

MAULED
as I was
grieving



I RISKED MY LIFE
for the perfect bum!



Cheeky!

3 MAY 2018
ISSUE 18

LIFE! DEATH! PRIZES!

Chat



**My man moved
in with his
mistress...**
and I didn't notice!

**PLUS
CRACKING
CRIME**

SICK ATTACK THEN...



**Miracle
baby
by
my**

RAPIST

**The moving reason
we married
again...**
Tearjerker!



MISSING-TOT MYSTERY

**What was
Mummy
hiding?**



**Secret
dates
with my
abuser**

“ ROSACEA NO LONGER DEFINES ME ”

- Becky Osborne

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Chat Come on in!



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PUZZLES**

See page 56 for details



DON'T LOOK

DOWN!

This rare red squirrel is really living life on the edge! Reds usually like to hide

away in the tree canopy – but as pine cones are their favourite food, perhaps this tasty snack will be worth the perilous climb out in the open? Unless he plans to squirrel his dinner away?!

● *If you'd like to find out some really nutty facts about these cute little rodents, go to lifedeathprizes.com and search 'squirrels'.*

CELEBRITY SPIN

Do you know which celebrity we've put in a twist? Here's a clue to help: This very posh stand-up has appeared in *Fresh Meat* and *Bad Education* – and has also made shows with his dad!

Take a look at the picture on the right and see if you can work out who it is.



Puzzle 1
£50

Your answer:



Bit on the side

- 21 Chicken tikka masala
- 27 Kind skincare
- 33 Sweet treat
- 39 Chat meal deal
- 55 Mules

CASH for your story!

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

COVER PHOTO: ISTOCKPHOTO. PHOTOS: GETTY, REX

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TELL US YOUR STORY

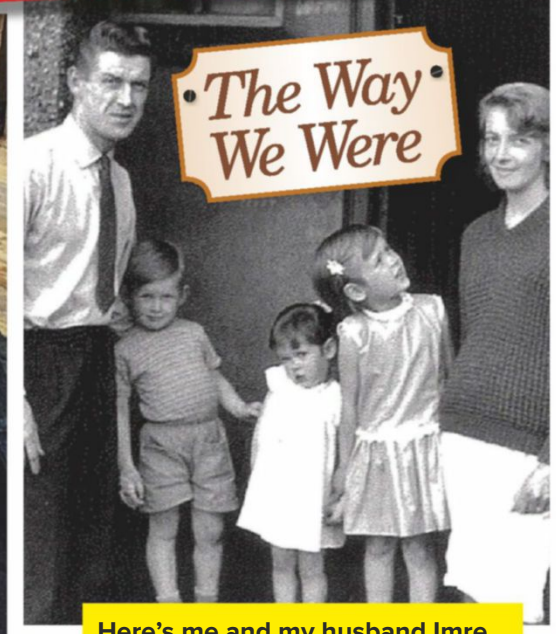
WE PAY YOU £££

• E-mail a brief outline of your story, plus photos, to the address above and one of our trained writers will get back to you.



Bumper cars

I let my daughter Rosie take the wheel at the fairground. Never again!
Angie Cotier, Colchester, Essex



The Way We Were

Here's me and my husband Imre with our kids in the 60s. Steven is pinching his sister Jayne and Ann is trying to tell me! Luckily they're all best friends now.
Christine Hamori, Manchester



Potty pets

Our lovely retired greyhound Emma looks like she's had one too many. She was actually waking up from a nap!
Lorna Lawrence, Eastbourne

Wee boy...

This cheeky chappy was at a theme park in Holland. The kids found him hilarious. Not me - I got caught in the jet stream...
Margaret Rymer, Much Wenlock, Shropshire



OVER TO YOU



PIECES OF CAKE!

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



This week's puzzle was compiled by

Ann Marshall, Washingborough, Lincolnshire

1	2	3	4
2			
3			
4			

- ACROSS**
- 1 Pointed part of wire
 - 2 Region
 - 3 Use a knife on
 - 4 Catch sight of
- DOWN**
- 1 Lower part
 - 2 Painting, sculpture, etc
 - 3 Gather in crops
 - 4 Very young child

Your answer:

Puzzle 2
5x
£25

TO ENTER Turn to page 56 for details.

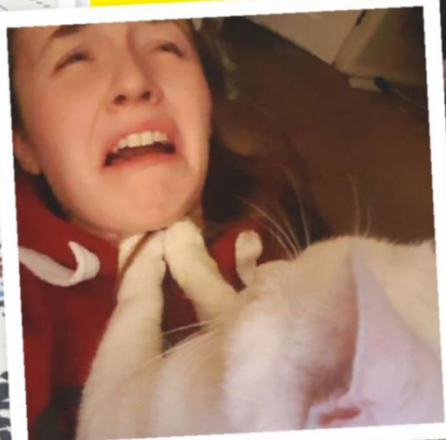


Smiles all round

Me and my mum Molly had a great laugh on the Comedy Carpet at Blackpool Promenade.
Melanie Lodge, via e-mail

Crazy cat

This photo of my daughter Summer Barrow, 21, getting playfully attacked by our cat Jinxsy always makes me laugh!
Joanne Copeland, Chorley, Lancs



DON'T I KNOW YOU?

Seeing the *Strictly Come Dancing Live* Tour at the O2 was amazing! And I got to meet Dame Darcey Bussell who's lovely!
Tina Saunders, Crowborough

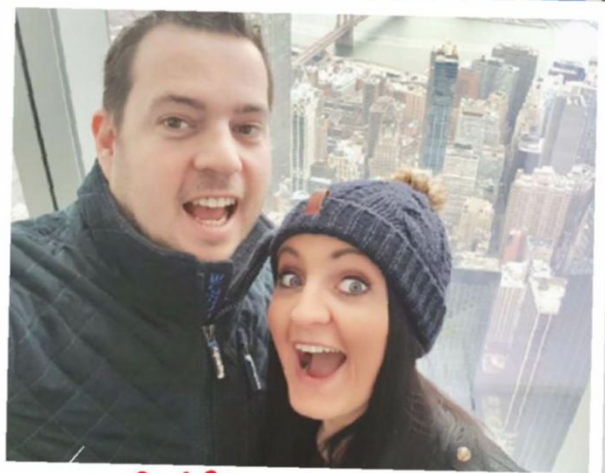


My favourite

PICTURE!



Hands down this is my favourite photo of me and my beautiful wife on our wedding day in Kos. It sums up the day perfectly – sunshine, fun and lots of love...
Richard Adams, Halesowen, West Mids



Selfie stars

What amazing views my fiance Jon and I witnessed from the top of the One World Observatory on a recent trip to New York.
Leanne Hopkins, Beddau

Bliss!

I've been reading *Chat* for years – as you can see by this picture of me in Tenerife back in the day. I still won't go away on holiday without it.
Annie Davies, Warrington



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I KEPT MY RAPIST'S BABY



A beautiful gift born from something evil...

By Jennifer Christie, 42, from Virginia, USA

Juggling my laptop under one arm and a bag of snacks under the other, I fumbled in my pocket for my room key.

It was January 2014, and I was away on business as a sign-language interpreter.

My husband Jeff, 38, was at home with our kids Julia, 16, Spencer, 14, Mackenzie, 11, and Noah, 8.

I'd been away for a week and missed them all like crazy.

But, thankfully, this was my last night at the hotel, before I made the four-hour journey home.

Only, unlocking the door, I felt someone behind me.

Turning around, I saw a young man in his early 20s.

I wondered if he was lost or had the wrong room.

Suddenly, he punched me hard in the face.

I fell to the floor, dazed.

The next thing I knew, I was lying on my front and my attacker was tugging down my trousers.

Then everything went black.

When I came round, I was lying in a stairwell.

Naked, except for my bra.

Pain shot through me.

I've been raped, I realised, in a panic.

The a hotel cleaner was with me, and was phoning the emergency services.

As I drifted in and out of

consciousness, I was rushed to hospital.

There, I heard the doctors talking about my injuries.

'She's got broken fingers from where she tried to fight off her attacker,' one said.

I also had broken ribs and a bleed on the brain.

While I was being treated,

someone must have phoned Jeff because, by the

next day, he was by my side.

'We'll get through this together,' he cried, tears in his eyes.

I was given drugs to prevent HIV and I was also tested for sexual diseases.

Thankfully, the tests came back clear.

I was numb, as the police took my statement and

collected swabs for DNA.

'What will we tell the kids?' I sobbed to Jeff.

I couldn't bear for them to know the truth.

But my face was covered in bruises, my ribs were agony.

'Don't worry,' Jeff reassured me. 'We'll tell them you had a car accident.'

So, back at home a few days on, that's what we did.

Over the next few weeks, I was a nervous wreck.

Police hadn't arrested anyone for my attack.

I kept having nightmares and flashbacks.

Poor Jeff didn't know what to do to help. When we were in

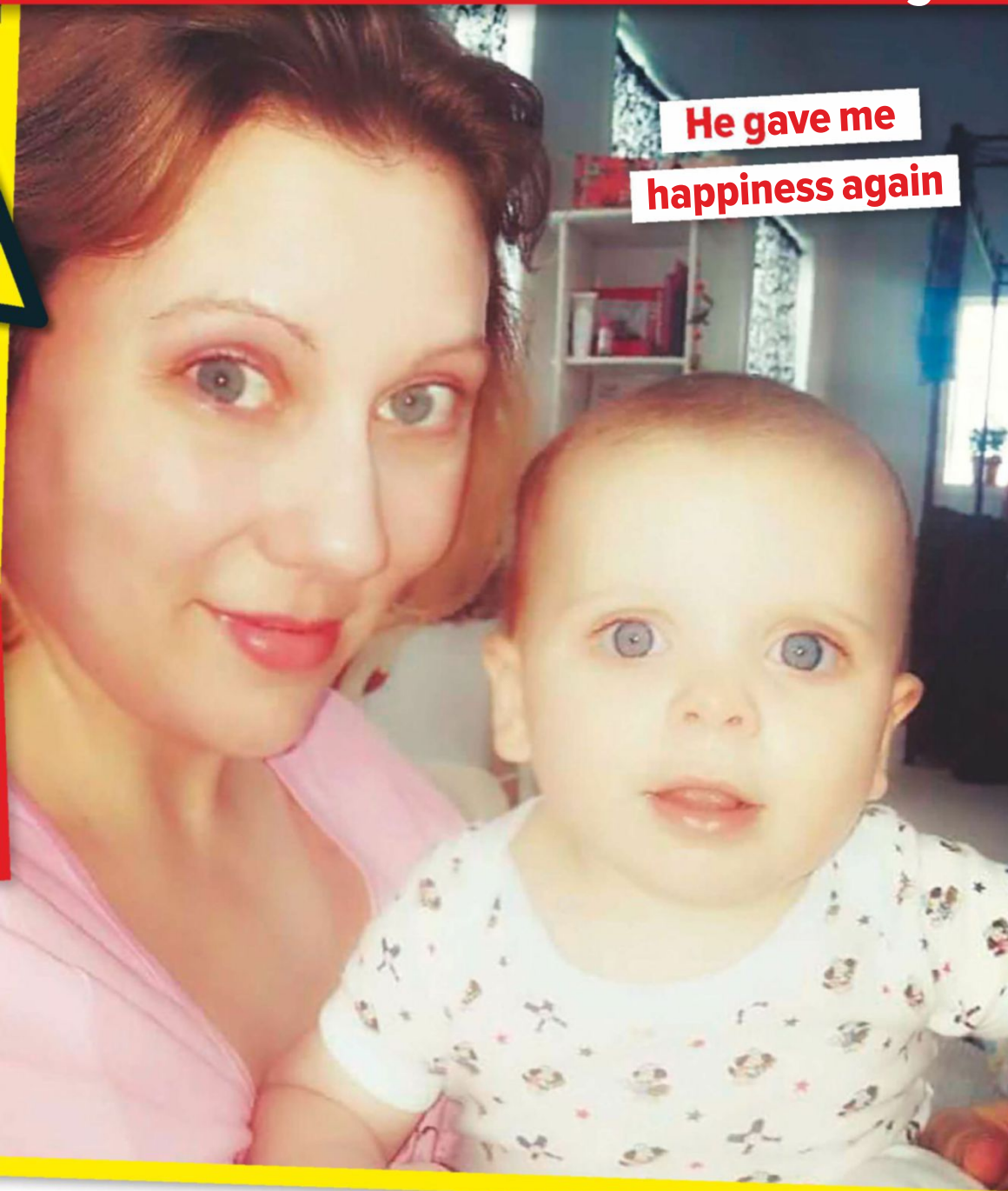
When I came round, I was lying, naked, in a stairwell



Daddy's boy
Oliver cuddles with Jeff

PLUS A BLE

Jeff says, 'I've never considered my son to be somebody else's. As we were working through the most horrible thing my wife had ever been through in her life, we were also



He gave me happiness again

hadn't occurred to me. That afternoon, I went for a scan. And, when I saw the grainy image on the screen, my heart skipped a beat. After four kids, I knew exactly what I was looking at. I was having a baby. In that moment, I felt an overwhelming rush of love.

And, for the first time since I'd been raped, I felt I had control.

This was my body – and my baby. While I couldn't protect myself from attack, I could protect this child.

And I knew Jeff would feel the same way.

Without hesitation, I phoned him. 'Are you sitting down?' I asked.

I took a deep breath. 'I'm pregnant,' I said. There was silence on the other end of the line.

Then... 'OK,' he replied. 'This is a beautiful gift from something evil.'

My heart burst with love for him.

A lot of men would've struggled to accept their wife carrying another man's baby – especially a rapist's.

But Jeff was incredible. 'We can do this,' he said.

Eventually, we found out we were having a boy.

Our eldest Julia knew about Jeff's vasectomy – as did some of our friends and family.

There was no escaping the truth.

So we sat each of the kids down and told them.

The younger ones accepted it without asking questions.

But Julia and Spencer, both teenagers, were devastated I'd been hurt.

'I'm OK,' I promised. 'And this baby will give us some happiness again.'

When we told our close friends and family, we had mixed reactions.

Many friends were disgusted I was keeping the baby.

'What if you look at it and see your attacker?' one asked.

But from the very start he felt like mine and Jeff's baby.

bed, I curled up into a ball and if he even tried to cuddle me, I flinched.

'I'm sorry!' I cried. I felt terrible that the touch of my own husband was frightening to me.

But Jeff was

so patient and understanding.

He'd kiss me gently on the forehead, then stay over on his side of the bed.

The attack tortured him as well, though.

'I should've been there to protect you,' he said one night.

A few times I even heard him crying in the shower and hitting the walls.

He kept it all to himself, though, not wanting to upset me.

Then, five weeks on in February, I was working away from home again and had been feeling nauseous for a while.

Antibiotics weren't

helping, so I went to the doctor.

'Could you be pregnant?' she asked.

No chance, I thought.

Jeff had a vasectomy after Noah was born.

Then suddenly, I froze.

'I was raped five weeks ago,' I blurted.

The doctor did some tests – which confirmed it.

I was pregnant. And it couldn't be Jeff's baby.

That meant only one thing. I was carrying my rapist's baby.

After the attack, I'd had so many tests, but I just couldn't remember taking the morning-after pill.

I was in such a state, it

For the first time since I'd been raped, I felt I had control

SSING

having a baby. We both saw this baby as something beautiful, coming from such evil. It may sound strange to others, but we really did, and do, see our son as a blessing.'

OVER THE PAGE: My attacker strikes again, with terrible consequences...

< Continued from previous page

Shock news

Our little boy hadn't asked to be conceived through rape.

He was an innocent victim, just as I was.

In September 2014, Oliver arrived by Caesarean.

With a shock of dark hair and my big, blue eyes, he was striking.

'He looks just like you,' Jeff smiled proudly.

And, from the start, Oliver was a daddy's boy.

He loved cuddles with Jeff, sleeping in his arms.

And Jeff doted on him.

The kids didn't treat Oliver any differently, either. They loved him no matter what.

Meanwhile, the police were still investigating my case.

Early last year, I was told that a woman had been found raped and murdered. She

was a redhead, just like me.

Months on, another woman was raped and killed.

Another redhead...

Police believed it was my attacker – and that he could be a serial killer, targeting

women with red hair.

I felt physically sick, terrified.

And guilty that those women died, while I'd survived.

'He needs to be stopped,' I sobbed to Jeff.

Then, last July,

the police phoned me with some shocking news.

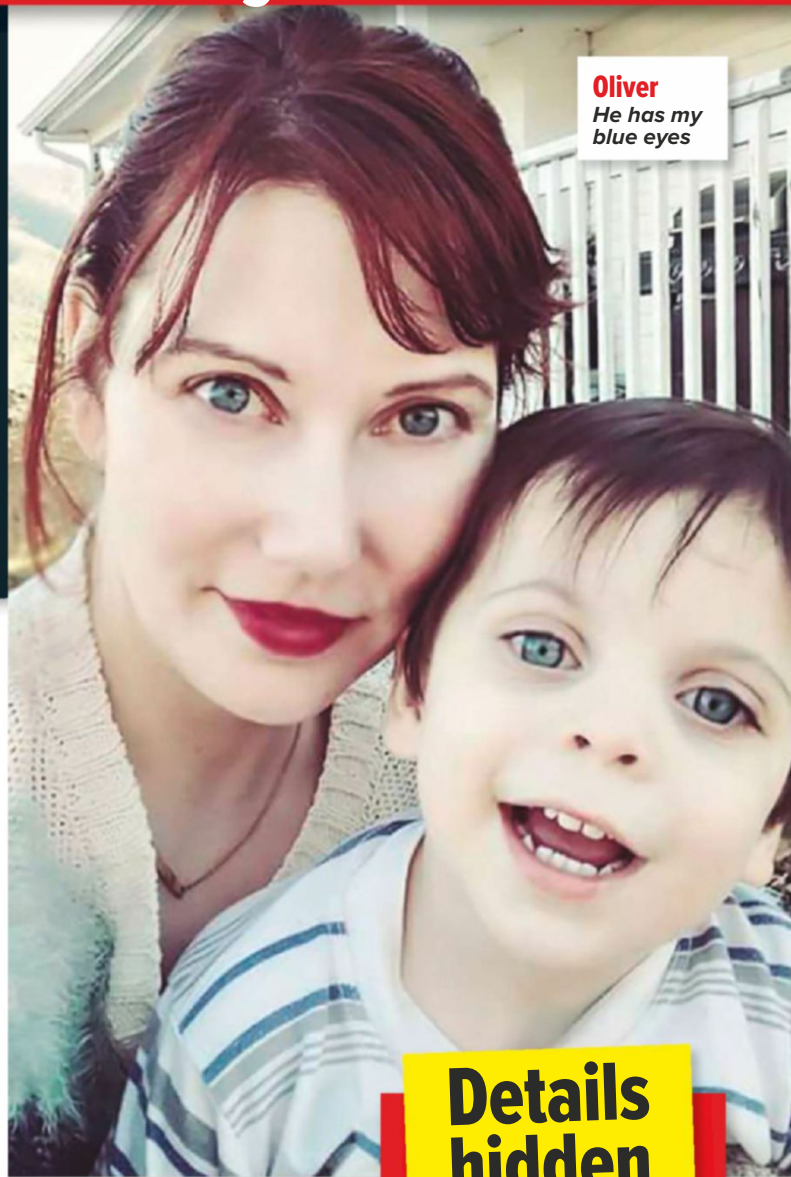
'Your attacker is dead,' an officer told me.

He'd been killed by someone who was out for revenge.

At first, I was horrified.

But then I thought about those poor women he'd murdered. Memories of my

He could be a serial killer, targeting women with red hair



Oliver
He has my blue eyes

Details hidden forever

Jennifer has been told her attacker raped a girl of 13, 10 years earlier, who tragically took her own life after the ordeal. Someone later hunted him down and stabbed him to death. But the rapist was Native American, and killed within a Native American community, which is governed by its own laws. It means she, and the police, are unable to find out any more details about the killing or any investigation.

own attack flooded back.

I could have been one of them...

'I'm glad that he's dead,' I replied.

It meant that I was safe, Oliver was safe, and that beast couldn't hurt any other women.

