 250g packet baby beetroot or can, wedges
- ♦ 120g bag mixed salad leaves
- ♦ 1 bunch asparagus, trimmed, 4cm pieces, blanched
- ♦ 100g feta, crumbled
- 1 Heat a large oiled frying pan on high. Cook lamb 2-3 minutes each side, until cooked to taste. Set aside, loosely covered with foil, 5 minutes to rest.
- **2** Meanwhile, in a large bowl, toss remaining ingredients together. Season.
- **3** Thinly slice lamb steak. Serve on a bed of salad, drizzled with balsamic vinegar, if liked.

### **GARLIC CHILLI PRAWN PASTA**

SERVES 4 PREP 10 MINS COOK 15 MINS PER SERVE 1825kJ COST PER SERVE \$2.90

- ♦ 375g linguine
- ♦ 500g green prawns, peeled, deveined, tails intact
- ♦ 4 garlic cloves, crushed
- ◆ 1 long red chilli, finely chopped
- ♦ grated zest, juice 1 lemon
- 1 In a saucepan of boiling salted water, cook pasta following packet instructions. Drain, return to pan, keep warm.
- 2 In a large bowl, combine prawns, garlic and chilli. Season.
- 3 Heat a wok or large frying pan on high. Spray with oil. Stir-fry prawn mixture 3-4 minutes, until prawns change colour and are cooked through.
- 4 Add hot prawns to pasta in pan with lemon zest and juice, tossing on medium heat, 1-2 minutes to heat through. Season to taste.
- **5** Serve drizzled with extra-virgin olive oil. Sprinkle with chopped parsley, if liked. Accompany with crusty bread.





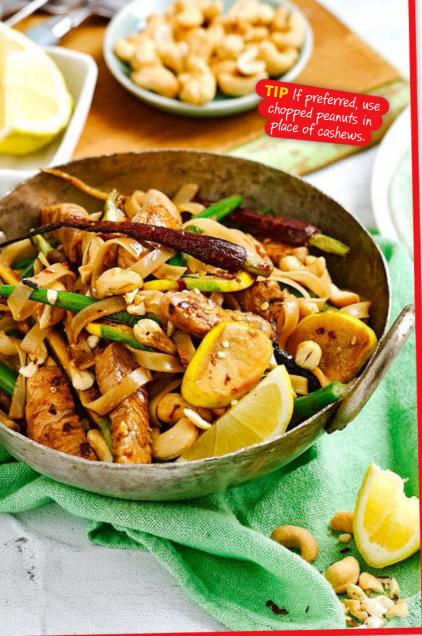
# PESTO-TOPPED SALMON WITH POTATO WEDGES

SERVES **4** PREP **15 MINS** COOK **5 MINS** PER SERVE **1955kJ** COST PER SERVE **\$3.95** 

- ♦ 500g potatoes, cut into wedges
- ♦ 1 bunch broccolini, halved
- ♦ 4 x 100g skinless, boneless, salmon fillets
- ♦ 150g tub basil pesto dip
- 250g punnet cherry truss tomatoes
- 1 Preheat oven to hot, 200°C. Line two oven trays with paper.
- 2 Arrange potatoes and broccolini on one tray, drizzle with olive oil. Season. Bake 20-25 minutes, until potatoes are golden and tender.
- 3 Spread salmon fillets with pesto. Place on second tray with tomatoes. Spray with olive oil. Bake with potatoes for final 10-12 minutes of roasting time, until salmon is cooked to taste.
- **4** Serve salmon with wedges, broccolini and tomatoes. Accompany with lemon wedges and a salad, if liked.



- chopped, leaves reserved
- ♦ 2 tbsp vegetable oil
- ◆ 3cm fresh ginger, peeled,
- ◆ 2 garlic cloves, crushed
- 1 fresh long red chilli
- ◆ 1 tsp finely grated lime zest
- ◆ 2 bunch asparagus, trimmed, 4cm lengths
- ♦ 1 tbsp fish sauce
- 1 tbsp lime juice
- steamed brown rice, lime wedges, to serve
- 1 Insert knife into squid tube and cut along seam. Open out, scraping off any intestinal tract and any excess membrane. Using a long
- intervals and crossways in opposite direction to create a fine diamond pattern. Slice into diagonal pieces.
- 2 In a large non-metallic bowl, combine squid, coriander stems and roots, half the oil, ginger, garlic, chilli and zest.
- 3 In a wok or large frying pan, heat remaining oil on high. Stir-fry
- 4 In same hot wok, stir-fry calamari in two batches, 1-2 minutes each, until curled and lightly golden.
- 5 Return all calamari to pan with asparagus, tomatoes and fish sauce. Stir-fry 30 seconds. Remove from heat. Toss lime juice and coriander leaves through. Serve with brown rice and lime wedges.



### **CHILLI TURKEY WITH CASHEWS**

SERVES 4 PREP 10 MINS COOK 15 MINS PER SERVE 2062kJ COST \$\$\$\$\$

- ♦ 375g dried rice stick noodles
- ♦ 2 tbsp vegetable oil
- 500g turkey breasts, cut into strips
- 🕈 1 tsp chilli flakes
- 1 bunch baby carrot, peeled, trimmed, halved lengthways
- ♦ 150g green beans, trimmed
- 150g yellow squash, thinly sliced
- 5cm fresh ginger, peeled, grated
- 2 garlic cloves, crushed
- ♦ ¼ cup soy sauce
- ♦ 2 tbsp chicken stock
- 2 tbsp lemon juice
- ½ cup roughly chopped roasted cashews
- ♦ lemon wedges, to serve

- 1 Prepare noodles following packet instructions. Drain.
- 2 In a wok or large frying pan, heat half oil on high. In a bowl, toss turkey and chilli together. Stir-fry in two batches, 2-3 minutes each, until browned and cooked through. Remove from wok.
- 3 In same wok, heat remaining oil on high. Stir-fry carrot 1-2 minutes. Add beans, squash, ginger and garlic, stir-frying 2 minutes more until tender-crisp.
- 4 Return turkey and noodles to wok with soy sauce and stock. Stir-fry 2 minutes to heat through. Toss through lemon juice to coat. Sprinkle with cashews and serve with lemon wedges.

# HONEY & TAMARIND SESAME PRAWNS

SERVES 4 PREP 15 MINS COOK 10 MINS PER SERVE 1524kJ COST \$\$\$\$\$

- 750g green king prawns, peeled, deveined, tails on
- 2 tbsp sesame seeds, plus extra to serve
- ♦ 2 tbsp vegetable oil
- 1 red capsicum, seeded, thinly sliced
- ♦ 1 onion, thin wedges
- 150g sugar snap peas, trimmed
- ◆ 1 bunch choy sum, stems, leaves chopped
- ♦ 3 garlic cloves, crushed
- 2 tbsp tamarind puree
- ◆ 2 tbsp honey
- ◆ 2 tbsp kecap manis

1 In a bowl, toss prawns with sesame seeds.

2 In a wok or large frying pan, heat half the oil on high. Stirfry prawns in two batches, 2-3 minutes each, until seeds are toasted and prawns have completely changed colour. Transfer to a plate. 3 In same wok, heat remaining oil on high. Stir-fry capsicum and onion 1-2 minutes until tendercrisp. Add peas, choy sum stems and garlic, stir frying 1 minute. Toss combined tamarind, honey and kecap manis through to coat well. 4 Return prawns to wok with choy sum leaves. Stir-fry 1 minute to heat through. Serve sprinkled with extra sesame seeds and accompany with rice.







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# # TRENDING BRIBAKRAST

Who said salad was only for lunch? Here are two ways to get your greens in first thing...

### PUMPKIN, GOAT'S CHEESE & AVOCADO SALAD (SERVES 2)

Preheat oven to hot, 200°C (180°C fan-forced). Melt 1 tbsp coconut oil in a roasting pan, then add ½ small pumpkin, peeled and cut into wedges, and roast 25-30 minutes until tender. Place roasted pumpkin, 40g crumbled goat's cheese and 1 sliced avocado on a pile of rocket. Add a boiled or poached egg. Scatter with flat-leaf parsley and chilli flakes to serve.



