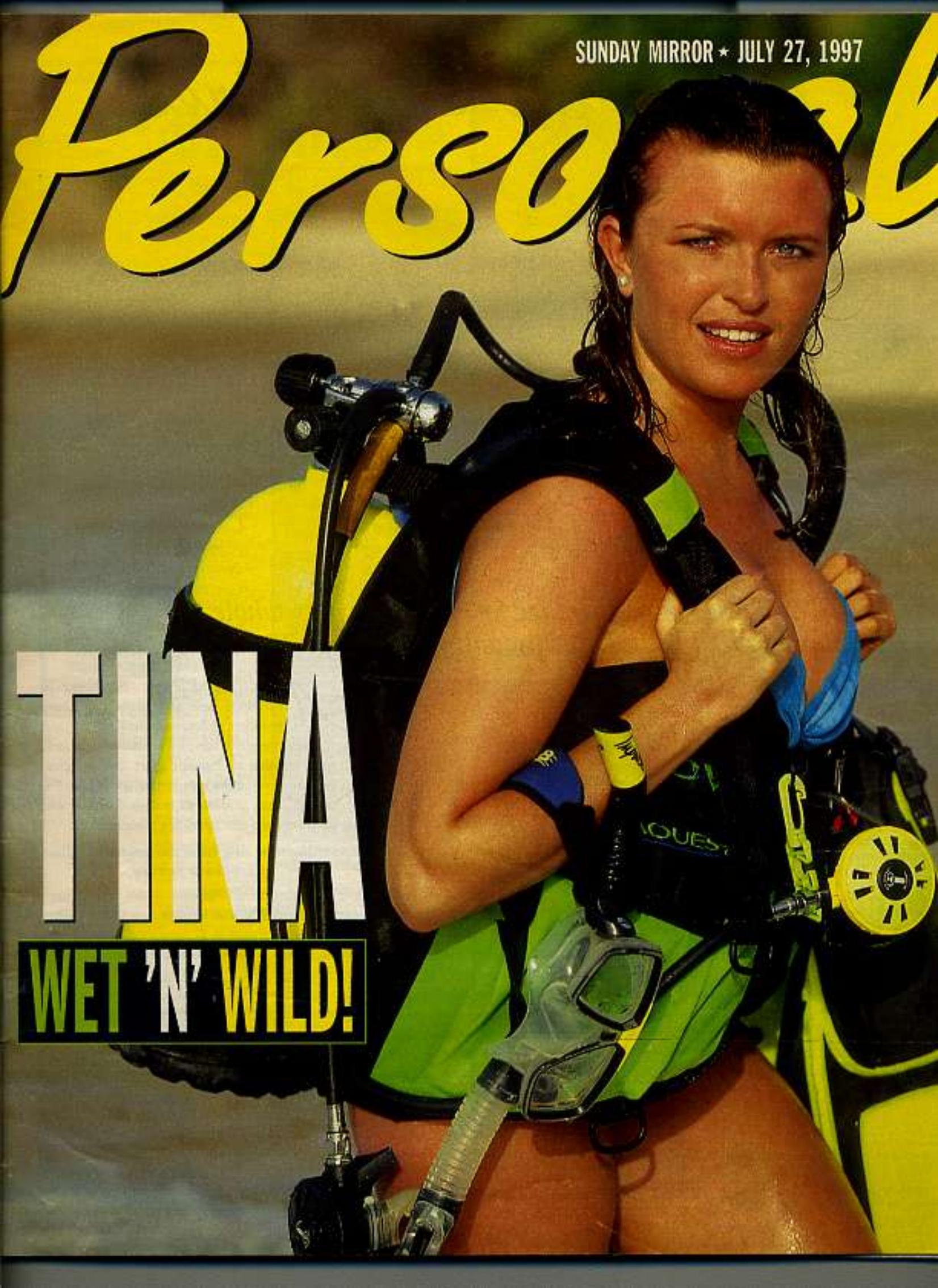


SUNDAY MIRROR ★ JULY 27, 1997

Personale

A woman with wet hair, smiling, wearing a black and yellow scuba BCD and a blue bikini top. She has a yellow air tank on her back and various pieces of scuba equipment attached to her harness. The background is a plain, light-colored wall.

TINA

WET 'N' WILD!

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RACY LACY
Find out how lace can see you through the summer PAGE 32

personal address book

JUNE WHITFIELD is one of our most famous comedy actresses. She made her name in Seventies' sitcom Terry and June and was rediscovered when she starred as Edna's mother in hit show *Absolutely Fabulous*. June, 71, who recently starred in BBC series *Common as Muck* has been married to Tim Alchison for 42 years.
Dickens and Jones, Regents Street, London, W1 (0171 734 7070). You can't beat their selection. I can spend hours just wandering around. Their cafe is rather nice too.
Cannizaro House Hotel, West Side, Wimbledon Common, London, SW19 4UE (0181 879 1464). We love to go to this lovely hotel restaurant when we want a special night out. It's a mixture of French and English food and we always have a good meal.
Tolland Bay Hotel, Tolland-by-Loos, Cornwall (01503 272667). A beautiful privately-run hotel. Very relaxing and fantastic service.
Michael Van Clarke, 1 Beaumont Street, London (0171 224 3123). He's the hairdresser I go to in town when I want something special done. You get pampered there...and get an excellent cut.



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personal pictures

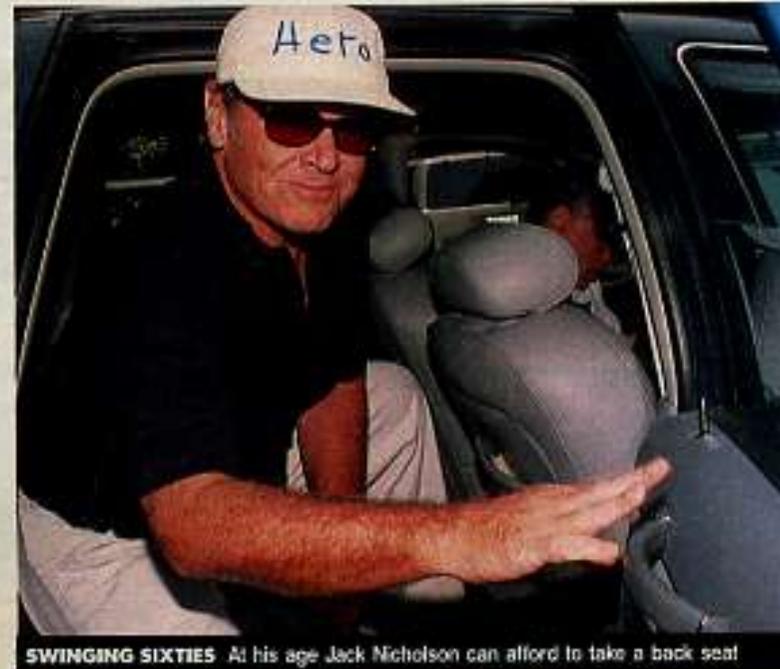
HUGH'S BEEN COLLARED...MELINDA'S LANDED A RIGHT PAIR



MAND STAND Miss De Cadenet was forced into a split decision



OLD HANDS "I can't wait to get old," laughs Page Three model Melinda Messenger...neither can these two Chelsea pensioners by the looks of it



SWINGING SIXTIES At his age Jack Nicholson can afford to take a back seat



JUST DI-VINE Hugh Grant in his new role...as best-dressed wine-taster



HOT PANTS Jilly Johnson's trousers are so tight that she daren't breathe out

personal horoscope

Your stars



BY
Russell Grant

RING RUSSELL'S STARLINES

- ★ For your detailed **WEEKLY FORECAST**, call the star line shown under your star sign.
- ★ For a daily personal horoscope, call the **DAILY HOROSCOPE** on 0891 332010 and tap in your birthday.
- ★ To look into the future, call **FUTURESCOPE** on 0891 332011, tap in your birthday and the date of your special day.

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Leo	0891 332 805
Virgo	0891 332 806
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Scorpio	0891 332 808
Sagittarius	0891 332 809
Capricorn	0891 332 810
Aquarius	0891 332 811
Pisces	0891 332 812

ALL CALLS COST 50P PER MINUTE

ARIES

MAR 21 - APRIL 20

When Mars last opposed Saturn in mid February a host of hardships and hassles took a hold of your life. Relationships were placed under a great strain and you, among other things, had to fight a lowering of your self-esteem and feelings of enormous inadequacy. But as these planets oppose each other once again you can look back and see that what you have been through has been a major learning curve and you are much stronger and wiser as a result.