Our nightmare was finally over.

Oliver is 3 now.

He loves dinosaurs, and playing football with his big brothers.

He adores Jeff and follows him everywhere.

'Puppet show, Daddy!' he begs every night before bed, and Jeff happily obliges.

One day, we'll tell him how he came into this world.

We'll explain he brought us so much happiness, after such a dark time.

That he helped us heal.

So, to answer any burning questions about whether I love him any less...

Not a chance.

I love him unconditionally.



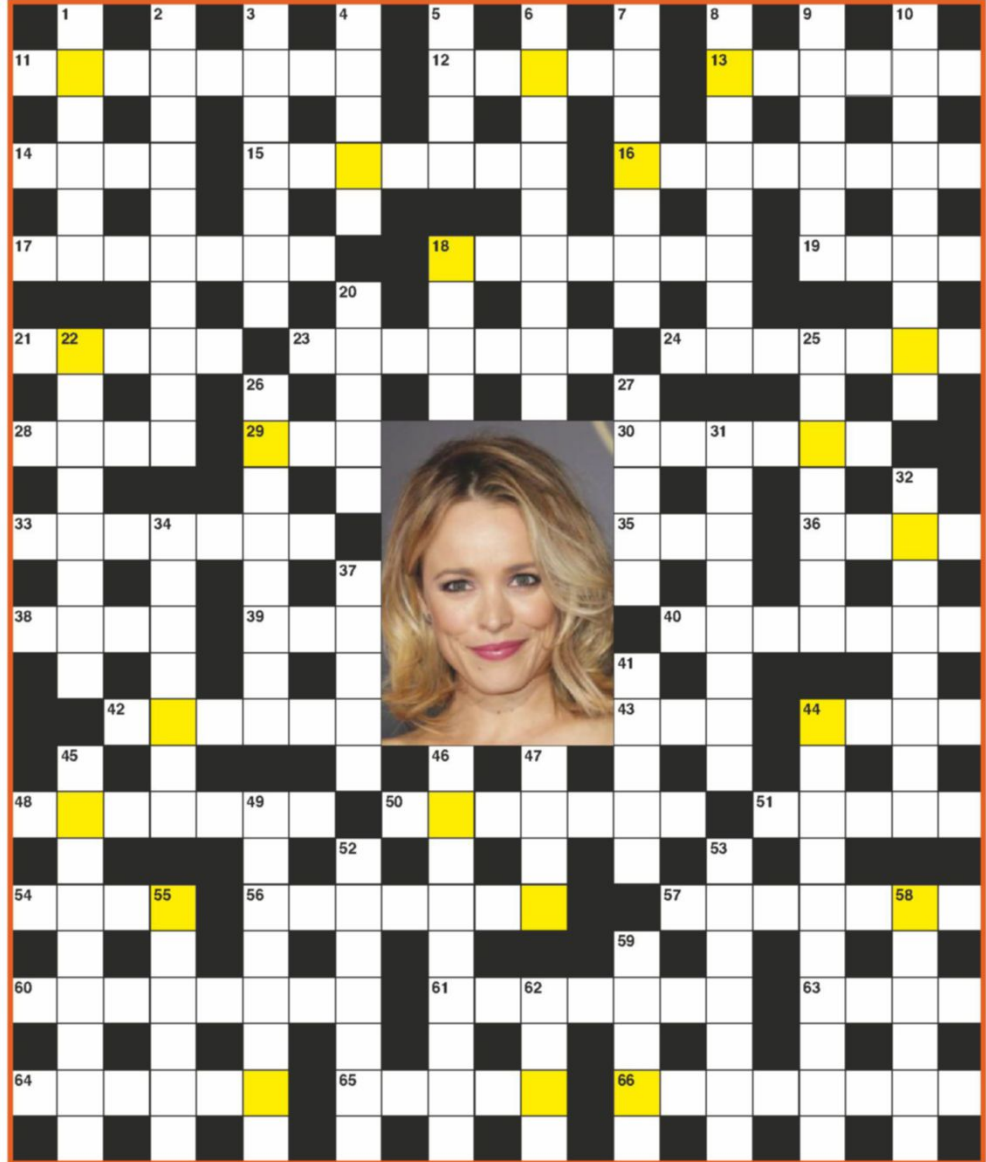
Spencer (at back) and Jeff doted on him!

WIN £1,001 CASH!

THE BIGGIE

Phwoar – it's a whopper! Enjoy your puzzling

Canadian actress Rachel McAdams has said that she'd like to have been a secretary because she loves what? To find out, solve the crossword, then read down the shaded squares to find the three-word prize answer.



ACROSS

- 11 Small sliver of wood that might stick in a finger (8)
- 12 Take lessons (5)
- 13 Supporting column (6)
- 14 Slow run (4)
- 15 Vote back into office (7)
- 16 Waterproof outer garment (8)
- 17 Celebrate, have a party (7)
- 18 Mobile home (7)
- 19 Song for two (4)
- 21 Adopted name (5)
- 23 25% (7)
- 24 Register arrival at work at the start of the shift (5,2)
- 28 Do as ordered (4)
- 29 Saucepan (3)
- 30 Religious minister (6)
- 33 Yellow food flavouring and colouring (7)
- 35 Snooker stick (3)
- 36 Salt Lake state (4)
- 38 Roman garment (4)
- 39 Unwell (3)
- 40 For a very short while (7)
- 42 Creepy-crawly (6)
- 43 Brewed drink (3)
- 44 Slightly wet (4)
- 48 Quarantine (7)
- 50 Flash cook in a wok (4-3)
- 51 Pub arrows (5)
- 54 Molten rock from a volcano (4)
- 56 Kitchen surface (7)
- 57 Lottery with prizes at a fete (7)
- 60 Idyllically rustic (8)
- 61 Passage from a book (7)
- 63 Notion (4)
- 64 Our continent (6)
- 65 Walk into a scene on stage (5)
- 66 Large fish from which caviar is obtained (8)

DOWN

- 1 Thin on the ground (6)
- 2 Book of words (10)
- 3 Draw, lure (7)
- 4 Welcome (5)
- 5 Run away (4)
- 6 Manufacturing plants (9)
- 7 Cut designs into metal (7)
- 8 Non-compulsory, left to choose (8)
- 9 Even-tempered, serene (6)
- 10 First responder who arrives in an ambulance, perhaps (9)
- 18 Wine-bottle bung (4)
- 20 Window pane fixative (5)
- 22 Sporting dog, black or fawn in colour (8)
- 25 Fancy dress (7)
- 26 Directly contrary (8)
- 27 Piquant food flavouring (5)
- 31 Sweet frozen food in a cone, perhaps (3,5)
- 32 Dining-room accessory, protecting surface from heat (8)
- 34 Washing cloth (7)
- 37 Wind musical instrument (5)
- 41 Proverbially a bird that delivers a baby (5)
- 44 Castle's moat crosser (10)
- 45 Plant with edible tips (9)
- 46 Figurine, an Oscar, for instance (9)
- 47 Enfold, cover (4)
- 49 Frustrated, obstructed (8)
- 52 Supermarket cart (7)
- 53 Line in a map showing heights (7)
- 55 Novelist (6)
- 58 Hide to avoid detection (3,3)
- 59 Wood used by model makers (5)
- 62 Pastry dish (4)

Puzzle 3
£1,001



£500 winner

Issue 41, 12 October 2017

'Fantastic, I have never won anything like this before. The money will go towards my next holiday.'
Mandy Smith, Spalding, Lincs

Your answer: _____



Dog owners
Leeanne and Patrick

THE TH NEXT

of my face as he shook his giant head from side to side, growling ferociously.

As he shook me like a rag doll, I felt my skin rip open.

'Help!' I screamed, as blood sprayed everywhere.

Patrick and Leeanne stood like statues in their living room, as my girl Leeanne rushed to my side.

Grabbing Kioshi by his collar, she somehow managed to twist it tight enough to stop him mauling me further.

By then, I'd passed out.

I was rushed to the Royal Alexandra Hospital by ambulance.

There, surgeons spent two hours stitching up the inside and outside of my mouth, as well as my ear.

Despite a local anaesthetic, I was crying in pain.

'I'm sorry,' a doctor

soothed. 'The nerves in your mouth are so sensitive, there's no easy way of doing this.'

Agony.

Later, I was transferred to Queen Elizabeth Hospital in Glasgow.

But, on the way, my blood pressure plummeted.

'She needs more surgery, but her heart is too unstable,' a doctor told Leeanne.

Tony, my

brother Steven and his wife Edith, both 58, arrived soon after. But, on morphine, I was barely conscious.

'We've reported Patrick and Leeanne to the police,' Steven explained. 'Their dog's been taken away, too.'

Plagued by terrifying, vivid flashbacks, I shuddered at the

As he shook me like a rag doll, I felt my skin ripping open



And I thought I was friends with my neighbours...

By Sylvia Baillie, 61, from Paisley, Renfrewshire

For almost 16 years, I'd lived in my one-bed flat, and I'd always enjoyed a natter over the garden fence with neighbours.

When my elderly neighbour Derek died, in July 2016, I wanted to pay my respects.

'Such a sweet soul,' I told my daughter, Leanne, then 36.

But with a heart condition, osteoporosis, and no car, I didn't think I'd make his funeral.

'We'll give you a lift,' another neighbour Patrick offered one evening, as we sat in my garden having a drink.

'Thanks,' I smiled back.

Patrick had moved in with his girlfriend Leeanne a few years before with their huge Japanese Akita dog Kioshi.

As we sat chatting, I stroked Kioshi's head.

We'd had Labradors growing up. I'd always loved dogs.

A few days later, we all

went off to Derek's funeral.

And, one afternoon soon after, Patrick invited me and Leeanne round for drinks.

'To Derek,' Patrick said, handing me a vodka and Coke.

We nattered while Kioshi sat quietly next to me.

Soon, I was ready for bed.

'Time for my PJs' I sighed.

It was my 60th birthday in a few days, and I knew my daughter Leeanne was planning something with my partner Tony, 57, and my brother Steven.

I wanted to be well rested.

'Thanks again for the lift,' I said, going to shake Patrick and Leeanne's hands as I got up to leave.

Suddenly, I saw the white flash of Kioshi's teeth, as he flew towards me from the other side of the room.

I felt his jaws, as sharp as scissors, sink into the left side



With my brother Steven

HREAT DOOR



Savaged
My confidence has been shattered

thought of those enormous sharp teeth coming at me.

But my hospital bedside was never empty, with my family rallying.

'I want a mirror, please,' I said a few days later.

'That's not a good idea, love,' Tony said.

Only, later that night, I shuffled to the toilet...

Catching my reflection in the mirror, I gasped in horror.

My skin was red-raw and purple, with dried blood and jagged stitches all down my face.

Turning away, I felt hot tears burning my cheeks.

'You can leave me,' I told Tony the next morning.

We'd been together for 20 years, but how could he love me, looking like this?

'Never,' he said firmly.

After four days in hospital, I was allowed home.

Two days before my 60th...

'We'd planned a surprise party,' Leanne sighed, knowing there was no way I could leave the house now.

The slightest noise made me jump.

And the thought of seeing a dog made me break out in a nervous sweat.

Over the following months, I went from 11st 7lb to weighing just over 7st.

I could only eat mashed-up Weetabix or soup through a



My daughter was traumatised, too

straw. And I stopped going out – my confidence shattered.

Even if I saw a dog on telly, I started shaking.

Leanne was a nervous wreck, too, traumatised by the attack.

But I was so grateful to her – she'd saved my life.

In September 2016, while we waited for the court case, I heard a loud whistling outside my bedroom window at around 2am.

'Come and see this,' Tony frowned, pulling up the blinds.

Patrick was outside, his trousers round his ankles, flashing his bottom!

I'd been disfigured for life, yet he seemed to think it was all a big joke.

Finally, in January 2017, Leanne McHugh, 36, and Patrick Maher, 46, pleaded guilty to offences under the

Dangerous Dogs Act. The following month, they were jailed for 12 months at Paisley Sheriff Court, and they were banned from owning dogs for 20 years.

The judge ruled the dog, who had been kept by police, should be destroyed.

And Maher received a further four months to run alongside for taunting me.

But it's little comfort.

I've had to move house and,

when I go out, I feel like everyone's staring at me.

My face stings when the weather's cold, and I've lost sensation in my mouth.

I even have to drink tea and coffee through a straw.

I loved going out for dinner, playing bingo, pottering about the shops. Now, I would never leave the flat alone.

I can't believe a simple handshake after a friendly drink with my neighbours led to all this.

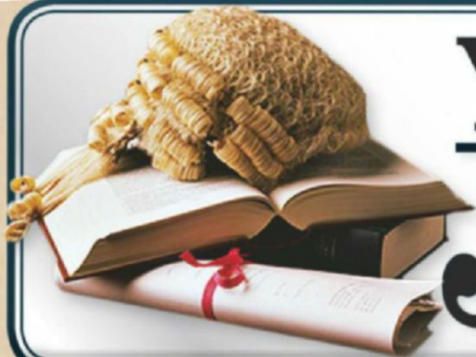
WORDS: FRANCES LEATE; SARRA GRAY
PHOTOS: MIRRORPIX

PLUS Dangerous

Police in the West Midlands said a Japanese Akita was 'the most dangerous dog we have ever seen', after one attacked a 9-year-old girl in May 2012. She needed 20 stitches in her head, and her father – who tried to fend off the dog – needed surgery on his hands.

YOU'RE THE JUDGE!

THE NO



THE STORY SO FAR:

In November 2016, Amy Allwine, 43, was found shot in the head in her bedroom. Initially, it looked like she'd taken her own life. But something about her husband didn't add up. Was he the one who'd actually pulled the trigger?

The case... ONLINE PLOT

Stephen and Amy Allwine were deeply religious. The couple had met at Christian college, and then married.

Stephen was a preacher at the religious organisation United Church of God, and offered marriage counselling to fellow churchgoers.

Amy was also a member of the church, and ran her own successful dog-training business.

The happily married couple from St Paul, Minnesota were well-liked and respected.

But, in early 2016, their lives took a bizarre turn.

The FBI got in touch with them.

Leaked e-mails had landed on its desk, regarding a plot to have Amy Allwine bumped off!

Accessing the dark Web – the criminal underbelly of the online world – a user named 'Dogdaygod' had found a site called Besa Mafia, supposedly run by Albanian gangs.

These gangs offered to assassinate



Stephen and Amy Allwine: well-liked and respected

people – for a hefty price.

Dogdaygod claimed to be a jilted wife. And she said of Amy to the Besa Mafia, *She tore my family apart by sleeping with my husband.*

She requested Amy's death should look like an accident.

She'd paid \$6,000 (around £4,300) in the digital currency Bitcoin to the criminals.

And she had given them

details of Amy's whereabouts, so that they could carry out the hit.

However, the date agreed for the killing came and went, and Amy wasn't dead.

Besa Mafia made excuses as to why each murder attempt failed, while demanding more money.

Dogdaygod eventually realised it was a scam.

But then hackers cracked into Besa Mafia, leaking its hit list to the FBI.

Agents alerted the shocked couple that someone wanted Amy



CHURCHMAN: Devout Allwine

Allwine dead – yet Amy had no known enemies.

She was no home-wrecker, and hadn't had an affair.

Stephen Allwine claimed he had no idea of what was going on, either.

In the end, the law enforcement agents suggested the couple increase their security, and the 'hit' was written off as a mystery.

That August, Stephen bought a 9mm Springfield XDS handgun, and stashed it at their home.

And, three months later, in November 2016, he called the police...

Stephen Allwine claimed he'd arrived home to find Amy lying dead in their bedroom.

Police officers found her on the floor next to the bed, blood pouring from a huge hole blasted



The site offered services in exchange for digital currency

WORDS: HANNAH ABBOTT; PHOTOS (LAPTOP AND BITCOIN PHOTOS LIBRARY SHOTS); GETTY

YOU SHALT NOT KILL?

Was it a contract killing or suicide? Or did the preacher shoot his wife?

in the side of her head.

Stephen's handgun lay next to her left arm.

At first glance, it looked as if Amy had committed suicide.

But when investigators looked closer, they quickly suspected foul play.

There were no blood spatters on the wall, or marks on Amy's head, suggesting the gun had not been pressed to her temple when the trigger was pulled.

Amy's hands were free of gunpowder and blood, making it unlikely she'd been holding the gun that killed her.

Now, suddenly, the foiled dark Web murder plot of months earlier took on new significance.

Had Dogdaygod finally succeeded in killing Amy and, if so, who was Dogdaygod?

A murder investigation was launched – and now the police looked at Stephen Allwine, as CCTV showed only him going in and out of the house.

Gunpowder was found on his right hand.

Had Allwine actually been Dogdaygod all along?

Frustrated at being conned online, had he taken matters into his own hands?

Computer forensics were called in, Allwine's multiple phones and computers seized.

Allwine, an IT specialist, had told officers he had no knowledge of the dark Web.

Yet investigators found evidence that he'd been accessing it as early as 2014.

Steven Allwine was charged with Amy's murder.

This January, Allwine, 44, went on trial at Washington County District Court.

He denied killing his wife.

But the prosecution alleged he'd dosed his wife with scopolamine – a medication used to treat motion sickness

and post-operative nausea and vomiting, which incapacitates and makes users drowsy – before shooting her.

Large amounts of the drug were found in Amy's system.

And a search of Stephen's computer showed that he'd sourced the drug on the dark Web.

Due to the lack of blood spatters, prosecutors alleged Allwine had shot Amy in the hallway, then dragged her body into the bedroom, before trying to make it look like suicide.

Computer forensics also linked Allwine with a Bitcoin account – and the Dogdaygod username.

But why would he want his loving wife dead?

Further analysis of his computer showed that, despite his squeaky-clean image, Allwine had a secret.

The devout preacher had broken one of the Ten Commandments...

Thou shalt not commit adultery.

In fact, he'd signed up for a private account on an infamous infidelity website for cheating spouses, through which he'd met and slept with at least three women.

The court heard that Allwine longed to leave Amy.

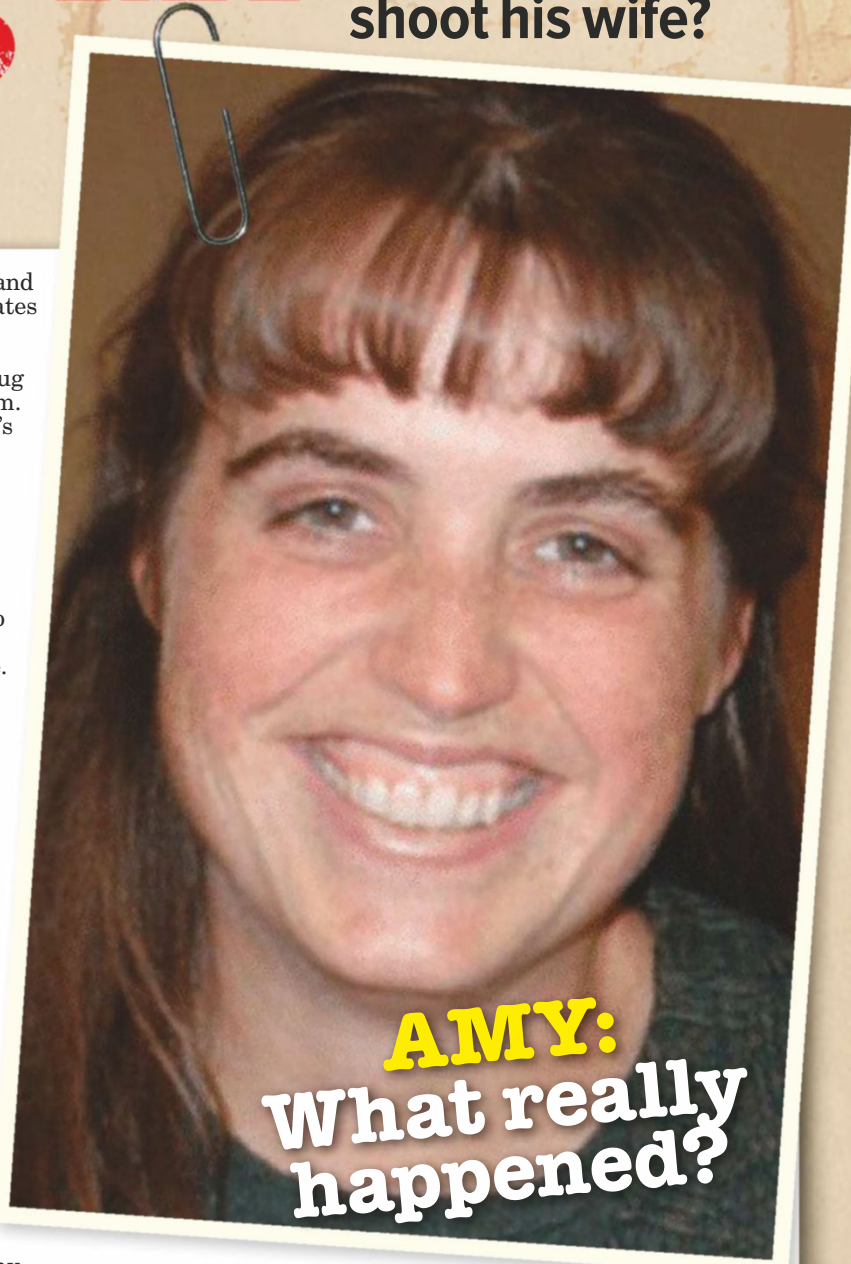
However, divorce was forbidden by his church.

