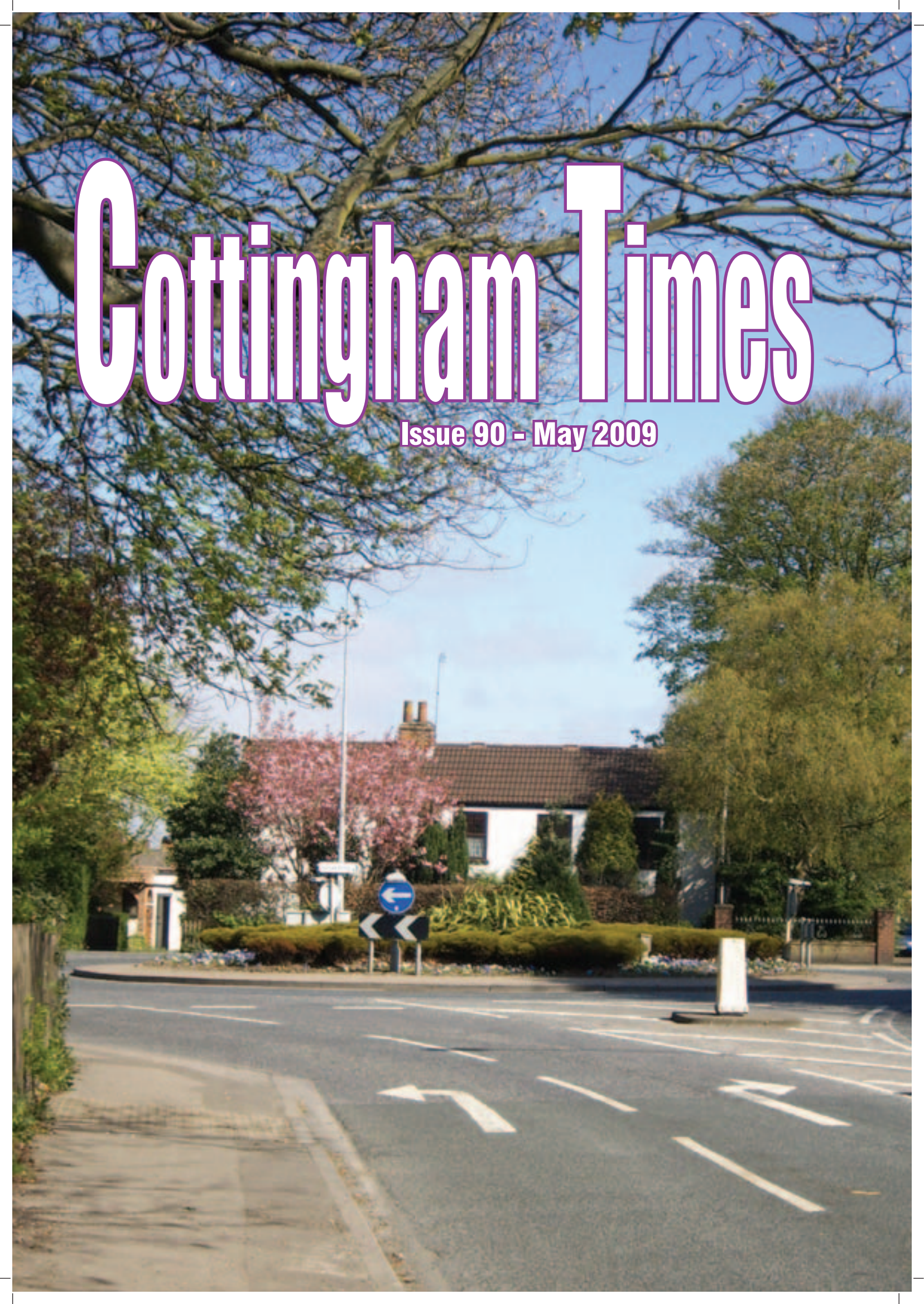


Cottingham Times

Issue 90 - May 2009



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Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

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St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Cottingham Women's Institute

Tuesday 12th May, Resolutions, at 10.00 am upstairs at Cottingham Civic Hall.

Cottingham Catholic Women's League

Monday 12th May, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Men's de Luda Society

Wednesday 13th May - A Dig with a Spade - Gwen Staveley.

Cottingham Ladies Circle

Wednesday 13th May, - Day Outing.

Cottingham Green Women's Institute

Thursday 14th May, Debate on the Federation of Restoration, followed by "Bees and Bee Keeping" speaker Mr. Lester Quayle, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

I.W.A. East Yorkshire

Friday 15th May, "Invertebrate Life Beneath the Waves" by Geoff Oxford, in the Cottingham Methodist Church Hall, Hallgate at 8.00 pm.

East Riding Flower Club

Monday 18th May, Roslind Walker (Lund) "Spring into Summer". In the Civic Hall, Cottingham at 2.00 pm. Vistors £3.00.

Cottingham Evening Townswomen's Guild

Wednesday 20th May, A Serviceman's Wife in the 1950's - Rosina Sylvester, at 7.30 in the Darby & Joan, Finkle Street.

Diabetes UK

Thursday 21st May, Dr. J. Patmore, Consultant Diabetologist, at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

Friends of Thwaite Gardens

Sunday 24th May, Annual Open Day, 11.00 am to 4.00 pm. Two greenhouses of rarely seen ferns and cacti. Guided tree trail, herb garden and shrub sung about by Elvis Presley! Plants stall and refreshments. Admission via Thwaite Street, Adults £1.50 accompanying under 16s free.

Wednesday Social Club

Wednesday 27th May, at 2.00 pm in the small Darby & Joan Hall, Steve Shearsmith - Family History.

Cottingham Ladies Circle

Wednesday 27th May, Mrs. J. Coward, Talk "The Humble Tea Leaf" at 7.30 pm in the Zion United Reformed Church, Hallgate.

Front Cover Picture: Looking down Thwaite Street towards the Hull Road/New Village Road Roundabout. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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In Cottingham and District

The Westfield School Association

Saturday 6th June, Hog Roast with live entertainment at the Civic Hall, Cottingham, 7.30 till late, to raise funds for the school. Tickets £10.00 in advance for adults only. To buy tickets and for further information contact westfieldwsa@hotmail.com or telephone Paul Drury on 849471. All welcome.

The Cottingham Wild Spaces Group

Sunday 7th June, The Millbeck Wildlife Area and King George V Woodland, 10.00 am.

Cottingham Catholic Women's League

Monday 8th June, Make a Wish - Mr. & Mrs. Dave & Thelma Horner, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Women's Institute

Tuesday 9th June, Cooker Demonstration by Sheila Meadley, at 10.00 am upstairs at the Cottingham Civic Hall.

Cottingham Ladies Circle

Wednesday 10th June, Ms Lewis Turner, Talk "Fairtrade Awareness" at 7.30 pm in the Zion United Reformed Church, Hallgate.

Cottingham Green Women's Institute

Thursday 11th June, "Working in Mongolia" - Mrs. Hazel Armstrong, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Cottingham Men's de Luda Society

Wednesday 12th June to 23rd June - Images of Poland (Cancelled due to lack of interest).

