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Editor's Note

I've got an opinion on several of our articles this month! So where do I start? Maybe I'll just take them in the order they appear!

I love a good hug and I know from personal experience that when I started to hug one of my daughters more it brought us emotionally closer together. Now I know it's due to all

those feel good hormones that get released. May we all continue to hug long and hard!

I've made a New Year resolution to lose weight for as long as I can remember, and it will be on my list again this year, but I do like the idea of focusing our efforts on other ways to self improve. Since June I've been enthusiastically learning Spanish via an app called *duolingo*, and this will continue to be a focus during 2024. *Lo estoy disfrutando mucho!*

I suspect there may be mixed reactions to the article on Gentle Parenting. We've all witnessed little horrors running riot and have at least thought of blaming it on poor parenting. Old schoolers may think that modern parents are too soft and wishy washy. I feel there is definitely a place for explaining to and reasoning with children, but that they also need to learn that there are consequences for certain behaviours.

I designed a new garden during lockdown and transformed a boring square into something quite exciting. Go to Pinterest if you want some ideas. Good luck if you decide to do this!

Debbie Singh-Bhatti

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Hugging, a simple act of physical touch, is more than just a comforting gesture. It plays a significant role in our psychological and physical health.

Hugging releases oxytocin, known as the "love hormone," which enhances social bonding, reduces stress, and promotes feelings of happiness and trust. It also stimulates the production of serotonin and dopamine, neurotransmitters that help regulate mood and combat depression. Embracing others can alleviate feelings of loneliness and isolation, fostering a sense of belonging and emotional well-being.

From a medical standpoint, hugs have been linked to lower heart rates and blood pressure, contributing to heart health. The reduction in stress levels, thanks to the decreased cortisol production during a hug, also bolsters the immune system. For individuals dealing with illness or emotional distress, a hug can offer substantial comfort and a sense of empathy.

But what about those of us who are not so

International Hug Day

keen on physical contact? Is there any way we can get the benefits of hugging without all the hugs? I'm pleased to tell you that there is.

Active Listening: Engaging in attentive, empathetic conversations can create a bond akin to a physical one, promoting emotional well-being.

Verbal Affirmations: Expressing support, appreciation, or affection verbally can significantly boost someone's mood and create a sense of closeness.

Quality Time: Sharing experiences or activities can strengthen relationships, offering emotional support and a sense of belonging.

Acts of Kindness: Small gestures of care, like helping with a task or sending a thoughtful message, can convey empathy and strengthen bonds.

Shared Laughter: Laughter and shared humour can foster a sense of connection and release endorphins, similar to the effects of hugging.

Eye Contact and Smiles: Non-verbal cues like smiling and making eye contact can communicate warmth and understanding effectively.

So now huggers and non-huggers can enjoy all the benefits of International Hug Day which takes place on January 21st!

Kate McCarthy

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These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept – but where to store it all? That's where Yorkshire Loft Ladders come in.

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At the end of the day the old adage that happy customers

lead to more happy customers is true and we work hard to make that happen for every installation we carry out!'

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Resolution Revolution

Read on for the five best new year resolutions that are NOT about losing weight!

Learn a new skill or hobby: Commit to learning something new, like a musical instrument, a new language, or a craft. It's fulfilling; it stimulates the brain, introduces you to new communities, and can be a source of joy and pride.

Improve your financial health: Focus on financial goals such as saving a specific amount of money, learning how to invest, or cutting down on unnecessary expenses. Small changes can lead to long-term improvements in financial security and peace of mind.

Enhance personal relationships: Resolve to spend more quality time with family and friends. Work on communication and empathy skills to strengthen those personal connections, which

are crucial for emotional well-being.

Volunteer and give back: Commit to regular volunteering or find ways to help others in your community. It can be rewarding and benefit not only those you help but can also give you a sense of purpose and connection.