In a non-stick pan, saute 200g mushrooms in 1 tbsp coconut oil, 4-5 minutes. Grill 100g tempeh 2-3 minutes. Whisk together juice of ½ lemon, 1 tsp finely grated lemon zest, 3 tbsp hulled tahini, 1 tsp honey, pinch chilli flakes, ½ tsp ground cumin, ½ crushed garlic clove, 3 tbsp water. Season. Combine mushrooms, tempeh, 1 cup steamed quinoa and baby spinach leaves. Serve with lemony tahini dressing.





Words: Ashley Cameron. Pictures: Getty Images, iStoch

"I love cheese. String cheese, Cheddar, goat's, Parmesan, Gouda, feta, blue, double-triplecream, Brie. I love that cheese!"

# CUPCAKES 101

Always take your cupcakes out of the baking pan as soon as they're out of the oven.
Letting them sit causes moisture between the pan and the cupcake, causing the paper liner to pull away and become soggy.

For more tricks and tasty recipes head to  $\checkmark$  **FOOD** TO LOVE.COM.AU



Edited extract from Living the Healthy Life

(\$39.99, Macmillan

Australia)

by Jessica Se

Keep your olive oil off the kitchen bench! Direct sunlight and heat from your oven can cause it to go rancid. To keep it fresh longer, store the bottle in a dark place.

All the latest tips, tricks and trends for foodies



Antipasto scones



Rub 30g butter into 2 cups sifted self-raising flour. Mix in ½ cup each combined milk and water. Press out on baking paper to 20 x 30cm, 1cm high.



Top with ½ cup basil pesto, 50g sliced salami, ½ cup chargrilled capsicum strips and 100g crumbled feta. Use paper to lift dough and roll up. Use a floured knife to cut into 12 x 2cm slices.



Arrange, cut-side up, on tray, overlapping slightly. Brush with milk. Bake at 200°C, 30 minutes, until sounding hollow when tapped. Cool.

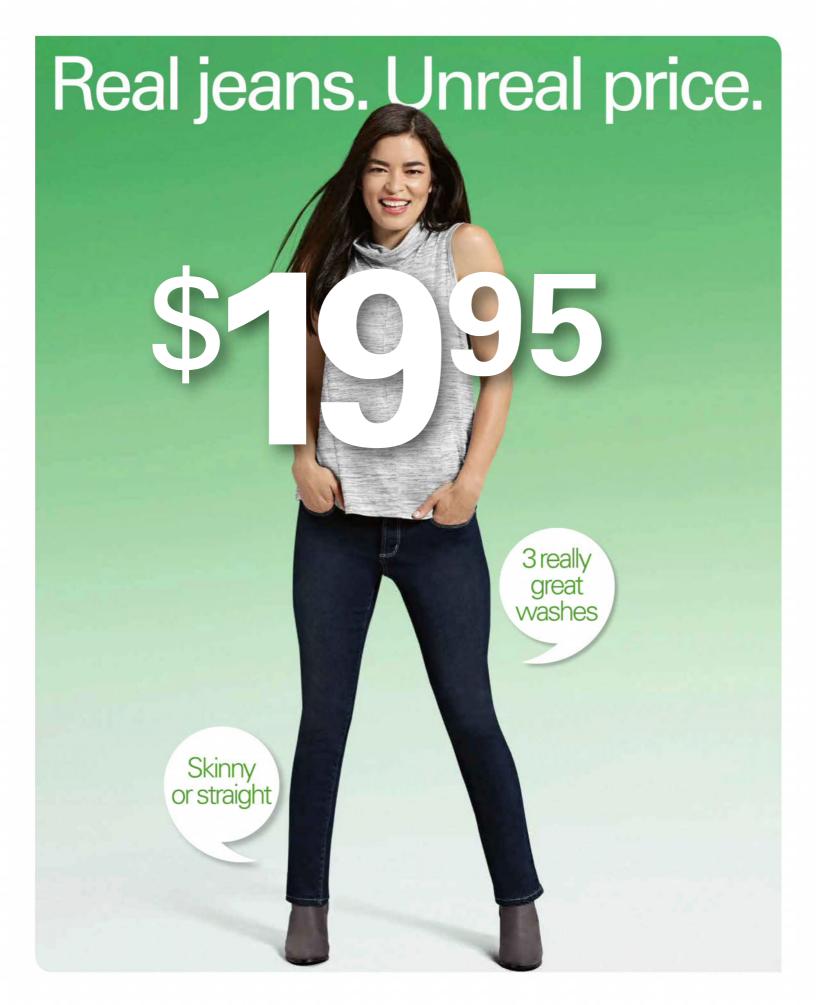
# Head-to-toeloo







STOCKISTS Adorne adorne.com.au Best & Less bestandless.com.au Big W bigw.com.au Bonds bonds.com.au Boohoo boohoo.com Colette by Colette Hayman colettehayman.com.au Condura condura.com.au H&M hm.com/au Harris Scarfe harrisscarfe.com.au Jeanswest jeanswest.com.au Kmart 1800 124 125 Next next.com.au Rockmans rockmans.com.au Rubi rubi.com.au Spend-Less Shoes spendless.com.au Sussan sussan.com.au Target target.com.au



Straight leg jeans and cowl neck sleeveless top, in sizes 8-18, \$19.95 each.

### Luca&Marc

Offer available from Wednesday 22nd February until Tuesday 7th March 2017.







Boost your looks from the inside out. The future of beauty is here – and it's edible!

## The top LIQUIDS

### Fountain The Beauty Molecule \$60

Packed with magic ingredient resveratrol
– found in the skin of red grapes – this liquid
supplement is medicine for ageing skin. It helps
prevent wrinkles and reduce fine lines. Plus,
hyaluronic acid will keep your skin plump and
hydrated. Mix a teaspoon with juice or water daily.

### Swisse Ultiboost Hair Skin Nails \$40.95

A mix of vitamin C and silica will support collagen production to keep your skin looking younger, and provide essential nutrients to strengthen your nails and give you healthy, shiny tresses. Take it as a shot or mix with water daily.





Nicole Kidman

49, has been a fan of supplements fo her hair for years.

### **Hum Turn Back Time \$52**

Formulated to protect your skin from UV rays, this supplement contains age-defying plant extracts, green tea and turmeric. Take two in the morning and another two after a day in the sun.

### Imedeen Time Perfection \$119.95

Loved by celebs from Dannii Minogue to Jessica
Biel, the formula gets deep into the layers of your
skin where topical treatments can't reach.
Rich in youth-boosting ingredients like
marine complex, grape seed extract and

marine complex, grape seed extract and zinc, these capsules help to stall ageing.

Pop two pills once a day.



### SugarBearHair Vitamins \$39

Hugely popular on social media, these chewable bears are chock-full of vitamins, biotin (the stuff that promotes hair growth) and folic acid. Popping a couple of these blue gummies a day will help to replenish dull and damaged locks and prevent hair breakage.

### Nature's Way Vitamin C VitaGummies \$19.99

A powerful antioxidant, vitamin C supports the immune system and slows down the rate of damage free radicals have on our skin. Chow down on two a day to restore ageing skin and nix sunspots and dryness.

## The top POWDERS

### **Moon Juice Beauty Dust \$39**

This cult indie favourite is jam-packed with organic goodies such as goji, pearl and stevia to restore your skin's natural glow and suppleness and turn lacklustre locks into shiny strands. Add it to water or your morning coffee, or blend into your favourite smoothie.

### The Beauty Chef Glow Inner Beauty Powder \$59.95

This powerhouse blend is bursting with antioxidants, vitamins and minerals to aid collagen production and digestion and keep your immune system

in tip-top condition. Blend a teaspoon with your preferred drink every day.



# Take your skincare to the MAX!

Make your favourite products work 10 times harder with these simple tricks...

- 1. Ditch cold water: lukewarm water dilates your pores, allowing skin products to penetrate deeper.
- 2. Moisturise straight after cleansing. Damp skin acts like a sponge and absorbs much better.
- **3. Make a cocktail:** mixing products together (try a vitamin E moisturiser with a vitamin C serum) doubles the effects and leads to quicker results.



