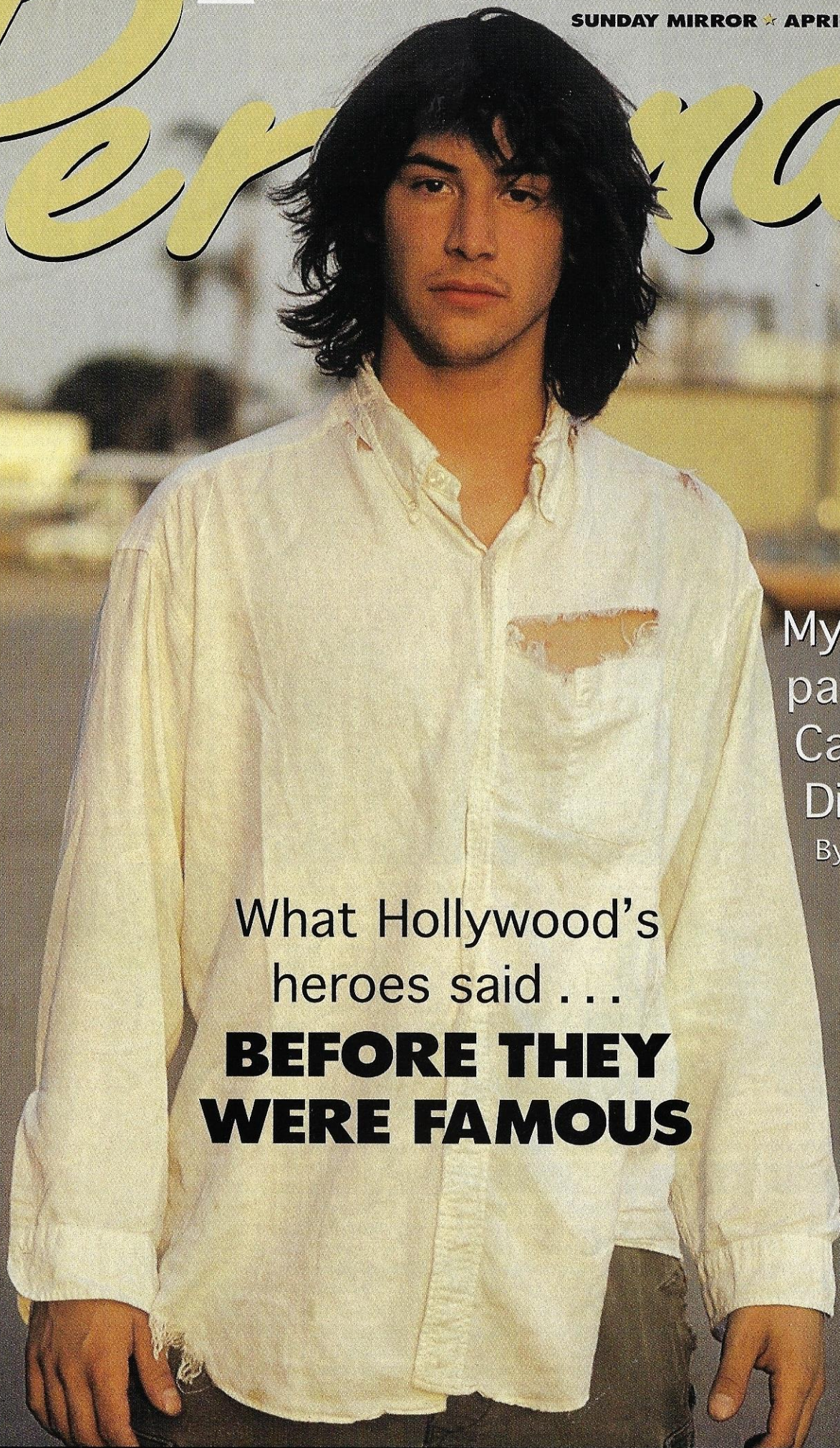


SOUTH

SUNDAY MIRROR ★ APRIL 5, 1998

Personal



My
passion for
Cameron
Diaz

By Lee Evans

What Hollywood's
heroes said ...
**BEFORE THEY
WERE FAMOUS**

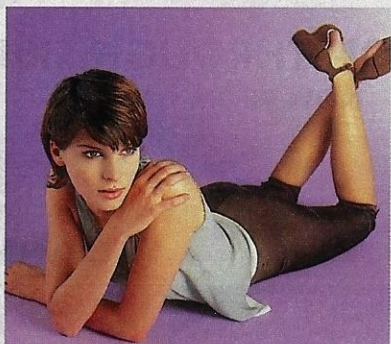
Free
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PLUS! TV WEEK – YOUR GREAT 7-DAY GUIDE

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COVER PICTURE BY KAREN HARDY BYSTEDT

PERSONAL PLATFORM

Okay, so kids can set you straight like nothing else. But they can also shake your beliefs right down to their foundations. My 14-year-old called me up one day. I was on location. I picked up and she said: "Mom, I'm pregnant." Just like that. There's no other way to say it, I guess. Mom, I'm pregnant. I'd just come in from work and she hits me with "Mom I'm pregnant."

I sucked in the deepest breath I could find, realised she wasn't kidding and thought it through. It's amazing how the human mind works at moments of crisis. Or maybe it's just amazing to me how mine works, because in the instant between her telling me and my figuring out what the hell to say I raced through a whole inventory of options and scenarios. I thought the thing completely through, up and down and through and I kept coming back to the same thing: "Oh, Christ!"

It wasn't that my mind went blank, because "Oh Christ" seemed a valid enough reaction, but there was nothing clear or adult about it. I mean, this was the last thing I expected to hear from my kid. She had all the information she needed to keep herself from getting pregnant. We had talked. She had understood. And yet here she was, pregnant and all I could muster was "Oh Christ. Oh Christ. Oh Christ!" She was 14. She wasn't equipped to raise a kid. Emotionally, financially, practically... she just wasn't equipped. And I didn't want to raise her kid for her. I'd done that. I wasn't up for it again. "Mom?" I heard through the phone. She had more to tell me. "I want to keep this baby," she said, quietly. Not exactly asking me, but telling me. It was so totally not what I was expecting to hear. The first piece was a shock and this latest was off the Richter scale. I still hadn't said anything and now I didn't dare. I was back in my corner. I realised that if I was out there screaming to preserve a woman's right to an abortion, I was also out there, preserving my daughter's right not to have an abortion. I had to take my beliefs out for a little test drive, you know, because pro-choice means

Mom, I'm pregnant

HOLLYWOOD ACTRESS WHOOP! GOLDBERG EXPLAINS

HOW HER OWN FAMILY CRISIS TAUGHT HER THE

REAL MEANING OF 'A WOMAN'S RIGHT TO CHOOSE'

pro-choice. It means women (and 14-year-old girls) have the choice to do whatever they want and here it was my daughter's choice to keep this child.

It bumped smack into what my choice would have been for her, but this is what she wanted. I'm glad this was what she wanted because I like my grandkid. She's great. She was born on my birthday. Most kids give you a watch or wallet on your birthday but my daughter gave me a living, breathing human being. The kid even looks like me, a little. She also gave me a lesson. She taught me that pro-choice is not just a phrase. It doesn't just mean it's OK to go ahead and have that abortion; it also means it's OK not to – if you're responsible, if you've got the support system to back it up, if you've thought it through, if you're prepared to work at it. I was at a time in my career when I was getting some attention and making good money, so my kid had all the financial support she needed, but the rest came from her. She stepped up and became a mother.

What I don't get from all these pro-life people is what they're gonna do for those kids whose parents maybe don't have the resources that were available to my daughter.

I'd be pro-life right along with you if you could show me loving homes for every child who needs to be adopted, if you could show me how these young mothers are going to stay in school and take care of themselves while they're pregnant, if you could show me a system of affordable medical treatment and childcare. Show me a viable programme of sex education, to get these kids

thinking through what they're about to do. Show me a way to take care of these little girls, and their little girls and then maybe I'll see it your way. Because until then, honey, you're just blind. Yeah, life is precious. All I need is to hold my grandkid in my arms and the argument is made. My daughter had a second child when she was about 22 and her two children are just heaven. She's married now, to a great guy and they're doing fine. But I also know that freedom and responsibility are precious things and that if we run out of either, we're screwed. Every week, it seems there's another story about a young mother abandoning her unwanted child. Rich or poor, it doesn't matter. There are even stories of straight-A students who somehow manage to keep the fact of their pregnancies from their parents and teachers. Now how the hell do you do that? There's a gap somewhere in there that allows a mother to completely miss her kid's pregnancy.

So let's get it straight: pro-choice means you can go either way. If you get pregnant, decide what you want to do. Do you want to have this child? Are you able to have this child? Will you be able to finish school or get a job or look forward to any kind of productive future? Hell, you should decide on these things before you go out and get pregnant, but I realise that's probably asking too much. Just decide not to have the child, for whatever reason, and you should be able to have a clean, safe abortion with dignity and respect.

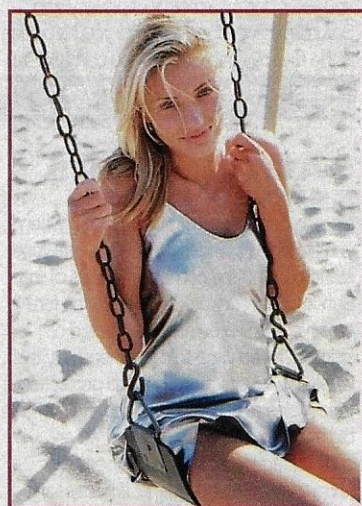
We were lucky in our house and it worked out, but stuff like this ain't supposed to be about luck.



So I gave Cameron Diaz a good snog ... then I told her boyfriend Matt Dillon it wasn't acting, I really did fancy her ...