★ STARLINE 0891 332 501

TAURUS

APRIL 21 - MAY 21

I know I keep banging on about how important it is that you are flexible and able to compromise, but with such powerful planetary forces at work you can only withstand these incredible hurricanes if you bend with the wind. This week you are in the middle of a tornado and only by being adaptable will you be able to get the best out of the extraordinary happenings in the offing. And it will give you the chance to let go of the stifling status quo.

★ STARLINE 0891 332 502

GEMINI

MAY 22 - JUNE 21

There's movement afoot in your domestic world and that can mean different things to each and every Gemini. But the one thing that binds you all is a desire to alter your surroundings or uproot yourself and move to a new home. No Gemini is ever truly settled and for the coming weeks it is unlikely your feet will touch the ground as you search for a place to hang your hat. But whilst looking remember the other man's grass isn't always that greener.

★ STARLINE 0891 332 503

CANCER

JUNE 22 - JULY 23

February gives the clue to what you are about to overcome and conclude. Back then you would have been faced with a number of challenges which you probably had to battle with on your own. They would have centred on your career, family or home and each hurdle would have raised the stakes in your ultimate mission of finding your perfect vision. What you have gone through has put you within reach of fulfillment.

★ STARLINE 0891 332 504

LEO

JULY 24 - AUG 23

So far this year you have been on a roller coaster that makes Blackpool's Big One look like a Mickey Mouse roundabout in a kid's playground - and it's not over yet. But don't despair; you can deal with all the thrills and spills if you learn not to be so stubborn. The lesson you are going through is that nothing is forever and if you are aware that to progress and develop as a person you must change with the prevailing winds of life, you'll come out on top.

★ STARLINE 0891 332 505

VIRGO

AUG 24 - SEPT 23

The admission of Mercury into your sign should be hailed as a positive period, but before you can reap the benefits there are profound psychological blockages within that must be eliminated. If you can't see what it is that is holding you back then talk to a friend, loved one or even counsellor who can. Something in your past is making it hard for you to cope with certain feelings preventing you finding the emotional security you crave. Don't run - deal with it.

★ STARLINE 0891 332 506

LIBRA

SEPT 24 - OCT 23

When the going gets rough the tough get going - that has been your theme song since February. There have been positive Uranian aspects keeping hope alive. But severe Saturnian limitations have held you back due to people or circumstances letting you down at the last moment combined with your own search for freedom. It's make or break now. If you can't live with someone or something then they must be jettisoned.

★ STARLINE 0891 332 507

SCORPIO

OCT 24 - NOV 22

There's no point in sugaring the planetary pill as you have a bunch of stars which challenge you on all fronts making you realise it's time for change. Because you are a closed book it's difficult for people to understand and help you. But you're about to find out that only by revealing your secret self and facing facets of your psychological make-up, which you even hide from yourself, can you slay the demons within and find the happiness without.

★ STARLINE 0891 332 508

SAGITTARIUS

NOV 23 - DEC 21

Around February 16 something happened to change your life. It set you on a downward spiral of uncertainty and instability and raised psychological barriers. In hindsight you will see that you turned your back on so much happiness because you were blind to the fabulous possibilities refusing to acknowledge who you really are and what you really want. That same aspect returns but you must accept that you can not turn your back on fate.

★ STARLINE 0891 332 509

CAPRICORN

DEC 22 - JAN 20

Your life is full of restrictions many of which are self-imposed. You might go round blaming everyone else for your failures or problems but in the end it comes back to you. On February 16, Mars opposed Saturn and it's from then that your troubles began. These two planets oppose each other again but now you can face up to the last six months of pain and release the guilt and grief. If you want to evolve loosen your grip on the past and move on.

★ STARLINE 0891 332 510

AQUARIUS

JAN 21 - FEB 19

Spool back to your birthday and the word "heavy" will undoubtedly describe what you've been through since February. Your loyalty and commitment have been met with the opposite and you have learned the hard way to stand on your own two feet. It hasn't been easy but you are left with something money cannot buy - self-approval and self-reliance. That might not seem much after all the agony but believe me you can now take on the world.

★ STARLINE 0891 332 511

PISCES

FEB 20 - MAR 20

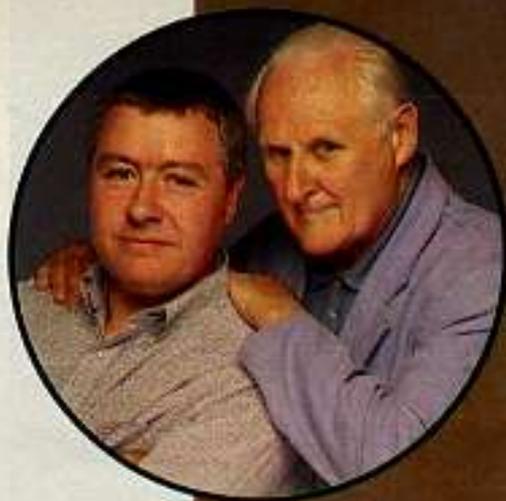
There's nothing harder to cope with than the realisation that to progress you must eliminate something in your life. You can practise the art of self-deception brilliantly and if you prefer to bury your head in the sand, you will. But how long can this go on before the real world knocks on your door? Let reality in as then you can see exactly what you have to deal with at work or home, or in you. Once you know act; your reward is instant release and relief.

★ STARLINE 0891 332 512



YOU'LL MEET
A SMALL
GOLD STRANGER.





'I had to nut Peter on the nose. It was a very strange experience'

GREGOR ON PETER

I think I first met Peter when he and Lillias were going off on holiday and Victoria and I went to house-sit – or more precisely dog-sit – their two German Shepherds in Sussex.

They're always on the move somewhere. They're yin and yang, they go well together. I'm not saying they could live in a mud hut but so long as they're together, that's what seems to matter to them and that's a gift isn't it?

I've never asked Peter about Grouty, the TV character that got him so much attention all those years ago because I never saw bloody Porridge! But I can understand why it bores him rigid when people still bring it up.

It was so long ago. It's like when people ask me about Baldy Man and the Hamlet cigar ad. It was 10 years ago, for Christ's sake. There's nothing more to say.

Peter's very much a forward-looking guy. He doesn't want to talk about the past, he likes the future.

He's the kind of man who's a workaholic. A very wise adviser and not the sort of person who gives it lightly. He looks at it from all angles of the prism.

But there's no debate with him. He can be as daft as everyone else and if he's smiling he's smiling because he's genuinely pleased to see you, but if he disagrees he'll say it's absolute rubbish and then move on. I'd describe him as a very fine actor who happens to be my father-in-law.

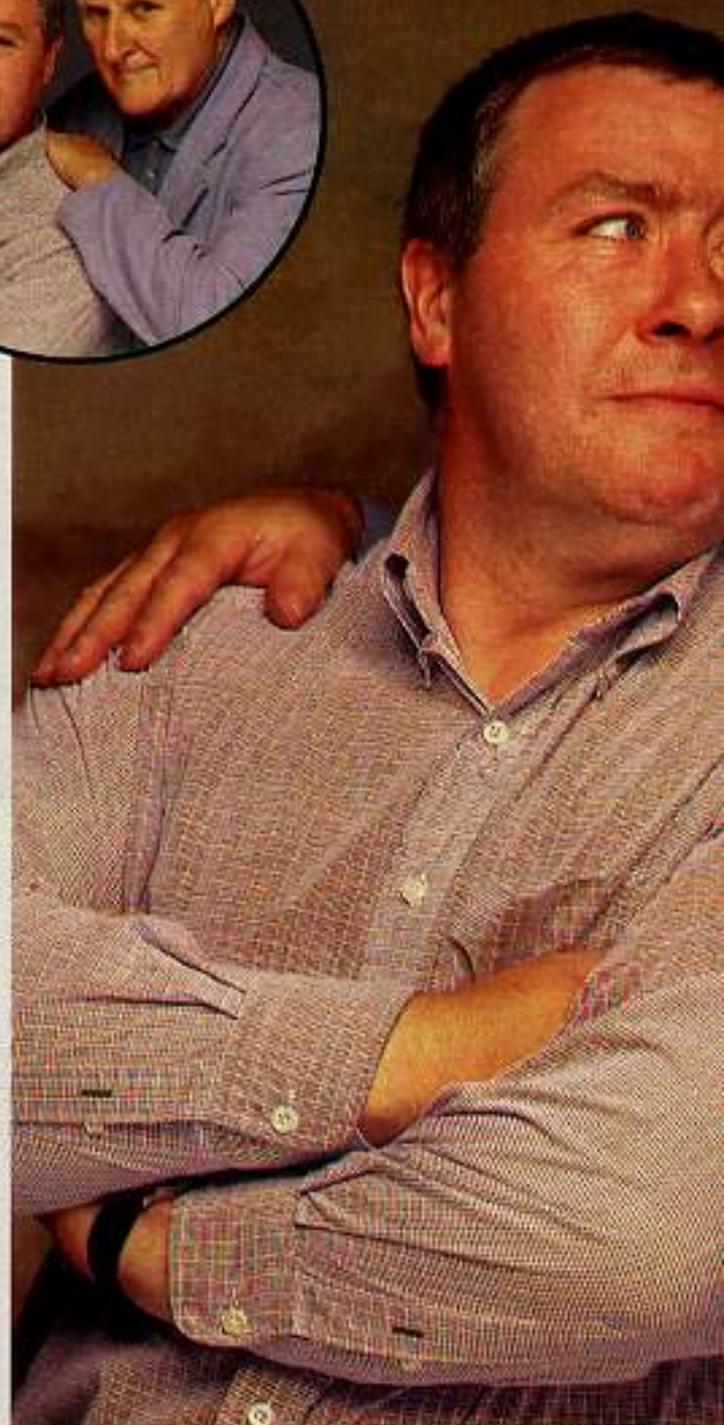
It's hardly a normal son-in-law, father-in-law kind of relationship because we're both in the same business. It sounds as if I've nothing to say about him, but what do you say? Gosh, I haven't time to write the book. Nothing I could say would sufficiently describe him. It's like trying to describe my mother.