Prioritise your mental health: You could try meditation or yoga, and if you have ever wondered whether you might benefit from therapy, this year could be the time to give it a try. Or you could simply work on increasing your leisure and relaxation time. Good mental health is foundational to overall well-being.



Each of these resolutions offers a path to self-improvement that goes beyond physical appearance, focusing instead on personal growth, happiness, and well-being in 2024.

Louise Addison



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Gentle Parenting - A Modern Approach



In the evolving landscape of child-rearing philosophies, gentle parenting emerges as a progressive and empathetic approach, diverging from more traditional, authoritarian methods.

Gentle parenting is a relationship-focused approach that emphasizes mutual respect, empathy and understanding between parents and children. It rejects the idea of punitive discipline, instead favouring guidance and teaching through positive reinforcement and setting boundaries with love and respect. Central to this method is the recognition of children as individuals with their own thoughts, feelings, and needs.

In gentle parenting, communication is key. Parents are encouraged to listen actively to their children, validate their feelings, and engage in meaningful dialogues. This approach fosters an environment where children feel heard and respected, promoting their emotional intelligence and self-esteem.

Traditional parenting often emphasises obedience, discipline and a clear hierarchy within the family unit. It frequently employs punitive measures like timeouts to enforce rules and expectations. This style, while effective in establishing order, can sometimes neglect the emotional needs and autonomy of the child.

Gentle parenting, by contrast, focuses on understanding the root causes of behaviours rather than just addressing the behaviours themselves. It recognises that misbehaviour is often a symptom of unmet needs or underdeveloped emotional regulation skills. Rather than punishing children for

transgressions, gentle parenting aims to teach and guide them towards better choices.

The relevance of gentle parenting in today's society can be attributed to several factors:

Emphasis on Emotional Intelligence: As our understanding of psychology deepens, the importance of emotional intelligence becomes increasingly apparent. Gentle parenting equips children with the skills to understand and manage their emotions, fostering mental resilience and empathy.

Changing Social Norms: Today's society is more aware of the impacts of mental health and the importance of respecting individuality. Gentle parenting aligns with these values, recognizing the unique nature of each child and prioritizing their mental well-being.

Technological and Social Changes: In a world where children are exposed to a vast array of information and diverse viewpoints, authoritative parenting styles may seem outmoded. Gentle parenting offers flexibility and adaptability, key in navigating the complexities of the modern world.

Breaking Cycles of Violence: Research increasingly shows the detrimental effects of harsh disciplinary practices on children's long-term well-being. Gentle parenting offers a more compassionate approach, seeking to break cycles of violence and aggression.

Promoting Open Dialogue: In an era of global connectivity and social movements, open dialogue and understanding are paramount. Gentle parenting's emphasis on communication and respect mirrors these societal shifts, preparing children for an interconnected world.

Gentle parenting, with its emphasis on empathy, respect, and understanding, offers a nurturing and progressive approach to raising children. It is not only a response to the changing tides of societal norms and psychological understanding but also a pathway to raising emotionally intelligent, resilient, and empathetic kids. In an era marked by rapid change and complexity, gentle parenting stands out as a relevant and effective approach to child-rearing.

Sarah Davey

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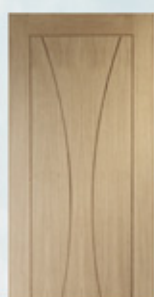
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Have a Nap-py New Year!

In a society where napping is often misconstrued as laziness, there's a growing body of scientific evidence underscoring the benefits of this habit. Research on napping has historically been mixed, and this ambiguity has made experts cautious about recommending naps. However, recent studies have refined our understanding.



Short naps have been shown to significantly enhance certain cognitive functions such as memory, information-processing speed and vigilance. Research at the National University of Singapore emphasizes the mood-improving effects of napping, noting that even a brief 10-minute nap can be refreshing. A nap lasting around 30 minutes is considered optimal, as it predominantly involves light sleep, making it easier to wake up refreshed. The researchers advise against napping after 5 pm to avoid disrupting nighttime sleep patterns.

