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5 MARCH 2020
ISSUE 10

The original real-life mag

chat

DON'T
grow up
to be like
Daddy

So similar...

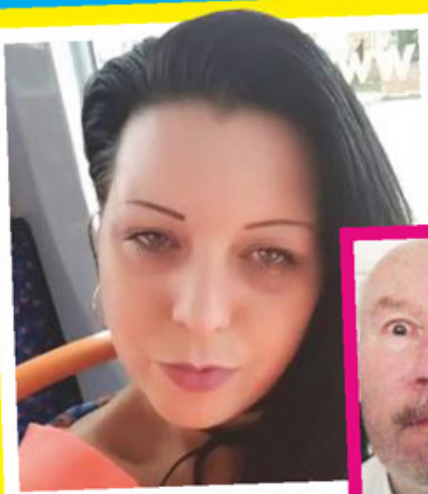
**BORN WITH
CANCER...**

Chemo
before our
first cuddle



**I nabbed a
SEX FIEND
from
the bus**

Banged up for 10 years



**FIREBALL
DRAMA**

3 minutes
to rescue
my baby
from this?



PLUS!

GO GREEN
17 buys on
a budget



**FAST & FAB
FAKEAWAYS**

Save
£££!

**PRIZE
PUZZLES
YOU LOVE**

My brave girl

MURDERED

saving
Mummy
from a
KNIFEMAN

She wrestled him off, then
he came for her



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THICKER
RECIPE

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- ✓ Still FAT FREE



Our personal best. What's yours? #MyPersonalBest

Contains naturally occurring sugars.

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BRITISH
ATHLETICS

Come on in!

Welcome to this week's Chat...

Handed a terrifying diagnosis, Trish's bucket list was different from the norm (p24). Would yours look the same?

Laura battled to conquer her demons to see her little boy grow up (p34). And when Kristy saw something horrifying from the bus window, she knew that she had to act (p10).

Spring's around the corner at last and we've got the perfect green looks (p12). And our fab fakeaways are better than the real thing (p40).

Plus the best prize puzzles and all your usual faves!

Have a lovely week!



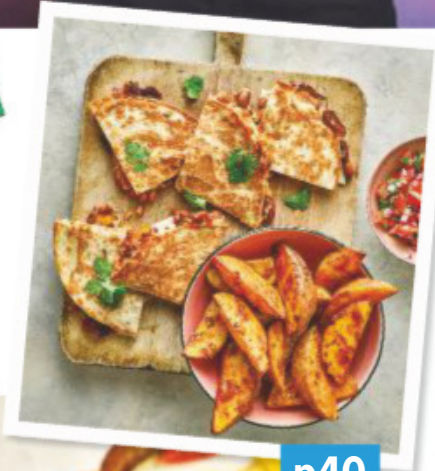
p24



p34



p12



p40



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Picture perfect

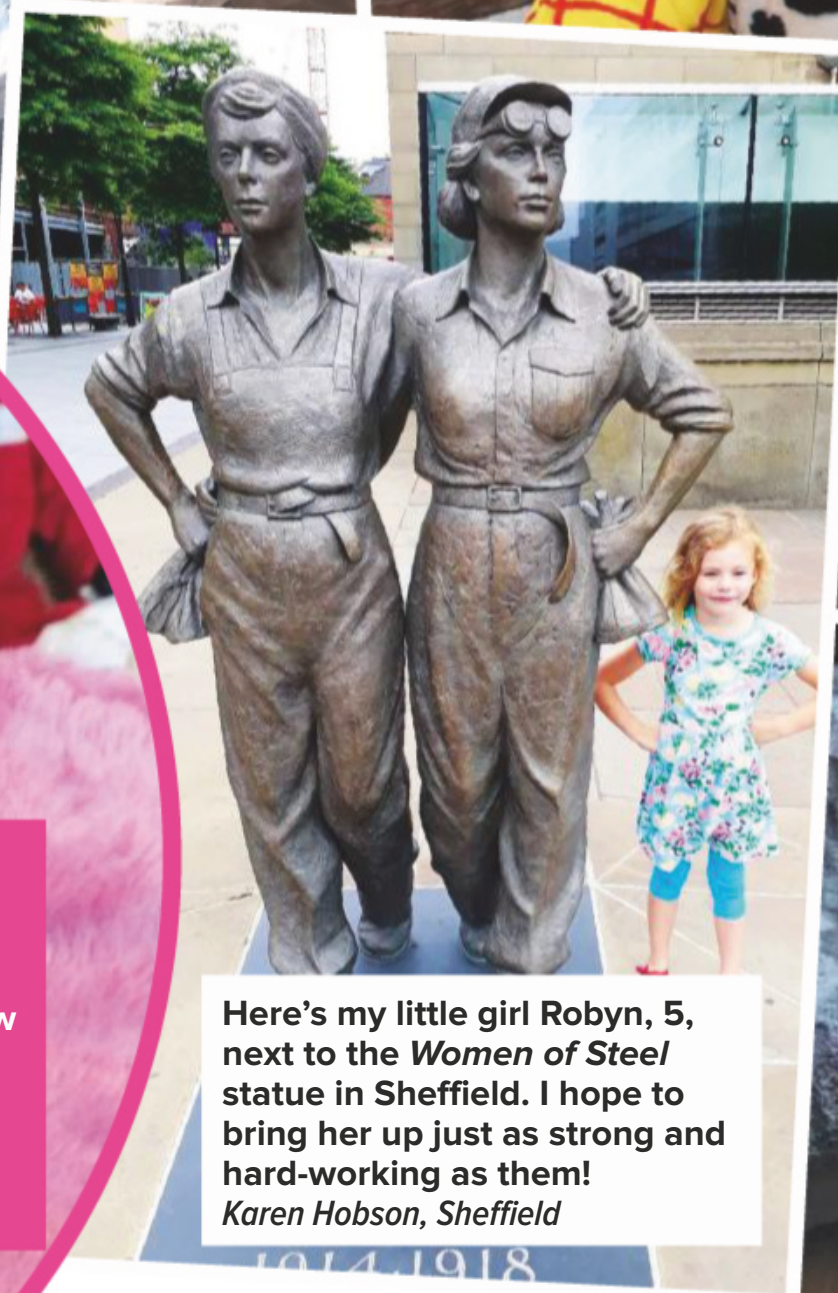
Another fun-filled week in *Chat* land



This is me with my two sisters Maria, centre, and Joanne, right, treating ourselves to afternoon tea at Godiva in Meadowhall.
Rachel Hopwood, Sheffield



Little Tia, our Yorkshire terrier, dressed up as a pirate. I hoped Cap'n Jack Sparrow might've made an appearance – but sadly he didn't!
Melanie Edwards, Sheffield



Here's my little girl Robyn, 5, next to the *Women of Steel* statue in Sheffield. I hope to bring her up just as strong and hard-working as them!
Karen Hobson, Sheffield

'You're my favourite deputy!' My son Joe, 3, at Disneyland Paris. He loved all the characters, but thought Woody was the best!
Wayne Rolfe, Upminster



Meet my rabbit Juliette. She looks so cute in her heart-shaped shades. Maybe she's on the lookout for her Romeo?
Heather Sutcliffe, Hebden Bridge



I had a lovely time exploring the National Trust Gardens with my little man Harley, 2. He loves collecting leaves and spotting wildlife outdoors!
Donna Bridewell, Crawley



Mirror, mirror... My son Arlo, 2, doing his hair and make-up!
Kim Coopey, Cardiff



My three gorgeous dogs, left to right, Maisie, Summer and Gracie – a picture of innocence!
Sandra Hayes, Atherton



Nap time! My jackapoo Barney and my flat-coated retriever Ted. Barney's nicked Ted's bed – so he's had to snooze on the floor!
Debb Hunt, Nottingham



So cute! My big boy Alex in his christening gown.
Laura Kanellis, East Leake

£25 for any photos that we use on Picture Perfect. They must not have been sent to any other publication and you must include written permission from a child's parent/s or guardian/s. Post to Picture Perfect, Chat, 161 Marsh Wall, London E14 9AP, or email chat_magazine@ti-media.com Unfortunately, we can't return photos without a SAE. And please don't forget to include your full address and a contact number.



My attacker:
Gareth Ralph

Daddy bashed Mummy

What hurt more than my injuries was what my little boy saw

Jemma Palmer, 38, Hull

Hearing my boyfriend Gareth, then 30, turn his key in the door, I panicked. I shoved the pregnancy test into my jeans pocket, checked myself in the mirror.

'Is that you, love?' I shouted nervously from the bathroom of the little flat we shared.

'Who else would it be?' he teased.

Taking a deep breath, my brain scrambled for what to say. It was March 2015 and I'd fallen pregnant with our first child.

Truth was, it was a massive shock. We'd only been dating five months. I had no idea how Gareth might react.

But my worries vanished when I spotted a bouquet of red roses in his hand.

'Just because,' he smiled.

It felt like a sign. And Gareth was over the moon when I told him the news.

Over the next months, we chatted excitedly about baby names.

Gareth had always spoilt

me rotten, but now he couldn't do enough for me.

Cooking me the prawn salads I craved, treating me to boxes of chocolate.

In December 2016, I gave birth to our son Josh.

'He's perfect,' Gareth cooed.

With Gareth's brown eyes and fair hair, Josh was the picture of his daddy.

And Gareth doted on him.

Life was perfect.

Only, when Josh was a few months old, Gareth found out his cousin had died suddenly.

He was devastated.

'Leave me alone,' he barked as I tried to hug him. I'd never known Gareth to snap like that.

I didn't hold it against him, he was

grieving – but, as the weeks went on, he became distant, and spent every night out with mates.

'Not again,' I told him when he staggered in late.

'Get lost!' he boomed, storming up to bed.

Suddenly, I felt so alone.

Gareth stopped working and was only nice when he wanted to borrow money.

I tried to help, but with Josh to look after and my part-time

support-worker job, it was hard. Finally, after weeks of rows, I'd had enough.

'I can't do this any more,' I said in December 2017.

I moved into my own flat and, although I felt heartbroken, it was a relief.

'Just me and you now, son,' I told Josh.

But seeing mums and dads with their kids in the park, my heart would ache.

I'd wanted that so much for Josh. A proper family life. Now I felt like I'd let my son down.

In May 2019, Gareth began coming to the house to see Josh. He seemed



We'd been happy at first...



*I know my boy
will grow up to
be a good man*



*Punches and kicks
rained down on me*

more upbeat, happy – the old spark back in his eyes.

‘I miss you,’ he said suddenly one day.

‘Me, too,’ I admitted.

Spending that afternoon together, we felt like a real family again.

‘Would you give me another chance?’ Gareth pleaded.

My heart thumped. I knew I still loved him.

‘Yes,’ I smiled.

Days later, Gareth moved in. Josh was thrilled to have Daddy back, rushing into our room and jumping on the bed in the morning.

Over the next months, we enjoyed blissful trips to the seaside, picnics in the park.

Until, one day in August 2019, we were on the bus back home after a day out...

A drunk man turned and looked at me.

‘Fancy a drink?’ he said.

I knew he was joking, just half cut, so I laughed it off.

‘Maybe later,’ I grinned, forcing a smile and turning back to Gareth and Josh.

Getting off the bus 10 minutes later, I noticed Gareth was strangely quiet.

‘What did you fancy for

dinner then?’ I smiled as we walked through the door.

‘Why don’t you just f**k that bloke from the bus,’ Gareth hissed.

‘What?’ I gasped.

His face was bright red with anger.

Taking Josh’s coat off him, I prayed Gareth would calm down.

But suddenly, his fist shot out and he smacked me in the face.

My jaw cracked and I fell backwards to the sound of Josh screaming.

I put my hand up to my face, but Gareth kicked it out of the way and rained punch after punch in my face.

I felt warm blood fill my ears, my face stung with pain.

‘Mummy!’ screamed Josh, so scared that he’d wet himself in fear.

But even that didn’t stop Gareth. He kicked and punched me for what seemed like a lifetime.

When he finally stopped, I lifted my hand to my jaw.

It felt like it was hanging

off my face. The vision in my left eye was blurred and I could feel with my tongue I’d lost half a front tooth.

Blood spattered the carpet, drenched my coat.

Worst of all, Josh was sobbing hysterically.

He’d seen every punch, heard every time I’d cried out in despair.

Without saying a word, Gareth ran out of the front door.

Shaking, I picked up Josh and went to my neighbours’ to

call the emergency services.

At Hull Royal Infirmary, an X-ray confirmed Gareth’s vicious blows to my face had fractured my jaw.

I also had scarring on my eye.

The police arrested Gareth later that day.

Josh went to stay with family, while I had an operation to have my jaw wired to repair it.

The pain was simply unimaginable.

But nothing could

**My little lad
was so
scared, he
wet himself
in fear**

compare to the agony that I felt whenever I saw Josh’s worried little face looking up at me.

‘My daddy bashed Mummy,’ he frowned.

For months after that, I avoided going out in public, and jumped at every loud noise.

I had counselling, too.

Last September, at Hull Crown Court, Gareth Ralph, 34, pleaded guilty to unlawful wounding and burglary.

Shockingly, while he was in custody, the police had discovered his links to a burglary in the area.

When he was given a jail sentence of just 18 months and handed a three-year restraining order, I was disgusted.

I’ll never forget what happened that day, but I hope my boy will.

Despite everything he saw, Josh, now 3, is an incredibly happy, loving little soul.

I know that he’ll grow up to be a good man.

Nothing like his daddy.

**For support, call
the Freephone 24-hour
National Domestic
Abuse Helpline on
0808 2000 247.**

Win! £500 cash!

NUMBER JIG

At its closest point (perigee), how far away is the moon from the Earth in miles? Fit these numbers into the grid. One number doesn't fit. This is the prize answer.

3 digits

120
160
164
260
328
555
662
787
821
926

4 digits

1808
3212
3676
3985
~~4352~~
4711
4774
6378
7741
7877
8116
8362
9076

5 digits

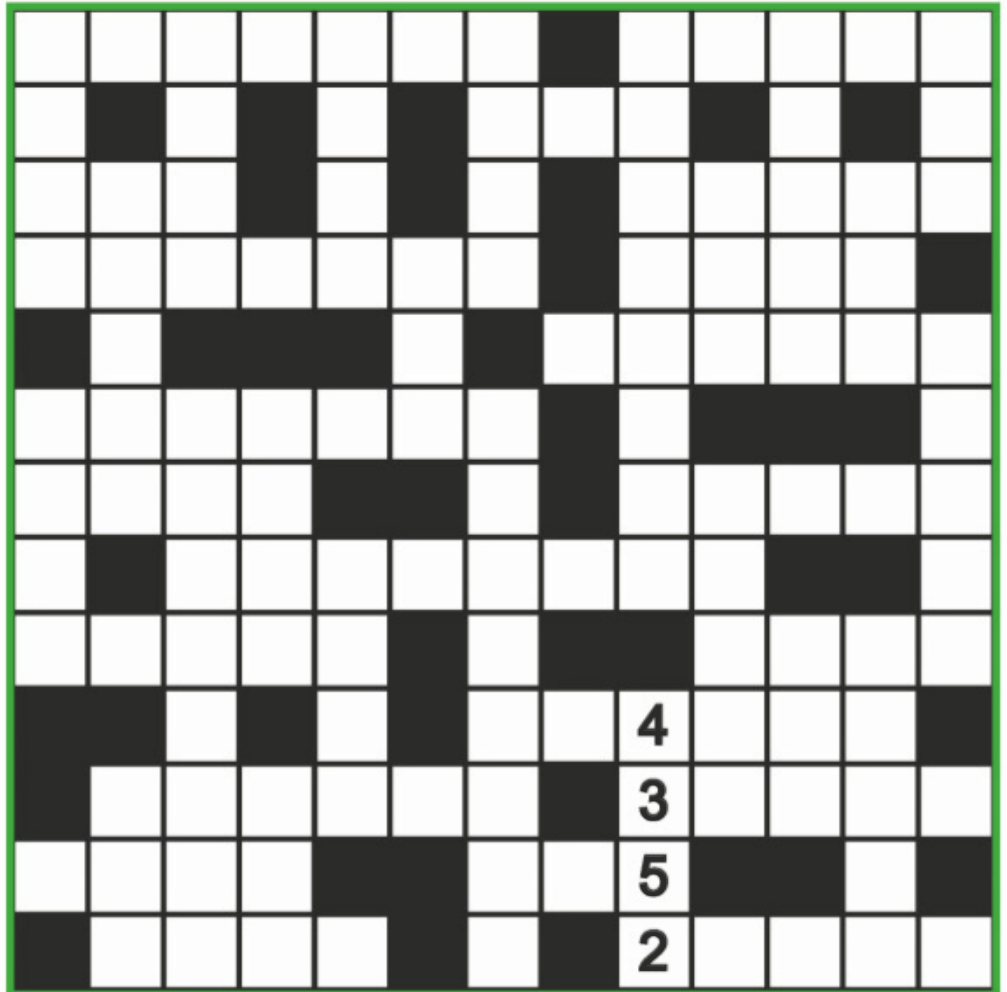
10347
10658
14822
15328
24280
36466
47806
57816
71460
85479
86508

7 digits

4054662
6688592
9064358

8 digits

18738810
22596955
57531318
57795407



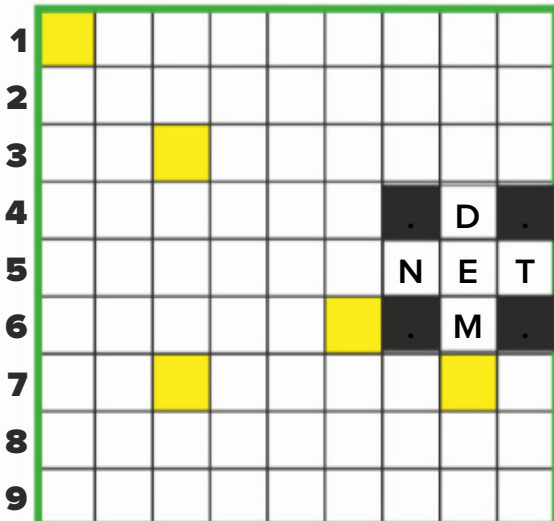
WIN
£250
Puzzle 1

Your answer:

PIECEWORD

What symbol indicates that a UK footpath is part of the National Trails? The clue number tells you which line the answer's in. We've put a section in to start you off! There may be two Across answers in one line. Down words fill themselves. The shaded squares give the prize answer.

A	G	R	T	K	E	E	M
E			O	E	R		I
I	D	L	O	M	P	E	T
I	C	K	A	U	N	E	N
O			N			E	
A	N	Y	A	C	C	I	D
T			D			H	
			N			T	A
W	O		M			N	



- 1 Female relative • Hit with the foot
3 Go somewhere as a companion or escort

- 5 Compulsory contribution to state revenue • Mesh
7 Having the same opinion as someone else
9 Lazy • Movement of the sea

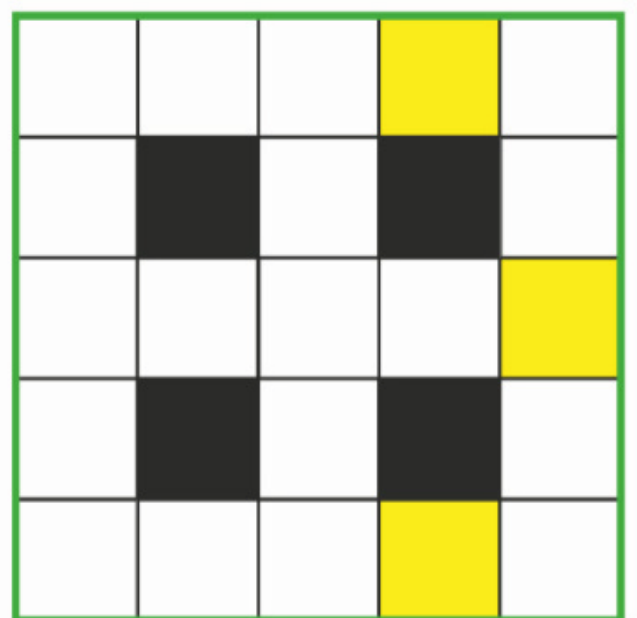
Your answer:

WIN
£150
Puzzle 2

TAKE THREE

What was the name of the Chihuahua friend of Stimp the cat in the 1990s US animation?

The three answers in this puzzle read the same across and down. The clues are given, but not in the right order. Read down the shaded squares to spell the prize answer.



BROOCH
STADIUM
HOODED SNAKE

WIN
4 x
£25
Puzzle 3

Your answer:

Just Genius

Your tips are the tops!



Supermarket sweep

Save the key from a tin of corned beef and keep it in your shopping bags. If you don't have a pound coin for a trolley when you're out shopping, simply push the key into the pound slot and it will release the trolley.

