

NEWS OF THE WORLD MAGAZINE

March 27, 1994

Sunday

**A PROPER
MAGAZINE
WITH
PLENTY TO
READ**

EXCLUSIVE

**JOANNA
LONELY**

**Living with long
distance love**

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Of a couple and their six kids

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PEOPLE

Famous faces Going places



Ulrika doesn't need Mr Motivator's help to make a spectacle of herself



No longer anything Really Useful, Edward models for soap powder ads



Gladiator Jet only has to take one look at her big buddy Panther to see how far she will have to go before she gets to be a jumbo Jet



It's a tie!..well, almost. As Gérard Depardieu keeps a beady eye on Kim Basinger, he discovers just how he ought to have worn his suit



Aargh Said Fred. The Fairbrass boy they'll never model for Sonic the Hedgehog



Christie Brinkley proves that sox can never compensate for knobby knees



the sheer cheek of the woman! Sleek and slimline Ms Win-ley swaps some heavy chat for an evening of light Oprah



Liam Neeson won't give Natasha Richardson any Oscars for her Schindler's List



Even though they're rolling in it, Ringo and his wife Barbara still play titter tat



For Kyle MacLachlan, Twin Peaks is a fading memory. For Linda Evangelista, a forlorn hope...



So I said to Bet: "Me...miss the Rovers? Never. I'm heading straight for the big time, me." I get the feeling I should have told her that I was actually heading for the big top



It's what she loves doing - and what she hopes viewers like to see. In her hot new TV comedy/drama, *Class Act*, gorgeous Joanna Lumley is at her

bitchy best. She plays Kate Swift, a snooty aristocrat down on her luck after her husband disappears leaving massive debts.

"My character can be described as a bitch," says Joanna. "She has a sharp tongue and doesn't suffer fools gladly. She's snobby but shrewd. Greedy but, if you dug for about six-and-a-half weeks, I think you'd find a kindish heart. She keeps that well concealed, though. She's after money and uses people. We all know someone like her. She'll say terrible things such as, 'What a horrible little oik you are.' But she's great fun to play."

The series begins on Thursday, April 7, and co-stars John Bowe (who played the killer in the first *Prime Suspect*) as a seedy reporter and Australian actress Nadine Garner of *Boys From The Bush* fame.

"We all think the show is terribly entertaining," continues Joanna. "You have to follow your own nose. Anyone who came up with a magic formula would be a millionaire, but you just never know what's going to happen. Before a new show sees the light of day, we all say, 'Well, we think it's funny, we like it and hope everyone else does.' But in the end, it's up to the viewers."

We certainly like having Joanna on our screens - at the moment, she's one of the busiest actresses on television. Apart from a clutch of highly lucrative ads, as well as *Class Act* she's got another project ready to wow us all with her versatility.

Girl Friday, a documentary, is to be screened at the end of the year. In it, she's marooned on a desert island in the Indian Ocean and left to fend for herself.

But while it's absolutely fab for Joanna's career, all these projects are having a shattering effect on her lifestyle. For her and second husband, orchestra conductor Stephen Barlow, the price of running two pressured careers has taken its toll on their private life. She hasn't managed so much as a day off in the past year.

"It has been incredibly busy," says

Joanna who, at 48 in May, is nine years older than the man she calls her "soulmate". But over the next few months, the couple plan to slip away and indulge in what they love most, being alone together.

She's quick to scotch the idea that an actress's life is all glamour and long lunches. "I don't think a lot of people realise that it mostly means getting up at 5.30 in the morning and not coming home until about 9.30 at night. And it's like that virtually every day.

"When you work like that, you don't have a life - there's no time for anything but the job. You don't even get time to go to the dentist, shop for food or clothes, and even ordinary tasks like potting the plants don't get done. You just have to wing it. I didn't plan it like that, but shows like *Absolutely Fabulous* and *Class Act* have a momentum all of their own, a timespan you just get carried along with.

"This year, though, will be different. I have to have time for Stephen and my son Jamie. Otherwise, you turn into a bunch of people who never see each other, just say hi when you pass in the hallway. You almost have to hold up photographs of each other and ask, 'Which one are you?'

"Stephen and I try to set aside as much time for each other as we possibly can. Often he'll come and sit in the dressing room while I'm rehearsing and work on some music so we can be together.

"This year, Stephen's world tour will take him away for eight months, including stints in the Far East and Australia. I'll try to join him wherever I can and if that

means flying to far-flung places, that's fine. We have to make time for each other because I know that I'm very lucky to have him. When he's away, we write to each other every single day."

They married almost eight years ago. Joanna's first marriage to the comedy writer Jeremy Lloyd hadn't lasted a year when they divorced in 1971. She already had Jamie, now 25, and has never revealed the identity of his father.

"I was unmarried for a long, long time. But, if you get it right, marriage is a terrific thing. Marriage second

IT'S BRILLIANT BEING A BITCH

Joanna Lumley loved getting her teeth into the part of sharp-tongued, scathing snob Kate Swift. For the star of *Class Act* thinks being bitchy on screen is absolutely fabulous

I have never slept on a table until dawn dribbling with my hair all over the place



As Kate Swift in *Class Act*, Joanna plays a sharp-tongued snob who finds herself on her own when her husband disappears leaving nothing but debts

time around has made
times happier than
was before.

"Over the years
phen has worked
the world, some
couple of months
so often we don't see
each other. But he
my life, and I know
When we are together
utterly romantic. We
up on each other's
we never stop talk
great. He is my favour
ing companion, I ad
out with him.

"If you are lucky,
continues to go wildly

I guess I am lucky because
and I are wildly in love. Most
other people's lives, they get
and start going off having affairs
whatever. But that's not for us.

Both having been married
gives them an extra bond in Jo
opinion. "We were determined
would be for ever if we got
again. Obviously, we both make
takes in our first marriages
makes you doubly keen not
wrong a second time."

Whenever their schedules
Joanna and Stephen grab the
tunity for a romantic break.
most marvellous holiday we ever
was about three years ago when
went walking in the Auvergne
of France. It was the best time
summer and very hot. We had
a soul. Each day, we'd buy a bottle
wine and some bread, walk for
seven hours then sit in the shade
tree and eat. It was heaven."

Joanna's amazed, and amused
people imagine she's anything
her most famous current creation
boozy, bonking fashion editor
Stone from *Absolutely Fabulous*.
endless legs, blonde mane, huge
eyes and plummy voice make her
fect for the part. But she's appall
Patsy's appetite for champagne,
and toy boys.

"So many people ask me if I'm
Patsy and when was I last drunk.
I go, 'Hang on, you never asked me
I was a drunk before Patsy. Sudd
that's supposed to be another side
my character.' I have to point out
I am acting and that's what acting
pretending to be other people.

