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Feeling active?

Welcome to the February edition...

If you're feeling active, why not start preparing yourself for the 37th Knowle Fun Run which will take place on May 17th – see page 6 for more details. But if you just want to put your feet up, see what's coming up at the cinema and Core Theatre in Solihull (page 28) over the next few weeks.

Whether you're running, or relaxing, enjoy your leisure time, however you spend it!

PS if you like a bargain – check out page 13 for £5 off at Peter's Health Products on Knowle High Street.

Zoe



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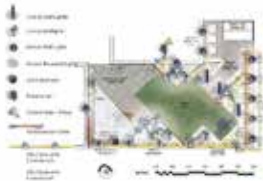
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community events

Den Building

19 February, 10.30-11.30am

**The Parkridge Centre,
Bructon Park, B91 3HW**

Join Warwickshire Wildlife Trust to find out how to survive outside this winter by making a den in the woods. Suitable for children aged 5+. Entrance costs £4 per child. For more information email enquiries@wkwf.org.uk or to book tickets go to www.warwickshirewildlifetrust.org.uk/events.

Colour Me

Beautiful Session

28th February, 12 noon – 2.30pm

**Fountains Care Home,
1355 Stratford Road,
Shirley, Solihull B90 4EF**

Join us for a free make-up colour session with "See That Girl" Consultant Jane Perrins where you'll learn what your perfect colours are to compliment your skin tone. If you would like to enhance your image with personally colour-matched make-up then come along and try the make-up and benefit from Jane's expert advice. Refreshments available. Book a place to avoid disappointment - 0121 514 7526.

Farmer's Market

6 March, 9am – 5pm

High Street and Mill Lane, Solihull

Support our local farmers by visiting this popular market, which offers a tempting range of local produce sourced from within a 30 mile radius of

Solihull, on the first Friday of every month. For more information visit www.sketts.co.uk.



SPRING SING! A Decade Of Song

25th April, 7.30pm

**The Core Theatre,
Touchwood, Solihull**

Popular community choir Sing! Bentley Heath perform their greatest hits from their first decade of concerts, including hits from Abba, Elton John, the Three Degrees and Billy Joel. The concert will raise funds for 2 charities – the Macular Society and the Alzheimer's Society. Sponsored by MWS Financial Advisers Ltd. Tickets in

advance £9.50 from The Core Box Office - 0121 704 6962 / www.thecoretheatresolihull.co.uk.

Knowle Fun Run

17th May

Entries are now open the 37th Knowle Fun Run. Now with a choice of 5k or 10k runners have no excuse not to get fit for Solihull's longest running Fun Run. Join the great community atmosphere on traffic-free streets and help raise funds for Solihull Hospital Charity and CLIC Sargent with half of all proceeds being retained for local causes; or run for your own cause. Enter online at www.knowlefunrun.org.uk.



KNOWLE LIBRARY

- **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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Peter Jackson

HOW HEALTHY ARE YOUR BOWELS?

Colon Cleanse is a 3 in 1 supplement designed to maintain healthy bowels in a comfortable and natural way.

More and more we are recognising that most disease starts in the gut.

And keeping your bowels healthy means better health for your whole body.

At Peter's Health in Knowle, a large percentage of clients come to see me because they are concerned about bowel issues.

Common problems include sensitive bowels where there is uncontrollable diarrhoea, or sluggish bowels, and sometimes a combination of both, causing distress and discomfort to the client.

Neither situation is sustainable long term without further consequences to health.

In the naturopathic world, research has told us for some years that there is a very strong link between the gut and the brain, and we have known for a considerable time that an unhealthy bowel/gut can also impact your mental health.

Maintaining healthy bowels can be key to your health now and in the longer term.

I run a busy naturopathic clinic inside Peter's Health, Knowle.

It is clear through my experience working with clients, that any type of chronic or auto-immune condition starts in the gut.

It is for this reason over the last 5 years I have developed a Colon Cleanse formulation designed to promote and protect bowel health.

Colon Cleanse contains psyllium husks, 5 important probiotic bacteria and inulin. Together these key ingredients help remove unwanted waste from the bowel, without straining or unnatural urgency.

Colon Cleanse will help to create an environment that protects your healthy gut bacteria, which in turn will provide protection for your immune system.