So he'd burrowed into the dark Web for an answer, found Besa Mafia.

He'd decided that, with Amy dead, he'd be free to openly date as many other women as he liked, without being judged by the church.

But the site had turned out to be a scam, leading him to take matters into his own hands – he'd have to murder his wife himself.

The evidence was stacking up against him. However, Stephen



AMY:
What really happened?

Why would he want his loving wife dead?

Allwine's defence also had a case to present.

His lawyer claimed that the crime scene had been contaminated by police officers after Amy's death.

He called Allwine's affairs 'red herrings and distractions'.

'Just because he had an affair doesn't mean he killed his wife,' the defence told the jury.

He also stressed the prosecution didn't have any fingerprints, eyewitnesses, DNA evidence or a confession – meaning

Allwine couldn't possibly be proved guilty beyond reasonable doubt.

Still, Allwine had broken one of the Ten Commandments by cheating on his wife.

Had he broken another by killing her..?



Now turn over for the verdict...

Continued from previous page

THE REAL JUDGE'S VERDICT



'Cold, calculating' Stephen Allwine

GUILTY

Stephen Allwine was found guilty of murder, yet before he was sentenced, he still insisted he was innocent.

'I didn't hurt Amy,' he said. 'I loved her so much. The grief of losing her is tremendous.'

But the judge remained convinced of Allwine's guilt, telling him he was, 'incredibly cold and incredibly calculating' and handing him a mandatory life sentence in prison.

After the verdict, Amy's family released a statement saying, 'We can summon no words to describe life without Amy. We loved her and miss her tremendously. We now turn to the path ahead of privately healing and grieving.'

WIN £100 CASH!

FILL ME IN!

Puzzle 4
£100

What is the subject that deals with events that have happened in the past? Solve the puzzle by following the arrows and writing in your answers. Then read down the letters in the shaded squares to find the prize answer.



Gambling house	▼	___ Monte, brand-name tinned fruit	▼	Shabby and frumpy	▼	Assist	☀	Middle of the body	▼	Blast!
				Single (ticket) (3-3)	▶					
Light in colour		Legal code	▶			On the ___, running away	▶			Bloke
	☀			Interval from sunrise to sunset	▶					
Irish dance		Dining surface (5,3)	▶			Affectionate greeting		Bride's response (1,2)	☀	Tie-on label
			▼	Opponent	Someone using oars	Pooled fund	▶			T
Decay	Frightened	▶						Sewing tool with an eye		A
☀						Tunes with words	▶	☀		G
Forbidden (activity)	Leona ___, singer	▶						Passes away		___ Curran, WAG
				Promise of payment (inits)		Fish said to be slippery	▶	Unable to hear		
Hive dweller	Become weary	▶			☀			Lazy	▶	
						Shoe's lace-hole	▶			
Jimmy ___, footwear designer	Opposite of 'push'	▶						Erotic	▶	☀

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T&Cs apply.

Your answer:



★★★★★
Hello summer skin!

Amandajaney

★★★★★
Gives a healthy natural tan. Amazing!

MrsCav

★★★★★
As good
as a week
in the Med!

EvansFamily

★★★★★
I love
love love
this product.

Debbie1801



 **A holiday-quality tan even without the holiday.**

available at Boots

Available at selected Boots stores

Subject to availability. Reviews collected as part of a sampling activity.



let's feel good

Chat Fashion! What's hot this week...



Dress, £18, George at Asda



Shirt, £12.99, H&M



Tunic, £26, Dorothy Perkins



Shoes, £8, Matalan



Jacket, £42, Cotton Traders

GREAT GINGHAM

GINGHAM NOT YOUR THING? GO DOTTY FOR SPOTS INSTEAD!



Top, £24.99, Bonprix



Jacket, £16, Matalan

Dress, £22, F&F at Tesco



Top Tip
Mix monochrome gingham with brights.



Trousers, £24.99, H&M



Dress, £35, Simply Be



Trousers, £35, Evans



Top, £29.99, Bonprix

Skirt, £40, Oasis



Bag, £8, Primark



Dress, £35, Miss Selfridge

Shoes, £30, Very



Shoes, £22.99, New Look



Chat Health

The advice you need

Ask our Doc

Don't be shy – *Chat's* Dr Martin Edwards is a family GP who's seen it all before...



Dr Martin Edwards

Pus on my finger

Q The side of my fingertip became red and swollen where it meets the nail. My GP gave me antibiotics but now there's pus.

Carol, 43

A It could be mild wear and tear combined with lack of fitness, in which case exercise should help. But morning stiffness can also point to joint inflammation from conditions such as rheumatoid arthritis, and you should see your GP.

White spots

Q I've noticed I have white spots on my fingernails. Does it mean something's wrong?

Tina, 40

A These leukonychia, or so-called milk spots, usually result from minor nail damage. Sometimes the tendency is inherited, and they'll eventually grow out and are safe to ignore. Rarely, they might occur in people with kidney or lung disease, or as a side effect of some cancer drugs.

Feeling stiff

Q I'm getting stiffer every morning, especially in my hips, knees, shoulders and back. It wears off during the day, is it just old age?

Marilyn, 52

A Sounds like a paronychia, an infection between the skin and your nail. Antibiotics can nip it in the bud but, once pus forms, you'll probably need it cut and drained in A&E – don't try it yourself!

Blockes' bit!

Testicle lump

Q I saw my GP because I had a lump on my testicle. After a scan, he diagnosed an epididymal cyst. He says to ignore it, but shouldn't I get rid of it?

Sam, 44



A Your cyst is a harmless, fluid-filled swelling on your epididymis, the top part of your testicle which collects sperm. In rare cases, a large cyst might ache or twist, but otherwise they're generally best ignored. If necessary, an op will remove it.

'Erm, it's a bit... personal'

Uneven nipples

Q The brown areas around my nipples are oval and uneven. I hate them, how can I make them nice and round?

Alana, 31

A Your areola, the brown or pink skin around the nipple, is usually roughly circular but an oval shape is quite common. Changing this would mean a private op to trim it to shape, which might leave a slight scar.

Painful boils

Q I keep coming out in boils on the lips of my vagina – they look hideous and make sex painful. How can I stop them?

Ellie, 26

A Boils in this area are usually the result of infected hair follicles or oil-making glands in your skin. Wear loose, cotton undies and avoid shaving, as tiny nicks can lead to infection. Your GP might suggest an antibacterial soap, a change of contraceptive pill or, if necessary, antibiotics.

UK Health

WORLD ASTHMA DAY

This event, on 1 May, is organised by the Global Initiative for Asthma (GINA) to raise awareness of the condition and improve care. To find out more, sponsor or get involved, visit worldasthmaday.org.



Hit or MYTH?

The Pill often causes depression

While depression is acknowledged as a possible adverse side effect of taking the Pill, researchers at Ohio State University say that this response is actually quite a rare development.

HIT MYTH

RUDE HEALTH

A bruised cervix is a common sex injury. It can be the result of vigorous sex, or sex with a well-endowed partner, if the woman is not sufficiently aroused. It's painful, can lead to bleeding, and can also have a negative effect on future intercourse. Damage is rarely long-term, but see your GP if symptoms persist.

Communication with your partner is key. To avoid bruising, try different positions and increasing foreplay.



Write to Dr Martin Edwards at **Chat**, 161 Marsh Wall, London E14 9AP.
Or e-mail chathealth@timeinc.com Sorry, he can't reply personally.



'I'm NOT pregnant!'



My belly was the size of a balloon before surgery fixed it...

By Donna Burns, 29, from Grimsby

Looking at my reflection in the mirror, my eyes focused on my belly. Bloating again. It had ballooned, was solid as a rock and as painful as always.

I'd suffered with bowel complications since birth.

I was often constipated and in a lot of pain.

By the time I was 4, I'd had two surgeries to try to strengthen my bowel muscles.

But nothing had worked and, over the years, I'd become used to the excruciating pain.

I rarely left the house. I was too frightened I'd get painful stomach cramps and have to dash to the loo.

If I did go out I wouldn't eat or I'd starve myself beforehand.

That way, I won't need to go to the toilet, I told myself.

I always covered up under baggy clothes, feeling self-conscious of my bloated tum.

And it was common for people to think I was pregnant.

'When are you due?' strangers would ask me.

Inside, I'd be dying with embarrassment.

'Never – I'm not pregnant,'

I'd say, trying to laugh it off.

Over the years, my bloated belly had been brushed off as irritable bowel syndrome (IBS).

But I was in agony every day with stomach cramps and I was always swollen.

In March 2017, I decided enough was enough.

I couldn't take looking at my 'pregnant' bump any longer.

'It has to go!' I told friends. So I begged my GP to

be referred to a specialist.

And when I was finally seen, the consultant agreed my condition was more than just IBS.

But he couldn't pinpoint what was causing all of my bowel problems.

'I just can't take it any more,' I sobbed.

'I've been suffering for years.'

He explained that I could have a colostomy bag fitted.

A pouch worn outside my body, collecting waste.

I'd face a lifetime of bag changes and trying to cover it under clothes.

But, by now, I was in so much

I was often in a lot of pain



pain, my mind was made up.

'I want a bag,' I agreed.

So, on 23 November 2017, I went into the Diana, Princess of Wales Hospital in Grimsby.

There, I had surgery to attach an opening in my skin to my colon, so that waste could leave my body through a bag.

When I saw the bag for the first time, I just smiled.

Because for the first time ever, I didn't feel bloated and uncomfortable.

Allowed home 10 days later, it was like I had a new lease of life.

I started going out more and socialising with friends.

'At least now I don't have to worry where the nearest toilet is!' I laughed.

And, with my distended belly gone, I had the confidence to wear tight tops and jeans.

'Nobody can mistake you for being pregnant now,' a friend said, admiring my much flatter tum.

Of course, having a bag constantly attached to me

brought its own worries.

'What if people see it?' I'd think, conscious of my top riding up a bit.

But flashing my bag was nothing compared to how embarrassing my 'pregnancy bump' had been.

People often ask me if my bag ever leaks or if it smells.

But, so far, I've not had any trouble with mine.

I know having a colostomy bag isn't a decision that should be taken lightly but, for me, it really has been life-changing.

I've received a lot of support from the Facebook group Colostomy UK.

And it's introduced me to other people, just like me, who have bags. It's nice to know that I'm not alone.

And, for the first time ever, I'm not being ruled by a bloated tum.

This is where my life begins!

So much better! But I didn't take the decision to have a bag lightly



I always had to worry about where the nearest toilet was

Making memories FOR US BOTH



I was losing my hubby – then, for one week, he came back to me

By Linda Joyce, 64, from Hamilton, New Zealand

As the plane came in for landing, I looked out of the window and smiled as my home town got closer with each passing moment.

I was back.

My parents emigrated from Glasgow to New Zealand in 1956, when I was 3.

Now, in 1980, aged 27, I was back in Scotland for the first time in 20 years.

First stop, visiting my Aunt Margaret and Uncle Jimmy, then seeing friends.

We met at a local bar, but I was soon distracted.

Within the group, I spied a cutie!

He had beautiful, blue eyes and a gorgeous smile, with a gap between his teeth.

Instant attraction.

Butterflies fluttered around in my tummy.

We got chatting and Michael, then 30, was lovely.

'I'd love to visit New Zealand,' he grinned.

'We could arrange that,' I said.

For the next month, when I wasn't with family, I was with Michael – Mick – going for walks, talking.

We even shared our first kiss.

Magical.

Flying home,

I was heartbroken to leave him.

But, for the next three years, we visited each other every six months.

There was no doubt in our minds we'd be together. It was a matter of when, not if.

I'd told Mick early on I couldn't have kids.

'It's OK. It's you I want to be with,' he said.

Then, in 1983, Mick moved to New Zealand – indefinitely!

'Let's give this a proper go,' he said.

Mick wasted no time, applied for citizenship.

I ran a saddlery shop, Mick was an electrician.

In March 1984, we collected his citizenship documents from

New Plymouth District Court.

He was staying!

And, as we walked home...

'Will you marry me?'

Mick asked.

'Yes!' I screamed.

Just four weeks later, we'd done it!

We picked a local venue.

My mum Betty, then 51, made my wedding dress.

The perfect day.

Life continued, and our happiness grew.

We had a couple of horses, a dog, 10 cats, 6 cows and Honky the donkey.

Mick doted on me – we were blissfully happy.

Only in 2010,

I noticed changes.

Mick would break something, replace it on the shelf and deny knowing anything about it.

It was odd.

He was always honest.

He started repeating himself, forgetting we'd already seen something on TV.

His driving changed, too.

He used to be safe, now people would toot their horns.

It wasn't my Mick. I knew something wasn't right, but was too afraid to find out.

Then, Mick's colleague called.

'He's been making mistakes. It's not like him,' he said to me.

'Have you had him checked for Alzheimer's disease?'

Though I hated



Our first wedding, a day to remember

He used to be a safe driver, now people tooted him

to admit it, it made sense.

So I made a doctor's appointment, where Mick had to do a mental test.

He scored really low, and was diagnosed with early onset dementia.

More tests followed, and his memory deteriorated.

Finally, in 2013, he was diagnosed with Alzheimer's.

I was devastated.

Yet Mick never complained, he was calm, like always.

But, over time, he got progressively worse.

He lost his job, became a shell of the man I knew.

He used to whisk me out for dinner, or on day trips, and now he didn't bother.

In 2016, his speech changed.

He'd trip up on big words, stutter, struggle to string a sentence together.

I'd prompt him, finish his sentences. He was always so patient.

It was heartbreaking.

I soon had to start cutting up his food for him.

By then, while he knew I was



We've always been so happy together



Doing it all again, 34 years later

his wife, his memories of our life together were fading all the time.

He had no short-term memory either, struggled to remember day-to-day events.

Then, one evening in January 2018, Mick came downstairs after going to bed.

He seemed anxious.

'What is it, darlin'?' I asked.

'Will you marry me?' he asked, taking my hands.

I paused, stunned.

Then...

'Of course I will!' I said.

I couldn't believe it.

'When?' he asked.

'Next weekend?' I replied.

I think he'd worried he'd forget I was his wife, and was desperate to hold on to the memory for as long as he could.

The next morning, I didn't think that he'd remember proposing to me.

'Do you remember what you

asked me yesterday?' I asked. 'Yes, to marry me,' he smiled. Stunned, I knew I had to make it happen.

If it had stuck, it must be important to Mick.

And, if our first wedding had been quick, this one had to be even quicker.

So I shared our story online, and kind locals offered to help out.

Within days, I'd organised our second wedding.

A local named Gareth offered to marry us, and I supplied beer, bubbles and pizza for 15 guests.

I chose nearby Hamilton Lake for the ceremony – outdoors, in the sunshine.

Perfect.

And, on 20 January 2018, I was thrilled when Mick

woke up happy and smiling. 'Today's the day,' he cried. He'd remembered!

I wore a colourful dress, and Mick looked so handsome in his patterned shirt and slacks.

He couldn't say his vows so Gareth said them for him, and his good friend Fraser stood by his side, helped him put the wedding ring on my finger.

The highlight of the day was when the Scottish anthem *Flower of Scotland* played.

Mick's face lit up at the memories.

He got all the guests up on their feet dancing.

I wrapped my arms tightly around his neck, and we danced together.

So special.

A couple of days later, I showed Mick the video of us dancing.

'Do you remember?' I asked. 'Oh! That's me!' he said, and we danced around the living room again.

Sadly, his memories of the day are already fading, but I'll cherish them for both of us, forever.

For that week, my husband came back to me.

I never thought I could be happier than the first time I married Mick.

But that day, I truly was.

When Flower of Scotland played, his face lit up

PLUS

Alzheimer's disease

This is the most common form of dementia. Symptoms include memory loss, difficulty with language or problem-solving, trouble completing familiar tasks, confusion with time or place, misplacing things, loss of judgment, withdrawal from work and social life and changes in mood. Around 850,000 people in the UK suffer from dementia.

BIT ON THE SIDE!

Chicken tikka masala



Co-op Chicken Tikka Masala with Pilau Rice, 450g, £2.75

This had a deep colour, thick and rich texture and a good amount of meat.



Aldi Indian Cuisine Chicken Tikka Masala with Pilau Rice, 450g, £1.79

A great-value option, with a rich flavour and a generous portion of tender chicken.



M&S Chicken Tikka Masala, 400g, £4

Deep, rich spices give an authentic flavour, with just the right creaminess. A pricier option, but worth it.

NEW Morrisons Yogurt Coleslaw, £1.50

This new coleslaw from Morrisons is made with yogurt, giving a fresh flavour with 45% less fat! A great side dish for a spring BBQ!



Chat 21

THE ALLERGENS ARE COMING

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Soap world



EastEnders



Coronation Street

Birth trauma!
Eva's labour begins in a locked bathroom at the hideaway cottage. Toyah gets there, breaks down the door and, with help from the 999 call handler, delivers the baby she's due to keep. But Eva's filled with love as she holds her baby. Is the plan doomed?



Emmerdale

Oh, brother!
Noah asks big bro Joe to take him to the places he hung out with their dad. The pair end up at the quarry chucking stones in the water. Noah dares Joe to jump in – so he does. But when he doesn't resurface, Noah's terrified his brother is dead...



Hollyoaks

Tormented Alfie
Alfie's fragile mental state worsens as he becomes more convinced that a meteor is heading to Hollyoaks! His mates – Tom and Yazz – are worried about their pal's behaviour but struggle to know how to help him.

Hooray for Halfway!

Can he and Whitney make a go of their relationship now he's returned to Walford?

We'd like to give a shout out for Callum 'Halfway' Highway – or Halfwit, as he's also known! He made a big impact during his short time in Albert Square.

Having accidentally shot Mick as part of the bungled heist, Halfway went on to save the beloved pub from Weylands and also wooed Whitney with his, er, geeky charms.

This week, Lee's beanie-wearing mate is back from Army duties hoping to prove that Whitney's hopes of a happy-ever-after aren't dead in the water. She needs some happiness after a failed marriage to Lee, her short-lived engagement to Woody and her on-off passion for Mick.

Actor Tony Clay, who plays him, is delighted to be returning to the soap to continue Halfway's hapless and always manic journey.

'I'm happy and excited to be back on *EastEnders* and working with a brilliant cast and crew,' he says. 'Halfway is such a lovely role to play and I'm really looking forward to exploring his story further and seeing where it takes us.'

Halfway's back to woo Whitney!

Telly trivia
To enter, see page 56
How much did *Enders*' Phil Mitchell sell the Queen Vic for in 1999?

Puzzle 5
£50

Don't miss this

Britain's Best Home Cook, BBC1
Claudia Winkleman presents this home cookery competition. Mary Berry joins Dan Doherty and Chris Bavin as the judges. Ten passionate home cooks whisk away during a range of culinary challenges over eight weeks.