"Surely it goes without saying
I'm nothing like Patsy. I have never
slept on a table until dawn dribbling
with my hair all over the place. But
know that Patsy has.

"When I first read the script
thought it was wonderful. I did

MORE OVER PAGE

know if it would be successful, but did know I'd have fun doing it. Patsy is a character with real backbone. It is impossible not to like her, isn't it?"

Joanna's been pleasing TV viewers for an incredible 30-plus years. But it's the recent success of *Absolutely Fabulous* that's swept up the awards and praise. "Everyone says how wonderful it is to see me doing comedy. They seem to have forgotten I actually started by doing it. That was the first thing I did for the BBC in a show called *It's Awfully Bad For Your Eyes, Darling* in 1971.

"People have very short attention spans and you are the only one who cares and follows your own career. I've turned down lots of offers because I wanted to do something different, more interesting. I want to challenge what people think of me."

When most people think of her it's with astonished admiration at the way she's kept her looks intact as she cruises up to 50. But that fabulous figure isn't down to a rigid exercise and dieting regime, she insists.

"I'm not particularly health-conscious, but do try to eat well. I'm a vegetarian and love masses of fruit and vegetables. Because the camera puts at least half-a-stone on you, I try not to overeat. If you want to look



"Stephen is my soulmate," says Joanna of her second husband Stephen Barlow

normal on screen, you half-a-stone underweight

"I don't exercise at the moment. But I think that if I did, I'd try to do something to take up some form of exercise."

And she was certainly not slowing her paces for the *Girl on the Boat* documentary. Before setting off to a remote island off the north coast of Madagascar, Joanna took a survival course.

It involved learning to cook your own food and finding your own way. "It was one hell of a challenge. I can tell you. I think I don't know me were a different person. I could do something like that. I imagine I lead this kind of life. I'm luxury sitting around with my nails painted every day."

"Well, I'm not like that. I'm secretly, I rather love the idea of shirt living. It was a great time experience. Stephen was surprised that I wanted to go. He knows the woman he married."

Joanna survived the experience. But next time she'll take one luxury along – Stephen. ☐

Interview by Marty
Main photograph by T...

Sunday

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REAL LIFE CRIME

It was just before dawn when muscleman vice cop Dennis Yaklich pulled his truck into the driveway of his home in Pueblo, in the American state of Colorado.

The temperature outside was a freezing 10 degrees below zero, it had been a long shift and Dennis was looking forward to warming up – and to celebrating his birthday. The date was December 12, 1985, and Dennis was 38 that day.

Inside the house that Dennis had built himself was his pretty wife Donna and their five children. But as he jumped from the driver's door of his pick-up, a powerful blast rang out, shattering the icy pre-dawn silence. A shot ripped through Dennis's jacket, through his back and slammed him against his truck.

Dennis made one courageous bid to reach for the police service revolver that was strapped tightly to his waist. But before he could draw his gun, another blast, coming from the bushes, tore through the darkness. Then another and another.

The burly 6ft 5in, 20 stone cop had won several bodybuilding titles, including the Mr Colorado title, which also earned him a friendship with movie megastar Arnold Schwarzenegger. Dennis rubbed shoulders with the future Mr Universe and actor at contests in the days before Arnie shot to stardom.

But his incredible strength – he could bench press a hefty 790lb – couldn't save him as five shots in all were pumped into him.

Inside the home, Dennis's family were awakened by the gunshots. One of his sons, Chris, grabbed a shotgun from the house and ran to the front door. But Donna, a former aerobics instructor, grabbed the boy and stopped him from rushing outside.

Donna, 30, hugged and cradled the weeping children for nearly an hour before calling help. At first light, though, she took charge and calmly called the police.

It looked as though Dennis – a tough, no-nonsense undercover drugs cop – might have been murdered by a criminal he'd arrested who was seeking revenge. For Dennis had once helped to make one of the state's biggest heroin seizures and over the years, he had made many enemies in the crime world.

Personally, however, Dennis seemed to be well-liked. He

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Dennis and one of his children, his daughter Vanessa

appeared to have a happy family life, and his bodybuilding skills had made him the pride of his family and the Pueblo police force.

So the police stuck with their theory about his tragic death – that the bloody ambush had been the work of organised crime. But officers spent weeks on the case and turned up nothing. They were completely baffled, but someone, somewhere had wanted Dennis dead.

The police got their big break when they received a tip-off. And it proved all their early theories to be wrong. As the mystery slowly began to unravel, it was to shock the townsfolk of Pueblo, and eventually the entire country.

On February 26, 1986, the cops received a call. The caller was a friend of a girl who was going out with

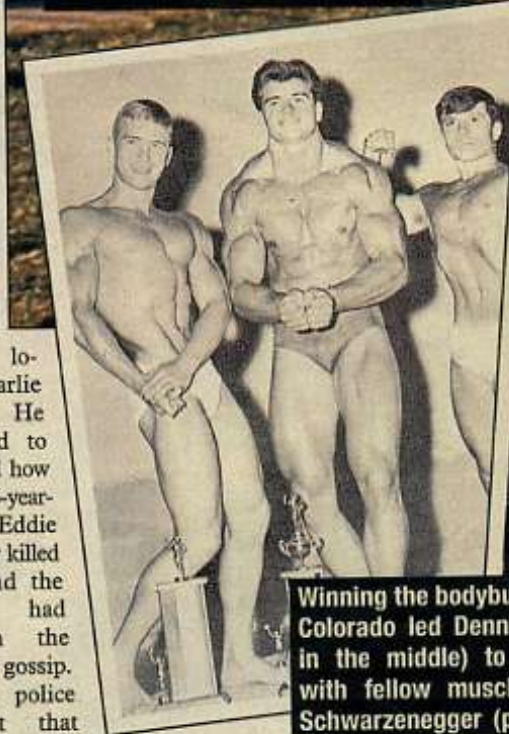
25-year-old local man Charlie Greenwell. He had boasted to his girlfriend how he and his 16-year-old brother Eddie had callously killed Dennis. And the girlfriend had passed on the shocking gossip. When the police found out that the brothers were actually neighbours of the Yaklich family, they were brought in for questioning and later arrested. That's when the facts about the Yaklich's relationship finally emerged.

All had not been well with Dennis and Donna's marriage. Dennis had been married before but tragically his first wife died in 1977, leaving him to raise their three children alone.

Then a year later, Dennis married Donna – a sexy,

BIRTHDAY GIFT WAS BULLET

Someone wanted muscleman and cop Yaklich dead – and they succeeded. Dennis died in a hail of bullets outside on his 38th birthday. Now the mystery story of who killed him – and why – has been made into a TV movie...