I thought it was very good fun when we did that episode of Rab C. together and I think he did as well, but he does tend to have this effect on people which can make them go to pieces. He's a big guy, a big presence, people tend to associate him with certain roles – and of course there's those eyes – but underneath it all he's a big softie.

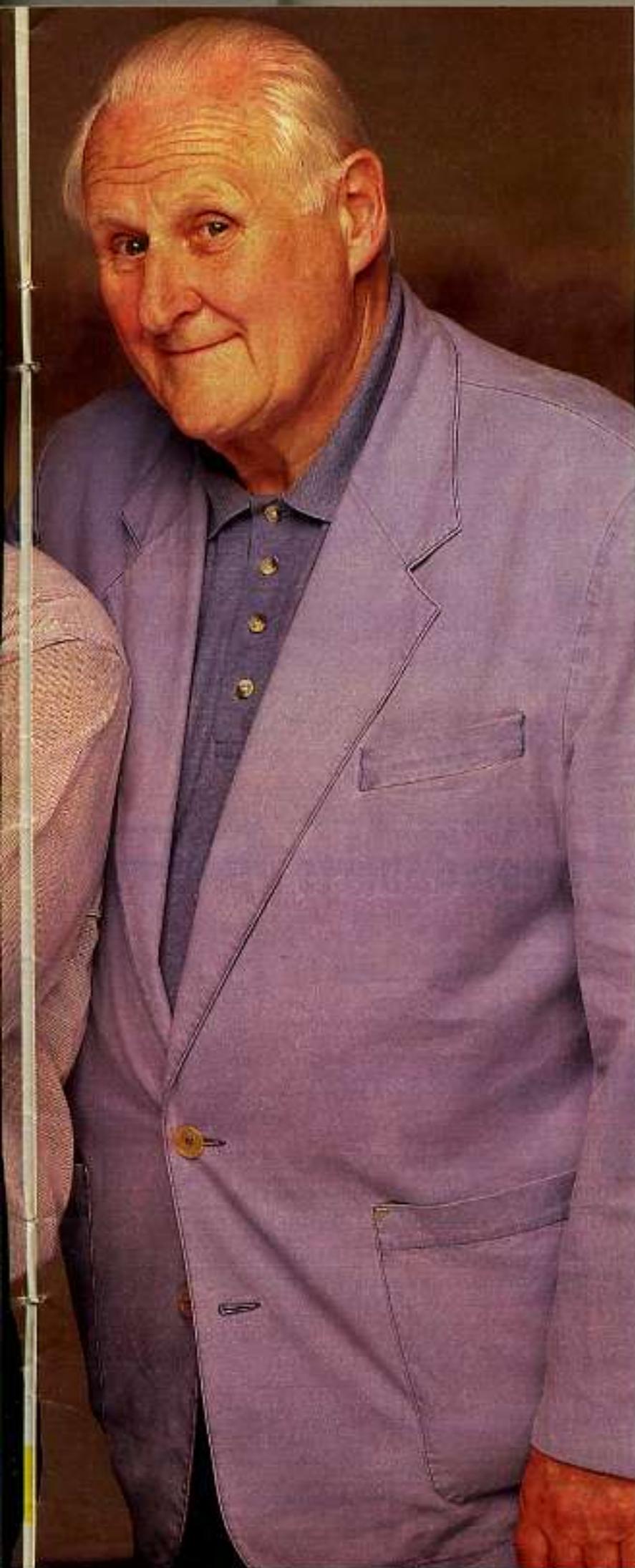
Julie, my make-up lady, was making Peter up for the role of the abbot and he said, "And your name?". She turned to jelly. Couldn't utter a word. His speech at our wedding was very funny. When someone like Peter stands up and tells the gags it multiplies the funniness of it because everyone is so stunned – basically because they see him as a serious dramatic actor, but he's in fact an extremely witty man.

When we were doing that episode of Rab C. there wasn't time for gagging around because the schedule was so tight, but it was a bit peculiar when I had to smack him in the chops.

The abbot was coming out with this two-faced tosh so I had to nut him – right on the nose. I think we did it in one take, but I've ruffled so many people in the series I can't be sure. Take it from me, it's a very odd experience hitting your father-in-law!



VETERAN ACTOR PETER VAUGHAN, 74, PLAYED ALZHEIMER VICTIM FELIX IN THE BBC'S OUR FRIENDS AND NEIGHBOURS. HE IS CURRENTLY FILMING THE BBC ADAPTATION OF CHARLES DICKENS' OUR MUTUAL FRIEND. HIS SON-IN-LAW IS GREGOR FISHER, 43, BETTER KNOWN AS THE BALDY MAN OR AS RABID, STRING-VESTED RAB C. NESBITT. GREGOR IS MARRIED TO VICTORIA FISHER, ONE OF PETER'S THREE STEP-CHILDREN THROUGH HIS MARRIAGE TO ACTRESS LILLIAS WALKER. THEY SPENT THEIR WEDDING HONEYMOON IN THE SOUTH OF FRANCE. GREGOR IS MARRIED TO VICTORIA FISHER. PICTURES BY ANDY McCARTHY



'I recently discovered Gregor's only O-level was in art and embroidery'

PETER ON GREGOR

I wouldn't say Gregor has a largesse when you meet him on the street – he's just himself – but he has a wonderful presence.

What comes out of Rab C. is a man with great humanity and this is what you find in Gregor. He's a genuinely funny, caring and generous human being. And he's so talented, one of the most talented actors I know. His range of work is phenomenal and we're looking forward to seeing him move on to other things.

I had a cameo in an episode of Rab C. We filmed at Buckfast Abbey where booze was being sold by the priests, everyone was behaving very outrageously and I was the abbot who was doing very nicely out of selling the hooch.

Colin Gilbert, the producer, asked me to do the role and when Gregor didn't actually positively say "no" to the idea I thought it would be all right.

It wasn't particularly fun to make but then it never is. I enjoy filming but after all these years I still find it nerve-racking – rather like an athlete who wouldn't run well if the adrenaline wasn't pumping.

We're both professionals and if the right thing cropped up we'd do it and thoroughly enjoy each other's company. It's very hard for me to evaluate our friendship. I don't see it as a great father-son thing but if he asks me for advice I give it to him and vice-versa.

We're close but we don't live in each

other's pockets. His pride and joy is his Scottish mansion. I think he loves to be a Laird. He loves all the shooting, fishing and tending the land. That's the way he lives.

