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# Kids Page

## HARRY POTTER WORD SEARCH

Can you find all the Harry Potter characters hidden in the letter grid?

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

Dumbledore  
Harry  
Hedwig  
Hermione  
Hogwarts  
Luna  
Lupin  
Malfoy  
McGonagall  
Neville  
Ron  
Snape  
Voldemort  
Weasleys

An ambitious young wizard named Matt,  
Tried to parachute using his hat.  
Folks below looked so small  
As he started to fall,  
Then got bigger and bigger ahhhhnd...SPLAT!

Q: What do you do when 50 zombies surround your house?

A: Hope it's Halloween!!

Q: What do ghosts eat for supper?

A: Spooketi



Word search solution

# WORD

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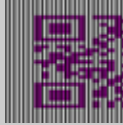
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## Printer

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# Parks and Countryside Events Programme

[www.bracknell-forest.gov.uk/parks-and-countryside/events](http://www.bracknell-forest.gov.uk/parks-and-countryside/events)

## Walks & Events

**Wednesday, 10 October at 10:30am**

**Walk with a ranger. Shepherd Meadows Meander. Up to 4 miles (1¼ hours).**

**Meet:** Car park, off Marshall Way, GU47 0FH Cost: £2

**Tuesday, 16 October at 10:30am**

**Volunteer led walk – Pope's, Peacocks & Amen. Up to 7 miles (2½ hours).**

**Meet:** Pope's Meadow, Off St Marks Rd, Binfield, RG42 4AY. Map ref: 844 699

**Monday, 22 October, 2pm-3:30pm**

**Fungal Foray at Lily Hill Park**

Experience the amazing world of fungi in this popular guided walk, led by local enthusiast Gordon Crutchfield.

**Meet:** North car park, off Lily Hill Road, Bracknell, RG12 2RX

Cost: £2. Booking required T: 01344 354441

**Tuesday, 23 October, 10am-11:30am**

**Orienteering Open Event at South Hill Park**

Learn how to read maps, find points and solve the puzzle!

**Meet:** Gazebo on rear field, South Hill Park, Ringmead, Bracknell, RG12 7PA

Cost: £2. Booking required T: 01344 354441

## Bracknell Forest Natural History Society talks

Evening meetings are usually held in the Recital Room at South Hill Park, Ringmead, Bracknell, RG12 7PA. Visitors are welcome and there is no need to book. Meetings start at 7:30pm and end at about 9:30pm (Doors open from 7:15pm), with a break for refreshments in between. Membership is £12 per year with an entrance fee of £1 for evening meetings – or come along as a visitor and pay just £3 for the evening.

**October 15: Britain's Hidden Depths - Corals and Sponges**

Explore the hidden world of our own coral reefs, their biodiversity, how they are reached and monitored and why they need protection, from Josh Davison of the Marine Biological Association.

For further details about these events visit: [www.bfnathistsoc.org.uk/meetings.html](http://www.bfnathistsoc.org.uk/meetings.html) or contact Gill Cheetham on 01344 423440

### Event Booking

Please pre-book events where stated by contacting the number provided. Events are free unless otherwise stated. Payment can be made prior to the event or on the day. This is non-refundable.

Events may be filmed and/or photographed - please specify if you do not wish to be included in this.

For outdoor events please wear suitable clothing and footwear. All children under 16 must be accompanied by a responsible adult.

### Contacts

Parks & Countryside Service

Bracknell Forest Council

The Look Out Discovery Centre

Nine Mile Ride, Bracknell, Berkshire RG12 7QW

[rangers@bracknell-forest.gov.uk](mailto:rangers@bracknell-forest.gov.uk)

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## Welcome to the October update from Warfield Parish Council

### Arts Week 2018

The 14<sup>th</sup> annual Binfield, Warfield and Winkfield Arts Week will run throughout the October half term holiday 21 – 28 October. Fully funded and run by the Parish Councils of Binfield, Warfield and Winkfield there are over 40 free to book arts and crafts events for locals of all ages in venues across the Parishes. Events include arts and crafts for all the family, young and old; workshops, performing arts, talks and live music performances.

The Arts and Craft Exhibition at The Brownlow Hall will run from Friday 26 to Sunday 28 October showcasing exhibits by leading local artists and art groups.

Tickets will be available online on Sunday 7 October at 2.30 pm via the website [www.arts-week.org](http://www.arts-week.org). If you prefer to make a telephone booking lines open at 9.00 am on Monday 8 October - call 01344 885110 to book. All tickets are free but be aware that restrictions on numbers, ages, residency apply.