Winning the bodybuilding Colorado led Dennis (in the middle) to a friendship with fellow muscleman Schwarzenegger (pictured right)

athletic woman he'd met at a gym club – and they had a son of their own, Dennis Junior. But the couple argued constantly over money and Donna, who had a child from a previous marriage, had never been seeing other men.

Then, just before Dennis's death, it was revealed that his wife had accused Donna of stealing money from them and forging signatures. They'd reported forgeries to the bank and Dennis had decided to divorce his wife.

Dennis's brother Eddie



When Dennis stepped from his truck outside his home (left), he was shot five times. The killers had been hiding in bushes, waiting for the cop to return from his night shift



The TV movie is based entirely on interviews with Donna from her prison cell



came over to my house and told me, 'I hate to do it, but I gotta divorce Donna. She's breaking us up and she's running around on me.'"

After the murder, Donna had collected a £140,000 life assurance payout and she'd already spent a chunk of it by the time the Greenwell boys were arrested. She'd also left town to soak up the sun in Jamaica with a new love, lawyer John Giduck.

When she returned, Donna was shocked to find herself arrested and charged with first-degree murder.

She was going to plead not guilty and found the £200,000 bail money she needed to free herself. She moved to Denver with Giduck and began planning her defence.

According to the prosecution, there was no way Donna would allow a divorce. Instead, she began plotting to have Dennis killed for the insurance money. Then she enlisted the

help of Eddie and Charlie, the sons of neighbour Tom Greenwell. The boys agreed to carry out the killing after being promised a payment of £12,000 each.

Their father Tom knew nothing of the plan until after his sons' arrest. He says, "They told me that they had talked about the killing for weeks and Donna was insistent. The last week or two before the murder, she was demanding that my sons do it. Not asking them - demanding."

At first, Donna denied even knowing the Greenwell brothers. Then she said they were lying and that Dennis had actually arranged his own death by hiring Eddie and Charlie, because he'd wanted to die in a blaze of glory.

Then Donna changed her story again. She admitted hiring the Greenwells, but claimed she was a battered wife who was acting in self-defence, because she was afraid Dennis would kill her.

The police were sceptical. Gus Sandstrom,

the Pueblo District Attorney, says, "I don't believe Donna was battered. She had given three other defences before that even came up. First she wasn't guilty, then someone else did it, then it was suicide. She changed her defence every time she changed her lawyer.

"My favourite story was Dennis talking about committing suicide and going out in a blaze of glory! Finally, she became a battered wife. She said Dennis regularly lifted her up and slammed her against the walls. But I think her real motive was the most common one - greed."

At her trial, Donna stuck to her not guilty plea. And her lawyers portrayed her as a battered victim at the mercy of her abusing husband. She told the court Dennis used body-building drugs and that when he was

in a steroid-induced rage, he would beat her. She said she feared that if she left him, he would track her down and kill her.

The jury - 11 women and one man - accepted Donna's story and cleared her of first-degree murder. But she was found guilty of conspiracy to murder and sentenced to 40 years. Her case made legal history - never before had a contract killing charge been answered by a plea of self-defence. Now Donna, who's been in prison for six years, must serve at least another 14 years before she can apply for parole.

Charlie Greenwell got 20 years and Eddie got a 30-year sentence. They'd pleaded guilty to second-degree murder after doing a deal with the police to testify against Donna.

Detective Dan Snell says, "We checked out every lead. We talked to virtually everyone who knew Dennis and no one but Donna knew anything about the beatings."

Donna's last words to the judge were, "I still feel as though I had to do what I did." And now she's had another chance to voice her version of events - this time from her cell.

In a made-for-TV movie, *Cries Unheard: The Donna Yaklich Story*, which was shown in the US earlier this year, Donna stuck to her abused wife defence. Her part was played by former *Charlie's Angel* actress Jaclyn Smith. The movie was based entirely on prison interviews with Donna and has angered Dennis's family, his friends and also the police.

Dennis's brother Eddie hoped to enlist the help of the murdered cop's old pal Arnold Schwarzenegger to stop the film being shown - but his effort was in vain. "We approached Jaclyn Smith and told her we were unhappy about her playing Donna."

The film portrayed Dennis as a crazed, steroid-addicted husband, an accusation his family deny. And they also ask that if Donna was a battered wife, why didn't she seek help before resorting to his brutal murder?

Strangely, Eddie's ally in his battle to clear his brother's name is Tom Greenwell, father of Dennis's killers. Says Tom, "I have known Dennis and his family for years. Dennis was never abusive and nothing that has come out of Donna's mouth has any truth in it."

And Donna? She has appealed to have her sentence shortened and awaits the decision which will be made later this year. ☐

Report by Terry Willows



The trial of Donna, pictured left, in Pueblo, Colorado, made legal history. It was the first time that a contract killing charge had been answered by a self-defence plea



Cowgirls get the blues...

Left: Bra, £8.99; denim waistcoat, £19.99; leggings, £6.99, all from Etam. Espadrilles, £8.99, from Snob. Right: Swimsuit, £17.99; shirt, £12.99; skirt, £19.99, all from Etam. Boots, hats, belt, models' own. All jewellery from Etam

Home on the range...

Left: Lacy body, £15.99; ecru rib dress, £29.99; hat, £8.99, all from Etam. Wooden-heeled mules, £21.99, from Snob. Right: Cream top, £5.99; waistcoat, £16.99; blue blanket skirt, £19.99, all from Etam. Espadrilles, £8.99, from Snob. All jewellery from Etam

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Sunday

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Lazy river ladies...
Left: Bikini top (part of set), £16.99; shirt, £12.99; shorts with belt, £17.99; hat, £12.99, all Etam. Boots, bandana, model's own.
Right: Bikini top (part of set), £16.99; waistcoat, £16.99; leggings, £6.99; jewellery, all Etam. Boots, £24.99, Snob

GIRLS

Etam

Girls in the know are looking to the prairie for inspiration this summer. But Sunday readers won't have to look further than Etam who can dress you from head-to-toe in the best of the West. And it needn't cost you a penny, because we've rustled up £25,000 of Etam vouchers to give away ▶▶▶▶▶▶

Photographs by Brendan O'Sullivan. Fashion by Juliet Gerson. Hair and make-up by Marie Carne

SUNDAY is
always at
the frontier
of fashion



Southern belles...
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Right: Shirt, £17.99; jacket, £29.99; skirt, £19.99, all Etam. Shoes, £8.99, Snob. Jewellery, scarf, Etam. Snob and Etam stockists: 071-437 5655

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WELL DONE! February 13 Spot winner, Mrs J Baker, Dublin.