Not a fan of bold lipstick? Try a soft wash of colour from a sheer formulation. The light pigments will give your lips a more natural-looking coverage. TRY L'Oreal Paris Infallible

Sexy Balm in So Fab \$14.95 or Bourjois Color

Boost in Lolli Poppy \$15



# You work out... IN WATER

**YOU NEED:** Hydrating, strengthening protectors for your hair and body

BEFORE

Not keen on a cap?
Then 1 Philip Kingsley

Swimcap \$28 is a must! Before you jump in,

slather it all over your hair to protect it from chlorine and breakages. If you do wear a cap, massage some plumping moisturiser along your forehead to prevent indents – we like 2 Swisse CoQ10 Facial Moisturiser \$24.95. And keep your eyes sting-free by popping in some 3 GenTeal eye drops \$9.99 before you start your laps.

Look for a swimmer's shampoo such as 4 Triswim Shampoo \$21.95, made to combat the effects of chlorine and saltwater on your locks – think dryness, dullness and that dreaded green tinge! Use it with a super-hydrating conditioner and comb it through with 5 Tangle Teezer Aqua Splash \$32.95. Finally, massage 6 Revitanail Strengthening Serum \$19.99 into your nails. It'll help weakened-by-water nails remain healthy and strong.

# NORK



legs and feet.





EED: Antibacterial, sweat-busting saviours

Keep your makeup light. If you just can't bring yourself to go barefaced, choose a breathable tint rather than foundation. It'll provide good coverage and disguise any workout redness without causing spots. TRY 1 Elf Essentail Tinted Moisturiser \$3. Keep your hair off your face - and away from sweat - with a gentle, snag-free hair tie such as 2 Mia Tony Ties \$6.95, which won't damage your locks. Try to avoid placing your gym towel on the arm of shared equipment then dabbing your face, too. Eww!

Use makeup wipes to avoid changeroom AFTER madness. New formulations make them more

Words: Kelsey Ferencak. Pictures: Chris Jansen/Rodney Macuja/ bauersyndication.com.au, BackGrid Australia, Getty Images, Instar

organics

hardworking than ever. 3 EmerginC Scientific Organics Facial Cleansing Wipes \$29.95 are infused with all-natural ingredients such as witch hazel to keep your skin clear. Using gym equipment transfers germs that cause breakouts, so cleanse using a gentle antibacterial

> wash like 4 Natio Orange Blossom Body Wash \$12.95. When it comes to post-gym hairstyling avoid heavy conditioners and sprays - your body heat can cause the product to melt down towards your face and clog pores.





Jodi Anasta

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Move over homeopathy and cupping, these hot-right-now therapies are set to be the next big thing in 2017

**ENERGY ADJUSTMENT THERAPY** It may sound a little "woo-woo", but Hollywood hotties Gwyneth Paltrow, Halle Berry, Naomi Watts and Jessica Biel are all fans. The aim is to release any energy "blockages" in your body, to boost your general wellbeing. A bit like reiki, during an energy adjustment the practitioner scans your body either using their hands or, sometimes, carefully placed crystals, for an hour, to rebalance energy flow and promote deep relaxation.

**SALT THERAPY** This once little known treatment is gaining popularity. Traditionally used to treat a range of respiratory conditions from lung disease to asthma, salt therapy can also help painful skin conditions like eczema. You essentially relax in a special room and breathe in dry salty air for around 45 minutes. Aussie model Megan Gale is reportedly a fan, taking her son Megan Gale River for salt treatments to help treat sinus congestion.

TOK SEN MASSAGE Another method of removing negative energy that might be trapped in your body, this ancient Thai massage technique uses a small piece of wood made from a tamarind tree and a hammer to tap along energy pathways. We'll let you decide whether it's relaxing or not!

**KINESIOLOGY** One of the fastest-growing alternative therapies, this is essentially a study of muscle movement. Practitioners use muscle testing to identify structural, chemical and emotional imbalances in your body. The treatment specifics vary from person to person, but an introductory session lasts an hour. It can help to ease everything from sports injuries to food intolerances, migraines and hormone imbalances. Eva Longoria likes kinesiology so much, she got a degree in it!

To find a therapist in your area, visit naturattherapypages.com.au. Check with your health fund, too, for details on local practitioners who offer rebates on some of these treatments.

Gwyneth Paltrow

The actress loves

a new therapy!



# Wellbeing podcasts

Swap your usual music playlist for one of these fascinating podcasts on the way to work this week...



Eva

Longoria

RUBIN Practical advice for dealing with everyday issues

such as loss or finding five minutes' peace, from the author of The Happiness Project – and her sister.



This health expert's enlightening interviews with some of the world's leading wellness figures will leave you feeling inspired to make lifestyle tweaks after every single episode.



**WELLNESS** 

**HEALTH** 

Only got 30 minutes? This one's for you.

From improving your gut health to feeling happier, each podcast addresses something different, making it the perfect intro to the world of wellbeing.

Woman's Day 67



distract you, slow your heart

rate and zap tension.

In the shower, blast yourself with cold water for 30 seconds, followed by 30 seconds of hot water and another 30 of cold. It's great for stress, immunity, and even helps to burn fat. No wonder Victoria Beckham is a fan!



# THE INVITATION FOR FREE BREAST SCREENING NOW COVERS WOMEN UP TO 74

The invitation for free breast screening has been expanded to include women aged 70-74. Early detection saves lives. If you're aged 50-74 you should be screened every two years. If you're over 75, talk to your GP or health professional to find out if breast screening is right for you. For more information visit the website.



### IF YOU'RE ... **A HEALTH NEWBIE**

You've recently given up sugary milk chocolate for dark, and your spice rack's got a new member in trendy turmeric



or a seasoned pro, choose your food

personality and then try our simple ideas

### SWAP ANOLA OIL FOR COCONUT OIL

"Vegie oils contain trans fats, which are highly toxic, so coconut oil's a much healthier option," says Sydney-based nutritionist Zak Sztor.



"Cereals are loaded with refined sugar," says Zak. He suggests a green smoothie made with nuts, oats, banana, spinach and milk.



When hunger strikes, skip the bickie jar and opt for protein balls instead. Pack them with nuts, seeds and good-quality cacao and you'll be guilt-free at 3pm!



White pasta is stripped of fibre, iron and B vitamins in processing. Try low-carb zucchini noodles or spelt pasta, which retains nutrients and is often wheat-free.

### IF YOU'RE ... **A SMASHED-AVO LOVER**

on choosing quinoa



# RED MEAT FOR SALMON

"Salmon is a richer source of omega 3 fatty acids, which are linked with a reduced risk of cancer," says Zak. Opt for oily fish at least once a week.



### SWITCH MILK FOR ALMOND

Dairy has an inflammatory effect on your body. Almond milk is lactose and cholesterol free, and low-cal if you choose unsweetened.



Good digestion is essential, so add gut-friendly pickled vegies or kimchi to meals. "Fermented foods are rich in enzymes, which help to break down food," says Zak.



If you love poached eggs and avo for brekkie, try it with toasted sweet potato instead of bread. It's low in fat, high in fibre and full of vitamins. Yummy, too!

### IF YOU'RE ... **A BONAFIDE HEALTH NUT**

You love a new health trend and credit your glow to daily superfood smoothies. You're even thinking of making your own coconut yoghurt!



Almonds are good for you, sure, but walnuts are even better for brain health. "They're higher in antioxidants to ward off disease," says Zak.



## SWITCH

"Nut butter is better on toast because it's higher in protein and heart-healthy fats," says Zak. Try it with banana for a sweet treat.



Not only are they high in iodine (essential for a healthy metabolism and thyroid regulation), they're low in kilojoules, too. Get them at health food stores.



While green tea's still a great option, you can go even better. Anti-inflammatory turmeric tea has been linked to lower rates of Alzheimer's and cancer.

Who better to turn to for advice on protecting your pets from creepy critters than our favourite jungle vet, Dr Chris Brown?