FEBRUARY SPECIALS! FREE CONSULTATION

Throughout February, Peter is offering a free 15 minute consultation at Peter's Health to discuss any bowel health concerns or other health issues you might be struggling with.

To book your free consultation with Peter, please call the shop on 01564 778089 during normal office hours (limited places available - book early!)

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AND CLINIC

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Free £5 Voucher

The normal price for Colon Cleanse is £15.95 for 200g. We're offering a £5.00 reduction on the price, if you bring this voucher to the shop at 1654 High Street, Knowle, before the end of February 2020.

Terms and Conditions: Only one 15 minute consultation is available per person (subject to availability). One £5.00 voucher per Colon Cleanse Product. Voucher cannot be exchanged for monetary value or offset against any other purchase other than that stated.



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This only applies to Bottles of Wine on Thursday Lunch and Dinner... Please call us to book your table as normal and BYO!



Two Meals for £16.95: Don't forget about our amazing midweek Comfort Menu where you can get two meals for only £16.95, including freshly made Pies, Vegetarian options and more. Offer available Monday - Wednesday.

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Fishy Friday's: The Last Friday of the month still means one thing to us... Fishy Friday's! 2 freshly cooked Fish and Chips for only £16.95.

Make sure you don't miss out as this is bookings only...

On Friday 31st January, Friday 28th February, Friday 27th March, Friday 24th April, Friday 29th May, Friday 26th June, Friday 31st July, Friday 28th August, Friday 25th September, Friday 30th October, Friday 27th November.



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Travel after Brexit

Travel after 31st January 2020

Following the sanction of the Withdrawal Agreement, the UK departed the EU on 31st January 2020. We are now in what is known as the 'implementation period' lasting until at least 31st December 2020. During this time, everything remains the same and you can continue your travels without any changes taking place.

Your travel arrangements

Up until 31st December 2020, your travel arrangements will remain the same. This means everything from flights and cruises, to coach and train journeys from the UK to the EU will continue to operate as normal. In regard to ferries and cruise ships, the majority of the rules under which they operate are not based on EU rules but are actually international. You don't currently need an additional licence to drive in the EU.

The finer details

These essentials are as important as they were pre-Brexit; your passport still needs the required validity for each destination you are travelling to. If you are unsure how much validity you need, you can check this out on the government website .

It is important that whenever and wherever you travel, that you have valid travel insurance in place which can cover your specific needs including any medical conditions or activities you plan to do. The best way to protect your holiday is to book a package – it is then the travel provider's responsibility to make sure your holiday is provided. You can read more on the importance of booking a protected holiday on our blog.

The European Health Insurance Card allows any EU citizen to access medical care when they are travelling to another EU country. UK registered EHICs will still be valid throughout 2020. We

always recommend having appropriate travel insurance in place whether you have an EHIC card or not, as there are limitations to an EHIC.

If you are looking to drive abroad in the EU, you can still do so with your full UK driving licence, you don't currently need an additional licence to drive in the EU. This will not change following 31st January 2020.

An International Driving Permit will not be required, and you do not need a GB sticker or Green Card for car insurance.

For your data roaming, under EU rules, the cost of making calls, sending messages or using the internet on your phone in the EU is the same in the UK and will continue after 31st January 2020.

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WIN 2 TICKETS

to see Twistin' The Night Away With Si Cranstoun

on 21st March, 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

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

What did BBC Radio 2 Radio Presenter Chris Evans say about Si?

Email your answer to: thecoretheatre@solihull.gov.uk
– and please put 'Si Cranstoun' as the subject line.

Closing date for entries is 1st March. The winner will be drawn at random and notified by email after this date.

Please note there is no cash value nor exchange for this prize so please don't enter if you cannot attend the date shown above.

About the show:

Prepare to party when the Vintage King Si CRANSTOUN and his band make a welcome appearance with their blend of Doo Wop, Soul and Rocking Rhythm & Blues.

The amazing TWISTIN' THE NIGHT AWAY show is a highly charged, toe-tapping journey, driven by retro dance rhythms and spearheaded by Si Cranstoun's dynamic stage presence and a voice which echo's that of Jackie Wilson and Sam Cooke and the great black American singers of old.