Michael Palin gets taken for a ride. Enter our competition and you will be going places.

REAL LIFE STORY

Caring for six children isn't easy for a lot of parents. However, Brian and

Teresa Williams have an added problem – they're both blind. The couple talk to Pippa Silbey

Teresa and Brian Williams will share out the Easter eggs among their children next weekend just like thousands of other parents. But, although the eggs will have been chosen with love and care, the couple will not be able to see the expressions of delight on their kids' faces.

Yet such a drawback is simply part of their normal daily lives – and they wouldn't change things for the world.

"We were never worried about coping with children – we left that to the rest of the world," says Teresa. "Our families were very unsure and the doctors were wary.

"There are also plenty of people, mostly strangers, who have told us we are disgusting and that we shouldn't be allowed to have children. But you just have to feel sorry for people who think like that."

Teresa was born blind. The 48-year-old suffers from optic atrophy which can be hereditary, though no one else in her family was affected. Her children had to be tested when babies but were all cleared.

Brian, 41, who works for the London borough of Southwark as a social worker for the blind, lost his sight in an accident when he was five years old. A geometrical compass pierced one eye which became infected and, in turn, affected the other eye. They both had to be removed and were replaced with glass eyes.

In spite of their handicap, both succeeded well at school and college and held jobs as telephonists before marrying 16 years ago. A year later, their first daughter Jane, now 15, was born followed by Danica, 13, Becky, 11, nine-year-old Nigel and, on October 15 last year, twins Christopher and Matthew.

The couple, who live in South London, had planned to have four children but nearly two years ago Teresa discovered to her surprise she was pregnant. Sadly, she lost the baby at



LOVE IS BLIND

Our six kids are heard but not seen

16 weeks. After that, she could think of nothing else except having another child – and she ended up having twins.

And now Teresa and Brian try to get on with leading as normal a family life as possible.

"Perhaps the biggest difference for us is that when you're blind, everything is that much more time-consuming," says Teresa. "For instance, things like sorting out the washing can take ages as we work out what belongs to who.

"General cleaning is hard – if you can see, you just look at the floor and clean where it's dirty. But we have to clean everything. That's why our house is always such a mess because I just haven't got enough time to do it all."

The older children help with the chores, of course. "They'll also lend a hand with the food shopping, though I still rely on friends or shopkeepers to advise me on my clothes," explains Teresa. "When our mail arrives, we ask one of the kids to try to identify what it is from the envelope. If it's something we don't want

'There are plenty of people who've told us we're disgusting'

them to read we put it aside a friend or neighbour might

"It means you have no receipts although bank statements, electricity bills are now in

Though twin baby Christopher more than a pound lighter than the other, it's difficult even for me one of them, I knew which arm.' But as soon as I saw me one of them, I knew which arm. It's just some kind of instinct.

"I'm probably much more patient with my babies because a sighted mother can smile at her child, I can't. Therefore, I have to give them a lot of cuddles and lots of kisses.

Teresa believes that her older children are tougher than Brian do, often showing other people a better understanding.

"Schooling has probably been our biggest problem," says Teresa, "because we can't see our kids with their reading and so we expect the schools to

"Even when Jane was months old, she wanted to read and that was hell. She'd read the house and ripped up a

because we couldn't read and she became so frustrated.

"Eventually, we contacted an association for gifted children because we believed she was but we just didn't know how to ask. Two representatives came and put labels on every tap in the house – taps, cupboards, when Jane asked what they were we could tell her. And that's how she learned to read.

"It's also very hard for them when they bring something home from school, a picture or a card that they're really proud of. I think that hurt us more than anything but Jane once wrote in an essay, 'How would you feel if you worked hard and taken home for your mum but she can't see it?'"

Brian and Teresa do their best to support their children even when it may seem pointless. Says Teresa, "I always turn up for their school plays and concerts even if they're a crowd and we wouldn't be seen from Adam. We want to be supported and, besides, we wouldn't miss it for the world."

Photographs by Paul



Parent aid: the Williams children lend a hand with all the daily chores from ironing and cleaning to sorting out bills



Welcome to my garden

Let top TV gardener Anne Swithinbank take you on a tour of News of the World's showpiece, at the International Spring Gardening Fair

Easter is the time of year when even the most reluctant gardeners step outside to discover what's growing.

This year, the News of the World can give you some spring inspiration. We've designed a garden full of the latest ideas, plants and gadgets – and you can visit it at the International Spring Gardening Fair, held at London's Olympia from next Thursday, March 31, until Easter Monday, April 4. It costs £9 a day for adults, £3 for children. An afternoon ticket is £5 for adults, £3 for children. A family ticket (two adults and up to three children) costs £20 per day.

At home I like to throw the doors

open in summer and treat our garden very much like an extension of the house. Whenever the weather is kind, we prefer to be outside, playing, working and sitting down to eat. So many gardens aren't used to their full potential like this. So we've set out to bring as many ideas as possible together in the one plot, to show visitors how to get the best from their gardens. Designed by Trevor Davis and Philip McDonald of Studio Plantscapes, our garden will meet all the needs of an average family.

As the plants were being removed from last year's show, Trevor and Philip were already planning this year's showpiece. "Believe it or not, we actually end up with just two days before the show opens to produce the

perfect garden," says Philip.

Visit us on our stand and you'll find lots of treats. Gardening expert Barbara Segall will be there to help answer any queries you might have. Her new book, *The Herb Garden Month-by-Month* (David & Charles, £14.99), has just been published (see offer on p31). Barbara's also planted three pots of herbs for us using everyday herbs like rosemary, sage, thyme and marjoram to the more exotic feverfew and cotton lavender.



Sage: one of the plants used in Barbara's three pots of herbs

The Vernon Geranium Nursery are letting us have over 2,500 rooted cuttings to give away. So if you're one of our first 500 customers each day, you'll get a free Ice Crystal geranium to grow.

Now come with me on a tour of our garden...

OPERATION BREAST CANCER

Early detection and then treatment of breast cancer, which is the commonest form of the disease in women, is vital. It could save your life. One woman in 20 will get it at some time. About 25,000 cases are diagnosed every year in the UK and 10,000 of those are fatal. Don't be one of them

Breast lumps are so common, just about every woman will notice one or two at some time in her life. But, in 90 per cent of cases, they are harmless, so never be afraid of going to your GP to have them checked.

And if your worst fears are confirmed, you'll be glad the cancer has been caught before it can spread. The earlier a malignant (cancerous) lump is detected, the smaller it will be and therefore the simpler the treatment that will be needed to cure it.

