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October's full of opportunities...

... to have a good time. It doesn't matter that the weather's turned colder, there's always lots of great events going on locally. Check out what local events are coming up on page 6 and see what's going on at the theatre and cinema on page 36.

Make sure you fill your house with treats (or tricks!) in time for Halloween on 31st October and get your sparklers at the ready for Bonfire Night on 5th November.

Zoe

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

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community events

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Arden Academy Fireworks Festival

Saturday 10th November
Arden Academy, Station Road, Knowle B93 0PT

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Remembering Solihull's Soldiers

1st – 30th November
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Touchwood is introducing a special installation of 6ft statues

of soldiers to commemorate the lives of local troops who have died in battle. The silhouette soldiers will be unveiled in the centre from 1st November in the lead up to Armistice Day, to remember the heroes of Solihull who lost their lives during the First World War.



Christmas Craft Fair

Saturday 24th November
10am – 3pm St. Philip's Church Hall, Manor Road, Dorridge

There will be refreshments all day as well as a selection of Craft and Home Produce Stalls,

Tombola and Bottle Stall. Father Christmas will be visiting.

26th Lions Festive Walk

Thursday 27th December

Walk from Baddesley Clinton National Trust House in aid of SoLo Life Opportunities and The UK Sepsis Trust, and local causes. Choice of 4 routes between 1.4 & 8.6 miles. Visit knowleanddorridge.lions.com/ walk for more details & to download the free entry form to complete and bring along on the day.



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- **Jellybeans** – held monthly on a Thursday morning for story-time and rhymes for the under 5's 10.45am -11.30am
- **Monday Story Times** - Weekly story time and rhymes for toddlers and pre-school children 10.30am-11.00am
- **Under – fives** Rhyme Times at 2pm every Friday
- **Knowle Knit and Natter Group** – held monthly on a Tuesday 10.30am -11.30am
- **The Reading Café** – Monthly on a Friday morning 10.30am -11.30am
- **Self-Running Family History Group** – Monthly on a Tuesday 2.15pm -4.00pm
- **Reader's Circles** – Knowle Readers Circle meets monthly on a Friday 2.15pm
- **Knowle Library Self Running Readers Circle** monthly meeting Tuesday 11.00am -12pm
- **Poetry Group** - Monthly on a Tuesday 11.00am -12.00pm
- **Scrabble Club** - Adult Scrabble Club Fortnightly – Thursday 2.00pm

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7 Good Reasons to Be Yourself.

Last week was social inclusion week when many businesses celebrated the ways in which they welcome their teams to be themselves and embrace who they really are. Some of us do it more than others and it is such a shame, as we were made to be **unique for a reason!** Each one of us has strengths and qualities that define us, yes of course we can over play them sometimes, but surely if people love us for who we are they will forgive us if we get a little ahead of ourselves!!

Here are **7 reasons off the top of my head why it's better to be yourself** rather than another version that you think someone may prefer!

1. If you pretend to be someone you are not, sadly, you will never know if your friends are friends with you or the version you are offering to them which can lead to your own insecurity.
2. You can't please all the people all of the time! If you are not being yourself and trying to meet the needs of someone else...You still won't make 100% of the people happy, so you may as well be yourself and accept that you won't please everyone!
3. It is exhausting! Imagine the freedom of being who you really are! My husband is naturally reserved and would never speak with strangers say, in a hotel lift or in a shop and I used to talk to anyone who would listen! For some reason I stopped at some point, maybe because I knew it made him uncomfortable. Now though I just laugh it off if he rolls his eyes as the waitress I have been sharing my life with walks away, and I remind

him I am just being myself! It's very liberating!!

4. As long as you are not hurting anyone, being the "way you are" is good for your self-esteem. **CAUTION THOUGH!!!!** If by being yourself, you could offend or be hurtful don't expect your excuse of "That's just the way I am!" to hit the spot!
5. You are in danger of losing your identity if you do not have your own opinions, views and thoughts heard. Again, you would never get 100% agreement or approval, so don't aim for it.
6. People warm to genuineness. Humans can see right through pretense and it irritates because it feels like someone is trying to trick us. No one wants to be conned and like any mammal, we are on the alert for threat so our instincts pick up on anything that is outwardly awry. If you are comfortable in your own skin, open and honest in your approach, people gravitate towards you.
7. If you are like Ronseal and "do what it says on the tin", then your friends, family and colleagues will know what they are going to get and will feel far more at ease in your presence.