Longer naps can have downsides. Moving into deeper sleep stages can lead to sleep inertia, a state of grogginess upon waking, which many of

us find unpleasant. Moreover, naps exceeding 30 minutes have been linked to health issues like obesity and metabolic syndrome. This association, however, is probably more indicative of underlying health conditions rather than being a direct result of prolonged napping.

Interestingly, excessive napping can also be a symptom of illnesses, such as Alzheimer's disease or increased brain inflammation. If you regularly need lengthy naps (over an hour) or multiple naps per day, you might have a health problem and should consult your GP.

After looking at the research, I don't feel guilty about my 20-minute naps any more. They leave me feeling alert and productive, which aligns with the scientific understanding of the benefits of brief naps. When done correctly, napping can be a valuable tool for enhancing cognitive function and overall well-being. I would go as far as to say that in today's fast-paced world, napping is a valuable survival tool.

Kate McCarthy



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Death by Mobile Phone

It is 20 years since the ban on "interactive" handheld mobile phone use in vehicles. Since then there has been a profound change in the sophistication of mobile phones and their use. More than ever before, people consider them essential to daily life. Using a phone whilst driving, however, is more likely to cause an accident than drink-driving, yet people continue to do it. In a 2019 survey for *Brake*, the road safety charity and *Direct Line*, 4% of drivers (over 1.5 million licence holders) claimed it was not at all distracting to message or text on a phone whilst driving.

How many of you have answered a call quickly at red traffic lights or while held up in road works have checked your text messages or have sent a brief one yourself: "Stuck in traffic, running late"? ALL ARE ILLEGAL.

In 2022 the law was tightened up. Now you can't illuminate the screen, check the time, check notifications, unlock a phone, receive or reject a call - or use a map app unless your phone is in a cradle.

The penalties have got stricter. Now you will be fined £200 fixed penalty and get 6 points on

your licence plus disqualification if you passed your test within 2 years.

There has been a growing body of scientific evidence pointing to the dangers of hands-free. Research has shown that hands-free is equally as dangerous in terms of distraction. A driver using hands-free is four times more likely to be involved in a collision. Distracted drivers are far less likely to notice hazards.

There are many tragic examples now of fatalities involving car collisions and cars hitting pedestrians where drivers have been prosecuted for death by dangerous driving caused by the use of a mobile phone.

Think hard before you check your phone – switch it to silent, switch it off, or put it in an inaccessible place until you reach your destination. If using hands-free, which is still legal, think hard about the risks involved.

Sheila Kinghorn

Information obtained from Telegraph magazine 11 November 2023



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The Colourful History of Textile Dyeing

As I watched my daughter unwrap a bright rainbow scarf on Christmas day I suddenly thought how much we all take colour for granted these days. It hasn't always been this way. For many years the clothes of everyday folk like us were plain, mainly browns and greys.

The history of textile dyes is a colourful narrative that spans thousands of years. It dates back to the Neolithic period, as evidenced by dyed fabrics found in archaeological sites. Ancient civilizations, including the Egyptians, Chinese, Indians, and Mayans, mastered the art of extracting colours from natural sources. One of the earliest known dyes is indigo, derived from the indigofera plant, valued for its deep blue hue.

The Romans prized Tyrian purple, extracted from the murex sea snail. The crimson dye, carmine, obtained from cochineal insects, was used initially by the Aztecs but was later coveted in Europe after the Spanish conquest.

These natural dyes were not only a means of colouration but also a symbol of social status and economic power. They were associated with royalty and wealth. The labour-intensive process of producing these dyes made them expensive and therefore accessible only to the elite.

By the Middle Ages the establishment of guilds and the growth of trade routes facilitated the exchange of dyes and dyeing knowledge. The exploration and colonization period brought European countries into contact with new dye sources, such as logwood and brazilwood, leading to an increased colour palette.

