

Welcome...

You have to read our brilliant and honest interview with the very lovely Keira Knightley who insists she tucks in to a bowl of pasta and a half bottle of wine every night and still looks amazing. The star admits she has dreadful skin, hates her bum and loves a good row.

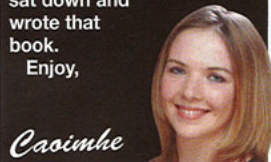
Also Eddie Rowley meets Ne-Yo, the rapper who has his mother to thank for his writing skills and who has buckets of respect for the women in his life.

On pages 12&13 Niamh Byrne talks fashion disasters with The Sugababes and discovers they are not as bitchy as the glossies would have us believe.

Daragh Keany talks to the lovebirds who have brought a fresh idea to the tired old format of the TV holiday show (pages 4&5) and if you think there is a writer in you then read the reason one woman finally sat down and wrote that book.

Enjoy,

Caoimhe



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LISTEN TO IT

CD THE KUNDALINI TARGET, Steve Craddock

STEVE Craddock is better known as the exceptional guitarist with Ocean Colour Scene and Paul Weller's band, but on The Kundalini Target he has emerged as an inspirational songwriter.

As well as writing and playing all the instruments, Steve also steps forward as the album's singer and brings the songs to life.

The journey of a man, his personal relationships, children and family give Steve a rich harvest on this stunning album.

GO TO IT

SHOW AMADOU & MARIAM, Vicar St, March 1

WHEN you've recorded a classic album Dimanche a Bamako (Sunday in Bamako) - one of the best-selling ever to come out of Africa - there's usually plenty of agnised soul-searching about how to follow it up.

Not for Amadou & Mariam, whose new album, Welcome To Mali, which includes a contribution from huge fan Damon Albarn of Blur, is another huge hit with its unique mix of sweet melodies and funky rhythms.

The Scissor Sisters were also among the artists who fell in love with the music of Amadou & Mariam and invited them on tour as their support.

READ IT

BOOK BETWEEN YOU AND ME, Lorraine Kelly

SUNNY, vivacious and straight talking, she's become a friend and confidante to the hundreds of thousands of people who invite her into their homes every day on GMTV.

Now in this highly entertaining and compelling autobiography, Lorraine invites us into her life as she tells her extraordinary story for the first time.

Packed with anecdotes and insights into her life and career and mixing gossip and glamour with her own down-to-earth warmth, this is a thoroughly enjoyable read.



THIS WEEK THROUGH THE YEARS MARCH 1-7

1931: Mikhail Gorbachev was born (Mar 2) 1936: The Hoover Dam was completed (Mar 1) 1962: Actress and porn star Lolo Ferrari was born (Mar 4) 1968: The BBC is transmitted in colour (Mar 7) 1972: Shaquille O'Neal was born (Mar 6) 1974: Eva Mendes and Matt Lucas were both born on the same day (Mar 4) 1977: Ronan Keating was born (Mar 3) 1979: Damien Duff was born (Mar 2) 1991: Amateur video captured Rodney King being beaten by LAPD (Mar 3) 1999: Dusty Springfield died (Mar 2)



WATCH IT

DVD HIGH SCHOOL MUSICAL 3: SENIOR YEAR

DISNEY'S High School Musical has become a huge pop culture phenomenon - and just three years later Troy (Zac Efron), Gabriella (Vanessa Hudgens) and Sharpay (Ashley Tisdale) have reached their senior year.

Amidst a basketball championship,

prom and a big spring musical featuring all of the Wildcats, Troy and Gabriella vow to make every moment last as their lifelong college dreams put the future of their relationship in question.



CHECK IT OUT

Bronz'Express

In a classic case of wanting what we don't have, the Irish are currently the largest consumers of fake tanning products per capita in the world. Currently, the number one best seller in the country, Bronz'Express outsells all its competitors including Fake Bake and St Tropez in pharmacies and other outlets nationwide.

Founded 51 years ago in France, Bronz'Express has gone from strength to strength. Available both in salons (spray system with three depths of colour) and retail, the range comprises lotions, a gel, a face cream, body cream, milk, mousse, powders and various applicators and SPF's.

Bronz'Express lotion is a water based product which gives visible and immedi-



ate colour and beauty to the skin, so no standing around shivering while you wait for your tan to dry. It is quick, easy, practical and non-greasy and best of all does not clog your pores like other heavier lotions. The tinted formula wears off naturally so you can say goodbye to the nasty patch marks you get with other fake tanning products as they fade.