Tracey Boulton, Stoke-on-Trent



£25
For every
photo tip that
we print

On a roll!

I made beautiful napkin rings out of toilet rolls by cutting them into sections, and sticking on material and gold twine.

Joyce Scriven, Dudley



Need for beads

To stop my beads from getting lost, I decided to make use of an empty chocolate box to store them in.

Jane Whitaker, Birchington



Gift it a go

I use pinking shears to cut out Christmas cards that were sent to me, hole punch a top corner and add ribbon. I then use them as gift tags.

Carol Stone, Leighton Buzzard

Waste not, want not

If you (carefully!) cut your bagels in half before you freeze them, you can take them out of the freezer and toast them straight away. There's no waiting around for them to defrost.

Kath Fisher, Penarth



Not a bud idea!

The empty tub from my washing pods is just the right size for my packets of garden seeds. I can now keep them dry in the garden shed until I want to plant them.

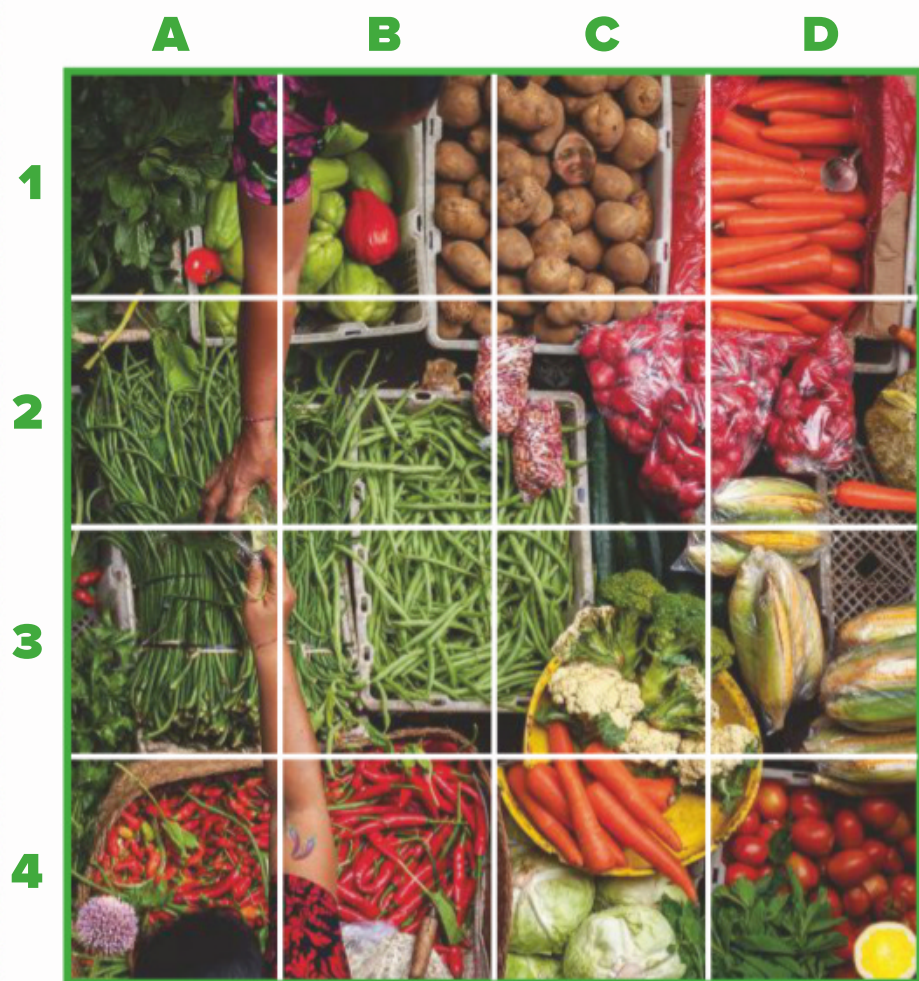
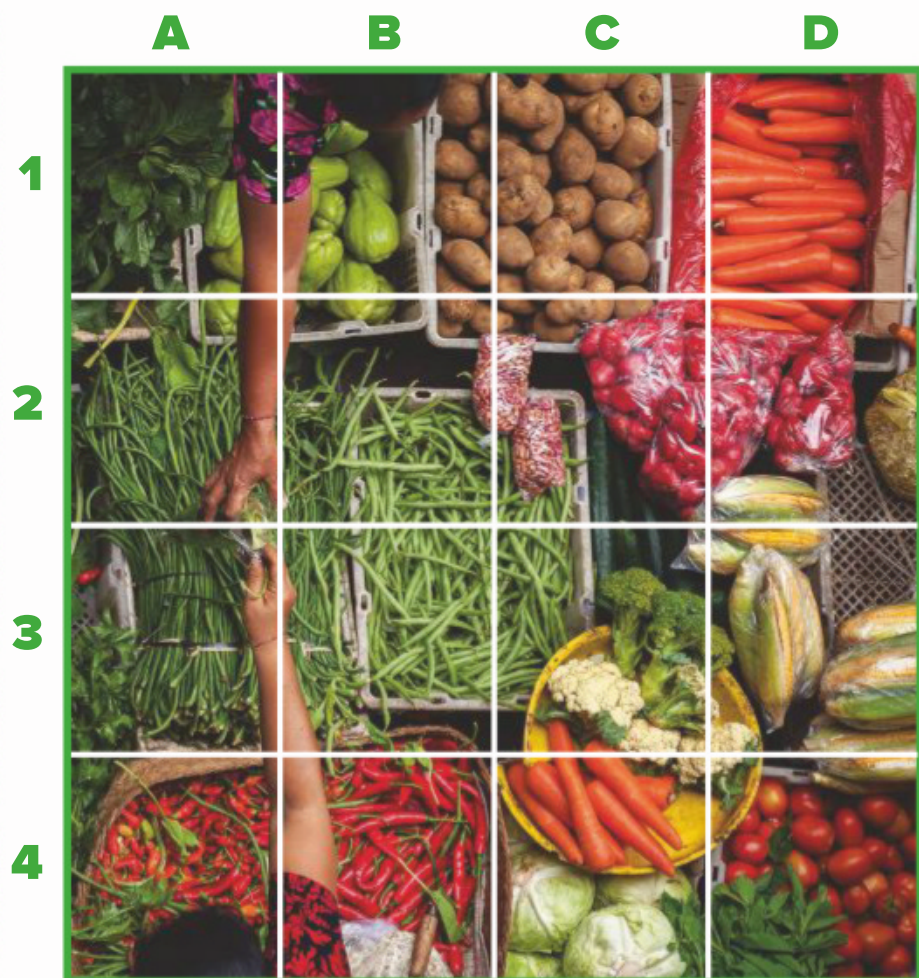
Linda Keen, Sheffield

£25
A LETTER

Tips must be your own idea, and not appear in other mags. If published, we pay £25 for tips with photos. Send tips, photos, name and full address to: Tips page, **Chat**, 161 Marsh Wall, London E14 9AP or email us at chat_magazine@ti-media.com. Remember, these are YOUR tips – we haven't tried them ourselves.

Win! Cash!

SPOT THE DIFFERENCE



WIN
5x£30
Puzzle 4

Look closely at these two pics – there's a difference in almost every square. Only one has no changes, the grid reference (eg, 1A) is your prize answer.

Your answer:

TRUE-LIFE SINISTER SITTER

Journ for ju

I'd always hated that bus trip – but, one day, it turned out to be life-changing

Kristy Bond, 30, South Yorkshire

Sitting in my usual seat, I felt the bus come to a halt. Every day, I followed the same route. Past shops, the same buildings, the schools, I knew each bump and bend of those roads. That's how I knew, without even looking up, exactly where I was. I mean, how could I forget? This stop, the house next to it, it's where everything changed for me. It was February 2017 and, even though I was 27 now and a mother, I still felt like the same terrified 11-year-old whenever I was there.

For, in August 2001, when I was 11, I'd been excited about a sleepover with my friend Lisa, at the home of a family friend. 'We'll stay up late, play on the computer!' I cried.

So much fun!

And my parents had been more than happy to let me go, especially as they knew that Robert Bedford, then 48 – a friend of the family

– would be babysitting us.

But, as soon as I went into his house that evening, I felt uneasy. I tried to brush it off as excited butterflies because of our sleepover.

I changed into my pyjamas around six o'clock, when Robert told us to. Then he came downstairs, in just his dressing gown. With nothing on under it, he revealed himself.

Giggling, I didn't know how to react.

Robert played with himself for a few



*Me, aged 10.
Just a little girl*

ey stice

minutes, and left a wet mark on my pyjama bottoms.

Frozen to the spot, I was speechless.

‘Go and clean yourself up!’ Robert shouted at me.

Scrubbing my PJs in the bathroom, I tried to make sense of what had just happened.

Part of me knew it wasn’t funny, nothing to giggle about. It was wrong – but I didn’t know why.

As the night dragged on, Robert cornered me time and time again.

He’d expose himself or make me touch him. At one point, while chasing me around the kitchen, he grabbed me by the waist.

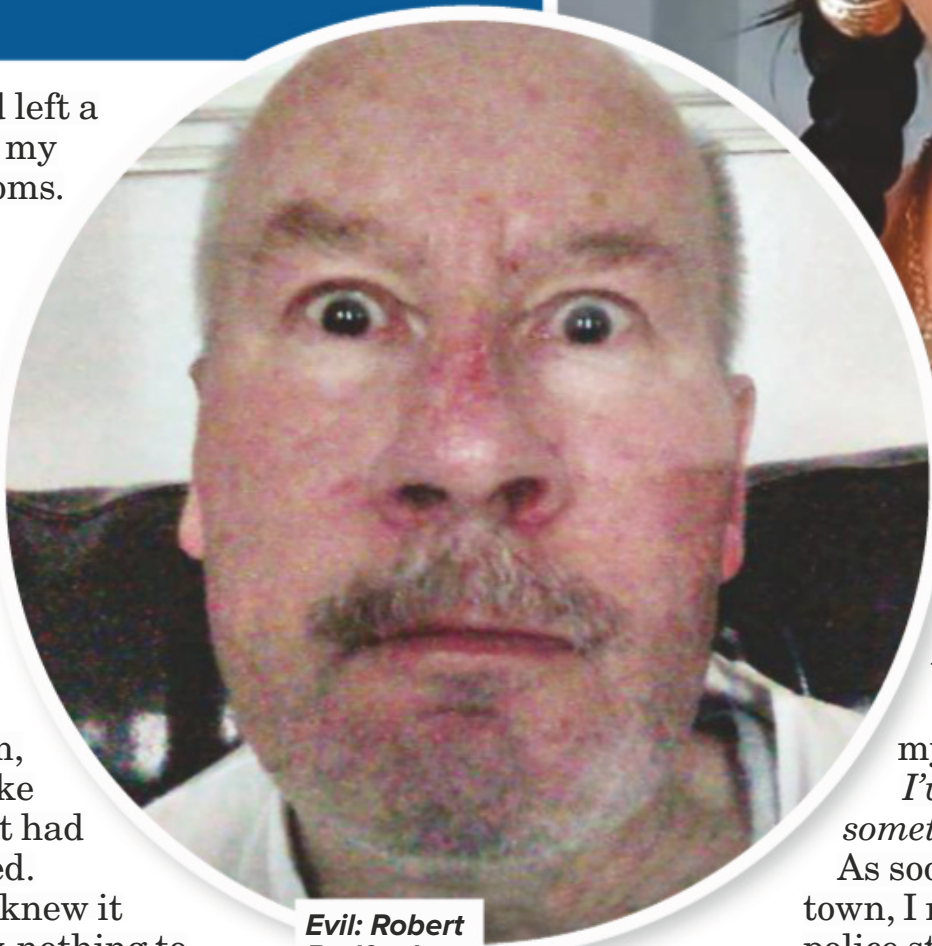
Then he pushed his hand inside my pyjamas and abused me.

And I just froze again. It hurt – but I didn’t scream. I didn’t even cry when I noticed later I was bleeding.

I was so confused, so numb.

Over the next few months, I buried the dark secrets of that night, desperately tried to forget.

But it was



Evil: Robert Bedford

impossible – and now, even 16 years later, as I sat on the bus outside his house in February 2017, I was still scared.

And then, there he was...

I trembled as I saw him, a visibly older and greyer Robert Bedford.

But the smile was still the same, still as evil.

And he had a young girl with him...

She couldn’t have been more than 13 or 14.

I watched, helpless, as Robert stood in his doorway, chatting away.

My blood ran cold. To anyone else, the scene would have looked innocent.

But I knew only too well

what had already happened inside those four walls.

As the bus drove on, my mind was racing.

I’ve got to do something, I thought.

As soon as we got into town, I ran full pelt to the police station.

Walking up to the desk, my heart racing and my palms sweating, I asked to speak with someone.

‘I’d like to report a sexual assault,’ I said defiantly.

Sitting down with officers, I gave my statement, telling

them every detail of my night with the evil babysitter.

Only when I had finished did one officer ask gently, ‘Why come forward now?’

I told them about the young girl at his house, how I feared there were other victims.

‘I don’t want him to hurt anyone else!’ I said to them, now in tears.

Thankfully, the police believed me and launched

an investigation. Within days, several other victims came forward.

It was harrowing to know they’d been through what I had. But, together, we were a force to be reckoned with.

Bedford was arrested and charged with 14 counts of indecent assault and gross indecency against me and five other young girls.

He denied it all.

So, in January 2018, I faced him in court and gave evidence.

A jury found Robert Bedford, then 65, guilty of all charges and, in April 2018, the judge sentenced him to 10 years in prison.

He was also put on the sex offenders register for life.

I don’t know if Bedford ever hurt the teenager I saw him with that day. Either way, I hope that she’s OK now.

In some ways, the bus ride into town which always haunted me was the start of getting justice.

For me and all of Bedford’s other victims.

And now that evil man is getting the punishment that he deserves.



Like the other victims, I’ve had to be strong

I buried the dark secrets of that night, tried to forget

GORGEOUS GREEN

BAGS



£25, Topshop



£28, Oasis



£15.99, New Look



£38, Simply Be

STYLE TIP
Give a plain outfit a pop of colour

HEELS



£25.99, Zara

£25, Next



STYLE TIP
Mules are still on-trend this year



£30, JD Williams



£25, M&S

DRESSES



£29.99, sizes 6-14, Mango



£40, sizes 8-20, Wallis



£26, sizes 6-22, F&F Clothing



£24.99, sizes 8-22, M&Co

STYLE TIP
Team with a biker jacket

£40
AND
UNDER

JUMPERS

£26, sizes
6-22, Next

£35, sizes xs-xl, M&S

£17.99, sizes
xs-xl, H&M

£29.99, sizes s-xl,
Zara

Top, £18,
jeans, £20,
both sizes
8-22, M&Co.
Boots
(just seen),
stylist's own

STYLE TIP
Wear with
blue jeans

THE SMART WOMAN'S GUIDE TO THE **MENOPAUSE**

152

ways to take
control of
**YOUR
HEALTH**

Lose your menopause middle
21-DAY
EXERCISE
AND DIET
PLAN

The truth
about
HRT

**SEXPERT
ADVICE**

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reignite your
love life

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liberating
stage!

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Your must-have guide, available from
supermarkets and newsagents

Win! £1,001 cash!

What connects Dominic Monaghan and Diane Kruger?

To find out, solve the crossword then read down the shaded squares to find the three-word prize answer.

WIN
£1,001
Puzzle 5

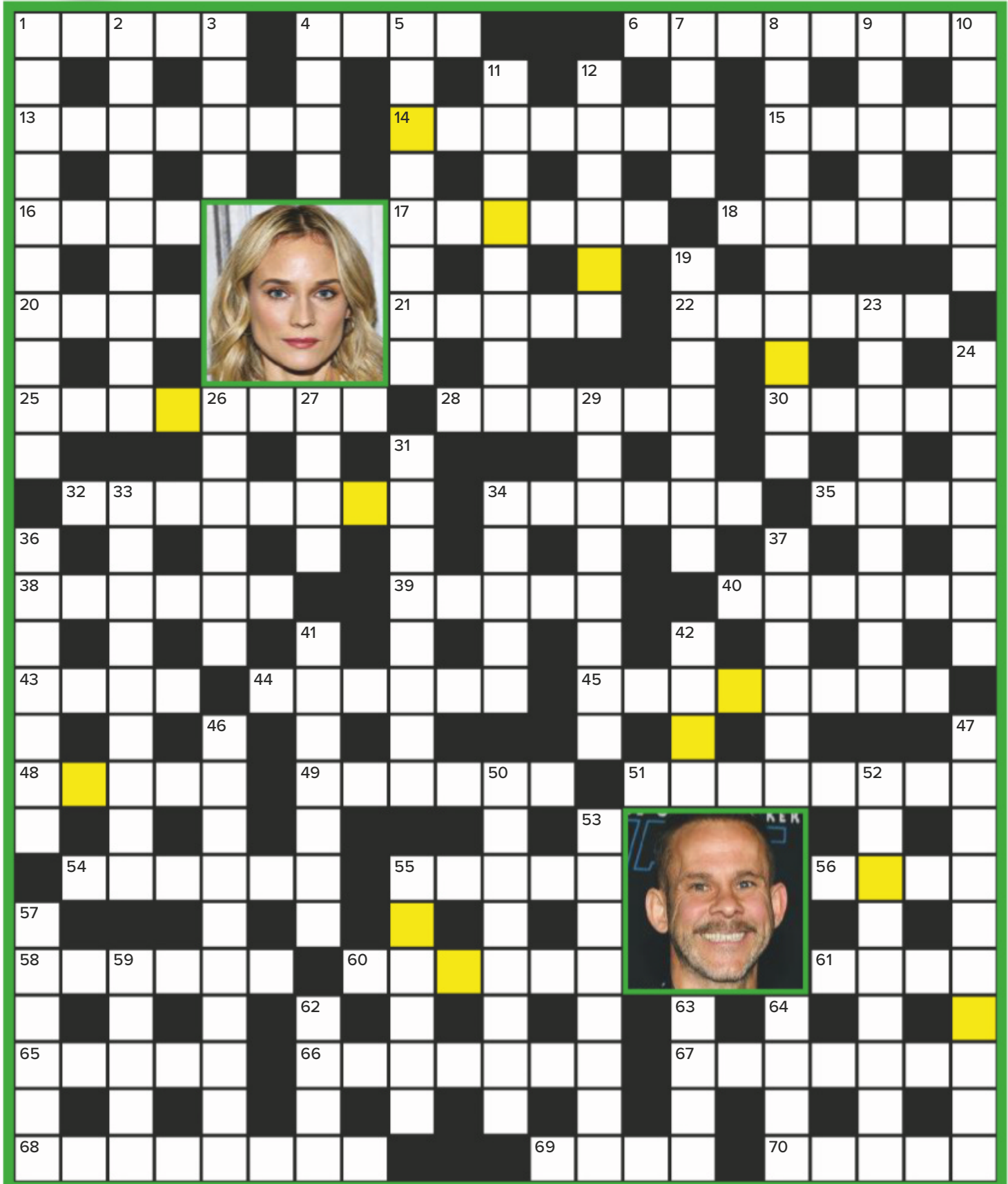
THE BIGGIE

Across

- 1** Roost (5)
- 4** Noisy (4)
- 6** Football officials (8)
- 13** Rekindle (7)
- 14** Group of Atlantic islands (7)
- 15** Soft fruit with a stone (5)
- 16** Duration (4)
- 17** Unusual and foreign (6)
- 18** Volcano mouth (6)
- 20** Titled woman (4)
- 21** French river (5)
- 22** Dairy product (6)
- 25** 2013 film with Tom Cruise and Morgan Freeman (8)
- 28** Shed (4-2)
- 30** Stop (5)
- 32** Inhabitant (8)
- 34** Threads spun by spider (6)
- 35** Leader (4)
- 38** Lucky charm (6)
- 39** Pleasant smell (5)
- 40** Protect (6)
- 43** Brood, sulk (4)
- 44** Deep narrow gorge (6)
- 45** Shakespearean monarch (4,4)
- 48** Large sports venue (5)
- 49** Myth (6)
- 51** ... DiCaprio, actor (8)
- 54** Wooden posts (6)
- 55** Hesitate (5)
- 56** Pollution (4)
- 58** Scoundrel (6)
- 60** Very clever person (6)
- 61** Taverns (4)
- 65** Blossom (5)
- 66** Evil character (7)
- 67** Berkshire town (7)
- 68** Assertive (8)
- 69** European mountains (4)
- 70** Woolly animal (5)