During the 18th century, the burgeoning textile industry, fuelled by the Industrial Revolution, increased the demand for dyes, but natural dyes were costly, involved a laborious extraction process, and the colours were inconsistent and often bled or faded quickly.



Then in 1856 an English chemist, William Henry Perkin, accidentally discovered mauveine, the first synthetic dye, while attempting to synthesize quinine. This serendipitous discovery marked a turning point in the dye industry. Synthetic dyes offered a range of benefits over their natural counterparts: they were cheaper, more consistent in quality, offered a wider range of colours, and were more colourfast.

Synthetic dyes democratized fashion, making colourful clothing accessible to the masses. The discovery also spurred rapid advancements in organic chemistry and the growth of the chemical industry.

During the 20th century, dye development accelerated, offering improved fastness and compatibility with different textile types. But the environmental impact of dye manufacturing and use became increasingly evident. The release of untreated dye effluents into water bodies caused significant pollution, prompting a movement towards more sustainable and eco-friendly dyeing methods. As we move forward, the challenge for the fashion industry and those of us who love colourful clothes lies in balancing the aesthetic and functional demands of dyes with the urgent need for environmental sustainability and responsibility.

Louise Addison



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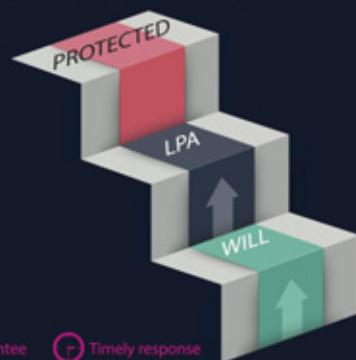
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The celebration of New Year on January 1st is a practice steeped in history, reflecting significant shifts in calendar systems. In the United Kingdom this tradition, as we know it today, has its roots in the transition from the Julian to the Gregorian calendar.

The New Year



The Julian calendar, introduced by Julius Caesar in 45 BCE, was a reform of the Roman calendar. It was designed to more accurately reflect the solar year - the time it takes Earth to orbit the Sun. This calendar instituted January 1st as the start of the year, aligning with the civil Roman year's beginning. However, the Julian calendar had a significant flaw: it miscalculated the solar year by 11 minutes. This error meant that the calendar gained a day every 128 years, causing seasonal drift over centuries.

To correct this accumulating discrepancy, Pope Gregory XIII introduced the Gregorian calendar in 1582. This calendar was more

precise in its calculation of the solar year and was gradually adopted across Europe, with the United Kingdom and its colonies making the switch in 1752. The change necessitated an adjustment: September 2, 1752, was followed by September 14, 1752, to

realign dates with the seasons.

Both Julian and Gregorian calendars incorporated the concept of a leap year to maintain alignment with the Earth's revolutions around the Sun. The Julian calendar added a leap day every four years, but this overcompensated for the actual solar year length. The Gregorian reform refined this by introducing a rule: a year is a leap year if it is divisible by four, but century years must be divisible by 400 to be leap years. This system ensures greater accuracy in keeping the calendar year synchronized with the astronomical year.

Tom Hancock

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Safe Winter Motoring

These days domestic garages tend to be used for many purposes other than to park vehicles. So at this time of year, with the onset of frosty and snowy weather, we may find ourselves with frozen windows that need thawing out before we can use our car or van to get to work or social events.

Many drivers do not like using spray de-icers, mainly on environmental grounds. Sometimes the plastic scraper is not very effective, especially if the ice is thick. So warming up the car engine and using the electric de-misters on the rear window and (if fitted) on the windscreen are the quickest ways to get going.