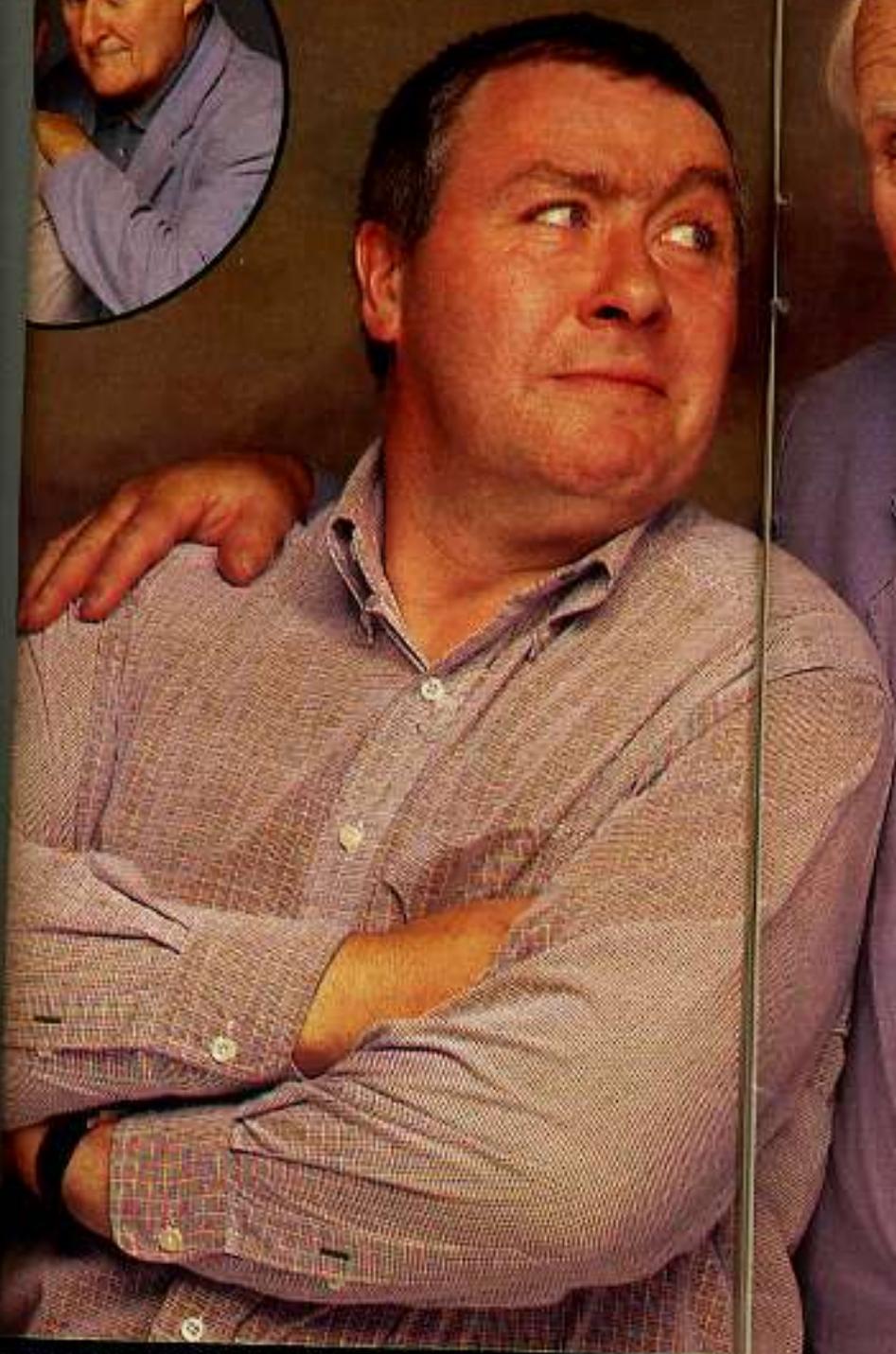
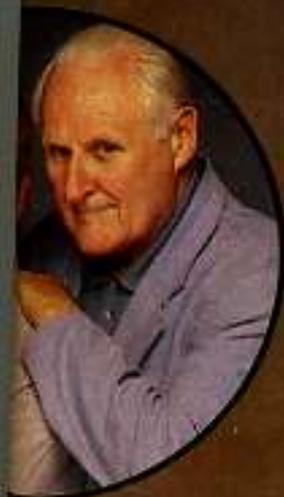
The last thing you'd see him in in real life is a dirty string vest and an old bandana. He's a real bon viveur and that's probably why he's such a terrific cook. He loves entertaining. Rarely a week goes by when he and Vicki aren't hosting some do or other.

Lilius and Gregor are real soul mates. They both have a great eye for interior design and are excellent at DIY. Gregor is extraordinarily hands-on, knocking this wall down, demolishing that.

I've just discovered that his only O-level was in art and embroidery. The art part I can imagine but to be honest, I've never seen him do embroidery.

He and Vicki only married about 10 years ago – when they were quite certain they were all right for each other. Their three children were there, of course, and I gave Vicki away. It was a tremendous day with a very touching service – humanist and non-religious.

A cantankerous old git, Gregor came to me once. I remember that quote. I think he probably has very good cause to say that. I can be volatile, have a very short fuse and a temper. But I've no malice – it's all over in five minutes and forgotten. I don't think he's been on the receiving end of it, but I would think Vicki would when she was a child. Hopefully, she's forgiven me.



VETERAN ACTOR PETER VAUGHAN, 74, PLAYED ALZHEIMER VICTIM FELIX IN THE BBC'S OUR FRIENDS IN THE NORTH AND IS FILMING THE BBC ADAPTATION OF CHARLES DICKENS' OUR MUTUAL FRIEND. HIS SON-IN-LAW IS GREGOR FISHER, 43, BETTER KNOWN AS THE BALDY MAN OR AS RABID, STRING-VESTED LAB C. NESBITT. GREGOR IS MARRIED TO VICTORIA, ONE OF PETER'S THREE STEP-CHILDREN THROUGH HIS MARRIAGE TO ACTRESS LILLIAS WALKER. THEY SPOKE TO PAULINE MCLEOD. PICTURES BY ANDY McCARTNEY

My head says it's over, but my heart can't give up on lover who lives with somebody else

HERE'S A SELECTION OF YOUR LETTERS SINCE OUR APRIL PROFILE OF PSYCHIC AND SPIRITUALIST TERRI STROMEYER - WATCH OUT FOR MORE

DEAR TERRI

You are my last hope. I have fallen in love with a man who lives with somebody else. We are 46 and 50 and our affair started with a Christmas card. I gave him a key to my house and he used to visit me regularly. Then he started work away from the area and his visits became less frequent. He said he would phone, but he never did and I wrote asking if it was over and to return the key. He said he still cares for me and wants to keep the key. My head says it's over but my heart says he still wants me, and I won't believe that it is really over until he returns the key. What's going on in his head? Is he going to come back?

I know it is hard to accept when a relationship is over, but you must let go of this man; he has no intentions towards you and is playing with your feelings by holding onto the key. Four years ago you went through a sad and emotional period and this man gave you hope. He was someone to remove the emptiness. You have become totally engrossed in this relationship, but he has never seen it that way. He is selfish and full of false promises. Think of those lonely times you have sat waiting only for him not to arrive. You have good, solid friends and you should trust their advice. October will start to bring happiness your way.

DEAR TERRI

My mother died in February, 1986. We always said that, on her death, we would try to make contact through the spirit

JUST A THOUGHT AWAY

DEAR TERRI

My husband, who was blind, died suddenly in 1996 while we were on holiday in Greece. I was out shopping, and was not with him when he died. We were married for 36 years and he was a lovely man. You say that the spirit lives on and because we were so close I thought that, by now, I would feel him near me. It took a week for his body to be flown home from Greece, and at the time I was sitting with my sister when I felt a flutter pass through my body. I said to my sister "Ron has arrived home". I was so upset not being with him when he died. I do believe in the spirit world and hope you can help.

Your husband, who is always very close to you, wants to assure you that he is fit and well and left the earthly world free of pain. You should hold no guilt, there was nothing you could have done. He thanks you for all the love and caring that you gave him in a totally selfless way and reminds you of the days of his youth when he was fit and able with a strong sense of humour. Ron loved to listen to the radio and music in his favourite chair, and often sits in it now to be close to you. He gives the month of August as a memory link and reminds you of correspondence that needs sorting out.

world. My husband and I moved house 10 years ago and since then I have been to many mediums, without success. Is it because we moved that I cannot make contact?

The lack of contact has nothing to do with moving house: your mother has been around you but, until now, she has not been ready to communicate. She reminds you of a particular perfume she wore and shows me a handkerchief. She says you will always be her "little girl". She talks of links with Yorkshire and mentions a "Joyce". A gentleman stands by her and he shows me a formation of war-time aircraft.

DEAR TERRI

My best friend died in a car crash five years ago. The night before his funeral his body was brought home and laid to rest in the front room. I could not bring myself to look at him. I could hardly breathe as a result of my crying, but as I looked up I saw Paul standing there. He shrugged his

HOW TO GET IN TOUCH

Do you have a question for Terri? You can write to Terri Stromeier, P.O. Box 6869, London E14 5BS, clearly stating your name and your question. Terri will answer as many letters as possible in future issues of Personal, but regrets that she cannot give individual replies.



shoulders and smiled at me. I instantly stopped crying and became calm. I now have a son, David, whose middle name is Paul, after my friend. Often when I go into David's room I can smell Paul as well. Did I see Paul that night and do I smell him in David's room?