Down

- 1** Place in South Wales (4,6)
- 2** Person worth imitating (4,5)
- 3** Opposite of low (4)
- 4** Behind schedule (4)
- 5** No.1 song for Rihanna featuring Jay-Z (8)
- 7** Anna's sister in *Frozen* (4)
- 8** Practical knowledge (10)
- 9** Precise (5)
- 10** African desert (6)
- 11** Chemical element used in swimming pools (8)
- 12** Cricket official (6)
- 19** Tenth month (7)
- 23** Serial TV drama (4,5)
- 24** Beach area (7)
- 26** Disguised (6)
- 27** Finished (4)
- 29** Penny's home state in *The Big Bang Theory* (8)
- 31** Taking without permission (8)
- 33** Kit (9)
- 34** Identical copy (5)



- 36** Porridge ingredient (7)
- 37** King Arthur's wizard (6)
- 41** Highest (7)
- 42** Leg joint (4)
- 46** Board game (10)
- 47** Medicine (5,5)
- 50** Of sailors or navigation (8)
- 52** Talk fondly about the past (9)
- 53** Related to the time of year (8)
- 55** Spanish rice dish (6)
- 57** Paid to do something wrong (6)
- 59** Tempest (5)
- 62** ... Lendl, tennis great (4)
- 63** Possesses (4)
- 64** Social insects (4)



£1,001 winner

Issue 47 21 November 2019

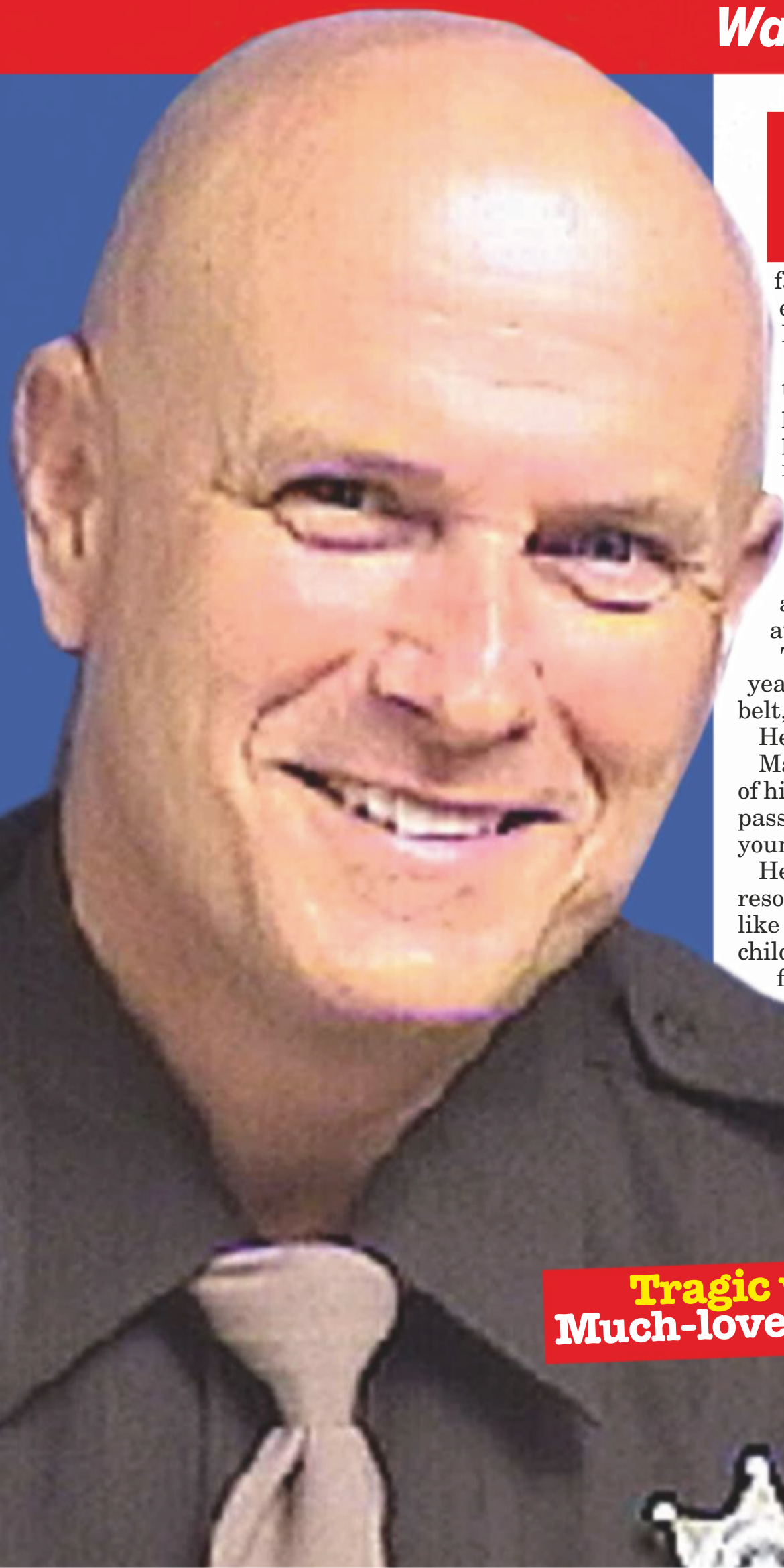
'Absolutely brilliant, thank you so much. Will spend the money on a holiday in Scotland – Outer Hebrides.'
Juliette Bradbury, Whitchurch

Your answer:

TO ENTER Turn to page 56 for details or visit comps.lifedeathprizes.com/puzzles

Fallen local

Was it an accident that a police



Most people in the Michigan county of Oakland were still

fast asleep in the early hours of 23 November 2017.

Turkeys waiting to be roasted, potatoes ready to be peeled, America was ready to celebrate Thanksgiving.

Yet for County Sheriff Deputy Eric Overall, 50, it was just another day at work.

The veteran cop, with 22 years of service under his belt, was on duty.

He loved his job.

Married and with kids of his own, Eric was passionate about helping young people.

He worked as a school resource officer and acted like a father to so many children who turned to him for guidance.

A local hero.

But that morning,

as Eric patrolled the streets, trouble was brewing.

Eric had received reports from cops down the road in Lapeer County.

They were chasing a car after the driver had randomly turned up at a local jail.

Prison staff told police the man had been ranting, claiming to be God and demanding they free one of his followers.

By the time officers arrived, the man was in his car.

He refused to get out of the vehicle.

Instead, he threatened to drive his car into a tree and sped off, sparking a police chase.

Devastating scene

Police pursued him for miles.

Soon, he started heading towards Oakland County.

Hearing about the chase, Eric was well prepared.

He got out of his car at the intersection of the county's southbound M-15 near Seymour Lake Road.

Eric got out his stop sticks. He prepared to lay them out in the road, ready to burst the crazed driver's tyres and finally bring the chase to an end.

But as the car approached, it hurtled straight towards Eric.

It all happened so quickly.

The beloved deputy sheriff was struck at full speed

Tragic victim
Much-loved cop Eric

hero

officer ended up dead?

and the car rolled over.

Cops arrived to a scene of utter devastation.

Tragically, they found Eric in the wetlands next to the intersection.

There was nothing they could do. He was pronounced dead.

Christopher Berak, then 22, was arrested at the scene.

He was charged with first-degree premeditated homicide and the murder of a police officer.

As news spread of Eric's death, the whole county mourned a man who cared so much for other people.

His devastated wife Sonja was heartbroken.

'He treated everyone with the utmost respect,' she said.

'Not a single person could ever say anything negative about him because he was just that wonderful.'

Other people spoke of Eric's passion for helping young people.

His family said whenever Eric had to escort children to detention, he would put his arm around them and pass on words of wisdom to

**YOU'RE
THE
JUDGE!**

try to change their paths.

It seemed so cruel that his life should be stolen in the line of duty.

In October 2019, Berak, a pizza delivery driver from Macomb County, pleaded not guilty to all charges at Oakland County Circuit Court.

The prosecution argued Berak had plunged his car into Eric on purpose.

'Christopher Berak was angry at law enforcement,' said prosecutor Ken Frazee. 'He was in control of a vehicle and had been involved in two police stops.'

Frazee said that on the night he died, Eric was in full police uniform and had

his vehicle lights shining on him as he stood on the side of the road under a well-lit intersection.

Deliberate or not?

Frazee told how Berak drove his car at 42mph, driving onto the right shoulder and slamming into Eric, launching him into the wetlands.

To Frazee, this was no accident.

But Berak's lawyers told a different side to the story.

Defence attorney Stephen Rabaut said it was a sad case, and that Eric's tragic death was nothing more than an accident.

Rabaut highlighted that although Berak was escaping from police, he had stayed within the

speed limit at all times.

His theory was that, rather than deliberately plunging his car into Eric, Berak had been distracted by the four police cars following him and accidentally veered off the road.

He pointed out that if Berak had intended to kill a police officer that night, he'd already had several opportunities.

Not long before Eric died, Berak had been issued a speeding ticket after police caught him doing 62mph in a 45mph zone.

Jurors watched a video of the traffic stop, in which Berak ignored the officer's instructions to remain in his car.

Berak then said he was 'a child of God', telling the officer he had rights.

The court heard Berak had a history of mental-health problems.

So did he really mean to take local hero Eric's life that night? Or was it a tragic accident?

**Guilty or not?
Turn to find out**

**Christopher Berak
was at the wheel**



**Grieving
wife Sonja**



**Eric's final
farewell**

Berak was
jailed for life**WHAT'S
THE
VERDICT?****GUILTY**

Last November, after eight hours of deliberation, the jury found Christopher Berak, 24, guilty of first-degree, premeditated murder and homicide of a police officer.

As he was sentenced to life in prison, in December, Berak stood impassively, staring ahead, as Eric's friends and family wept.

When the judge asked Berak if he had anything to say, he said, 'I'm very sorry for what I did to the family and hope they are all doing OK.'

After the sentencing, Eric's widow Sonja gave an emotional speech outside the courtroom.

She recalled hugging her husband for the

last time that night before he left for work, not knowing it would be the last time she would see him alive.

'It's been a difficult two years,' she said, wiping away tears.

'I always knew in my heart the jury would be just. I'm truly grateful at their decision.'

She also expressed sympathy for Berak's family, adding that they were 'destroyed just as much as mine has been'.

Berak's parents – who sat through the trial – watched their son being sentenced, before immediately leaving the court.

His lawyer told the press there would likely be an appeal.

TRUE-LIFE TRUE COURAGE

Strong but fragile

I feel lucky I'm still here to share my story**Ashton Rains, 29, Lowestoft**

Reluctantly pulling on my uniform in December 2005, I dragged myself to school.

'I've got a cold coming,' I groaned, struggling through my lessons.

By lunchtime, I felt so rough, I went home for a snooze.

Waking up later on, I noticed my hands were tinged purple, the colour spreading down my fingers.

'My hands look funny,' I frowned to my mum Lorraine, then 38.

'Let's get them checked out,' she said.

The doctor said it looked like Raynaud's disease – a syndrome causing reduced blood flow to some parts of the body.

'It should clear up,' he assured me.

It did, but a week later,

the purple tinge returned.

Over the next two years, I took medication to boost my circulation.

Aged 16, I went to college to study for a Performing Arts diploma.

But during lessons, I felt breathless and had pain in my back and neck.

My GP referred me to a rheumatologist, who advised stretching exercises and painkillers.

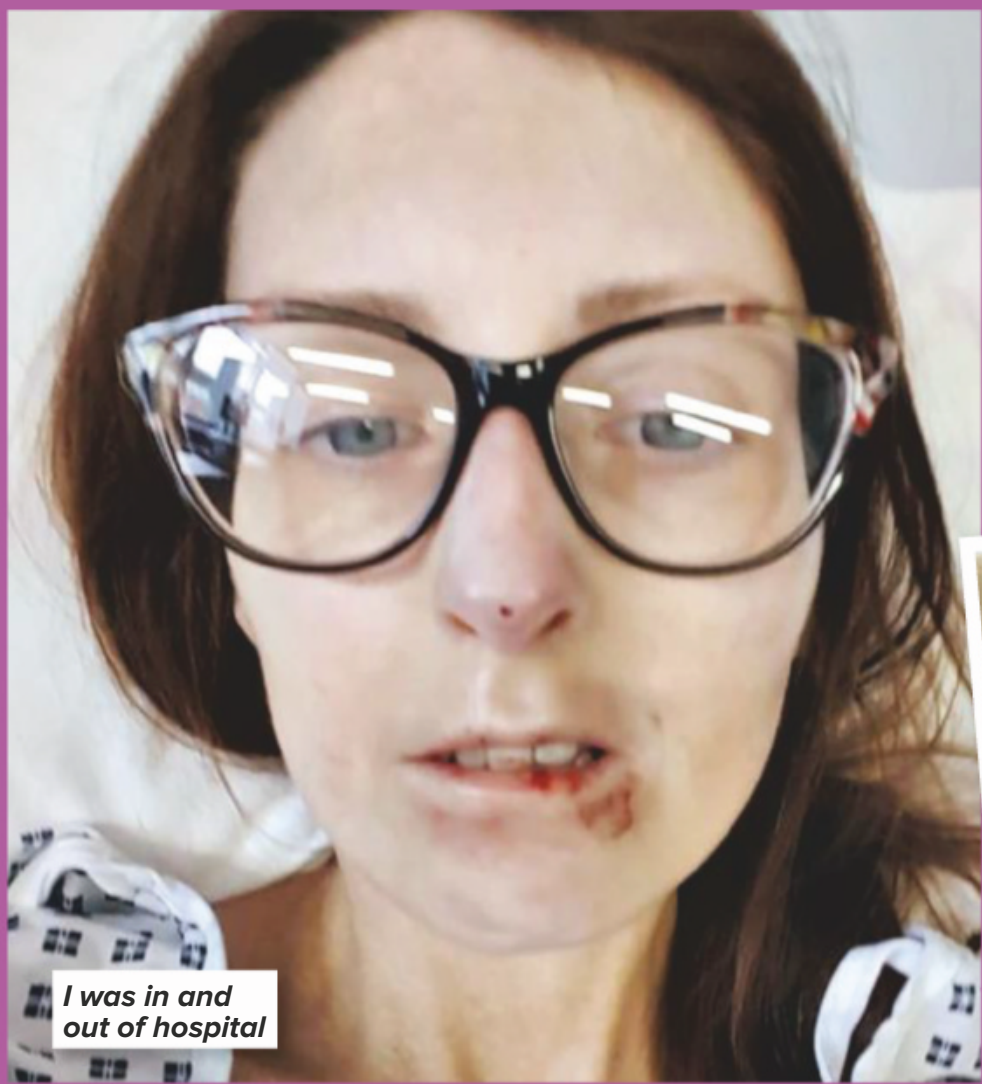
But in December 2007, I noticed a brown dot on my finger – a tiny ulcer.

It was painful to touch, and gradually grew so big it covered the tip of my finger.

'It might be scleroderma,' said my rheumatologist in February 2008.

He explained the

I noticed a brown dot on my finger – a tiny ulcer



chronic, incurable condition causes the immune system to make excessive collagen, hardening organ tissue and skin – turning the body to stone from the inside.

Terrifying.

Tests were initially inconclusive, but my condition deteriorated.

By the time I'd started a Drama degree at the University of Lincoln in September

2009, I was struggling.

Breathless, lacking in

energy and suffering chest pains, I couldn't party like other freshers.

Then, in March 2010...

'Your lungs are scarred and declining,' my doctor said, officially diagnosing me with scleroderma.

While it was a relief to finally know what was wrong with me, I was frightened for my future.

I was sent for tests and a biopsy.

Devastatingly, the docs said my lung damage couldn't be reversed.

And when Mum looked for information online, she crumpled.

'Apparently 50 per cent of people die with scleroderma within five years of diagnosis,' she sobbed.

Reeling, I felt sick with fear.

Soon, the ulcers worsened until they covered my hands.

Basic tasks were agony.

I couldn't hold a pen or open jars.

My boyfriend Ross, then 23, was a constant



support. We'd been together since summer 2007.

In November 2011, my doctor suggested a new treatment: chemotherapy.

He explained chemo drugs would abolish the immune cells causing the damage.

I'd have it intravenously, every four to six weeks.

Having my first course at Royal Brompton Hospital, London, I was nervous about potential side effects.

But with six bearable months of treatment, my lung function improved.

The ulcers on my hands were still growing, though.

And by 2012, they needed daily cleaning and dressing with bandages.

A year later, playing with my one-year-old nephew, I felt a sharp pain on my knee – an ulcer.

'They're spreading,' I wept, finding more on my right foot and elbows.

I stopped wearing trousers with zips and buttons, as I couldn't fasten them, and only wore slip-on shoes.

Then my fingernails began dropping off, one by one.

Horrific.

I was prescribed steroids

and in 2014 went through more chemotherapy.

This time, I suffered, throwing up after each treatment and spending days in bed.

Although treatment boosted my lung function, the ulcers covering my body were relentless.

So painful and ugly.

And people would stare.

I couldn't wear rings and two fingers on each hand were permanently bent inwards.

Sadly, by December 2017, my symptoms were so severe I had to leave my job in teacher training.

Now, I'm stronger but may need medication for life.

I tried a plant-based diet last year, which helped with my ulcers, but my fight isn't over yet.

I count myself lucky that nine years on from my diagnosis, I'm still alive.

Ross and I would love to start a family.

Yes, pregnancy would strain my already fragile body, but motherhood is the dream that keeps me going.

I'm on the board of the charity SRUK, which supports scleroderma and Raynaud's sufferers.

I'm sharing my story to raise awareness.

It's my mission to tell everyone what life is like with this terrible condition.

WHAT IS SCLERODERMA?

It is a rare and incurable condition affecting the immune system, blood vessels and connective tissues. In Greek, the name means 'hard skin'.

Symptoms and severity vary, but sufferers may experience swollen hands and feet, joint stiffness and pain, and blood vessel damage.

There are 19,000 sufferers in the UK. There is no cure, but symptoms may be controlled.

For more information, visit sruk.co.uk.



Health

The advice you need

Perfect to us

Our precious boy will never be forgotten

Samantha Saunders, 30, Ledbury, Herefordshire

Enduring two years of IVF and genetic testing, we thought we'd done enough.

Me and my husband Kriss, then 28, were determined our baby wouldn't inherit the kidney condition I had.

We'd chosen the healthiest embryo, the one with best chance.

Yet here we were at the 12-week scan in December 2018, hearing the sonographer tell us our child's organs were growing on the outside of their body.

'It could be a sign of limb-body wall complex,' she warned.

It meant abnormalities in the foetus – and was a fatal condition.

After everything we'd already

been through, it felt so unfair.

But we had to keep positive.

For the next few months, we had regular scans and check-ups.

Found out we were having a little boy.

But the future was still uncertain.

'I just want to enjoy being pregnant,' I cried to Kriss.

So, we'd tried to make memories, taking photos of me and the bump.

We treasured every kick and wiggle.

Then, in July 2019, my waters broke.

Our boy Rief was born weighing 6lb 9oz.

His tiny cries filled the room.

But I didn't get to see him before he was whisked away to the NICU.

Even then, the first time I saw him was a picture Kriss sent me.

To my surprise, Rief looked perfect.

But then...

'He has a condition

called cloacal exstrophy,' doctors later explained.

It's a severe birth defect where many of the abdominal organs – such as the bladder and intestines – are exposed.

With Rief transferred to Royal Manchester Children's Hospital, we learnt how serious it was.

In 2019, four babies were born with the condition – and Rief was one of them.

His liver and stomach had grown outside of his body. As had his bladder, which was split in two.

He had no anus and his reproductive organs were in half as well.

'It feels so unfair,' I cried to Kriss.

Without surgery, Rief wouldn't survive.

But until he was breathing on his own, the operation couldn't be scheduled.

He came off his ventilator just once, long enough for us



Cuddles with my little Rief

True-life
**PATIENT
CASEBOOK**

**I miss
my baby
boy every
single
day**

to hug, bathe and dress him in special sleepsuits.

But at six weeks old, he was diagnosed with a lung infection.

By the end of September, doctors said there was no more they could do.

Heartbroken, Kriss and I made the toughest decision to let our boy go.

On 8 October, Rief opened his eyes once more and squeezed my finger.

To me, that was him saying, 'It's time, Mum.'

And that afternoon, as I cradled him in my arms, Rief took his final breaths.

I miss my baby boy every single day.

But, in his memory, I'll continue to share his story, to raise awareness of cloacal exstrophy.

We're also supporting charities like Bliss to give premature and sick babies the care they need.

Rief will always be a part of us.

And we'll always be his parents.

More info?

For help and support, visit [bliss.org.uk](https://www.bliss.org.uk)

We'll always be his mummy and daddy

Health news



Health SOS

IBS is the most common gut disorder, with around two in 10 of us suffering says Bupa.

Aiming to change the stigma is Regular Girl, a blend of fibre and probiotics to help keep things moving. It's approved by Australia's Monash University, which researches the FODMAP diet for IBS, a plan that focuses on eliminating certain gas-causing foods.

See regulargirl.com.