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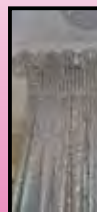
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2. Use a serrated blade to cut a lid. Make sure the hole is big enough so that you can scoop out the flesh inside.
3. Use a large spoon or ice cream scoop to remove the pulp and seeds. Thin the walls a little too by scraping away some of the flesh. This makes carving easier and allows more light through.
4. It's best to draw your design in marker first. Bold shapes are easiest. For a professional finish use a paper template. You can draw your own or download one; tape it to the pumpkin then use a sharp pointed tool, like a knitting needle or nail, to poke holes around the design. When you remove the paper, the design will be left on the pumpkin.
5. A sharp, serrated knife will work best to cut out your design. Start at the centre and work outwards using short saw-like strokes for better control.
6. Rub some petroleum jelly on to the exposed parts of the pumpkin. This stops those areas turning brown.
7. If you're using a real candle, put it in a small glass. Cut holes in the lid to allow heat and smoke to escape. Fairy lights and battery-operated candles are the safest and best options for lighting.

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The Day of the Dead

Día de los Muertos, or **Day of the Dead**, is not a Mexican version of Halloween. The two annual events differ in traditions and tone. While Halloween is a dark night of terror and mischief, the Day of the Dead festivities honour deceased family members. Revellers don amazing makeup and costumes, hold parades and parties, sing and dance, and make offerings to lost loved ones. It actually takes place over two days: **November 1st and 2nd - All Saints' Day and All Souls' Day.**

Day of the Dead originated several thousand years ago with the Aztec, Toltec, and other Nahua people. These pre-Hispanic cultures considered death to be one part of life's long continuum. **The dead were still members of the community**, kept alive in memory and spirit, and during Día de los Muertos they temporarily returned to Earth. Over the years these traditions blended with Christian traditions.

At the centre of the celebration is an altar, or **'ofrenda'**, built in homes and cemeteries. These are designed to welcome spirits back to the realm of the living. They are loaded with offerings: water to quench thirst after the long journey, food, family photos, and a candle for each dead relative. The altars are decorated with marigolds which are scattered in a pathway to the grave-site, to guide wandering souls back to their place of rest. The smoke from copal incense, made from tree resin, transmits praise and prayers and purifies the whole area.

In the 18th Century the term **Calavera (which means 'skull')** was used to describe short, humorous poems, often sarcastic tombstone epitaphs that poked fun at the living. In the early 20th century, Mexican political cartoonist and lithographer José Guadalupe Posada illustrated a calavera by drawing **'Death' dressed in fancy**

French clothes. It was a social commentary about the way Mexican society copied so-called European sophistication. He captioned it, "Todos somos calaveras," which translates as, **"We are all skeletons."** He meant that underneath all our manmade finery, we are all the same. His stylised personification of **Death was appropriated by the artist Diego Rivera in 1947**, in his most famous piece of artwork - Dream of a Sunday Afternoon in Alameda Park. He painted Death wearing a large feminine hat, and named her Catrina, slang for 'the rich'. She was adopted as a symbol of the day of the Dead and today this elegant skull is seen everywhere during the festival, especially in the beautiful make-up and costumes worn by revellers. People of all ages have their faces artfully painted to resemble skulls, and wear fancy suits and dresses.

Thanks to recognition by UNESCO and the global sharing of information, Día de los Muertos is more popular than ever—in Mexico, and increasingly abroad. **It's possible to find Day of the Dead celebrations in America and even in the UK.** Last year there was festivals in London, Leeds, Bristol and Bournemouth. Look around your local area and see if anything is happening near you.



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Bullying

What if your child is the bully?

By Louise Addison

My daughter's teacher sounded embarrassed, "Tess is bullying another little girl," she said. "I couldn't believe it!" said Amy, "Tess wasn't the bullying type!"

Her teacher explained that the girl had complained of being ostracised. This was upsetting but fairly normal behaviour among eight-year-old girls. Then her property started to go missing and was found stuffed in toilets or left outside in the rain. Finally, the teacher **caught Tess red-handed** cutting holes in the other girl's coat with scissors she'd smuggled in from home! Amy felt terrible.

"I was horrified. This is not the way she was brought up. Worse, I hadn't got a clue how to deal with it." Amy told her husband, who was naturally furious with Tess, but they decided that simply going off at the deep-end might prove counter-productive. Fortunately, Amy's sister Sarah is a child-psychologist, so she rang her for advice. Sarah was great. She told us that while it's **never pleasant to realise your child might be bullying others**, it's behaviour which needs to be confronted or **it can escalate**.