The answer to both of your questions is yes. The night before Paul's funeral it distressed him to see you so upset and he needed to calm you, showing you with a smile and a smile that he was fine. You are often in David's room at a time when you have no other distractions and Paul finds it easy to draw your attention to him. These are just fleeting moments and his smell is Paul's way of communicating with you. He showed me a money box on what seemed to be a chest of drawers in David's room that he has been moving to draw your attention. He also shows a photo of a group of friends and he's proud he's in it with his dark hair. He keeps showing me his teeth and you will know why. He says the month of May, about the 17th, is important and some memory links with daisy chains. He says you will have another child and your husband will be changing direction for the better.

Work it off with a walk

FITNESS EXPERT MONICA GRENFELL EXPLAINS HOW TO TAKE HEALTHY EATING AND EXERCISE IN YOUR STRIDE



Picnics are great because you can combine them with a fat-burning activity such as walking, cycling or swimming. A brisk 30-minute

walk burns up 180 calories and climbing hills with a backpack (or heavy hamper) wipes out 255. Even watching cricket counts, as long as you park the car some distance away and lug the picnic there! But a good walk can't make up for wedges of cake and mountains of thick sandwiches. Try these calorie-saving alternatives:

- ★ Pack a whole loaf, tomatoes, cucumber and hard-boiled eggs in their shells. Let everyone make their own – you eat less this way.
- ★ Keep pots of rice pudding in the fridge – it's my favourite picnic pud, low-calorie and better for you than cakes. Or try jelly for children.
- ★ Use a thin smear of mayonnaise instead of a buttery spread.
- ★ Use thin-sliced bread. Two slices of thin bread is 124 calories compared to 226 for a floury bap.

THIGH EXERCISES

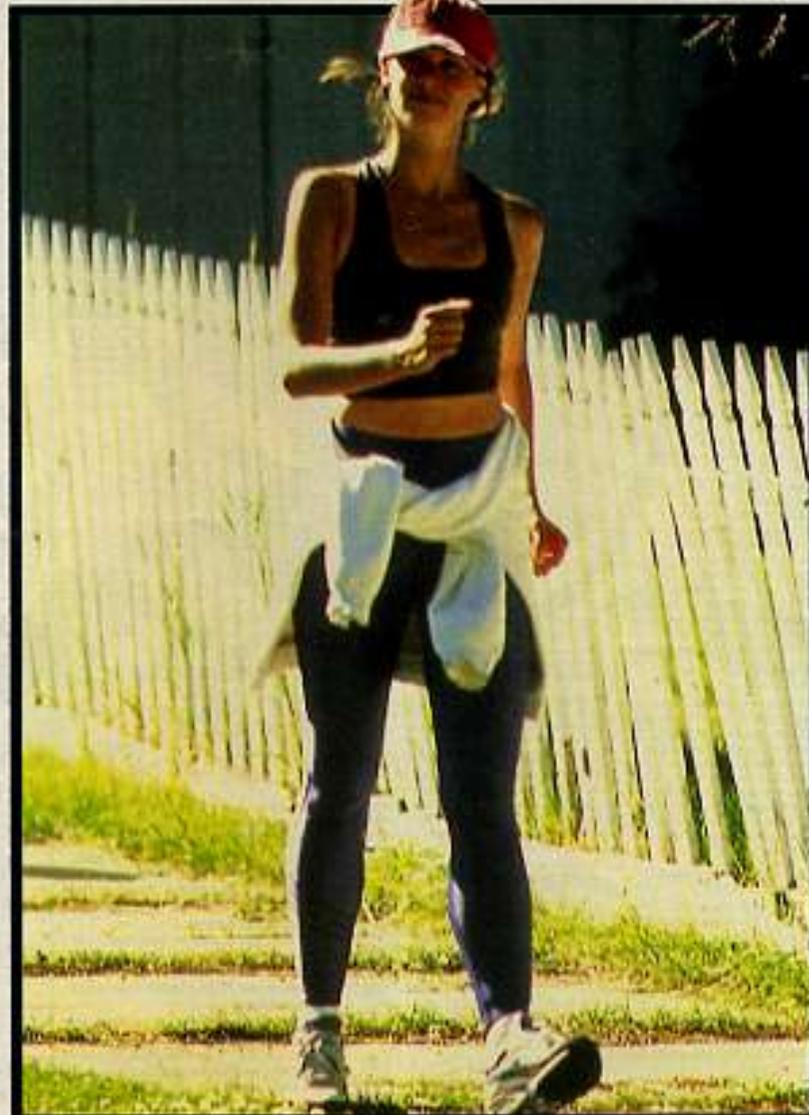
It's important to work your outer thighs to guard against that lumpy "jodphur" look. Do this exercise for two minutes every day.



Lie on your left side, as shown. Bend your bottom leg beneath you for stability then raise your top leg.



Lift to a count of two and down for two. Do eight slowly – don't fling your leg – repeat for two more sets. Change legs.



MONICA'S MAILBOX

Dear Monica,

I am a young 57 year-old and up to four years ago I was a size 10. All of a sudden I've gone up to a size 16. I'm 5ft 1in, very active (I'm a traffic warden) and I go line dancing three times a week. I get fed up with people saying I shouldn't worry – it's not worth it at my age. But I care what I look like and at the moment my weight is making my life a misery. I'm now 11stone. I need a diet which is easy to prepare, being out all day. Please help.

EILEEN, WEST DERBY

Dear Eileen,

I'm so sorry you feel so miserable. You sound like a fighter, so I have no worries about you losing the weight eventually. You say you put the weight on "all of a sudden" – I wonder if you mean in weeks, months or a year? I suspect a year or so. What tends to happen is your eating habits alter a bit, and it's the slippery slope. Low-fat diets aren't miracles. You need to watch your TOTAL calorie intake. Jacket potatoes are always easy to prepare. Try to make things on Sunday which will keep, like cold chicken breasts, boiled rice, even cold poached fish. Have either rice or potatoes with one meal a day, have porridge for breakfast and if you're hungry have a pot of rice pudding. Let me know how you get on. The VERY best of luck!

I KNEW I HAD TO DO SOMETHING WHEN...

You can't turn on the TV these days without some slanging match about weight. It's fine to want nice hair or clothes but wanting to be slim is a crime. "Women are being brain-washed!" they rant, "pressured into an unrealistic view of themselves!" The readers who write to me about wanting to lose weight don't sound brain-washed to me. They sound like intelligent, gutsy women...with better things to do with their lives than bitch about weight.

50 FREE CASES OF AMBROSIA DESSERTS

Delicious AMBROSIA Low Fat Rice Pudding pots are ideal for picnics. They're easy to carry and store and taste great cold. We have 50 cases, each containing 24 pots of AMBROSIA Low Fat Rice Pudding, to give away. For your chance to win simply write with your name, address, and telephone number to Sunday Mirror AMBROSIA Low Fat Rice Pudding Offer, PO