# **Spiders**

piders are feared by most humans, but not our pets. Why? Animals have a few factors in their favour. Firstly, their fur: getting through it with those tiny fangs wouldn't be easy. Secondly, while the venom of spiders such as redbacks and funnel-webs may be potentially fatal to humans, it has next to no effect on pets. They're able to metabolise

and ensure no toxic components reach their blood stream or nervous system.

### WHAT TO LOOK OUT FOR

Although the majority of spider bites cause next to no symptoms, in pets that are sensitive or even allergic, you may see the following...

- Localised area of pain
- Localised area of swelling
- Two small puncture marks
- A small skin wound that fails to heal properly and even grows in size
- Swelling around the head and neck
- Difficulty breathing
- Muscle twitching

# Snakes

o us, they're the stuff of nightmares – highly venomous and terrifying. But while we might be scared of snakes, our pets see them as sticks with scales. And with Australia playing host to about half of the world's 10 deadliest snakes, they're one creature worth keeping clear of.

- **♦ Difficulty breathing**
- Pain, swelling or bleeding around the bite
- Weakness progressing to paralysis
- Vomiting
- Red urine

### WHAT TO LOOK OUT FOR

- ♦ Your pet becomes quiet and withdrawn
- Two small puncture wounds (often hard to find)
- Trembling

## HOW TO PREVENT A SNAKE BITE

★ KEEP YOUR PET IN A
 FENCED BACKYARD
 → DON'T LEAVE FOOD OR
 RUBBISH LYING AROUND
 → MOW THE LAWNS
 REGULARLY

### Rees

it very quickly

ees are the attention seekers of the insect world. So it makes sense that when they cross paths with the attention seekers of the animal world - dogs - the result won't be a quiet affair! For the vast majority of pets, some local swelling and discomfort is about as serious as it gets. Full-on anaphylaxis (a potentially life-threatening allergic reaction) is rare, but if you do see swelling developing around your pet's face after a suspected sting, see a vet asap.

### WHAT TO LOOK OUT FOR

- A "sting" still in the skin
- Swelling around sting
- ♦ Sudden discomfort
- Swelling around the face (especially the eyes and mouth)
- Difficulty breathing
- **♦** Redness

# What to expect

Sure, bites are toxic to us, but it doesn't necessarily mean bad news for our little buddies

ВІТЕ	HUMAN	DOG	CAT
BROWN SNAKE	Dangerous	Dangerous	Dangerous
BLACK SNAKE	Dangerous	Dangerous	Dangerous
COPPER- HEAD	Dangerous	Dangerous	Dangerous
FUNNEL- WEB SPIDER	Dangerous	Usually safe	Usually safe
REDBACK SPIDER	Dangerous	Usually safe	Usually safe
BEE STING	Pain, possible allergy	Pain, possible allergy	Pain, possible allergy



# Snake-bite drama

# 'Our dog SAVED our daughter's life!'

Mack the boxer put his life in danger to protect toddler Carmen

hen Jo Shaw stepped out into the backyard of her Melbourne home to check on two-year-old daughter Carmen, she was horrified to find the family dog, Mack, foaming at the mouth and bleeding all over.

"It looked like the symptoms of poisoning, so I knew we didn't have much time," Jo, 23, says.

Checking around frantically, she spotted a tiger snake under the trampoline. The brave boxer had put himself in danger to protect little Carmen, and now couldn't breathe on his own.

The outlook was bleak for the four-year-old pup, but the Shaws didn't give up. Supportive friends set up a GoFundMe page to help pay for the extensive medical fees needed to save him. "Mack is everything to us," says Jo.

It was a long road to recovery, but he's finally able to play fetch again. And it was all down to the quick thinking of his owner.

"If I hadn't known the signs of poisoning, he wouldn't have made it," says Jo. "You need to recognise the symptoms."

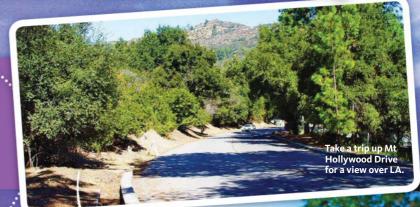


# Take a trip to

You've seen the movie – tipped for Best Picture at next week's Oscars – so now head to the locations and make like Emma Stone and Ryan Gosling!

### Mt Hollywood Drive

Want to see where Ryan and Emma danced to *A Lovely Night*? The actual spot is called Cathy's Corner in Griffith Park, and the producers brought in the street lamps and park bench you see in the film. But you can still drive up Mt Hollywood Drive to this paved street hugging the hillside. Tap shoes optional!





The Rialto Theatre

In the movie, Sebastian and Mia go to see *Rebel Without a Cause* at this historic cinema in Pasadena. In real life the theatre is closed, although there are plans to redevelop the site. But if you hurry you can still get a selfie before they tear it down!



The City of Angels from the top.

Griffith Observatory

Head up to this landmark on the south-facing slope of Mount Hollywood in Los Feliz's Griffith Park for some awesome views of Los Angeles, as well as cool, interactive exhibits the family will love – think telescopes and live shows. There's a cafe as well, so you can while away the hours

It's the spot

gazing at the surrounds over a juice or a coffee. Or get real romantic and head up there at night time, just like they do in the movie – it's open till 10pm so you can gaze up at the stars together... aww! Feeling active? Try hiking there and back. Check out griffithobservatory.org.

Mia and Sebastian at The Lighthouse Cafe.



#### **ACROSS**

- Sovereign ruler 1.
- 6. Crowbar
- Tulips and daffodils
- 14. Storm
- Coat collar part 18.
- Cut-flower holders 19.
- Delight (in) 20.
- Computer screen
- Stated further
- Aged photo hue 23.
- Accompanies
- Hum tunelessly
- Unyielding
- Dessert, ... brulee 27.
- Hard-wearing trousers
- Joy ride
- Comes to rest (4,2) 32.
- Faded celebrity 35.
- Confer holy orders on
- Portable staircase
- Launders

withorised under permit number NSW LTPM/16/01154

- Carbonate
- Vestige 49.
- Vertical measurement
- 51.
- Tiny island
- US space organisation

- Sailor
- Meat and three ...
- Plan 60.
- Colony insects
- Ride bike
- Kept us going, ... us over
- 65. Clergyman
- Smelled strongly
- From Sydney or Darwin 70.
- Stagger 73.
- Vigilant 74.
- Entice 75.
- Super 76.
- Intended victim Fossil fuel
- 12-month period 79. Stroke (guitar)
- Pursuing 81.
- 83. Painting support
- Stem
- **Trembles** 86.
- Roman XI
- Malicious fire-setting 91.
- Affirmative replies 93.
- Decorate
- Run away 97.
- Is in store for
- Solar object
- 100. Fight against

- **101.** Worn-out horses
- 103. As soon as possible (1,1,1,1)
- 107. Chore
- 109. ... and down dale (2,4)
- 110. Royal headwear
- **111.** Glaze
- 112. Messy (bed)
- 114. Puzzling rhyme
- 116. Fiddle
- 118. Resenting
- **121.** Tricky question
- 123. Robbery
- 127. Bellybutton
- 129. Mount Fuji's nation
- 131. Untamed
- 133. Deduce
- 136. Champagne fizz
- 137. Recluse
- 138. Fairly
- 139. Unprocessed
- 140. Asparagus shoot
- 141. Ancient remnant
- 142. Corrosive fluids
- 143. Promos
- 144. Witness box
- **145.** Lurk
- 146. Clothes

#### **DOWN**

Atmospheric layer 2.

67. Third planet

Car bump marks

Cause laughter

Fashion flair

Broke sharply

Chatters idly

Excessively sweet

104. Business books review

Sloped (ceiling)

**68.** Inuit boat

Angry

labbed

Greed

Shudder

Domain

Show off

**105.** Shock

113. Genial

117. Holds

108. UFO pilot

106. Drat!

**102.** High-pitched cry

115. Fictional vampire,

119. Steered off course

122. Conference timetable

125. Exhale noisily through

**120.** Baghdad natives

124. Hunting dog

nose

126. Crucial

128. Rub out

132. Chance

135. Abrade

134. Canoodle

129. Witticism

**130.** Woe is me!

131. Rainforest plant

Count ...

Rich (soil)

71.