PLUS

WORDS: TESS LAMAGATI. PHOTOS: BBC/JACK BARNES, BBC/KEIRON MCCARRON, BBC/KEO, ITV, LIME PICTURES



Achieving the perfect posterior almost killed me

By Mia Maffia, 27, from Leeds

Scrolling through Instagram, my eyes were drawn to one star's profile.

To me, reality queen Kim Kardashian had the perfect figure.

I stared enviously at endless pics of her curvy bum and tiny waist.

'What I wouldn't give for that body,' I sighed.

It was July 2014, and I was no stranger to cosmetic surgery.

I was only 23, but already had a boob job – going to a 32C – plus Botox, lip fillers and laser treatment.

I was slim, and I mostly liked my figure – apart from one thing.

My bum.

It looked flat, shapeless and unattractive.

Desperate to change it, I'd often find myself searching for bum implants online.

But the surgery seemed so expensive.

Determined not to give up, I finally found a clinic in Belgium that could do the op for half the price.

I will get that Kim K figure, I thought, my mind made up.

So I forked out £4,500 in advance for the op, then started saving for travel costs.

The minute it was booked, I started counting down the days.

During a pre-op consultation, I begged the surgeon for his fullest implants.

'The bigger the better,' I grinned.

But he refused, saying my body was too small for anything larger than 350 cubic centimetres of silicon – just 5cc more than my breast implants.

I was disappointed, but reluctantly accepted his decision.

Better than no implants, I thought.

I'd become obsessed with having the perfect, voluptuous bum.

Finally, in July 2015, it was time for my op!

I lay on the hospital trolley, clutching the nurse's

hand as I went into theatre.

'See you on the other side,' I giggled.

I wasn't nervous.

Just excited to wake up with my perfect figure.

Four hours later, I regained

consciousness, groggy and sore.

But I didn't care.

Admiring my new figure in a mirror, I couldn't stop grinning.

My bum was sore and swathed in bandages, but it was obviously bigger, rounder.

'I feel like I've won the lottery!' I beamed.

Within 24 hours, I was ready to go back home.

Doctors advised me not to touch my bandages or re-dress the wounds.

Odd, I thought.

But I didn't question

their medical advice.

Leaving the clinic, I felt fantastic.

I had to get the Eurostar

back to London, then another train to Leeds.

Only, the journey was hell, and took hours.

I couldn't get comfy.

I was in too much pain to sit down, but standing for

hours left me weak, exhausted.

And, 10 days later, I was still in agony, taking painkillers to ease the throbbing ache.

Shouldn't I be healing by now? I thought, worried.

I took an afternoon nap – but, when I woke

from it, I realised that something was really wrong.

Beneath me, the bed was soaked through.

I hadn't wet myself, but I couldn't understand why everything was so damp.

I felt around underneath my back and bum.

Looking at my hand, I recoiled in horror.

It was covered in blood and thick yellow pus...and it was still oozing from my bum.

I gagged as the awful, putrid stench

My bum went BOOM

I was in too much pain to sit down, standing left me weak

...and 'take two'!
I love my beautiful booty now



Before...
I wanted to leave my flat bum behind



vent M!



Would this be my dream derriere?

hit my nostrils.

Desperately trying to pull myself out from under the covers, pain shot through me.

I couldn't move!

My phone was nearby, so, hands shaking, I dialled the emergency services.

Am I going to die?

I thought, panicked.

What had gone wrong?

An ambulance rushed me to Leeds General Infirmary, where a surgeon confirmed my worst nightmare.

He said that my bum implants had ruptured.

Exploded.

'They'll have to come out,' he told me.

'But I can't lose them!'

I wept.

I'd rather risk infection and fever, I thought.

I know it sounds mad, but that's how obsessed I was with my perfect posterior.

The surgeon soon snapped me out of it.

'If the implants stay in your body, even for another hour, you could die,' he said.

My heart pounded.

I knew I didn't have a choice, and was rushed into theatre.

Waking up to my flat shape, I was devastated.

My beautiful bum had gone.

The doctors told me I should have been cleaning the wounds, but I must have misheard the aftercare instructions.

Trying not to wallow, I turned my attention to healing.

Once I'm better, I can get the implants put back in, I thought.

So as my wounds healed, I

booked a second op at the same Belgian clinic. was the only thing that'd make me happy.

They were happy to do the same procedure again, after I'd taken six weeks to recover.

Friends and family begged me not to, but I refused to listen.

I knew more surgery carried a risk, but I'd decided a curvy backside

I still want more surgery!

Rushed to hospital, I faced up to my worst nightmare

This time, post-surgery, I was kept at the clinic until

I was fully recovered, had my dressings changed regularly. And, when the bandages came off, I was delighted!

My bum was voluptuous, smooth – perfect.

Now, I'm obsessed with my new rear.

It's the derriere of my dreams and I love showing it off in clingy dresses.

It's given me a real confidence boost.

So far, I've splurged £20K on cosmetic surgery and don't plan to stop.

I hope to have hip implants in Colombia next.

I can't wait.

Then I'm going to start on my face.

I still admire Kim Kardashian, and love it that my body is starting to look more like hers.

I will have the perfect figure. Even if it kills me.



PLUS Toxic ops

Last March, Oneal Ron Morris, 36, from Florida – nicknamed The Duchess – was jailed for 10 years for performing illegal buttock enhancements by injecting clients with toxic materials, including cement, mineral oil and superglue. The dodgy ops led to one woman's death. Morris (left) admitted manslaughter and practising medicine without a licence.

LIKE A W

ANIM



Out of control
Damian had an awful temper

CALL THAT JUSTICE?!

- Fractured his victim's jaw with one punch
- Bit her fingers leaving her in terrible pain
- How did he escape a jail sentence?



I didn't know how

to get away

By Justine Wood, 40, from Colne, Lancashire

Locking eyes with a handsome, brown-eyed man across the pub, my heart skipped a beat.

Damian Bridge.

An old school friend, I'd known him since we were 14. It was August 2012, and I was having a drink with friends.

Damian and I got chatting. He was so charming. 'We should spend more time together,' Damian said. Grinning, I agreed.

Two days later, he took me out for dinner. We clicked, and there and then, he asked me to be his girlfriend.

'Of course!' I replied.

Two weeks later, he moved

into my flat.

At first, we were really loved-up. Damian treated me like a princess.

But, a year on, things started to deteriorate.

We'd row a lot.

And Damian didn't like me going out without him, unless it was to my job as a care assistant.

Our relationship became volatile, unhappy.

But I still loved him, so I stuck it out.

Only, in October 2014, we had a furious row.

'Do you mind turning your music down?' I asked him. 'I'm off to bed.'

But Damian suddenly lashed out, punching me in the face. My nose made a sickening crack.

Then Damian stormed off, leaving me in agony,

blood gushing down my face. Stunned, I phoned my daughter Melissa, 23, in tears.

'Call for an ambulance,' she said. 'I'm coming over.'

Melissa arrived five minutes later, shortly followed by paramedics.

At Blackburn Hospital, doctors told me that my nose was broken.

'I fell over,' I lied, as I was stitched up.

I was distraught, and angry with Damian. 'Mum, you need to leave him,' Melissa urged me.

I knew that she was right – Damian scared me.

But he felt terrible.

'I'm so sorry, I didn't mean it,' he said, promising that it

would never happen again. So I forgave him and we moved on.

But, eight months later, another row broke out.

I only asked him to turn down the TV. But Damian flipped, and suddenly...

Crack.

He'd punched me in the head. In agony, I fell to the floor. Terrified, blood dripping from a head wound, I called 999.

Police came and arrested Damian, while I was taken to Burnley General Hospital.

There, doctors glued a gash in my head back together.

Damian was charged and released on bail.

After that, he moved out. But he'd call, begging me to take him back.

So, despite the court case hanging over us, I started seeing him again in secret.

Only, soon we started rowing after having a few drinks.

Angry, I called him names. Damian suddenly hit me across the face.

I fell heavily to the floor.

I'm not sure if I was knocked unconscious or passed out, but I came to a few minutes later.

My jaw was agony. And I was petrified.

I went to stay with a mate. For two days I struggled on, but my face was swollen, the pain indescribable.

I went to Pinderfields Hospital where an X-ray showed I had a fractured jaw.

Thankfully, I didn't need to have my jaw wired shut. But for three months I struggled



Loved-up: me and Damian when we first got together

OLD MAD



**I said I'd
fallen over...**

to eat. I had to live off soup. After that, I tried to stay away from Damian. In July 2016, he was given a 12-month community order for battery.

I thought it would be the end and tried to move on. But, two months later, I had a call from Airedale Hospital. 'Damian's had a hernia operation,' a nurse told me. 'He needs somebody to take him home.'

He's hurt, I thought, rushing to his bedside. 'I need you,' Damian pleaded. 'Let me come home with you.'

He looked so vulnerable that my heart went out to him. So I agreed to take him home.

'Just until you're well again,' I said.

Only, when he was feeling

better, he stuck around. I knew that getting back together was a terrible idea. I had to tell him.

'You need to leave,' I said. But he lost it again. Grabbing my hand, he bit down on my fingers, hard.

Agony tore through me as Damian chomped right down to the tendons like a wild animal.

Then he just let go and stormed out. Blood gushing from my hand, I went to Whitworth Hospital. The following

morning, I reported Damian to the police. Officers arrested him later that day.

Last June, Damian Bridge, 40, appeared back at Burnley Crown Court and pleaded guilty to assault by beating and assault occasioning actual bodily harm.

The court heard that he had 11 offences on his record.

But he was simply given an eight-month sentence, suspended for 18 months, and an 18-month restraining order against me.

He was also handed a 30-day rehabilitation activity requirement and ordered to pay £150 costs.

My heart dropped when I realised that he wouldn't be going to prison.

'He got off scot-free,' I sobbed to Melissa.

Even now, I suffer from nightmares. I hate being home alone and have CCTV on my front door.

And I have barely any feeling in my fingers.

In January last year, I got together with an old friend David, 39, and we're engaged.

He's been my rock. I just hope Damian gets the help he needs.

Before he hurts anyone else.

Agony tore through me as he chomped on my fingers

PLUS Rehabilitation activity requirement

First introduced three years ago, RARs are aimed at reducing reoffending as part of a community sentence.

Judge Jonathan Gibson told Bridges he was suspending his jail

term but added, 'It's been a very fine line,' before ordering him to undergo intensive work with the probation service to protect Justine and any future partners he may have.

BIT ON THE SIDE!

Kind skincare

B Gentle Eye Makeup Remover, £7.99, Superdrug

FROM **£2.95**

Tough on make-up but not your face, this contains moisturising ingredients to soothe your skin and nourish your lashes.

Bioderma Sensibio Deo Anti-perspirant, £7.50, Escentual.com

Using clever technology, this deodorant is gentle on sensitive underarms and helps to make them less sensitive in the future.

Really clever!

Super Facialist Pure Sensitive Overnight Skin Recovery Cream, £15.99, Boots

Well worth the extra money, this works as you sleep to hydrate and repair your skin cells for a smoother complexion.

Simple Rich Moisture Sheet Mask, £2.95, Tesco

Simple's aim has always been to care for sensitive skin. Free from artificial perfume or colour, this mask is brilliant for dry skin.





A SPECIAL



trip planned



Denise is using her £4,102 win to visit her grandchildren for the first time in three years

By Denise Dean, 71, Mid Glamorgan

Skyping my daughter Stella, 52, I watched three of my granddaughters dancing around in the background of the screen. 'I miss you all so much,' I said. Blowing kisses and saying goodbyes, I shut the laptop. It'd been three years since I'd seen them properly. Skype was the only way we could connect. I really did miss them. You see, my daughter and her kids live in Philadelphia in the USA now. That's 3,479 miles away. But we Skype as much as possible and I'm always receiving photos of the fun they're having over there. Plus, my other two children Christopher, 50, and Darren, 46, are here in the UK. They visit me and my husband Steven, 62, whenever they can. I have nine granddaughters so I'm kept very busy, but I do miss the three in Philadelphia. When I'm not spending time with my family, one of the things I enjoy is Chat Mag Bingo. It's so much fun. I've been a member since July 2012. I love the great mix of games you can play and chatting to the other members. The Tiki bingo game is my

favourite. You can play from just 1p a ticket. In December 2017, I made a cup of tea after a long day shopping and logged on to Chat Mag Bingo. It was the 7-8pm Session Bingo game. You buy a bundle of tickets for 15 games, which lasts an hour. Steven was in the kitchen, so I settled down and the first game started to play. I watched as the numbers were dabbed off. Always so exciting! Watching the screen, I sipped my tea. One number to go. Then, I almost dropped

I'm so excited about seeing Philly – and my girls!

a biscuit in my cup when I looked at my account balance. 'Steven, Steven!' I squealed. Running into the room, he looked worried. 'Everything OK?' he asked. 'Look at my balance,' I said, showing him my screen. There, in front of our eyes, it had shot up by £4,102. Neither of us could believe it. It was the most money I'd

ever won on the bingo. We started planning what we'd spend it on that night. Over the next few weeks, we splashed out on a king-size bed but put the remainder aside. We knew exactly what we were going to spend the rest on. Logging on to Skype a few days later, I clicked on Stella's number. It rang a few times before she answered. 'Hi Mum, you OK?' she asked. Grinning from ear to ear, I told her the news about my win. 'I want to spend the winnings on a trip to see you all,' I announced. Stella gathered the girls round the screen. They jumped for joy when we told them. We've booked tickets for a three-week trip in December 2018. They begged for us to come earlier but we decided a Christmas trip would be perfect. It's been so long since we've seen them and the girls have grown

WINNING GAME!



Enjoy bundles of Bingo Fun!

Play our jam-packed Session Bingo, where you choose your ticket bundle for loads of 90-, 80- and 75-ball Bingo fun in one of our hour-long value sessions every day.

● **Head to the Bingo page at Chat Mag Bingo and you can check out our Morning, Afternoon, Evening or Twilight sessions!**

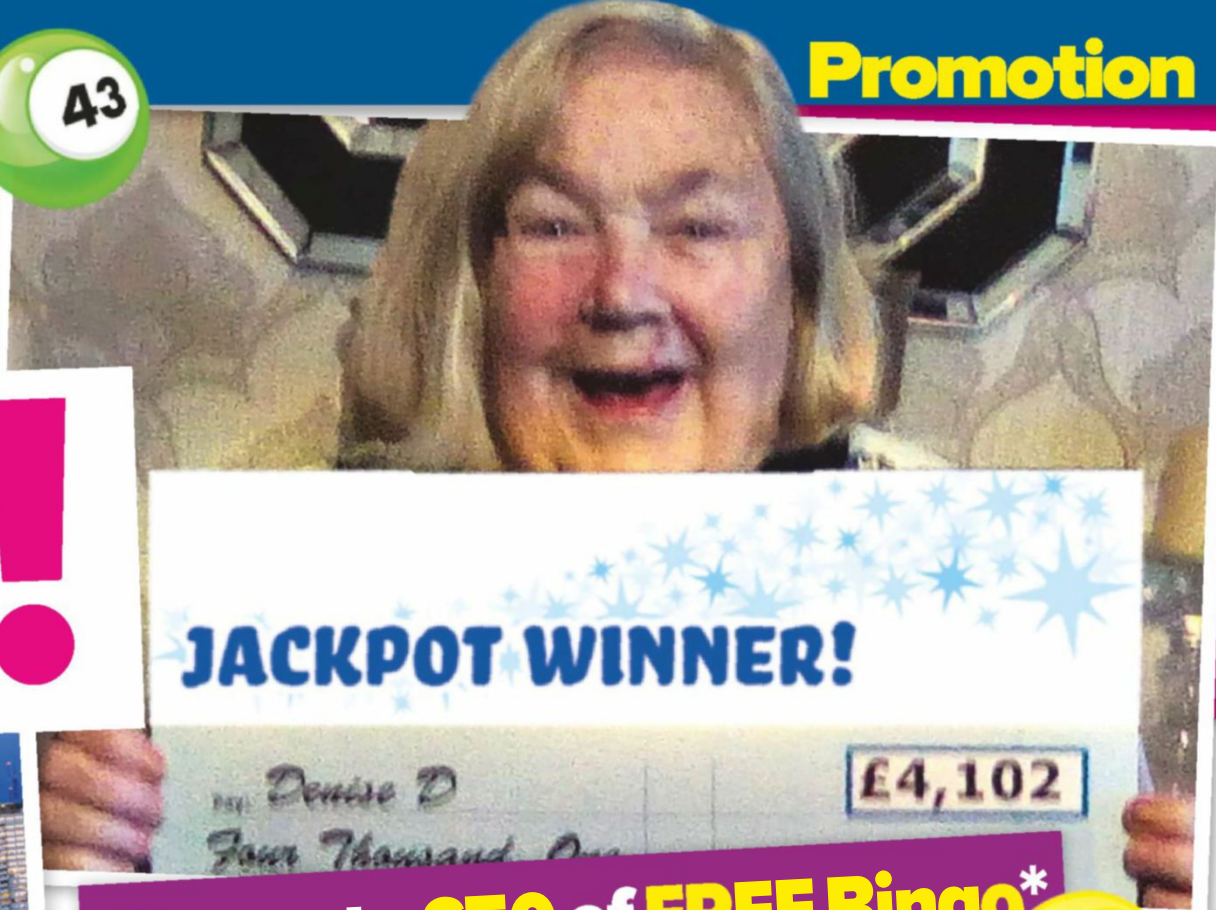
*18+. UK ONLY. PLEASE PLAY RESPONSIBLY

WORDS: BESS BROWNING. PHOTOS: GETTY IMAGES

AL ed!

43

Promotion



JACKPOT WINNER!

£4,102

Get up to £50 of FREE Bingo*

22



27

Huge Jackpots

11

Exciting Link Games

1

Buzzing chat rooms

33

Games from just 1p!

3



16



43

20

up so much.
We're so excited.
And we had my Chat Mag Bingo win to thank for giving us the opportunity to book a visit sooner than we'd planned.
If I could give any advice to other players, I'd say give it a go, it's such a fun, friendly site.
If a big win can happen to me, it can happen to anyone. There really are real-life winners.
Thanks Chat Mag Bingo!

Join Chat Mag Bingo

Play £10, and get up to £50 of FREE Bingo*

Register your account with code **CHATK18**

Deposit and play **£10**

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20

45

A life sentence

MYRA HIND

WORDS: RACHEL TOMPKINS. PHOTOS: REX



My life is linked to one of Britain's worst killers

By Veronica Bird, 75, from Harrogate

Stepping into Risley Prison in Warrington, nerves shot through me. The stench of urine, faeces and tobacco made me retch, while the noise of the female inmates shouting and screaming was deafening.

It was 1968, I was 25, and it was my first day at HMP Risley. Or 'grisly Risley' as the inmates called it.

Only, I wasn't a prisoner, but a prisoner officer.

I'd spent a few years as a police officer in Doncaster – one of only four female officers at the time.

But nothing could've prepared me for this.

I worked in a female-only part of the prison.

The inmates wore uniforms and lived in

tiny cells with a chamber pot. And they were allowed one bath a week.

Family and friends had been shocked when I told them I was going into the prison service.

'You'll be working with the worst criminals,' I was warned.

But there were perks, too.

Such as free accommodation and paid overtime.

'I'll do it for two years to buy myself a house,' I shrugged.

I'd grown up in poverty, escaped a violent relationship.

This was nothing!

After eight weeks at Risley, I was moved to a women's prison, HMP Holloway in

London, home to some of the most notorious females.

Including Moors Murderer Myra Hindley.

I'd read about Hindley in the newspapers – who hadn't?

She and Ian Brady had been jailed for life for murdering five children and burying them on Saddleworth Moor on the very day I'd become a police officer.

Her notorious mugshot glared out from all the newspapers.

But, when I first came face to face with Hindley, I didn't even recognise her.

'Do you know who that was?' an officer said.

Hindley's hair wasn't that signature, bottle-blond any more.

After that, other prisoners would regularly point her out to me, like she was some minor celebrity.

And during those early days, Hindley revelled in her infamy.