What shocked Amy and her husband most was that Tess would not initially admit she'd done wrong. She was what Sarah called 'a controlling bully'. She was bright, pretty, good at reading social situations, charming to adults and popular with her peers. 'Victim bullies', the other type tend to lack self-control and fly off the handle using aggressive behaviour. 'Controlling bullies' like Tess often see little downside to their behaviour because adults **don't see the evidence or find it hard to believe**.

"We realised this probably started around the time her brother was born. Tess suddenly lost most of our attention and was expected to be the perfect older sister, help out and put her needs on hold much of the time. We'd kind of

forgotten she was still a little girl, who needed us." Sarah's solution was simple. "Admit, atone, apologise." Tess needed to acknowledge what happened, **to understand that her actions were hurtful and harmful, and to say sorry.**



"In the end we sat her down and apologised for our behaviour, demonstrating that we accepted we had not behaved as well as we could. Then we asked her gently what the other girl had done to offend her so much that destroying her belongings seemed appropriate." **At that point Tess broke down.** She quite liked the other girl she said, but she was angry with her and sad because every Friday the other girl's mum collected her, and they went for tea and cake at the local cafe and talked about their day. There were other things too; this girl had great outfits for school dress-up days and brought in cakes that she and her mum had baked and iced together. **"On the surface these were superficial silly things," says Amy,** "But it became clear Tess wanted more time with me. She didn't feel she could ask so all her feelings of anger towards me were being directed towards this other poor child." In the end Tess made a card for the girl and apologised to her and her mother. **"We replaced her coat and invited her for tea. Incredibly she accepted," says Amy,** "And they've become friends. I am much more aware now of how my own behaviour can affect the behaviour of my children."



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The Cool One

By Angie Taylor-Gray

Is there a perfect leather jacket?

If there's an international symbol for cool, it must be the leather jacket.

It doesn't matter how old you are either; Emma Watson and Helen Mirren both look fantastic in one.

The right one will take you from weekend walk in the country to dinner at the swankiest hot-spot. But choosing one can be tricky, I've bought a few duds in my time. Here are my tips to help you find 'The One.'

Real or fake: There are pros and cons to both. Many people feel as uncomfortable about leather as they do about fur. But faux leather has come a long way in recent years, and while it isn't as durable as the real thing it can look and feel almost as luxurious. As a bonus it's much cheaper. There's no doubt that the real deal is expensive, but a well-chosen leather jacket will still look amazing in thirty years. That's unlikely to be the case with its faux counterpart.

New or vintage: A previously-loved jacket can be a great find. You could stumble on a true gem, like the butter-soft tan Armani jacket my friend Debbie spotted in her local Oxfam shop for just £30. It had a few marks on it, and the local dry-cleaner was loathed to risk cleaning it, so



she used a soft art eraser! It worked, and she now sports a jacket which would have set her back £500 new! Of course, the advantage of buying new is that you increase the odds of finding one in the exact cut, colour and size you want.

Fit: Try, try, try. Although it's technically the correct size you might find it looks better in a looser or snuggier fit. Do you like a smooth soft finish, or do you prefer a coarser texture? Does it fit neatly at your hips and zip up over your boobs!

Fashion vs Function: What do you expect from your jacket? If you want to ride your Harley in all weather, you and I will have very different expectations! For this article I assume you want to buy one leather jacket which you can wear in the maximum number of settings, so go for a mid-weight jacket that you can layer thin jumpers under and scarves over in winter, or wear open over a light dress on a cool summer evening. Detailing is important

but keep it understated and avoid anything too 'on trend' so that your investment item doesn't date.

Colour: If you are going to buy only one leather jacket make it black. A French friend told me that the only colour leather jacket a French woman will contemplate is black. 'But I look ghastly in black,' I countered. 'Then buy a colour that makes you look fabulous,' she said with a Gallic shrug, 'A French woman will break any rule which means she doesn't look fabulous.' So, with her blessing I tried on every colour and found that the most useful shade for anyone who can't wear black is ox-blood, or deep burgundy, or as my French friend would say, 'Cognac'. It goes with every other colour and is more flattering to a British complexion. But if navy, grey or dark brown does it for you then go with that. This is your investment and I won't tell anyone.