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Sat 29th	THE FREDDIE MERCURY SHOW with BRUCE GAME	£35.00

MARCH

Fri 6th	MOTOWN DIVAS SHOW with THE DREAMETTES	£35.00
Sat 14th	THE 'MAMMA MIA' PARTY with BOOTLEG ABBA	£40.00
Sun 22nd	MOTHERS DAY AFTERNOON TEA PARTY with STACEY LYNN	£25.00
Sat 28th	THE SPRING PINK BALL with RANG-A-TANG & DAVID LAWRENCE	£45.00

APRIL

Sat 4th	THE ULTIMATE 80'S PARTY with ADDICTED TO 80's	£35.00
Sat 18th	MOTOWN MAGIC PARTY with MR D SMOOVE	£32.50
Fri 24th	THE 'NOLAN BAND' PARTY NIGHT with THE SHANE NOLAN BAND	£35.00

MAY

Fri 1st	GEORGE BENSON - STEVIE WONDER PARTY with NAT AUGUSTIN	£35.00
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Fri 15th	BACK TO THE 80's PARTY with BORN IN THE 80's	£35.00
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JUNE

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a taster of what's coming up...

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Greedy tells the story of self-made British billionaire Sir Richard McCreadie, whose retail empire is in crisis after a damaging public inquiry. To save his reputation, he decides to bounce back with a highly publicised and extravagant party celebrating his 60th birthday on the Greek island of Mykonos.

The Call of the Wild

from 21st February

Adapted from the beloved literary classic, this tells the story of Buck, a big-hearted dog whose domestic life is turned upside down when he is uprooted from California and transplanted to the exotic wilds of the Alaskan Yukon during the Gold Rush of the 1890s.



Onward

from 6th March

Set in a suburban fantasy world, Disney Pixar's 'Onward' introduces two teenage elf brothers who embark on an extraordinary quest to discover if there is still a little magic left out there.



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5th March

The nation's only tribute to the long running hit comedy television series, Dad's Army. Ideal for all audiences regardless of whether you are familiar with the

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Annie

10th - 14th March

Annie is a Broadway musical that has seen numerous productions in many countries, as well as national tours and won the Tony Award for Best Musical. The musical's songs 'Tomorrow' and 'It's a Hard Knock Life' are among its most popular musical numbers. Knowle Musical Society are looking forward to bringing this classic show to Solihull's Core Theatre.



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Perfect crispy sticky Chinese Chicken Wings

This scrumptious supper dish is inspired by last month's Chinese New Year festival

Preparation: 15 mins

Cooking time: 30 mins + 50mins

Serves 4-6

Ingredients

- 1.5 kg chicken wings
- 2 level tbsp baking POWDER
- $\frac{3}{4}$ tsp table salt
- $\frac{1}{2}$ tsp pepper
- 3 spring onions, chopped
- Sticky Chinese Sauce
- 1 tsp vegetable oil
- pinch of salt and pepper
- 1 thumb-sized piece of ginger peeled and finely chopped
- 1 tbsp sweet chilli sauce
- 2 tbsp honey
- 4 tbsp dark brown sugar
- 5 tbsp dark soy sauce
- 1 tsp lemon grass paste (you can buy this in tubes)
- 2 cloves garlic peeled and minced
- 1 tbsp sesame seeds (lightly toasted)

Method

Preheat the oven to 120C / 100C Fan Gas $\frac{1}{2}$. Place a rack on a large baking tray. Cut each wing at the joint so you have a mini wing and a drumette. Dry these with kitchen roll (they mustn't be too damp, then place in a large bowl and add the baking powder, salt and pepper. Mix to combine. Remove the chicken and place in a single layer on the rack, skin side up. Discard the remaining coating mixture. Place the chicken on the lower shelf of the oven for 30 minutes to dry.

After 30 minutes, turn the oven up to 220C / 200 Fan / Gas 6, rotate the tray and place on the middle shelf in the oven for 45-50 minutes until the wings are golden and crispy. Remove from the oven to cool slightly. Place all of the sauce ingredients into a saucepan, stir and bring to the boil. Allow to simmer for 5-10 minutes until the sauce reduces and thickens slightly. Turn off the heat.