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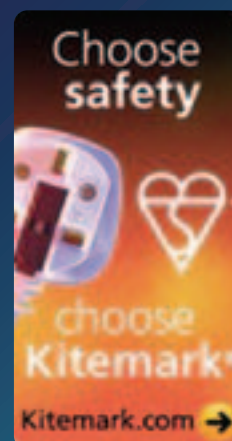
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Property News from Martin English of Homelink



Supply and Demand in the Rental Market

The rental market as it stands today can be argued that it is as buoyant as it has ever been. With sales of property slow and the current economic difficulties that the nation is experiencing, more people than ever before are turning to renting property. The fact that people are struggling to raise sufficient deposits for properties, reluctance of lenders to lend money and a general concern as to whether or not the market has bottomed out yet has consolidated the decision to rent for many.

So good times to be had if you are a Landlord? Well yes, if your property is well presented and you are realistic about the rental you are asking for your property. With the increase in demand for rental property, we have also seen an increase in supply of rental property too. The balance of the supply and demand in the rental sector has not changed much, it is the volume of rental transactions that has indeed increased, and to a large extent the standard of rental property available to tenants is better than it ever has been.

If you are a Landlord or thinking of becoming a Landlord, you need to be asking your agent for honest advice about what

is a realistic rent for your property and for an honest appraisal as to what you need to do to the property to make it attractive to prospective tenants; warts and all. With properties on the rental market that would not ordinarily be available for rent, a lot of which may have expensive kitchens, bathrooms and other fixtures and fittings that may not have been put in if the property was an investment property.

It is not just good times for Landlords who set their stall out correctly, it is a great time for tenants to find property also, with a real selection available of properties in good areas and of a high standard it is possible to get great value for money. One thing tenants need to be careful of is the owners intentions, if you envisage settling down in a property for years to come, you need to make sure that the property is not just on the market because it has not sold and that in 6 months time or whenever the sales market bounces back, that you are not in a position whereby the property is required back, finding that you have to start the moving process all over again.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through Cottingham Times directly.



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Northgate Allotments

To help alleviate the ongoing problem of rabbits, the Allotments Association plan to erect a wire mesh screen to a height of approx 1 metre fixed to the security fence at the north end of the site.

There is an ever growing waiting list for plots on the Northgate site fuelled by popular television programmes and the current trend for 'growing your own'. Keeping an allotment combines exercise with healthy eating and is becoming more and more popular with the younger generation rather than the traditional older, retired gentlemen!

From now on the Parish Council have agreed that only residents of the parish of Cottingham will be eligible for a plot on the Northgate Allotment site and applications from anyone living outside the parish boundary will not be accepted. If you live outside the parish, therefore, you should contact your own Parish Council. If you already have a plot or are already on the waiting list then this decision will not affect you.

Yorkshire in Bloom

The spring judging took place on Wednesday 8 April; luckily for us the weather was kind - bright and sunny if chilly. The judges seemed very impressed and it was hard to fit everything they wanted to look at into their allotted time. The date for their summer visit has yet to be agreed but keep an eye out for it in a future edition. Your ongoing efforts to keep the village clean and tidy are always helpful.

Jesmond Road – housing development

Councillors were disappointed that planning permission had been given for the erection of five detached dwellings on Jesmond Road although it did appear that stringent conditions had been attached to the permission to deal with residents and Councillors' fears of possible drainage problems.

Tubs & Basket Bonanza

As some residents are still struggling to re-establish their gardens to their former glory following the floods of 2007 the Council decided to postpone the annual garden competition for another year. Replacing this the Parish Council thought that a competition involving tubs and baskets rather than full

gardens would be ideal. This allows not only private residents to get involved, but shops, public houses, and anyone with even the smallest yard or garden to enter. So get planting!

Tubs and baskets can be of any size and categories will be split between 1 – 3 tubs/baskets and over 3 tubs/baskets. Judging will take place some time in July (depending on weather!) – actual date to be decided nearer the time. Applications forms can be obtained from the Parish Council office.

Southwood Garden Shop

The Council had been asked for its support in the Southwood Garden Shop's quest to obtain permission from the East Riding of Yorkshire Council for a brown tourist sign to be placed at the roundabout on Southwood Road. The Council was happy to support this request.

Hallgate Junior School

The Council has been inundated with comments from residents regarding their disappointment of the Hallgate Junior School building not becoming a community facility. Cottingham Parish Council made its feelings very clear to ERYC in support of its acquisition as a local amenity and had no part in the final decision.

Trees

The Parish Council is concerned about the rising number of requests for felling trees in the village. As a result Councillors are stating on each application reply that they do not wish healthy trees to be felled but, if after consultation with a Tree Officer, it is necessary, then a mature replacement tree should be planted.

Annual Parish Meeting

The Annual Parish Meeting will take place at 7pm on Thursday 21 May 2009 at the Methodist Church Hall, Hallgate, Cottingham. All residents of Cottingham are invited to attend. This will be followed by the AGM of the Cottingham Parish Council.

Jesmond Road Development 2nd Application Approved

I asked East Riding’s Planning Committee to examine this application in the hope that committee members would uphold the planning inspectors views voiced at the last appeal. So I’m very disappointed that Planners and Committee members have not heeded the reasons for that refusal. To approve this second application leads me to believe that officers, and some members, have failed to grasp the scale of the problems that Cottingham still faces.

It’s acknowledged that the New Village Road area has a very old and out of date drainage system, which all the agencies agree is unable to cope with any increase. Drainage conditions have been attached to the approval of this second application, but we are in the hands of the officers, who hopefully will ensure that there is adequate provision for all the extra water. To add yet more houses into the current system could spell disaster – I hope I am proved wrong. If we experience flooding in this area, which is partly due to this additional development, then I for one will be wanting more than answers from County Hall.

Ros Jump

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The Canadian Rockies and more helpful hints

By Marion Owen

I have just returned from my favourite spot - the Canadian Rockies; there is a real treat awaiting our group in July! Having seen the mountains covered in their winter coat I cannot wait to see the summer views in the next few months. Unique folded mountain shapes await along the continental divide not to mention the wildlife. The first bear was spotted in Banff on 27th March this year; I have to admit we did not see one this visit although we saw Elk in abundance around the town of Jasper.

Following a pick up from home and a direct flight to Calgary, 3 nights at the Calgary Stampede starts our summer adventure with inclusive tickets for the Rodeo, Chuckwagon racing and the evening spectacular show. Daily tickets for the C train allow you to come and go as you wish from our hotel; the station is just behind the hotel and a very frequent service operates. One stop north to Stampede Park, one stop south to the Chinook shopping Mall, the largest in Calgary. Your pass will also allow you to explore the city sights and if you need to relax the hotel has an indoor pool at your disposal.

Rise and shine, 7.30am we bid farewell to Calgary for the drive of your life along Highway 93. I guarantee a mind blowing experience for the next nine hours or so.... The scenery will be so stunning at each turn it will be hard to believe your eyes. Travelling through the Banff National Park, Lake Louise and on through Jasper National Park. More than 100 glaciers hang along the Icefields Parkway along with tumbling waterfalls and lakes it will take your breath away as we travel along the continental divide with its jagged folded mountains. The backdrop of mountains sheltering the blue icy glaciers; at its foot a crystal clear lake along with many waterfalls tumbling down the sheer cliffs. Today also includes a tour on the Glacier in a special vehicle allowing us access onto the ice. You are sure to feel dwarfed by the surroundings.