DINING WITH SPIELBERG, LUNCHING WITH SCORSESE, MAKING A MEAL OUT OF DELICIOUS CAMERON DIAZ ... LEE EVANS LIVED OUT EVERY MAN'S DREAM, BUT COULDN'T WAIT TO GET BACK TO THE FAMILY HE ADORES. BY PAULINE McLEOD. PICTURES BY ANDY McCARTNEY

Even in his quietest moments, comedian Lee Evans has the kind of expressive features that make you ransack the dictionary for words like "mobile", "elastic" and "rubber-faced". Ask him about working with Hollywood beauty Cameron Diaz, and you need a whole thesaurus to describe his facial contortions. He almost falls off his chair as he struggles to describe his excitement at working with such a gorgeous star. "She's perfect... really, really good fun ... she's the coolest woman I've ever worked with. I couldn't believe how nice she was, how down-to-earth... she's like, fantastic... her eyes are as beautiful in person as they are on screen. She's just the most perfect, perfect person you would ever want to meet!" Lee's enthusiasm is fired by the memory of the day he actually kissed, no, *snogged* the yummy Cameron right under the nose of her impossibly handsome boyfriend, movie actor Matt Dillon. "I've just got back from Miami," explains Lee. "I was filming *Something About Mary*, which is a black comedy about five guys including Matt and myself - I play a complete scumbag, by the way -



HAPPY DIAZ 'She's just the most perfect, perfect person...'

who are all chasing the same perfect woman, played by Cameron. "I had to snog her in one scene, so I wound Matt up about it, saying, 'You know I'm going to kiss your girlfriend today'. He said: 'That's OK, we're acting, right?' "So I gave her a good old snog and afterwards he asked, 'You were acting, right?' And I told him, 'No, I'm not acting, Matt. That was for real. I really fancy her!' But actually he

thought it was very funny. He was laughing and joking. I'd shown him pictures of my wife and baby. He's a good bloke. Very, very cool." Don't get the wrong idea about Lee. Regardless of on-screen liaisons with movie glamour girls, he still has his feet on the ground, and he's still blissfully married to his teenage sweetheart, Heather, who is the mother of their four-year-old daughter Mollie and the inspiration for another batch of superlatives. "I love the ground Heather walks on," he says. "I'd gladly step in front of a train for her... I'd be nothing without her... She's everything to me." Lee is only 33, well on his way to becoming a millionaire, but he's the first to agree that it's all because of Heather. She's been there for him since he was 17, and was the breadwinner for three years while he worked on his comedy act. She was there for him when his act was so bad he'd get return bookings just so the punters could heckle him, and she was there for him when he worked himself so ragged after winning the influential Perrier Award at the 1993 Edinburgh Festival that his hair came away in clumps and he had a nervous breakdown. Now his name is known in



NARROW SQUEAK Lee is constantly outwitted by a rebellious rodent in his new comedy *Mouse Hunt*

Hollywood. He has a contract with the giant NBC TV network and he numbers Steven Spielberg among his admirers. Lee's new film, the family comedy *Mouse Hunt*, which came out here on Friday, is part of a two-picture deal with Spielberg's DreamWorks company. As if that's not enough, last week he began a 66-date British comedy tour. And just before our interview at London's swanky Dorchester hotel, he'd been in a meeting with revered film director Martin Scorsese. "I think he's got me in mind for something, but I don't know what it is," says Lee. "He was in London and wanted to meet me so we spent a couple of hours together. "With someone like him, whose work you really admire, you want to go, 'You know that shot with De Niro in *Mean Streets* or that one in *Raging Bull*...?' But that's probably so boring for him, so we didn't talk about films at all. "We talked about family and friends and the neighbourhoods we grew up in, which are quite similar. The ones I grew up in were pretty rough and he comes from a really rough Italian neighbourhood in Brooklyn. He's such a nice chap. But then I don't get mixed up with people who are nasty." Getting mixed with the nastier elements of showbiz is not what Lee Evans is about. He is a man completely devoid of the arrogance that showbiz success can sometimes breed, and beneath his gossamer-thin cheeky-chappie surface lie layers of insecurities. Making people laugh has been his way of coping with the world since childhood. His adored father, David, has been an entertainer all his life, and on the road for most of it. By the time Lee was 16, he'd already been to 12 schools. "I was always the new boy and clowning around was the way I made friends," he admits. "My dad is much better than me. He can do anything, anything. Music, comedy, anything. He's a genius. And my older ►

brother Wayne who's a removals man... honestly he's the funniest bloke you'll ever meet. He's a big, strapping guy, very muscly, never scared of anyone. I admire that because I'm scared of everything. I always turn to him for inspiration. "I derive all my strength from my background. My dad still travels and my mum still goes with him. It's all I can remember."

Lee is so anxious to please ("I try not to upset anyone, so that when you pop off, they can say, 'Well, he was a nice bloke') that you wonder why he puts himself through the torture of a gruelling two-and-a-half month tour.

"What makes anyone do anything? You're just driven. But it is very nerve-racking. My pants completely fill up when I'm about to go on stage. The fear running through me, well it's like going to meet your death. It's the worst feeling in the world, but when you're on stage that buzz is amazing – you've written something and people are appreciating it.

"It's all a bit primal. I think comedians are crying out for help or something. It's all a bit psychological.

"You think, Christ, they've paid money at the door to see you – they're not punters, they're people, and they've worked hard for their money, so when they see you, you'd better be good. You'd better have put the hours in and you'd better be different from the last time they saw you. I'll stay up all night, night after night to get my act perfected. The problem is I talk so fast I can go through in 10 minutes what takes the average comedian 20. If I slowed down a bit I wouldn't have to write so much!"

Lee has been preparing for this tour since he started filming *Mouse Hunt* last year. In the film, which was a huge success in America, Lee and Broadway star Nathan Lane play the unlucky Smuntz brothers, who inherit a crumbling old homestead which turns out to be an architectural masterpiece worth a fortune. There's just one thing keeping them from their dream of life on Easy Street – a deviously cute and furry mouse who isn't about to be moved.

"We knew we were playing second fiddle to a mouse – well, 63 of them actually, as well as an animatronic one. They were all trained to do certain specific things. The mouse wrangler would come in, carrying them in individual cages, saying, 'This

is Sarah, she jumps and plays the fiddle, this is Kevin and this is... Now be careful not to scare them because they're prone to heart attacks...' It was weird!

"It was an amazing experience, and Spielberg is such a nice chap. I think he wanted me because he'd seen my film *Funny Bones*. This movie has some similar quite dark humour. "I did as many of my own stunts on as I could. If you're English and from my background where the average bloke in my family has done a hard, eight-hour day – my brother still has calluses on his hands from when he worked on the building sites – it's just a dream world that I'm in. "So I didn't sit in my trailer saying, 'Where's my stunt man?' "

He stayed in a rented flat while

making the film, missing his wife and daughter like mad. "Being away from my family was very difficult, but we want to keep Mollie well away from the business, which is why they didn't come with me. She's seen the movie, though and loved it. She went to see *Flubber* with a couple of her mates at our local cinema in Southend and a trailer came on for *Mouse Hunt*. She was yelling, 'That's Dad, that's Dad!' and gave away the entire story."

Lee says he wants to have as many children as possible: "I'd love a whole football team, and so would Heather. It's just getting round to doing it! "But when I'm working I want to be fairly focused and I deliberately took a year out to work in America. I've been writing a sitcom with people from *Cheers* and *Seinfeld* but I don't know

when I'll be going back.

"Since I came home, every time I go out Mollie hangs on to my leg because she just doesn't like me leaving the house. I have to promise and reassure her that I'll be back in the afternoon."

Lee seems to have survived Hollywood's full ego-inflation treatment – the limos, the lunches, the personal trailer, the fawning: Lee, you're phenomenal, Lee you're great, Lee you're wonderful, yes sir, no sir. "And then I arrived at Heathrow and asked this uniformed chap at the rail information place about train connections for Southend. 'I dunno,' he said, 'go and look on the board'. Great, I thought... I'm home!" ■ *Lee's comedy tour of Britain continues until mid-June.*

**A trailer for
Mouse Hunt
came on when
Mollie was at
the cinema with
some friends.
She was
screaming,
'That's Dad,
that's Dad!'**



I've given a loving home to 24 children . . . now their mums are moving in too

A harrowing EastEnders plotline has thrown the spotlight on a controversial new trend in fostering. Mark and Ruth Fowler have been torn between their love for foster-child Jessica and their duty to encourage the little girl's bond with her ex-junkie mum. In real-life, foster parents today are often expected to give a helping hand to the youngsters' natural mother. Some mums are drug addicts, others are involved with child sex abusers, many repeat the ill-treatment they

suffered from their parents. Maggie Eastman, 46, is one of the 27,000 foster parents who give a loving home to 40,000 damaged children in Britain. She and husband David, 48, a builder, have been stand-in parents to 24 children over the past 12 years. They have also taken troubled mums into their home in rural Cornwall, which they share with their own five children Davey, 19, Christopher, 18, Peter, 16, Johnny, 14 and Catherine, 12. Maggie tells her remarkable story to DENNA ALLEN

It sounds so corny, but we decided to become foster parents because we seemed to have so much love to give and there were children out there who had none. We thought about adopting, but because of the ages of our own kids we were told we were unlikely to get a baby. And fostering made so much sense because instead of just helping one child we would help dozens and we could take a short break between each one which would give us time alone with our own family. So 12 years ago our first foster child came to live with us. You never forget your first, it's like your first baby. She was the most beautiful blue-eyed little thing called Anna. Her mum had no parenting skills and her previous child was already in care. It wasn't her fault - she was one

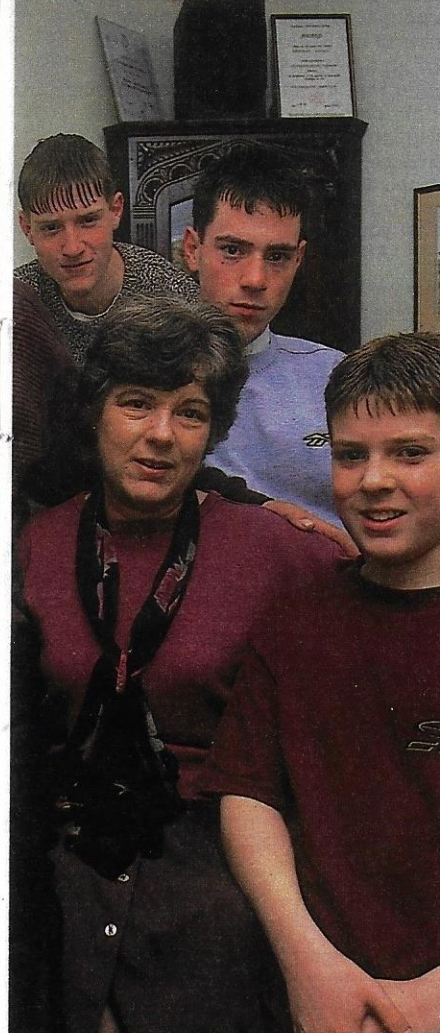
of life's unfortunates, and her parents hadn't set a good example. She wanted to be a better mum, so she came to stay with us for a couple of months. We turned our children's playroom into her own bedsit and we hoped they would both settle. The idea was that I would teach her parenting skills. It was very sad, because she would try so hard for two or three days and then things would go wrong, she'd fail, get upset and this cycle went on and on. She had no idea about anticipating the needs of the baby, either to change her nappy or have a bottle ready when she started to cry. Anna would be screaming her head off and her mum would just go to pieces. She also felt I was spying on her, reporting to the social worker on her progress, which wasn't true, but after

two months it wasn't going to work and it was agreed Anna should go for adoption. She went to a lovely couple who adored her, and today her natural mum actually regards me as a friend. After Anna we had a few children who only stayed a few weeks, but the next two who made an impression on our family were brothers Ben, 10, and Adam, eight. Again their mother lacked parenting skills. She was involved with a convicted child abuser who had interfered with her sons. She was meticulous about cleanliness - she'd iron everything, even the tea towels. As long as the cupboard was spotless it didn't matter to her that there weren't any cornflakes in it so she could feed her boys. Ben and Adam were unruly, and quite violent to each other. She had no way of controlling them, so she would lash out, verbally and physically. Then she'd be so sorry that she'd curl up in a corner with her arms wrapped around her legs, unable to speak. We worked with her to make her understand her boys' needs, and she got rid of the boyfriend. Within a year the children were back living with her. I suppose you just teach parenting by example, anticipating children's needs, always having food in the house, talking to the children. Our house is quiet and placid - we don't believe in yelling and screaming. I only have to change my tone of voice and my children know if they have pushed the boundaries too far. Each child that comes to you is different. Some are resentful because they still love their natural parents, no matter what they've been subjected to, or they feel tremendous guilt that