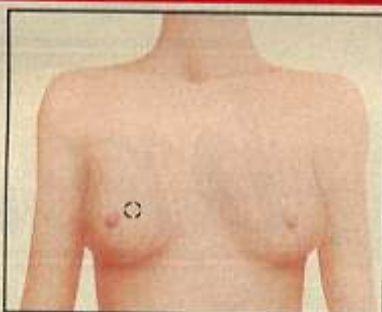
THE BREAST TEST

Do this self-examination during the week after your period, every four months. Strip off and check for alteration in size, shape and texture of your breasts by doing the following:

- Look at the general appearance of your breasts in the mirror. Has the skin dimpled or creased?
- Put one hand above your head to feel for lumps in the breast on that side with the other hand. Repeat on the other side.
- Gently squeeze each nipple in turn to test for any slight discharge.
- Lie on your back with one arm flat at your side. With the palm of the other hand, feel around the outer part of the breast in a clockwise direction.
- Move your resting arm behind your head. Use your palm to check the inner part of the breast.
- Now repeat on the other side.

ACTION PLAN

Lumps often form in the breasts during the week before a period. They are usually temporary and no cause for alarm as they are harmless. In women under 40 who get them regularly, they are nearly always benign (non-cancerous). But if they last through two periods on the trot, get your GP to check them out.



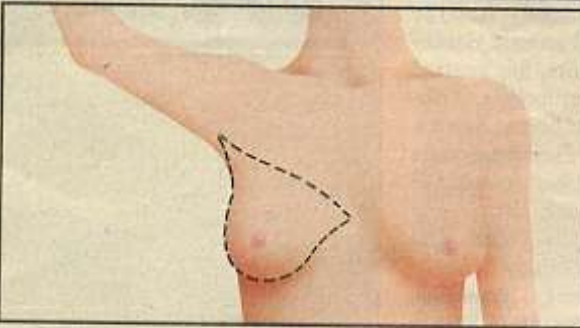
● **LUMPECTOMY** The area of cancerous tissue is all that is removed, the breast's appearance is not affected



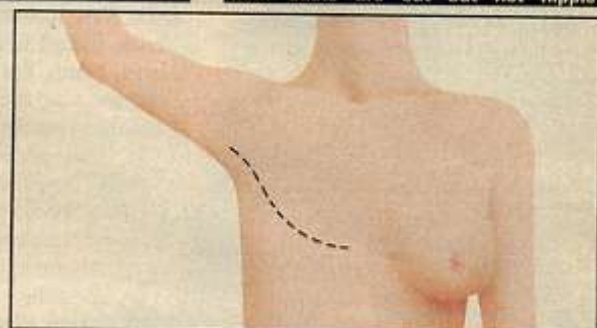
● **QUADRANTECTOMY** Cancer and tissue wedge, sometimes lymph nodes in armpit, cut out. Breast is a bit smaller



● **SUBCUTANEOUS MASTECTOMY** Cut is made under breast and tissue removed. Milk ducts are cut but not nipple



● **TOTAL MASTECTOMY** First a large elliptical incision is made which includes the nipple. The breast, down to the chest muscles, is removed. A scar is left and you can choose to



wear a prosthesis or have a silicone implant inserted. I can't stress how important it is for the woman's partner to be fully supportive at this time and give her constant reassurance

In most cases, they are due to fluid retention or hormone fluctuations causing cysts in the breast tissue. These lumps are usually small, slightly tender and move around when you touch them.

It's only possible to distinguish these from other benign lumps or cancerous ones by examination using an X-ray of the breast tissue (mammograph) and removing a small sample of the lump for tests (biopsy).

EARLY WARNING SIGNALS

Go straight to your doctor if you notice any of the following:

- New lump appears.
 - Long-standing lump changes size, shape or texture.
 - Discharge, especially if blood-stained, from nipple.
 - Your breast changes size or shape.
 - Skin over a lump starts to crease or look like orange peel.
- If you have a family history of breast cancer, have regular check-ups at a Well Woman or family planning clinic.

TREATMENTS ON OFFER

Breast cancer doesn't only affect a woman physically. Her view of her own femininity and sexuality can be

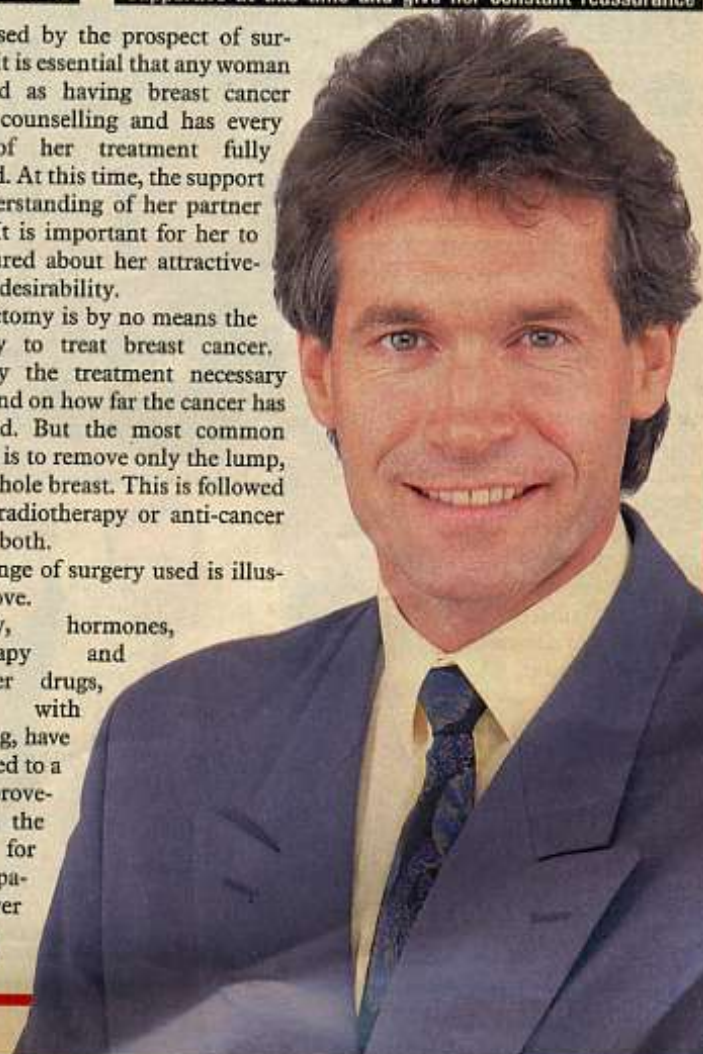
traumatised by the prospect of surgery. So it is essential that any woman diagnosed as having breast cancer receives counselling and has every aspect of her treatment fully explained. At this time, the support and understanding of her partner is vital. It is important for her to be reassured about her attractiveness and desirability.