Happy hunting!



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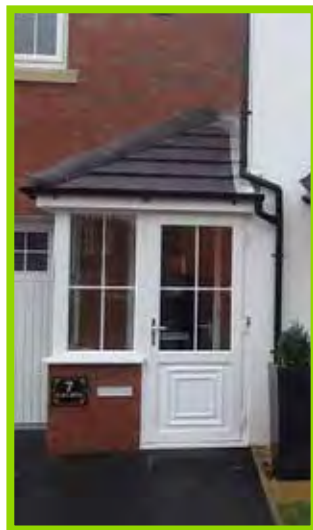
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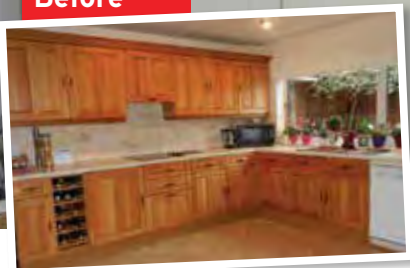
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First Man

from 12th October

The true story of Neil Armstrong, the 'First Man' to set foot on the Moon. Focusing on 1961 to 1969, the film follows Armstrong's life and the sacrifices he made to complete one of the most dangerous missions in history.



Goosebumps 2: Haunted Halloween

from 19th October

Halloween comes to life as Slappy the Dummy returns, bringing another horde of monsters with him. When two boys unknowingly open a book which unleashes the Goosebumps monsters, it's up to them to thwart Slappy's plans.



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Friday 26th October

The Bob Dylan Story is the stunning and definitive live concert celebration of rock music's greatest icon. With some of the most memorable songs ever written, Bob Dylan created the soundtrack for 1960s America, amassing a huge and enduring fanbase.



Tabby McTat

Friday 2nd November

Enjoy this delightful rhyming story of music, friendship, loyalty - and cats! No cat can sing like Tabby McTat, Fred the guitar-playing busker's cat. Lovingly adapted from the book by Julia Donaldson & Axel Scheffler.



To book please visit www.thecoretheatresolihull.co.uk

Beginner's Guide to Firework Photography

By Tom Hancock

I'm a keen amateur photographer but I always failed at firework photography until last year when I decided to get serious. I've put together this short guide.

Kit: camera, torch, tripod, charged battery (and spare), decent memory card, remote shutter release.

Location: Get to any display early, before the crowds to choose the right spot. You want somewhere which avoids obstacles such as buildings or trees, street lights, car lights, and bright signs.

Wind: Stand upwind of the fireworks (wind blowing away from you). If you're downwind smoke will probably block most of your shots!

Settings: I've finally mastered this! If you have a camera you can set to manual:

Turn the flash off; Turn noise reduction on; Set ISO 100; Set Aperture to F11; Focus for landscape (slightly less than infinity - some cameras have a landscape setting); shutter speed - you need to experiment to find your preference - try everything from 1-15 seconds (NB. this is why you need the tripod and shutter-release cable, to avoid blurry photos)

If you only have an automatic (point-and-shoot) camera: Look for a firework setting. If you don't have one, try the landscape setting and experiment. I found clicking as soon as I heard the 'whoosh' of the firework being launched meant I caught the firework more often than not.

Experiment: Try different settings, different shutter speeds and focal lengths. Use the torch to check and adjust settings. Enjoy the process and don't forget to share your photos!





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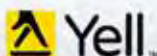
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Stay Safe Online

By Sarah Davey

Use the latest OS (Operating System) -

The most recent OS is generally the safest. Microsoft's Windows 10 is their most up-to-date OS, and anything earlier should really be upgraded. Don't forget that free software updates are issued all the time. Take advantage of these and update regularly.

Install security software - The main threats to your online security are hackers, viruses and spyware, (this last one is a programme that may be used to log your credit card details). Ideally you should have a firewall, plus antivirus and anti-spyware software as an absolute minimum. You really need all three, because individually they won't protect you against every attack. Be sure to update them regularly.

Ditch the SPAM! - As far as possible don't open anything you think is SPAM.

Use 'disposable' email addresses for registrations on sites with which you're unfamiliar and use SPAM filter software.

Wi-Fi Wisdom - Wireless networks can offer an easy way for people to eavesdrop on your PC. Because they use radio waves, anyone within range can pick up the signal, making them a target for hackers who could be after your financial details, as well as freeloading unauthorised users who might piggyback your signal to access your broadband connection. Use an up-to-date router. Make sure you rename your network to make it more difficult to find, create a unique password and always turn on the encryption.