Swap and see

When it comes to cutting down your calorie intake, every little helps... If you like sugar in your coffee, try a natural syrup – Sweet Freedom's new one comes in Caramel or Vanilla, doesn't contain any refined

sugar and is 13 calories per tsp, compared to 16-20 in sugar. From Sainsbury's and Ocado online, £3.29 for 350g.



Are germ-ridden gym clothes making you ill?

If you've committed to a gym membership or workout regime this year and are sticking to it, we salute you!

But one thing we're not all sticking to is washing our kit – or ourselves – afterwards, leaving us prone to everything from fungal infections like athlete's foot to skin conditions called staphylococcus infections, which can even require antibiotics.

New research has found that 23% of us wait longer than an hour to shower after the gym, while 10% never wash their gym clothes!*

Perhaps the least

savoury finding was that one in eight of us wipes the gym equipment with the same cloth we use on our face.

Time to add cleanliness to that workout routine!

How clean is your gear?



Regular nookie can help delay the menopause

New research from University College London has revealed that women who have a regular sex life could ward off the menopause longer than those who don't.**

And panic not if you're single – a spot of 'DIY' in bed also counts!

Based on research with a group of women who were an average of 45 years old, those who had sex weekly had a 28% lower chance of entering menopause compared with those who didn't.

The study used data from nearly 3,000 women as part



Once-a-week has its benefits!

of an initiative called SWAN, the Study of Women's Health Across the Nation, talking to women about their frequency of sexual activity.

It then followed up 10 years later to see if they had entered menopause.

surprising STAT

2hrs

Used under medically controlled conditions, nitrous oxide (laughing gas) has been found to ease symptoms of depression in as little as two hours.

The research is in its infancy, but a pilot study of 20 people, which will now widen into a bigger project, revealed that the gas had a positive effect that lasted up to two days.***

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Turn over for more health



ASK Dr Martin

Dr Martin Edwards is a family GP whose advice you can trust

I'm seeing colours

Q Sometimes everything looks yellow to me, especially when I wake up in the morning. Is it serious?
Lindy, Wigan

A Yellow vision has a name, xanthopsia. Some people think that the painter Vincent van Gogh might have had it, which would explain the yellow tinge to many of his paintings.

There are several possible causes, including too high a dose of the heart drug digoxin – if you're taking digoxin, speak to your doctor immediately.

Jaundice, the yellow skin colour caused when your liver isn't working properly, can lead to yellow vision as it stains the lens and fluid inside your eye yellow.

Cataracts, gradual clouding of the lens inside your eye, can also give everything a yellow or brown tinge, and vitamin-A deficiency is a possible rare cause.

Another possibility is stress, especially if your symptoms are temporary. You should see your GP to check what's going on.

Making love is never complete for me

Q I've never had an orgasm during sex, though I can have them when I'm by myself. Is something wrong with me?
Ginny, Lanark

A It's a common situation, and the fact that you can orgasm when you masturbate makes it unlikely that anything's physically wrong.

You might boost your chances of orgasm by not drinking too much, not smoking, and asking your GP about any drugs you're taking, as some –



including some antidepressants, tranquillisers and blood-pressure pills – can interfere with orgasm.

But it sounds likely that there's a psychological barrier to orgasm during sex here – which could be the result of guilt or anxiety

around sex, previous traumas, relationship difficulties, or general stress and anxiety.

Talking to your partner, and experimenting with sexual positions and techniques that turn you on, might help.



Natural solution to my pain?

Q I suffer terrible heartburn, especially lying down in bed. Is there a cure or do I just have to live on indigestion mixture?
Isabella, Bletchley

A Up to one in five of us experience heartburn, a burning sensation rising behind your breastbone towards your throat, at least once a week. It's caused by stomach acid

leaking into your gullet, and is more likely if you're straining, bending, wearing tight clothes around your middle, or lying down.

Avoiding these triggers can help, besides not smoking, keeping a healthy weight, and avoiding large meals in favour of smaller, more frequent ones. Don't eat just before bedtime, and try raising the head of your bed.

See your GP if symptoms are severe, or you're over 40.

Am I going through the change?

Q I think I might be starting the menopause, but my doctor doesn't want to test me. I've seen DIY test kits – do they work?
Mary, Pontefract

A There might be good reasons why your doctor doesn't recommend a test.

Entering your menopause doesn't mean you should change your lifestyle, provided it's healthy, and unless you have symptoms

such as troublesome hot flushes, your doctor won't suggest treatment – so the test results are unlikely to change anything.

The medical definition of menopause is that periods have stopped for a year, so blood and urine tests only give an indication.

DIY tests check for a hormone, FSH, in your urine and are generally accurate. The trouble is, FSH levels often fluctuate greatly when you are starting your menopause.



Win! £375 cash!

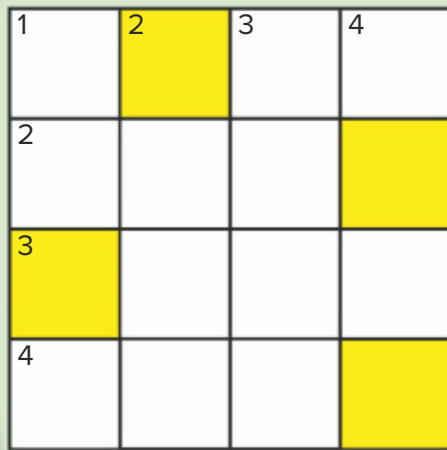
OVER TO YOU

Can you set a puzzle in this format? Send it, with a photo of yourself, to the address on p3. There's **£20** for every one we use!



This week's puzzle was compiled by **John Spencer, Rosyth, Fife**

WIN
5x
£25
Puzzle 6



ACROSS

1 Layabout

2 Intensive publicity

3 Zone

4 Repair

DOWN

1 Not the real McCoy

2 Stringed instrument

3 Unlock

4 Part of a necklace

Your answer:

SKINNY ONE

On what TV show in 1989 did Gene Pitney famously fail to mime along to his single, *You're the Reason?*

WIN
£50
Puzzle 9

To find out, solve the puzzle... Add a letter anywhere in each of the boxed-off words to fit the clue, eg Cooked bread = OAST + T = TOAST. Write the added letter in the space provided. Read down the added letters to spell out the two-word prize answer.

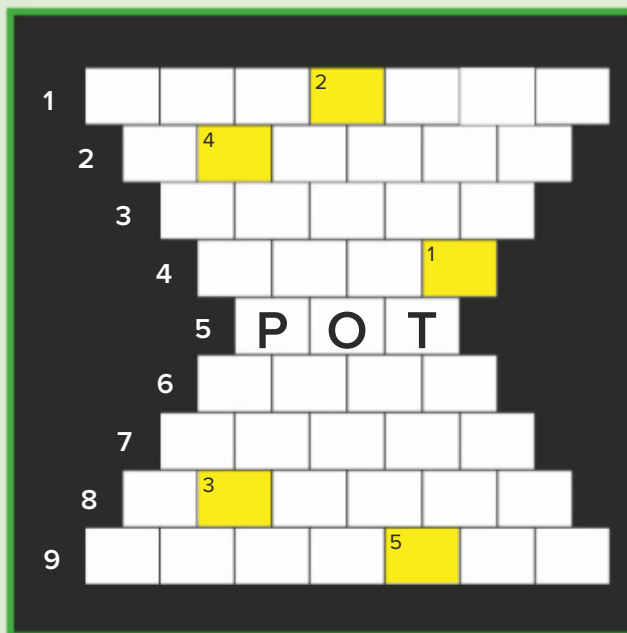
OAST		Cooked bread
SIPS		Boats
CHAR		Seat
CURE		Obscenity
SASH		Shatter
LADS		Weights
FOND		Leaf
DOOR		Giver
PANT		Coloured liquid
WIGS		Organs of flight
RIDE		Raised line



Your answer:

BRICK TRICK

Which American word for an elevated porch comes from the Dutch word for step? To find out, solve the puzzle... Enter the answers to the clues in the grid. Every word is an anagram of its neighbours, plus or minus a letter. Read the shaded squares in number order for the prize answer.



1 Way of sitting or standing

6 Bard

2 Large printed picture

7 Pasta sauce

3 Game

8 Mailed

4 Chooses

9 Ceased

5 Cooking vessel

WIN
£100
Puzzle 8

Your answer:

HALF & HALF

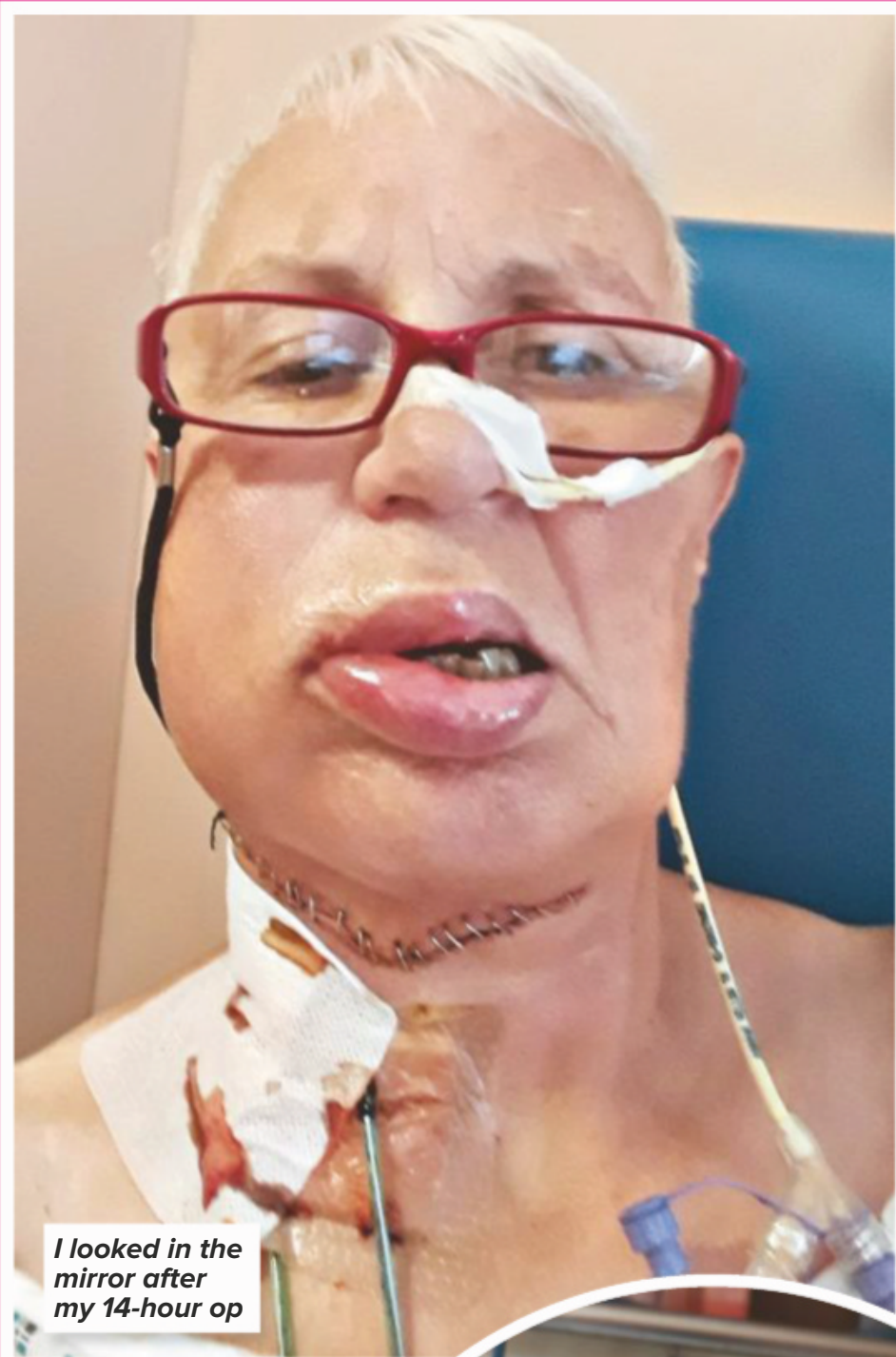
What item of confectionery can come in Santiago, Belém or Manchester varieties?

Cross out a letter in each square to get a grid filled with words. The uncrossed out letters in the shaded squares give the prize answer.

WIN
£100
Puzzle 7



Your answer:



I looked in the mirror after my 14-hour op

My last list?

I was certain that I'd die on the operating table

Trish Hatton, 70, Whitstable, Kent



Surgeons took skin and bone from my leg

Applying one final lick of paint to the

garden fence, I stood back and admired my work.

Another job done, I thought.

But rather than feeling satisfied, I felt a wave of anxiety about my never-ending to-do list.

The allotment needed tending to, the bathroom was crying out for a fresh layer of paint.

Me and my husband Mike, 75, were booked in to see our solicitor, too.

It was June 2017 and I was preparing for the worst.

I was getting ready for the possibility I wouldn't be here this time next year.

Making sure everything

was in order for my two kids and three grandchildren.

See, I was about to have a huge operation to remove cancer from my mouth and jaw.

Months earlier, I'd gone to the dentist with white patches on my gums, bleeding, too.

I was referred to hospital,

where tests showed I had cancer – it had spread to my jaw and I needed an operation to remove it.

'We'll get through this,' Mike had tried to reassure me.

But I wasn't convinced.

And here I was, trying to complete all the jobs I'd once assumed I had a lifetime to get done.

I felt frantic.

It seemed desperately unfair, too.

Truth was, Mike and I had always eaten healthily, exercised regularly, never smoked, rarely drank.

I'd assumed I had years

left to make memories with my kids and grandchildren.

And then my life had suddenly been ripped away from me at the age of 68.

I was convinced I'd die on the operating table.

But even if I didn't, docs said it would be at least a year before I was fully recovered.

Over the past few months, I'd made sure that my will was up to date, wrote

birthday cards and finished my tax return.

I'd even trained up a replacement to take over my part-time role as an

editor's assistant.

'It will all be OK, you'll see,' Mike said.

But what did he know? Nobody knew.

Still, I didn't tell the kids

I assumed I had years left to make memories with my kids



Now I appreciate every day

how worried I was.

Telling them about the cancer was hard enough.

On 27 June 2017, Mike waved me off as I was wheeled into theatre.

Is this the last time I'll see my husband?

As I drifted off under the anaesthetic, I wondered whether I'd ever wake up again, questioned whether I'd ticked off that to-do list once and for all...

But after what felt like a lifetime had passed, my eyes fluttered open.

Mike and my brother were standing over me with sympathetic expressions.

Too weak to speak, I drifted in and out of sleep.

I'm alive, I thought, a sense of disbelief crashing over me before I fell into a slumber again.

It was three whole days before I properly woke up.

Doctors explained that a team of 12 staff, including

four surgeons, had spent 14 hours working on me.

Slicing my neck, they'd peeled back my skin before cutting out the cancer.

Then they used the fibula bone and flesh from my left leg to rebuild my face, and skin from my stomach to patch up my leg.

As my strength rushed back into me, I mustered the energy to look in the mirror by the bed.

My gosh, I thought.

My jaw and mouth were swollen and bruised, there were big metal staples across my neck.

'It looks like they're holding my head on,' I told Mike.

'They'll heal,' he said.

There were two more wounds on my leg and stomach, where they'd taken bone and skin.

Amazing.

Fed through

a tube, I found the recovery tough.

Friends and family visited, kept my spirits up.

And two weeks later, I was finally allowed home.

But eating was a struggle.

Even when Mike whizzed up breakfast smoothies and mashed potatoes in a blender, it was still painful.

In October, I started radiotherapy to make sure the cancer was zapped from my body.

Every day, we drove to Kent and Canterbury Hospital for the treatment.

It was tough, exhausting.

But worth every second when, after six weeks, I was deemed cancer free.

All I'd need would be monthly check-ups.

I used a stick to walk for 12 months as I was still healing from the operation.

My jaw was stiff, my

stomach and leg painful.

But now, I'm doing well.

My taste buds have never returned since radiotherapy, but it's a small price to pay for time with my family.

Watching my beautiful grandchildren play and

my kids chatter away, I feel so grateful to still be here.

I can't thank the medical staff enough.

Everyone from the dental nurse who urged the

doctor to see me quickly to the brilliant surgeons and the Macmillan nurses who looked after me.

Without them, I wouldn't be here.

Even now, I have check-ups every three months as there's a high chance the cancer could return.

But we live in hope and make the most of every single moment.

I turned 70 last May and had a little party with my family.

Before cancer, I thought seeing them all grow up was a given.

But now I know how fragile life is, I won't waste a minute.

Those chores will have to wait!

My taste buds never returned – a small price to pay



Staying hopeful, with Mike by my side

To find out more about Macmillan Cancer Support, or to donate, head to macmillan.org.uk

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THE SOHAM MURDERS

A search was launched on 4 August 2002 after pals Holly Wells and Jessica Chapman (L-R above), both 10, went missing.

After 12 days, school caretaker Ian Huntley, 28, was arrested.

A search of Huntley's home and workplace found charred pieces of the girls' Man United football shirts. Huntley's DNA was found on them.

On 17 August, the bodies of both girls were found in a shallow ditch about 10 miles from their home in Soham, Cambridgeshire.

Huntley was convicted of two counts of murder and given two life sentences, to serve a minimum of 40 years.



Caretaker Huntley

JAILED FOR KILLING NIECE

December 2002, Stuart Campbell, 44, was jailed for life for the kidnap and murder of his 15-year-old niece Danielle Jones.

Danielle went missing from her home in East Tilbury, Essex, while she walked to catch a school bus in June 2001. Her body has never been found.

Campbell, who had a criminal record dating back



Victim Danielle was murdered by Campbell

30 years, had pleaded his innocence but was found guilty by a jury. His minimum sentence is 20 years.

2002
YEAR IN
CRIMES

MILLY DOWLER DEATH



Thirteen-year-old Amanda 'Milly' Dowler (left) was kidnapped from a Surrey street in March 2002.

Her parents and police searched far and wide, hoping that Milly might come home. Sadly, her body was later discovered, but it would take almost a decade before her killer was convicted.

In March 2010, Levi Bellfield, then 41, was charged with Milly's abduction and murder. He appeared at trial via video link – as he was

already serving three whole-life sentences for other crimes – and in June 2011, was sentenced to another whole-life tariff for the murder of Milly.



Convicted: Bellfield

HEATHROW HEIST

Five people were involved in stealing £2.6 million from Heathrow Airport in March 2002.

The gang, including airport security guard Sundeep Sidhu, 22, drove to meet a South African Airways flight from Johannesburg.

Sidhu claimed to have been forced at knifepoint to put two silver cash boxes from the plane into a van.

However, police kept Sidhu and his brother Harjit,

25, under close surveillance.

It was after Harjit was caught bragging about 'going to Hawaii' that police carried out a series of raids in west London, where they found most of the cash.

In November 2002, the five gang members were jailed for a total of 25 years.



The cash arrived by plane

IT WAS THE YEAR THAT...

Queen Elizabeth the Queen Mother died at the age of 101 on 30 March. Her daughter Princess Margaret had died only the month before.

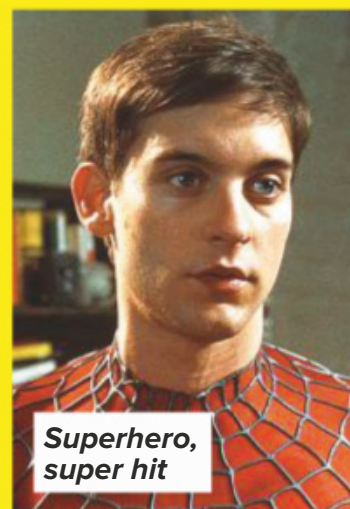


Waving goodbye to the Queen Mum



Smiling Serena

Tennis ace Serena Williams beat sister Venus, to win her first Singles Wimbledon Championship.



Superhero, super hit

Spider-Man, starring Tobey Maguire, was the top-grossing film of the year in the US, beating the latest Star Wars, Lord of the Rings and Harry Potter movies.

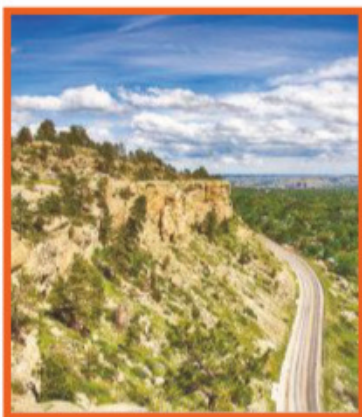
Win! £1,110 cash!

ARROW WORD

WIN
£1,000
Puzzle 10

Billings is the largest city in which US state?

Solve the puzzle by following the arrows and writing in your answers. Then read down the letters in the shaded squares to find the prize answer.