Still, she was locked in an isolated cell, rarely came out for dinner.

And I had no doubt the woman was utterly evil.

At Holloway, there was an entire file devoted to the letters Hindley exchanged.

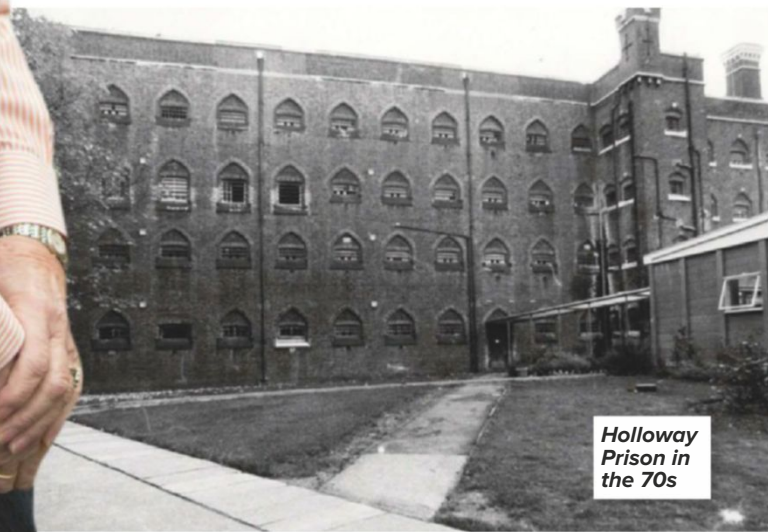
The authorities hoped they might find some indication where she and Brady had buried Keith Bennett, whose body had never been found.

Sadly, there never was. After 12 weeks, I moved to another prison.

But, as I rose up the ranks, Hindley caused controversy behind bars.

In 1971, she struck up

I had no doubt the woman was utterly evil



Holloway Prison in the 70s

Today I'm retired

with

LEY



Hindley's mugshot



Off to jail
Me in my
new uniform

an affair with a Holloway prison officer named Patricia Cairns.

Hindley abandoned writing to Brady, instead penning love letters to Cairns.

The pair fell madly in love, and hatched an elaborate escape plot.

But, in November 1973, they were rumbled when the police found a parcel containing soap and plaster impressions of three prison door keys.

Cairns was arrested, confessed and was jailed for six years.

Stories of the plot flew round the prison service.

It shook everyone.

Over the years, my career went from strength to strength.

By 38, I was a Governor of Styal Prison, responsible for 1,000 female inmates.

I bought myself a bungalow – but I never considered leaving the prison service.

I loved caring for inmates.

Helping to educate them, to

teach skills such as cooking and using a computer.

It was a joy to watch some turn their lives around after years of being locked up.

They weren't all success stories, though.

In the 1980s, I had an inmate in for drugs offences.

We helped her detox and gave her counselling.

Just two hours after getting out, she overdosed and died.

I was devastated.

But working in a harsh environment meant I'd developed a thick skin.

Working as the Governor in Leeds Prison in the 90s, I had to visit Charles Bronson every day in the segregation unit.

He was known as the most violent prisoner in Britain, and I'd heard terrible stories of his

outbursts. But, to me, he was a gentleman. He was polite, never swore, was never aggressive.

And he was the fittest man I'd ever met – he spent hours every day working out.

Still, I knew better than to ever let my guard down.

Throughout the decades, the

a partner or family.

Hindley had fallen in love, served her time under the media spotlight and even got a Humanities degree.

But, while she died with regrets, I won't. I'm proud of everything I achieved.

And I did it as a free woman.

prison service became unrecognisable from that first day, when I'd walked into grisly Risley.

Female inmates had toilets and sinks in their cells, as well as TVs.

They could make phone calls, were provided with education, counselling, anger management.

Changes Hindley no doubt saw, too.

By November 2002, it was time for me to retire.

When my desk was all packed up, we got a phone call at New Hall Prison.

Myra Hindley had died in West Suffolk Hospital of respiratory failure aged 60.

She'd spent 36 years locked up.

It dawned on me that she'd entered the prison system at the same time as me.

Only through a different door.

And, while I'd risen up the ranks, she'd been rotting away.

You've done the same life sentence as Hindley, someone wrote in one of my retirement cards. But they couldn't be more different!

But was it really that different, I wondered. Our lives were linked.

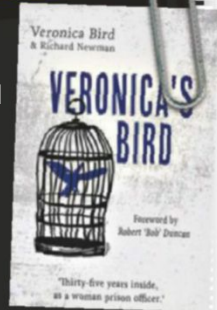
Consumed by my career, I'd not had time for hobbies,

a social life – let alone

Stories of the plot flew round the prison service

PLUS Incredible life

Veronica's memoir *Veronica's Bird: Thirty-Five Years Inside as a Female Prison Officer* by Veronica Bird and Richard Newman is out now. The story of her incredible life and career is published by Clink Street Publishing and is available online and in bookshops. Veronica will be donating her proceeds to charity.



WIN £1,110 CASH!



ARROW-WORD

In which country is it illegal to name your child Sandy? Solve the puzzle by following the arrows and writing in your answers. Then read down the letters in the shaded squares to find the prize answer.

Restaurant list	Stadium for a concert	Piece of writing	Unhappy	Time of life	Wild beast's den	Angler's prey	Knotted Constructed
				Enemy	Legal defence		
Lady named on a will	Traffic light colour	Secure			Belonging to us	Prosecute	Cipher
		Palaver			Exotic flower		
Swivel	Piece of cake		Big bird		Alloys	Computer operators	Things
		Adjoin, border on	Solitary	Revolt	Well educated		
Brick carrier	Large vase	Medicinal shrub			Ipanema's coastal resort	Collection	Empty interval
			Courageous			Inner being	
Very large	Reveal					Ancient Italian	
Short letter			Mislays			Secret agent	

Your answer: _____

Puzzle 6

£1,000



SUDOKU

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

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

Puzzle 7

£60

Your answer: _____

WORDSEARCH

Puzzle 8

£50

Research at the University of Tokyo has found that cinema audiences do what in unison? The answer is the one missing from the grid.

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

- APPLAUD
- BLINK
- BREATHE
- CHECK TIME
- CHEW
- COMPLAIN
- COUGH
- CRY
- DRINK
- FIDGET
- GROAN
- SCREAM
- SIGH
- SING ALONG
- SNEEZE

Your answer: _____



WIN £500 CASH!

CRAFTY CODE CRACKER

What two musical instruments can actress Zoëy Deschanel play? To find out, solve the puzzle... Fill in the grid. Each letter of the alphabet has been replaced by a number from 1 to 26. When you've completed the grid, the shaded squares will spell out the three-word prize answer. We've given you five letters to start you off.



Puzzle 9
£500

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

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

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

Your answer:

BIT ON THE SIDE!



Classic flapjacks

Makes: 16
Preparation time: 15 mins
Cooking time: 25 mins
Cost per serving: 24p



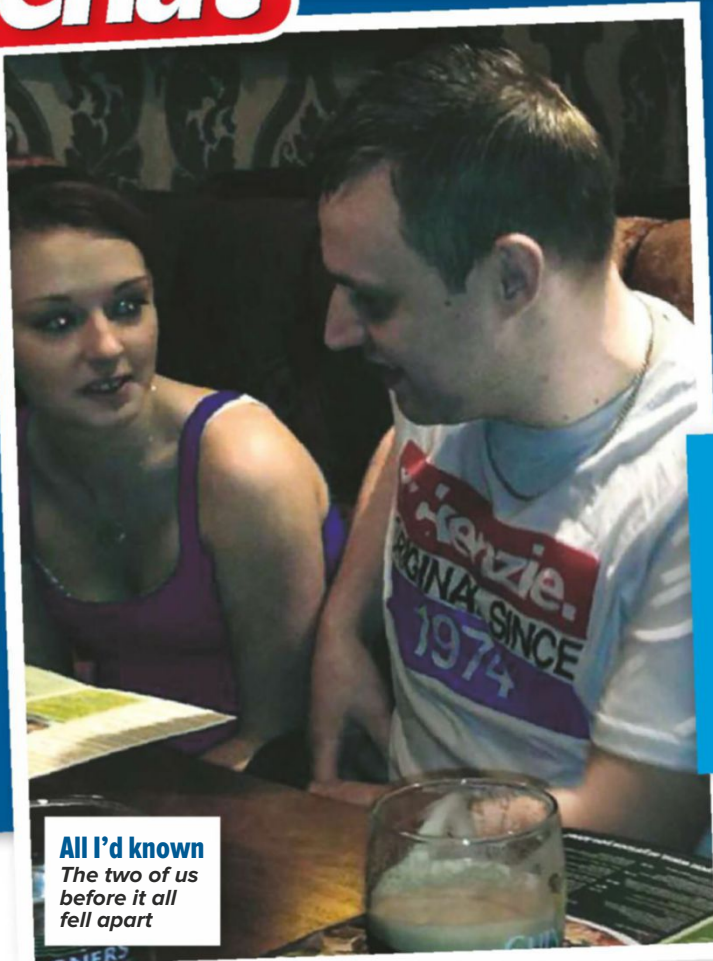
- Preheat the oven to 180C/gas 4. Grease and line a shallow 20cm square tin with baking paper.
- Put 150g butter, 75g light soft brown sugar and 3tbsp golden syrup into a medium pan and gently heat until melted. Stir in 250g oats.
- Tip into the tin, then level and press the mixture evenly and firmly with the back of a spoon. Bake for 25 mins until just golden around the edges.
- Remove from the oven and cool for 10 mins, then lightly mark into 16 pieces with a knife while still warm. Cool completely before turning out on to a board and cutting again with a sharp knife.

Top tip

Flapjacks will keep for up to a week in an airtight container.

RECIPE FROM TATE & LYLE. FOR MORE, VISIT LYLESGOLDENSYPUR.COM

BUST ON THE



All I'd known
The two of us
before it all
fell apart



He told me he was working away – as he set up a double life

By Rachael Thom, 26, from Arbroath, Angus

Sipping my tea, I thought about my boyfriend Shaun's news.

He'd been offered a new job on an oil rig in the Shetland Islands.

It meant he'd be away from me and our daughter Caitlin, 1, for three weeks in every four.

Will I be able to cope on my own? I worried.

But it was a great opportunity for Shaun, now 32.

Besides, we could do with the money.

'We knew it wouldn't be easy. But we'll talk on the phone every day,' Shaun promised.

And we'd make the one week of each month we had together extra special.

Still, getting used to a new long-distance relationship was hard on both of us.

Shaun had been my childhood sweetheart. We'd met when I was 16 and had barely spent any time apart.

But we managed OK when Shaun began working away.

And we definitely made

the most of that week we did have together...

Because, three months after Shaun started his new job, I was pregnant again!

'We'll need a place of our own,' Shaun grinned, stroking my growing bump.

We'd been living at his mum's and, while it had been smooth sailing so far, we needed our own space for our growing family.

And there was one big box left for us to tick.

I nervously tapped out a text to Shaun, after he'd returned to work for his next three-week stint.

How would you feel about getting married? I wrote.

I held my breath, as I waited for his reply.

Great idea! he replied.

I was on cloud nine.

Newly engaged, expecting our second baby and moving

into our first family home.

It felt like everything was falling into place.

In June 2013, we welcomed our baby boy Leo.

'Hello, gorgeous,' I cooed, peering down at my son, counting his tiny, perfect fingers and toes.

Shaun and I were smitten.

But, just a week after Leo was born, Shaun had to go back to work.

So soon? I thought, gutted.

Life with a newborn and toddler was hard without an extra pair of hands to help.

But, despite being sleep deprived and stressed, it didn't stop me noticing that Shaun was becoming distant.

He called home less.

'I just want to talk to you,' I pleaded one night over

the phone.

His reply was blunt.

'I have to get back to work, I don't have time right now,' he said.

I was crushed. *Something isn't right,* I thought.

But ignoring my instincts,

I pushed my fears aside and put Shaun's behaviour down to the stress of the job.

I knew it couldn't be easy, spending so much time away from the kids.

'We need a holiday,' I suggested when we next spoke.

So, in October 2013, I booked us a family break in Cape Verde, leaving Leo, then 4 months, with family.

But, as we settled into our



Shaun with our little boy Leo

seats on the plane, Shaun could barely tear his eyes away from his phone.

And it only got worse as the week went on.

While Caitlin and I played by the pool, Shaun would sit with his mobile in his hand, as if he wasn't with us.

We spent the rest of the holiday bickering.

The day we were due to fly home, Shaun suddenly perked up.

And the minute we touched down, he told me he'd have to get straight back to work.

'You're not going to come

He was becoming distant, but I pushed my fears aside

RUINED JOB



He played away so I'm moving on

home first?' I cried, shocked. 'Don't you want to see Leo?'

I couldn't persuade him to change his mind.

As Caitlin and I headed home, I tried to pretend everything was fine.

But, on the inside, I felt hurt and confused.

A month later, Shaun returned from the Shetlands for his week with us.

That night, we were watching TV together after the kids had gone to bed, when he disappeared upstairs.

Moments later, I heard him talking in muffled tones.

Heart in my mouth, I muted the TV and crept to the bottom of the stairs.

'Babe, I'm sorry,' I heard him saying. 'We'd already booked the holiday. I love you and can't wait to come home.'

My blood ran cold.

What was he on about?

Shaun *was* home. And who was he calling Babe?!

I stormed upstairs and flung open our bedroom door, demanding to know who was on the other end of the phone.

Shaun went bright red

and hung up straightaway.

'Someone from work,' he said, flustered.

At first, Shaun denied

he was having an affair, but I pushed him for answers.

Eventually, he admitted that he was having a relationship with someone at work.

Such a cliché!

And they'd got together just weeks after I'd given birth to Leo!

Oily rat!

They were even living

together whenever he was in the Shetlands.

While I was at home looking after our baby.

I was utterly heartbroken. My whole world had fallen apart.

Caught out, Shaun realised that he could lose his family and promised to end things.

I wrestled with my feelings. We'd been together for 10 years, had two kids.

For their sake, despite

everything, I decided to give Shaun a second chance.

We couldn't afford for him to give up his job, though.

So he kept working in the Shetlands, vowing he'd stay away from his mistress.

We managed to limp along for another few months, but the trust was broken.

Thinking of him working so far away, in the same place as her, was too much to bear.

'It's not working, Shaun. It's over,' I told him.

Not long afterwards, Shaun begged me to give our marriage another go.

He was no longer working on the oil rig and it would have been the easier option to say yes.

Shaun was all I'd known, we had a family together.

But I couldn't forget what he'd done.

Now, Shaun and I are only in contact for the sake of Caitlin, 6, and Leo, 4.

I'm moving on with my life, focusing on myself and my two beautiful children. I won't let him fool me again.

I couldn't bear to think of him in the same place as her

PLUS Big mistake

Shaun, says, 'I regret it completely. I ruined everything, lost my family, and I'm still paying for it now. I really do regret all that happened, but it made me the good man I am today.'



Me and Shaun

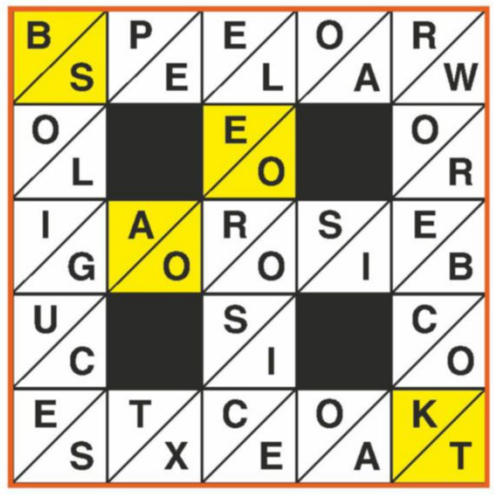
WIN £££s

chat

20-YEAR TIMEB

HALF AND HALF

A logotransi-phobia is the fear of being seen on public transport without a what? Cross out a letter in each square to get a grid filled with words. The uncrossed out letters in the shaded squares spell the answer.



Puzzle 10
£100

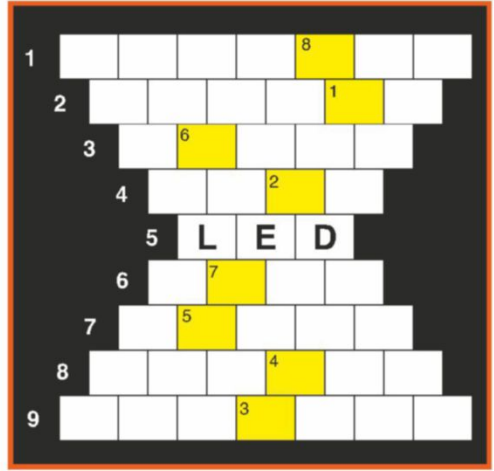


Your answer: _____

BRICK TRICK



Scientists at Cardiff University have found that ancient buildings can be protected from acid rain by covering them in what? Enter the answers to the clues in the grid. Every word is an anagram of its neighbours, plus or minus a letter. Read the shaded squares in number order to find the two-word prize answer.



- 1 Sections of coursework
- 2 Not very often
- 3 Catwalk walker
- 4 Blend, combine
- 5 Showed the way
- 6 Fibbed
- 7 Old Nick
- 8 Nonsense, poppycock
- 9 Hand over a parcel

Puzzle 11
£100

Your answer: _____



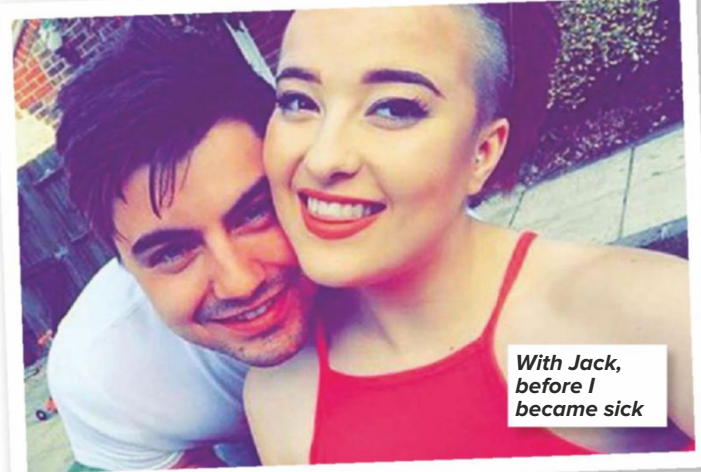
Something that I'd eaten as a toddler was slowly killing me...

By Danielle Smalley, 23, from Basingstoke

Sitting on the side of the bath, I let out a groan. 'Are you OK?' my boyfriend Jack, then 24, called from outside the bathroom door. 'I don't know..' I started. But I couldn't finish my sentence, had to lift the toilet seat to be sick again. For months, I'd had terrible abdominal pains and attacks of vomiting. 'You really should see the doctor,' Jack said when I eventually staggered out. 'I know,' I sighed. Actually, doctors were

very familiar territory for me. Born at 26 weeks, I'd been in Intensive Care and had tummy problems my whole life. So I made an appointment. 'It's probably just IBS,' my GP told me. 'But we will do some tests.' It was September 2016, and I was sent for a transvaginal ultrasound to examine my pelvis. Two weeks later, I went along and was given some shocking news. 'Your liver, intestines and bowel are on the wrong side of your body,' the doctor said. They were all on my left side,

I had abdominal pains and attacks of vomiting



With Jack, before I became sick

WORDS: TRACY GAYTON, SARAH FINLEY, PHOTOS: SWNS

HEAR BOMB



My stomach after surgery



which meant that I could have blockages later down the line.

I was given an appointment for corrective surgery the following April.

Now I just had to wait. So I carried on with my Relationship Management job in Basingstoke as normal and took painkillers when the cramps got too much.

But, by January last year, the agony was unbearable.

A laparoscopy at Frimley Park Hospital revealed some strange nodules on my bowel, intestines and just behind my womb.

Taking biopsies, they called me back the following month to see a bowel consultant.

'I've got a very bad feeling about this,' I told Jack.

He was holding my hand when the doctor told me the news.