For full details, maps of venues and tickets see the website [www.arts-week.org](http://www.arts-week.org).



### Parish Council Grant Applications for 2019

Warfield Parish Council awards grants annually to organisations for projects or events that will be of benefit to the residents of the Parish. If you would like to apply for a grant for the financial year 2018/19 further information and an application form are available on our website. Alternatively you may contact the Parish Office. The deadline for submission of applications is 31 October 2018.

### Parish/Borough Councillor Surgeries

The Parish Council holds monthly surgeries in the Parish Office when Parish and local Borough Councillors are available to enable residents to discuss any views or issues they have. Why not come along to the Parish Office to meet your Councillors on:-

Saturday 6 October 10am – 12 noon

Saturday 3 November 10am – 12 noon



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## **Open Forum with Bracknell Town Councillor Chris Turrell**

**Thursday 25th October**

**7.30pm at Braybrook Hall, Priestwood**

**An opportunity to learn about and discuss the Draft Neighbourhood Plan for Bracknell Town which, once approved, will need to be taken into account when Bracknell Forest Council makes planning decisions in the Bracknell Town area.**

**The meeting is open to everyone. Please come along to have your say about the future of Bracknell.**



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# Garden View

## This month - 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 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.

Happy gardening.

*By Rachael Leverton*

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# Bullying

## What if your child is the bully?

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."

**By Louise Addison**



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

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(solution on page 22)



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# Apple Strudel

*September brings a glut of apples. Make the most of them with this delicious strudel recipe.*



**Preparation time: 20 mins**

**Cooking time: 40-45 mins**

**Serves: 6-8**

## Ingredients

750g/1lb 10oz Bramley apples, peeled, cored, quartered and sliced

1½ tsp ground cinnamon

½ unwaxed lemon, zest only

2 tsp lemon juice

100g/3½oz golden caster sugar

75g/2½oz raisins

95g/3½oz butter

40g/1½oz white breadcrumbs

6 large sheets filo pastry

1 tbsp icing sugar

## Method

Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with baking parchment.

Mix the quartered apples with the

cinnamon, lemon zest and juice, sugar and raisins. In a small frying pan, melt 20g/¾oz butter and fry the breadcrumbs until golden-brown, then add these to the apple mixture.

Melt the remaining butter in a pan. On a clean, dry tea-towel lay a sheet of the filo and brush with some of the melted butter. Lay another sheet on top and repeat until you have used all the filo. Layering the pastry with the melted butter helps to create flaky layers.

Place the filling along the length of the pastry along one side about 2-3cm/1in from the edge. Using the tea-towel to help you, roll the pastry up to enclose the filling. Tuck the ends in and roll the strudel seam-side down onto the lined baking sheet. Brush with the remaining melted butter.

Bake for 40-45 minutes, until golden-brown. Leave to cool to room temperature and dust with icing sugar. Slice and serve with cream, ice cream or custard.

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## 37th annual SAMARITANS run – continuing to support our communities

The 37th annual SAMARITANS Bracknell, Wokingham, Ascot and District run was held on Saturday 30th June at Easthampstead Park Community School, Bracknell. Special guests who came along to support the runners included Paula Fudge, English former middle and long distance runner & 3000m commonwealth gold medal winner, as well as Dr. Phillip Lee, MP for Bracknell.



In total, over 400 individual runners from the local community and those representing running clubs, entered the 5km or 10km. In addition, over 80 children entered the first ever Teddy Bear Kids' Run and had a thoroughly enjoyable time chasing Teddy Bear Sam around the sports field. It made for a memorable, fun event for children boosting their confidence and

promoting an active lifestyle.

“Every year we are incredibly touched by the support for this annual run, enabling us to continue to provide emotional support for our local community. It is so important for someone going through a tough time to have a safe place to be able to talk,” said Jackie Holland, race director. “This year we were again lucky enough to receive the very generous support of Easthampstead Park Community School as well as financial support from corporate sponsors. In addition, over 90 volunteers including a number from the Rotary Club of Easthampstead helped us put on this magnificent event and we would like to say a huge thank you to all those involved.”