72.

82.

84.

86.

87.

89.

90.

92.

96.

97.

- Straightened 3.
- Clay lump 4.
- Actor, Neil Patrick ... 5.
- 6. Gravitate (towards)
- Tribal senior
- Always
- Half-diameter 9.
- 10. Adjacent to
- Second-hand 11.
- **Building block** 12.
- Scorch 13.
- Swarmed
- Otherwise 15.
- Sacrilegious Peaceful demo 17.
- occupation (3-2)
- WikiLeaks' ... Assange
- Creep stealthily 29.
- 30. Forsakes at altar
- Samples 31.
- Sideboard 33.
- Unconscious 34 University faculty
- Prejudiced 37.
- Needle holes 38.
- 40. Invaders
- Attain
- Donald Duck's girlfriend 43.
- Rebrand 44.
- Routine examination (5-2)
- Rink 47.
- Bookmakers' haunts
- Jagged wounds
- "Not guilty" verdict
- 58. Triumphs
- Courteous guys 59. Testing out

When you've solved the crossword, the letters on the shaded squares, reading left to right, top to bottom, spell a mystery word or phrase.

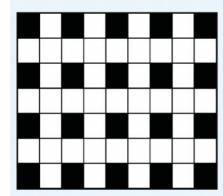
The mystery word or phrase:

## **ALL-A-GRAMS**

Instead of clues, we've given you anagrams of the words that fit into the grid. Work out each letter jumble, then work out where each word fits.

AIR FUEL **SEA ELMS BOY SIDE SPED TOO** COLIN'S OIL **TEST CIGAR** 

**RIVER TREE** 



## **WORDFIND** FITNESS

Find all the words associated with fitness in the grid. Words may read backwards or forwards, vertically, horizontally or diagonally. Some letters are used more than once. When you've found all the listed words, the 26 unused letters, reading left to right and top to bottom, will spell

out the name of a fitness

power couple (8,7-5,6).

(N)(U)(T)(R)(I)(T)(I)(O)(N)S S Ρ S Α Ε S C S Υ 0 Τ Т 0 M S Ε R Α Ε Т Ε Χ G Ε Ν S R M G С D 0 S M Х S B 0 G Ε Α W W Υ Т S Ε F L S Ε Y H T LΑ Т Α

Healthy eating Heart rate Keep fit Lifestyle Lose weight Marathon Meditation Metabolism Motivation Nutrition Pilates Regime Running Sixpack Spin class Swimming Training Walking Weight loss

Authorised under permit number NSW LTPM/16/01154

74 Woman's Day

**Aerobics** 

Cycling Detox

Energy

Exercise

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Christine Lovatt

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### **CRYPTIC CROSSWORD**

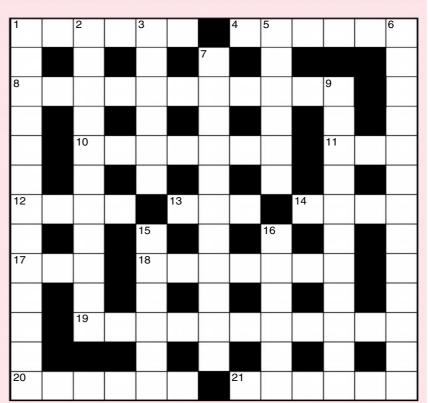
#### **ACROSS**

- 1. It adds extra volume to story (6)
- Juice capable of having a frozen layer (6)
- Actor vainly replaced psychic (11)
- 10. Brown and another man seen in a triangular relationship (7)
- 11. Fired for concealing anger (3)
- 12. Contest to find wild animals (4)
- 13. Extremely pretty nose (3)
- 14. Slip around kids (4)
- 17. You talk to sheep? (3)
- 18. A lot of heavy rain soon after Monday (7)
- 19. Austere, disorderly characters ruin capital (11)
- **20.** Twice change face of rouble (6)
- 21. You go into rough sport in a daze (6)

#### **DOWN**

- 1. Tried to predict the silver medallists? (6-7)
- '6os designer Mary? Indecisive reply bound to be a sudden breakthrough (7,4)
- 3. Slip up and get a chore (6)
- 5. Cunning youth leader goes after boat (6)
- 6. The sort of line that provides just the right angle (13)
- Meg ran behind post office and grabbed a snack - a piece of fruit (11)
- 9. Hat worn by slender monarch when trying to find a solution? (8,3)
- 15. Am spoken of as being without principles (6)
- 16. Poem of boy and snare (6)

8



Christine Lovatt

#### **SUDOKU**

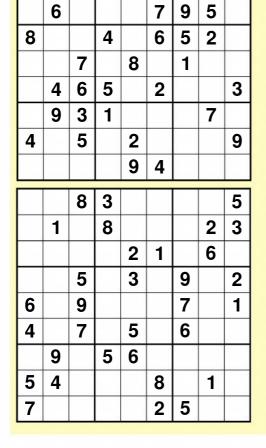
5

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3 x 3 block contains all the numbers from 1 to 9.

3

4

2 6



## **BRAINBUSTERS**



- Manuka is a type of which everyday kitchen staple?
- How many times was Marilyn Monroe married?
- Emirates airline is 4 based in which city?
- 5 Atticus Finch is a main character in which classic American novel?
- What is the capital of Cuba?
- What is the name of Alvin and the Chipmunks' human adoptive father?
  - 8 Which Tony Award-winning musical features Sesame Street-like puppets?
  - 9 What form of transport is a troika?
  - Which name is the personification of the United States of America?

Call 1902 559 089 or SMS 199 59 089

your answer, full name, address and the codeword **STAR** for Starburst **BIG** for Big Crossword **FIND** for Wordfind

Max SMS and land line call costs 55 cents inc.
GST. Calls from mobiles and pay phones may be charged at a higher rate. Give your answer, your name, address and daytime phone number.
Salmat Digital Pty Ltd Helpline number: 1300 131
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#### **STARBURST**

LTPM/16/01154

pictured in this Starburst and enter for your chance to win!



#### **CODE CRACKER**

Each number in the grid represents a different letter of the alphabet. Work out which number stands for each letter, write them in the grid below and cross them off the list - we've given you three to start you off.

Fill in the letters in the box beneath the puzzle to spell the mystery word.



13	Q	w	13	18	1	17	Q	15	14	4	1	18	9	15	
<sup>19</sup> <b>J</b>	15	15	11	Q	22	Q	18	Q	4	Q	13	17	22	9	
13	Q	13	18	22	11	Q	4	Q	16	13	<sup>3</sup> <b>R</b>	15	9	15	
<sup>3</sup> R	8	10	Q	8	Q	16	13	23	0	23	Q	16	8	23	
Q	Q	15	13	18	Q	4	<sup>3</sup> <b>R</b>	15	Q	23	4	15	Q	Q	
<sup>19</sup> <b>J</b>	8	23	22	9	6	12	13	10	23	Q	18	2	13	<sup>3</sup> R	
22	Q	Q	<sup>3</sup> <b>R</b>	15	15	23	2	18	13	11	15	Q	Q	22	
21	22	13	18	Q	18	15	11	4	23	Q	16	13	4	23	
Q	Q	16	13	10	Q	2	4	10	Q	8	2	15	Q	Q	
13	20	15	Q	13	Q	18	13	6	2	<sup>3</sup> <b>R</b>	Q	³ <b>R</b>	4	21	
w w	Q	10	4	21	2	Q	10	Q	13	10	18	4	Q	15	우
<sup>3</sup> <b>R</b>	15	23	22	Q	11	Q	22	Q	12	Q	22	13	18	2	Christine Lovatt
9	Q	2	10	15	13	5	Q	2	11	4	15	12	Q	18	Lovat
9	Q	Q	2	18	22	1	5	4	10	6	2	Q	Q	Q	