Mastectomy is by no means the only way to treat breast cancer. Obviously the treatment necessary will depend on how far the cancer has progressed. But the most common approach is to remove only the lump, not the whole breast. This is followed up with radiotherapy or anti-cancer drugs, or both.

The range of surgery used is illustrated above.

Surgery, hormones, radiotherapy and anti-cancer drugs, coupled with counselling, have contributed to a vast improvement in the outlook for cancer patients over recent years.

Be on the lookout for lumps – early detection can lead to a complete cure



Take a break at the doc's



BERRY NICE B&B

Fans of ITV's Heartbeat will recognise Sandra and Keith Simmonds' bed-and-breakfast, above, as Dr Kate Rowan's surgery. And the series, filmed in and around Goathland, North Yorkshire, has boosted business at the picturesque, 19th-century sandstone home. Sandra, 33, also praises Heartbeat stars Nick Berry and his screen GP wife Niamh Cusack, left. "Nick's really nice and Niamh is very chatty." Glendale House, Goathland, North Yorkshire (0947 86281), costs £16 per person per night.

DALES' DELIGHT

Remember the country vets in All Creatures Great And Small enjoying a tippie at The Drovers Arms in Darrowby? The real-life local of TV's James Herriot and the Farnon brothers, below, is The King's Arms Hotel in the Yorkshire Dales village of Askrigg. Pictured right, the Grade II listed building was built in 1760 and still retains its traditional character. The hotel's back parlour appeared in the series for interior shots while the bar fitted the bill perfectly, as the original saddle hooks in the ceiling were used by the film crew to hang all their lighting equipment.



Says bar manager Mac McArdle, "The show is still shown in America, Japan, and even Russia, so we find we get a steady stream of foreign visitors to the hotel." The King's Arms Hotel, Askrigg, North Yorkshire (0969 650258). The price for a double room starts from £35 per person per night.



PRACTICE MAKES PEAK PERFECT

Viewers who followed the dramas of Peak Practice's Dr Jack Kerruish in the village of Cardale, fell in love with the spectacular setting of Derbyshire. Now you can follow in the doctor's footsteps by staying at his Peak District home - Melkridge House, above, in Crich. Actor Kevin Whately, right, won't be there to administer his bedside manner but you can still soak up the atmosphere of the house, set in two acres of grounds.

The screen home of Jack's GP partner Beth, who's played by Amanda Burton, is Archway House, also in the village. Crich Foodmarket is the bank. John and Phyl Cousins even

named their chippie after the traditional village - The Cardale Chip Shop. Says John, "I know what to call it so we have the name to the program and it's been visited by Kevin Whately and crew several times."

Not surprisingly, Kevin Whately fell in love with the Peak District village brought up in Northumbria, which is very similar to Derbyshire, so I feel very at home here," says. "On my time off, I take long walks around the village. I've explored the more remote spots in the Peak District. Melkridge House, Crich, Derbyshire, costs from £154 for three nights. For more information, contact Country Cottages on 0328 8640

FAVOURITE SHOW



Did the beauty of the country house, used by Kevin

Whately and his fellow GPs from IIV's *Peak Practice*, captivate you? Well, now you can take a real-life trip into TV land and stay at some of the small screen's most stunning set locations. Steve Clark, who's written *The British Television Location Guide**, checks into the best establishments on the box for Sunday



A RENÉ RETREAT

Fans of 'Allo 'Allo should visit Lynford Hall in Norfolk. For the cobbled courtyard of the 19th-century, mock-French chateau was the site of Nouvion's shop fronts including Café René, while the main entrance was the exterior of Gestapo boss Herr Flick's HQ.

Now you can stay at Thetford Forest Motel at Lynford Hall, which means you can book the room above the Café René, or at the executive suites that are used by Gorden Kaye and his co-stars.

Owner Gerald Rand is happy to show fans around the 'Allo 'Allo locations. He says, "It was absolutely marvellous working with the team for 10 years and when the series ended, it was like losing a family."

Thetford Forest Motel at Lynford Hall, near Thetford, Norfolk (0842 878351).

The price for a double bedroom is £30 per couple per night. Included in this price is breakfast.



Filming the front of Herr Flick's HQ



The courtyard is the café's exterior

René, right, is no stranger to Lynford Hall, above



FRAGRANT DAYS

Retrace the footsteps of *The Camomile Lawn's* Felicity Kendal and Paul Eddington, right, by checking into Broom Parc, the Edwardian cliff-top house used in the series. The B&B hotel, above, in Cornwall is National Trust-owned but run by Keith and Lindsay Righton. Filming took place in 1991 before the house was open to visitors. It was redecorated three times to reflect different periods in the drama. Says Lindsay, "We're very happy here, although some people might not really fancy living on a cliff-edge in the teeth of a gale."

Broom Parc, Camels, Veyan, Cornwall (0872 501803). Prices from £18.50 per person per night.



As EastEnders' Bianca and Natalie, they're the devious duo who finally turned the tables on Richard "Tricky Dicky" Cole. They broke into the market in

spectator's flat, ran up bills on his credit card and nearly gave him a heart attack with a fake pregnancy scare. All because he'd unceremoniously dumped 16-year-old Bianca, the latest in a long line of women who'd fallen for his smarmy patter.

Off-screen, the actresses who play the terrors of Albert Square are just as pally – and nearly as naughty. Says 21-year-old Patsy Palmer, alias ravishing redhead Bianca, "We spend a lot of time together but we never get on each other's nerves. We're just like Bianca and Natalie in that we laugh ever such a lot, though I wouldn't do half the things that Bianca does."

Patsy and Lucy Speed, who's cheeky Natalie, had never met before being cast in the BBC soap. But 17-year-old Lucy adds, "We're always having a giggle, especially when we've just done something bad to Tricky Dicky. We enjoy tormenting him because he deserves it."

"It was great fun running up his credit card bill. Even when filming stopped, we were still laughing. People think our giggling is in the script, but it's just us."

Both are seasoned actresses who went to

stage school and have appeared in several TV roles. But they were still daunted by EastEnders. Says Patsy, "We were fans before we came into the series so felt a bit nervous about joining the cast, although everyone has made us feel very welcome."

"I get lots of letters, mostly from teenagers asking for a signed photo, and a few people have stopped me in the street. But no one has been nasty yet or actually thought I was Bianca."

Off-screen, the girls' big mate is Mr Sneaky himself, 37-year-old actor Ian Reddington. "It's true," exclaims

Lucy. "We may loathe him when he's Tricky Dicky, but off-camera, Ian's a great bloke with a good sense of humour. He makes us giggle all the more."