UNITED WE STAND
Dave and Maggie Eastman with four of their children - Chris, Pete, Johnny and Catherine

they caused problems between their mother and father. Others are timid and withdrawn, and uncertain how to act. When you hold them they are rigid as a plank of wood, or they are too frightened to take an apple from the bowl. The next child who sticks in my mind was a lovely, worldly eight-year-old called Peter. His mother and father had split up and he stayed with his mum, until one day she'd had enough and she packed him a little bag with a few clothes, opened the front door and left him crying on the doorstep. Eventually a neighbour called social services and his father came back on the scene. Unfortunately he didn't have anywhere to live himself so he couldn't take his son at first, and Peter came to stay with us. After about 10 months his dad moved into a caravan and Peter went to live with him. It could have been a happy ending, but his dad found a girlfriend and she couldn't cope with a child, so Peter had to go back into care. Sadly, we couldn't take him back because by then we had another child to care for, but it is one of my



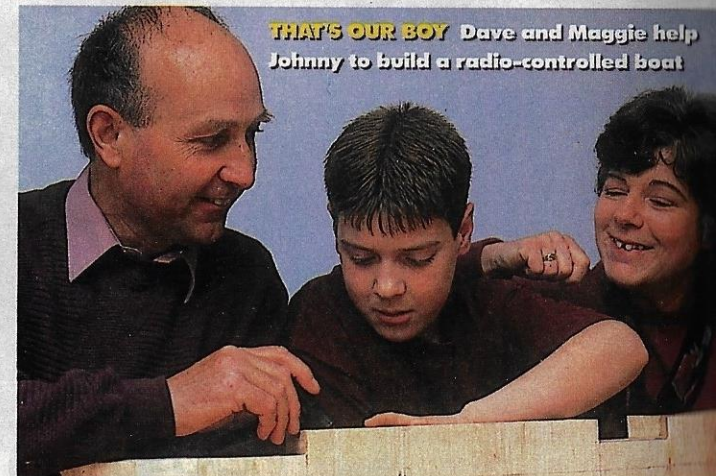
biggest regrets. Peter has been in care since. He has never recovered from being rejected by his family twice and he can't settle with a foster family. The longest he stays with anyone before they can't cope any more is about six months. The parents they picked just weren't right. Call it instinct, I can't say why I knew, but the rest of the family felt the same. They made a big fuss of Sophie and took her out for ice-cream. But they just didn't feel right. We offered to adopt her ourselves, but the unit said "No! No! No!". This was a big taboo - foster parents could not adopt. They said it was unheard of, which it isn't. On Christmas Eve it was decided over our heads that she should leave us and join her new family. That was the last we saw of Sophie. We were devastated. She had made such an impression - we all loved her so much, and she loved us back. It was like losing one of my own children. We weren't even allowed to call her on Christmas Day and her location was a secret in case her father found her. Five months later, a couple of days before we were going on a family camping holiday to France, I got a panicky phone call saying Sophie's new parents couldn't cope and they

deeply traumatised. She just used to curl up on her bed in the foetal position and would not speak. "It as a very slow process trying to draw her out, but we managed to do it over 18 months. Her mother was allowed to see her, but it became apparent that Sophie had been sexually abused and the visits were always supervised at a secret venue because social workers feared her father would follow the mother to their child. The mother never wanted Sophie back, she was very immature and during visits was more interested in showing off her new clothes than playing with her daughter. Then something happened which made me feel quite disillusioned with the role of the foster parent. It was agreed that Sophie would be adopted and suitable parents would be found. Although on the outside she was this adorable, wonderful child, we knew there were still deep-rooted problems and she needed a special couple to take care of her. So I asked the social worker if I could go through the papers of the three prospective adoptive parents and he thought this was a great idea . . . but the adoption powers-that-be were appalled. They said: "But she is a beautiful child, who would not want to adopt her?" and simply couldn't see further than that. Sophie was very withdrawn and

wanted her gone by the end of the day. Could we have her back? I knew I couldn't take her away with us - she would have been too distressed. And I couldn't cancel our holiday because it wouldn't have been fair on our children. So it was agreed that Sophie would go into temporary care for two weeks and come to us when we got back. We talked about it all the time during our holiday, but when we got home we were told she wasn't coming. I believe it was because this would have been an admission that the adoption unit had got it wrong. So to

One mum would lash out at her sons, then be so sorry that she'd just curl up, unable to speak

save them from embarrassment, Sophie was farmed out to another family. We still don't know what happened to her or who she's with. She must have thought we, along with all the other important people in her life, rejected her and that hurts me. I believe that since that experience with Sophie the adoption unit has revised some of its policies, which is one good thing to come out of it, but at what expense? Now we've got a lovely six-year-old girl living with us. We're encouraging her to love and trust again. She has got to do a lot of un-learning because she has some very bad memories. The whole experience of fostering has made me realise how wonderful our own children are, too. We couldn't do it without their full support. Although David and I care for the foster children and provide them with food and clothes, it is the kids who do a lot of the real work, drawing them out with games and making them feel at home. It's tough on them when their toys are broken, their homework scribbled or precious things taken from their rooms, but they cope brilliantly. We had a three-bedroom extension built on because we felt they needed a bolt hole of their own, and we always wanted our foster children to be younger than our eldest, so the natural pecking order wasn't affected. We had a 14-year-old girl who was heaven with four boys in the house. So that couldn't last for long. Of course there are times when they are arguing and they'll hit out saying: 'Why does he or she have to stay here?' or 'you're spending your time with him or her that's normal family stuff'. The other day my daughter Catherine said there was a girl in her class at school who nobody liked because she's not very bright but that she didn't think this was because not all children are the same. She'd learned that from other foster children. Then she said she'd like to be a foster parent one day. The past 12 years have been hard work. We've all been physically and mentally tired, and emotionally drained. But the joy of seeing a frightened little thing blossom into a more confident person is wonderful. Sometimes I think we must be nice to foster children. We get lots of hassle, we're a tax service and we never know what time of the day or night we're going to be contacted to take a child in. But after 12 years, it's all become part of our normal family routine. The names of the foster children have been changed.



THAT'S OUR BOY Dave and Maggie help Johnny to build a radio-controlled boat

You have to welcome a child's family: parents, grandparents, aunts, uncles, the lot. You can't

be fussy about who you have in your house

An Easter feast day



MAKE EASTER SUNDAY A DAY THE WHOLE FAMILY WILL SAVOUR WITH THIS MAGNIFICENT MEAL AND EASTER CAKE WITH SPRING FLOWERS, BY JANET WARREN

LOIN OF PORK SPECIAL

SERVES 8
2kg (4lb) loin joint of pork, chine bone removed
15ml/1 tbsp oil
Salt

FOR THE STUFFING

114g packet of apple and herb stuffing
1 medium onion, chopped
Grated rind and juice of 1/2 lemon
30ml/2 tbsp cranberry sauce
TO COMPLETE THE DISH
6 small Coxes apples
Fresh sage leaves
30ml/2 tbsp cranberry sauce

- 1 Pre-heat oven to 200C/400F/Gas Mark 6.
- 2 Simmer the onion in boiling, salted water for 5 minutes. Drain, reserve the water and make up to the amount required for the stuffing as instructed on the packet.
- 3 Stir in the lemon rind and cranberry sauce then use a large knife to cut fairly deep slits widthways across the joint at 2.5cm/1in intervals. Spoon the stuffing into these slits, starting at the centre and working out both ways so the stuffing can just be seen.
- 4 Calculate the cooking time at 25 minutes per 450g/1lb. Put the joint on a rack into a roasting tin, sprinkle lemon juice and oil over the surface.
- 5 Roast for 30 minutes then reduce the heat to 180C/350F/Gas Mark 4. Cover the joint with foil if the stuffing starts to become too brown.
- 6 Twenty minutes before the end of the cooking time, place the cored

apples into a shallow dish, add 60ml/4tbsp water and bake them underneath the joint. When just cooked remove from the oven, fill each with cranberry sauce and arrange around the joint garnished with fresh sage leaves.

SPRINGTIME POTATOES

1.2kg/3lb potatoes, peeled and roughly chopped
50g/2oz butter
1 large onion, finely chopped
Grated rind and juice of 1 lemon
45ml/3 tbsp freshly chopped parsley
Salt and freshly ground black pepper

- 1 Put the potatoes into a large pan, cover with cold water and bring to the boil. Cook them for 3 minutes then drain.
- 2 Melt the butter in the empty pan, add the diced onion and sauté slowly until cooked but not coloured. Add the lemon rind and juice, parsley and plenty of seasoning.
- 3 Return the potatoes to the pan and carefully turn in the mixture so they are evenly coated.
- 4 Turn the potato mixture into a shallow ovenproof dish and place in the oven 45 minutes before the pork will be ready.
- 5 When the pork is removed and left to rest in a dish, increase the temperature to 200C/400F/Gas Mark 6 and cook potatoes for a further 10 minutes to brown.
- 6 Serve sprinkled with extra chopped parsley if liked.



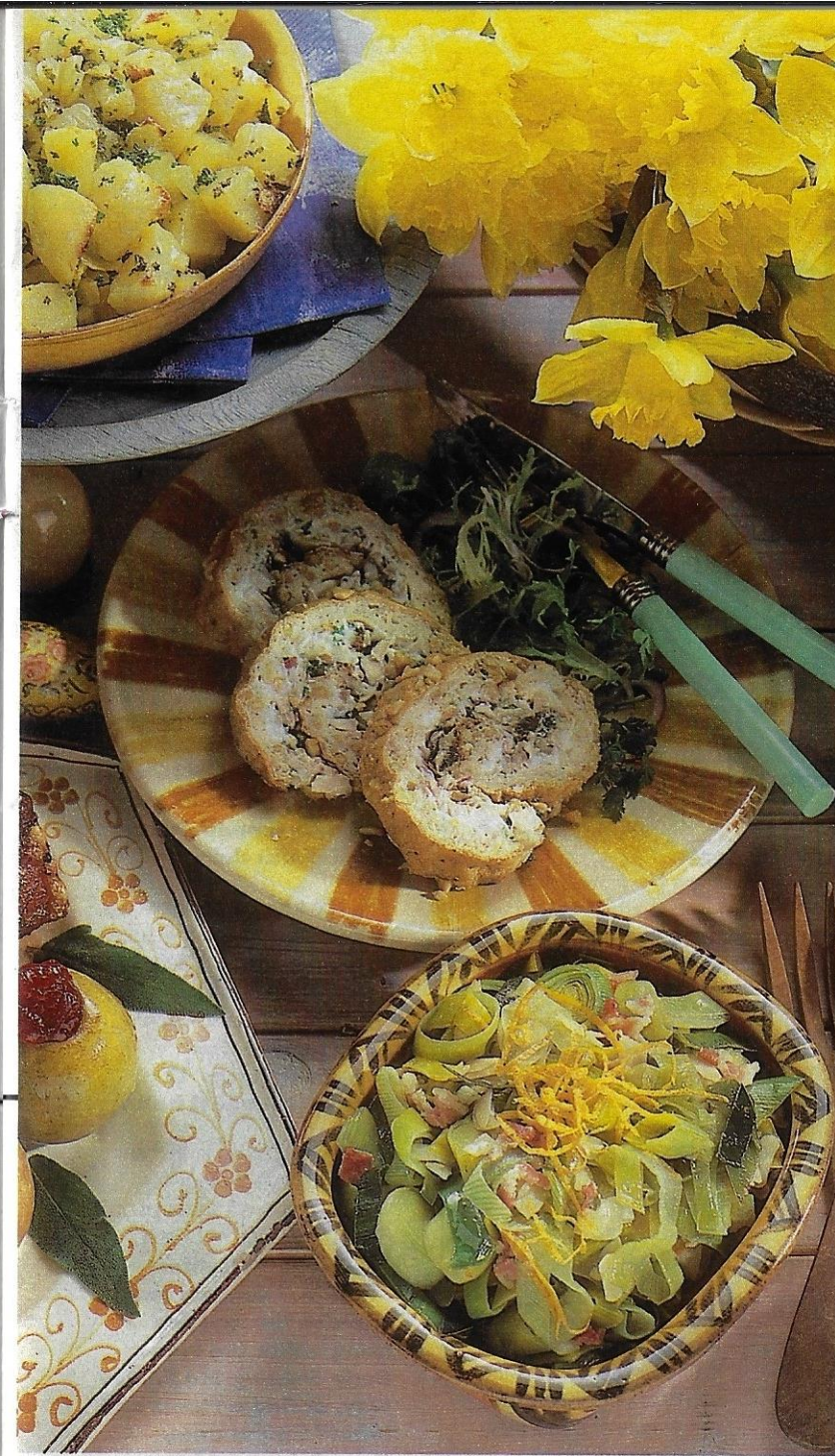
ROASTED CASHEW ROULADE

SERVES 6-8
4 large eggs, separated
Salt and freshly ground black pepper
175g/6oz roasted salted cashew nuts, chopped
200g fromage frais
100g/4oz mushrooms, finely chopped
1 small red skinned onion, finely chopped
25g/1 oz stoned dates, finely chopped
30ml/2 tbsp chopped coriander

- 1 Preheat oven to 200C/400F/Gas Mark 6. Grease a 33x23cm/13x9in

Swiss roll tin with greaseproof paper letting it extend 5cm/2in above the edge of the tin and snipping it diagonally into the corners.