'You've got a cancer known as mesothelioma,' he said. 'More commonly known as asbestos cancer.'

'What's that?' I stammered.

The doctor explained asbestos was a building material, outlawed back in 1999, because it caused cancer.

And mesothelioma normally affected male builders over 75.

'So why me?' I gasped.

Turns out, the type of mesothelioma I had meant that I would have ingested it.

Neither of my parents – Amanda, 47, or Simon, 51 – had ever worked with asbestos.

We looked up my primary school, too,

but couldn't find anything.

It can take 20 to 50 years to have an effect, so I'd have been 2 or 3 years old when I came into contact with it.

I could have eaten something at a friend's house, or ingested something from an old shed at the park I used to go to.

'So for all these years,

it's been inside me,' I shuddered.

I'd been a ticking time bomb for two decades... *Horri-fying.*

I was referred to a specialist in asbestos cancer in September last year.

Further biopsies revealed the cancer was mainly in the tissue that covers the uterus, bladder and rectum.

Then, last November I was back in hospital to have major surgery to remove it.

Warning me of the risks, the doctors said there was a one-in-50 chance of dying during the operation.

It was so terrifying that it was hard to take in.

I was in theatre for 13 hours.

When I woke in Intensive Care, doctors explained the cancer had spread to my diaphragm, liver and bowel.

Originally, they were going to do an operation where they would strip the cancerous tissue from my bowel, stomach and intestines.

But they had to strip it from everything and take out every organ I didn't need – like my gallbladder and appendix.

Before they sewed me up, my organs were also washed, using special chemotherapy drugs.

When they stitched me up, there were 56 staples going from my breast bone, right down to my vagina.

But, luckily, they'd saved

my ovaries, so I'd still be able to have children.

Staying in hospital, I had more chemotherapy.

I didn't lose my hair, but my skin became very dry and the pain was unbearable.

But now, five months later, I'm in remission but need to have check-ups every three months.

I can't believe I've been through all this, because of a childhood brush with asbestos.

I'll never really know for sure what happened.

But, rather than looking back, I'm looking to the future. I'm just glad I still have one!

It was horrifying...

There was a one-in-50 chance of dying during the op

PLUS
Still a danger

An estimated half a million buildings in the UK still contain asbestos – silicate minerals once commonly used for insulation. If disturbed, asbestos can cause a range of serious health problems, particularly in the lungs, due to the inhalation of microscopic asbestos fibres. In 2015, there were 2,542 deaths due to mesothelioma.

Looking ahead
In remission, but I still have checkups

WIN £500 CASH!

NUMBER JIG

Finland bills itself as the 'Land of a Thousand Lakes'. But how many lakes does it actually have? Fit these numbers into the grid. One number doesn't fit. This is the prize answer.

3 digits

138
145
266
350
479
501
502
600
619

725

850
998

4 digits

1001
2525
3000
4010
5236
6099
6806
7500
9730

5 digits

16941
19125

20823

35384
40267
45926

57326

61292

73449

81493

89617

6 digits

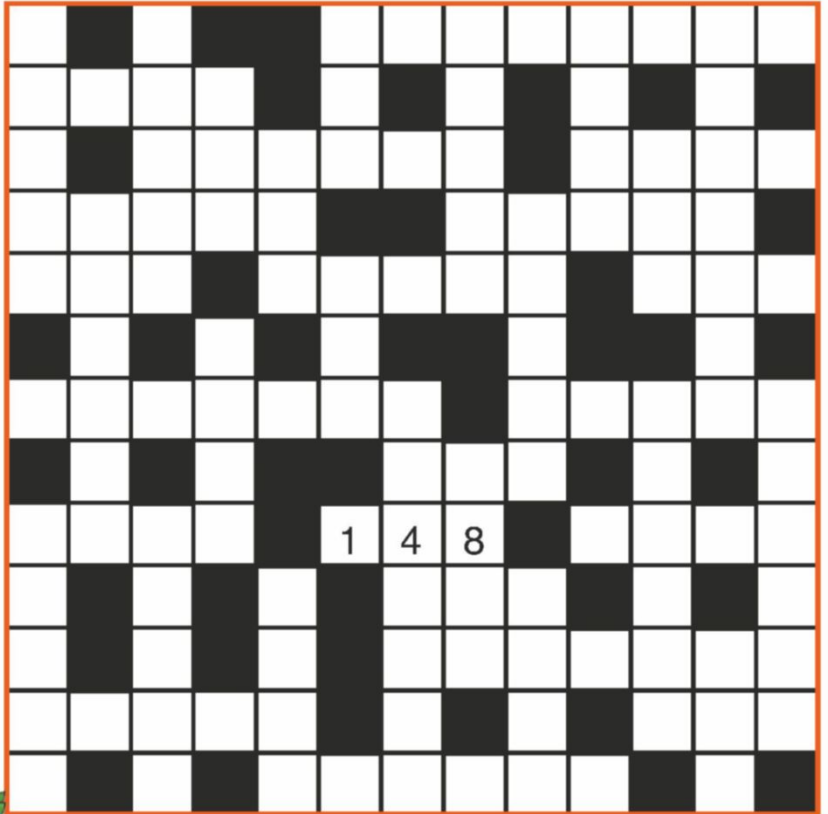
175000
187888
300000
411059
589612
820173

7 digits

1605780
3245199
7236092
9065383

8 digits

64176471



Puzzle 12
£250

Your answer:

AYE TIS
ARRRD!

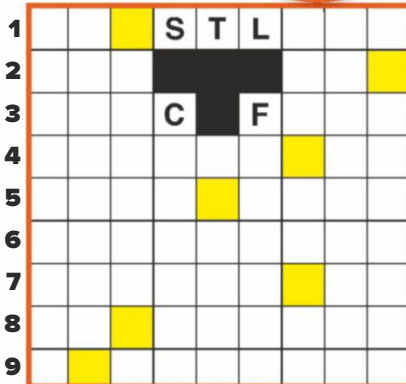


PIECEWORD

According to *The Economist's* 'burgonomics index', which country sells the cheapest McDonald's Big Macs? The number next to the clue tells you which line the answer's in. We've put a section in to start you off! There may be two Across answers in one line. Down words fill themselves in. The shaded squares spell out the prize answer.

Puzzle 13
£150

I	S	E	R	S	O	V	E
P	A	L	T	D	I	N	
E	D	R	R	E	S		
E	R	N	R	R	U		
W	O	K	S	I	N		
E	T	E	C	A	P	E	P
S	T	A	T	O	W	E	
G	F	O	L	O	S	E	



1 Cattle thief

2 Very bad deed

• Chinese cooking pan

3 Long, dramatic novel

• Village gala

4 Tall building

5 Statute, rule of the land

6 Defeated person

7 Baking chamber

• Move upwards

8 Terrible racket • Chum

9 Got away, ran off

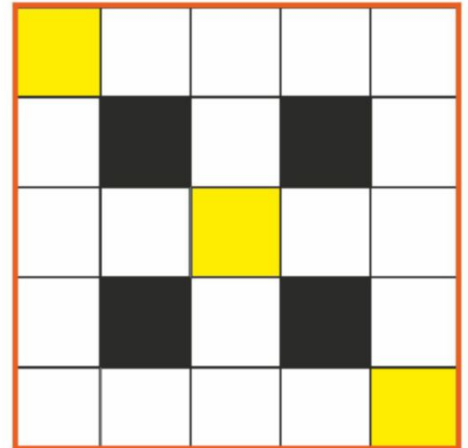


MIDDLING
MATEY!

Your answer:

TAKE THREE

Cash-strapped Cuba has offered to pay the £220 million it owes the Czech Republic in what? To find out, solve the puzzle... The three answers in this puzzle read the same across and down. The clues are given, but not in the right order. Read down the shaded squares to spell the prize answer.



ABOUT-FACE (1-4)
TOUGH MATERIAL USED
BY LEVI STRAUSS FOR HIS
WORK TROUSERS
DRINKS BOUGHT
IN A PUB FOR
A GROUP

Puzzle 14
4x
£25

Your answer:



PIECES
OF CAKE!

WIN £500 CASH!

BIT ON THE SIDE!

THE BIG QUIZ



Puzzle 15
£500



The answers to all these general knowledge questions – except one – are in the grid in various directions. To be this week's **Chat** Big Quiz champion, work out which answer is missing. This is your prize answer. Answers are in alphabetical order in each section.

THE SILVER SCREEN – GAMES

- 1 What's the surname of the actor Kevin ..., who starred in the baseball films *Field of Dreams* and *Bull Durham* and golf movie *Tin Cup*? (7)
- 2 What completes the title of 2002 football film starring Parminder Nagra and Keira Knightley, *Bend it ...*? (4, 7)
- 3 What 'Games' is the title of a 2012 dystopian movie that's had three sequels and features Jennifer Lawrence as Katniss Everdeen? (3, 6, 5)

WHERE IN THE WORLD? GULF

- 4 The UAE

is one of the Gulf States that has shores on the Persian Gulf. UAE stands for the United Arab ..., what? (8)

5 What 'Gulf' is the name of the ocean current that runs across the Atlantic from Florida, and which keeps the British Isles warmer in winter? (4, 6)

6 What completes the name of the body of water, the Gulf of ..., which borders Texas, Louisiana, Mississippi, Alabama and the western shores of Florida? (6)

arena Madison Square Garden, used for many sports and concerts? (3, 4)

GLASS

10 What part of a room follows 'glass' to make the name of an invisible barrier that prevents some people from rising beyond a certain level at work? (7)

11 Which fairytale character leaves

behind a glass slipper when she has to rush away from the ball at midnight? (10)

12 What completes the proverb, 'People in glass houses shouldn't throw ...'? (6)

GODS

13 The gods Osiris, Isis and Horus were worshipped in the ancient civilisation of which country? (5)

14 Mount Olympus, the home to the gods of the ancient civilisation of that area, is in which Mediterranean country? (6)

15 Which day of the week is named after Odin, the most important god of Norse mythology? (9)



5. What comes from Florida?

GARDENS

7 What completes the name of one of the Seven Wonders of the Ancient World, the Hanging Gardens of ...? (7)

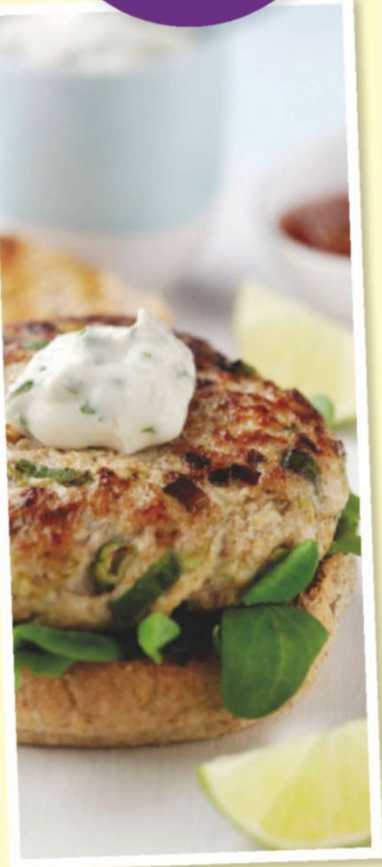
8 Which long-running BBC horticultural show has been presented over time by Percy Thrower, Alan Titchmarsh and currently by Monty Don? (9, 5)

9 Which US city is home to the famed multi-purpose



1. Who's that sports fan?

Your answer:



Thai turkey burgers

Serves: 4
Prep: 15 mins
Cook: 10 mins
Cost per serving: £1

1 To make burgers, mix together 500g turkey mince, 1 bunch spring onions, chopped, and 2tsp Thai red curry paste. Divide and mould into 4 burgers.

2 Heat 1tbsp oil in a frying pan and cook burgers for about 10 mins, turning, until lightly browned and cooked through.

3 Split and toast 4 wholegrain baps. Mix 2tbsp mayo with 1tbsp chopped coriander. Put a few salad leaves in baps, and top with burgers. Put a dollop of mayo on top and serve with lime wedges.

Chat Meal Deal

RECIPE FROM WHOLE GRAIN GOODNESS. FOR MORE, SEE WHOLEGRAINGOODNESS.COM/RECIPES

SPRING

From bloomin' great bunnies to speedy sheep shearing – spring has sprung into the record books!

Magic carpet

The largest carpet of flowers was made of 1.8 million blooms! It was created at the Yanbu Flower Festival in Saudi Arabia on 14 March last year.



So eggs-citing!

On 1 April 2007, 9,753 children gathered at an adventure park in Florida, in the US, to crack the record for the largest Easter-egg hunt. There were 501,000 eggs. Was it enough chocolate to go round..?



Raising the baaa

Australian Dwayne Black holds the record for the fastest time to shear one merino lamb, in just 53.88 seconds. He was competing on the set of a Guinness World Records Special show in Beijing, China in 2007.



Ruffling feathers

Tricolor TV in Russia has worn the crown for the longest line of bird's nest boxes since 2016. Measuring 1,124km, the line was made using 4,000 nests!

IT ON!



Aye aye, skippers!

A w-hopping 300 people skipped on the same rope, at the same time, in Thailand on 11 January 2016. All the participants completed 25 full rotations of the skipping rope.

Winging it

Nina Merinova, from Russia, is all of a flutter with her incredible collection of 735 butterfly ornaments – making her a record-breaker as of October 2011.



Spring clean

The largest house-cleaning lesson consisted of 1,890 people on 28 May last year. Professor Deepak Mashru taught the session in Gujarat, India.

Fur real?

Darius, a Flemish giant, holds the record for being the longest rabbit. When he was measured by the *Daily Mail* in April 2010, they found he was 4ft 3in (129cm) long. He is owned by Annette Edwards in the UK.



Guinness World Records: Science & Stuff is out now

WIN

THE SKINNY ONE

Puzzle 16
£50

A study by US Dairy has found 7% of US adults believe chocolate milk comes from what?

To find out, solve the puzzle... Add a letter anywhere in each of the boxed-off words to fit the clue, eg, AUTOMATON = ROOT + B = ROBOT. Write the added letter in the space provided then read down the added letters to spell out the two-word prize answer.



Automaton	ROOT	<input type="checkbox"/>
Lorry	TUCK	<input type="checkbox"/>
Green sauce	PEST	<input type="checkbox"/>
Expand	SELL	<input type="checkbox"/>
Crouch	KEEL	<input type="checkbox"/>
Skin plate	SALE	<input type="checkbox"/>
Kiosk	BOTH	<input type="checkbox"/>
Frog's eggs	SPAN	<input type="checkbox"/>
Game	PORT	<input type="checkbox"/>

Your answer:

TO ENTER

Turn to page 56 for details.

Holiday



6 reasons to visit...

Edinburgh

Dig deeper into this city's walks, eateries and history

- 1 Go west** Shrouded in history yet recently rejuvenated, Edinburgh's West End is a hidden gem. The cobbled shopping lanes of the West End are at the very heart of Edinburgh's fashion and culinary scene.
- 2 Hit the hay** Staying west, explore Haymarket. Known for its cafes, pubs and restaurants, as well as the city's second railway station, the area is currently nearing the end of an extensive redevelopment. Edinburgh lends itself to an explorer's mentality, and you will find yourself glued to your phone, searching for the city's best-kept secrets.
- 3 Find Harry Potter** For children and adults alike, Edinburgh has become a place of pilgrimage for *Harry Potter* fans. Discover the history that inspired the famed wizarding world, including Hogwarts

School, Diagon Alley (Victoria Street and Candlemaker Row), and Greyfriars Kirkyard, where JK Rowling is thought to have found inspiration for names in the series.

4 Head outside The backbone of the city is undoubtedly the serene Water of Leith. Take a stroll along this family-, cycle- and dog-friendly walkway, passing villages as it meanders its way through the heart of Edinburgh.

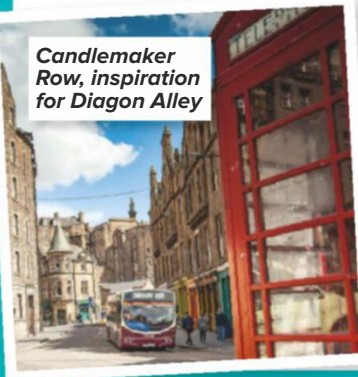
5 Get a taste of Scotland You won't be short of great, authentic places to eat here. Whether you want to grab a light lunch or settle down for the night in a hidden restaurant enshrouded by the city's cobbled streets, there will be something for you. Grab a light bite at Cairngorm Coffee in the heart of the West End.

6 Jubilant history The charm really is in the detail. The nooks, winding side streets and narrow walkways are the veins of Edinburgh. No visit is complete without wandering around the Old Town and up the Royal Mile.

Useful stuff

- For Sound Walks, visit edinburgh-westend.co.uk/west-end-sound-walks
- Find out about Cairngorm Coffee at cairngormcoffee.com

Candlemaker Row, inspiration for Diagon Alley



True B



My lovely Lois is always camera-ready...

By Dawn Groom, 42, Ware, Hertfordshire

As she smiled up at me, my heart melted. It was mid-June 2007 and Lois, 4 days old, was my first child.

Only, at one of her newborn check-ups, the midwife had bad news.

'There's something wrong with her hearing,' she told me and my husband Darren, then 33.

'Is she deaf? I asked, worried.

We hadn't picked up on anything.

But Lois needed more tests.

At 8 weeks, she was fitted with a hearing aid.

To me she was perfect, but doctors warned her hearing problems were a sign of other issues.

Over the course of a year, doctors did further tests.

'She has 18q deletion syndrome,' a specialist doctor finally told us, when Lois was 14 months old.

It was a rare chromosome disorder – affecting just

one in 40,000 babies worldwide.

By then, Darren and I had picked up on a few things.

Like how Lois' tongue stuck out of her open mouth, how she'd struggled to walk.

She would bum-shuffle everywhere instead.

We were told the disorder meant Lois would develop learning difficulties, problems with speech.

'Mummy,' Lois finally babbled, aged 2.

I was delighted, felt hopeful.

Yet her speech was still impaired, and didn't progress like other children's.

Doctors also identified dysmorphic facial features.

Lois had an abnormally small nose and open mouth posture – where her tongue poked out.

'She still looks cute to me,' I said. But the doctor warned it'd become more problematic the older Lois got.

It was upsetting, but I was determined nothing would hold Lois back.

As she grew up, she went on to develop stomach problems, and struggled to walk long distances.

Yet despite everything, she was a bubbly, happy girl.

Aged 4, she started mainstream school and made friends quickly.

But by 7, Lois knew she was different to other kids.

'Why do I have hearing implants?' she asked one day.

'Just like some of your friends wear glasses to see, you wear a hearing aid to hear,' I explained.

But walking long distances made her joints ache.

She attended weekly

By 7, she knew she was different to other kids



As a baby, her tongue poked out

WORDS: KIM WILLIUS, SARAH FINLEY

WORDS: ALEX HAMBIS, PHOTOS: ALAMY

BEAUTY

physio, and boxing classes to help her upper body strength.

And to me, my girl was absolutely beautiful.

I worked as a customer service assistant for an online clothing company for kids, so I regularly asked Lois to model outfits for me.

I'd take pictures, then put them on our website and social media pages.

'This is fun,' she'd giggle during costume changes. 'I'd love to do more.'

I adored seeing her so happy.

So last May, I e-mailed a modelling agency called Zebedee Management.

They were famous for hiring diverse models with disabilities – like Lois.

Within a month, I got a phone call.

She'd been invited to a casting call for a River Island advert.

'There's loads of people here,' Lois gasped at the audition, daunted.

But she shone.

And two weeks later, we got great news.

'You got it,' I told Lois delightedly.

As we arrived at a big studio in London on 1 November, Lois was so excited.

She loved dressing in all the trendy clothes, came alive in front of the camera.

Loving the attention.

I was fizzing with pride, watching my girl, the professional model!

Months later, we spotted her photo on the website.

'It's me,' she gasped, chuffed.

It was surreal.

Even more so when the BBC got in touch



Being filmed for CBBC



OFF THE TELLY!

with us in mid-November.

Producers wanted to film Lois for a special programme.

We jumped at the chance.

The show would be an episode of the CBBC show *My Life*, and was about redefining what beauty looks like.