Backup! Backup! Backup! Just in case. Back all your data up regularly, and from time to time check the backups.



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Yoga Mats

By Iris Saunders

Which is the right one for you?

Yoga is hugely popular now, with classes and YouTube tutorials dedicated to making our cores stronger and our bodies more flexible. Yoga doesn't require a lot of equipment or space, which means it's easy to practice between sessions on your own. But if you're going to do this you will need a mat. There are all manner of different mats with prices ranging from £5-£100! Your choice should be based on the following:



Thickness: Thickness equates to comfort, but thicker is not necessarily better. While thicker mats are more comfortable to kneel on they can make it harder to balance and your tree pose may topple. A standard mat is 3-4mm thick. I find 5mm is a good compromise, that extra 1mm makes all the difference to comfort, yet allows me to feel the floor for good balance.

Material: This dictates the texture, stickiness, eco-friendliness, and sponginess (how much it yields to body-pressure), and how it wears over time. Most standard yoga mats are made of PVC. However newer, more earth-friendly options include natural and recycled rubber (avoid these if you are allergic to latex), jute, and organic cotton. Sponginess can vary widely with different blends of materials, but in general, PVC has the most "give" of any yoga mat material,

while jute and cotton have the least.

Texture: The texture of your mat dictates how much traction it provides. Some people can't tolerate certain textures so it's as well to find one you like. I had a jute mat once which made me feel queasy when my skin rubbed against it. I prefer smooth bumps. My partner on the other hand loves the rough stuff and happily adopted my cast-off mat as his own!

Eco-friendliness: Practising yoga has connected me more to my body, the air I breath, the food I eat and the world in which I live. Many people who are drawn to yoga care about their environment so practicing on a yoga mat that will ultimately end up as landfill can feel wrong. Earth-friendly yoga mats are typically made from natural or recycled rubber. They may incorporate natural materials, such as jute or organic cotton. If eco-friendliness is important to you avoid PVC mats.

Price: A basic 3-4mm plain solid-colour PVC yoga mat will be toward the low end of the price range. From there you may pay more for patterns, logos; extra thickness; antimicrobial treatments; and textures, especially raised tactile patterns. Eco-friendly yoga mats tend to be toward the higher end of the price range.

Size and style: These are personal choices. If you're tall you might need a longer mat. If you're a larger build you might prefer a wider one. As for style, I rather like a complex geometric pattern in soft colours as it allows me to see at a glance whether my feet are aligned, and gives me something nice to focus on in longer holds. But you can choose your favourite colour, or one that matches your decor, or even your yoga outfit!

Namaste.

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Lawn Love

There are times I threaten to astro-turf my entire garden, but then I **remember the smell of freshly**

mown grass and how lovely it is to walk through the dew with the dogs in the morning, and I relent.

Of all garden tasks I find lawn-care the most tedious. I am not a lawn enthusiast, preferring

plants. For me lawns are a necessary evil. I like sitting on them, walking on them, and they make my flowers look good, in much the way a frame enhances a picture. So, I feel I do have to give my lawn at least a little love and care.

By October lawn growth has slowed so you can raise your mowing height by at least one setting until mid-spring next year. If like mine your

lawn sprouts moss the moment it rains, raise the mowing height even more so that at least 1 to 2cm of grass shows above the moss after grass-cutting.

Damp grass builds up inside the mower so give the mower a good brush, scrape or hose down after every use. This necessary housekeeping prolongs the life of your mower.

After the middle of October there is no point applying weed-killer, so if you haven't been diligent in weed control the only option will be hand-pulling them. I am rarely diligent about weed-killing, **so you are in good company here!**

Moss becomes more evident as the weather cools but you're too late for raking by now. Probably best to

embrace the lush greenness: **moss lawns are all the rage in Japan anyway.** On the other hand, if the weather is still warm and the ground is dry, apply moss killers, rake it out, reseed and water. You'll thank me next year.

October is the best time for aerating the lawn. I used a fork for years until I bought a hollow-tine aerator three years ago, and now I'm a convert. You can't overdo it, insert them every few inches until you're fed-up. **It's a great work-out.** The hollow tines pull out little cores that look like fat worms. Leave them in place to recycle the nutrients. Aerating improves drainage and allows air, nutrients and rain to move down to the roots rather than sitting at the surface. Normally by now there has been enough rain to allow the tines to penetrate the



BY RACHAEL LEVERTON

soil making the job easier but who knows what the crazy UK weather will be doing when this article is published.