## 37th annual SAMARITANS run – continuing to support our communities

Some fantastic feedback has since been received including this from local runner Ben Feltham. “I ran the event after it was recommended by some fellow Windle Valley Runners. I came along with my wife and son (14 months so a bit young for the Teddy Bear Kids’ Run!) and we all loved it. It was very hot, so the course was very tough as little shade, but the marshals were great, the water stations well manned (and the hosepipe was very welcome!) and the course was well signposted/directed. I was paced to under 55 minutes by two pacers which was terrific as well. Being able to print out the results was very welcome and overall we found it to be a very friendly event.”



The weather on the day was very hot, the runners appreciated the wet sponges, super soakers and a hosepipe to keep them cool on their way round. Many residents in the local area came out of their homes to cheer on weary runners with shouts of encouragement and applause along the way.

All of those who successfully completed the course including the children were awarded with a Samaritans Run medal, in recognition of their efforts and of how their contribution to the Samaritans has helped.

The funds raised total c£9K which will go a long way to help with the £24,000 annual cost to run the local Samaritans Branch, which is based in Mount Pleasant, Bracknell.

### **About Samaritans**

Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope, whoever they are, however they feel, whatever life has done to them. Please call 116 123 (free to call) (UK), email [jo@samaritans.org](mailto:jo@samaritans.org), or visit [www.samaritans.org](http://www.samaritans.org) to find further details.

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## Sudoku Solution

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|---|---|---|---|---|---|---|---|---|
| 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 |

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# Beginner's Guide to Firework Photography

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!

*By Tom Hancock*

## Seven Steps to the Perfect Pumpkin Lantern

1. Choose a decent sized, rounded pumpkin. Fresh unblemished ones are best. Work on newspaper as pumpkin carving is messy!

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.

pumpkin

Visit [www.pumpkinpile.com](http://www.pumpkinpile.com) for some great stencils and ideas.



*By Sarah Davey*



# A Good Read



## ***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!



**By Willow Coby**

# Sofa So Good!

## The story of the three-piece suite

How much thought do you give your couch day-to-day? Unless you plan to replace it soon, probably not very much. Have you ever wondered how we ended up with the three-piece suite? The story is a 20th



Century one. The key to its success is wrapped up in functionality and cost. As the middle and working classes moved out of slums and into their own homes, they needed furniture. The new homes were compact, with small rooms, totally unsuited to the heavy mahogany pieces of the large 'society' houses, and this type of furniture would have been beyond the financial reach of most ordinary people anyway.

The three-piece suite's popularity grew through the storylines of the 1930s Hollywood film sets. Drawing room dramas and comedies created opportunities for film makers to create lavish 'home' sets. Housewives of the day who went to watch the movies saw famous actresses drape themselves over silk covered sofas or chairs, created in the contemporary Art Deco style. They yearned to recreate this in their own lives and so provided a ready mass market for similar furniture.

Style gurus of the period, such as Stijl in Holland, Gropius and the Bauhaus group in Germany created designs that were cutting edge yet still suited to the functionality of the new era. Although these designer pieces were still only affordable by the wealthy elite, manufacturers began to adapt designs for a mass market. Expensive coverings such

as leather and silk were replaced by modern materials such as rexine, which had a dramatic effect on the price.

The three-piece suite was a staple of most suburban childhoods. Many of us can remember traipsing round furniture showrooms

with our parents while they looked for the perfect set. These nearly always comprised a three-seater sofa with two matching armchairs, all upholstered in beige velour or fake leather, unless you were my mother who favoured deep red or green, lending our sitting room the air of a tart's boudoir or a pub depending on the wallpaper!

It was Habitat and IKEA that changed the concept of the three-piece suite, with their modular systems that could be made to fit any space, in a variety of fabrics. Pieces no longer had to match, so you could express your personality through your sofa choice.

The modular sofa wasn't actually invented by Habitat or Ikea. It was invented by an American designer named Harvey Probber in 1944 though it didn't go mainstream until the 1970s. G Plan, which designed early UK versions, led the way with their 1971 Duo range. According to a 1979 article in the US magazine Interior Design, Probber's invention was "...one of the most influential developments in contemporary furniture design".

These days we nearly all have some variation on the original three-piece suite in our homes, and its difficult to see what might ever replace it. I think I'll go and sit on mine with a good book.

*By Tracey Anderson*



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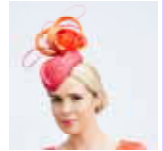
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# Knees Up!

From the outside the knee looks fairly simple: a hinge to let the bottom part of the leg move back and forth, in a similar manner to the way a door might open. Inside though the mechanism is rather more complex.