Arrival into Jasper will be the evening and the scenery will still be with you. Jasper is a quaint little town and our hotel is well located opposite the Railway Station. Try out the hot tubs to soak away the day with mountain views as the sun goes down. Tomorrow you have a full day to do as you wish: stroll or cycle around the town keeping an eye open for wildlife at all times. Pyramid & Patricia Lakes are good places to spot. I had my best steak in Jasper that I can ever remember! Karouso's has a varied menu, I chose a 10 oz prime rib cooked rare, I shall be eating here again. Anyone wishing to eat here, I am happy to make you a reservation in advance. Otherwise, if the weather is nice the upstairs patio at Earls is a great place for views and the food is fun too.

The next part of the tour is MY summer adventure; the territory is unknown to me but I know that no one will return disappointed as we continue our journey by Dome train with a 180° panoramic viewing car to the Prince Rupert on the west coast, with time to explore this coastal town for a day before your full day scenic ferry journey to North Vancouver Island and coach touring, eventually arriving in Vancouver - my favourite city of the world! Here we bid farewell to some fellow travellers and hello to others as we head up to Alaska on our second leg

of the adventure: a seven day cruise.

If you want to join this wonderful journey of culture, scenery & wildlife tel: 211913.....just eight places left.

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Other News:

Calling all bowlers - sailing from Southampton - you can take part in your sport on the outdoor lawn on Celebrities new superliner Eclipse in summer 2010.

It is many years since I have sailed along the Rhine and it was during a very dull October. I am joining a ship at the budget end of the market in early May for a few days, so will be happy to share my thoughts in the next issue.

We have a selection of group departures, if you like the company of familiar faces, don't have the confidence to travel these may just be your answer: This year why not join our 6 night taster cruise to Norway, this one is a bargain? Of course there is my Canada & Alaska Adventure and also a cruise along the Seine travelling by Eurostar - I will be having my 30th anniversary in the travel industry on this one! Escape the winter on a Caribbean cruise this November. We also have a private group travelling to China in October who are happy to have you join them.

2010: 17th June the Oberammergau Passion play including the very best tickets: 9 nights....a bargain at £1250 (2000 was a great success a moving experience performed only every 10 years). A river cruise from Budapest to the Black Sea and a Scottish highland cruise aboard the Lord of the Glens in October are all in the diary so far... except for April 2011 an adventure to the Galapagos, register your interest for this now.

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Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

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Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The **plain and simple** label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the **plain and simple** scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

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For more details or to book your appointment at the Cottingham Wills Clinic please contact Leanne Labrom or Caroline Beckett on 01482 325242.

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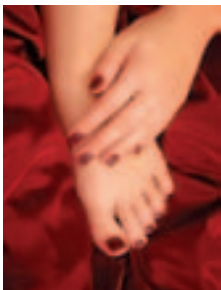
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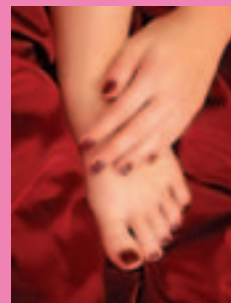
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Wordsearch - Laugh or Cry

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:
 Bawl, Beam, Blubber, Bray, Cachinnate, Chortle, Cry, Giggle, Grin, Guffaw, Howl, Laugh, Roar, Scream, Screech, Shriek, Simper, Smile, Smirk, Snicker, Sniffle, Snivel, Snort, Snuffle, Sob, Titter, Wail, Weep, Whimper, Yawl.

Wordsearch courtesy of www.puzzlechoice.com

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Sudoku No. 29 -

This is a medium challenge this month

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

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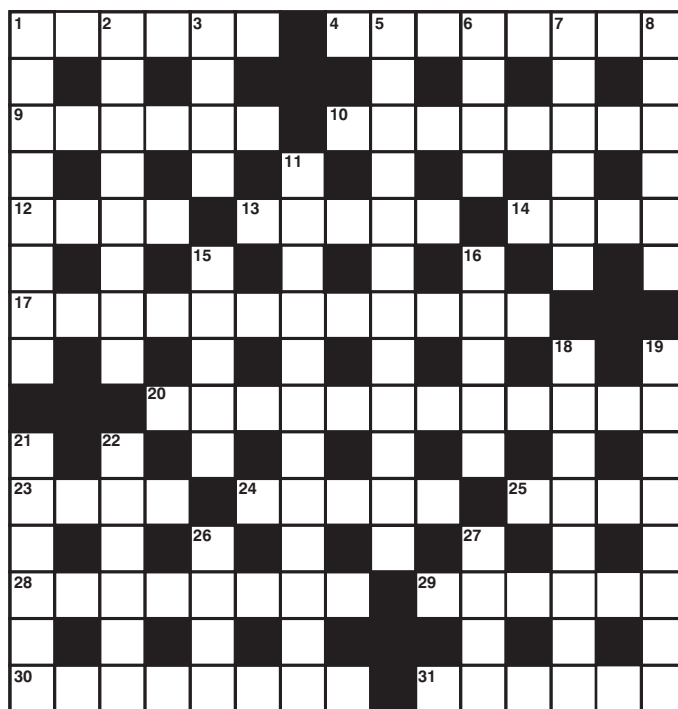
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Crossword - Solution on page 38



Across

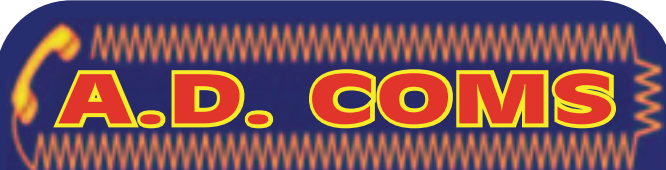
1. Heavy-set animal 'brock' old english name (6)
4.of Commerce (8)
9. To mar the natural form or shape of (6)
10. Soldiers' intended primarily to fight on foot but trained also in horse riding and cavalry combat (8)
12. Another name for, Viola da Gamba (4)
13. Dutch flower (5)
14. There were nine of them in Greek Mythology (4)
17. Common cold; any of a varied and widespread group of picornaviruses (12)
20. Forgetful (12)
23. The position played by the Cornish Bull for England and Wasps (4)
24. Where mighty oaks come from (5)
25. The stake in poker (4)
28. Comic book pictures (8)
29. An atoll in the N. Pacific, in the Marshall Islands (6)
30. To increase the depth of (8)
31. Plymouth; Sports Team (6)

Down

1. Knight of the round table (8)
2. Spring Flower (8)
3. Rank below Marquis (4)
5. Serious Gardening (12)
6. Magician or Sorcerer (4)
7. Song by Bob Marley; book in the Bible (6)
8. As in Windows, Mac OS X, Linus; operating (6)
11. As in phosphorescence and bioluminescence (12)
15. Consider questionable or unlikely (5)
16. Direct (5)
18. See 22 Down (8)
19. Glue (8)
21. TV Series with Simon Pegg and Nick Frost (6)
22. Character in Novel by Robert Ludlum; 2002 Blockbuster (6)
26. The insid diameter of a hole or barrel of a gun (4)
27. A projecting wharf or landing place (4)

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In the Kitchen



National Herb Week

6th - 9th May 2009

There isn't a chef alive who wouldn't agree that the use of herbs plays an important roll in cooking, from relatively mild parsley which you can use by the handful, to sage whose pungent aroma and taste ensures it's usually used sparingly.