Edge	↓	Michael —, actor	↓	Went ahead	↓	— Fonda, actress	↓	Health resort	↓	— Ayres, poet	Conflict	↓	Farm animal	Country, capital Baghdad	24 hours
Frozen water	→		↓	Choose		Burst Short sleep	→		↓	Corrosive substance So far (2,2)	→	A	C	I	D
Vogue singer	→			↓			↓	Sleeping Beauty Craft	→					R	
	↓	Opposite of on		Green vegetable	→		↓	Unit of current Simpler	→			Route	→	A	
		Running contest		Fox's home		For every	→		↓	— Berry, actress		Soft wet earth	Sign up	Q	Females
	↓		↓	Plunder	Extremely	In residence (2,4)	→		↓					Challenge	↓
— Astaire, dancer			↓	Magical beings Serpent	→		↓	Produce eggs			Take back	→			
Small boat	→					Unwell	→		↓		Small drink	→			
				Trials	→				↓			Mineral	→		
Positive answer	Sympathy	→				Grain	→			Scottish valley	→				

Your answer:

SUDOKU

To solve the puzzle, each 3 x 3 box, each row and each column must contain the numbers 1 to 9. Solve the puzzle and the numbers in the highlighted squares give the prize answer.

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

WIN
£60
Puzzle 11

Your answer:

WORDSEARCH

WIN
£50
Puzzle 12

Tharjini Sivalingam of Sri Lanka was the top scorer in which sport's 2019 World Cup? The answer is the one missing from the grid.

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

BOXING
CRICKET
DARTS
FOOTBALL
GOLF

HOCKEY
JUDO
NETBALL
POLO
ROWING

RUGBY
SKIING
LUGE
SQUASH
TENNIS

Your answer:

WE LOVE HOME

THE BEST CUSHIONS

Give your sofa a brand-new look



Ikat printed,
£12, JD Williams



Wilderness,
£10, Sainsbury's



Velvet geo,
£15, JD Williams



Tufted floral,
£16, Next



Parakeets,
£16, Dunelm



Knitted,
£14.99, Very



Embroidered,
£14.99, M&Co



Bee,
£5, George Home



Tapestry,
£10, George Home



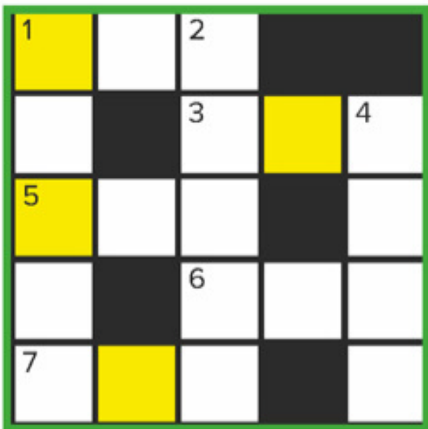
Wild thing slogan,
£10, Argos

Win!

LITTLE ONE

What is made by the process of tatting?

Solve the crossword, then read down the yellow squares. The yellow shaded squares will spell out the prize answer.



ACROSS

- 1 Lower limb (3)
- 3 Uncooked, underdone (3)
- 5 Snooker stick (3)
- 6 Chopping tool (3)
- 7 Permit (3)

DOWN

- 1 Nearby, in the area (5)
- 2 Large, excellent (5)
- 4 Seven days (4)

WIN
£50
Puzzle 13

Your answer:

TO ENTER

Turn to page 56 for details or visit comps.lifedeathprizes.com/puzzles

TRUE-LIFE EXPLOSION

A bump & a bang

The life we'd longed for almost went up in flames

Eleanor Chapman, 22, South Shields

Pacing the living room, I stared at my phone, desperate for it to ring.

Just a couple of hours earlier, I'd had a blood test and now I was waiting for news.

My phone had barely rung before I pressed the green button.

'You're pregnant,' said the voice on the other end.

'Are you sure?' I gasped. I couldn't believe it.

'We're having a baby!' I cried to my partner Dan, 24.

Throwing his arms around me, he was just as excited as I was.

See, we thought this moment would never happen for us.

I'd known Dan since we were kids, even lived on the same street.

Getting together at 16, we were already talking about starting a family.

I'd always wanted to be a young mum.

And Dan dreamt of being a daddy.

But when we still hadn't fallen pregnant after our wedding in July 2018, we

decided to see a doctor.

'Your chances of naturally conceiving are slim,' the GP said after running tests.

Turned out we both had fertility problems.

But there was a glimmer of hope – IVF.

And here we were, after one round of treatment, a baby growing inside me.

After my 16-week scan, we found out we were having a boy and it really started feeling real.

I loved watching my bump grow.

And by July 2019, at six months gone, I couldn't wait to meet our son.

Finishing work as a carer, I jumped into Dan's car.

He'd had a BMW 5 Series for three years, it was his pride and joy.

Chatting away, it wasn't long before we were

on the A19 near Durham, travelling at around 65mph.

But as we cruised along, a warning light flashed up on the dashboard.

'That's odd,' I said.

Suddenly, the engine rattled to a halt and the car slowed down.

Dan kept his cool, calmly

edging to the outside lane.

'There's smoke coming from the exhaust,' Dan said, glancing in the rear-view mirror.

Pulling into a lay-by, Dan unbuckled his seat belt.

'Stay in the car while I check what's going on,' he said.

But before he'd opened the door, there was a man banging on the passenger window.

'Get out! Your car's on fire,' he yelled.

I grabbed onto my bump and leapt out of the car.

Plumes of smoke were pouring into the sky.

Luckily, the man who'd warned us worked for highways maintenance and closed the outside lane.

Standing further back, we all watched on in horror as flames burst into the air, ripping through the car.

Moments earlier, and me and our unborn boy would have been trapped inside.

Then, less than three minutes after we'd pulled over, the BMW exploded before our eyes.

A monstrous bang as roaring red flames engulfed the car.

'What if we'd still been in

Suddenly, a warning light flashed up on the dashboard



Fire engines arrived quickly



The burnt-out shell of our car

asking the doctor. I hadn't felt him moving since the car had exploded in front of us.

The doctor listened for the baby's heartbeat.

Agonising seconds, feeling like hours. But then...

'There he is,' the doctor reassured.

A healthy, steady heartbeat. Such a relief.

The next two months were stressful.

Our insurance company paid out, but all the money went to the finance company we paid for the car.

Dan shared photos of the fire on Facebook.

He received messages from strangers sharing similar experiences.

But when he contacted BMW, they told him the fire was caused by a problem in

the filter that removes soot from exhaust gas.

Months before the accident, the car had been recalled for eight weeks because of faulty cooling valves, and new parts fitted.

But BMW said the fire had nothing to do with that.

Meanwhile, as I edged closer to my due date, I suffered nightmares and flashbacks of the fire.

On 12 October 2019, our

little miracle Jacob was born, weighing 6lb 8oz.

Holding him in my arms, I wondered if he'd ever know just how much we'd dreamt of this moment.

And how close we'd been to losing it.

I'm telling my story to make other people aware of what happened to us.

We were lucky, but a few more minutes and things could've been so different.

the car?' I cried to Dan.

Fire engines arrived within minutes.

And Dan's mum Sharon, 47, rushed to collect us and take us to South Tyneside District Hospital.

Dan and I were tested for toxins in our blood.

All clear.

But I didn't care about me.

'Is my baby OK?' I kept

A SPOKESPERSON FOR BMW SAYS,

'The Chapmans' car was inspected as part of the recall relating to the exhaust gas recirculation (EGR) cooler and related parts were replaced in March 2019. At the time, it was noted that the car was exhibiting symptoms indicating diesel particulate filter (DPF) problems. The DPF usually needs replacing in higher mileage cars, like the Chapmans'. The car did not have its DPF replaced and we know that the family continued to experience symptoms suggesting an ongoing fault, which they were aware of and chose to ignore. Our inspection of the car post-fire indicated strongly the particulate filter as the most likely source of the fire.'



Lucky: with Dan and baby Jacob

Win! £200 cash!



WIN
£100
Puzzle 14

In the book series by Sue Townsend, what was the name of teenager Adrian Mole's crush? Solve the puzzle by following the arrows and writing in your answers. Then read down the letters in the shaded squares to find the prize answer.

Your answer:

FILL ME IN

Young horse		Male pig		Similar		Fuss		Bucket		Evil spirit
				Curtains						
Slow down		Noah's vessel		Moose		Additional		Amphibian		Meshes
						___ John, singer				
Tibetan cow	Unwind							Direction, band		
			Lizard, for example		Chemical substance		Possessed		And the rest (abbr.)	
Salad dish	NW American state	Mouth part		Wears away						
								Dubliner, for example		Incident
Tear				___ Clapton, guitarist		Pleasant		N	I	C
									By way of	
Ninth month		Anger				Plunge				
Bug		Queue					Very bad action			
						Talk				

CIRCLE TIME

Which country's 2019 general election saw over 600 million votes cast? Fit the words into the grid, then read down the letters in the shaded circles to get the answer.

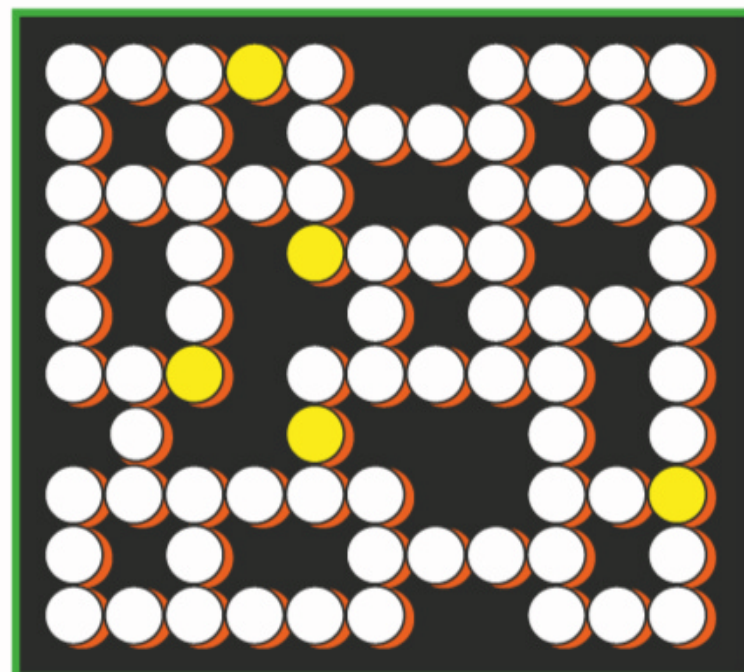
3 letters
ASP
EAR
FAN
LEA
OLD
SEA
SEW
SIT
TIE

4 letters
YEW
CHIN
COIN
EARL
ELSE
FREE
HEAR
NAGS

5 letters
COMIC
CORG
SPOOF
6 letters
CUCKOO
FRESCO
MARKED
OFFSET

SAFETY WINDOW
8 letters
LANGUAGE

WIN
£100
Puzzle 15



Your answer:



ASK Auntie Nelly

Our Antonella tells it how it is

Mum's always starkers

Q My mum's always been very body confident. She doesn't rush to get dressed after a shower and will often come into my room and talk to me while she's drying herself.

This makes me feel really uncomfortable, and I don't know why. I ask her to put some clothes on, but she says, 'I will when I'm dry.'

My friends stayed over recently and one of them saw Mum walking across the landing, naked.

Now she's told everybody at college, and I'm mortified.
Billie, 17



A It's fantastic your mum has so much body confidence! Maybe lovingly say you think it's great she's so comfortable in her own skin, but

would she mind covering up a little when you have company. Make a joke out of it so she doesn't take it badly.

Booze or bad luck?

Q Until recently, everything was brilliant – I had a good job and a loving girlfriend.

I go out a lot with colleagues, and flirt with girls when I've drunk too much. When one girl wrote on my Facebook wall, my girlfriend accused me of cheating and threw me out.

I went to the pub to drown my sorrows, drove home and crashed my car. I was over the limit, lost my licence and now I've lost my job, too.

I'm not a bad person, I've just made bad decisions. Help!
Aaron, 40



I've got no willpower – help!

Q I'm 50 and, at 27st, I'm morbidly obese. The doctors say I'd feel much better if I lost weight.

I've seen a dietician and I tell them I'm following the diet plan, but I'm not. I have no willpower.

My shopping is delivered and I hide treats in my bedroom so my family don't know I've fallen off the wagon. If I don't lose weight, they won't let me have a gastric bypass. What can I do?
Hilary, 50

A Oh love, for the majority of us, willpower is difficult. We put things off until tomorrow, but it never comes.

Be honest with your doctors. Hiding the truth isn't helping you. Enjoy things in moderation – instead of seven chocolate bars a day, have three!

You're hiding treats because you're afraid you won't be able to enjoy those things any more, but it's about finding a balance. Baby steps. You'll get there.

A They say it happens in threes, and it really has for you, hasn't it, flower? You've let things snowball out of control. It's time to focus on yourself and your health. It's fine to drink socially, but if it's causing you to do stupid things, it's time to stop. And it's never fine to drink-drive.

Change your lifestyle, get another job, and then worry about relationships.

I don't like my daughter

Q I don't know how to explain this but I really don't like my daughter.

I love her, but I don't like her. She's 7 and I guess I'm just fed up because I have no time to myself. Her dad works away and though my parents often have our girl to stay, I dread it when she comes back.

I often wonder whether it would be better if she lived with my parents? What can I do?
Sandra, 34

A I want to commend your honesty. But having a child is a lifelong – sometimes challenging – responsibility.

Yes, it can be absolutely draining, but it sounds like you're stuck in a rut and aren't enjoying mummy-daughter time.

Maybe go for pizza, or make Fridays a girlie night and watch a film on TV.

You need to nourish her, get to know her, teach her about life – she'll teach you a lot, too.



I did it for him

Could I conquer my demons to see my son grow up?

Laura Cain, 32, Southport, Merseyside

Lying on the couch of the doctor's surgery yet again, I took a deep breath as the consultant prodded my tummy.

'I think we can operate on the hernia,' he said.

I knew there was a 'but' coming.

'But you'll need to lose a lot of weight first,' he added.

It was 2015 and I knew the doc was right.

See, I weighed almost 30st.

At only 5ft 6in, I should've weighed at least half that.

And now I found myself with a predicament.

'If you can shed 2st, we'll fit you with a bariatric sleeve,' the doctor continued.

Said it was the only way I could lose enough weight to have the hernia operation.

But asking me to lose 2st felt the same as telling me I had to

scale Mount Everest.

It wasn't like I hadn't tried!

I'd downed shakes and joined slimming clubs.

But I could never stick to them.

And the prescription steroids for my asthma only increased my appetite.

Still, I'd had the 3st hernia in my stomach since giving birth. It was giving me agony.

So I'd no choice...

'I'll do it,' I told the doctor, determined.

But, of course, it wasn't that easy.

I'd always struggled with my weight, even as a child.

And growing up, countless health problems made things worse.

I was diagnosed with swine flu in 2009, caught meningitis in 2012 after the birth of my son.

Both times, I was



A loving mum, but my health was at risk...

left bedridden.

Stuck in a rut, I comfort ate.

And now here I was, facing a developing hernia.

One thing after another.

I was a single mum and, as well as putting my health at risk, my size meant missing out on precious time with my son Domanic, then 3.

Walks, playing football, even taking him to school.

And seeing skinny mums at the school gate, sensing their stares on my huge bod,

it was a familiar feeling of humiliation.

Over the next two years, I tried the 1:1 Diet.

Then, in August 2017,

I joined Slimming World.

But mentally, I wasn't ready.

I'll always be fat, I cried to myself.

I tried to be positive, but kept telling myself it wouldn't work.

And so it didn't – and, just like the times before, I quit.

I just couldn't conquer my food demons and stick

'If I don't wake up, tell my son that I love him'



I was 30st, and had a hernia



year, I was awarded my 11st weight-loss certificate.

'You look amazing,' my group leader told me.

And I sure felt it.

Running after my son, crouching down to play with him, I felt like a new woman.

Now, I weigh 18st 13lb.

It's still big, I know, and I have a long way to go.

I'm hoping to lose another 5st ahead of my hernia operation.

This time next year, I'm certain my life will be remarkably different.

But 2020 has already been the best year yet.

I'm happier than I've ever been and my energy levels have surged.

I no longer feel drowsy or lethargic.

'You're walking better, Mummy,'

Domanic commented.

He constantly reminds me how proud he is of me.

And I can see how much having a healthier mum

means to him.

I can now walk him to school and back every day, albeit with my walker, and we've even gone to concerts and

the cinema together.

I'm enjoying every second of my son's childhood.

Knowing I'll see him grow up has made this challenging journey worth every second.

my sugary goodies.

But one look at Domanic and I knew it was worth it.

And by April, I'd managed to drop the 2st I needed to undergo gastric surgery.

Wheeled into the operating room, I was terrified.

Wondered how different my life would be in just a few hours.

My mind whirled.

'If I don't wake up, tell my son I love him,' I said to nurses as I drifted off under the anaesthetic.

During the two-hour op, surgeons removed two-thirds of my stomach.

It meant I wouldn't be able to eat as much.

After three days in hospital, I was allowed home.

Though I was restricted to liquid meals initially, I noticed I wasn't as hungry.

By the end of the month, I had lost 1st 7lb.

And since then, the flab that once defined me has continued to drop off.

In January this

My boy constantly reminds me how proud he is of me

to the diet.

Continuing in my ways, I gorged on buttery toast, sandwiches and fizzy pop.

But in December 2018, a postcard arrived through the letter box.

It was my former Slimming World group, encouraging me to come back.

'I'll do this for you,' I whispered to Domanic as I kissed him goodnight.

It was now or never.

I knew if I kept piling on weight at this rate, I wouldn't get to kiss my son goodnight any more.

I was sending myself to an early grave.

So, in January 2019,

I stepped back on the scales at my first meeting.

The number hit 10, then 20, and suddenly it settled on 30.

'Wow,' I gasped, devastated I'd let myself get so big.

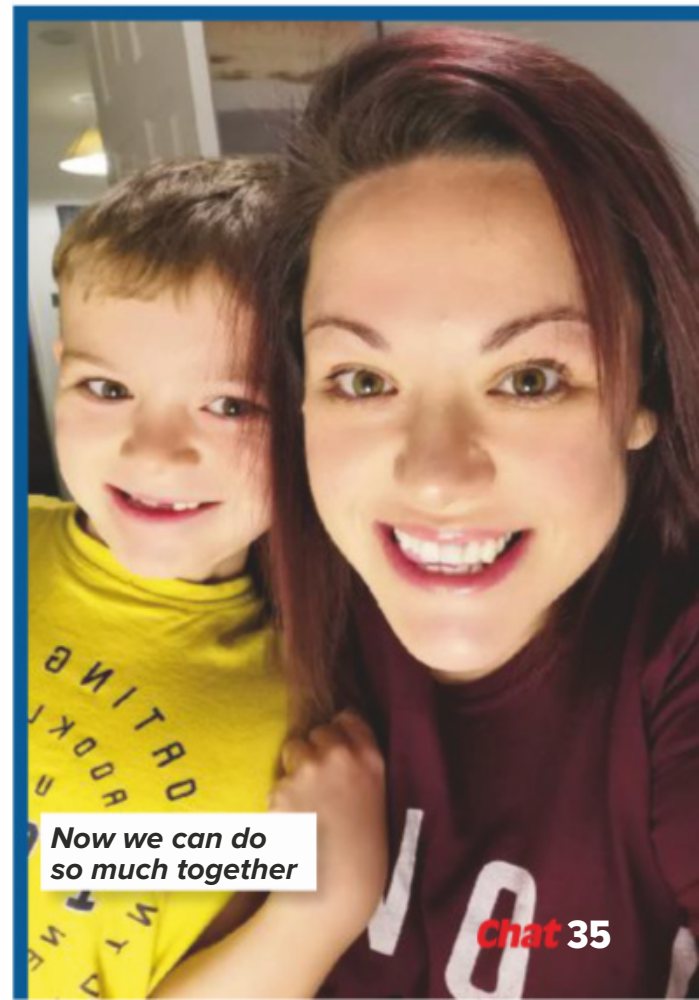
'This is the last time you'll see that number,' my group leader reassured me.

I hoped more than anything she was right.

Now was the start of the fight to get my life back.

Surrendering my bottles of pop and chocolates, I opted for fruit and vegetables, yogurts and salads.

It was tough, I craved



Win! £600 cash!

CODE CRACKER

WIN
£500
Puzzle 16

Which 1971 record has Taylor Swift named as her 'favourite album of all time'?

To find out, solve the puzzle... Fill in the grid. Each letter of the alphabet has been replaced by a number from 1 to 26. When you've completed the grid, the shaded squares will spell out the prize answer. We've given you five letters to start you off.