- 2 In a large bowl, beat egg yolks until creamy then mix in half the cashews. Whisk egg whites separately until standing in straight peaks then quickly and lightly fold into the nut mixture, adding plenty of seasoning.
- 3 Turn the mixture into the tin and spread it level. Bake for 6-8 minutes.
- 4 Meanwhile, place a damp tea towel on the work surface, cover with fresh greaseproof paper and sprinkle over the remaining nuts. Invert the roulade on to the nuts when cooked and carefully remove the base paper.
- 5 Beat the coriander and seasoning into the fromage frais and spread



over the roulade. Scatter evenly with the mushrooms, onions and dates and using the greaseproof paper base as a guide, roll up tightly.

- 6 Transfer to a serving dish and chill until required. Serve sliced with salad.

LEEKS WITH ORANGE AND ALMONDS

SERVES: 8
25g/1 oz butter
15ml/1 tbsp oil
100g/4oz streaky bacon rashers, derinded and chopped
50g/2oz flaked almonds
675g/2lb leeks, trimmed and sliced
1 large orange

- 1 Heat the butter and oil in a large pan, add the bacon and sauté for 3-4 minutes until it is just starting to colour.
- 2 Add the almonds and cook together until both are lightly browned. Stir in the leeks and coat well in the other ingredients.
- 3 Add half the grated rind of the orange with all of the juice plus 60ml/4tbsp water.
- 4 Season, then cover the pan and gently simmer the mixture for 20 minutes or until the leeks are cooked.
- 5 Check occasionally to ensure the pan is not drying out. Turn the vegetables into a serving dish and scatter over the reserved orange rind before serving.

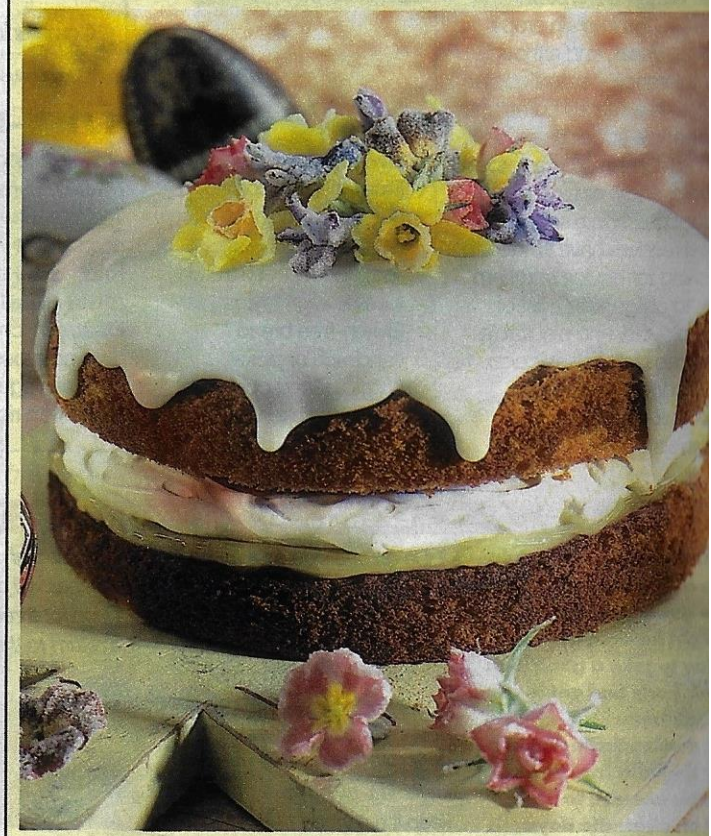
EASTER POSY CAKE

SERVES 12
225g/8oz soft margarine
225g/8oz caster sugar
225g/8oz self-raising flour
5ml/1 tsp baking powder
4 large eggs
Grated rind and juice of 1 lemon
TO COMPLETE THE CAKE
Selection of small spring flowers
1 egg white
100g/4oz caster sugar
150ml/1/4pt double cream
45ml/3 tbsp lemon curd
175g/6oz icing sugar

- 1 Lightly grease and base line two 20cm/8in sandwich tins. Pre-heat oven to 180C/350F/Gas Mark 4.
- 2 Put the margarine, sugar, eggs, sifted flour and baking powder with half the grated lemon rind and juice into a bowl. Mix together then beat for at least two minutes to form a light and fluffy sponge mixture.
- 3 Divide the mixture between the tins, spread level then bake for

20-30 minutes until well risen, golden brown and slightly shrinking away from the sides of the tins. Turn on to wire trays to cool.

- 4 Select plenty of small spring flowers such as daffodils, narcissus, primroses and hyacinth and make sure they are completely dry.
- 5 Beat the egg white lightly so it starts to break up and with a small paint brush carefully cover one of the selected flowers inside and out. Put the sugar into a small bowl and use a teaspoon to gently sprinkle over the flower until it is completely covered.
- 6 Shake off any excess then lay flower on a wire rack and leave for 24 hours to dry and crystallise. Repeat with the other flowers.
- 7 To complete the cake, whip the cream until stiff. Spread the lemon curd over the top of one of the sponges and cover with the cream. Place the other sponge in position.
- 8 Mix the remaining lemon rind and about 30ml/2tbsp juice into the icing sugar. Spread the icing over the top of the cake, letting it dribble over the edge. Leave to set then arrange flowers on top (for decoration only and generally not to be eaten).



Dreaded wheat

THE GLUTEN FOUND IN WHEAT AND OTHER GRAINS CAN CAUSE REAL PROBLEMS.

MONICA GRENFELL TELLS YOU WHICH FOODS TO AVOID IF YOU'RE GLUTEN-SENSITIVE



I'm not among the growing band of people who calls every tummy rumble a food intolerance. Indeed, I think the growing number of quacks who charge vast fees to give us a long list of foods we are "sensitive" to are questionable, especially as all of us have something which disagrees with us. Being bloated after eating fruit, cabbage or meat is nothing new and quite normal. Half the problem is caused by the stress of being faddy about your food and worrying about every mouthful! However, I do cave in when it comes to the question of wheat. Gluten is a mix of proteins found in grain crops including wheat, and although true intolerance – called coeliac disease – is a serious complaint, many people suffer because gluten is found in so many food products, and it can cause constant gas and discomfort. Several readers have written to me asking for advice and I am happy to oblige with a list of foods to avoid, and a suitable gluten-free diet. This will also help with weight loss. Do consult your GP if your pain persists.

GLUTEN FREE ✓	CONTAINS GLUTEN ✗
Cornflakes, Rice Krispies	Weetabix, Shredded Wheat, Puffed Wheat, pasta, bread, cake, biscuits, couscous, pancakes, ice cream cones, crispbreads, baby cereals*, porridge oats*
Rice pudding, tapioca, sago	Semolina, sponge, pastry
Milk, fruit yoghurts	Muesli yoghurts
Eggs	Scotch eggs
All meats	Meat pies, breadcrumb chicken or meat sausages*
Butter, cream, cooking oil	Packet suet*
Fresh, tinned or frozen fish	Breadcrumb fish, fish paste*
Fresh herbs, vinegar, spices	Packet stuffing mixes
Jam, marmalade, golden syrup, treacle, honey	Liquorice, seaside rock, lemon curd*, mincemeat*, boiled sweets
Tea, coffee, fruit juice, Complan, Build Up	Ovaltine, Horlicks, cocoa*, barley water*, drinking chocolate*
Frozen vegetables	Crisps*, Instant mash*
Plain nuts	Peanut butter*
Cider, wine, sherry, spirits, liqueurs	Beer, stout, low alcohol beer, lager
	Communion wafers

* May contain gluten, take care or check

GLUTEN-FREE DIET

Breakfast

Rice Krispies, cornflakes, butter, marmalade.

Mid-morning

Tea, coffee, fresh fruit.

Lunch

Gluten-free bread** sandwich or jacket potato, sliced cold roast beef or chicken or

cheese, salad, fresh fruit.

Mid-afternoon

Tea or coffee, fruit juice, rice cake or Rice Krispies cake.

Main meal

Meat, fish, cheese or egg dish, potatoes, curries such as vegetable or meat, with rice. Pulses

such as a home-made lentil soup thickened with cornflour or potato. Fresh vegetables or salad, fresh fruit, rice pudding or meringues.

** Gluten-free products are available in health food shops and branches of Boots.

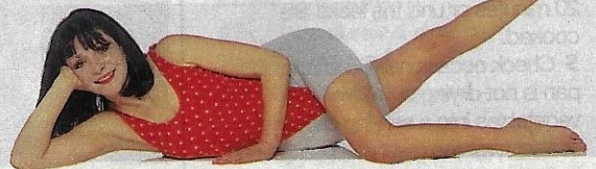
EXERCISE OF THE WEEK: INNER THIGHS

The lure of the beach might seem a long way off, but it's no good waiting until a fortnight before your holiday to take a good look at your body and get it back in shape. Start getting those wobbly inner thighs in trim now with this exercise to be done on alternate days:

1 Lie on one side on a mat or soft carpet (this exercise can hurt your hip bones if you lie on a hard surface). Rest your head on one hand, and take the top leg over the bottom one as shown. **2** SLOWLY raise the lower leg, trying to keep it extended.

Only go as high as you can, a few inches will do. HOLD the position for three seconds and return to the floor.

3 Repeat 8 times. Change legs. This exercise is only effective if it is done slowly.



Q How many calories are in a slice of pizza from the major outlets? *Jane, Pantyderi, Wales*

A Between 250-290 for deep pan, 199-232 for thin base, depending on toppings.

Q Any sort of fruit makes me feel sick but all diets say eat a lot of fruit. What can I have instead? *Mrs P., Chelmsford.*

A You will be lacking vitamin C, water and fibre. Eat more potatoes and other vegetables, and take a multivitamin supplement daily.