Once the engine has been started, please make sure **you stay with your vehicle**. The chances of the vehicle being stolen are therefore greatly reduced. Also remember that if your car is parked on the road and left unattended with the engine running, you will be committing a road traffic offence. **Stay with your vehicle.**

These days we don't often get untreated main roads when we are out driving, but untreated side roads can be hazardous. Remember when driving in icy and snowy

conditions to lower engine revs with a slightly higher than normal gear. Try to let the clutch out slowly when changing gears. Keep your speed down and as much as possible try to avoid using the brakes. If you do get stuck in the snow or on ice, please don't try to race the engine in low gear to get you out of trouble, it only makes it worse.

Also, don't forget to take a mobile phone. Consider keeping some spare warm clothing in the car. **And** a flask of tea/coffee/soup just in case - something to keep body and soul together. A long-handled shovel in the boot is also another good idea to adopt. Maybe the odd bit of old carpet or similar material to put under the driving wheel(s). And please don't forget to tell someone where and when you are going, when you expect to get there and when you are expected to return. If things do go wrong and you get into trouble it makes it so much easier to get you rescued.

Have a Happy New Year and safe winter motoring.

Norman Anderson

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The Importance of Fog Lights

Foggy mornings are common at this time of year. Even though car lighting technology is rapidly advancing, fog lights remain a crucial aspect of vehicle safety, especially under UK law. This guide highlights the importance, usage, and regulations surrounding fog lights.

UK law mandates that all cars have a rear fog light, while front fog lights are optional and often serve as an aesthetic feature as well as a safety tool. Some modern cars have replaced front fog lights with bright LED daytime running lights (DRLs), which help in making the vehicle more visible to others.

Fog lights typically operate separately from the main lights. A symbol on the instrument cluster usually indicates when fog lights are active. It's important to note that most fog lights turn off automatically with the car's ignition or lights.

Fog lights should be used in severely restricted visibility conditions like fog, heavy rain,

or snow. They are intended to make the car visible, not to light the way. Main headlights should be used in fog, with fog lights as an additional aid when visibility is extremely poor. The UK's Highway Code specifies using fog lights when visibility is under 100 meters. A good rule of thumb is whether you can see the next streetlight up the road.

Fog lights should be switched off when visibility improves to prevent dazzling other road users and to prevent rear fog lights from obscuring brake lights as they are brighter than standard taillights.

While fog lights might seem less essential with improved car lighting, they play a vital role in enhancing visibility and safety in poor weather conditions. Understanding and adhering to their correct usage as per the Highway Code is crucial for safe driving and ensuring the safety of other road users.

Tom Hancock



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New Year - New Garden

When the outlook is cold and bleak pour a mug of hot chocolate and start planning for Spring.

We'd all like a dream garden right? But is your dream garden the same as your neighbour's? Probably not. Whether you're designing a garden from scratch or remodelling the one you have there is no 'one size fits all' garden design. Unless you can afford to have the professionals in - and they can be worth every penny - you'll need to apply a lot of thought to the process. We've created this brief guide to give you a kick-start.

Budget Be clear about this. There's no point coming up with a grand design if you can't afford to carry it through.

Time If you work full time and have an active social life you'll need to think 'low-maintenance.'

Consult your family What do they want from the garden? Small children will want a space to play; the adults might want a space to eat and entertain; you might want to grow your own veg, or herbs.

Is it possible? How big is the garden? How much sun does it get? It's no good planning lots of flowerbeds if the garden is in deep shade for most of the day. How can you compromise so that everyone is happy?

What shape is your garden? Each shape presents its own challenge. Square can be boring and needs to be broken up using lots of curves. Long and thin can be disguised by dividing it into



imaginary rooms linked by a winding path. Slopes can be challenging, especially if they're steep but could be made into a feature by terracing or incorporating a waterfall.

Firm up your ideas Do you want grass or paving? How much should be devoted to borders or flowerbeds? Will

you need a new fence or would you rather have a natural hedge? Will you need professional help with any hard landscaping?