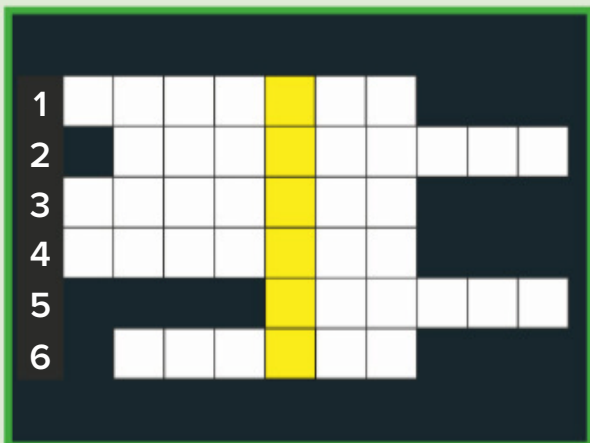
Your answer:

WORD JUMBLE

The weather vane at Lord's Cricket Ground depicts Father Time holding what over his shoulder?

Unscramble each group of letters to discover six tools or pieces of equipment. Now fit them across the grid and you'll spell out the answer to the question.

1. ASH WAND
2. EXTORT CUB
3. EARS PRY
4. WET RATS
5. HER MAM
6. RIP LES



WIN
£100
Puzzle 17

Your answer:

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

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

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

WHAT IS AVAXHOME?

AVAXHOME-

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recent software, latest music releases.

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All languages

Brand new content

One site



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AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

Lives on hold

We couldn't fulfil our dreams till we got that phone call

Lisa Haines, 33, Milton Keynes

Sitting there, in my hospital gown, I watched as the doctor approached with a piece of paper.

I glanced at my sister Joanne, then 30, and took a deep breath.

'The tests show you have Addison's disease,' the doctor said.

A rare autoimmune condition, it meant my adrenal glands weren't producing enough cortisol or aldosterone – hormones essential for a whole range of vital bodily functions.

I burst into tears.

No wonder I'd been so unwell.

It was 2010 and I'd been suffering from low blood pressure and fatigue, plus had dropped from 10st to 6st in just six months.

At first, I'd put it down to my type 1 diabetes.

Only I'd been following doctor's orders, sticking to a restricted diet, testing my blood-sugar levels four times a day, and injecting myself twice daily.

So I'd gone for tests.

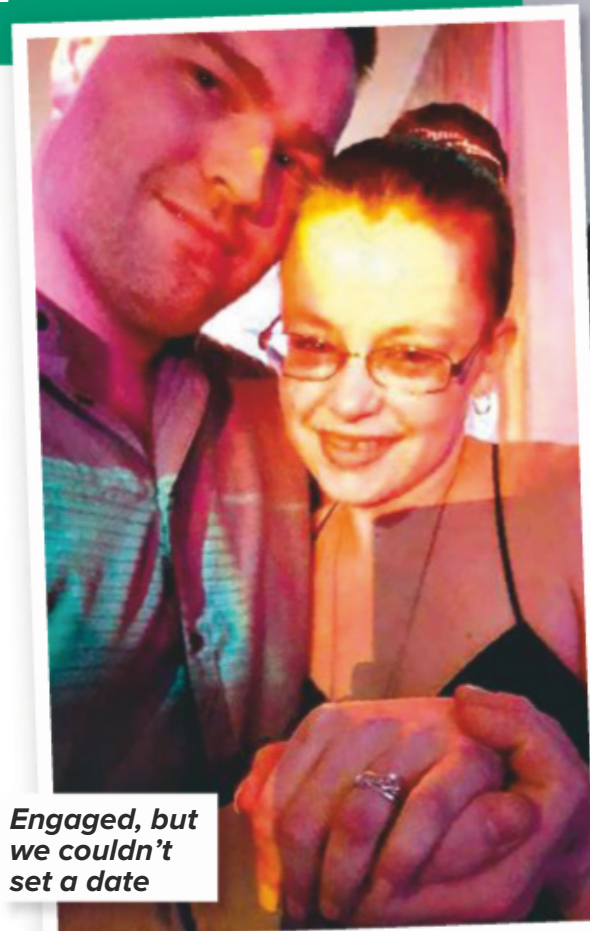
And here I was, aged 24 and discovering I had another serious condition.

'You'll have to take steroids every day,' the doctor explained.

Just seven months later, I was back in hospital with a chest infection.

More tests and yet another diagnosis.

'You have kidney



Engaged, but we couldn't set a date

failure,' the doctor explained to me.

Having diabetes had left me more susceptible to other diseases like this.

In 10 to 15 years, I'd need a kidney transplant.

It was devastating.

Prescribed more tablets, I had to use a home-dialysis kit, too.

Fed up, I was pleasantly surprised when Matthew, then 21, walked into my life in 2013.

We met at the pub where I worked as a chef.

'I have diabetes and Addison's disease,' I told him.

He was supportive, coming with me



My op could change everything

to appointments.

My rock.

And I'd never needed him more than when, in 2015, my health nosedived.

'We're putting you on the transplant list,' the doctors told me.

It was years earlier than they'd predicted.

And when Matthew and I moved into our new home in 2016, our celebrations were marred by yet more bad news.

I needed a triple transplant – kidney, pancreas and adrenal gland.

The procedure had only been done once before, in the USA.

Without the operation, I would die.

All I could do was wait for a donor match.

Wait, and hope.

Six months later, we were celebrating my 30th birthday when the room fell silent.

I turned around to find

Matthew on one knee.

'Will you marry me?' he asked.

'Yes!' I squealed.

Though I couldn't wait to become his wife, we couldn't even set a date because a donor could be found at any moment.

We were waiting for that phone call, our lives on hold.

And finally, in March 2018, it came.

I went through a roller-coaster of emotions.

Happy I'd got a match, but sad it was at the expense of someone dying.

Wheeled in for surgery at the Churchill Hospital in Oxford, Matthew grasped my hand.

'I love you,' he said.

Closing my eyes, I drifted into a deep sleep, hoping to wake up to a very different life...

The procedure had only been done once before

You should SEE ME NOW

◀ Continued from previous page

Happily ever after

After seven hours in theatre, my eyes fluttered open.

Matthew's face was hovering above me.

I'd made it through the op. But what next?

'The operation went really well,' Matthew assured me, stroking my forehead.

I managed a smile before falling back to sleep.

Over the next few days, I was monitored by doctors.

But every day

I felt myself becoming stronger.

Nine days after the op, I was discharged from hospital.

I'd done it!

'I'm so proud,' Matthew grinned.

Me, too!

I'd faced diagnosis after diagnosis at such a

young age, and now I'd had a successful triple transplant.

As I returned to normality, I noticed a bounce back in my step, a newfound smile on my face.

And now there was so much to look forward to.

'I can't wait to marry you,' I told Matthew.

Wasting no time, we set a date for 6 September 2019, at our local golf club.

As I shopped for a wedding dress and picked out the flowers, I'd never felt happier

or healthier.

On the day of the ceremony, as Joanne, my maid of honour, helped me get into my lace, off-the-shoulder dress, I couldn't hold back my tears.

'I can't believe it's happening,' I sobbed.

I'd beaten a life-threatening illness and now I was marrying the man I loved.

And Matthew had been there every step of the way.

Before we'd even said our vows, he'd been there – in sickness and in health.

Walking down the aisle, I fixed my gaze on my hubby-to-be.

Our friends and family filled the room, with beaming smiles and tears in their eyes.

After the ceremony, it was time to celebrate...

Matthew's speech

declared how happy he was.

It was the perfect day, the happiest of my life.

There was a time when I thought I'd never see my wedding day.

But now I have a new lease of life.

I still have to take tablets – a mixture of steroids, cholesterol tablets and immunosuppressant drugs.

And I have a large scar on my stomach – a reminder

of what I've been through.

But the op means I no longer need to inject myself for my diabetes.

I'm grateful for every day and I'm enjoying

life to the full with my hubby.

We still have a lot to look forward to.

Matthew and I have been through so much – but, for us, the best is yet to come.



*Me and Matthew:
our perfect wedding*



*In sickness...
and in health*

**There was
a time when
I thought
I'd never
see this day**

CASH SMART



We help you make savvy choices, so your hard-earned goes that bit further

3 ways to...

cut the cost of online shopping

1 Bag a bargain

When you're browsing online, don't automatically close the chatbot that pops up at the bottom of your screen, as this could be your way to getting a discount. Start by having a chat about the item you want, then start haggling for some

money off – you might be pleasantly surprised.

2 Get the right price

If you find an item you want to buy on Amazon, put the product's details into the website uk.camelcamelcamel.com. This will show a graph of how the price has fluctuated on the site in recent months, which will help you assess how good the deal you're being offered is. If you want to hold out in case

Keep an eye on old cards

If you have a credit card you don't use any more, then beware. A study by Credit Karma found these cards expose holders to a greater fraud risk because they're less likely to check their balance or statement

regularly – and so they'll be less likely to spot if someone is fraudulently using their card.

So always check your statements and consider closing down cards you don't need.



the price drops, you can set up an alert and you'll be emailed or tweeted if it does.

3 Cut postage

And if you're buying directly from Amazon (and you're not a Marketplace seller), you can also reduce the cost of delivery too. You usually need to spend £20 or more to qualify for free delivery (unless you're buying at least £10 worth of books), so if you're just a little bit short of that amount, then the website super.saverdeliverytool.com can help you find an item that will get you to the minimum spend to qualify for free postage.

HEALTH offer

The new Beverly Hills Formula White Advanced Silver Whitening and Beverly Hills Formula Professional White Black Pearl Toothpastes have a third off in Boots until 10 March, making these pearly white essentials £6.66. Visit Boots stores nationwide or shop online at boots.com.

SAVING OF THE WEEK



Have you heard?

Ilchester Place in London's Holland Park has retained its crown as the most expensive street in England and Wales, according to research from Lloyds Bank, which found properties there cost nearly £17.2 million each on average. The study analysed prices houses had sold for between 2014 and 2019. The top 10 most expensive streets were all in London, while the priciest street outside the capital was in Oxford.



Did you know?

More than five million households have been deterred from switching energy supplier following a string of firms going bust, according to research by comparethemarket.com. The study found one in five energy customers have been put off switching.

TOP TIP

If you are walking around indoors in a T-shirt in winter, you are burning cash. Reducing room temperatures by just 1°C could cut your heating bills by almost 10%.



Fab fakeaways

Quesadilla

SERVES 4 PREP TIME 5 MINS
COOK TIME 15 MINS

Per serving:

- 283 Kcal,
- 32g carbs

- 1 x 290g tin mixed beans in chilli sauce
- ½ yellow pepper, deseeded and diced
- Sea salt, ground black pepper
- 1 large tomato, finely chopped

- 2tbsp fresh coriander, chopped
- ½ small red onion, peeled and finely diced
- 1tsp red wine vinegar
- 4 low-calorie tortilla wraps
- 160g grated mozzarella

1 Add the mixed beans in chilli sauce to a frying pan with the diced yellow pepper. Season with salt and pepper, and cook on a moderate heat for 10 mins until the sauce has reduced.

2 While the beans are reducing, make the salsa by placing the tomato, coriander, red onion and red wine vinegar into a small bowl and mix. Season with a little salt.

3 Remove the beans from the frying pan and wipe the pan clean. Place the frying pan back on a moderate heat and add one of the tortilla wraps to the dry pan. Top the wrap with half of the bean mixture, spreading it evenly. Sprinkle over half of the

mozzarella and top with a few teaspoons of the tomato salsa.

4 Place a second tortilla wrap on top, and once the bottom wrap has just started to colour, carefully flip the quesadilla over with a fish slice or spatula. Leave for 2 mins to crisp the bottom, remove from the frying pan and cut into quarters. Repeat the process to make the second quesadilla. Serve with the remaining salsa.

Top tip
Serve with
potato wedges
on the
side.

Sausage and egg English muffin

SERVES 4

PREP TIME 5 MINS

COOK TIME 10 MINS

Per serving:

- 398 Kcal
- 24.9g carbs

- 4 wholemeal English muffins, sliced in half
- Low-calorie cooking spray
- 4 eggs
- 4 lighter burger cheese slices

For the sausage patties

- 500g 5% fat pork mince
- ¼tsp parsley
- ¼tsp garlic granules
- ¼tsp dried sage
- ½tsp Worcestershire sauce
- Sea salt and freshly ground black pepper

1 Mix the patty ingredients together in a bowl. Knead the mince for a smoother texture. Split the mix into 8 equal-sized balls.

2 Flatten each ball and shape into a patty until you have eight thin burgers a little wider than your muffins.

3 Spray a non-stick frying pan with low-calorie cooking

spray and place over a medium heat. Cook the patties for 4 mins on each side. When done, they will have coloured on the outside and be cooked through. Place the patties on a plate under some foil to keep warm. At this point, if you want to keep the patties for another day, cool and freeze, remembering to defrost them thoroughly before frying them.

4 Lightly toast the muffins in the toaster or under the grill. Spray the pan with some more low-calorie cooking spray and fry your eggs for 3 mins over a medium heat with the lid on. When ready, the white will be opaque and the yolk will be slightly set on top. Cook for 1 min longer if you like your yolks fully set. Season the eggs with salt and pepper.

5 Assemble each muffin with an egg, two sausage patties and a slice of cheese and serve.



Top tip

You could form the patties the night before and keep them covered in the fridge with a little greaseproof paper in between, ready for frying in the morning.



Top tip
The chicken can also be frozen once cooled.

Popcorn chicken

SERVES 2

PREP TIME 5 MINS

COOK TIME 25 MINS

Per serving:

- 356 Kcal
- 24g carbs

- 120g wholemeal bread
- ½tsp garlic granules
- ¼tsp chilli powder (hot or mild, depending on taste)
- ½tsp sea salt
- 300g chicken breast (all skin and visible fat removed)
- 1 egg
- Low-calorie cooking spray

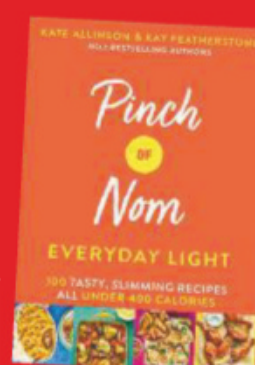
1 Preheat the oven to 170C/ Gas 3. Line a baking tray with greaseproof paper. In a mini electric chopper or food processor, blitz the wholemeal bread into fine crumbs. Place into a shallow dish with the garlic granules, chilli powder and salt, and mix well.

2 Dice the chicken into bite-sized pieces (approximately 2cm/¾in cubes). Beat the egg in a bowl and add the diced chicken,

stirring to ensure the chicken is coated in egg. Put the chicken into the breadcrumbs, a few pieces at a time. Shake the chicken around in the breadcrumbs to coat and place each piece onto the baking tray. Repeat until all the chicken is coated in breadcrumbs. If you have any breadcrumbs left over, dip the breaded chicken into the egg again, then back into the crumbs for an extra crispy coating!

3 Spray the chicken with low-calorie cooking spray and pop into the oven for 20-25 mins until golden, and the chicken pieces are cooked through.

Give your favourite takeaway treats a healthier spin with all new recipes from *Pinch Of Nom*.



PINCH OF NOM EVERYDAY LIGHT BY KATE ALLINSON AND KAY FEATHERSTONE (£20, BLUEBIRD)

This week's TV

Our top telly picks – you'll kick yourself if you miss them

The Trouble with Maggie Cole

ITV

Set in a coastal town, this six-part drama stars Dawn French as busybody Maggie. When a radio journalist asks for an insight about local life, she gives him more than he bargained for when she reveals details about the residents' personal lives... So when the interview goes live, it causes a few ructions in the small community. Former *Corrie* star Julie Hesmondhalgh is Maggie's friend Jill and *Friday Night Dinner*'s Mark Heap plays her head teacher husband Peter.



DON'T MISS

Causing chaos...
Maggie with pal Jill

DON'T MISS

Elizabeth McGovern,
Gabriel Byrne and
Natasha Little (inset) star



War of the Worlds

FOX

Following BBC1's recent adaptation set in Edwardian England, this new version of HG Wells' sci-fi novel is set in modern-day Europe. The cast includes *Downton Abbey*'s Elizabeth McGovern, *This Life* star Natasha Little

and Hollywood actor Gabriel Byrne. When humankind is all but wiped out in a devastating alien attack, the few who are left must deal with the fallout, while trying to work out who their attackers are and why they want to destroy the planet.

Ready Steady Cook

BBC1

Rylan Clark-Neal oversees the return of the daytime cookery show. In each episode, two chefs are challenged to create delicious dishes with a bag of mystery ingredients brought in by the contestant they've been paired up with. After dishing up, the audience decides the winner.



New host,
Rylan



Back on the road,
Coogan and Brydon

The Trip to Greece

SKY ONE

Steve Coogan and Rob Brydon return for a fourth series of the comedy, in which they play fictionalised versions of themselves. This time, the pair embark on a gastronomic tour of Greek hotspots with lots of laughter, impressions, banter and bickering once again on the menu.

Soap world

Coronation Street

Bethany leaves Weatherfield

As Sarah continues to warn her against getting involved with grief-stricken Daniel, Bethany realises her mum's got a point when he breaks down at Sarah and Adam's wedding and makes a poor job of proposing! The pair are planning to move to London, but will Bethany decide she's best off on her own?



Will Bethany stay with Daniel?

EastEnders

Can Gray bail out Whitney?

Whitney's in prison, accused of Leo's murder, but she's hoping she won't be there for long with Gray acting as her solicitor. Will he secure her freedom at her bail hearing? Also, Lola drops a bombshell on Jay, and Shirley is suspicious of Suki as she keeps up her lie about having cancer...



Whitney is relying on Gray

Emmerdale

Corrupt cop alert!

After Cain agreed to take a gun off Will's hands, he ended up shooting Nate when he mistook his son for a rustler at Butlers Farm. As the police investigate, Will's especially nervous when corrupt DI Malone gets him alone for questioning, but why?



DI Malone scares Will (left)

Hollyoaks

Will Diane reveal her secret?

Diane was all set to get together with Edward when her missing hubby Tony turned up after months of being held captive at Breda's pig farm. After shunning Edward, Diane reunited with an oblivious Tony. As Diane decides she can't keep her secret, is Tony about to discover the truth?



Diane is keeping a secret from Tony

PHOTOS: BBC, FOX, ITV, LIME PICTURES, SKY

**DON'T MISS
your favourite
programmes!**

whatsonTV.co.uk/tv-guide



27 February-4 March

Your STARS

Chat astrologer Sally Morgan reads your week ahead

Aries

21 March-20 April

Don't rock the boat, Aries, as work colleagues may try to influence you to do something you don't want to do. Stay strong and all will be plain sailing.

● Call 0905 817 0690* for more

Taurus

21 April-21 May

You'll get a lovely surprise as an unexpected windfall may come your way. Count your blessings and your pennies, and spend quality time with a loved one.

● Call 0905 817 0691* for more

Gemini

22 May-21 June

Come on, Gemini, keep dreaming about lazy days in the sun. Someone will try to get you into a holiday mood this week, so get ready to open your wallet.

● Call 0905 817 0692* for more

Cancer

22 June-23 July

You hear some juicy gossip, but don't believe everything you hear. Be careful as some family news may leave you feeling the boot is on the other foot.

● Call 0905 817 0693* for more

Leo

24 July-23 Aug

You'll be lucky in love this week as you'll have the chance to meet someone you admire. Make a romantic gesture and you will find the attraction is mutual.

● Call 0905 817 0694* for more

Virgo

24 Aug-23 Sep

Any problems at work will soon disappear with your no-problem, positive attitude and this won't go unnoticed by those you want to impress, and rewards will follow.

● Call 0905 817 0695* for more

Libra

24 Sep-23 Oct

Prepare yourself for some exciting news, as someone close wants to discuss an important matter with you. A shopping trip could be coming up, so save up.

● Call 0905 817 0696* for more

Scorpio

24 Oct-22 Nov

Time to get handy. You've been putting off household repairs and they've been building up. An offer of help from a neighbour will spur you into action.

● Call 0905 817 0697* for more

Sagittarius

23 Nov-21 Dec

All work and no play, Sagittarius. You seem to be awash with social events this week, so you may have to be a bit choosy, in case you run out of steam.

● Call 0905 817 0698* for more

Capricorn

22 Dec-20 Jan

The coffers are a bit low right now, so it's a good time to stay at home and wait for payday. An end-of-week call from a friend will cheer you up no end.

● Call 0905 817 0699* for more

Aquarius

21 Jan-19 Feb

Watch out, there could be trouble when you hear you may have an unwelcome visitor. Try not to worry, as circumstances lead to the visit being cancelled.

● Call 0905 817 0700* for more

Pisces

20 Feb-20 March

All seems to be going well in love and in the workplace. An unexpected expense towards the weekend may dampen your spirits, but not for long!