It's best to fertilise the lawn after aerating if possible. This month is quite a good month for fertilising the lawn if you haven't already got around to it. Not only does fertilisation give you a fantastic lawn ready for the winter but also offers some protection from the ravages of **winter temperatures and diseases.**

Make sure you collect fallen leaves weekly to **discourage moss and disease.**

I know some gardeners like to discourage leatherjackets and worm-activity but frankly I like watching starlings poke around for leather-jackets, and I like worms, **they are my little garden friends**, so if the odd worm cast is the price I must pay for their help then I'm happy to put up with them.

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Gillian Cain, Audi Birmingham, 31 July 2017



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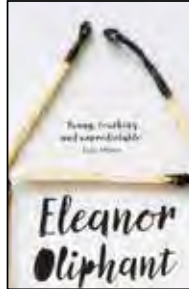
a good read

reviews By Willow Coby

Eleanor Oliphant is Completely Fine

by Gail Honeyman

Most of us live in communities, surrounded by others – be it family, friends, neighbours, or even co-workers. But for some of us, life can be lonely. If you are one of the few who have yet to read this runaway success debut novel, then you are in for a treat.



Eleanor Oliphant is nearly thirty years old and lives alone in her apartment in Glasgow. In fact, not only does she live alone but she spends all her time alone – even at work she doesn't speak to anyone if she can avoid it – and she is completely fine with this. Nothing is missing from her life. Her carefully planned and ordered life.

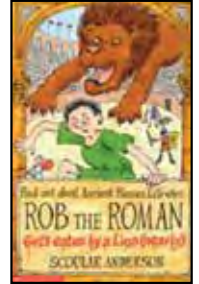
Or is it?

Eleanor's life, it turns out, is not complete. Nor is it as straightforward as it first appears. A friendly offer to hold the door open from a co-worker, Raymond, threatens to bring down her ordered life and reveal the truth of her past. Sometimes a little kindness can make a world of difference.

Rob the Roman gets eaten by a Lion (nearly)

by Scoular Anderson

Ever wondered what it was like to live in Ancient Rome? This fantastic short book aimed at young readers introduces them to Rob – short for Robur – who lives in Rome with his parents and sister. Rob doesn't want to follow in the footsteps of his father who inspects drains, but dreams of being a famous gladiator!



Using a mixture of text and cartoon strips, Rob shows the reader what his life is like, from trips to the Baths, to a trip to the country to visit his Grandpa on his farm. But the highlight is when his cousin, Illustrious returns from the army and manages to get tickets to see the gladiators fighting in the amphitheater. Rob is very excited until a turn of events sees him a bit TOO close to the action!

This is a great little read, especially for children who are either interested in history, or who might need a little bit of help with their history homework!

COMPETITION



WIN 2 tickets

to see **The Lock In Christmas Carol**

Tuesday 4th December 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £33, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

What does The Telegraph say this show is guaranteed to do?

Email your answer to: thecoretheatre@solihull.gov.uk
and please put 'Lock In' as the subject line

Closing date for entries is 7th November and the winner will be drawn at random and notified by email after this date.

About the Show:

Half gig, half dance show and half panto! This is The Core's very first Lock In show, which are starting to gain a cult following.

Join the BBC Award-Winning team of musicians & dancers for 150% of the very best festive live music, song and dance! The show is loosely based on A Christmas Carol by Charles Dickens and features folk powerhouse "The Demon Barbers" and artists from Breaking Tradition Dance Company.

useful numbers

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NHS non-emergency	111
Dorridge Surgery	01564 776262
Knowle Surgery	0121 796 2777
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0845 850 1451

Council

Solihull Council	0121 704 6000
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Utilities

Electricity power cut	0800 6783 105
Gas leak	0800 111 9999
Severn Trent Water	024 7771 5000
Severn Trent Water (emergencies)	0800 783 4444

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National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

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Alan Rebeiro

Tel: 01564 200047
 arebeiro@solihull.gov.uk

local police contact for knowle & dorridge

Sergeant Mike Lloyd

Telephone: 101 ext 892 6037

Email: rural@west-midlands.pnn.police.uk



A cute and seasonal supper

Preparation time: 20 mins

Cooking time: 25 mins

Serves 4

Ingredients

4 Orange peppers
200g Cooked brown rice
1 tbsp Sunflower oil
450g Minced beef or turkey
1 Medium onion finely chopped
225g Mixed mushrooms, chopped
350g jar roasted red pepper sauce
1 tsp Dried oregano
¼ tsp Chilli flakes
Salt and pepper to taste