Omelettes aux Fines Herbs Serves 4

Ingredients

8 Eggs
Salt and Pepper
1 tbsp Parsley, finely chopped
1 tbsp Chervil, finely chopped
1 tbsp Tarragon, finely chopped
1 tbsp Chives, finely chopped
50g/2oz Butter
4 teasp Olive Oil
Parsley to garnish

Instructions

1. Preheat the oven to very low. In a bowl, whisk the eggs lightly. Add the herbs, salt and pepper and whisk in.
2. Heat a quarter of the butter and 1 teaspoon of olive oil into an omelet frying pan until it starts to sizzle. Pour in a quarter of the egg mixture. As it begins to set, draw in the mixture towards the centre with a spatula, allowing any remaining liquid egg to run to the sides of the pan.
3. When almost set, fold the sides over. Slide onto a warmed plate, cover loosely with foil and keep warm in the oven whilst you cook the last three omelets in the same way. Serve hot.

Origin & History of Asparagus

Asparagus is believed to have originated in the eastern Mediterranean area, however archaeologists have found traces of wild varieties in Africa and it is also thought to have been cultivated in ancient Egypt as evidenced by ancient Egyptian writings.

Asparagus gets its name from the ancient Greek 'aspharagos' which in turn originates from the Persian word 'asparag' meaning sprout, stalk or shoot. It was popular with the ancient Greeks who believed it to have both sacred and aphrodisiac powers and it is known that Hippocrates used it for medicinal purposes such as the treatment of diarrhoea and urinary problems.

They were popular with the Romans too who had written instructions on how to grow asparagus. So prized were these perennial shoots by the Romans that not only did they enjoy eating them in season but they were also the first to preserve it by freezing as early as the 1st Century AD when fast chariots would take the fresh asparagus from the Tiber River area to the Alps where it kept for six months until the Feast of Epicurus.

The Romans are responsible for having introduced asparagus to England, where it gradually gained favour with the nobles and by the early 16th century, it was widely served in many of the Royal courts of Europe.

Battersea in the 21st Century

By the 17th Century, asparagus was being commercially cultivated in England and, believe it or not, one of the prime location for its cultivation was in the village of Battersea just outside the city of London, where they were famously sold as "Battersea bundles". Asparagus was so popular that the area of cultivation was widened to include Fulham, Gravesend, Isleworth and Deptford just in order to supply London.

Asparagus was so popular that they even got a mention by Samuel Pepys, the diarist, who recorded that he bought a bundle of "sparrow grass" in Fenchurch Street for 1s.6p.



By the 19th Century London was becoming so built up that new asparagus fields were established in The Vale of Evesham, Worcestershire, which is still regarded as the home of asparagus today.

Asparagus Nutritional Values

Asparagus is a good source of folic acid (vitamin B9) and also contains potassium, copper and iron. It is also rich in vitamins A, B1, B2, B6 and C. The asparagus contains a sour agent, which noticeably renders the urine potent when digested. It also contains asparagine, which gives it its particular flavour and which has diuretic properties

Around seven spears (80g) provides one of your recommended 5-A-Day servings, 69% of the RDA of Folate, 20% of the RDA of Vitamin C and 12% of the RDA of Vitamin B1. It is also one of the richest sources of Rutin which together with vitamin C, can help to protect the body from infections as well as being rich in soluble fibre.

Cooking with Asparagus

Asparagus has to be cooked to get the best flavour and texture. To prepare them, if necessary, snap or cut off the bottom stalk to remove the tough fibrous part. Wash gently in cold running water.

Asparagus can be cooked in many ways, but over-cooking should be avoided: they should be tender but not too droopy.

Baked Asparagus with Almonds

Ingredients

2 Large Tomatoes, finely diced
20 Young Asparagus Spears
2 tbsp Mayonnaise
2 tbsp Olive Oil
2 teasp Wine Vinegar
Salt and Pepper
4 tbsp grated Parmesan Cheese
2 tbsp Flaked Almonds

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4 and place the asparagus and tomato in a shallow ovenproof dish.
2. In a small bowl, whisk together the mayonnaise, olive oil, vinegar, salt and pepper.
3. Toss the dressing with asparagus and tomato, sprinkle the Parmesan and almonds over the top.
4. Lay a piece of aluminium foil over the top of the asparagus mixture and bake for 25-30 minutes, removing the foil for the last 10 minutes. Serve immediately.

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The Blue Bell

The Blue Bell is one of six venues taking part in the Springboard Live Music Festival between May 29th and 31st May over the Whit Bank Holiday where many musical genres will be featured.

A new Beer Garden has recently opened at the rear of the pub where customers can relax and enjoy a superb pint and an excellent meal.

The Blue Bell will be closed from Sunday 17th May till Friday 22nd for minor refurbishments and Andy and his staff would like to thank all customers for their consideration during this time and for their continued support.

The Blue Bell
West Green, Cottingham
Telephone: 01482 847113



Springboard Live Music Festival takes place on May 29th, 30th and 31st at six venues throughout Cottingham

The event which started just as single all-dayer in the King William IV Pub with just 19 acts in 2006, has now expanded to six venues (eight stages) with well over 200 acts for 2009. Up and coming singers, songwriters and bands, mostly from East Yorkshire, will play a wide variety of styles including, acoustic, rock, indie, blues, jazz, punk, electronic, folk, heavy metal.

Highlights for 2009 and certainly not to be missed are Hull ska/punk band 'Kill Youth Culture', featuring enigmatic front man Jim Sorrow.

Also featuring is nationally acclaimed singer songwriter Jeremy Warmesley who will take a break from a short European tour just to play the festival. Jeremy plays the new 'eskimosoup' stage (which is upstairs in the Duke Of Cumberland) on Saturday 30th May.

Of the international performers, watch out for American bluesman, Adrian Byron Burns, now a firm Cottingham Festival favourite.

All the way from Tasmania will be acoustic folk artist Jay Fraser. And from Seattle will be alternative country rock trio, 'The Drews'.

A special day for fans of heavy metal and classic rock is at the Hallgate Tavern on Saturday 30th May. Starting at 1.00 pm until midnight it will feature Anima, Righteous Dignation, Clarion, XIII, Section 30, Testone 3, Alice In Thunderland, Divine Sinn, Heat Ray and the Howlin' Mad Ribena Berries.

The festival continues to bring together some of the best regular weekly and monthly live music gigs from Hull & Cottingham – and so in 2009, The Adelphi Club in Hull - which has always been at the forefront of new music - has representation in the new 'Off The Road' stage (downstairs at the Duke Of Cumberland). Fantastic acts to keep an eye out for here include comedy guitarist and singer songwriter Sam Jones, The Poncho Pirates, The evergreen 'Gherkins' and the bluesish Nick 'Backscratch' Mackay.

Popular Cottingham performers playing over the weekend will include Cactus Doug Peters, Guy Gibson, Danny Landau, Steve Jefferson, The Creek Cats, Mike Wright, Lewis Blofeld, Frank Johnson, Pete & Wendy Clayton.