Make a scale plan Measure all the major distances in your garden. It's a good idea to take them from a fixed point, such as the corner of your house. Try 1/4 or 1/2 inch = 1 foot if you're not metric and 1cm or 2cm = 1m if you are. When complete make several copies and draw all your ideas on to the plans until you come up with one you really like. Because it's to scale you can now carry out your plans with confidence.

General Tips...

Look at the plants which thrive in your neighbours' gardens. Chances are they'll do well in yours too.

Don't be scared of garden designers. A good one can maximise the potential of your plot. You can still do all the work yourself at your leisure if the budget is tight.

Get help with hard landscaping if you don't have the expertise. You'll save money and heartache in the long run!

Rachael Leverton



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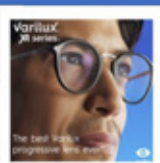
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Beef Stroganoff with Herb Pasta

Preparation time 10 mins
(+ 45 mins freezer time)

Cooking time 20 mins

Serves 4

Ingredients

400g beef rump steak,
trimmed
1 tbsp butter
1 tbsp olive oil
300g small button mushrooms
400g pappardelle pasta
3 shallots, finely chopped
1 tbsp plain flour
300ml beef stock
1 tbsp Dijon mustard
1 tbsp tomato purée
3 tbsp crème fraîche
½ x 20g pack flat-leaf parsley, chopped.

Method

Freeze the beef for 45 mins before you begin. This makes it easy to slice really thinly. Season well.



Melt half the butter and half the oil in a large, non-stick frying pan. Turn the heat up and quickly sear the beef in batches until browned on both sides. Remove the meat and set aside. Repeat with the mushrooms, then set aside with the beef. Boil the pasta.

Add the remaining butter and oil to the pan and

soften the shallots for a few mins. Stir in the flour for 1 min, then gradually add in the stock, stirring continuously to prevent lumps. Simmer to allow it to thicken for 5 mins, then stir in the mustard, tomato purée, crème fraîche and seasoning. Simmer for one more minute, then return the beef and mushrooms to the pan.

Drain the pasta, toss with half the chopped parsley, season, then serve with the creamy stroganoff, sprinkled with the remaining parsley.

Hammond

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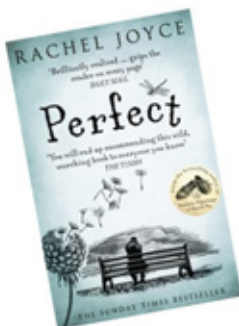
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Perfect by Rachel Joyce

Perfect by Rachel Joyce is a beautifully written novel that delves into the intricacies of human nature, exploring themes of guilt, regret, and the search for redemption. Set against the backdrop of a quiet English town in the 1970s, the story

intertwines the lives of its characters, primarily revolving around a young boy named Byron and a pivotal moment that alters his life forever.

The narrative unfolds in two parallel timelines – the first follows young Byron and his friend as they embark on a quest for truth after witnessing a tragic accident, and the second, decades later, presents Jim, a middle-aged man grappling with mental health issues and the weight of his past. The dual timelines are elegantly woven, converging to reveal the

interconnectedness of these seemingly disparate lives.

Joyce's prose is evocative and deeply emotional. Her portrayal of Byron is haunting; his youthful innocence is clouded by the burdensome weight of guilt and the adult complexities he struggles to comprehend. Jim's story is equally touching, presenting a life marked by isolation, yet seeking connection and understanding.

One of the novel's strongest attributes is its exploration of the concept of 'perfect' – challenging societal norms, personal expectations, and the often-unrealistic standards we set for ourselves (especially at this time of year). Through the imperfect lives of its characters, the novel underscores the idea that perfection is an illusion, and our flaws and mistakes are integral to our humanity.

Tash Donovan

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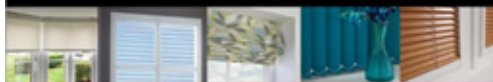
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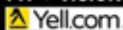
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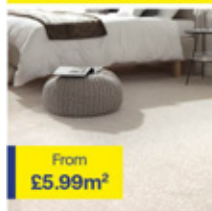
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Todwick Ramblers

Why not start the New Year by joining a walking group, getting some healthy exercise, enjoying the countryside and friendly companionship of fellow walkers?

