

# Calling **All** Women

We would like to hear from you! What would you like to see in the Woman Zone? Do you have something to say? Been the victim of a "Romeo Rat", do you have a real life story that you would like

to share with others? Then let us know, send your stories, jokes, ideas to [sunnews@idecnet.com](mailto:sunnews@idecnet.com), you can also call us on 667 806 092 – We look forward to hearing from you!

## CHATTERBOX



### Alice Griffin ... Chatterbox

The definition of a columnist is generally seen as: A person who writes a regular column giving a personal opinion. So when I was approached to write this column I thought; "how ideal!" because like most girls I like nothing better than chewing the fat, nattering, having a chinwag, a gas or whatever you like to call it and from that, often, comes an opinion. So I've got the ability to chat away incessantly and I most definitely have an opinion, but then into my head enters the thought of what you, the reader, might want to hear an opinion on. Well, after a little consideration I've decided that we ladies like to talk about such a vast array of subjects that very excitedly this column could become home to a truly indulgent feast of chitchat!

There's the serious stuff that we like to over-analyse and get passionate about when we're sharing wine with friends like life, love and politics; the latter of which I can only talk about when drinking tea because if that was to take

place on a wine-quaffing evening my 'opinion' would descend into some dire conclusion that I could in fact run the country (that would be the UK) better than the PM, but that's for another column. Then of course we have the simple but ever-passionate conversations about food, fashion and which celebrity has cellulite, because much as these conversations have little intellectual input, boy do they make us feel better when in need of a boost.

I'm fully aware that many people's impression of columns is that mainly they are filled with idle gossip, but I want this space to be more analysis of anything and everything you might find interesting because I'm a nice columnist. The road to expressing an opinion that isn't going to receive some kind of backlash might be a treacherous one, but I promise to try, at least most of the time.



Next time I think I'll introduce you a bit more to my life with a focus on babies; the enjoyment, the frustration and the decision of whether to stop at one or do as celebrities do and have plenty, although not sure it's possible on a budget with no nanny (do we really believe them when they say they have no help?) Until then readers, happy chatting!

### LUSH - Helping Hands

Aside from my i-pod, pad and pen, there is a new partner in town that now sits comfortably by my computer and goes by the name of 'Lush - Helping Hands.'

Every since this handy little 45g pump bottle arrived for me to try I have found it hard to stop myself from continually indulging in its infusion of linseed oil, almond oil, shea butter and cocoa butter.

Now, trust me, my hands are not the most beautifully kept in town but one squirt of this delicious potion and I feel like a

new woman. This stuff should be called rescue remedy for dry, chapped, chewed and bitten hands. However, the fact that the name is less accusing than that makes you feel like Lush are giving you a little tender squeeze and saying 'it's ok, we can help you out.'

Go on, indulge yourself in the whole LUSH range by visiting [www.lush.co.uk](http://www.lush.co.uk) or [www.lush.es](http://www.lush.es) and make sure you are on the receiving end of a parcel of fresh, handmade goodies.

**Helping hands is available in a 45g pump bottle for £3.75 or in a 100g tub for £5.95.**