V=14 W=7 X=20 Y=9 STOCKINGS 2=2 M=16 M=10 O=22 P=11 R=3 S=2 T=18 U=8 A=13 B=21 C=1 D=23 E=15 G=6 H=17 I=4 J=19 K=5

#### **CODE CRACKER**

6	8	G	2	L	Þ	3	9	7		g	L	3	Þ	6	9	8	7	Z
9	ŀ	3	8	6	7	5	Þ	9	ı	6	8	9	3	2	7	g	L	Þ
Þ	L	7	3	9	g	L	6	8		Þ	Z	2	8	g	L	3	6	9
8	3	9	6	g	L	7	2	Þ	1	3	6	8	7	Z	g	9	Þ	ŀ
Ļ	g	L	Þ	8	2	6	3	9		9	Þ	L	6	8	3	7	g	7
7	Þ	6	7	3	9	g	8	L		7	7	g	9	L	Þ	6	3	8
Z	9	8	L	7	6	Þ	g	3	1	7	g	6	7	Þ	8	ı	9	3
3	7	Þ	9	Z	8	9	L	6		8	9	Þ	L	3	6	7	L	g
g	6	L	9	Þ	3	8	Z	2	ı	L	3	L	g	9	2	Þ	8	6

#### **SNDOKN**

pulled by three horses. 10. Uncle Sam. 6. Havana. 7. Dave. 8. Avenue Q. 9. Russian sleigh 3. Three (James Dougherty, Joe DiMaggio and Arthur Miller). 4. Dubai, UAE. 5. To Kill a Mockingbird. BRAINBUSTERS 1. Fifty Shades Darker. 2. Honey.



#### THIS WEEK'S SOLUTIONS



- Big Crossword: V. Fryer, WA.
  - Wordfind: D. Cortez, WA.
  - · Starburst: B. Curnow, SA.

MINNERS 6/2/17

Jamie Dornan, Rosamund Pike

**TZRUBRATZ** Τλε Τλεοιγ ο∫ Ενειγέλίη

**MORDFIND** 

		10 100 100 1	
CHHIKEBS	T I H S		STRONGHO
MESHIT	N E S O	AENGI	B E B S
TAMBAKE	R O A R	D E B B B	a u E E u u b
CORNEEL	A L I A	EOVER	A M T E P E
E B I I D C I B	T 3 7 3	M S A M	X X X X X X X X X X X X X X X X X X X X
LODGE	8 S 7	ABOT	OFFICE
E N G A T E	NOBL	IMALUE	BBIEMM
ONOON	AAA	I S B	T A B N B B
EEP URGE	T S A	E D O O	ZAGDAE
EMON	KEBN	WKNOC	A N A A
TRELLIS	a b A	S S A	NOTICED
H G A E	DRENC	TDATN	I S O
OKAYING	1 3	O H O	ABTOBDI
A T A A B A B	II 9 9 A H	MEBIC	UNESMAT
REMIER	7 3	A Maria	D R A D A J 9
AMNIV	8 3 8 8 A	L L K E A	O T J J J A
SCALING	BAE	Э М A Э	CONGEAL
	9 <b>3</b> T A	1081 I	C N N F
Y A G B Y D U	ABA	8 8 b 8	UAGIILIA
A L S O G	T E S		T I N U M
Q A O A D D H	TARW	D 3 T A T	S A B S M A Q
3 T A A D	M S A	3 3 II 8	JATR
ИОХАЯ	SAMME	N S U U	
ISCONKER	FULLED	RABTER	Q A V B Z Z J
AZAJGTG	AGA	T A J J	IVIIAMB
	USGI	HOBOLU	
VIIIAIT N H	TOPE	OBONI	QUARRELL
ə	/ valentin	OKD RG W	RIG CKO22M

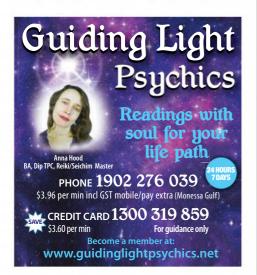
**AST WEEK'S SOLUTIONS** 

This issue's competitions begin on 20/2/17, All entries close 23.59 AEDT on 26/2/17, Open to Australian residents. For conditions of entry, visit bauer-media.com.au/terms/competition-terms. Salmat Digital Pty Ltd puzzles drawn at L2, 116 Miller St, North Sydney, NSW 2060. Solutions next week. Winners are first correct entries drawn 14,00 AEDT on 1/3/17, and published in Woman's Day magazine on sale 13/3/17, See privacy notice, below. Promoted by Bauer Media Pty Ltd, 54 Park Street, Sydney, NSW 2000. ABN 18 053 273 546. PRIVACY NOTICE This issue of Woman's Day is published by Bauer Media Pty Ltd (Bauer). Bauer may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Bauer publications, products, services and events. Our Privacy Policy is located at bauer-media.com.au/privacy/ It also sets out how you can access or correct your personal information and lodge a complaint. Bauer may disclose your personal information of shore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information collected for Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may also be disclosed by us to other organisations providing special prizes or offers that are part of the Reader Offer, An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers and salo be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, contact Bauer's











Australia's most trusted celebrity medium **Mitchell Coombes** responds to your concerns

My wife left me for another man she has since married. I only see our children every other weekend now. What was once a supportive friendship between us has turned nasty. Do you see any reconciliation, of our friendship at least? Will I ever get a 50/50 care arrangement with our kids? Unsure

You'll reach mutual ground with your ex for the sake of your children, but I'm afraid she's not looking for friendship. When she left it was a difficult time for you emotionally, and on some level I feel you're still healing from this. I'm told that very soon you'll have a sudden breakthrough with your shared care arrangement, and you'll spend more equal time with your children. Your efforts will pay off. I sense there's a much happier path ahead for you in life, and you'll find love again.

I'd like to know how my son is. He passed away in 2014 and I still miss him so much. I cry every day for him. I never said goodbye, only good night. Sad mum

Your beautiful son in the spirit world comes with so much love for you. He tells me he's happy and that he's made many new friends there. When he passed, he closed his eyes and went to sleep, and then found himself on the other side. He tells me that you kissed him on the forehead. He wants you to know that he heard everything you whispered to him after he passed. I feel your son will visit you in your dreams, and when you see dragonflies, this is a special sign of love from him in heaven.

My husband has returned to work after having a pacemaker fitted. He thinks

## THE ANIMAL WHISPERER

Amanda De Warren speaks to Debbie's dog Auggie

AMANDA SAYS Auggie tells me he's suffered many ailments over the past few years. He's now completely lost his eyesight, which started to deteriorate about four years ago. This doesn't seem to bother him and I feel he'll be around for a while yet.

He knows his ailments are becoming worse but he isn't in any pain. He tells me that Debbie now has a cataract in her right eye and he was worried he may have given it to her. I assure him this is not the case, and Debbie is quite blown away that he even knew about it.

Auggie has been with Debbie and his dad, Debbie's husband, since he was a puppy, and tells me he chose Debbie as she kept going back to his picture. He laughs and says his good looks lured her in!

Debbie's mum, who has passed over, comes through with three other dogs from a long time ago: cairn terrier Sam, a poodle named Beau, and a labrador called Duke.
Auggie tells me when he goes he wants to be with Debbie's mum as he loves her.

DEBBIE SAYS I contacted Amanda because I wanted to know if Auggie was happy and make sure he was all right, as he suffered from an eye condition two years ago. It was a relief to hear he knows how much he's loved.

I'm very happy with the reading because I feel my relationship with Auggie has changed for the better since. He seems more relaxed and is spending more time wanting to be close to us. I also feel less stressed knowing that he'll be around for quite a while yet.

his employer is going to ease him out of his job. I'm feeling lost in my career as well. What do you see for our health and financial future? Also, will we get citizenship? Aquarius

Your husband's suspicion about his boss's motives is correct, but I don't feel he'll be eased out of his job for some time yet. When he's let go, there will be a much better-suited career opportunity on the horizon for him. Health-wise, I'm getting that your husband is a resilient man, and you'll have financial security together in the future. Your career focus will become clearer from June. There may be initial delays when it comes to getting Australian citizenship, but you'll get there.

Should I go to be with my friend in the Philippines? I feel she's my soul mate. How are my wife and youngest daughter, who've passed over? PC

I'm sensing spiritual forces have kept you away from your friend in the Philippines for a higher reason. Your wife and daughter come through together from the spirit world. Your wife tells me she'll be sending the right companion into your life, who will love you as much as she does. I'm told this lady is someone you haven't met, and you'll create happy memories together.