My Lois was perfect for it.

In mid-December, they filmed her posing away during her second photo shoot for River Island.

In February, we all

sat down to watch Lois' episode on the telly.

It was called *Changing the Face of Beauty*.

She watched, enthralled, and just loved being on the show.

It was a special moment for us all.

When doctors diagnosed her, we were scared it'd mean Lois would lead a different, difficult life.

But if anything, she's really thrived.

Now 10, she's grown into a thoughtful, intelligent and courageous little girl.

I hope it inspires others with

disabilities to reach for their dreams too.

Since the show aired, Lois has done a number of local radio and TV interviews.

My star!

Modelling has boosted her confidence, and I can't wait to see where her career takes her.

But whatever happens, I want her to know that she's beautiful.

Inside and out.



Model child
Lois was picked for a high-profile River Island advert



Me and Darren are so proud of our girl!

PLUS
My Life

The latest series of CBBC's *My Life* is available to watch now on BBC iPlayer.

Blimey! Your tips are genius!



What a corker!

Keepsake keyring

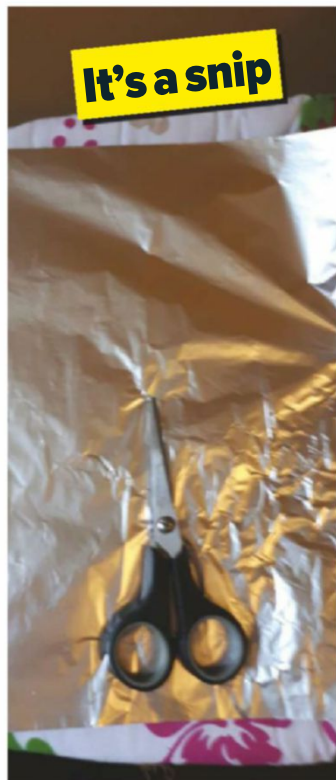
After celebrating my 50th wedding anniversary, I turned the champagne cork into a keyring. I screwed a small hook into the cork, then added the ring. It's a great memento of the day!
Richard Emerson, Grimsby

DIY drain unblocker

Put a dishwasher tablet in your plughole, pour boiling water over it – and any blockages will quickly be cleared.
Elizabeth Chellingworth, Jersey



They're YOUR tips!!



It's a snip

Look sharp

If your scissors need sharpening, here's an easy way to do it. Simply snip through some kitchen foil a few times. They'll be good as new!
Lee Kendrick, London

Go bananas

Soften an unripe banana by poking it all round, unpeeled, with a sharp knife. Put it on a paper towel and microwave for 30-second intervals, as needed. Cool before handling.
Jacqueline Wilkins, Frome



Fab handles

To jazz up a plain chest of drawers, cover the handles with pretty fabric and secure with a clear rubber band. My daughter loves the makeover I did for her drawers!
Claire Delve, Pilton



Bright idea

Get on board!

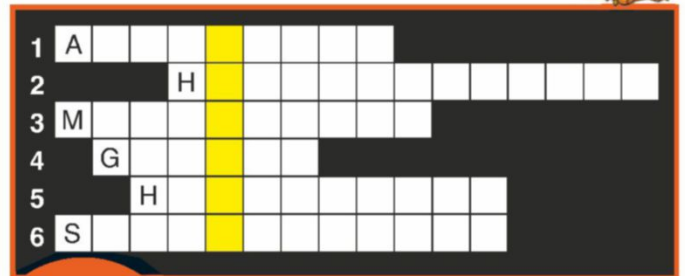
Display candles on a glass chopping board – they look great, and it protects surfaces from drippy wax.
Pat Lowther, Durham

WORD JUMBLE

The Crown Prince of Thailand promoted Fufu to the rank of Air Chief Marshall of the Royal Thai Airforce. Who was Fufu? Unscramble each group of letters to find six types of transport. Fit them across the grid. The shaded squares spell out the answer.



MIDDLING MATEY!



Puzzle 17
£100

- 1 ARENA POLE
- 2 LOATH OIL BARON (3-3, 7)
- 3 LOGIC MIRTH
- 4 RID GEL
- 5 TRIPLE ECHO
- 6 UP THE CASTLES (5, 7)

Your answer:

£25
A LETTER

Tips must be your own idea, and not appear in other mags. If published, we pay £25 for tips with photos. Send tips, photos, name and full address to: Tips page, *Chat*, 161 Marsh Wall, London E14 9AP, or e-mail us at chat_magazine@timeinc.com

chat

We hear you!

We're listening to whatever you want to share

Chat **FIFTY SHADES of grey (hair!)**

Think you've past a roll in the hay at 70, 80... or even 90? Think again!

LETTER of the week!

Passionate pensioners!

WE PAY CASH

Doreen Wendt-Weir is an inspiration! It's great that she's so open about the fact people past retirement age are still actively enjoying 'physical pursuits' (22 February issue). It gives us younger ones reassurance that life won't stop, no matter what your age.

Irene Wheeldon, Ammanford, Carmarthenshire

It makes me mad...

All the major charities spend vast amounts on advertising. It's such a waste of money, and makes me cross that any donation I give might be used for adverts instead of those who need it most.

Tony Harper, Plymtree, Devon

Modern wedding

I went to a colleague's wedding recently and when it came to the part where the couple say 'I do', they handed their mobiles to each other to update their Facebook relationship status. That was a first for me!

Amelie Barnes, Sir Ddinbych



Scary stuff

Anyone with a spooky dog need not visit!

Frances Rutherford, Dorset

facebook **Photo of the week**



Me and my husband Craig had such a great weekend in Moscow. The Kremlin was breathtaking... The vodka wasn't bad either!

Gemma Carri, via Facebook

Why not get in touch?

See page 4 for details on how

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Cute Kids
Send us your snaps and we'll turn your tot into a star!



Eat your greens!

Our daughter Eilidh has always taken healthy eating seriously!

Kirsty Smith, via e-mail



Great idea, Gran!

Rub-a-dub

When my 11-month-old granddaughter Kira comes to stay once a week, we give her a bath in a rubber tub as we only have a shower. Isn't she so cute?

Eileen Potts, Manchester



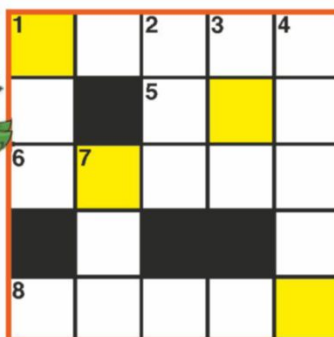
Sisterly love

My 3-year-old Elaina-Lily loves cuddles with her 7-week-old sister Azra.

Kayleigh Erturk, Tyne & Wear

THE LITTLE'UN

What creatures say 'bun' in Japan, 'sum' in Germany and 'boong' in Korea? Solve the crossword, then read down the yellow squares for the answer.



Puzzle 18
£50

ACROSS

- 1 Wild animal, often fierce (5)
- 5 Round veg sometimes found in a whistle (3)
- 6 Colourful part of a flower (5)
- 8 America's Lone Star State (5)

DOWN

- 1 Flat bread roll (3)
- 2 Fitting, suitable (3)
- 3 The briny (3)
- 4 Stories (5)
- 7 Member of the flock (3)

Your answer:

TALES of the UNEXPLAINED

THE REAL SHINING

Meet the ghostly hotel guests who checked in – but never checked out...

An old hotel, deep in the mountains, with an unearthly history of ghosts, haunted rooms and family murder-suicides.

Sound familiar?

You may be thinking of the haunted hotel in the Stephen King book and Jack Nicholson horror flick *The Shining*.

But this is the real thing...

Fairmont Banff Springs Hotel – built in 1888 in the Canadian Rocky Mountains in Alberta – has hosted many glamorous guests in its 130-year history.

They include Marilyn Monroe and the Queen!

But it seems some of its distinguished visitors have never checked out at all...

Countless guests and staff members have recounted bizarre, and

sometimes frightening, encounters with a colourful cast of phantom residents.

One of the less threatening apparitions is said to be Sam the bellman.

Sam McAuley was a friendly old Scottish gentleman, who worked as the hotel's head bellman during the 1960s and 70s.

Before he passed away at a ripe old age in 1975, he promised to return to his former workplace.

A promise he seems to have kept.

Years later, two women found themselves accidentally locked out of their room.

They went to the desk for help, but the bellman was

busy helping other guests.

When he finally arrived at their door, 15 minutes later, he found they'd unlocked it.

'How did you get in?' he asked.

'The Scotsman let us in,' replied one of the ladies.

They described this person to the bellman, who insisted there was no such man

working at the hotel.

But, when the ladies said the elderly man was wearing an old-fashioned uniform, different to the other hotel employees, the bellman felt a chill run down his spine.

Old Sam had returned!

Many other guests have also reported being assisted by a friendly, helpful old bellman – who always seems to disappear before they can tip him...

There's also a headless bagpipe

player, and a ghostly bartender – who encourages guests to call it a night if they've had too much to drink.

But not all of the hotel's spirits are as friendly...

Staff say that Room 692 is a difficult booking to keep.

Several guests have left the room in a hurry, after being pushed off the bed or having pillows yanked from beneath their heads by an invisible presence as they've slept.

If the souls that linger in the room can't rest in peace, why should anyone else?

Room 873 is even more sinister. A young family took this room in the early 1900s.

In a chilling echo of the film *The Shining*, the father brutally murdered his wife and

daughter, before taking his own life.

But it seems the tormented spirits of the mother and daughter never left the room in which they died.

Guests who've stayed in Room 873 since then have been woken in the night by blood-curdling screams.

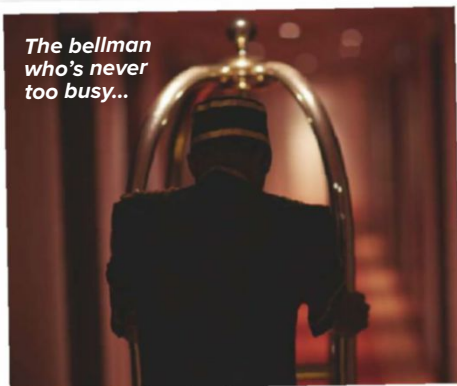
When they've turned on the lights, they've been horrified to see bloody handprints staining the mirror.

It's said that maids have tried to clean the marks but, apparently, they're impossible to remove.

Other versions of the legend say the maids have washed the prints off, only to find they return as soon as they finish.

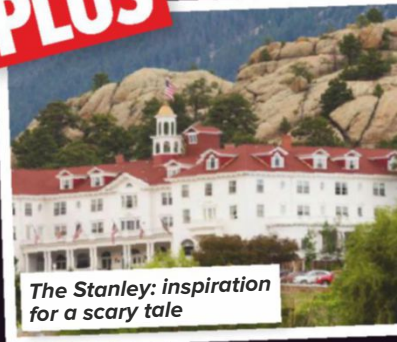
Terrifying either way! The reports of spooky

The father brutally murdered his wife and daughter...



The bellman who's never too busy...

PLUS



The Stanley: inspiration for a scary tale

Fairmont Banff Springs Hotel



Would you dare to stay..?

goings-on in Room 873 got so bad, the hotel eventually decided to block off the room permanently, building a wall over the door to prevent access.

But this hasn't completely stopped the tormented souls of the mother and daughter from frightening guests.

Many people have reported hearing strange noises coming from behind the walls, and some have even seen the spectre of a terrified little girl hiding around corners.

But perhaps the hotel's most famous and tragic resident ghost is the bride.

In the 1920s, a young couple were married at the hotel.

While descending a marble staircase, the bride had a terrible accident. Some say she

tripped on her dress, others claim it caught fire after brushing against lit candles along the edge of the staircase.

Whatever the truth, the bride fell to the bottom of the stairs, breaking her neck.

Ever since, staff and guests have claimed to have seen the phantom bride walking up the stairs where she fell.

Or dancing alone in the Cascade Ballroom, pining for the first dance she never had.

Odd sounds have also been reported coming from the bridal suite when the room isn't occupied.

Or perhaps, just like Room 873, it's always occupied – by those who've never checked out...

Terror and tunes!

Stephen King wrote *The Shining* after staying at the haunted Stanley Hotel in Colorado in 1974. It's said to be occupied by the spirit of the original owner and his wife, as well as having a piano that plays itself!

WIN CASH!

SPOT THE DIFFERENCE



Puzzle 19
5x
£30

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

Your answer: _____



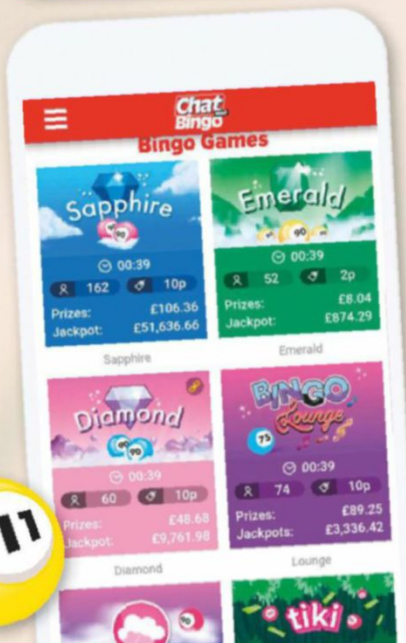
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PIECES OF CAKE!



Puzzle 20
£100

ZOOMED IN!

We've got up close and personal with an item that you'd throw at a board as part of a competitive game. If you can make out what it is, that's your prize answer.

Your answer:

WHAT'S ON TELLY?

Puzzle 21
4x
£30

As you can see, our TV's gone on the blink and we can't make out what film's being screened... If this 2006 movie looks familiar to you, that's your prize answer!



Your answer:



MIDLING MATEY!



Puzzle 22
£100

WHAT'S WRONG?

You may recognise this scene from popular US show *Sex and the City*. But something about this still from the series, which ran from 1998 to 2004 and spawned two hit movies, isn't as it should be. If you know which item doesn't belong, that's your prize answer.



MIDLING MATEY!

Your answer:

HOW MANY?

Can you tell how many light bulbs are in the glass jar? If so, that's your prize answer.



AYE TIS ARRRRD!

Puzzle 23
£100



Your answer:



Where is she?
Tragic Fiona's body has never been found

Tears

KILL

Did this sobbing mother know more than she was letting on?

THE CRIME

At 6.45pm on 12 May 2013, frantic Cecile Bourgeon called the police. Beside herself, the mum reported her daughter Fiona, 5, missing. A massive search was launched, with distraught members of the community offering any help they could to find her. Months later, Fiona still hadn't been found. But, as her mother launched a tearful public appeal, sinister details began to emerge...

THE STORY

Super smiley – that's how everyone who met little Fiona Chafoulais, 5, described her.

'She was very sociable and loved being around people,' her father Nicolas Chafoulais said.

Fiona lived with her mother Cecile Bourgeon, 30.

Cecile had split from Nicolas in March 2012.

Soon after the break-up, Cecile fell in love with Berkane Makhlouf and he moved in.

A year later, on that sunny afternoon in May, Cecile took Fiona to their local park.

Cecile said she'd fallen asleep on a bench for 15 minutes, as her daughter played.

She was six-months pregnant with Makhlouf's child at the time, and often felt tired.

But when she woke up, little Fiona had gone.

Distraught, Cecile called police that evening to report her daughter missing.

Had she wandered off alone? Or had she been taken...?

A massive public appeal was launched.

Dozens of officers combed the park, searching for Fiona.

The community in Clermont-Ferrand, France, where the little girl lived, was horrified.

They rallied around Cecile,

pitching in where they could to help find her child, putting up posters and handing out leaflets.

A hotline was set up so anyone with information could get in touch.

But, months later, there was still no sign of her.

Beside herself, Cecile appeared on TV several times, tearfully appealing for the safe return of her daughter.

'We just want to find her. We really need help,' she told cameras. 'If anyone sees Fiona, if anyone has information about her, then please bring her back.'

She played her part well.

Even accusing police officers of not putting enough effort into the search.

But disturbing details were starting to emerge.

Fiona's family life was far from idyllic.

Bourgeon and Makhlouf were drug addicts, and Fiona often witnessed them openly taking narcotics at home.

On one occasion, she was forced to accompany her mother on a visit to a run-down squat, as Cecile frantically searched for a dealer who could provide her with her next hit.

Then, people who'd seen Fiona in the days before she disappeared

started to come forward.

A teaching assistant at the little girl's school said she had looked like a 'travelling cadaver' the last time she'd seen her.

And a ticket collector at a local cinema, who'd spotted Fiona four days prior to her disappearance, said she appeared like a 'zombie'.

He'd noticed she was wearing a yellow band across her head, which seemed to be covering a swelling.

It was enough to convince the police to bring both Bourgeon and Makhlouf in for further questioning.

Their suspicions were confirmed, when Bourgeon cracked in September 2013.

She admitted she and Makhlouf had

Fiona had reportedly looked like a 'travelling cadaver'



Makhlouf: The lover



s of a KILLER



buried Fiona, completely naked, on the edge of a nearby forest.

She claimed Fiona had been punched by Makhlouf after he flew into a drunken fury.

The little girl had then vomited in the night, and was found dead in bed by the couple the next morning, she said.

Bourgeon revealed she and Makhlouf had put Fiona's naked body in a bag. They'd dug a hole on the edge of the wooded area and buried her.

Later that day, Bourgeon reported her daughter missing, fabricating the visit to the park to throw them off the scent.

But Makhlouf's account was different to that of his lover.

He accused Bourgeon of kicking Fiona in the stomach and head – which might have explained the injuries seen by the cinema employee.

But he maintained violence was not the cause of death.

He claimed Fiona choked on her own vomit in the night, and Bourgeon panicked when they found her dead in the morning.

During the trial, the prosecutor described Bourgeon and Makhlouf as a pair of 'torturers' who'd 'collaborated in the ongoing violence suffered by Fiona in the days and hours leading to her death.'

But both defendants maintained little Fiona died in a 'domestic accident'.

Without a body, the prosecution didn't have enough evidence to prove it was murder.

In 2016, Makhlouf was handed a 20-year sentence for causing Fiona's death.

Bourgeon was acquitted of murder, instead sentenced to five years in prison for lying.

Yet, following an appeal this year, Bourgeon and Makhlouf were both found guilty of causing acts of violence that resulted in death without intent.

Makhlouf, 36, kept his 20-year sentence. Bourgeon's five years was quadrupled to match her partner's.

Tragically, Fiona's body was never found.

On one occasion, the couple even led the police to the area where they said Fiona was buried, but officers have yet to find her.

The pair now both claim to have forgotten where the child is buried.

And the saga continues.

In February 2018, both Bourgeon and Makhlouf appealed their sentences.

Will this tragic little girl ever be able to rest in peace?

PLUS



Fiona's father says justice has finally been served

A father's grief

After the appeal, Nicolas Chafoulais admitted he was satisfied with the verdict, but revealed he'd never get over his daughter's death. 'She got the sentence she deserves,' he said of his ex. 'It is a relief for me and justice for Fiona. But am I at peace? No. It hasn't brought my daughter back.'

'Carry the Magic'

Shoulder Tote



Shown smaller than actual size of approx. 18 inches (44.7 cm) in width x 11 inches (27.9 cm) in height x 9 inches (22.8 cm) in depth.

©Disney Winnie the Pooh elements based on the works by A.A. Milne and E.H. Shepard.