Q I go to aquarobics once a week. How many calories do I burn in an hour? *Sarah, West Hallam, Derbys.*

A About four calories a minute. Fast swimming burns 12 a minute. I suggest both.

Q I lost 12 stone in 18 months and have a saggy tummy. What exercise will tighten it up? *Elsie, Christchurch, Dorset*

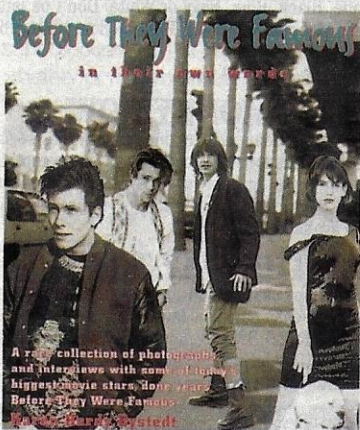
A You can't tighten skin. I suggest you exercise the muscles using either the video *Body Shaping the Pilates Way*, or find a "tums and bums" fitness class. You might consider a tummy-tuck op – or wear a supportive girdle.

AT YOUR SERVICE

This is YOUR page, and it is the only one of its kind to offer a free advice service to all its readers, with a guaranteed reply. Write to me at the address below with a SAE for a confidential reply; I promise I will keep your identity secret if you so wish. Also write and tell me what topics you would like to see on this page, and I'll do my best to include them.

Send your fitness or nutrition queries to: Monica's Mailbox, PO Box 58 OXON, OX12 9BS. Enclose SAE for a personal reply

Before they were FAMOUS



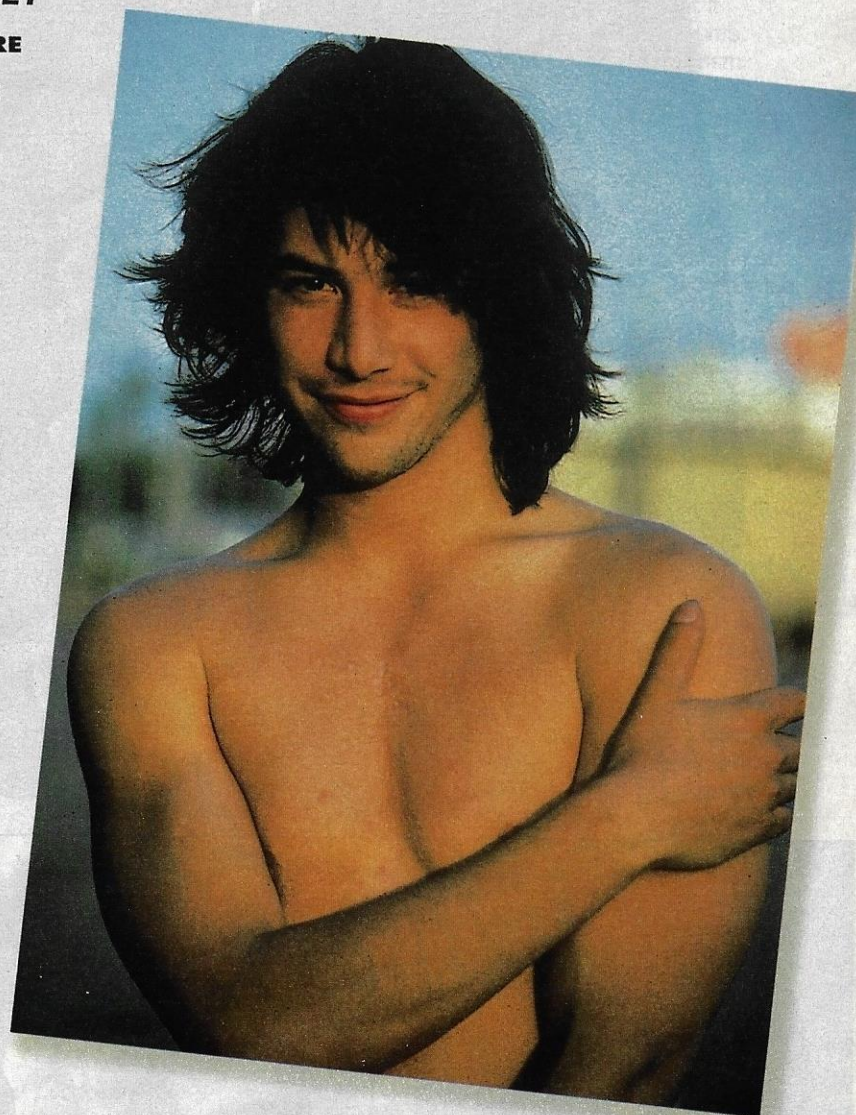
BETWEEN 1987 AND 1993 PHOTOGRAPHER AND AUTHOR KAREN HARDY BYSTEDT BEFRIENDED STRUGGLING YOUNG ACTORS AND ACTRESSES, WHO POSED FOR HER CAMERA AND SPOKE TO HER AT LENGTH. IN 1998, MANY OF THEM ARE HUGE STARS, AND KAREN HAS PUBLISHED HER INTERVIEWS AND PICTURES IN A FASCINATING NEW BOOK, BEFORE THEY WERE FAMOUS. HERE ARE THE PICTURES AND THOSE EARLY DREAMS . . . IN THEIR OWN WORDS

KEANU REEVES

September 1987, aged 23

I've just finished a film called *Bill and Ted's Excellent Adventure*. It's cool because there's no swearing and hardly any violence. I hope it's funny. That was an experience of having fun and working and trying to do it and hopefully succeeding. I jumped into this thing (acting) without an ultimate goal. It was something I wanted to do, and it's been just recently that I've realised if I don't have goals then people are going to mess me around and I really hate that. I grew up mostly with my mother in Toronto. There was a time when we didn't have any money but somehow we ate and maintained a lifestyle that was OK. I went to four different high schools, then auditioned for Performing Arts School and got in. I was happy and then I got kicked out because I was a little too rambunctious and shot my mouth off and was not generally the most well-oiled machine part in the school. I wasn't really a loner. All through high school I was always

in plays and in the basketball team and the chess club. Deciding to be an actor really didn't happen until I was 17 or 18 and I started taking classes at night. Now my goal is to do good work. I figure in the scheme of being in Hollywood now, with my life as it is, I would like to play a very neurotic, crazy, mean, evil character. I'd like to play someone who's just ugly. Oh, and in general, I'd like to get better at the bass. I picked it up a year and a half ago. Most scripts I read are bad. Hollywood's a strange place. It's a very specific market. A lot of what you're going to see is quasi-literal entertainment. It's hard to bring in really new ideas when they're out to make money. What do I look for in a script? I totally want to be enlightened; interesting stories, interesting people, characters, development, ideas being proposed, clash, conflict, hate, love, work, death, success, fame, failure, redemption, death, hell, sin, good food, bad food, smells, nice colours and big breasts. What roles am I looking for? Someone really evil, dark and ►



ugly. Most of the characters I've played so far have been very good people. They all have a certain innocence and naivete and I think I'd like to exploit some other stuff. What kind of preparation do I do? For every role it's just so different. All I can say is that I try to give and I try to learn.

Do I do preparation? No, I treat it lightly. I just basically look over what I have to do the day before and if I don't have time, like if I have to vacuum or something, I do that instead. Me vacuum? Of course. How can you not?

I would only do a nude scene if it was a good nude scene. I won't do superfluous nudity. If you're asking me whether or not I'm embarrassed about my body, sometimes I am. I would take my clothes off in front of a camera if I was comfortable about it. One thing that's cool about being in Hollywood and doing movies is that somehow, if you happen to be in a film that makes a lot of money, you get power. I don't want too much power, man!

I don't want to be like Eddie Murphy, being so far out there that it is no longer feasible to be an actor. But I would like to have enough things so that people get curious. I'd like to have my say and not be screaming at the

walls. I guess I'm successful in that I'm getting a chance to do what I want to do. What sacrifices have I made to do that? I don't know if they are sacrifices because I have got to do what I want to do. Privacy is not a major thing for me. I haven't experienced fame yet. My sacrifices are still pretty much in my own small world. I'm not really out there yet. Life hasn't really been affected by that. I've been recognised on the street about 12 times.

How does my image differ from who I am? I'd like to say that I'm not all that naive, but I am. And I'd like to say that I'm not all that innocent but I am. In terms of misconceptions about me, probably that I'm clean or that I'm short. The heaviest thing actually happened to me two days ago. I met this kid, who's about 17 and looks just like Matt (Keanu's character in *River's Edge*) and he said: "Whoa man, you're my idol!" and he gave me all this free food at the restaurant he worked at. That was cool.

Who would I like to play on screen? The young part of me would like to play Rimbaud (the French poet). Imagine, someone who's writing sonnets in Latin at 17, telling his teachers that they're useless. By 20 he's totally disillusioned and he leads a life of debauchery and dies in the gutter. That sort of appeals to my artistic cool deep side. There are others. Rimbaud just came out of the top of my head.

I'd rather laugh than be in a corner crying. There's a poem by Walt Whitman that goes: "In my youth I thought long long thoughts..."

I am sort of a sensory hound. I've been a sensory hound ever since I can remember.

I used to live my life out of a basket. I would make some money from a TV commercial and I'd put it all in a basket.

First I'd go to the bank with the cheque and say: "I'd like to cash this check for £3,000." They'd go: "Would you like to open a current account or a savings account?" I'd say, "No man, just give me the money."

For the next year I'd live my life out of the basket. But things got complicated. And when things get complicated I bail out. Even when I was poor I had accountants do my taxes. I have no idea and no interest in paying attention to money matters. I live very simply and that is something I want to do. I'm basically a pretty rudimentary fellow. Which actress would I like to sleep with the most? Meryl Streep because even if I wasn't good she would fake it the best. No. I haven't slept with most of my leading women. I'm practically a celibate monk.

This is what I think is happening with actors in Hollywood. A lot of people I've worked with have a sense of darkness and sticking to their guns with their point of view of acting. I think there are a lot of heavy actors who are going to surprise people. They are sincere and smart about what they are doing.

We are getting more theatrical in our acting styles in the sense that we are taking more risks. How do I fit in? I guess I'm just doing what I'm doing, trying at least.

I'd most like to sleep with Meryl Streep. If I wasn't good she'd fake it the best

DIDN'T HE DO WELL...



Keanu in 1998, age 33
Soon after this interview, Keanu's career took off when box office hits *Dangerous Liaisons* and *Bill And Ted's Excellent Adventure* were released in 1988. He went on to star in *Point Break*, *Dracula* and *Speed*, most recently working with screen giant Al Pacino in *Devil's Advocate* last year.

Has he been true to his ambitions? He has been well known to prepare meticulously for roles, including going under cover as a homeless person for *River's Edge* in 1987 and visiting Eton College before *Dracula* to perfect a plummy English accent. Keanu plays bass regularly

with his rock band Dogstar in Southern California bars, but as he is now one of Hollywood's highest earners, he certainly isn't doing for the money. Or the kudos – critics routinely savage the band. The closest Keanu has got to playing a villain was in *My Own Private Idaho*, where he deserted old friends, including River Phoenix, for riches. Industry insiders say he will find it very hard to get cast as an ugly character. Meryl Streep has evaded his acting path so far – poor Keanu has had to make do with slinky on-screen liaisons (often in the nude) with Glenn Close, Sandra Bullock and Uma Thurman. And none of the many rumours surrounding his mysterious private life indicates that he is anything like a celibate monk.