Method

For the pepper lanterns

Preheat the oven to 180C / Gas Mark 4. Use a sharp knife to slice the top off each pepper horizontally. Don't discard these tops as they will be the little hats for the pepper lanterns. Deseed the peppers. Rinse and pat dry with kitchen towel. Use a small paring knife to cut holes into the exterior of the peppers to make pumpkin-lantern style faces. If the peppers don't stand upright,

slice a small amount from the bottom to flatten the surface.

Cook rice according to package directions. Lightly oil a baking tray. Arrange the peppers and their tops on the tray and cook in the oven for 20 minutes, or until peppers are cooked, but still are still firm. They mustn't collapse! Remove peppers from oven and allow to cool while you make the filling.

For the filling

Heat 1 tbsp oil in large frying pan over medium heat. Add the chopped onion and mushrooms and sauté for 3-4 minutes, until the mushrooms have softened and reduced in size. Increase the heat to medium-high. Add mince, herbs and chilli flakes and continue to cook, stirring occasionally until browned.

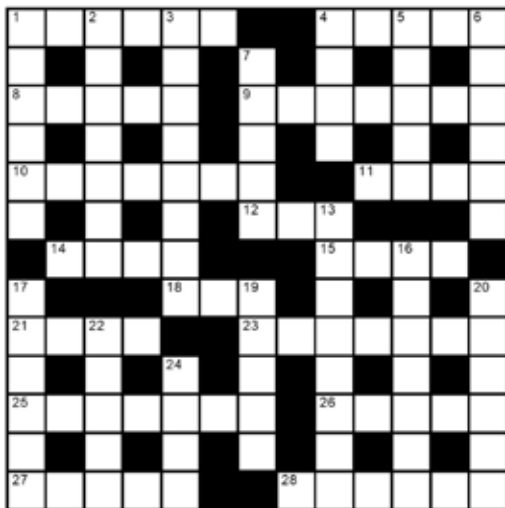
Drain the excess oil. Reduce heat to low, then add the pepper sauce and cooked rice. Stir to combine and cook for 2-3 more minutes, or until mixture is heated through.

Fill each pepper to the brim, allow the mixture to spill over slightly. Place a top on to each stuffed pepper and serve with green salad.

Serves: 4 people
Preparation and cooking
time: 45 minutes



crossword

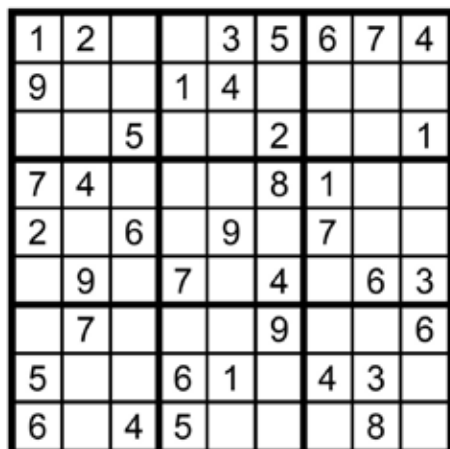


clues

- 1 Hypothesis, notion (6)
 4 Happen (5)
 8 Melody, tune (5)
 9 Progress, develop (7)
 10 Flyer (7)
 11 Threesome (4)
 12 Affirmative response (3)
 14 Sparkly stones (4)
 15 Part of the foot (4)
 18 Ocean (3)
 21 Simple (4)
 23 Robert _____, stage and TV Actor (7)
 25 Pointier, more acute (7)
 26 Eskimo dwelling (5)
 27 Ate, consumed (5)
 28 Festive drink (6)