Keep an eye out also for some of the young rising stars of the local music scene these also include Sarah McCluskey, Tom Gorringer, Tom Kay, Abbie Lammas, Peaches Williams, Phil Sholtysek.

The six venues hosting the festival are King William IV Pub, Hallgate Tavern, Bluebell Inn, Duke Of Cumberland, Cross Keys, The Railway, and the fun all starts on Friday 29th May (Afternoon).

The Official festival website and full programme line up of all the acts can be found at www.springboard.bravehost.com.

Pictured above is Guy Gibson, who is one of the many artists appearing at this years Springboard Live Music Festival (picture courtesy of Ian Rook)



PING

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Everybody Welcome



An inspector calls

Our mission statement at Kingston Veterinary Group is to provide a professional and caring service to our clients and their pets by investing in our staff, equipment and premises. Over the last 6 months at our park street surgery we have taken this to the extreme though as we have just finished a major refurbishment to bring the premises up to the standard of a veterinary hospital culminating in an inspection last week by the Royal College of Veterinary Surgeons to see if we had reached our goal of becoming Hull's first private veterinary hospital.

Our goal was to improve our existing facilities, increase our hospitalisation wards as we were working at full capacity. We now have separate cat and dog wards with thirteen kennels for dogs including three walk in kennels for our larger friends and twenty cat pens in a peaceful area of the building. This is on top of our seven isolation kennels in a separate ward and reptile vivarium. The nursing staff is very pleased with how the extra room and separate wards helps the animals recover better from surgery and the night nursing staff has commented how the inpatients are a lot more relaxed. You may not be aware but we have nursing staff on all night working looking after the inpatients and helping the veterinary surgeons with emergencies. We are one of the few practices in Yorkshire with this level of care.

Our operating theatres have been full upgraded to include a separate orthopaedic theatre. We needed this as one of our veterinary surgeons,



Mr. Robinson's orthopaedic theatre).

Our new operating theatre

An all too common sight in our waiting room at park street was large dogs at one end and all the pussy cats at the other as owners tried to keep their pets as relaxed as possible, so we now have a separate cat waiting room, where our feline friends can feel a bit more relaxed as if coming to the vets wasn't stressful enough!! Added to this we have a



separate bereavement room now where clients can spend time with their loved one before and after euthanasia without feeling rushed.

At times the building work was stressful for all concerned but we were very lucky in the fact that the builders were very accommodating, stopping when we needed quiet and working around us and also we are very fortunate in having staff that organised things well and would go beyond the call of duty to ensure things ran smoothly.

As if all this building work wasn't enough as soon as it had finished we had a Royal College of Veterinary Surgeons inspection. This entails a full audit of the practice. As well as making sure the premises and equipment are all up to standard, staff training is checked on, veterinary surgeons have to undertake at least 35 hours continuing professional development a year, all health and safety reports, full COSHH reports on all chemicals in the practice (over five hundred separately researched reports) and many other important bits of paper work!

At the end of an exhausting day trailing the inspector round we were given the great news that Park Street will be awarded VETERINARY HOSPITAL status. Our other two branches both surpassed their status levels as well so an all-round great day. As I said to all the staff however I could build the best surgery in the world and buy all the equipment easily but the most important element is having the dedicated staff to work with which I am very in lucky in having and this was echoed by the inspector. Needless to say the staff was elated after all their hard work.

I hope this also gives you an insight into all the work and investment that goes on in a veterinary surgery. I know people always say vets are

expensive, but in our case the vast majority of the fees are reinvested to keep our facilities, equipment and staff up to date for you and your pets.



Pictured left: Leanne, one of our night nurses in the cat ward

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AT LAST !

On the 23rd May (Bank Holiday Weekend), Cottingham will have its own Adventure Play & Party Centre named 'Blue Kangaroo'.

Following the fire at the King George V pavillion, Cottingham has missed an indoor place to take young ones. The Blue Kangaroo aims to more than fill the gap left by providing the best Adventure Play & Party Centre for 0-8 year olds in the East Riding.

The centre is the idea of the Hedsman family, who have been residents in Cottingham all their lives. After having their 1st child 2 years ago they soon realised there was a need for such a facility in the area. After finding a suitable building at the top of Finkle Street they began developing the centre.

Blue Kangaroo will be open 7 days a week for pay and play and is available now to book your childrens parties. The choice of food on the contemporary menu should satisfy all palletes young and old.

As well as providing jobs for the local community Blue Kangaroo is set to attract many new visitors to Cottingham and will help boost the village economy.

The launch weekend on 23rd May is set to be a great event. Make a note in your diary and help support this new local venture.



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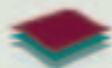
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“The Tooth and Nothing but The Tooth”

by Chris ‘Dr. Smile Maker’
Branfield

*Keeping your Kids Smiling for
Life - Part One*

Welcome to the first article of ‘The Tooth...’. Here I will be sharing with you some of my thoughts and Top ‘Dr Smile Maker’ Tips on how to keep your kids smiling for life. I hope that all parents, would be parents, grandparents and carers get something from it. We all want our children to grow up happy and in the best of health. It is not always easy and there is no definitive manual or recipe. I know, I have two kids Edward and Harriet aged 12 and 10. Well, here goes.

Diet. Most of us know that sugar is bad for teeth and causes decay. Now, that does not mean that kids should grow up in a sugar free zone and be denied it completely, kids should be kids, but everything in moderation. Your teeth can usually manage three meals and two snacks a day. Remember there will be hidden sugars in meals including natural and processed. A little bit of science - sort of. Each time that you have some sugar from whatever source bacteria in your mouth make acid from it and this causes tooth decay. Your saliva is there to protect and can neutralise this acid and help repair your teeth but it takes time. If you have another intake of sugar before your saliva has chance to finish the job then the decay process has the upper hand and irreversible damage is caused and decay takes a hold. Therefore it is not the amount of sugar necessarily that causes the decay but the frequency of sugar intake or how long the sugar hangs around for in the mouth.

Example: Several packets of polos eaten in 10 minutes are not as

bad for your teeth as one packet eaten steadily through the day. After 10 minutes your saliva gets to work in neutralising and repairing. If you do not have any other sugar intake for a few hours then it can finish its job. If you have one polo and then another before your saliva has a chance to get finished, then another, then another the decay process will win.

Top tips: If you must let your child have one sugary snack between meals that has to be eaten in one go, e.g. A bar of something. Or have a sweetie treat straight after a meal as a reward for good behaviour during the day. The meal and the treat count as one intake so they can fill their boots within reason. I hope I am not hunted down as a heretic for having un-pure dental thoughts.

Sugary drinks in a bottle or beaker with a lid as a pacifier are a definite NO! The small sugar intakes over a prolonged time period do not give the teeth a chance. This gives rise to RAMPANT decay and is awful to see and terrible when a young child has to have a general anaesthetic for their teeth out. Milk and water are fine.

Dried fruit is sometimes the only way of getting fruit into our little beloveds as part of the well publicised 5 a day. However, be warned. This stuff gets stuck in teeth and stays there for ages. This releases concentrated natural sugars that cause decay. I know what you’re thinking, ‘..you can’t win’. I said it wasn’t easy.