Place the cooked wing pieces in a large bowl and carefully pour over the warm sticky sauce. Mix to combine, then serve topped with chopped spring onions and some toasted sesame seeds.



Preparation time: 15 mins

Cooking time: 30 mins + 50mins

Makes: 4-6

Spending a Penny!

The history of the public loo.

We take public toilets for granted today yet for the majority of British history they didn't exist!

The first public flushing toilet was invented and created by a plumber named George Jennings, and showcased at the Great Exhibition in 1851. People were enthralled by this amazing contraption and it proved so popular that the **first public loos, called 'Public Waiting Rooms'** were opened the following year. There was a huge public desire for better sanitation to prevent the spread of diseases like cholera.

In Victorian Britain, the first public toilets were designed for men only. No-one gave much thought to women. For the most part women were considered to be their husband's property, and their place was in the home. Although many working-class women did work outside the home, most middle-class women did not, and neither were they expected to travel much. If they did want or need to travel, women from polite society had to plan their route carefully to include areas where they could relieve themselves. This meant that for the most part women travelled only to see family and friends, within the distance their bladders allowed.

The fledgling feminist movement felt keenly that a lack of access to toilets was a barrier to women accessing public spaces. **This led to the formation of the Ladies Sanitary Association**, which campaigned from the 1850s onwards, fairly successfully, and succeeded in getting more public toilets built for females, though the numbers fell far short of those required. Other campaigns for more female toilets were opposed vehemently by men, who either did not want the facilities located



in the same place as their own toilets or didn't want them anywhere where they might be visible to men. **Society was coyer in the 19th Century and bodily functions, particularly female bodily functions** were considered taboo. There were even cases of female public toilets being sabotaged by men!

The First World War saw women entering the work force in huge numbers for the first time, as they entered munition factories to help with the war effort. These factories were traditionally dominated by males so had very little in the way of female facilities. But now women had the numbers to begin to campaign for female changing rooms and toilets. Many employers resisted though and there was nothing in law at the time to force their hand because there were only limited protections for workers of either sex. It actually took until 1992 before legislation was passed to dictate that men and women in a workplace must have separate toilet facilities where possible:

"Employers should arrange for separate facilities for men and women. If this isn't possible, toilets and washing facilities must have locks. These ensure privacy and security." (The Health and Safety Executive (HSE)). So next time you spend a penny at the train station or shopping centre, spare a thought for your poor ancestors whose only options were to cross their legs and think dry thoughts!

By Tracey Anderson



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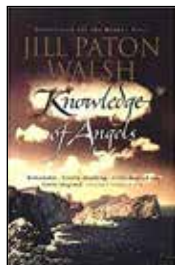
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a good read

reviews By Kath Bennet

Knowledge of Angels

by Jill Paton Walsh

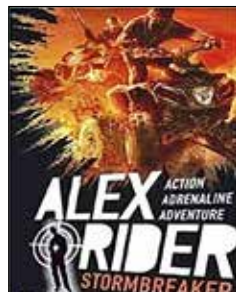


Jill Paton Walsh is an extraordinarily versatile writer. Many will know her for her numerous works for children, and more recently for her work continuing the legacy of Dorothy L Sayers' Peter Wimsey novels. In addition to this, she has written a number of intriguing and thought-provoking novels for adults, and 'Knowledge of Angels' is an excellent example of these two characteristics. The story is set on a Mediterranean island in the fifteenth century, described in almost cinematic detail in the opening pages, as Paton Walsh invites us to contemplate the nature of fiction and storytelling. To this closed community come two strangers – one from the outside, a castaway found by local fishermen, and one from within, a girl seemingly raised by wolves in the forests of the island. One is as eloquent as the other is savage, but their fates become irretrievably tied together as their stories progress. At the heart of the book lie a number of questions of belief. Palinor, the castaway, professes to have no religion, which poses a challenge to the authority of the Inquisition on the island. Amara, the wolf child, seems unredeemably animal in her behaviour, but begins to grow under the care of the nuns of Sant Clara, raising the issue of nature and nurture. Both of their stories are also about love, and self-knowledge, and what is and is not possible. Yet the book is written in such a way, that these weighty questions are explored at the same time as creating a page-turning thoroughly engrossing story, in which the reader is drawn in turn into the lives of Amara and Palinor. Disturbing, sensitive and deeply affecting, this is a book that will keep you thinking for a very long time.