● Call 0905 817 0701* for more

*STARLINES UPDATED EVERY THURSDAY. CALLS COST 80P PER MIN PLUS YOUR TELEPHONE COMPANY'S NETWORK ACCESS CHARGE AND LAST AROUND 4 MINS. FOR ENTERTAINMENT PURPOSES ONLY. USERS MUST BE OVER 18. YOU MUST HAVE THE BILL PAYER'S PERMISSION. SP: SPOKE 0333 202 3390.



Brown: 'only a glimmer of humanity'

Amor move

Our happy family would never be the same again

Dale Driscoll, 64

Scooping up her tiny dog Doodles, my granddaughter Brittany, then 12, ran down the stairs towards me.

'Nana!' she exclaimed, planting a kiss on my cheek. I laughed as Doodles licked my face.

Even though I popped round most days, Brittany was always happy to see me.

Especially now, in July 2009, when my daughter Helen, 34, needed all the support she could get.

See, she'd just spent weeks in hospital after breaking her leg, hip and femur, plus damaging her liver, in a nasty car accident.

And now I was helping out with Brittany and her older brother Branden, then 15, whenever I could.

I loved how close-knit we all were.

So it came as a surprise when Helen told me she'd

moved her new boyfriend into their home.

'But you've only been dating a few weeks!' I said.

John Brown, then 35, was scruffy, wore his long hair in a ponytail. Not exactly Helen's usual type.

'So he can help me around the house,' she explained to me.

Actually, he was often helping out, cooking for her and the kids, and cleaning.

'It's good he's taking care of you,' I reasoned to Helen.

'He's been great,' she beamed to me.

All the same, I continued to visit as much as I could.

Besides me, Helen and the kids had always shared a close bond.

When the kids were younger, I'd helped out when Helen worked long shifts in a children's home.

Camping out with them on the sofa, we'd watch a

stream of Disney films back to back.

Such happy memories!

Eventually, Branden became a typical teenager, playing computer games or hanging out with his mates.

But Brittany still loved spending time with her nana.

During the school holidays, she'd help serve food and fill napkin holders at the restaurant where I worked.

And some days after school, I'd make a huge pan of her favourite meatball soup before we spent hours making jewellery together.

'This is for you, Nana,' Brittany said one day, handing me a little silver necklace with angel wings.

Just like her mum, she was a kind, caring girl.

Helen was recovering well. And she seemed happy in her new relationship with John.

Only, months later, in September 2009, she called me in tears.

'John's been in prison for hurting a

baby,' she sobbed, hysterical.

'What?' I gasped.

She'd found out through a friend that he'd served three years in prison in January 2004.

Shockingly, he'd fractured the skull of a baby.

I was horrified.

'Helen, that's terrible.

He's bad news,' I told her.

She hadn't seen John since and was determined



I'm suffering a life sentence

monster dinner



Brittany and her mum had a close bond

to confront him about it.

'Be careful,' I warned.

The next day, she called me again.

Only, this time, she was defending John's actions, explaining how he'd been rowing with his ex-girlfriend when he'd accidentally dropped the baby.

'He feels terrible about it,' Helen said.

Still feeling unsettled, I decided to keep a close eye on John – though he didn't make it easy, often hiding away in the bedroom whenever I came over.

And I started to notice a change in my once-sociable and bubbly daughter.

She stopped seeing friends and seemed withdrawn.

'Are you OK?'

I asked one night in November 2009.

'I'm not happy with John,' she confessed.

'You're better off without him,' I told her.

So days later, on 19 November, Helen told me she was going to

end the relationship.

When my phone rang at work at 8pm the following evening, I assumed it'd be her, telling me how it'd gone.

Instead it was Josh, then 35, Helen's ex and Brittany and Branden's dad.

'Britt and Helen are dead,' he choked.

Falling to my knees in the middle of the restaurant, the room swirled as people surrounded me.

'Take me to Helen's place,' I whispered to a colleague as he helped me to my feet.

We rushed to Helen's flat but my heart lurched with fear when we arrived.

Police everywhere.

'You can't go in,' an officer warned, holding me back as I tried to duck under the police tape.

A detective pulled me aside and explained what had happened.

John had attacked Helen in her bedroom the night before, sneaking up behind her and stabbing her repeatedly.

Brittany, no doubt woken up by Doodles' barks and

her mum's screams, ran into the room and jumped on John's back.

Desperate to protect her mum, she punched John, but he was too strong.

He threw her into a wall and chased after her. Then he stabbed her multiple times and slit her throat.

My beautiful young granddaughter died a hero.

Branden had been staying at a friend's house, but discovered his mum and sister's bodies the following afternoon when he got home.

'Poor boy,' I wept.

The detective explained how John took a shower before fleeing, but was arrested soon after.

As the days went on, I tried to hold it together for Branden.

He refused to talk about what had happened.

Meanwhile, I struggled to accept that my two

girls were gone.

Branden went to live with Josh, and I looked after Doodles, trying to carry on.

Every morning, I'd kiss the angel necklace Brittany had made me.

In June 2010, John Brown, 36, appeared in court to plead guilty to two counts of second-degree murder.

I watched in disgust from the public gallery as he

smirked and joked with his lawyer.

Judge Frederick Reed said Brown was a monster with 'only a glimmer of humanity'.

Brown was

sentenced to 40 years in prison.

Meanwhile, my family are suffering a life sentence without our precious girls.

Incredibly, Branden, now 26, has a good life and a beautiful daughter.

But things will never be the same. The heart and soul of our family is missing.

Every morning, I'd kiss that angel necklace

LOOK GREAT TODAY

Your questions answered, plus our pick of the products

3 OF THE BEST SHEET MASKS

Beauty Editor Sophie Cullen shares her favourites



Pixi Vitamin C Boost Sheet Mask, £10, Boots

Pop on for 15 minutes, sit back and let the vitamin C and hyaluronic acid mix get to work at brightening and de-puffing your skin.



Yes to Tomatoes Yin & Yang Paper Mask, £2.99

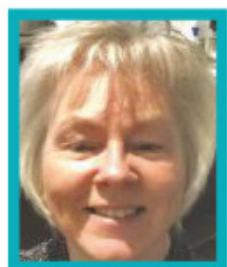
Harnessing the powers of salicylic acid and tomato extract, the treatment

adheres to facial contours to help to combat blemish-causing bacteria and excess oil.



Soap & Glory What a Peeling! De-Clog Mask, £4

Worried about blocked pores? This mask will remove dirt and impurities as you peel it off.



Q My skin is looking a little grey and dull. How do I transform it to glowing

and healthy-looking?
Natalie Edwards, 56

A Introduce products that help to nourish your skin and lock in moisture.

Start with overnight treatments, like Botanics 100% Organic Restoring Overnight Facial Oil, £11.49. This gets to work while you sleep and helps to pump nutrients back into the skin.

In the morning, use an exfoliator, like Liz Earle Gentle Face Exfoliator, £12. This helps to get rid of dead skin cells and unblock pores, which are big contributors to dull skin.

Then opt for The Body Shop Vitamin C Glow Boosting Moisturiser, £16. Not only does this smell amazing, but



LETTER of the week!

it helps to brighten dull complexions, leaving skin with a glowing sheen.

TRIED AND TESTED

Barry M Lip Rehab, £4.99

Soothe and protect lips with this nifty little mask thanks to the avocado, hemp seed oil and vitamin E mix.

Collection You Do You. Cheek & Eye Tint, £4.99

A natural flush of colour for cheeks and a sheer wash of tint for eyes. Apply with fingers for a lightweight, buildable finish.



Rimmel Scandaleyes Wow Wings Mascara, £7.99

Get full XXL lashes thanks to this unique two-sided brush: load up with the winged side, flare out with the curved side.

Neutrogena Clear & Soothe Moisturiser with turmeric, from £5.99
Hydrate and calm breakout-prone skin – this quick absorbing water-gel immediately soothes and hydrates.



TOP TIP

Does your eyeliner crumble while you put it on? Pop it in the freezer for 15 minutes prior to applying your make-up and it will glide along your lash line.

Win! £500 cash!

WIN
£500
Puzzle 18

THE BIG QUIZ

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

The answers to all but one of these quiz questions can be found hidden in this wordsearch grid, reading forwards, backwards, up, down or diagonally. To help you, we'll tell you that the answers are in alphabetical order in each section. However, one answer can't be found in the grid. This is your prize answer.

THE SILVER SCREEN – CRYSTAL

1 Who co-directed the 1982 fantasy *The Dark Crystal*, with Frank Oz? (3,6)

2 What is the green crystalline material that weakens Superman in films like *Batman v Superman: Dawn of Justice*? (10)

3 What word completes the title of the Spielberg adventure film *Indiana Jones and the Kingdom of the Crystal ...*? (5)

WHERE IN THE WORLD? ROCKS

4 In which UK national park can you find the Bowerman's Nose rock formation, Haytor Rocks, and the stone clapper bridge at Postbridge? (8)

5 Where can you find the Moai, large stone figures carved by the Rapa Nui

peoples of eastern Polynesia? (6,6)

6 What is the indigenous name for the sacred sandstone rock in central Australia, which is now off limits to tourists? (5)

RUBY

7 Which indie band had a 2007 number one hit with *Ruby*? (6,6)

8 Which UK-based American comedian and actor has written books called

4. Where is this bridge?



A Mindfulness Guide for the Frazzled, and How to Be Human: The Manual? (4,3)

9 What ruby-coloured items did the Good Witch of the North give to Dorothy in *The Wizard of Oz*? (8)

EMERALD

10 Actor Emerald Fennell plays Nurse Patsy Mount in which BBC drama series? (4,3,7)

11 Which country is the Emerald Isle? (7)

12 The Emerald Grotto (Grotta dello Smeraldo) and Blue Grotto (Grotta Azzurra) are sea caves in which Mediterranean country? (5)

DIAMOND

13 Coal, diamonds and graphite are all forms of which element? (6)

14 Who wrote the 1967 Beatles song *Lucy in the Sky with Diamonds*? (4,6)

15 What is the name of the Indian diamond, also known as the Mountain of Light, that is mounted in the State Crown of the United Kingdom? (3-1-4)

Your answer:

2. What makes Superman weak?

TO ENTER Turn to page 56 for details or visit comps.lifedeathprizes.com/puzzles

Chat 47

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530367	Rose 'New Imagine' Bare-Root Bush SAVE £5.00!	£7.99		
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*We'll automatically renew your membership every year, so you can keep saving - AND the price will NEVER go up... GUARANTEED! Full details at YouGarden.com/Club.		Add PP&I		£6.99
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2 Should any hardy plants fail to thrive thereafter, we'll replace free of charge. You just pay the P&P.
Peter McDermott, Head Gardener



YOUR PAYMENT DETAILS

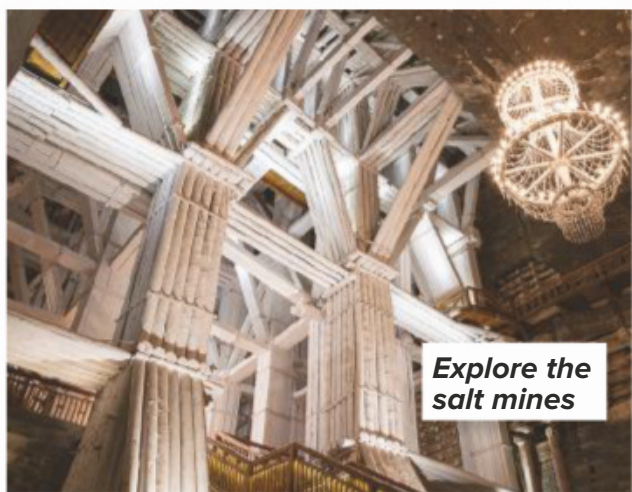
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— AD CODE —
CH133





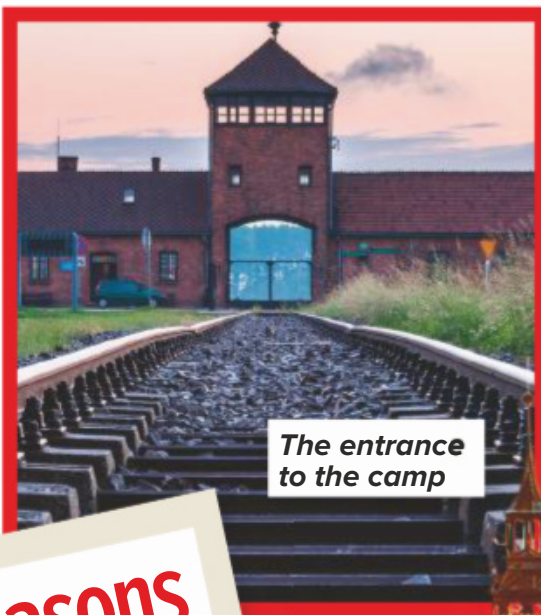
Explore the salt mines

Top attraction

1 Delve 135 metres underground in the Wieliczka Salt Mines for an unforgettable experience. Book the tourist route to learn all about the salt mines built several hundred years ago. A guide will take you through chambers mostly made of salt – even the walls, the floor and the sculpted statues. You'll be shown the stunning Chapel of St Kinga and the glittering salt chandeliers. Wear comfortable footwear as you must descend 350 steps to begin the journey.

Remembering the past

2 No trip to Krakow would be complete without witnessing the tragic memorial to the 1.1 million lives lost at the Auschwitz-Birkenau concentration camp in Oświęcim. The camp is open to visitors free of charge, but the easiest option is booking a tour that includes a guide to the camp, transport and lunch.



The entrance to the camp

6 reasons to visit...



See the city by carriage

Stunning architecture

3 Marvel at the gorgeous architecture in the main square in the Old Town of Krakow, bursting with medieval towers, Gothic churches and cobbled streets. Visit the Town Hall Tower or St Mary's Basilica, where you will hear the famous bugle call (it plays every hour on the hour). You can tour around the town in horse-drawn carriages, but be wary of the prices – an alternative is a free walking tour.

Krakow

Escape to one of Poland's best value cities for rich history, fascinating attractions and extensive culture

Head to the shops

4 For unlimited shopping choices go to Galeria Krakowska, the largest shopping centre in Krakow. The mall has 250 shops with a variety of restaurants, cafes and bars. Or, if you're looking for souvenirs and trinkets to remember your trip, then head to the Cloth Hall at Main Market Square, where you'll find merchant stalls.



Pick up a souvenir

Food and drink

6 Relax at Starka restaurant, with trendy paintings strewn across bright red walls, for some traditional Polish cuisine. Book in advance so you won't be left disappointed as their tasty meals are high in demand. Sample the various flavoured vodkas at Wodka Cafe Bar. The bar is quite small, but it's worth a trip for a cheap and cheerful taste of Poland's most famous alcohol. Order a tasting board with six different flavours to sample.



Try a vodka tasting board



The stunning Wawel Castle

Explore the city

5 If you're looking to further immerse yourself in Krakow's rich culture, or simply discover the best bars and cafes, then head to the Jewish Quarter of the city. Take a walk along the Vistula river, or opt for a relaxing boat tour with stunning views of Wawel Castle. While there, you can also visit the Galicia Jewish Museum with its fascinating exhibition on the history of Jews in Poland.





Book your 2021 cruise today! We're offering tremendous value Buy-One-Get-One-Free* savings on our newly launched sailings, for a limited time only. These savings are available on board a choice of four elegant cruise ships and include newly launched itineraries on departures throughout 2021. These great value prices make it so much easier to join us for the cruise you've always wanted to take, enjoy a longer voyage south to the sun, or treat yourself to a higher category cabin, or of course, use the saving to spend on board or ashore!

Sailing from Tilbury

Sails	Days	Cruise Title	Ship	1st person from	2nd person
28 May 2021	4	Weekend Whitsun Bank Holiday	Amy Johnson	£459	FREE
31 May 2021	14	Iceland & Faroes	Amy Johnson	£2,099	FREE
13 Jun 2021	8	South Norway Discovery & Viking Experience	Amy Johnson	£1,139	FREE
20 Jun 2021	23	Arctic Voyage Greenland & Iceland Experience	Amy Johnson	£3,559	FREE
22 Jul 2021	17	North Cape, Spitzbergen & Land of the Midnight Sun	Amy Johnson	£2,589	FREE
12 Jul 2021	11	Grand British Isles Discovery	Amy Johnson	£1,689	FREE
4 Sep 2021	36	Grand Canada, Greenland, Iceland & Northern Lights	Amy Johnson	£5,159	FREE
9 Oct 2021	33	Grand Black Sea & Mediterranean	Amy Johnson	£4,479	FREE
10 Nov 2021	37	Best of the West Indies Winter Escape	Amy Johnson	£4,389	FREE
29 Jun 2021	27	Iceland & Baltic Cities & St Petersburg Experience	Columbus	£3,949	FREE
29 May 2021	8	Majestic Fjordland	Columbus	£1,139	FREE
5 Jun 2021	15	Baltic Cities & St Petersburg	Columbus	£2,269	FREE
5 Jun 2021	37	Grand Baltic, Round Britain & Iceland Experience	Columbus	£5,369	FREE
29 Jun 2021	13	Iceland & Northern Isles	Columbus	£2,029	FREE
30 Sep 2021	8	Autumn Fjordland	Columbus	£1,119	FREE
7 Oct 2021	16	Canary Islands & Madeira	Columbus	£2,269	FREE
22 Oct 2021	15	Norway - Land of the Northern Lights	Columbus	£2,219	FREE
1 Apr 2021	8	Springtime Gardens & Charms [^]	Magellan	£1,119	FREE
1 Apr 2021	11	British Isles Cruise & Aintree Grand National [^]	Magellan	£1,449	FREE
1 Apr 2021	8	British Isles Horse Racing Theme [^]	Magellan	£1,119	FREE

Sailing from Bristol

Sails	Days	Cruise Title	Ship	1st person from	2nd person
5 Jan 2021	43	Amazon, Cape Verde, West Indies & Azores	Marco Polo	£5,999	FREE
19 Aug 2021	7	River Seine & Bournemouth Air Show [^]	Marco Polo	£969	FREE
3 Oct 2021	14	Spain, Portugal & Morocco	Magellan	£1,969	FREE
18 Sep 2021	16	Azores, Madeira & Portuguese Highlights	Magellan	£2,269	FREE
16 Oct 2021	13	Iceland & Land of the Northern Lights	Magellan	£1,899	FREE
26 Jul 2021	9	Faroes & Scottish Isles	Marco Polo	£1,299	FREE
3 Aug 2021	10	Fjordland	Marco Polo	£1,529	FREE
3 Aug 2021	17	Fjordland & Round Ireland	Marco Polo	£179	FREE
12 Aug 2021	8	Round Ireland	Marco Polo	£1,189	FREE

Sailing from Liverpool

Sails	Days	Cruise Title	Ship	1st person from	2nd person
25 Jul 2021	12	Iceland & Faroes	Magellan	£1,869	FREE
5 Aug 2021	12	Spain, Portugal & Morocco	Magellan	£1,789	FREE
16 Aug 2021	9	Summertime Fjordland	Magellan	£1,299	FREE
24 Aug 2021	9	River Seine & Rotterdam Experience	Magellan	£1,359	FREE
1 Sep 2021	16	Canary Islands & Madeira	Magellan	£2,529	FREE

Sailing from Hull

Sails	Days	Cruise Title	Ship	1st person from	2nd person
2 May 2021	7	Southern Norway & Oslo	Marco Polo	£969	FREE
8 May 2021	15	Baltic Treasures & St Petersburg	Marco Polo	£2,269	FREE

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CO. REG. NO. 1501774

BLOCKBUSTER CRIMES

A New York nightmare

We examine the shocking real-life crimes given the Hollywood treatment

New York City in the summer of 1976 was a buzzing place to be. Dubbed the 'city that never sleeps', it was a great time and place to be young.

But there was a dark cloud hanging over the people of NYC after a fatal shooting.

On 29 July, Donna Lauria, 18, and Jody Valente, 19, were sitting in Jody's car outside Donna's home in the Bronx district.

At 1am, just as Donna was saying goodbye to her friend, a man approached them and pulled a gun from a brown paper bag.

Five shots were fired.

Donna was hit in the neck and arm, and fell out of the car onto the pavement.

Jody screamed as the bullet struck her thigh, falling forward and hitting the car horn.

Donna died in hospital, but Jody survived and described the killer to the police as a white, 30-year-old male with curly hair.

The police searched for

the killer but had no leads.

Then, on 23 October 1976, Carl Denaro, 20, and Rosemary Keenan, 18, were sitting in Rosemary's parked car when they were attacked by gunfire.

Carl heard the car windows shatter and drove off in a panic. He was shot in the head but, miraculously, they both survived.

The police discovered they'd been shot at with a .44-calibre gun – the same weapon that had killed Donna a few months before.

The new incident sparked a massive police hunt. Newspapers were filled with headlines about the mysterious killer.