Top Tips: Brush really well after dried fruit. It is best not to have in the lunch box at school. You might think I’m mad but try early on to make raw vegetables a treat as a snack, carrots or celery are excellent for this. Cheese and nuts are good for teeth but obviously are a no-no with young children.

Are you still with me?

Fizzy drinks are acidic and cause dental erosion, i.e. they dissolve teeth. The diet ones are worse as extra acid is added. The non diet ones are full of sugar so all of the above applies to them as well. Other acidic drinks are fruit juices. Citrus are the worst e.g. grapefruit and orange. Your beautiful saliva will help repair the damage after acid attack. Again it needs time. If your teeth are brushed too soon after acid intake this rubs off the softened surface layer of tooth, never to return.

Top tips: Have a low frequency of acidic drinks. Do not brush your teeth for an hour or more after an acidic drink. Rinse with water after the drink to dilute the acid. Milk is great.

Here is the one you’ve been waiting for. Visit your dentist to pick up problems and solve them early and for proper professional advice. We only get one crack at it so invest in your child’s health as things have a habit of coming back to bite us. Pardon the pun.

I really hope this has been of help. There are loads more stuff to get through including more on prevention.

Good luck, Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for over 16 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.



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Below: Answer to Sudoku problem No. 28
from the April issue.

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

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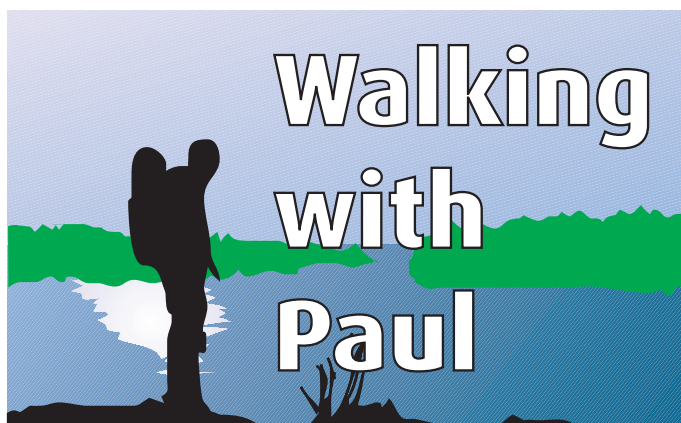
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Walking with Paul

Here is Paul's sixteenth walk in his monthly column.
This month his destination is Skidby

Maps:- EXPLORER 293

Start at GR. 018338 Half Moon Car Park, Skidby. Seek permission from the Landlady.

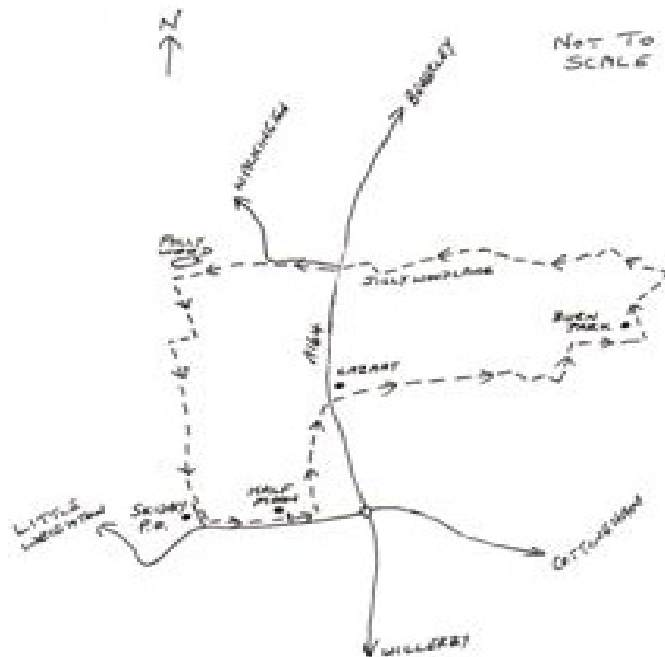
Distance 5.0 Miles.

Leave the car park and turn left and after a short distance, turn left and walk down the old road heading towards Beverley. Ignore the first waymarker on the right but continue ahead to meet the A164. Cross this road with care and bear right and then left at a waymarker and walk under the power lines with Lazaats Restaurant on the left. Continue ahead with the hedge on the left and the Golf course to the right. Sweep right at the end of the Golf Course and then left through bushes and then left on a wide track with a second Golf Course on the right.

After a short distance, locate a waymarker on the left and enter a field and walk with the hedge on the left. Sweep right at the top of the field and continue towards Burn Park Farm. Ignore the waymarkers directing across the paddock on the left but continue ahead to meet the

farm road. Turn left and walk through the farm then bear right and walk along the field with the hedge on the left.

After a short distance turn left and follow the waymarked footpath "Beaver Trail". Continue as the path twists and turns with a ditch on the right and eventually enters Jilly Wood. Continue on a tree lined path to meet the A164 road opposite the Walkington road. Cross the A164 with care and walk along the Walkington road and, at the sharp right hand bend continue straight ahead along Dunflat Road. On reaching Folly Wood, turn left and walk along a wide track and follow this track/path to emerge at Skidby on Church Lane. After passing the Village Hall, turn left and follow the main street back to the Half Moon.



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Nick said: "Whether your vehicle needs Servicing, general repairs an MOT or performance enhancement, we have what you need at prices you can afford.

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Nick added: "By keeping a check on your car's performance you not only help keep it running at its best but also at its most efficient."

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In the Garden



The Flower garden

Divide clumps of herbaceous perennials that you want to propagate, those that have outgrown their allotted space, and those that are flowering poorly or have lost their shape. Bamboos and clumps of bulbs or rhizomes can be divided in the same way. Just make sure that the transplanted divisions have roots, shoots, and are given adequate water to settle into their new positions.

Cutting back clumps of spring-flowering perennials such as Pulmonaria and Doronicum can encourage a fresh flush of foliage, which is more attractive than old, mildew-covered stems. The plants will also remain more compact and flower better next year.

Divide Primula (primroses) after flowering, planting them in a nursery bed until they are ready for planting out again in the autumn, for a display the following spring.

Divide hostas as they come into growth.

Spreading and trailing plants such as the annual Lobularia (sweet alyssum), and the perennials Alyssum and Aubrieta, can become tatty and patchy. Trimming them back after flowering encourages fresh growth and new flowers.

Deadhead tulips and daffodils. Apply a liquid fertiliser to spring bulbs after they have flowered, to encourage good flowering next year, and help prevent daffodil blindness. Allow the foliage of daffodils and other spring-flowering bulbs to die down naturally rather than tying in knots. Only remove it or mow it once it has turned brown and floppy.

Lift clumps of forget-me-not once the display wanes, and before too many seeds are released. They can become invasive if left unchecked.

Put supports in place for herbaceous plants before they are too tall, or for those - like peonies - that produce heavy blooms. Adding rigid supports afterwards usually looks unattractive and results in bunched stems lacking sufficient ventilation. Criss-crossing strings from hidden or decorative posts work well, allowing stems to grow up in the gaps between strings.

Harden off plants raised from seed and cuttings by leaving them outside for gradually increasing periods of time. Start with only the warmest part of the day, and build up to overnight exposure. Doing this for 10-14 days before planting



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them outdoors permanently (whenever the risk of frost has passed), will reduce any check to their growth while establishing in their final position.