Stormbreaker

by Anthony Horowitz

The first novel in Horowitz's phenomenally successful Alex Rider series, this is a must for fans of action, adventure and James Bond style one liners. Alex Rider is a seemingly ordinary 14-year-old boy. However, when his uncle is killed in a car accident, his



world begins to unravel. An orphan, Alex finds that without the protection of his guardian he is in the hands of his uncle's employers – and they are not a bank, but MI6! Horowitz keeps the reader moving quickly from action sequence to action sequence, with a liberal amount of humour and contemporary references along the way. The structure is familiar to Bond fans, and once you have suspended your disbelief at the idea of a teenage spy, it all becomes gripping and plausible. In particular, the gadgets Alex uses and the villainous Herod Sayle will appeal to teenage readers – while the intriguingly sinister character of Yassen Gregorovitch is introduced here, ready to be developed further through the rest of the series. Ideal for fans of ripping yarns and reluctant readers alike, you will find that one chapter is never enough, as Horowitz is the master of the cliff-hanger ending. A 12-year-old of my acquaintance told me recently that this book is 'even better than the film' – if you know any 12-year-olds, then you will know that I need not say any more than that!

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Teen Talk

Tips for successful communication with your teenager

"YOU'RE RUINING MY LIFE!" <SLAM>

Anyone with a teen has been there. But how do you respond? In kind by yelling back? Or by ignoring? Or is there a different way? We have some suggestions.

Aim to understand - Why is why your daughter is texting her friend when she's supposed to be studying for her maths test? Why does your son have cigarettes in his blazer pocket? You may not comprehend, but remember they live in their reality and you live in yours. Perhaps your daughter is anxious about an argument with her friend and needs to make up before she can concentrate on her maths revision. Perhaps your son wants to fit in with his friends. Aim for understanding. Try an approach like, 'I understand how hard it is when you feel you don't fit in. I also know that smoking increases your chance of contracting lung cancer or other diseases when you're still quite young. It's my job as a parent to keep you healthy and safe so let's sit down and talk about this.'

It's important not to say, 'I understand...BUT...' the 'but' puts teens on guard. Aim for a conciliatory tone every time and they will be more inclined to listen... not always, but more often.

Don't take it personally - Mostly teens don't set out to annoy you, but emotions on both sides quickly escalate, and emotions are the enemy when trying to communicate effectively. Teenagers are adults with training wheels and probably require more and better parenting than toddlers. Being angry at a teen for being them is futile. They may be making a poor choice, but the truth is, they might not yet have



the skill set to make a better one. Our job is to help guide them to better choices so they can, in turn, develop better problem-solving skills. I repeat to myself, 'This is the job of parenting, what's the best approach here?' If I catch myself quickly, it works. But it's not easy and if I don't catch myself in time then emotions spill over and we all end up shouting! But like any other skill, it gets easier with practice.

Ask questions but make them honest, not loaded

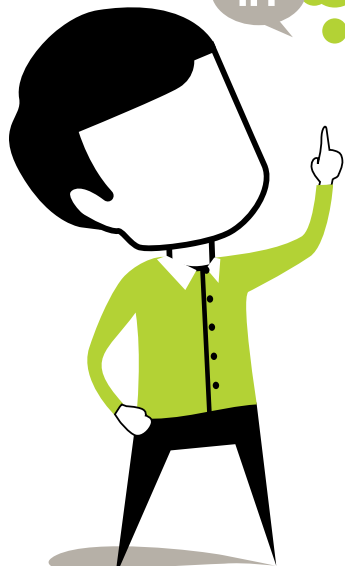
- "Why can't you be more responsible / get up on time / pick your clothes up?" These are loaded questions which your teen can't answer. Instead try, "You know you have problems getting up in the morning? Can you think of any solutions?" If they can't think of one offer a couple of your own and ask which they prefer. As parents our goal is to help our teen think critically. What might be the consequences of a particular action? How would they feel if that happened? This approach helps them feel empowered and gives a greater chance of a successful resolution. Finally...