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A heartbr bond



Baby Mac passed away at 17 days old



Shared grief brought us together

By Jo-Anne Oldfield, 44, from Eckington, Derbyshire

Nattering over coffee, Lisa and I looked like any other friends in the coffee shop. Only, our bond went much deeper. Ours is a friendship forged in tragedy... It'd all started so differently for us both. In July 2013, I'd gone to the doctor, suffering bleeding. 'I think there's something wrong with my periods,' I said. 'Have you done a pregnancy test?' he asked. An hour later, I discovered I was 9 weeks pregnant with my second child! It was a lovely surprise. My hubby Damion, 42, and I already had Jax, then 3. Yet further tests showed I had placenta previa – a low-lying placenta that can cause haemorrhaging at birth. It had attached itself to scar tissue from the Caesarean I had when giving birth to Jax. He'd been four weeks premature in October 2009. Thankfully, after two weeks in the Neonatal Unit, Jax had pulled through. During this pregnancy,

I was closely monitored. Damion encouraged me to put my feet up but, as a hotel manager and fitness instructor, it was hard. At 15 weeks pregnant, I suffered a heavy bleed. Our baby was OK, but I was in and out of hospital for tests and scans, in constant pain. That September, at just over 25 weeks pregnant, I was given injections to stop the bleeds. But I started haemorrhaging. Medics stopped the bleeding, but I went into labour. Soon after, our boy Mac was born, weighing 1lb 9oz. They kept him in the Neonatal Unit at Chesterfield Royal Hospital for five hours. Then he was transferred to Sheffield Hospital for specialist care. But I'd lost so much blood, doctors put me in an induced coma. It was touch and go, as I was given a blood transfusion. Waking up three days later, I was disoriented, upset. All I wanted was to see Mac. 'He's doing fine,' Damion promised, showing me pictures of our gorgeous, tiny newborn. It was five days later before I was well enough to visit Mac. 'I want to hold him,' I wept. But we were only allowed to hold his tiny hand through the incubator. Every day he got stronger. We took Jax to visit his baby brother. Shortly after, it was Jax's 4th birthday. With so much focus on Mac,

We confided our loss, the agony of what should have been

we made an effort to spoil him. But, that evening, we got a frantic call from the hospital. 'You need to come back – Mac's taken a turn for the worse,' the doctor said. Damion got to the hospital first, and was told that Mac had an infection. When my Mum arrived to look after Jax, I rushed off, too. But I was too late... That night, Mac passed away in Damion's arms – at just 17 days old. I hadn't been in time to say goodbye to him. We were devastated. It was a tough time, but Jax and our family and friends got us through it. Somehow, life moved on.

Every year, on 3 October, it was so hard, though. Jax's birthday, and the day we lost little Mac. Then, in 2015, I heard an old school friend Lisa Fletcher, 43, had lost her daughter. Lillie-Grace had been stillborn in October 2015. Lisa and I hadn't been close in school. But now my heart went out to her, so I sent her a message. *I know how you're feeling,* I wrote. *It's been so tough,* she replied. Shortly after, we met up for a coffee to talk about our heartbreaking experiences. I told her about Mac's 17-day struggle. Lisa told me how, just days before she was due to give birth, she was told by doctors that Lillie-Grace had died. The next day, she had to give

birth to her baby, with her husband Nik, 33, at her side. Harrowing. We confided our feelings of loss. The agony of what should have been. 'It's not the same, talking to someone who hasn't been through it too,' Lisa admitted. I agreed. Friends and family had been wonderful – but Lisa knew my pain without me saying a word. *I'm thinking of you,* she texted me on the anniversary of Mac's death. Lisa understood what it felt like to be missing a piece of your heart. We grew so close, becoming good friends. Then we decided to turn our grief into something positive. So we started fundraising for Chesterfield Royal Hospital's Neonatal Unit, that'd helped us both. We've put on dinners and sponsored evenings. So far, we've raised £35,000, but we want to hit £50,000. And Lisa set up a charity called Dresses for Angels, turning donated wedding, bridesmaid and prom dresses into angel gowns for babies who pass away too soon. Like Mac, and Lillie-Grace. I donated my wedding dress. I also encourage local fundraising, too, and hire out my hotel conference rooms for free if locals have a fundraising idea. We both miss our little ones every moment. As bereaved mums, we'll never truly feel complete again. We're so lucky to have each other to lean on.

WORDS: MICHELLE RAWLINS; SARAH FINLEY; PHOTOS: SWNS.COM

eaking



Handmade with love
Making a donation to the Neonatal Unit that helped us both



Lisa sewing her Dresses For Angels

PLUS 'Sharing stories'

Lisa says, 'When Jo-Anne got in touch I was still grieving from Lille-Grace passing away. But meeting up and sharing our stories helped me so much. We started planning fundraising events together and soon we'd raised way more than we ever thought we would. It's nice knowing that, on hard days, I have a friend like Jo-Anne to turn to.'

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PAGE 4 Puzzle 2	5 X £25 CASH	PAGE 38 Puzzle 14	4 X £25 CASH
PAGE 9 Puzzle 3	£1,001 CASH	PAGE 39 Puzzle 15	£500 CASH
PAGE 14 Puzzle 4	£100 CASH	PAGE 41 Puzzle 16	£50 CASH
PAGE 23 Puzzle 5	£50 CASH	PAGE 44 Puzzle 17	£100 CASH
PAGE 32 Puzzle 6	£1,000 CASH	PAGE 45 Puzzle 18	£50 CASH
PAGE 32 Puzzle 7	£60 CASH	PAGE 47 Puzzle 19	5 X £30 CASH
PAGE 32 Puzzle 8	£50 CASH	PAGE 49 Puzzle 20	£100 CASH
PAGE 33 Puzzle 9	£500 CASH	PAGE 49 Puzzle 21	4 X £30 CASH
PAGE 36 Puzzle 10	£100 CASH	PAGE 49 Puzzle 22	£100 CASH
PAGE 36 Puzzle 11	£100 CASH	PAGE 49 Puzzle 23	£100 CASH
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Please ensure you provide your full name and address details as incomplete entries may be charged but not entered.

SP: Spoke 0333 202 3390

WRITE

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

Chat Puzzles No 18, PO Box 502, Leicester LE94 0AB

Don't miss out on this week's online competitions on the **Chat** website. Go to lifedeathprizes.com/prizes

Chat Subscribe from just **£9.99***

Visit magazinesdirect.com/14AJ or call 0330 333 1113** and quote code 14AJ

*Payable every three months by UK Direct Debit. For full terms and conditions, visit magazinesdirect.com/terms. Offer closes on 30 September 2018. **Calls charged at no more than a national landline call, and may be included in your phone provider's call bundle. Lines open Mon-Sat, 8am-6pm.



Lucky Key!

Check out our lucky charm... Put a right-hand finger on the key, close your eyes and the luck could flow. We can't wait to hear if it works!



What's the answer?

Solutions to *Chat* issue 15 (12 April 2018)

- Puzzle 1 Donna Air
 Puzzle 2 Sane
 Puzzle 3 Earned a degree at Yale
 Puzzle 4 Canine
 Puzzle 5 Chris Tate
 Puzzle 6 Shake hands
 Puzzle 7 Seagull
 Puzzle 8 Eminem
 Puzzle 11 Kangaroo
 Puzzle 12 Crowns
 Puzzle 13 Antarctica
 Puzzle 14 *Pretty Woman*
 Puzzle 15 1, 7, 2
 Puzzle 17 Troy
 Puzzle 18 Sleep
 Puzzle 19 1D
 Puzzle 20 Mushroom
 Puzzle 21 *The Blacklist*
 Puzzle 22 Globe stress ball
 Puzzle 23 11
 Puzzle 24 New York

We won!

Chat winners issue 5 (1 Feb 2018)

£1,001 CASH
 D Hutchings, Rutland.

£1,000 CASH
 B Allard, King's Lynn.

£500 CASH S Spalding, Coventry;
 S Ogiliev, Runcorn.

£250 CASH L Keith, Preston.

£150 CASH D Jones, Cardiff.

£100 CASH D James, Leamington Spa; Mrs Allan, Newport Pagnell; D Monk, Fife; S Harmston, Durham; P Martin, Henley-on-Thames; K Smith, Batley; C Tickner, Cambridge; D Smith, Lutterworth.

£60 CASH J Corless, Runcorn.

£50 CASH A MacKinnon, Northolt; K Roche, Warwick; P Hicks, Ipswich; C Samuel, St Helens; S Ellis, Driffild.

£30 CASH D Luke, Bedlington; J Hinchliffe, Liversedge; E Fox, Cleator Moor; M Quinn, Isle of Man; K Smith, Leeds; R Bowen, Kidlington; R Garnett, Carlisle; C Clifford, Oldham; P Lusty, Boston.

£25 CASH P Targett, Bath; A Frazer, Bangor; A Humphreys, Gwynedd; J Field, Scarborough; D Gotts, Stockton-on-Tees; P Jacob, Tiverton; A Adams, Knottingley; D Cross, Nottingham; J Beech, Bognor Regis.

EDITOR'S NOTE: While every effort has been made to ensure that the puzzles and answers in *Chat* are correct, the publishers cannot accept responsibility for errors.

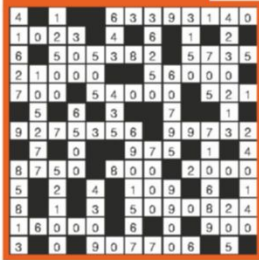
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Chat bargain

No 4 Freesia & Pear Luxury Body Crème, £4.99, Aldi, is a great alternative for Jo Malone, but for a whopping 90% less. Slather it on before you go to bed for a real treat.



Chat PUZZLE 9 45,000



Chat PUZZLE 10 STARBUCKS LATTE



Chat PUZZLE 16 SECRETS



Time Inc.

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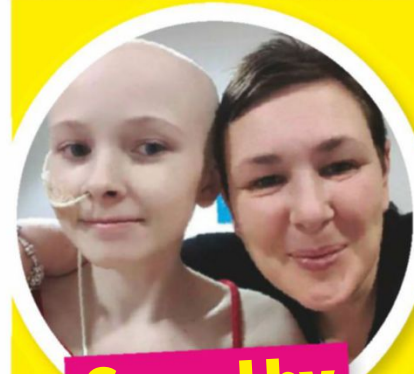
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In next week's *Chat*



SLAUGHTERED
ON OUR DOORSTEP



Saved by mother's instinct

PLUS MORE STORIES! MORE PUZZLES! MORE PRIZES!



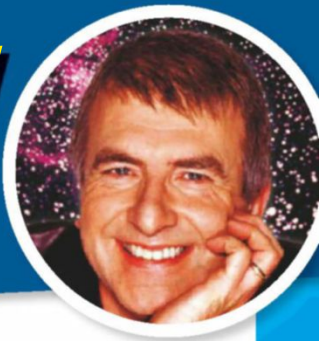
Long-lost mum thought I WAS DEAD

ON SALE 3 MAY

PHOTOS: MIRRORPIX, SWNS, WORLDWIDEFEATURES.COM

Your stars!

Chat astrologer Bernard Fitzwalter reads your week ahead



Aries

21 March - 20 April

Whatever you do this week will have a real impact. If that's what you intended, then well done, it'll be noticed. But make sure that your aim is good – hitting the wrong target could create all sorts of trouble!

● Call 0905 817 0690* for more

Cancer

22 June - 23 July

Your love life becomes rather obvious – so if you're hoping to keep what you've been up to a secret, it won't work. But if you're happy with the way things are going and want to show off, here's your moment!

● Call 0905 817 0693* for more

Libra

24 Sep - 23 Oct

One problem – two solutions. Both compromises and neither perfect. But if you see the first and feel you could do better, think again. Take it while you can. Seeing the other will make you very glad you did.

● Call 0905 817 0696* for more

Capricorn

22 Dec - 20 Jan

Alongside usual work there are other things you want to do for the satisfaction of doing them, not just for the money. It isn't really ambition, but a calling, of sorts. Well, whatever it is, it's yelling now – and you hear it!

● Call 0905 817 0699* for more

Taurus

21 April - 21 May

You know how you get down a crowded train carriage, smiling and saying, 'Excuse me, sorry, thank you so much'? That's you this week. You've four people to get past, in various ways. Breathe in and turn sideways...

● Call 0905 817 0691* for more

Leo

24 July - 23 Aug

Rules and regulations are often thought of as restricting you from doing what you want. But they can also help strengthen your case and are sometimes a way of reaching the top – as you're about to find out...

● Call 0905 817 0694* for more

Scorpio

24 Oct - 22 Nov

The planets are strong but don't overdo it. For example, don't kick the door down when turning the handle will suffice, and don't drive at 60 when 40 will do. Above all, don't start a row – as it'll become a war.

● Call 0905 817 0697* for more

Aquarius

21 Jan - 19 Feb

A few words you share with someone you see daily shows you have the same sense of humour. Could this be the start of something? Yes, but there'll be more chances in the weeks ahead – so no need to rush...

● Call 0905 817 0700* for more

Gemini

22 May - 21 June

You and somebody at work come up with a plan, the sort that makes you high-five each other. Whether it'll work is another question, but it's the sort of thing you're both good at, and it'll be fun – so do it!

● Call 0905 817 0692* for more

Virgo

24 Aug - 23 Sep

If you need help, ask. But who? Should you get professional advice? No need. Look closer to home – perhaps a neighbour or a family member – and you'll find they're more than happy to supply what you need...

● Call 0905 817 0695* for more

Sagittarius

23 Nov - 21 Dec

Go back to the playground you loved as a kid and the swings are rusty. And everything is small – or is it just that you've grown? Seeing the past again, as it is rather than as it was, helps you put it behind you.

● Call 0905 817 0698* for more

Pisces

20 Feb - 20 March

Do you have a secret skill? Or are you smarter than people think, but prefer not to show it? Either way, it could be time to reveal your abilities. You've hidden in the background too long and deserve to shine!

● Call 0905 817 0701* for more

*Starlines updated every Thursday. Calls cost 80p per min plus your telephone company's network access charge and last around 4 mins. For entertainment purposes only. Users must be over 18. You must have the bill payer's permission. SP: Spoke 0333 202 3390.

CIRCLE TIME

The technical description of a piece of what defines it as being between 2mm and 64mm in diameter? Fit the words into the grid, then read down the letters in the shaded circles for the prize answer.



3 letters

- AIR
- ERA
- GAS
- MAP
- MET
- SKI

4 letters

- ACRE
- EWER
- GAZE
- HEAR
- LEER
- SHOW
- VOLT
- VOTE
- WIFE

5 letters

- AMPLE
- GAUGE
- HERTZ
- OUNCE
- PANEL
- SPELL
- TEMPT
- THEME
- WORSE

6 letters

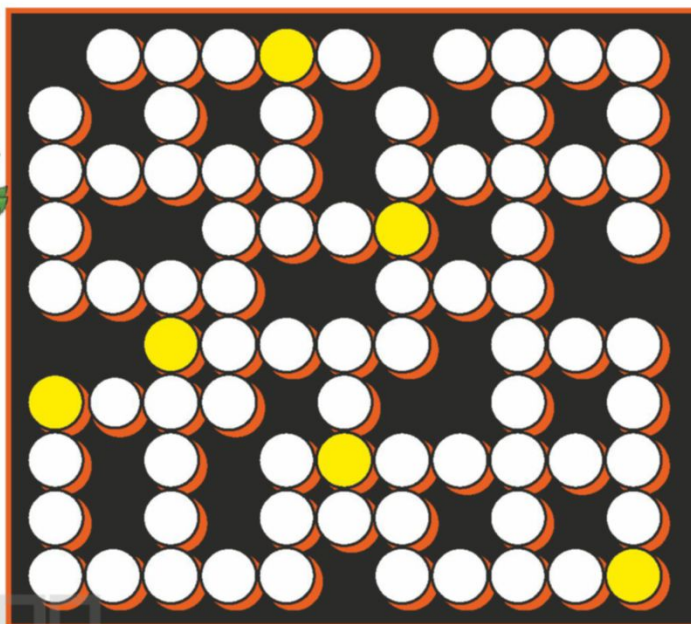
- FATHOM

7 letters

- MEGATON

10 letters

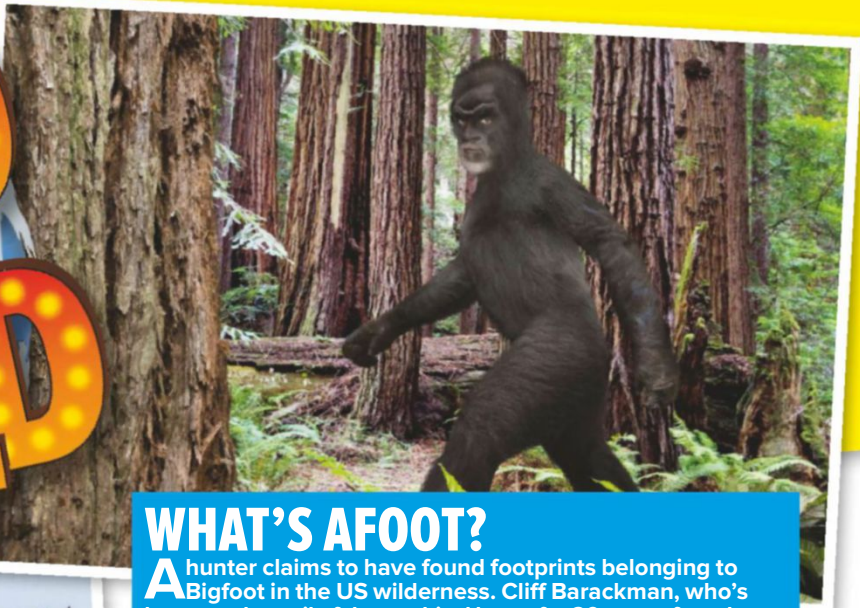
- CENTIMETRE



Puzzle 24
£100

Your answer:

WEIRD WORLD



WHAT'S AFOOT?

A hunter claims to have found footprints belonging to Bigfoot in the US wilderness. Cliff Barackman, who's been on the trail of the mythical beast for 20 years, found prints measuring a huge 13in by 5.5in. The distance between each step measured 48in – suggesting a massive critter. One of the prints was indented into an abandoned mattress. Perhaps we should just let sleeping beasts lie?!



GET THE POINT

Seems folk in Iceland are confusing The Reykjavik International Film Festival office for The Penis Museum, which is in the same building. Staff have put up a sign, *This is not the penis museum. You can't miss it. It has a big penis logo. Sincerely, the people who work here.* What a c*ck-up!

This is not the penis museum

Go back to Laugavegur (the street), turn left (direction downtown), and walk 20 meters / 60 feet. It will be on the same side. You can't miss it. It has a big penis logo.

Sincerely,
The people who work here.



GOING FOR GOLD!

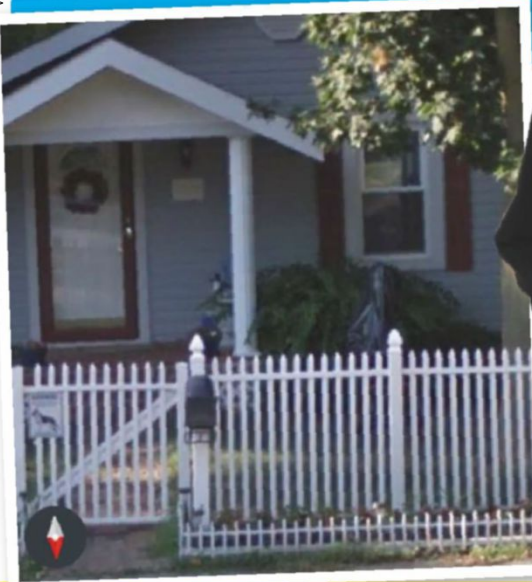
It was raining gold in Russia – when a plane carrying £265m in platinum, gold and diamonds suffered a mid-air malfunction. The hatch flew open and the valuables plummeted to the ground. That's one storm we'd love to see!



GHOSTLY GOOGLING

Google Maps appears to have captured a green-skinned ghost in one of its images. The alleged apparition was spotted in the city of Lawrence in Indiana, USA. The picture features a small house at the end of a cul-de-sac. But, after zooming in, the unsettling figure becomes visible and it looks just like a small, demon child. Eerie stuff.

WORDS: CHER HEASMER



D'OH..!

Even Homer Simpson isn't above the law, as one woman in Milton Keynes found out. When she was pulled over for driving without insurance, she handed over a fake driving licence with Homer's name, signature and picture on. Funnily enough, the police weren't fooled. Her car was seized and she was reported for driving without insurance or a valid licence.

DOGGY DOUBLES

Barbra Streisand had her beloved 14-year-old Coton de Tulear dog Samantha cloned after the doggy's death in 2017. Cells were taken from Samantha's mouth and stomach in order for her to be cloned into two pups. But Barbra says the pooches have different personalities. Now, that's doggone strange...



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