Down

- 1 Place of worship (6)
 2 Bushwhack, trap (7)
 3 Foolhardy (8)
 4 Expression of mild dismay (4)
 5 Singing group (5)
 6 Sports Brand (6)
 7 Filthy (5)
 13 Neglecting, rejecting (8)
 16 Fifth letter of the Greek alphabet (7)
 17 Stopped (6)
 19 Panic, terror (5)
 20 Fictional being, part human, part machine (6)
 22 Killed (5)
 24 Slang for potato (4)



how to play sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 60

Accountants

48 Athos Business Solutions 0333 400 7876

Bathrooms

24 OT Bathrooms 0121 707 8612
26 Bathroom Galore 0121 783 9966
38 EH Smith 0121 713 7200

Blinds / Curtains / Fabric

10 Tudor Rose Curtains 0121 445 2072
10 Soft Options 01564 783 399

Builders

17 Parkfield Building Services 0121 241 2959

Car Services

12 Crossroads Service Station 01564 703 225
44 Johnsons Cars 01564 454 51
45 Easylease 0121 693 0573

Care Services

22 Lady Katherine Housing 01564 772 850

Carpets

28 Don Mander 01564 700 200

Central Heating / Gas Services / Boilers

13 Stephen Smith & Son 01564 200 119

Cleaning Services

40 Bright & Beautiful 01564 339 967
41 Dorridge & Knowle Domestic Cleaning Services 07809 567 264
41 Village Domestic Cleaning 0785 4071 892

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10 Byte Support 0790 151 2544
13 On Track Computers 0800 077 8301

Drives

22 Dimension Landscape & Driveways 0121 733 1463
39 Central Drives Landscapes 0121 702 1456

Estate Agents

63 DM & Co 0156 4777 314
Events
7 National Conference Centre 0121 704 2784
11 The Henley 01564 793 715
12 Hatton Country World 01926 843 411
32-33 Ramada Hotel 0121 711 2121
62 Nailcote Hall 02476 466 174

Fascias & Gutters

54 Proline 0800 956 1315

Fireplaces

9 Woodglow 0121 707 2306

Food & Restaurants

2 The Barn at Berryfields 01676 522 155
14 Sugarbliss Cake Company 01564 774 223
19 Oakes Farm Shop 01676 535 537

Garden Services

22 Dimension Landscape & Driveways 0121 733 1463
39 Central Drives Landscapes 0121 702 1456
51 Kenilworth Fencing 0789 104 6187
52 Oakland Group 0700 598 2828
53 Hampton Gardening 0167 5446 174
54 Midlands Grounds Machinery 0156 4773 614

Graphic Design

42 Hotlobster Design Ltd 0121 369 1977

Handyman Services

15 Prestige Multi-Trades 07886 922 280

Health & Beauty & Wellbeing

9 Guru You 07930 1477 997
9 Central England Pilates 07762 311 074
16 Equanimity 0844 693 1282

Kitchens

5 No. Thirty One 01564 770 587
34 Dream Doors 0121 314 0956
38 EH Smith 0121 713 7200

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27 Adrian Lewis 07811 455546
29 Bill Boyce 0121 744 0040

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3 Knowle Domestic Appliance Repairs 01564 730183
13 Stephen Smith & Son 01564 200119
35 Cullen Plumbing & Tiling 07896 862916

Roofing

1 N Bird & Son 0800 195 6946
27 C Stevens Roofing 0121 733 1276
29 Roofing & Guttering Services 0795 6228 842

Solicitors

46- Wallace Robinson Morgan Solicitors 0121 705 7571
49 Probate 0156 4758 055

Windows & Doors

11 Windowfix 0121 704 1339
30-31 Mainstream 0121 430 9150

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

Sudoku Solution
from page 59

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

Crossword Solution
from page 59

Kids Page

On the first day back at school Miss Black sets some homework. She tells the children it is due in the day before four days from the day after tomorrow. If today is Wednesday 5th September, when is the homework due in?

Answer: Monday 11th September



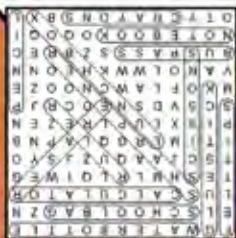
School Supplies Word grid

Can you find all the school supplies from Josh's shopping list in the

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

Josh - school shopping list

bus pass	notebook
calculator	pencil
crayons	ruler
eraser	school bag
felt tips	scissors
glue stick	sharpener
lunch box	water bottle



Word Grid Solution

Q. What do you get if you cross a teacher with a vampire?

A. Lots of blood tests!



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Thu 20th	THE 'GEORGE MICHAEL' TRIBUTE SHOW with RANDALL BUTLER	£35.00
Fri 21st	THE SOUL AND MOTOWN PARTY with SOULTOWN COLLECTIVE	£45.00
Sat 22nd	THE XMAS Soul and Funk Party with 'MARKS BROTHERS'	£45.00
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