Don't Do or say Anything Until You're Both Calm

- You don't have to respond to your teen when you and they are upset. You can choose to say nothing and take a few more minutes. When emotions have evened out, sit down and talk with them. Sometimes they will still want to fight. Stay firm and calm. Repeat in your head "I'm not being drawn in." This self-talk does help and over time should calm the situation down. Staying calm isn't easy. We all get pulled back into a fight occasionally. But deep down they love you, and sometimes they just need to hear that you love them too, no matter what.

By Sarah Davey

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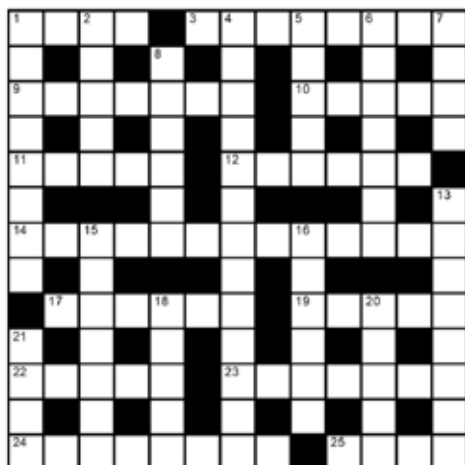
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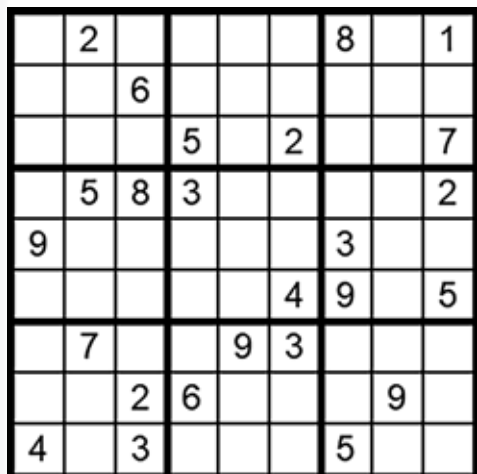
clues

Across

- 1 Accomplishment (4)
- 3 Infrequent (8)
- 9 Reasonable, coherent (7)
- 10 Children's comic (5)
- 11 Conference (5)
- 12 Revere, venerate (6)
- 14 Bureaucrat (13)
- 17 Sausage (coll) (6)
- 19 American actress and activist
Ms. _____ Sarandon (5)
- 22 Avoid, dodge (5)
- 23 Definitely, absolutely (2,5)
- 24 Unlit, gloom (8)
- 25 Aftermath (4)

Down

- 1 Misfire, flop (4,4)
- 2 Fury, acrimony (5)
- 4 Engineered,
conspired (6,7)
- 5 Cyborg (5)
- 6 Most expensive (7)
- 7 Chicken pen (4)
- 8 Shrewdness,
intelligence (6)
- 13 Dark-haired (8)
- 15 Wander, ramble (7)
- 16 Dwell, settle (6)
- 18 Deduce (5)
- 20 Steam bath (5)
- 21 Short for Charles (4)



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answers on page 49

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Right to the Core

Why core exercises are important

We know that getting fit is important for a healthy life. Often, we equate fitness with running, cycling, walking or some other form of exercise. But there's one aspect of fitness that is almost always overlooked; our core muscles. Whenever I talk about building muscle everyone pictures someone at a weight bench pumping iron until their biceps bulge out of their shirts. But strengthening and toning your muscles can be much more subtle. And even a small amount of work on your core strength can dramatically improve your overall fitness and well-being.

What Are Your Core Muscles?

Your core muscles form a ring around the middle of your body. Most people think of the six pack muscles in the abdomen, but the core includes a range of muscles in your sides and back as well. Their job is to keep the top and bottom halves of your body connected together whilst allowing them to move independently. They form a strong foundation that the majority of your other muscles depend upon when you move your body.

When Do I Use My Core Muscles?

Practically every movement you make and every position you put your body into involves your core muscles. They are really important. Bending over to pick something up, twisting to look behind you and sitting up in bed are more obvious moments your core is activated. But running, walking, sitting in a chair and even standing still all rely on core strength. Without it the top half of your body would simply flop over.

What Are the Benefits of Core Strength?