JOHNNY DEPP

December 1987, aged 24

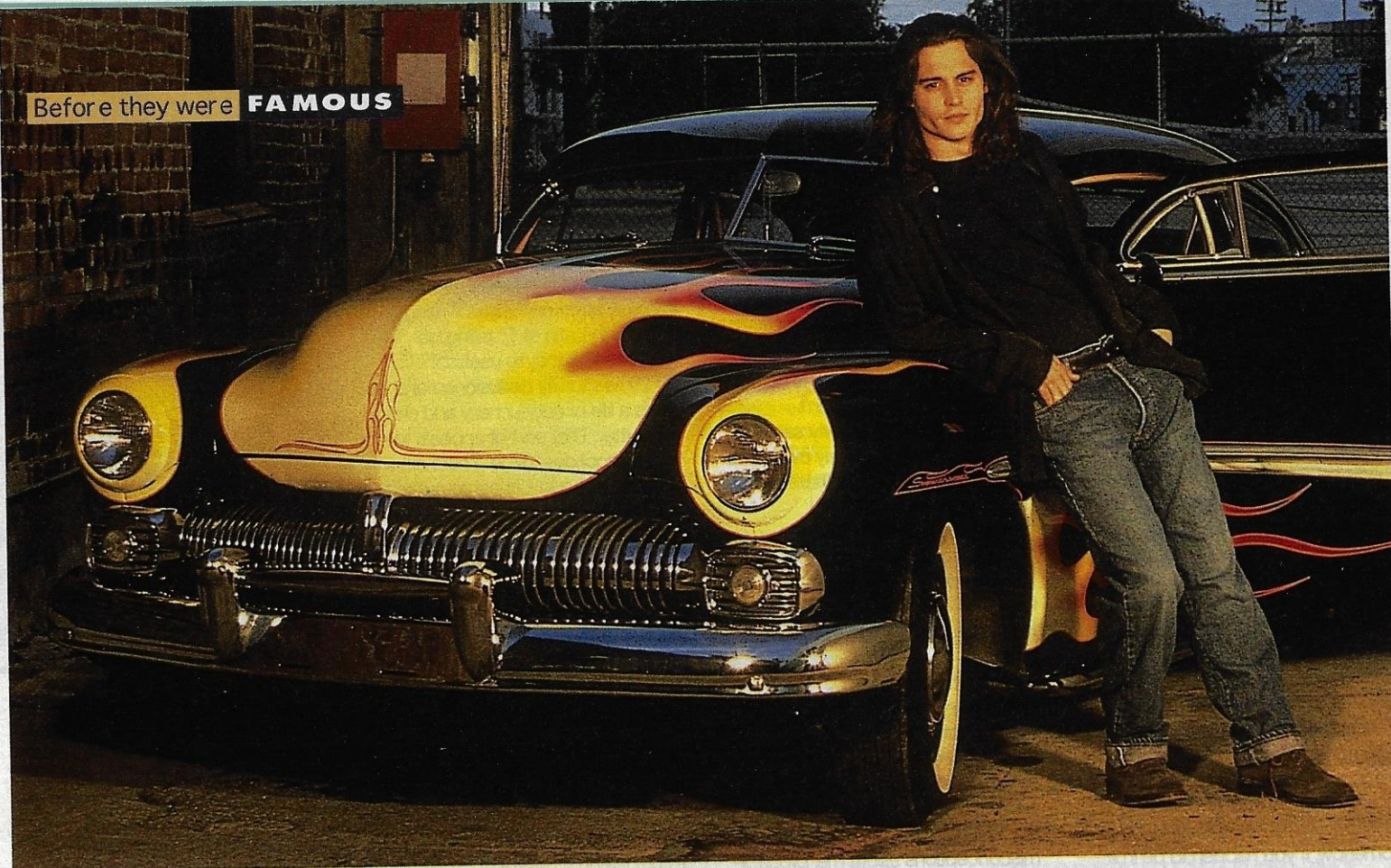
I grew up in many different houses. One in Miramar, Florida, sticks out in particular. It constantly smelled of my mum's cooking – soup, beans and ham. I remember my brother and sister fighting. I shared a bedroom with my brother, who is 10 years older than me. He listened to a lot of Van Morrison and Bob Dylan. I had a poodle named Pepi.

We moved constantly. My mum just liked to move for some reason. By the time I was 15 we had lived in about 20 houses. It was hard. Depending on how far we'd move you'd have to make new friends. My mum was a waitress. She'd been a waitress since she was 14. My father was the director of public works in Miramar. They divorced when I was about 16. To this day I hate it when I have to move from location to location. I get very angry as a result of having to move so much as a kid. I live in Hollywood now. But I'm in Vancouver shooting *21 Jump Street* about nine months of the year.

I was very mischievous as a boy. I loved tape recording people when they didn't know. I liked to push it and see how far I could go. If you knew me at high school I think you'd describe me as "the kid with long hair who was always playing guitar". I wasn't big on participating in school activities. I used to bring my guitar to school and I'd skip most classes to sneak into guitar class.

I never made the decision to become an actor. I moved from Florida to Los Angeles with a band I was playing with called The Kids. A friend ▶

Before they were **FAMOUS**



introduced me to Nicolas Cage and Nick thought I should try acting and see what would happen.

I wasn't making much money. I played a few clubs with the band here and there but I still had a lot of time so I decided to give it a shot. Nick set up a meeting for me with his agent and she sent me to read for a movie. They gave me a script to study. Two days later I read for it and they gave me the role. That was *Nightmare On Elm Street*.

I'd never acted before. I'd never done school plays – nothing. The fact that it was totally new to me was a tremendous challenge. I'd never done anything like this, hitting marks and saying lines and thinking about why my character was doing what he was doing.

It was totally the opposite of being in a rock and roll band. In a band you are four people, all working together to write great songs or to get a record deal. In acting I found it was just me. It all depended on me and my own choices. I didn't have to answer to anyone about what I wanted to do. The band wasn't doing well, so I turned my energies toward acting.

As you become more well known as an actor, more people get involved in you, directly and indirectly. Sometimes they want you to do things that maybe you don't believe in or feel like doing, like promos.

I tend to follow my instincts and say, "No, I'm not going to do that." It causes trouble here and there. But I think the main thing is to be honest, rely on your instincts and do what you feel is right – not necessarily rely on what other people think. I think at the beginning of an acting career, everybody wants to achieve notoriety or stardom. In the beginning that was very glamorous to me. You want to be famous because you want to be good at what you do and you want to be recognised for it. Now being famous isn't as important

to me. My goal is to keep learning because I'm nowhere near where I want to be. If fame becomes the motivation behind everything, even if you achieve it, you're going to get stuck there and you're not going to go any further. I want hopefully, with some of the roles that I do later on, to make people see things in a different light, so that they won't just go with the flow and feel they have to be or act a certain way. I'd like to do as many different roles as I can. I've always been interested

in people who had mental torment, weirdos. I think everybody is pretty whacked out in their own way. I deal with my anxiety by smoking a lot of cigarettes and listening to very loud music. I like Bach, Led Zeppelin and Tom Waits. When I was a kid I did drugs. I was in a rock and roll band in Florida, the cocaine capital of the world. Drugs were hurting me physically and mentally. They were killing me. I quit. Now I just smoke like a fiend. I would never do a role that glamorised self-abuse or racism. Racism freaks me out. The term nigger is still used constantly. There are tons of rednecks out there in Florida. Racism freaks me out a lot. The homeless are pretty important to me. There are a lot of people out there who have no food, no home and no money. A lot of them are there by choice but some can't help it. I wish some of the people with the big bucks, instead of buying a Rolls-Royce or another Mercedes would give a little scratch to the people who are hurting. Why would a director choose me? I want to try to do things differently. I want to experiment. It's just the beginning. I'm not even born yet. I'm still trying. I'm still pushing. I hope I never stop pushing. I don't ever want to get to a place where I feel satisfied. I think if I do that it will all be over.

DIDN'T HE DO WELL...



Johnny in 1998, aged 34

Johnny wanted to go beyond traditional leading roles and he has. He has just finished directing his first film, *The*

Brave, to be released later this year. His career highlights include *What's Eating Gilbert Grape*, *Edward Scissorhands*, *Ed Wood* and most recently *Donnie Brasco* in 1997, the Mafia tale starring Al Pacino. True to his ambitions, his screen roles over the last 10 years have been notable for their diversity and range of emotions. Stardom does not appear to have

changed Depp too much. Friends still describe him as softly spoken and sweet and some say he has a more mature air, suggesting a new inner strength and self-assurance. He still shows strong concern for America's homeless. He has kept up the guitar and built a close friendship with Noel Gallagher of Oasis. He played slide guitar on the band's last album *Be Here Now*. But as a top name on Hollywood's party A-list, Depp has become part of the L.A. establishment, while his stormy relationship with model Kate Moss keeps him in the headlines. He co-owns the Viper Rooms... the elite nightclub now notorious as the place where River Phoenix died.

DAVID DUCHOVNY

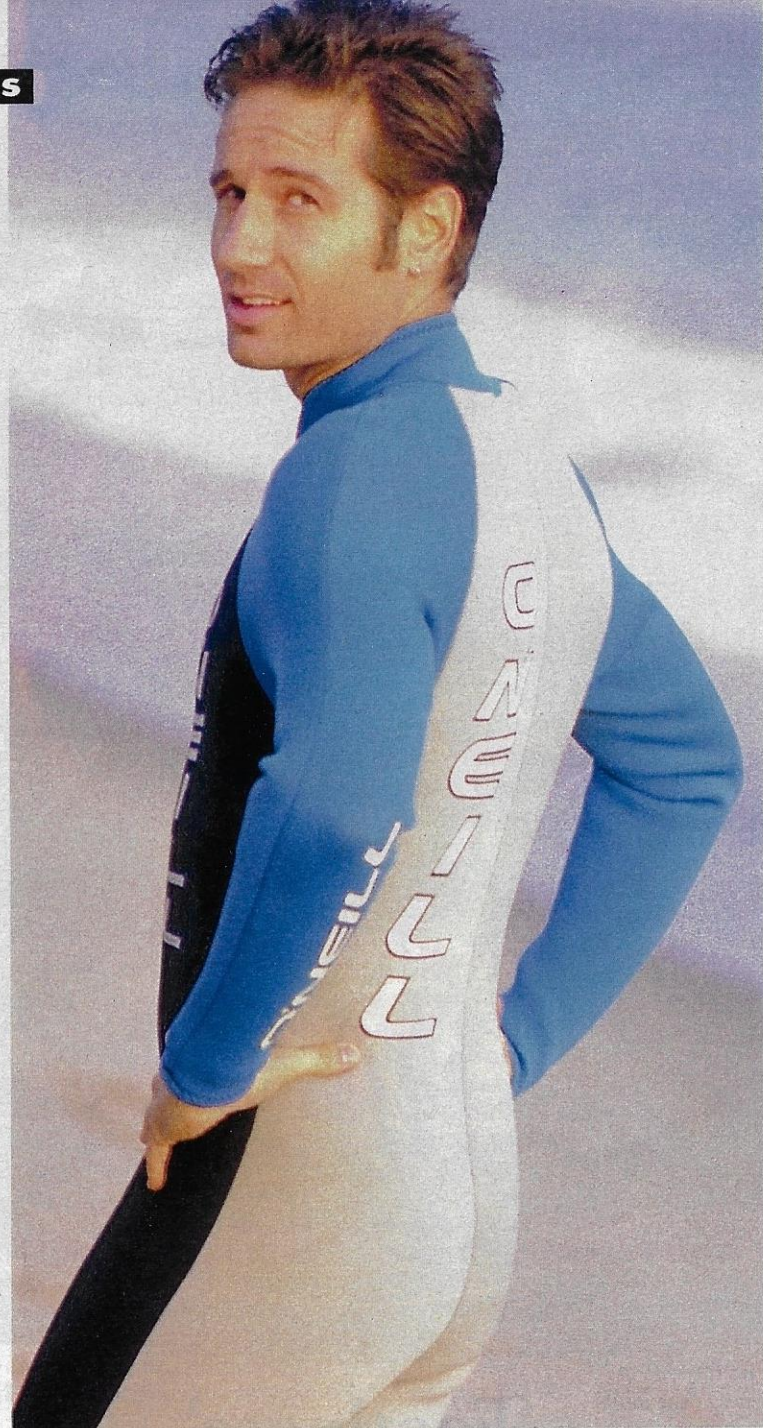
September 1992, aged 32

I am from the Lower East Side of New York City. I went to both private and public schools so I had a street education and a preppy education at the same time. I went to the Collegiate High School for boys which is a really fancy school in the middle of Manhattan. Everybody had tons of money. I was on a scholarship. A lot was made of being smart in my family because both my parents were lower middle class. They put a lot of emphasis on getting ahead through education and it was very important to my mother that I get a college degree and for me to be a good student, which I was. If you learn to be a good student you run the risk of not finding out what it is you truly want to do, because you're good at a lot of different things, or you're good at getting by the system that people have set up.