The pair see little of each other outside work because of the distance between their homes. Patsy lives in Bethnal Green, East London, Lucy in Croydon, Surrey. But both have good

social lives away from work. Says Patsy, "I have quite a big group of friends. A few are actors but the rest are people I grew up with. We love going to clubs, such as the Epping Forest Country Club in Essex. And I like going to restaurants,

especially Italian ones. I hate tiny portions of fussy food, that's why I go to Quaglino's in London's West End, because they do huge bowls of chips and mashed potatoes."

Lucy loves a night on the town with her mates, too, but has a steady boyfriend, 19-year-old apprentice plumber Stuart Luckett, who she started going out with last year. She says, "We've known each other for years, but didn't get together until one of my friends was going out with his mate and the two of us went on a proper date."

"He's very proud of me getting the part in EastEnders. But he's laid back about it which is great because I don't want to talk about work all the time. It's too early to say if we'll get engaged, but I would like a family one day."

Patsy hasn't been as lucky in love. "My relationships haven't been

all that good. Well, one I'm not saying I was bad, wasn't very pleasant." Patsy had to act the mother-to-be to frighten was a role for which she on her own experiences.

Patsy met her ex-lover window cleaner who's through friends when she knew the EastEnders star name, Julie Harris, and romantic holiday in Thailand when she was 18. A few later, Patsy was pregnant. Birth to Charley, who's now the couple split up when he months old.

So the actress decided to

We enjoy tormenting Tricky Dicky because he deserves it

Duped by a whopper, Mr Sneaky comes a cropper

TOO TRICKY FOR DICKY!

Few folk had ever got the better of EastEnders' Mr Sneaky, Richard Cole – then came bad girl beauty Bianca and best pal Natalie. TV's terrible twosome tell Fiona Webster about their antics on and off-screen





**Lucy, left,
and Patsy,
below,
admit,
'We
giggle
most of
the time,
so people
think it's
in the
script, but
it's just
us'**

move back to her parents' Bethnal Green home so her mum could help raise Charley. "It was safer than being on my own," says Patsy. "Also, it's easier not having to trek over to my mum's to leave Charley there before I go to work."

It's obvious that he's the main man in her life. "I chose the name Charley because he looks like one, very cheeky and cheerful. He's got lovely white hair and a big smily face. Charley's really clever and sociable, he'll talk to anyone. I get home at about 6pm which is great because I can bath him and put him to bed myself."

"There hasn't been anyone serious since I had Charley," says Patsy. "But I'm happy to be like that. I think I'm better off really."

"I don't have an ideal man. I think, just as long as they are nice, it doesn't matter what they look like."

Both girls started acting early in life, even though neither comes from a showbiz family. Lucy's dad works for an insurance company, while her mum works for Social Services. "My dance teacher suggested to my mum that I try to make a career in acting

and I did a few adverts," she explains.

At seven, Lucy beat hundreds of hopefuls for a role in award-winning National Theatre play *Neptune* and she's never looked back. "I've done lots since then, including parts in *The Bill* and in the series *Rides*. But *EastEnders* is the best-known thing I've done. My character Natalie is very unlike me - she's more daring, but she's likeable."

Patsy says, "I got into acting by accident. When my mum took my brother Albert to an audition for *Joseph And The Amazing Technicolor Dreamcoat*, I tagged along and got in the wrong queue. The next thing I knew, I was in the chorus - and stayed there for two years."

"I went to the Anna Sher stage school in North London and Albert also attended, but he gave up after the first day. He said everyone was mad and talked to themselves. That's because they show you a box and you have to imagine it's a person and argue with it."

"I've done lots of roles since then but I'm usually offered Bianca-type roles - tarts! I just hope people don't think I'm like that in real life."

The actress found a common link with Albert Square - street markets. "My stepdad Ted used to work in markets and he knew Peter Dean, who played Pete Beale, from Chapel Street market in Islington. I used to help out on a stall, too, on East Lane market in South London, so I know all the patter. It was hard work but good fun."

"I'm happy in *EastEnders*. But I'm keeping up my acting classes and still go to weekly sessions at Anna Sher's when I can. I don't have any long-term plans. When you have a baby you change and your ambitions are for them. Although I do hope to see Bianca serving at *The Queen Vic*. But no doubt, she'll cause loads of trouble and muck it all up." □

**Main photograph
by John Rogers**

Net yourself a fishy feast



Floyd's Plaice with Cheese Stuffing

I love a fish dish with a twist. And this one will please the palate of any fish lover. Plaice is delicate in flavour and will complement, rather than compete with, the tasty cheese stuffing.

When you buy the plaice, make sure it hasn't been frozen, for fish can lose texture if it has. You need good, firm flesh to avoid it crumbling during cooking. Fresh plaice is available all year round but is best from November to April. Try to get a good 6oz (150g) portion per person.

The fruity, souffléed dessert is perfect to follow the fish. It's best to serve it hot, straight out of the oven while it's still fluffy and risen. The beaten egg white makes it rise, so try to fold it in gently. If you mix it in with vigour, the air will escape and the soufflé won't rise. However, should the soufflé cool and reduce before serving, don't worry – it will taste just as delicious. Or sprinkle it with caster sugar and pop it back in the oven for 2 minutes. Delightful!

NEXT WEEK'S SHOPPING LIST

For Lamb with Parsley Dumplings, you will need: 2lb (1kg) leg of lamb, carrots, onions, butter, lamb stock, mixed herbs, bay leaf, plain flour, double cream, white breadcrumbs, beef suet, parsley, lemon, eggs.

Most items can be bought at...

ASDA
Family Value



PLAICE WITH CHEESE STUFFING TO SERVE 4 COSTS £6.05.

CALORIES PER PORTION: 496

- 4 plaice fillets
- Juice of ½ lemon
- 3tblsp flour seasoned with salt and ground black pepper
- 5oz (150g) full-flavoured hard cheese, grated
- 3oz (75g) fresh white breadcrumbs
- 3oz (75g) flat-leaved parsley, finely chopped
- 2 eggs, size 2

1½oz (40g) butter

Parsley sprigs and lemon slices to garnish

Preheat the oven to 190°C/375°F, mark 5. Wipe the fish fillets, with the lemon juice and dust with the seasoned flour. Set aside.

Next, prepare the stuffing: together 4oz (100g) grated cheese, 2oz (50g) breadcrumbs and the chopped parsley. Lightly beat one egg and use to bind the mixture. Add the butter, with salt and freshly ground black pepper. Divide the stuffing into 4 portions, then spread evenly over the fillets. Carefully roll up, securing each fish with wooden cocktail sticks. Lightly beat the remaining egg and brush over the rolls to prepare for coating.