Building a strong core provides a firm and flexible support for every activity your body performs. The stability provided gives you better balance and better posture which in turn helps



prevent falls and injuries in your day-to-day life. The support from your core muscles takes the strain away from your skeleton and helps hold it in place alleviating some forms of back pain, stiffness and soreness when you move your body. Any time you move whether it's for exercise or doing the housework or gardening, a strong core will help you perform better and reduce muscle fatigue in the other parts of your body by giving them a firm base to attach to.

How Can I Build My Core Strength?

One of the best things about core strength is that you don't need a gym or expensive equipment to improve it. There are lots of exercises you can do at home. Make sure you seek medical advice before attempting any new exercise regime. Most people think of sit ups as the prime core exercise. I advise people not to do sit ups as they are not particularly effective and the continual flexing of the base of your spine can lead to lower back injuries.

My top tips are planks, leg raises and mountain climbers. If you're not sure what these are have a chat with your local personal trainer or gym instructor, or search on YouTube for easy-to-follow tutorials. Take your core strength seriously and it will improve every aspect of your fitness as well as provide the central support essential for your body.

By Robert Grant

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Games Without Frontiers

The future is online gaming

Almost everyone plays computer games. On phones, tablets, computers and consoles the current generation tap away for hours on end. But all this comes at a cost. New games always push consoles and computers to their limits so you end up in a never-ending process of upgrading your hardware just so you can keep up with the latest titles. There are four versions of the PlayStation, endless Xboxes and a vast array of different Nintendo boxes all slowly going out of date, and eventually disappearing into the attic to gather dust.

But what if you never had to buy another console again? What if all you needed was any device that could connect to the Internet with enough power to play a YouTube video?

Well that's the vision for Google's latest cloud gaming service, Google Stadia.

"Cloud gaming?" I hear you ask. Come closer my friend. Basically, you use any internet-capable device to connect to the gaming service - phone, tablet, laptop, etc. This becomes your screen for viewing and your gamepad for controlling the game. The actual game runs on the gaming service computers in a datacentre in the cloud. Your device streams a video of the game which you control using your local game controller or other input device. There's no longer any need for you to own a high-end gaming PC. All that expense is taken care of by Google Stadia.

This is not a new idea. OnLive launched a cloud-based service about 10 years ago offering essentially the same deal. They had a



good range of games and the whole system worked extremely well... if you had a reliably fast broadband connection! At the time people found that delays between pressing buttons and the game responding made the system unplayable much of the time. **OnLive eventually petered out after a few years.**

But the concept was sound and now Google has brought its technical power to the problem. Along with far superior household broadband connections, Google's extensive range of datacentres throughout around the world can provide up to 4K game play with almost zero lag on the controllers.

The service costs a monthly subscription fee for access to the game servers on top of which you'll need to buy your games. These games can then be played on any of your compatible devices, or you can buy one of Google's custom controllers that will connect wirelessly to your TV to turn it into a games centre. A 'free' service should also be launching in the first half of this year which will probably offer a range of slightly older titles for anyone to play - note that this will be free games, not free subscription, which you'll still need to pay!

New game titles are being added all the time so check out the Stadia website for the current library.

If the kids are pestering for a computer upgrade because the latest FIFA is glitching out, this service might be just what you need.

By Robert Grant

useful numbers

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NHS non-emergency	111
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Spire Parkway Hospital	0845 850 1451

Council

Solihull Council	0121 704 6000
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5	2	7	9	3	6	8	4	1
3	1	6	4	7	8	2	5	9
8	4	9	5	1	2	6	3	7
7	5	8	3	6	9	4	1	2
9	6	4	2	5	1	3	7	8
2	3	1	7	8	4	9	6	5
6	7	5	8	9	3	1	2	4
1	8	2	6	4	5	7	9	3
4	9	3	1	2	7	5	8	6

Sudoku Solution

from page 40

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

crossword Solution

from page 40

**Solution to Mind benders**

1. Shakespeare in Love
2. Notting Hill
3. Four Weddings and Funeral

mindbenders

from page 21

A game of two halves

By Rachael Leverton

For me February is where the gardening year begins...twice!