The knee consists of two separate joints: one between the thigh and calf bones—the main joint around which most of the movement occurs; and a second between the thighbone and the kneecap. In addition, the superficially simple hinge-like motion turns out to involve gliding and rotation too.

The knee cap (patella) is a disc-like bone embedded within the tendons around the knee. Its job is to protect the knee joint against any front-on injury, and to spread the force of any impact. When the leg is straightened the kneecap should press back into a special groove in the thighbone. This stops it from dislocating.

The thigh muscles are key to maintaining knee stability. The quadriceps are the largest of the muscle groups and (as the name suggests) consist of four muscles. They straighten the leg at the knee. The hamstrings connect the thigh bone to the calf bones. They bend and rotate the leg, control deceleration and help the foot to land smoothly.

Our hips and knees are the main weight-bearing joints in our body. The knees are most vulnerable to injury because the weight of the upper body is conducted and amplified by the thigh bones. Because the centre of gravity of humans is located around our navel, the distance between this point and a knee acts as a lever, magnifying the effects of gravity on our knees as we walk to four or five times our actual bodyweight. This means that a relatively small increase in our weight can have a disproportionately catastrophic effect on our poor knee joints!

Excess weight accounts for around half of all operations carried out to repair the cartilage in the knee and dramatically increases the risk of developing

osteoarthritis.

So, keeping our weight down is important, but so is exercise. Simple knee extensions which can be carried out slowly, sitting in a straight-backed chair are good, as are straight leg lifts which should be carried out while lying face up on a mat. To balance the opposing muscle groups, try hamstring curls, carried out while lying face down on the mat. Ankle weights can be used to increase the intensity of the exercise. It's essential to check with your health care practitioner before starting an exercise regime if you have never exercised before.

Unfortunately knee injuries are common. Mostly a period of rest, ice, compression and elevation (RICE) will improve matters.



Seek medical advice after two weeks if:

- *There is still pain.*
- *You're still limping.*
- *You can see or feel a deformity around the knee area.*
- *There is numbness or tingling in the knee, lower leg or foot.*

Seek advice immediately if:

- *The lower leg or foot feels cold and turns blue.*
- *The lower leg or foot feels hot and turns red.*
- *The knee pain is accompanied by weakness, sickness or fever.*

**By Louise Addison**



# The ZUMBA PHENOMENON

Last week I attended my first Zumba class. I know I am several light-years late to the party but I really wish I'd got there sooner. The music; the energy; the sheer joy of being part of a diverse group of unselfconscious women (and a couple of men) all body-rolling, fist-pumping and booty-shaking in time. It was infectious and I was hooked.

Zumba isn't just a fitness craze; it's an international business with more than 12 million enthusiasts in its classes. A whole industry has developed around it. There are Zumba classes, DVDs, CDs, video games and clothes.

Zumba began in Columbia back in the 1990s. A dancer and choreographer named Alberto Perez forgot his regular music for his aerobics class. The story goes that he searched his backpack and pulled out some salsa and merengue tapes. The rest as they say, is history. Today Zumba has certified instructors in more than 125 countries around the world.

For many members of my class it was their first taste of Latin music and dance steps. Yet while Zumba has brought Latin rhythms and steps to the exercise

enthusiasts of the world it is not Latin dance. Each class uses salsa, cumbia, bachata, and other Latin and international rhythms and there is plenty of overlap between Zumba and salsa classes; but there are plenty of differences too. For example, a Latin dancer would know that you never start a step on the right foot in Salsa - it's

not proper technique - but Zumba is an exercise class so students need to work both legs!

Latin dancers can be quite scathing of Zumba, but Kerrie, who teaches my Zumba class thinks that's a little unfair. 'I studied Latin American dancing and ballroom,' she says, 'I think that perhaps Latin dance is undergoing the same sort of transition that yoga did when it gained popularity. Fitness instructors who studied dance, and dance students who then trained as fitness instructors borrowed freely and combined elements from both genres.'

Authentic or not, Zumba has been raised the profile of Latin dance. Dance studios that offer Zumba classes say they are always packed to capacity, which can't always be said for the regular dance classes.

As it morphs and evolves, Zumba may be moving away from its Latin roots and this will annoy some people. 'There will always be purists,' says Kerrie, 'But there's room for everyone. It's all about being healthy while having fun isn't it?'

I don't think anyone could argue with that.



By Tracey Anderson



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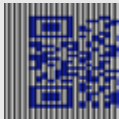
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