She has light brown hair and you'll be drawn to her eyes. Your daughter will visit you in dreams. Upstairs will keep watch over you always.

Mitchell's Psychic Soul Oracle Cards (\$24.99) available now at mitchell coombes.com

Write to Mitchell Coombes at Woman's Day, GPO Box 5245, Sydney, NSW 2001, or email *womansday@bauer-media.com.au* Please keep questions under 80 words. Sorry, no personal replies.



# Your Stars

**Jenny Blume** predicts your heavenly destiny for this week, February 20-26

## Pisces FEB 20 - MAR 20

Ever wished you could alter the past? We all live with regrets, but this week's stars might bring a second chance. At least you'll put things right. As Mercury shifts into Pisces, your confidence should receive a power-packed boost – just don't get too carried away on the spending front!

## Aries MAR 21 - APR 20

Opinions may be flying, but flare-ups this week could prompt a crucial reappraisal.
Over-expanding might be your greatest danger, so think twice before you commit to more. Feeling stressed? Go for a walk or revisit a good book. Answers will bubble to the surface as you unwind and relax.

## Taurus APR 21 - MAY 21

Creating harmony may be a priority this week, but with Mars firing up everyone's feelings, your efforts might miss the mark. Redirect your energy into an office clearout or home overhaul instead. Look out for an inspirational new friend or lover who's about to liven things up.

## Gemini MAY 22 - JUN 21

Simplicity is the key this month, so resist the urge to overcomplicate things. Instead look at streamlining your life and toss out anything that's dragging you down – and, yes, that includes people. Improving your diet could become a priority after next Monday's eclipse, so start planning.

## Cancer JUN 22 - JUL 23

Life may feel like a juggle, but it's still a wonderfully productive period. Whether it's scoring goals at work or going back to study, your efforts will reap rewards. Even better, that enthusiasm may spill over into your love life. If you've been in a rut lately, new routines should shake things up.

## \_**eo** jul 24 - AUG 23

Ready to reinvent yourself? As next week's eclipse draws closer, many Leos will feel a yearning to improve their appearance, while others may feel an urge to overhaul their health or finances. Don't feel guilty about spending extra time on yourself, as your happiness reflects onto others.

## Virgo AUG 24 - SEP 23

If finances stress you out this week, try not to overreact: with Neptune clouding the truth, seeing the whole picture is virtually impossible right now. Instead reach out to someone who needs some special TLC, and as Venus opens up lines of communication, it's time to get your partner talking.

#### Libra SEP 24 - OCT 23

You can be a pillar of strength, Libra, but who's supporting you? If feelings of stress or resentment have grown lately, it's time to talk. It's also time to change up your routines – think healthier meals, lunchtime walks or some new rules at home. After next Monday's eclipse, it's all systems go.

## Scorpio oct 24 - NOV 22

As the focus shifts onto your fun sector, life should begin to feel more upbeat. Adding to the buzz, Venus could throw up a new love interest, while couples might rediscover romance at a special event. If your home needs a lift, keep an eye out for some stylish lamps or artwork.

## Sagittarius NOV 23 - DEC 22

It's all about balancing work with play, so if you're in a rut, line up a few meetings at work or unleash your creativity at home. With style-loving Venus spurring you on, you'll be full of great ideas. Someone who's refreshingly different is about to waltz in, and the connection might be instant.

## Capricorn DEC 23 - JAN 20

Ready to step outside your comfort zone? It's time to start planning for your next adventure. If finances are feeling tight (or you're saving for a holiday), car boot sales should prove both fun and profitable, and as a bonus your social circle should grow. Looking for love? Get out there!

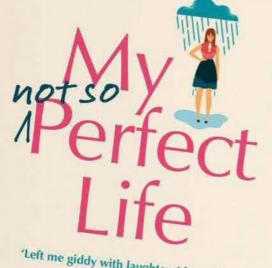
## Aquarius JAN 21 - FEB 19

Slow down! If you have overextended yourself, reign in that spending or next week's eclipse could bring a wake-up call. Reassess your budget, then leap into a more active lifestyle. A close relationship might need an overhaul, but don't fret: by mid-March, things should feel in sync.

# Pick-me-ups you won't put down.

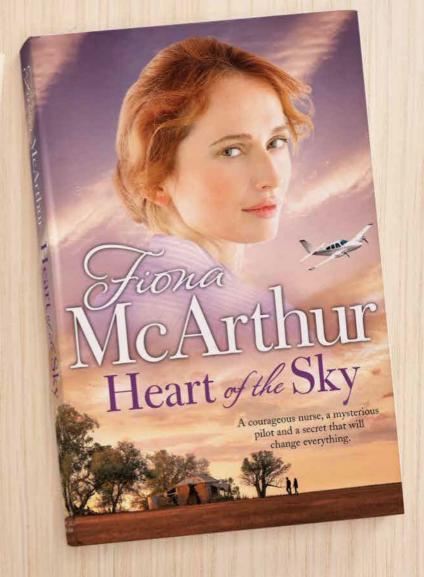
From the No. 1 bestselling author





'Left me giddy with laughter. I loved it.'

Jojo Moyes



#### **MY NOT SO PERFECT LIFE**

SOPHIE KINSELLA

Laugh out loud with Sophie Kinsella's fizzingly fresh new novel that skewers our image-conscious world by asking, 'what's wrong with not-so-perfect, anyway?'

#### **HEART OF THE SKY**

FIONA McARTHUR

Settle in with this uplifting novel of friendship, forgiveness and love from the internationally bestselling author of *The Homestead Girls* and *Red Sand Sunrise*.



## Woman's Day Out this week...

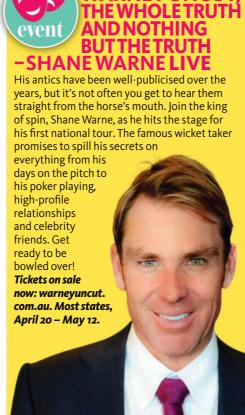




#### AMERICAN HONEY

Shia LaBeouf is brilliant in this coming-of-age film from the director of the widely acclaimed Fish Tank. Star (Sasha Lane) is a troubled teenager with a dead-end life in Oklahoma. Determined to leave her past behind, she joins a travelling crew of waifs and strays, and starts selling magazine subscriptions door-to-door to make ends meet. She soon finds her feet in her new life and falls hard for Jake (Shia), spiralling into a world of partying and law breaking. Immersive and mesmerising, you'll either love it or hate it.

Out Feb 22, \$39.95 DVD





#### **T2 TRAINSPOTTING**

If you haven't seen Danny Boyle's 1996 cult hit about four heroin-addicted mates in Edinburgh, make sure you do before watching this sequel. It's 20 years since we met Renton (Ewan McGregor), Sick Boy (Jonny Lee Miller), Spud (Ewen Bremner) and Begbie (Robert Carlyle), and while much has changed, a lot remains the same. When Renton returns home, new and old relationships are tested as the boys are confronted with the reality of their lives. *Trainspotting* was brilliantly subversive, and while this follow-up isn't as jaw-dropping, it's a masterfully dark ode to middle age.

In cinemas February 23



victims, the survivors, detectives, forensic experts, lawyers - they really have to trust you to help you retell

August, Michael says it was important

"I'm lucky to have really good researchers and producers on the show, but I like to be collaborative. I have made phone calls, met with conversations to gain the trust of people who could help build the case," says Michael.

"Legally, we have to be careful with what we're doing while pushing for the truth, too," he explains, before adding, "We believe we have evidence and the stories need to be heard."

With the true-crime genre now becoming mainstream, 46-yearold Michael believes audiences are enthralled with knowing the truth.

"I've always been fascinated with crime," he says. "I was one of those kids who read all the crime novels!"

MURDER CALLS WEDNESDAYS, 8.40PM, NINE

In an upcoming episode, Roberta Williams opens up on the murder of her

husband and convicted killer Carl Williams.