Plant out cannas and dahlias when danger of frost is past.

Thin out direct sowings of hardy annuals. This is best done in two or three stages at fortnightly intervals. Final spacing should be between 10-20cm (4-8in), using the upper limit for tall or spreading plants, and the lower limit for smaller plants. Prick out indoor sowings when they are large enough to handle without damage.

Sweet peas need training and tying in to their supports to encourage them to climb and make a good display.

Pinch out the leading shoots on plants such as Chrysanthemum and Helianthus to encourage bushy plants. However, if tall thin sprays are preferred, they can be left un-pinched, perhaps removing a few buds (known as 'disbudding') to encourage larger blooms.

Liquid feed plants in containers every two to four weeks.

Keep tubs, hanging baskets and alpine troughs well watered. Use collected rainwater, or recycled grey water wherever possible.

Remove faded wallflowers and spring bedding from beds and containers, to make space for summer plantings.

Tubs can be planted up with summer bedding in milder areas. In cold areas, it is advised to wait until well into June, or until all risk of frost has passed. You can always keep some horticultural fleece handy to cover pots in the event of a cold night being forecast.

If you want to grow your own spring bedding for next year, many common choices (including wallflowers, pansies, and Bellis perennis) need to be sown between now and July in order to flower next spring, as they are biennials (which live for two years, and flower only in the second year, as opposed to annuals, which live and flower for one year only).

Winter bedding plants for the following winter can also be sown from now until July. Attractive choices include ornamental cabbages, kales and winter pansies.

Take softwood cuttings of tender perennials like Argyranthemum, Pelargonium and Fuchsia. They will provide new plants for display later this summer.

(Reproduced by kind permission of (www.rhs.org.uk))

Top 10 jobs

1. Watch out for late frosts. Protect tender plants
2. Earth up potatoes, and promptly plant any still remaining
3. Plant out summer bedding at the end of the month (except in cold areas)
4. Collect rainwater and investigate ways to recycle water for irrigation
5. Regularly hoe off weeds
6. Open greenhouse vents and doors on warm days
7. Mow lawns weekly
8. Check for nesting birds before clipping hedges
9. Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
10. Watch out for viburnum beetle and lily beetle grubs

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Your Stars for May 2009 -

By Kay Gower

Aries - (Mar. 21- April 20)

This month could see opportunities for advancement in your profession, or for achieving some important goal or aspiration. If you have been working hard, this is a time of public recognition for your efforts.

Taurus - (Apr. 21- may 21)

You may play a leadership role or take some initiative in a group situation. Mid month sees you fired up about your ideals and you stir others to action. Team sports and group efforts of any kind will appeal to you now.

Gemini - (May 22-June 21)

This is a good time to make changes. You have more trust and faith that you can accomplish your dreams. There could be a sudden disruption or unexpected turn of events in some group of which you belong. This will eventually turn out to be for the best.

Cancer - (June 22-July 22)

A month where you can be single minded and put yourself first. Be firm with people who may be jealous or try to hold you back. Careful planning mid month will make life easier.

LEO - (July 23-Aug 22)

What begins this month is likely to trigger unexpected developments. However unclear the outcome, what you learn in the process more than compensates for the uncertainties.

Virgo - (Aug 22 - Sept. 23)

Bear in mind that what happens this month is just clearing the way for next months changes. You have no need to worry. On the contrary, you will be happy to rid yourself of some burdensome commitments.

Libra - (Sept. 24 -Oct. 23)

You need to be out and about this month. Parties or other social events are favored. Getting together with a group of friends to play music or sing would be very satisfying.

Scorpio - (Oct. 24 - Nov. 22)

This is going to be an 'up and down' sort of month, especially during the first two weeks, so what seems the least welcome could be the most productive! Understand that and the rest of the month is easy.

Sagittarius - (Nov. 23 -Dec. 21)

There is a friendly, cooperative, harmonious tone to the interactions you have now. It is a good time for social activities and for getting in touch with friends.

Capricorn - (Dec 22.- Jan. 20)

Meeting with people who share common ideals or purposes, either on a professional or personal level, will be very successful during this month. You have a friendly, cooperative attitude that will help such gatherings flow smoothly.

Aquarius - (Jan. 21.- Feb. 19)

Overall this is a very positive time period. The changes in your attitude are just as important as external changes. You drop many of the 'I can't' attitudes that have previously held you back and blocked your potential for growth.

Pisces - (Feb. 20-Mar. 20)

You are likely to meet a number of unusual, interesting people at this time. You seem to be drawn to those who are more creative, free-spirited, or eccentric. A good month for travel.

News from Cottingham Little Theatre

“DANGEROUS CORNER”

By the time you read this article the production of “Dangerous Corner” will be in full swing.

If you haven't seen the show and would like to, then please give our Ticket Secretary, Kaye, a call on 01482 842270.

“SUMMER REVUE”

Plans are already being made for our Annual Summer Revue “That's Entertainment 2009”. We hope to follow our well-trying and tested formula of songs, dance and sketches. Performances will be held in the Darby & Joan Hall as usual and the dates are: Wednesday 15 July, Thursday 16 July and Saturday 18 July commencing at 7.30pm. More information next month.

SOCIAL EVENTS

A 10-pin bowling evening was held on Sunday 26 April at AMF Bowling Sutton Fields and a good time was had by all.

As mentioned last month our Annual Spring Dinner is likely to be held on Friday 29 May but a final decision on the venue has yet to be made.

A Treasure Hunt around Cottingham is being planned for Sunday 14 June. Watch this space for more details.

PLAY READINGS

The next Play Reading will be held on Monday 1 June in The Old Brewery of the King Billy Inn starting at 7.30pm. This is one of the ways in which we find future productions. If you would like more information please ring Sue on Tel. No. 01482 842270.

NEW MEMBERS AND FRIENDS

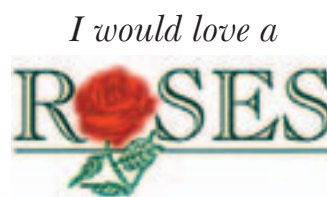
Our latest member is Conor McCollin who is just 14 years old and attends Kelvin Hall School and Wyke College. We are delighted to welcome him to our ranks and he is very keen to become an actor. If you would like to join him and us either as a Member or as a Friend please ring:

New Members - Val on Tel. No. 01482 440588 or Margaret on Tel. No. 01482 846796.

New Friends - Bob or Kaye on Tel. No. 01482 842270 or do have a look at our new Website

www.cottinghamlittletheatre.co.uk

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WE ARE ALL
UNIQUE

As you may remember from last month's piece I've included a step by step wedding preparation guide, but before I do that, I have some great news.

Firstly I would like to welcome Leone to our styling team at Unique, Leone has joined us as a Unique Stylist and until Friday 19th June 2009 we are offering a fabulous 50% discount on all hair services. On behalf of myself and the team at Unique I would like to welcome Leone to the team and wish her every success.

Secondly, as you may already know both Unique salons have recently been to Wella Studios, Manchester for a specially organised intense training session to introduce the re-launch of the Sebastian range which will be available in salon from 27th April. Sebastian products are incredibly luxurious with elements of the innovative cult styling range. Please call in for a complimentary consultation on which of these superb products would be perfect for your particular hair needs.