Mix the remaining grated cheese and breadcrumbs and coat the rolls with the mixture. Place the rolls in the greased ovenproof dish. Heat until melted, then pour over the remaining egg. Bake in the preheated oven for 10 minutes, or until the fish is cooked and the coating is golden brown. Remove cocktail sticks. Garnish with parsley sprigs and lemon slices. Serve with boiled or oven-cooked potatoes and freshly cooked vegetables.

SOUFFLÉED PLUM TART

SOUFFLÉED PLUM TART COSTS £2.97.
CALORIES PER ¼ TART: 768

- 12oz (350g) shortcrust pastry
- 12oz (350g) plums, stoned and quartered
- 1½oz (40g) butter, softened to room temperature
- 1½oz (40g) caster sugar
- 1 egg, size 2, separated
- 3oz (75g) fine semolina
- 3fl oz (85ml) double cream
- 2fl oz (60ml) semi-skimmed milk
- Caster sugar and ground cinnamon for dusting

Preheat the oven to 200°C/400°F, gas

mark 6. Line a pie or flan dish with the pastry. Arrange the plums in circles on the pastry. In a large mixing bowl, beat together the butter, sugar and egg yolk until fluffy. Stir in the semolina, double cream and milk. Beat the egg white until stiff and gently fold into the mixture.

Pour mixture over the plums and pop the dish in the preheated oven for 25 minutes, until the pastry is golden and the soufflé is firm. Dust with caster sugar and ground cinnamon. Serve immediately with cream or ice cream.





MYSTIC MEG

Your Stars For The Week Ahead plus your own secret Key To Destiny

★ **ARIES** MARCH 21 TO APRIL 20

Love can't unite hearts while suspicion is smouldering so get the facts and you will see so clearly what your next move must be. Do beware of a man with fat fingers and false promises about cash. *Destiny is driving up to your building in yellow van.*

★ **TAURUS** APRIL 21 TO MAY 21

A power moon pushes you to switch to a healthier way of living - then your mind will be clear, your nerves strong enough to make a bold move. In love, a rebel's wild passion hides a tender heart. *Destiny sees group of friends winning cash prize.*

★ **GEMINI** MAY 22 TO JUNE 21

Shivers of surprise snake down your spine when you discover who is so attracted to you - only start this relationship if you're ready for intense passion, and problems. Work tangles will unwind in your favour. *Destiny sees rollerskates tied with ribbon.*

★ **CANCER** JUNE 22 TO JULY 22

A power moon rips away the falsity that's made home moves difficult. Yes, certain people will be shocked at how strong you can be. Conversations about education do change love relationships in the right way. *Destiny sees numbers set in silver circles.*

★ **LEO** JULY 23 TO AUGUST 23

An emotions boiling moon flushes out the real feelings in a family - you won't like all you hear, yet it leads to better times. You have a new, exotic love-style that is so attractive to "A" and "R". *Destiny sees a musician's smile in a healthfoods store.*

★ **VIRGO** AUGUST 24 TO SEPTEMBER 22

A tricky moon tempts you to conceal the truth about cash - please don't. But love temperatures rise in such rewarding ways. Lock your lips when loose talk threatens a family get-together, though written words spark luck. *Destiny sees a bride in pink.*

★ **LIBRA** SEPTEMBER 23 TO OCTOBER 23

Now you can break free from a situation that has held back your happiness. And if you're a job searcher, "M" and "J" will be so lucky for you. The planets of love and imagination clash and stir unusual passion. *Destiny brings a boxing star into your life.*

★ **SCORPIO** OCTOBER 24 TO NOVEMBER 22

Take that snake of jealousy out of your mind before it crushes love - you are so close to true commitment. Work surprises can double your income though this could also fuel family criticism. *Destiny shows a pair of eyes so like yours in a new face.*

★ **SAGITTARIUS** NOV 23 TO DEC 21

Planet hurricanes shake your love life and no secret is safe. Yet this can spark true passion, too. A well-built man strides into your home and takes worry away. But do not be rushed into baby v work decision. *Destiny sees your name on the TV screen.*

★ **CAPRICORN** DEC 22 TO JAN 20

The good feelings that have been missing from your home will return, and an old woman turns helpful. But love choices are tricky when sweet security is challenged by reckless new attractions. *Destiny sees your name being put into a special box.*

★ **AQUARIUS** JAN 21 TO FEB 18

Risk speaking from the heart, instead of smart talk, to get a relationship moving. If you are looking for love, you'll meet a man in a place where videos are sold. An empty space in a family will be filled. *Destiny shows you with a group of three cats.*

★ **PISCES** FEBRUARY 19 TO MARCH 20

Be sure you see the difference between helping and hijacking problems someone else needs to solve. A conversation seems to be about music holds love together. Careful! A tricky moon tempts you to be crazy with cash. *Destiny spells out "Mystic Meg".*



Phone Mystic Meg's New Starline



ARIES Is possessiveness hiding a treasury of passion?
0891 300 381



TAURUS Woman in red uniform plans to change you
0891 300 382



GEMINI How a place full of clothes can influence love
0891 300 383



CANCER Whispers in a bookshop start magic moves
0891 300 384



LEO Aeroplanes and two photographs lead to legacies
0891 300 385



VIRGO Could the gentle approach reveal home truth?
0891 300 386



Mystical astrology was born in the secret writings of the pyramids and temples. And now this Ancient Egyptian oracle sees into your future



LIBRA How you can totally remake your own life
0891 300 387



SCORPIO How picture of a pet turns to golden
0891 300 388



SAGITTARIUS Why have strange new love partners
0891 300 389



CAPRICORN Who opens the door to new kind of job
0891 300 390



AQUARIUS What happens to you to owner of many homes
0891 300 391



PISCES Who is going to give you life and love tests
0891 300 392

NEW TAROT
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STARLINES AND PERSONAL TAROT LINE cost 39p/min cheap rate, 49p/min at other times. (UK)

From Ireland: Starlines 1550 151 380 and the Personal Tarot 1550 151 155
Ireland: 44p/min cheap rate, 58p/min other times

TAROT CARDS ARE DESIGNED BY CAROLINE SMITH

MESSAGES FROM BEYOND THE GRAVE: MICHELLE OF BIRMINGHAM - MISSING LID OF ANTIQUE IS IN OLD SPORTSBAG JOHN OF YORK - ONLY GOOD LOVE MEMORIES EXIST NOW. SHEILA OF GLASGOW - BABY KNOWS THAT YOU LOVED HER