First - Reaping last year's rewards:

If you were industrious in the autumn, you could now be benefiting from a lovely display of snowdrops (*Gallanthus*) and Irises. My favourite snowdrops are G 'Atkinsii', which are tall with long, graceful flowers and *G. nivalis* 'Viridapicis' with sweet, green tipped flowers. It's said they're best planted 'in the green' in Spring but I've had lots of success with packaged bulbs planted in the autumn so they're definitely worth trying. As for irises, the deep blue Iris 'Joyce' is hard to beat especially on my poor, free draining soil.

I planted a witch hazel as soon as we moved into our present house; *Hamamelis x intermedia* 'Pallida'. I can't live without fragrance in my garden and at this bare, drab time of year the wonderfully scented pale-yellow flowers lift my spirits.

I discovered we'd inherited an evergreen Clematis (*C. armandii*). I'd never grown it before but it's worth seeking out. It needs a warm wall or fence and well-drained soil then rewards you by being frost-hardy and producing lovely creamy, scented flowers at this time of year.

Second - Planning this year's display

Perhaps you didn't manage to plan ahead last year. But don't panic; the



beauty of gardening is that the seasons keep rolling round so make sure you use February to ensure your summer display is top notch. February is definitely the month to start sowing seeds.

Fill pots or seed trays with seed compost then firm and level the surface. Sprinkle seeds on to the surface of the compost then cover with a layer of fine grit. Water well with a fine spray. Cover with clear plastic (a polythene bag will do nicely) and remove it once the seeds germinate. Learn from my mistake one year and don't forget to label the pots!

Potting up summer bulbs is generally left until late spring, but I always pot up one or two pots in February. It allows them to get established and provides a nice early display for my patio.

Happy gardening.



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Love's Sweet Breath

Should you use mouthwash this Valentine's Day?

No one wants to kiss someone with poor oral hygiene and bad breath. So, what can you do to make sure your mouth is kissable on February 14th?

Gum disease begins with plaque. This is a film of very sticky bacteria on the teeth which, if not removed, causes gum disease. Because it is so sticky plaque can only be removed from teeth with a brush or dental floss. Mouthwash can never replace good brushing.

In 2014 a study in The Journal of Clinical Dentistry found antiseptic mouthwash used twice a day reduced the build-up of plaque and gum disease over a six-month period. **Mouthwash makes teeth 'more slippery' so the sticky plaque finds it difficult to adhere**, which in turn means your mouth feels fresher for longer.

Bad breath (halitosis) is caused when excess bacteria emit excess gas. Pockets of bacteria

By Louise Addison

can lurk around fillings, ill-fitting crowns and impacted wisdom teeth. **Halitosis requires treatment from a dentist or hygienist**, but a mouthwash can help. Use one with ingredients such as chlorine dioxide, which kills the volatile sulphur compounds that cause foul odour.

Many mouth washes contain alcohol, which has been linked to oral cancers in some studies. **Alcohol can exacerbate bad breath because of its drying properties**, and because it is quite harsh it may also cause stinging. Most dentists and hygienists agree that if you use mouthwash it should be alcohol-free.

Finally, most of us don't hold mouthwash in our mouths long enough for it to work. The optimal time is 30-60 seconds.

As part of a good dental hygiene routine mouthwashes are helpful but they will never replace the mechanical action of a toothbrush and floss for getting teeth and gums really clean.

So now you know. Happy kissing!



Kids Page

Can you find the all the elements in the letter grid

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

carbon

gold

helium

hydrogen

lead

nitrogen

oxygen

silver

sodium

Mixed up STEM Subjects

Can you unscramble the subject names? The first one has been done for you.

hamst - maths

mitchyres - _____

goobily - _____

chipssy - _____

cutermop seecinc - _____

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

Element Word Grid

Mixed up STEM subjects

Computer Science
Physics
Biology
Chemistry

Q. How do trees get on the internet?

A. They log in!

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Chicken Tarragon Terrine with an apricot compote

Herb-Crusted Sirloin of Warwickshire Beef homemade yorkshire pudding & roast jus

Bacon-Wrapped Supreme of Chicken, Filled with Creamed Leeks

dauphinoise potatoes & madeira sauce

Grilled Fillet of Sea Bass char-grilled fennel risotto with a lemon & caper butter

Butternut Squash, Spinach & Goats Cheese Lasagne (v)

garlic bruschetta, dressed rocket leaves

Strawberry Panna Cotta mixed berries & mini meringue shells

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