Todwick Ramblers welcome new walkers and organise two rambles a month on a variety of different days. Rambles usually start at 10 am and are about 5 miles long with a stop for refreshments. We invite you to join us for 3 "taster" walks at no charge. If you do decide to join the group the annual subscription is £5. The walks planned for January are:

Sunday, 7th January, meeting at Kiveton Waters car park, entrance off Hard Lane at 10 am. This will be a circular walk around the local area. **Saturday 20th January**, meeting in the courtyard at Thoresby Hall, this walk will have the option of a shorter stroll or a 5 mile walk. There are shops, toilets and cafes in the courtyard.

For more information contact mbrassington46@icloud.com

IBIS - Arts and Crafts

We are back to crafting! Our 2024 programme is underway and we are beginning with paper craft. There will be something for newcomers or experts - everyone will find something new to achieve.

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For more information about our activities, please contact our Secretary Sue Sayles on 01909 564891 or email roysayles123@btinternet.com.

Calendar of Colour

At this time of year, gardeners often settle into their most comfortable chair, hot drink to hand, and indulge in the luxury of 'armchair gardening'. However, on Thursday 29th February, members of Rotherham3a (Ru3a) Garden/Out and About group will meet at 10 am at Winthrop Gardens, Wickersley S66 1EE, to enjoy an illustrated talk, *Calendar of Colour*, delivered by gardening expert Don Witton. His informative and entertaining talks are legendary, presenting a kaleidoscopic array of plants covering all colours of the rainbow. A great antidote to the dark, winter months. Why not come along to meet Don and the group? There's a small entry charge which includes refreshments.

As its name suggests, the 'Garden Out and About' group also enjoys a programme of spring, summer and autumn visits to stately houses, gardens, waterways and other beautiful and interesting places. To join the group and/or receive further details of its activities, contact: Lesley Clark iclarke62@hotmail.com. For information on all thirty five plus Ru3a activities, visit u3asites.org.uk/rotherham or call Sue Cable on 01709 379 379.

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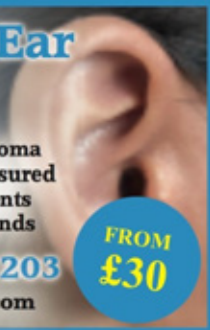
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Kids' Page

National Storytelling Week starts on January 27th. Can you find all the fairytales hidden in the letter grid?

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F	A	P	G	O	L	D	I	L	O	C	K	S
F	R	M	H	O	G	N	H	L	R	I	X	J
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Cinderella
Frog Prince
Goldilocks
Puss in Boots
Rapunzel
Red Riding Hood
Snow White
Thumbelina
Ugly Duckling

Can you match the book titles to their authors?
The first one has been done for you.

Winnie the Pooh

Where the Wild Things Are

The Boy in the Dress

The Boy at the Back of the Class

Charlie and the Chocolate Factory

The Gruffalo

Harry Potter and the Philosopher's Stone

David Williams

J.K. Rowling

Maurice Sendak

A.A. Milne

Julia Donaldson

Ronald Dahl

Onjali Rauf

P	U	S	S	I	N	B	O	O	T	S	A	P
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R	E	D	R	I	D	I	N	G	H	O	O	D