From ages five to 20 I'd always list I wanted to be a lawyer or a doctor on all those tests they give you. What I wanted to be was a basketball player but my hands never grew. I'm only six feet tall and I can't jump very well, but I'm a good shooter. My father used to joke with me and tell me I had small hands. I'd come out in the morning when I was eight or nine years old and tell him if he watched my hands closely he'd see they were growing. It was all in my mind I went to Princeton College. I guess I had a hell of a lot of discipline and a lot of fear and those combined made me a really good student. I could study eight or nine hours a day and still be on the basketball team and get my A-grades. I really didn't know what I wanted or what moved me beyond basketball or sex.

After college I took a year off and then I got a scholarship at Yale. They paid me to go there in the hope that I would become a professor and teach at Yale. Now I feel guilty because I took their money and I'm not a professor. Yale is famous for its drama school so I decided to take an acting class. In fact I felt as if I was playing ball again. Acting brought me to the surface. I felt the education I had was cerebral and academic and that I hadn't educated my heart. I had the brain the size of a house and a heart the size of a pea so I had to even that out a little.

I set out to act, which was hard at first



DIDN'T HE DO WELL...



David in 1998, aged 37 Although he has made just one major film, *Kalifornia*, David first made his mark as a transvestite FBI agent in *Twin Peaks*, then won worldwide fame as another agent – the enigmatic Fox Mulder of *The X-Files*. He has come a long way from the soft-porn movies that began his screen career and Steven Spielberg is now said to be a big fan. *X-Files* addicts were bitterly

disappointed earlier this year when he threatened to leave the hit series after TV bosses refused his request to move their production base from Vancouver, Canada, to California. But he has since agreed to stay. David, who has been voted the world's sexiest man in magazine polls, recently bought the rights to the vintage comedy series *I Love Lucy* and he hopes to star in a remake with his wife, the beautiful U.S. sitcom star Tea Leoni. She is expecting their first baby in the summer.

because I had been so embraced by academia and all of a sudden I was getting rejected from commercials. My first acting job was a Lowenbrau commercial. I was petrified. I was so tight that the cameraman and director put tape over their noses to make me laugh.

After that I did a movie called *New Year's Day*. That was the first time I'd ever spoken on camera. They wanted someone to play a bad ex-boyfriend. It was tiresome as people thought that I was as scummy as I was in the movie. That was my first movie job and I thought I was going to be a star and get all the roles I wanted after that, but I found you have to work for it.

I came out to L.A. because I wasn't getting anywhere in New York. I went through a period of rejections, getting close on things but not getting them, having no money, leeching off friends, and losing lovers because they thought I was a no-good bum. That was in 1988. Then I did a movie called *Julia Has Two Lovers*. We did it in a week and it cost 25,000 dollars (about £16,600) to make. I never thought anything would come of it. When it got worldwide distribution it gave me the confidence that maybe I could do this.

It has been a steady incline which I'm happy with. I feel a little more confident that I know what I'm doing now.

During my first few jobs I felt I just wanted to get through the experience without embarrassing myself. Let me not fail. As I got more comfortable my goals changed to: Let me do something interesting, let me create something of import, let me do something positive.

What are my dreams now? I think everybody has something to express in their lives. I want to find the thing that I'm great at.

I live on the beach in Santa Monica. I get up at 7am. I read for a while or do a crossword puzzle then I'll play basketball or swim or run for a couple of hours. Then I'll write poetry or go to an acting class.

In the evenings I go to the movies or visit friends. I do yoga. I got my ears pierced at this wild place in West Hollywood called The Gauntlet. I decided to go for two holes instead of one.

Where do I see myself ten years from now? I don't know. Ten years ago I never would have imagined myself sitting here now.

COURTENEY COX

September 1987, aged 23

My parents got divorced when I was 10 while I was away at camp. Even though they were already separated, the divorce really upset me. When I got home from camp, my brother and I tried to set my parents up on dinner dates. He'd take my father and I'd take my mother and we'd all meet up at Wendy's. We tried everything, but nothing worked. My dad moved from where we lived in Birmingham, Alabama, to Florida and my mother got only 400 dollars (about £270) a month from him in alimony and child support. We didn't have a lot of money to buy clothes or to do what we wanted to do. I got very resentful towards my mother and as a result very independent.

When I was 13 I got my first job after school. I wanted to buy clothes and save money for a car. I was very ambitious. All through high school I took a full load of classes and worked 40 hours a week.

My mother remarried and my stepfather's nephew is Miles Copeland who managed the Police and owns IRS records. Whenever the band would come to Alabama, Miles would fly down for the show and stay at our house. He would say to me: "Courtney you've got to get out of here. You're too ambitious to stay in Birmingham." I'd laugh at him and say, it was a nice dream but get real. Miles invited me to one of the band's concerts in New York and said he would take me for an interview at the Ford modelling agency. I was very excited, but wondered how he was going to get me in when I'm only 5ft 5ins tall.

Miles got me the interview by bribing an agent with two free Police tickets for that night's sold-out show. When they met me, they thought I was too short but decided to send me out on two interviews anyway. One of the interviews was for *Young Miss* magazine and I booked the job that day. When I graduated from high school a few weeks later I moved to New York.

When I first got there I slept on different people's floors. I finally saved

enough money to be able to afford an apartment. But apartments are so expensive in New York all the money I made went to pay for the rent. My best friend lived downstairs. I used to call her and say: "I don't have any money but do you want to have dinner?" Then I'd bring down a can of tomato soup, a loaf of bread and a tub of whipped butter. I'd have six slices of bread and butter and a bowl of tomato soup. Once in a while I'd add a can of tuna. That's all I ate for nine months. But I was ambitious and wanted to succeed.

I hated modelling. I wasn't tall enough or beautiful enough to become a real model. Once I got my first commercial, I quit magazine work. I started taking acting lessons and speech lessons to lose my Southern accent. My real break came when

I got the Bruce Springsteen *Dancing in the Dark* video. Brian DePalma cast me over a couple of hundred other girls. He wanted someone who could look surprised when Bruce pulled her out of the audience, take after take, and that was me.

After I did that I was flown out to Los Angeles to screen test for a pilot which I didn't get. But instead I got the series *Misfits Of Science* because by chance someone had walked me over to that set after my screen test. After doing the film *Masters Of The Universe*, some guest TV roles and a movie for NBC, I got *Family Ties*, with Michael J. Fox. On the show I play his girlfriend, Laura. She seems like an easy role to play but she and I are so completely opposite. Sometimes I'm amazed at some of the worlds that come out of her mouth. It's strange. *Family Ties* is going to last one more season, and I'm now looking for dramatic roles.

A lot of people put down television but working in front of 300 people every week has been an incredible learning experience for me. There are so many levels of success and right now I'm at the bottom. If you're talking about real success my goal right now is to just get through each day and try to keep my eyes open and learn as much as I can. I'm by no means where I want to be yet as an actress.

I hated modelling... I wasn't tall or beautiful enough to become successful



DIDN'T SHE DO WELL...



COURTENEY IN 1998, aged 33 Courtney hit the movie big time in 1994 starring opposite Jim Carrey in *Ace Ventura: Pet Detective*. Success was sealed the same year when she was signed up to star as the beautiful but neurotic Monica in the smash-hit sitcom *Friends*. Despite dramatic roles in the films *Cocoon: The Return* and *Scream*, Courtney has not yet matched her TV

success on the big screen... but she's still trying. The money problems of her youth are far behind her. She receives at least £50,000 per episode of *Friends* and has recently made substantial sums from property deals. Courtney's private life has been less happy. She recently admitted she was still seeing a therapist after the break-up of her serious relationship with actor Michael Keaton two years ago. She confesses: "I want a relationship that lasts longer than an orgasm."

ROBERT DOWNEY JR

January 1988, aged 23

I'd always known that I was going to act from the third grade, when I played the evil lord trying to take over the princess's house. I grew up in a family that was doing drugs and trying to be creative but at the same time there was a lot of love and laughter. When I was 18, my dad said: "I've carried you for too long. Don't call me up to even ask me for a dollar." I decided that I really had to grow up. I did theatre and lived in a claustrophobic apartment in New York with no windows that you could see out of, but I actually had a lot of fun. I realised that acting was something really good for me and that it was something I needed to do. I had gone through a period of being self-destructive because it's so much easier to spend every night going out and getting drunk with the boys and making a thousand phone calls in pursuit of drugs than to stop and say: "All right, what am I going to do tomorrow?" Substance abuse gives you something to do every day and it's something you know you'll always get the same result from – not like trying something that's artistic or productive. I've never failed to get high from smoking a joint. My initial goals were external. I wanted to make a million dollars and for everyone to know who I was and all my friends to go: "Wow, I wish I were him."

**Substance
abuse gives you
something to do ...
and you know
you'll always get
a result**

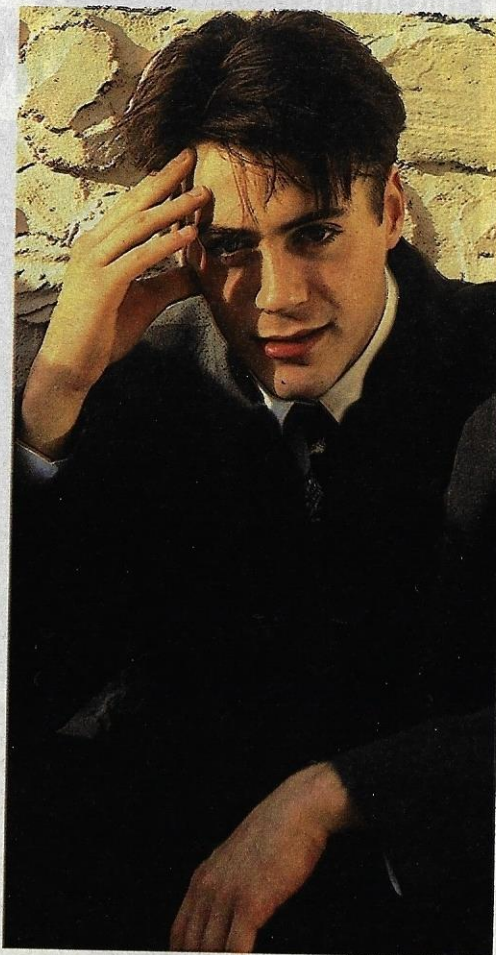
It probably wouldn't have made me any happier. Now my goals are more internal, to make myself happy and whole. Acting really helps because I feel it gives me a focus and lets me express stuff that I can maybe relay to other people. The most important thing is to keep working because that way you learn. I look for roles that I can't play right off the bat – I want roles I can learn from. My image is of a guy who never thinks about anything and does crazy things but there is a more serious side. The real me is someone only a few people know. Mediocrity is my biggest fear, not success or failure.