Carl had shoulder-length hair, and the police later speculated that the shooter had mistaken him for a woman. There was



Donna (left) and Virginia, dark-haired victims



no apparent motive, so they believed the killer had a sinister dislike of women, and was targeting those with dark or brunette hair.

With a killer on the loose, people stopped going out, and there was a surge in women dyeing their hair blonde or wearing blonde wigs.

On 30 January 1977, another shooting with the same weapon occurred.

Christine Freund, 26, and her fiancé

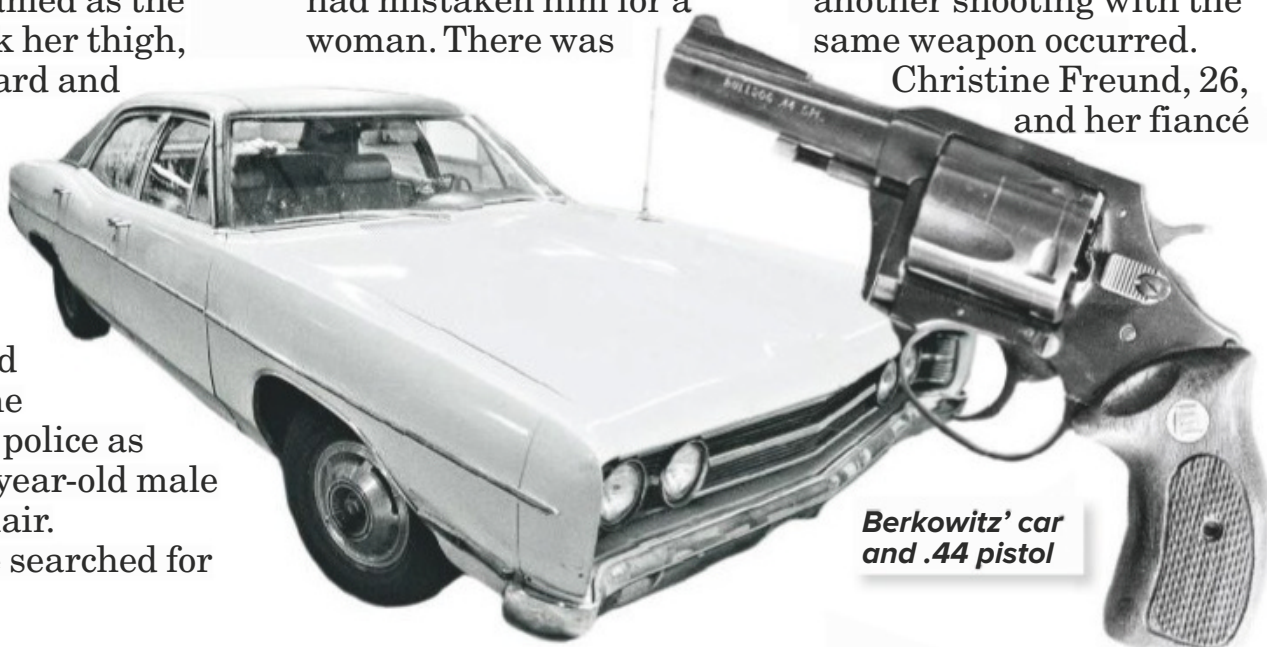
John Diel, 30, were sitting in their car in the Queens district of New York, listening to music, when two shots were fired at them, hitting Christine in the head. She died in hospital.

Then, on 8 March 1977, Virginia Voskerichian, 19, was shot in the face as she walked home from college. She died instantly.

A month later, on 4 April 1977, Valentina Suriani, 18, and Alexander Esau, 20, were shot and killed, just a few blocks from where Donna and Jody had been targeted the summer before.

This time, the killer left a note scrawled in capital letters near the two victims: *I AM A MONSTER, I AM THE SON OF SAM.*

The *New York Daily News* published the whole letter



Berkowitz' car and .44 pistol

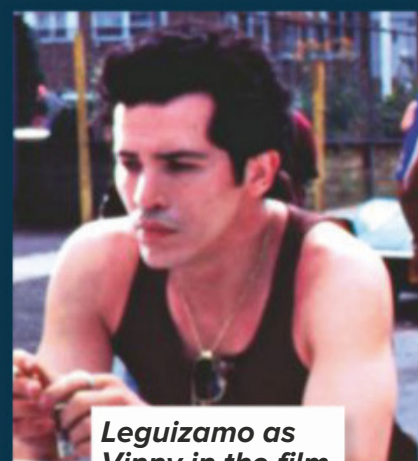
THE MOVIE TAKE...

The 1999 movie *Summer of Sam* is directed by Spike Lee and stars Adrien Brody and John Leguizamo.

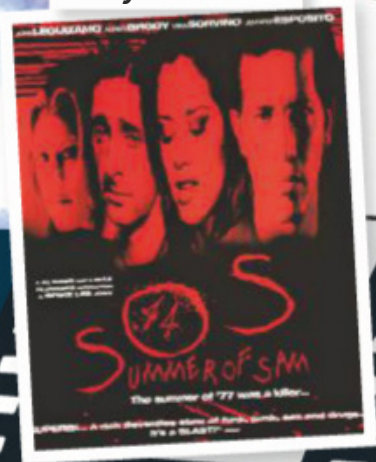
It portrays the shootings from the perspective of the mainly Italian-American community that it affected.

This adaptation shies away from too much speculation about Berkowitz, who had become a figure of morbid interest after several TV interviews and documentaries in the 80s and 90s.

Lee's depiction of the events of 1976/77 were met with both praise and criticism, although most reviews applauded the film for its historical accuracy, depicting an authentic portrayal of the time and place.



Leguizamo as Vinny in the film



SPOILER ALERT!

If you're planning to watch *Summer of Sam*, save this read for later.

and sold out within an hour – a record 1,116,000 copies.

The killer was dubbed 'The Son of Sam' and two more shootings followed in June, then July.

Both attacks were on couples in cars out on dates – three people survived, but with horrific injuries, while Stacy Moskowitz, aged 19, died.

With every new attack, a letter was found and published, for the residents of New York – and by now the rest of the world – to read.

I love to hunt. Prowling the streets looking for fair game – tasty meat. The women of Queens are the prettiest of all, one read.

The killer seemed to taunt the police, claiming he'd never get caught. And, as

Front-page news: sketch of the gunman



'What took so long?' David Berkowitz is finally caught

found their man.

When Berkowitz, a postal worker, was arrested, he allegedly said, 'Well, you got me. How come it took you such a long time?'

What had been one of the biggest police manhunts ever was over, and the people of New York could finally relax.

Berkowitz later admitted a string of crimes, including a stabbing in 1975 and starting more than 1,400 fires all around the city.

He'd killed six people and injured countless others – but, in the end, it was a simple parking ticket that caught him out.

In May 1978, David Berkowitz was handed six life sentences. He later claimed to be part of a satanic cult, which was what motivated him to carry out his evil crimes.

terror in the city intensified, he seemed to become more arrogant.

But, in August 1977, the police routinely followed up a parking ticket on a yellow Ford car, tracing the vehicle to a David Berkowitz, then aged 24.

They searched his car and discovered a duffel bag filled

with ammunition, maps of the crime scenes, and another letter, in the same distinctive handwriting, addressed to the authorities.

There was little doubt now that, finally, the police had

The killer left a scrawled note near the victims

Chat PUZZLES 10

CLOSING DATE FOR ALL ENTRIES IS 17 MARCH 2020 (Three days later for postal entries)

PAGE 8 Puzzle 1	£250 CASH	PAGE 28 Puzzle 10	£1,000 CASH
PAGE 8 Puzzle 2	£150 CASH	PAGE 28 Puzzle 11	£60 CASH
PAGE 8 Puzzle 3	4 x £25 CASH	PAGE 28 Puzzle 12	£50 CASH
PAGE 10 Puzzle 4	5 x £30 CASH	PAGE 30 Puzzle 13	£50 CASH
PAGE 15 Puzzle 5	£1,001 CASH	PAGE 32 Puzzle 14	£100 CASH
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PAGE 23 Puzzle 7	£100 CASH	PAGE 36 Puzzle 16	£500 CASH
PAGE 23 Puzzle 8	£100 CASH	PAGE 36 Puzzle 17	£100 CASH
PAGE 23 Puzzle 9	£50 CASH	PAGE 47 Puzzle 18	£500 CASH

Name

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HOW TO ENTER

TEXT

Simply text **CHATA** followed by a space and your answer/s (spaces between answers please) full name, door number and postcode to

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Texts cost 50p plus standard network charge (maximum 160 characters per text). When you enter by text, you may in future get SMS marketing messages from TI Media Limited and Chat.

If you want to receive these, please end your text with TIOPTIN.

Texting tips

- Don't put any spaces in an answer that has several words: eg: **CHATISTHEBEST** not CHAT IS THE BEST.
- If the answer is a name, you need only give the surname: eg: **CLOONEY** not GEORGE CLOONEY.
- You can use capitals or small letters, but don't use any commas, etc.
- Leave out answers you don't wish to enter.

INTERNET

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comps.lifedeathprizes.com/puzzles

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- Calls cost 65p per min plus your telephone company's network access charge. Call durations will vary between 1 and 7 minutes depending on the number of answers submitted.

Please ensure you provide your full name and address details as incomplete entries may be charged but not entered.

SP: Spoke 0333 202 3390

WRITE

To reply by post, fill out the coupon left with your answers and contact details and send it to,

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For back issues of **Chat**

WHAT'S THE ANSWER?

Solutions to **Chat** issue 6 (6 February 2020)

Puzzle 2 Flower
Puzzle 3 Bat
Puzzle 4 D3
Puzzle 5 A life coach
Puzzle 6 Seat
Puzzle 7 Eyam
Puzzle 8 Tamarind
Puzzle 9 Scafell Pike

Puzzle 10 Rainfall
Puzzle 13 Goat
Puzzle 14 Inside
Puzzle 15 Scotland
Puzzle 16 Spare ribs
Puzzle 17 Banana
Puzzle 18 Village People

WE WON!

Chat winners issue 47
(21 November 2019)

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J Bradbury,
Shropshire

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V Hawkins,
Southampton

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M Flook, Pontypool;
P Ward, Crawley

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Colchester; M Potts, Derbyshire;
P Dejonge, Jarrow; Y Angel,
Preston; C Bailey, Lytham
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£60 CASH K Mers, Southampton

£50 CASH H Thomas, Neath;
J Pepperell, Salisbury;
C Tidswell, Peterborough

£30 CASH J Brinkworth,
West Glamorgan; J Doubleday,
Spalding; J Chappell, Banbury;
S Rumbold, London; N Hilton,
London

£25 CASH G. Morris, Hertford;
C Gale, Peterborough;
S Marshall, Portland; T Lunn,
Leeds; C O'Brien, Runcorn;
S Hoskins, Weymouth; L Pyper,
Newtownards; K Lambert,
Preston; L Hailstone, Driffield

Anyone
from your
town in the
list this
week..?

Chat PUZZLE 1

90000

6		8			1	7	2	8	8	0	1	8
8	4	2	6		3		2		3		4	
7		4	5	5	7	6	0		9	1	5	3
7	8	6	3	4			1	2	5	7	6	
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	6		6		0						3	
5	0	1	7	8	7	2		3	0	6	4	1
	8		0			9	3	8		7		0
4	3	8	0		4	1	3		2	6	1	2
6		0		5		3	7	8		8		4
1		3		8		2	0	5	2	1	5	6
7	5	6	7	3		4		6		4	5	3
2		4		7	7	1	3	6	2		4	

Chat PUZZLE 11

356

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

Chat PUZZLE 12

FLUTE

P	E	B	K	B	A	N	J	O
V	L	R	A	T	I	U	G	N
Y	E	R	J	S	E	Z	I	S
	L	S	E	F	S	L	A	B
O	U	Q	I	H	O	Q	U	E
L	K	F	N	D	T	G	O	D
I	U	R	N	A	L	I	R	N
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TI Media

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In next week's **chat**



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A letter to... Our angel baby

Dear Isabel,

Your daddy Trevor and I were so happy in October 2008, when we found out you were arriving.

Your big sister Sophie, too – she was just 1.

And on 16 May 2009, you were born.

Only, I didn't get to hold you.

'She's very poorly,' nurses explained.

Your dad went with you to intensive care.

There'd been no warnings.

A few hours later, I finally saw you, hooked up to machines.

Same fluffy tufts of hair as your big sister.

'My Isabel,' I whispered.

In the middle of the night, we had the most unimaginable news.

'It's leukaemia,' the consultant confirmed.

I fell apart.

Your chances of survival were small.

Transferred to Great Ormond Street Hospital, you were fitted with breathing and feeding tubes.

Then, at just 14 hours old, you started chemo.

It sapped your energy, but you

were a fighter and your cancerous cells reduced.

Over the next few days, your

grandparents and Sophie met you and fell in love.

And five days after you were born, we finally had a cuddle.

I got to feed you, change your nappy.

And after your second round of chemotherapy, we could bring you home for 10 days.

It was Sophie's second birthday party.

And she was giddy to have you as the guest of honour!

For a short time, we were a proper family.

You smiled, loved cuddles. In July, we went back into



hospital for your third round of chemotherapy, full of hope.

Only, one evening, when your dad was visiting my parents with Sophie, you had a cardiac arrest.

'Get here now,' I cried to Daddy on the phone.

He made it just before you had a second cardiac arrest.

But there was nothing more doctors could do.

Sobbing, I held you as you took your last breaths.

Our angel, you'd given it everything, but the cancer was too powerful.

Eleven days later, we held your funeral in the bluebell woods of our local cemetery.

Over 100 people came to support us – including some nurses who'd looked after you.

We were broken, but we had to carry on for your sister.

As a distraction from grief, I signed up to the London Marathon.

And the following April, I thought of you every step of the 26 miles.

I raised over £15,000 for Children with Cancer UK, who'd looked after us while

we looked after you.

It took a long time before your dad and I could think about having another baby.

But five years ago, your little brother – our rainbow baby Arthur – arrived.

He already knows all about you.

This year, Dad and I are running 10 half-marathons in aid of Children with Cancer UK – one for each of the years we've missed you.

The last one, in March, will finish not far from your resting place.

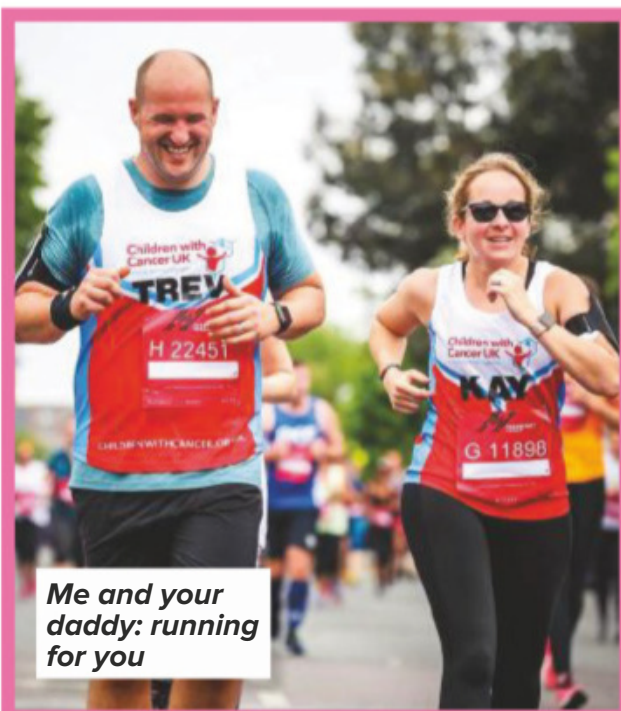
We'll visit you with our medals straight after.

Really, they'll belong to you. Because while we're running, you're the real hero.

*All our love,
Mummy xx*

Kay Springham, 37, Stansted

For more about childhood cancer, visit childrenwithcancer.org.uk. Or to visit Kay's fundraising page, go to virginmoneygiving.com/IsabelsBigTen





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Fri 25th Sep 2020

THE FLYING SCOTSMAN Steam Train & Liverpool

If you are yet to experience the charm of the *Flying Scotsman*, then now is your chance! The iconic steam locomotive will be running on the heritage East Lancashire Railway in September. Travel behind this magnificent, 1923-built locomotive as we take a trip back to the heyday of the golden age of steam. With vibrant, autumnal colours peppering the picturesque landscapes, September is a lovely time to travel through the Irwell Valley in the company of the nation's favourite steam train.

Your break includes

- ✓ Return coach travel*
- ✓ 2 nights at a selected 3 or 4-star hotel in the North West area with dinner & breakfast
- ✓ Train journey behind the *Flying Scotsman* on the heritage East Lancashire Railway
- ✓ Free time in Bury
- ✓ En-route visit to Liverpool

Single supplement £70

2 days
from
£199pp



Fri 10th Jul 2020

BEHIND THE SCENES at the home of Downton Abbey

To celebrate the release of *Downton Abbey The Movie* on DVD and Blu-ray™ on 27th January, we're pleased to announce that Highclere Castle will be opening its doors exclusively for our customers on Saturday 11th July 2020, featuring elements from the making of the 2019 film!

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Your break includes

- ✓ Return coach travel*
- ✓ Overnight stay at a selected 3 or 4-star hotel with dinner & breakfast
- ✓ Exclusive visit to Highclere Castle for our customers, featuring elements from the making of the film
- ✓ Signed hardback copy of Lady Carnarvon's book, *At Home at Highclere. Entertaining at the Real Downton Abbey* (one copy per booking)
- ✓ DVD of *Downton Abbey The Movie* (one DVD per booking)

Single supplement £35

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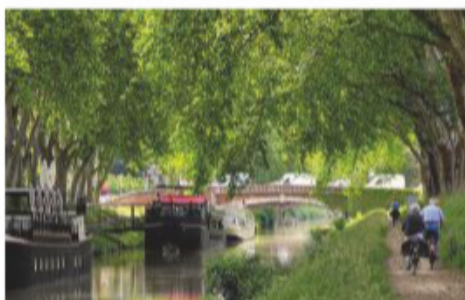
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from
£799pp



Fri 12th Jun 2020

LITTLE BOATS of the Mediterranean

If you're looking for a relaxing break away set against the backdrop of spectacular scenery, then this holiday is perfect for you! Enjoy peaceful boat cruises in both France and Spain on this Mediterranean getaway, so you can relax and unwind while taking in the sights, including the world-famous Canal du Midi – a UNESCO World Heritage Site. We also explore pretty Cadaqués on the Costa Brava, medieval Besalú full of character and historic charm and vibrant Barcelona with its bustling street *Las Ramblas*.



Your break includes

- ✓ Return coach travel* and ferry crossings
- ✓ First and last night on a bed and breakfast basis in France (last night with a light evening meal)
- ✓ 7 nights at the 3-star Prestige Victoria Hotel, Roses with dinner & breakfast
- ✓ Welcome drink
- ✓ Wine and water with dinner in Roses
- ✓ Excursions to Cadaqués, Besalú, Barcelona & Pals
- ✓ Boat trip from Roses to Cadaqués
- ✓ Cruise on the Canal du Midi with lunch
- ✓ Cruise on Lake Banyoles
- ✓ Medes Islands boat trip
- ✓ Guided walking tour of Cadaqués
- ✓ Guided city tour of Barcelona
- ✓ Services of local guides on excursions

Single supplement £360

7 days
from
£649pp



Wed 10th Jun 2020

ANDRÉ RIEU & his Johann Strauss Orchestra in Vienna

André Rieu is returning to Austria in 2020 as part of his exciting new tour! Don't miss the chance to see the violin maestro perform his usual repertoire of romantic, emotional ballads and the most celebrated of waltzes with his Johann Strauss Orchestra, choir and soloists in the magical city of Vienna. This promises to be a concert to remember, with Rieu's sense of humour and showmanship creating a fun-filled extravaganza packed with surprises. We combine this special event with the beautiful landscapes of Vienna Woods and the towns and villages well-known for their wine growing and musical traditions.

Your break includes

- ✓ Return coach travel* and ferry crossings
- ✓ First and last night on a bed and breakfast basis in France/Germany (last night with a light evening meal)
- ✓ 4 nights at a selected 3-star hotel in the Vienna area with breakfast, 2 dinners & 1 lunch
- ✓ 1 dinner and traditional music in a wine tavern
- ✓ Excursions to Heiligenkreuz Abbey, Baden, Gumpoldskirchen, Vienna & Rust
- ✓ Wine cellar tour and tasting in Gumpoldskirchen
- ✓ Guided city tour of Vienna
- ✓ André Rieu concert ticket (category 3 ticket, upper tier, side or rear view)
- ✓ Wine cellar tour, wine tasting and lunch in Rust
- ✓ Boat cruise on Lake Neusiedl
- ✓ Services of a Tour Manager in Austria

Single supplement £240

Upgrade to category 2 ticket (middle tier, side or central view) for £30pp or category 1 ticket (lower tier, side or central view) for £50pp

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