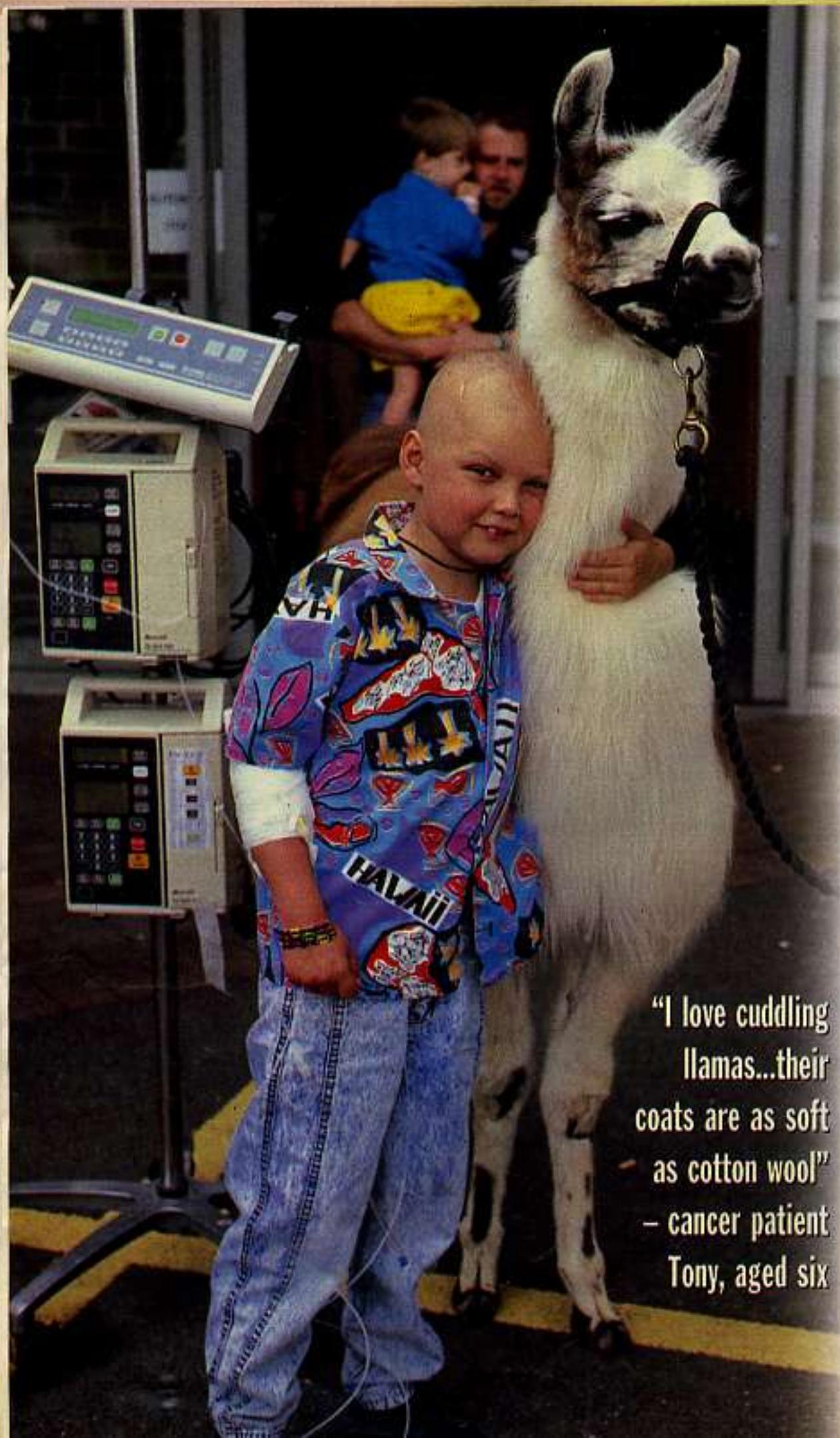
Box 100, Swindonville, Derbyshire

DE11 7DR. The winners will

be the first 50 entries picked at random after the closing date of Monday August 4, 1997.



TERMS & CONDITIONS: 1. Only open to UK residents over the age of 18. 2. Successful applicants will be notified in writing within 30 days of the closing date. 3. There is no cash alternative to the gift. 4. An applicant may receive only one gift irrespective of the number of entries submitted. 5. The promoter is GPO (UK) Ltd, Derby, Derby DE11 1PH. 6. AMBROSIA is a registered trademark. 7. No purchase necessary.



"I love cuddling llamas...their coats are as soft as cotton wool" – cancer patient Tony, aged six



The brave little boy cries excitedly with delight as he buries his face into the llama's silky coat. "It's soft...just like cotton wool," says six-year-old Tony.

Herridge, who has been fighting a desperate battle against cancer. "I like stroking him because his fur feels so nice."

Tony then plants a kiss on Weatherby's woolly cheek. His mother Sheila smiles. "He's been in hospital for months and we've promised him a puppy when he comes out," she says. "But I think he's beginning to fancy the idea of a llama, roaming around our back garden in Gravesend."

Weatherby, along with Chukka, brought to the children's cancer ward at the Royal Marsden Hospital in London by llama lover Michael Bassett, a 64-year-old ex-farmer who saved himself from leukaemia.

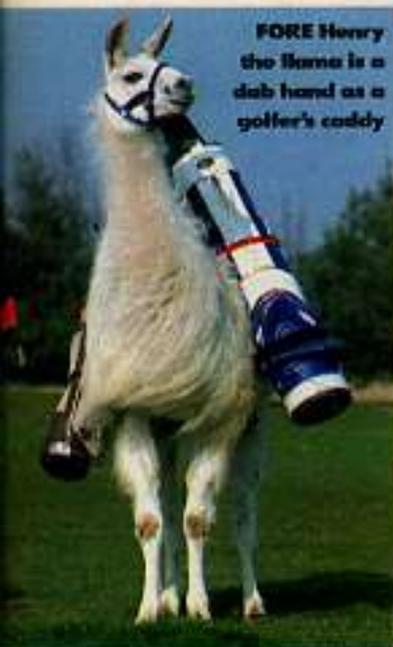
Intelligent, friendly and good-natured llamas are the ideal animals for a sort of hands-on pet therapy which helps youngsters escape from their frustrating lives in hospital.

"They are the only pets we allow inside the hospital because they keep themselves so clean," says nurse Sue Groves.

"Michael comes along three or four times a year and his visits are always a huge success. It's a bit of excitement that takes the children's minds off the hospital routine for an hour or two.

"Most of them will never have seen a llama before except, perhaps, on television, but they end up absolutely adoring them."

Michael, who has six llamas, ad



FORE Henry the llama is a dab hand as a golfer's caddy

"They are very intelligent animals and really relate to the children, nuzzling up and allowing the youngsters to stroke them. For the kids it's wonderful because it allows them to switch off from everything for a while.

"But everyone finds llamas irresistible. As well as visiting children's wards, I raise funds for leukaemia research and when I've got one of my llamas with me I can raise £120 an hour."

Tony and his young friends at the Royal Marsden are not the only people to fall for the llama's charms.

A cross between a camel and a sheep, these natives of South America are suddenly all the rage and there are now more than 2,000 in Britain.

There seems to be no end to their talents, whether it's guarding sheep, doing a spot of caddying at the golf club or just being sociable by popping down to the local pub for a drink.

At the Crown Inn in Weston, Northants, a notice in the bar warns customers: "All dogs and camelids must be kept on a lead."

Llamas are members of the camelids family and regulars at the Crown don't even bat an eyelid when Henry drops in for a pint...of mineral water.

"It must be sparkling, he won't touch the non-fizzy stuff," says farmer's

wife Mary Price, who bought Henry the llama to guard her flock of angora goats. "He also likes a bowl of brown sugar to go with it."

When he's not guarding goats, Henry doubles up as a caddy at the nearby Cherwell Edge Club.

"The pro was a bit dubious at first but had to admit that Henry did a pretty good job," says Mary's husband, David. "Llamas are natural pack animals so carrying the bag of clubs is not a problem. And being so light-footed they don't leave the slightest impression, even if they walk on the greens."

Mary now has six llamas guarding not only her goats but her ducks, geese, chickens and highland cattle as well.

Llama breeder Paul Rose says they are so good at guard work because they instinctively adopt any group of animals they are put with, protecting them as if they were their own.

"They will see off any marauding dog or fox, usually by head-butting them," he says.

"The fact that they are so light on their feet also makes them ideal

for trekking because they don't do as much damage to paths and trails as horses and ponies.

"They don't eat as much, so they are doubly environment-friendly in that they don't devour all the vegetation

along the way." Paul, a publisher, has been breeding llamas as a hobby for the last 10 years on his 15-acre estate deep in the Cotswolds.

At £500 for a young male and between £1,500 and £2,000 for a female they don't come cheap. But there is still a steady demand and Paul now sells around 20 a year. He reckons there must now be 200 llama owners in Britain.

"They are very much at home here and have no difficulty adapting to the British climate," he says. "They are very hardy and can be left out in the fields where they look after themselves quite happily."

As pets, they have the added advantage of being clean enough ▶



BROUGHT TO BOOK Paul with his llamas, above Henry drinks up, and left patients at the Royal Marsden meet a special friend



PICTURES: JEREMY WILLIAMS / JIM SELBY / INS



to let wander about the house. "They come naturally house-trained," says Paul. "They use communal dung heaps and have to be absolutely bursting to go anywhere else. "If you do bring them into the house you have plenty of advance warning because they get restless." Paul first became fascinated by llamas during a holiday to Peru and has nearly 60 grazing in the meadows around his 14th Century home in Temple Guiting, Gloucestershire. "You can sense passing motorists doing a double take when they see

them for the first time," says Paul. "You hear them suddenly stop and reverse to where there is a gap in the hedge. The next thing you see is a peering face with a camera in front of it." Paul would now like to raise the nation's llama consciousness further by getting one featured on that radio soap of country folk, The Archers. "I've written to the producers several times suggesting that it would make a really good storyline, but so far I haven't managed to convince them that a llama would be a suitably dramatic addition to the Ambridge scene." ■

ALLAMING FACTS ABOUT LLAMAS

- ★ Llamas originally come from the Andes in South America. They belong to the camelides group of animals and live for 25 to 30 years.
- ★ The gestation period of a llama is 11 months. When a mother is giving birth, the rest of the herd gather round to watch.
- ★ During mating, the male starts by biting the female's legs so that she will sit down. Then he makes a very loud buzzing noise for almost an hour as he makes love.
- ★ A male llama called Pedro had to be removed from Glasgow Zoo after police said his love-making was distracting passing motorists.
- ★ The 1960 film *Dr Doolittle* featured a llama with two heads facing opposite ways

called Push Me, Pull You, while in *Starsky and Hutch* Paul Michael Glaser's cardiac was made of llama wool.