## Leila McKinnon:

## 'It's captivating to watch'

With a career spanning more than two decades, Leila McKinnon has covered it all - from interviewing Hollywood stars to confronting shonky tradesmen as a reporter on A Current Affair. But don't let her gentle demeanour fool you: Leila's no pushover!

In her latest role in Murder Calls, the 44-year-old is narrating the heart-wrenching stories and unrelenting determination of Australian detectives, hoping to solve some of the country's high-profile murder cases.

The true-crime documentary series uses previously unreleased phone calls from witnesses, the public, the perpetrators, and even from some of the victims to revisit the cases.

"I find true crime really captivating to watch - both the heart of it, which is the victims

and their families, and delve into the investigative part. You get to listen to the calls," she explains.

follows a different case and

aims to blow open the most

committed by killer couple

history, including those

infamous crimes in Australian

David and Catherine Birnie in the 1980s.

than 25 hours' worth

of interviews - it takes

a lot of time, patience

and commitment," says

Michael, who isn't just

the show's presenter but also helps investigate the different cases. "It also takes a lot of trust to tell

"I'm sitting on more



# ANGEROUS GAME!

Fans of true crime can get their fix with these gripping shows and podcasts



**AUDRIE & DAISY** 

The harrowing story of two teenage girls from opposite sides of the US, who are brought together through horrific crimes committed by people they trusted. Audrie Pott and Daisy Coleman (pictured) connect on Facebook, and their parallel stories are explored as they recount the trauma they suffered after being assaulted at the hands of their peers.



that surround him. After decades of secrets

and lies, the bizarre and fascinating tycoon

sits down to tell his side of the story.

The series aired in 2015, but it's still got everyone talking. After being banged up for 18 years for a crime he didn't commit, Steven Avery (above right) finds himself back in jail just years later. Alongside his nephew, Brendan Dassey, Steven is accused of murdering Teresa Halbach, found guilty and sent back to prison. You won't be able to look away.

## AMANDA KNOX

This docco re-examines the controversial death of British student Meredith Kercher in 2007. US exchange student Amanda Knox (pictured with co-accused Raffaele Sollecito) was first convicted then later acquitted of killing Meredith, who was brutally murdered in the house they shared in Italy. Whether you think Amanda is innocent or not, you'll be gripped with this from the get-go.

## PODCASTS

commute to work by downloading these engrossing podcasts.

#### DANIEL MORGAN MURDER

bag, then this 10-part podcast has it all. In 1987, private investigator Where to listen: untoldmurder.com or via SoundCloud

#### **BOWRAVILLE**

This heart-wrenching series looks Colleen Walker-Craig and Clinton Speedy-Duroux – three children all killed within five months of one another and all living on the same street. Narrated by *The Australian*'s crime reporter Dan Box. Where to listen: soundcloud.com/

bowraville

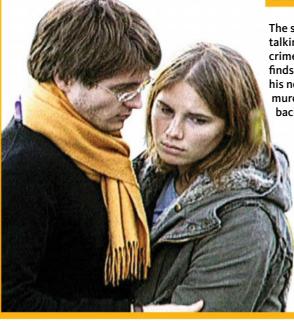
#### **SEARCHING FOR RACHEL**

Nineteen years after Queensland Where to listen: iTunes, SoundCloud and Whooshkaa

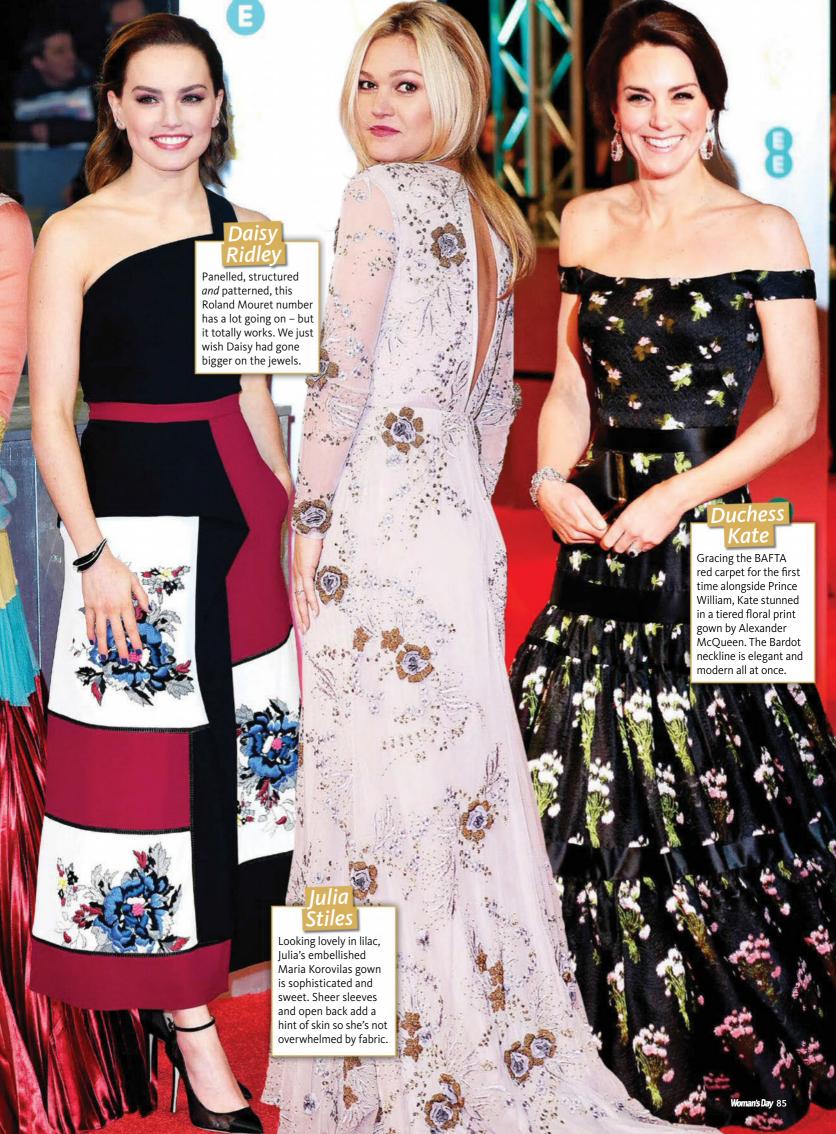
#### SERIAL

strangling murder of Baltimore Her ex-boyfriend, Adnan Syed, was Narrator Sarah Koenig has been applauded for her retelling of the events, and the show is credited

Where to listen: serialpodcast.org















What makes a pair of real jeans?





Real details



Really great fit

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# **Robbie**: His royal high-ness



Angels singer Robbie Williams has admitted smoking marijuana inside Buckingham Palace. It's thought Robbie, 43, lit up in June

2012, when he performed at the Queen's Diamond Jubilee Concert. The cheeky star made the shock confession while he was denying rumours he'd thrown up in Her Majesty's London residence. "Threw up in Buckingham Palace? No," he said, before quipping, "I smoked a spliff in Buckingham Palace."

# **Scarlett**'s love confession



With rumours rife that Scarlett Johansson and husband Romain Dauriac have parted ways, the actress has confessed she finds

monogamy a challenge. "I don't think it's natural to be a monogamous person," the twice-married 32-year-old candidly revealed in an interview before her rumoured split in late January. "I might be skewered for that, but I think it's work. It's a lot of work."

## Mick's fancypants sale!



Want to get into Mick Jagger's pants? Then be prepared to shell out \$10,000 for them! A green velvet pair custom made for the Rolling

Stones frontman are up for auction, and they're expected to fetch serious cash. The description says the trousers were "personally worn and shared by Jagger and bandmate Keith Richards."

# **Emma**: Prepping for a wedding?



Harry Potter star Emma Watson has reportedly won over the parents of her boyfriend, William "Mack" Knight, and they could soon be

walking down the aisle! "I've met Emma, and she's a wonderful girl," his mum Katherine told reporters, adding she would be proud to have the actress as a daughter-in-law. Despite Emma, 26, never officially confirming her romance with tech whiz William, 35, the pair are said to have been dating for 18 months.







Pictures: BackGrid Australia, Getty Images, Media Mode, Picture Media, Rex Features, Splash

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