My biggest sacrifice for success has been losing touch with the day-to-day reality of a modest existence. I never get to spend time alone any more and that's got to change. I need time to recharge my batteries. But I put myself here. I love life and would never give up.

DIDN'T HE DO, ER ...

Robert in 1998, aged 33

Despite his high professional reputation – he won an Oscar nomination in 1992 for his performance as the legendary comedian *Chaplin* – Robert has failed to shake off the drug demons of his youth. He is currently in jail in Los Angeles for six months after going on a five-day binge on cocaine, heroin and marijuana in breach of a probation order. In February he had to be taken to the hospital wing after he was beaten up by two fellow inmates. ■



ADAPTED FROM BEFORE THEY WERE FAMOUS BY KAREN HARDY BYSTEDT © OSLO PRODUCTIONS/SPLASH. ADDITIONAL REPORTING BY TOM NEWTON DUNN

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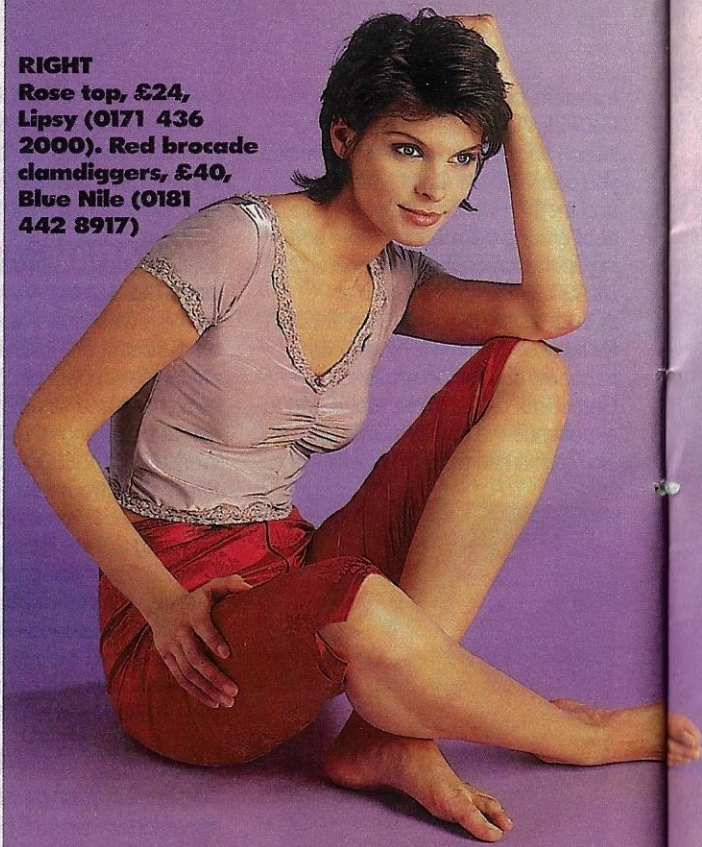
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LEFT
Ivory crochet cardigan, £45, Jeffrey Rogers (01923 474 400). White cowl neck tunic, £12.99, New Look (0500 454 094). White stretch cotton clamdiggers, £32, Tattoo (0171 543 5000). White slingbacks, £40, Warehouse for Freemans, Style NA41181 (0800 900 200)



RIGHT
Rose top, £24, Lipsy (0171 436 2000). Red brocade clamdiggers, £40, Blue Nile (0181 442 8917)

PERSONAL FASHION

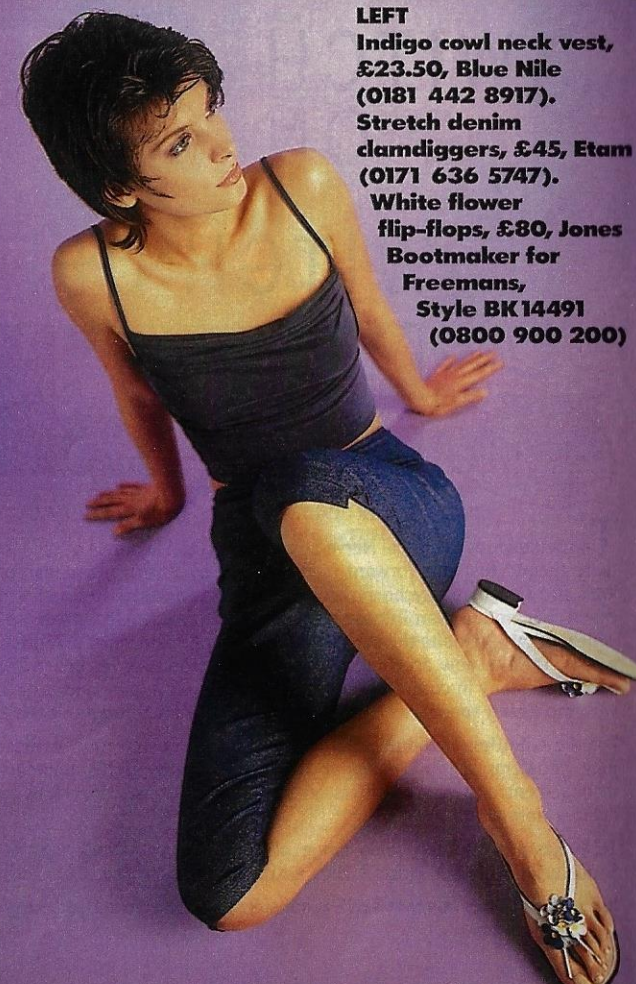
CALF measures

FUNKY WITH TINY TOPS, HOT WITH HEELS AND ELEGANT WITH LONG LEAN TUNICS - CLAMDIGGERS ARE THE LATEST LENGTH IN TROUSERS, AND LET YOU SHOW OFF YOUR LEGS WITHOUT WEARING A SKIRT. FASHION BY BECKY SUNSHINE. PICTURES BY ANDY MCGARTNEY

RIGHT
Stretch denim tube dress, £1999, New Look (0500 454 094). Blue linen clamdiggers, £35, Tattoo (0171 543 5000). Blue patent mules, £65, Bella Ricco (0181 452 5845)



ABOVE
Green chiffon top, Next/Next Directory Style M49319 (0345 100 500). Chocolate satin clamdiggers, £60, French Connection (0171 399 7200). Brown wedge sandals, £65, Bella Ricco (0181 452 5845)



LEFT
Indigo cowl neck vest, £23.50, Blue Nile (0181 442 8917). Stretch denim clamdiggers, £45, Etam (0171 636 5747). White flower flip-flops, £80, Jones Bootmaker for Freemans, Style BK14491 (0800 900 200)

IT'S GOODBYE FROM HIM . . .

Pint of bitter and a bar of soap please



BURSTING AT THE THEMES
Serving wenches never stay in character for long at any Olde Worlde theme pub

THEME PUBS ARE EVERYWHERE. BUT THEY CAN NEVER BE HALF AS ENTERTAINING AS THE REAL-LIFE SOAP OPERA TO BE FOUND IN A LIVING, BREATHING LOCAL, SAYS COLIN WILLS



You can't go for a quiet drink these days without being abducted by aliens and transported to another world.

Theme pubs they call them, but what they really are is a licence to print money. The formula is breathtakingly simple. Get a team of cowboy shopfitters in over the weekend, stick a few prints of Michael Schumacher on the wall, drape a couple of chequered flags above the bar, change the name from the Rose and Crown to The Pit Stop and there you are . . . a Grand Prix theme pub. And very aptly named too, as only Prix would go anywhere near it. Virtually anything can be enlisted to give your pub a theme. From the futuristic ones with stainless steel walls which get so boiling hot on a Friday night that you know exactly how a carrot feels inside a saucepan, to the nautical ones with so many

• bollards, buoys and navigation lights
• hanging from the ceiling that if you
• can get from your seat to the bar
• and back again without being rushed
• to hospital with concussion, you can
• count yourself lucky.

• The Elizabethan ones are my
• favourite, featuring barefoot serving
• wenches in lace mob caps with
• moles painted on their cheeks.
• The trouble is, keeping up their
• 16th Century characters for the entire
• evening is a near impossibility.
• Sooner or later the spell is broken
• when one of the Tudor-style
• strumpets pushes her way through
• the swing doors into the kitchen
• and you hear her shout: "Tell that
• bloody chef his Astra's blocking
• me in again."

• In any case, the whole concept is a
• mistake. Good pubs make their own
• themes in the shape of the people
• who use them. The best are like
• living soap operas. Ideally the
• customers should include:

• (a) A nymphomaniac barmaid in

• fishnet stockings who fancies (b) a
• Jack-the-Lad estate agent who
• keeps promising her he'll leave his
• wife (c), who comes in on a Friday
• night and sits in a corner eating
• peanuts and looking daggers at her.
• The barmaid (a) has a biker
• boyfriend (d) who gets off his head
• on Merrydown and staggers into the
• darts team (e, f, g, h) who are in the
• middle of an important match against
• the King's Arms and who threaten to
• knock his bleedin' block off if he
• doesn't ---- off.

• The kerfuffle alerts the alcoholic
• landlord (i) who has been in the
• cellar for the past two hours
• sampling the bitter on the pretext of
• checking a faulty barrel. On his way
• to sort out the darts team (e, f, g, h)
• the alcoholic landlord (i) is waylaid
• by the pub quiz champion (j) who
• asks him if he is sure it was The
• Searchers not the Hollies who had a
• hit with *Needles And Pins* in 1964 as
• it cost him the £20 top prize last
• Thursday. The alcoholic landlord (i)

• tells the pub quiz champion (j) that he
• can't be bothered with all that now,
• he's got more important things to do.
• Brushing past the lonely man in the
• corner (k) who is still doing the same
• crossword he's had in front of him
• since opening time, he moves towards
• the dartboard only the find that the
• darts team (e, f, g, h) and the biker
• boyfriend (d) have adjourned to the
• car park to "sort things out."
• Before it gets nasty, a flashing blue
• light appears and PCs Harris and
• Carter (l, m) arrive in their panda car
• and start taking names.
• The alcoholic landlord (i) informs the
• biker boyfriend (d) that he's barred
• from now on, matey, and then goes
• back inside, only to be told by his
• long-suffering wife (n) that she's
• not putting up with him in that state
• any more and she's going home
• to her mother (o).
• You can't put a price on that sort of
• entertainment. If they laid it on in a
• theme pub, it would cost you at least
• an extra 10p a pint. ■

↳ The nymphomaniac barmaid's biker boyfriend staggers into the darts team during their big match ↲