★ Celebrity llama fans include Michael Jackson who keeps them on his Californian ranch. He

once offered to buy

Whitney Houston

a pair. She

turned down

the offer.

★ In 1995

Peruvian

peasant

Leopoldo Cano

bred a six-legged

llama. But he

refused to hand it over to

scientists unless they

bought him a TV in time

for Christmas.

★ Llama meat is part of the

everyday diet in some

parts of South America. It

tastes a bit like chicken.



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Just beautiful

STAR STYLIST MARTYN FLETCHER SHOWS TWO LUCKY READERS THAT MAKING UP ISN'T REALLY HARD TO DO. PICTURES BY ANDY McCARTNEY



ALYSIA 24, works in a garage near her home in Old Colwyn, Conwy, Wales. Her mum Angela asked if we could give her a

makeover to say "thank you" for being a fantastic daughter. Alysia wanted a new, easy-to-maintain summer look.

HAIR Martyn suggested using a semi-permanent colour in mousse form. "It gives it shine and prevents your natural colour fading," he said. Martyn illustrated on paper how much better Alysia's hair could look if a few layers around the hairline were cut in and the back was cut more into the neck. She agreed and was delighted with the result.

FOUNDATION

Martyn mixed some foundation with moisturiser to even out her already good skin. "For make-up in the sun forget about powders. Stick to creams and gels so your tan can show through. Healthy skin has a sheen on it."

EYES Two shades of cream eyeshadow were blended to emphasise Alysia's eyes. A little line of kohl pencil was applied along the lash line and blended with a sponge-tipped applicator for a smoky look.

LIPS Just the hint of a tinted lipgloss was applied to complete the picture.

VERDICT We were all impressed. Our photographer had to take just one more Polaroid so Alysia's boyfriend, Carl, could show her picture off to the lads at work



ALYSIA'S MAKE-UP COST

Body Shop Colourings Tinted Moisturiser, £3.75	
Boots 17 Aqua Plus Sheer Eye Colour, two at £2.30 each	
Boots No 7 Precision Eye Pencil, £3.75	
Cover Girl Pro Aqua Marathon Mascara, £4.29	
Boots No 7 Cream Blush Perfect, £4.95	
Body Shop Colourings Lip Tint, £3.25	
TOTAL	£24.59



DOROTHY

62-year-old mother from Lincolnshire took years off her face with her smart new look.

HAIR Dorothy's most hairdressers

only one style would suit because of her weight from the sides and back. He feathered the hair around the hairline at the nape. "This will create softness, not hard lines, when you blow dry the style," he said. Martyn chose a warm colourant in Hot Chocolate for a warm

FOUNDATION When it came to make-up Dorothy was a bit nervous. "I want to look antique or like mutton chops as lamb," she said. Martyn evened out her skintone with a skin-matching foundation and a concealer over her cheeks.

EYES Martyn applied delicate shades of toffee and nutmeg to her eyelids, staying clear of the socket line. He used mascara and a darker brown eyeshadow along the lower

LIPS To stop lipstick "bleeding", Martyn used a special wax-based lip liner. He finished with a pinky-brown shade of lipstick.

VERDICT "I certainly don't look 62," said Dorothy. "This is the best present I've ever had."



personal postcard

WISH YOU WERE HERE!

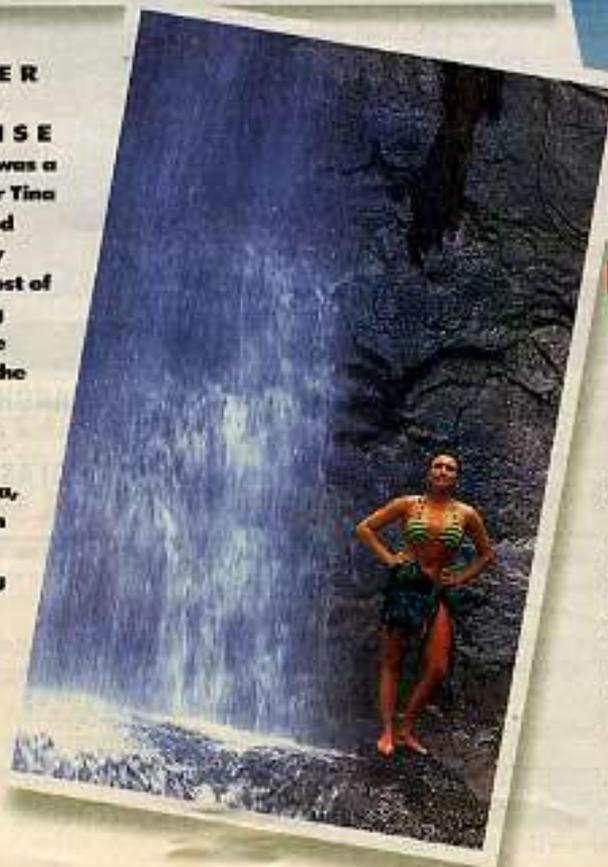
THERE'S NOTHING LIKE A CHANGE OF SCENE – EVEN IF YOU'RE AN ACTRESS, AS CORONATION STREET STAR TINA

HOBLEY FOUND OUT WHEN SHE SWAPPED GRANADA STUDIOS FOR GRENADA IN THE CARIBBEAN. IAN HYLAND REPORTS.



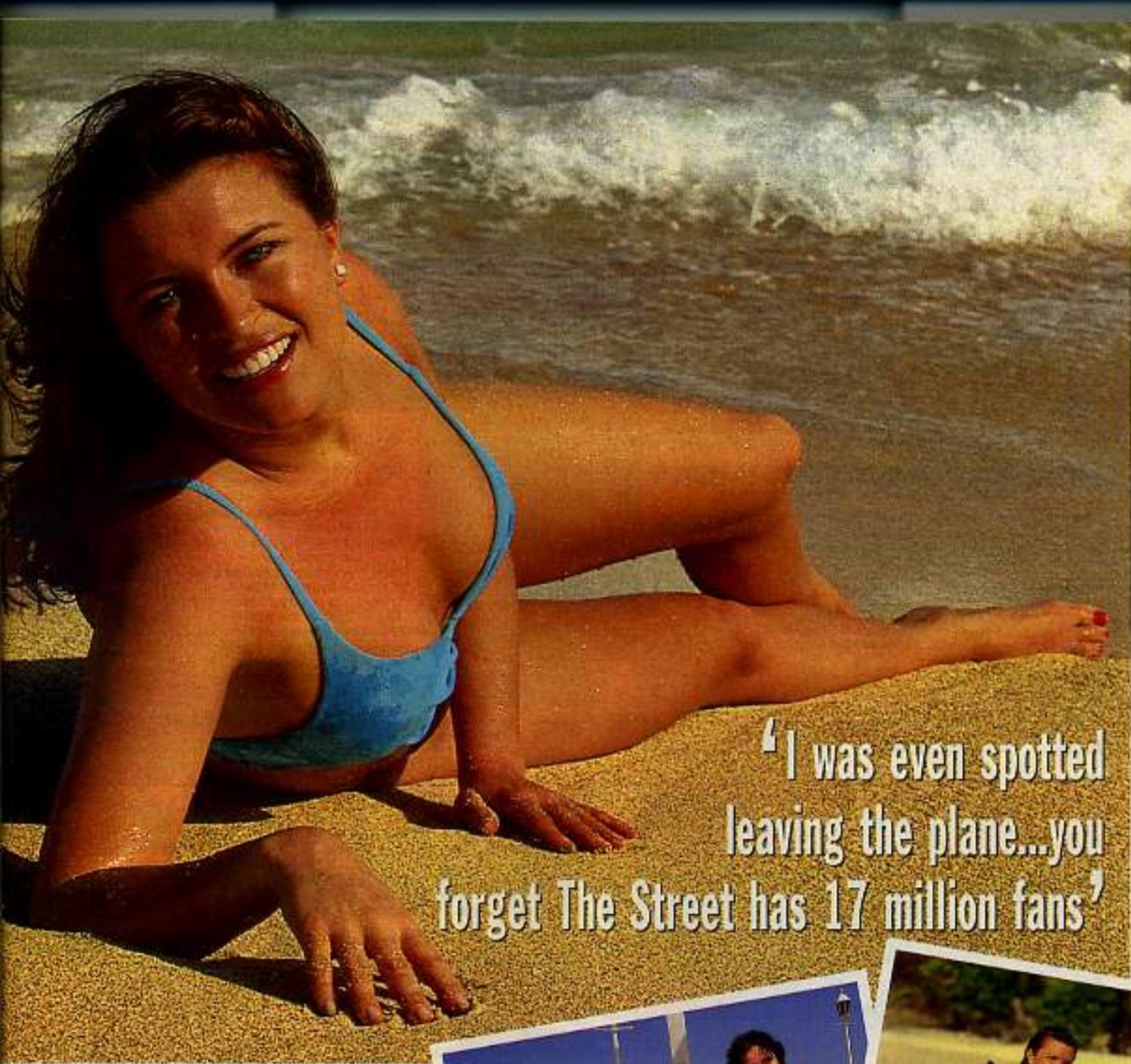
ANOTHER DAY IN PARADISE

This holiday was a rare treat for Tina and boyfriend Steve so they made the most of it – larking around in the pool, riding the waves on a jetski, scuba diving in the clear blue sea, and taking in the island's breathtaking sights, like this waterfall