Word Grid Solution

Books and Authors

Winnie the Pooh - A.A. Milne

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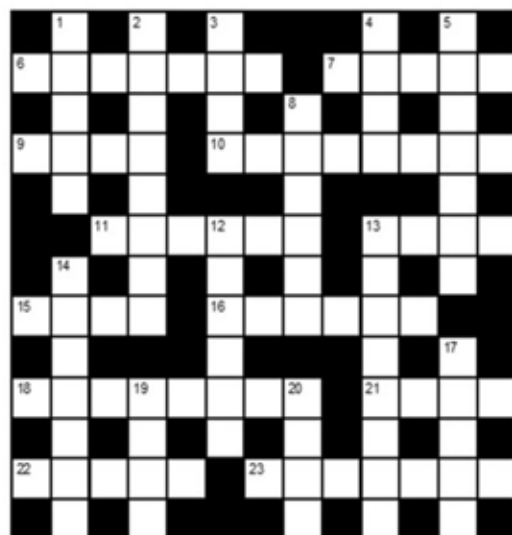


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Crossword



Across

- 6 Trailblazer, trendsetter (7)
- 7 Sacked, given P45 (5)
- 9 Wooden shoe (4)
- 10 Measuring rod, inept person (8)
- 11 Belongs to a club (6)
- 13 Jab, prod (4)
- 15 Cat (informal) (4)
- 16 Glace, sour, Morello (6)
- 18 Valve in the loo cistem (8)
- 21 Did not tell the truth (4)
- 22 Oozy goo! (5)
- 23 High military rank (7)

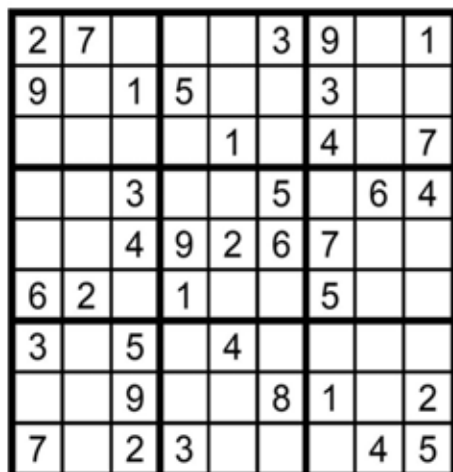
Down

- 1 Undulating landscape (5)
- 2 Chortle, titter (8)
- 3 Imprisoned, incarcerated (4)
- 4 Perfect, spanking-new (4)
- 5 Toasted fruit-bun (7)
- 8 Thinly dispersed (6)
- 12 Call forward with a gesture (6)
- 13 Adjacent lines indefinitely equidistant are said to be _____ (8)
- 14 Responsive to medical treatment (7)
- 17 Turkish meat dish cooked on a skewer (5)
- 19 Floppy (4)
- 20 Part of the underside of a boat used for stability (4)

Sudoku

How to play Sudoku

It's simple! Fill in the grid so that each row, column and 3 x 3 box contains the numbers 1 through 9 with no repetition. These puzzles use logic alone. Watch out! Sudoku is highly addictive!



Solutions on Page 38

Word Search

Happy New Year! Can you find all the NEW words hidden in the grid?

NEWBIE	NEWLY	NEWSPEAK
NEWBORN	NEWMOWN	NEWSPRINT
NEWCOMER	NEWNESS	NEWSREEL
NEWER	NEWSCASTER	NEWSROOM
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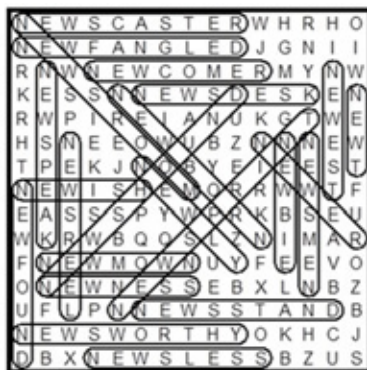
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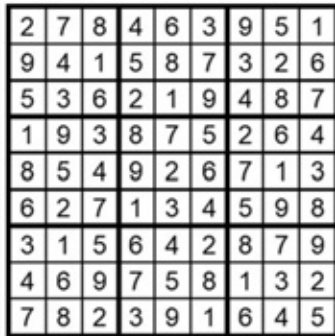
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