Tina Hobley's life is full of surprises right now. One day Britain's favourite barmaid is pulling pints and watching the rain pour down on Coronation Street, Granada. The next she's knocking back cocktails and soaking up the rays on Caribbean Street, Grenada. You can't say she doesn't deserve the break. Since taking on the role of sexy Sam Fallsworth a year ago, Tina has hardly stopped – filming four episodes a week, learning lines, doing interviews, commuting from London. And who could forget her energetic performance at the Sunday Mirror Fit 'n' Fun weekend? "It's been quite a year for me," says 25-year-old Tina, popping up for air after some serious scuba diving. "It's all

happened so quickly. Although it's hard work, I've loved every minute. And she's loving every second of her dream holiday, especially as it gives her the chance to spend some time alone with her man, 31-year-old advertising hot shot, Steve Wellington. "It's wonderful being away with Steve," she says. "We don't usually have so many days together at once – and in such an idyllic spot with the beaches, the rain forests and the waterfalls." Tina met Steve at a party a few months before she landed the part on Coronation Street. "He soon learnt what it was like dating an actress. "I had to go on tour with a band to the Middle East for four months after we met," explains Tina. "It never occurred to me that our relationship



“I was even spotted leaving the plane...you forget The Street has 17 million fans”

would last.” Steve had different ideas. “He called me, wrote every day, faxed, sent me presents. Then he came to see me in Malaysia,” she smiles. “That sealed it.” Steve’s laid-back nature is the perfect cushion for Tina to fall back on and she loves the stability he brings. “He’s not an actor and there’s no battle of egos. He is so supportive as I try to get used to a world which is still very new to me.” That world involves constant attention from an adoring public. Even in Grenada Tina couldn’t escape. When she stepped off the plane she was spotted by a native who’d been visiting family in England. “You forget that you are in a show with 17 million viewers, but most of the time I can go home and switch off until the next day.” Home is the flat the couple

have bought in London, although Tina stays in Manchester during the week so most of their romancing is done at weekends. It’s not ideal but they’re committed. “We’ve only been together a year and it’s been a fairy tale so far,” says Tina. She’d like to settle down and have children one day – but not just yet. However, the romance of Grenada has obviously had its effect on her as she sits back, cocktail in hand, ready to

enjoy another Caribbean sunset. “It’s amazing,” she says, “I can understand why so many couples come here on honeymoon.” Who knows, maybe Tina and Steve will be next. ■

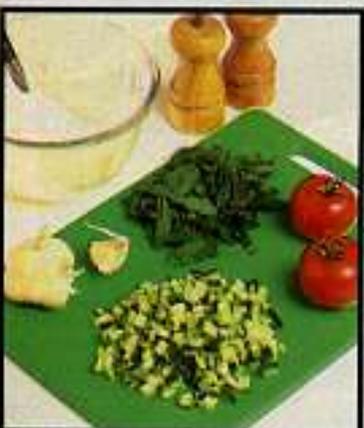


PICTURES: GAVIN SMITH/FAF

personal taste

MARK WOGAN'S Step-by-step cookery

SPICE UP YOUR DINNERTIME WITH THIS TASTY CHICKEN TREAT FROM TV CHEF MARK WOGAN, STAR OF CHANNEL 4'S *HERE'S ONE I MADE EARLIER*



1 Crumble the cinnamon into a bowl and blend with the other marinade ingredients (see below). Add the chicken breasts and leave for at least five hours in the fridge or preferably overnight.

2 Blend the raita ingredients in a bowl and leave in the fridge for a few hours to let the flavours infuse the yoghurt. Pre-heat the oven to 200C/ Gas Mark 6 and place the chicken on a baking tray in the oven for 25 mins.

3 Serve the chicken with a salad garnish and the raita on the side. A few boiled new potatoes is a nice addition. This dish is simple and can be prepared the day before. It is delicious hot or cold. Be careful not to get the turmeric on your hands as it is a nightmare to get off. If you can't get fresh chilli, use a teaspoon of dried.



SPICED CHICKEN WITH RAITHA

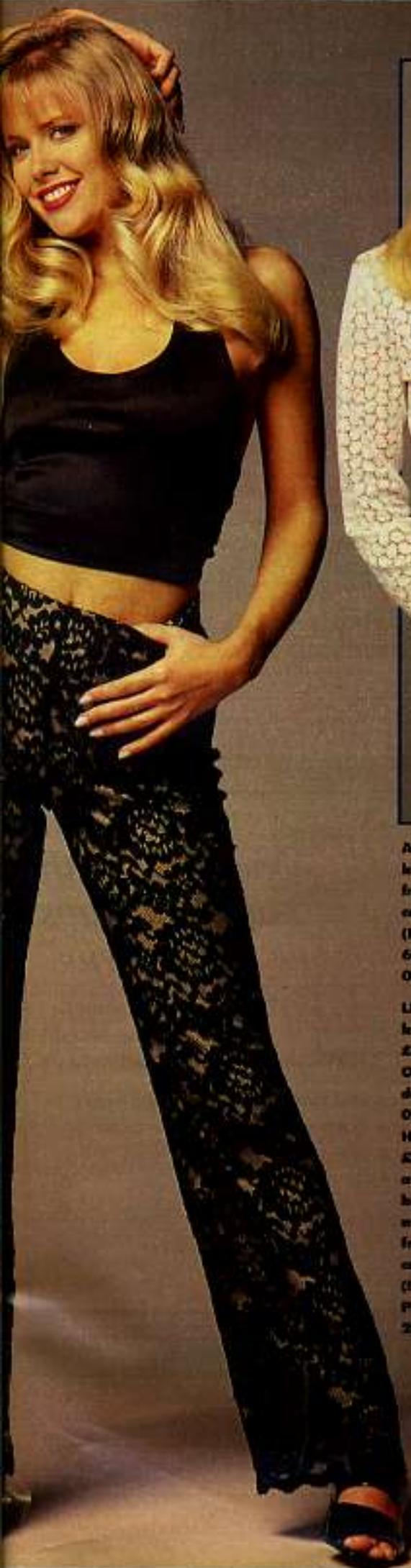
- ✦ 4 x 8oz chicken breasts skinless and boneless ✦ For the marinade: 1 stick of cinnamon ✦ 2 cloves garlic crushed ✦ 1 tsp turmeric ✦ 150ml olive oil
- ✦ 1 red chilli chopped ✦ 2tbsp chopped fresh coriander ✦ For the raita: 250ml natural yoghurt ✦ 1/2 cucumber diced ✦ 2 tomatoes chopped
- ✦ 5tbsp chopped fresh mint ✦ 1 clove garlic crushed ✦ salt and pepper



Black lace dress from Sub Couture at Hype DF, High Street, Kensington, London, W8. For details phone 0171 937 3100. Ultra-bra £18.99 and G-string £8.99 by Gosard. For details phone 0171 331 4519. Suede peep-toe shoes £399, Roberto Vanni. For details phone 0171 935 2002



White padded-cup dress £245.95 by La Perla at Brudleys, 57 Knightsbridge, SW1. For details phone 0171 235 2902. White G-string £8.99 by Gosard, as before



ABOVE: White lace tunic £30 from Freeman catalogue (Item WR 6966). Phone 0800 900200

LEFT: Black lace trousers £59.99 from Oasis. For details phone 01865 881986. Halterneck top £45 by Giani at Hype D, as before. Patent mules £29.99 from Empire catalogue (Item BR4414) Phone 0345 200400

RIGHT: Black lace skirt £34.95 by Nef Nef. Phone 0171 580 7663. Ribbed top £30 by Wh & Wisdom at Hype D, as before. Shoes £34.99, Empire (Item BT4412) as before

HAIR AND MAKE-UP: JAYNE ROBINSON

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STYLIST: YVONNE WATKINSON. PICTURES: ANDY McCARTNEY

RACY LACY

personal look

The last laugh



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