Also to welcome Summer (hopefully) we have a fantastic package for you to take advantage of :- from Monday 27th April until Saturday 23rd May you will receive an in-depth consultation, wonderful relaxing scalp massage with a luxury In Salon Treatment, a Cut, Shampoo and Finish. You will also receive a £20 colour voucher to be used on your next visit to the salon (voucher valid until Saturday 11th July). This package is worth £64 but you only pay the fabulous price of £35. This offer excludes Salon Directors. So book early to avoid disappointment.

Now we come to our Wedding Guide for preparing for your big day.

You really need to choose your dress first as the colour and neckline will determine the most flattering colour and shape for your hair. Mood boards are a great advantage when deciding dress fabric and accessories as these are paramount. Your own style is far more important than current trends as you really need to be comfortable and confident in your dress. Sophisticated classic looks are just as powerful as emerging runway looks.

You must be as honest as possible with your stylist. If they're suggesting ideas you're not happy with, tell them. You need to know how long your hair will stay looking fresh and will it be simple to rearrange it from a day to evening look. Although a stylist can work wonders on your hair on the day you need to be getting it into tip-top condition in the months beforehand. You want your hair to look at its best on the day but this takes time. At Unique, our wedding co-ordinators, Sharon and Paula, will advise on your personalised haircare programme which should include in-salon treatments, regular shaping, glossing and professional homecare products.

Don't forget the rest of your bridal party. There maintenance programme doesn't need to be as thorough as yours, their hair still needs to look fantastic on the day, from the cute flowergirls to the second most important person on the day. Sorry guys we don't mean the groom. We all know the bride's mother needs to look amazing too.

Whatever the size of your bridal party attention to hair detail is paramount. Please phone or call in for a complimentary consultation. Telephone (01482 847111)



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next month's edition of the Cottingham Times for the Unique Hair Guide.

UNIQUE 01482 847111
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Cottingham High School hosts Football Tournament

Cottingham High School is to hold a summer football tournament for students on Saturday 16th May 2009 from 10am – 2pm. The 5 aside tournament will see a number of teams from local primary schools as well as current high school students competing in various age group competitions.

Refreshments and a BBQ will be available on the day and it is hoped that many parents will come along and support the event and in doing so raise money for the School's Parent Staff Association.

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Saturday 4th July

Fun Starts at 12 noon

Make a note in your diary! It's back again, bigger and better than ever. Yes, Cottingham Day is back for its fifth year with more going on in 2009 than ever before.

Starting at around noon with a parade through the village lead by a horse and carriage and including marching bands, schools, fancy dress as well as a fantastic parade of vintage cars. What a great way to start the day!

As usual, there will be loads of stuff going on in Grandads Park, such as a Dog Show, Scrapstore, Penalty Shoot-out, Fairground rides, Tennis displays and tombolas.

Also, next door in the Memorial Club carpark, this year sees the return of the Classic Motor Bike Display, not to be missed for enthusiasts and interested parties alike.

Opposite the Memorial Club, you will find the Darby and Joan Hall which will be full of stalls and activities for all.

A walk around the corner will bring you to Market Green where there will be a stage hosting live music, D.J.s, Magic Shows, Dancing Demonstrations and much more. Also around the Green will be Craft Stalls, Charity Stalls, Competitions, Tombola, Food Stalls and for the second year, Hull Street Cars will be showing their cars off. This was a great attraction last year for all car lovers. Hopefully this year, the Army will be bringing a Climbing Wall, so come along and have a go.

The Civic Hall will also be hosting the ever popular Daylight Theatre Group (great for kids big or small) Magic Shows and much more. Another venue not to be missed!

When you have had enough of the activities on the Green, then a walk along Hallgate will bring you to probably the best Vintage and Classic Car Display seen in the area as well as Face Painting, Live Music, Stilt Walkers, Steam Organ and outdoor eating. Also many of the shops will hopefully have 'specials' on for the day.

In the Memorial Gardens this year sees the return of the fantastic Birds of Prey show which always goes down well. Don't forget to guess the number of balloons, stuffed into the tractor cab - you may win a prize!

Now head off down the passage into Cotta Court for more treats and a tombola, hopefully live music as well.

End up back in the Market Green to listen to a live band on the stage and, if you have enough energy, even have a dance!

Of course many of the events are subject to the infamous British weather and some might be subject to change of location or cancellation. Also more may well be added before the event starts, so keep your eyes open for more updates in the future.

Also for the first time ever on Cottingham Day the evening will see a Cycle Race around the streets of the village, organised by Peter Dunn of Cottingham Cycles. The event will run between 8pm and 9pm approximately. Don't miss the opportunity to witness this great event.

While you are in the village, why not check out what is going on in the pubs and cafes. There may well be events going on which have been arranged nearer the day!

So, as you can see, weather permitting a great FREE day out can be had by all the family. Please support this event and lets all make the 5th Cottingham Day the biggest and best ever.

For more information please contact the Parish Council on 847623, Willow Boyle n 843367 or Nick Russell on 848339. Please use the same numbers if you would like to take part, sponsor an event or just help out on the day.

Classic MotorBike Display, Memorial Club Car Park, Finkle Street

If anyone would like to display their cherished bike and maybe win a prize, then please contact:

Paul Fenwick on 01482 845979, for an application form ASAP

Classic Car Display, Hallgate

If you have a 'Special' vintage or classic car and would like to show it off to other people then contact Nick Russell on 01482 848339

For an application form ASAP

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“The Instinctive Voice of Melanie Watson” - Horse psychologist of Skidby


In a world where cruelty happens every day, it is shocking to see how effective kindness can be. Melanie Watson is a horse psychologist who specialises in turning damaged horses around. No blows, no drugs – just endless patience and instinctive horse training.

Over 300 people came to see Melanie at work at Bishop Burton Arena, Bishop Burton on Saturday (April 25). The public had been invited to bring problem ponies and horses along and they certainly did.

One 15.2 hands mare, Lottie described as “Untransportable” because of her temper and profound dislike of getting into horseboxes was trotting into a Richardson Rice Trailer and out of the side door as confidently as Naomi Campbell getting on and off a catwalk – after just over an hour in the ring with Melanie.

George Bell, a member of the public in the audience said: “I have never seen anything like it. You hear about Horse Whisperers but you do not really believe it until you see it. I would not have thought she would get anywhere with that one and I have worked with horses all my life.”

Melanie trained at Snainton Riding Centre in Scarborough before going onto the Spanish Riding School in Vienna, returning to start her own business in Skidby over 20 years ago. “We have a variety of ponies and horses in for training and the problems range from minor to very threatening,” she said. “The event at the superb Bishop Burton Arena was a chance to show what can be achieved, I think we all had a great time – equine friends included.”

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Some helpful basic hints and tips resulting from your feedback

Thank you to all those who sent feedback about my intention to put together a computer help book. The opinion most people seem to have, not surprisingly, is to start at the beginning, and not to assume knowledge (which I hope I do in these articles). For instance, Windows files and folders is a subject I am often asked about, so I thought it would be a good idea to do a refresher here.

Whichever version of Windows you are running – 95, 98, XP or Vista, the structure is always the same. There are always folders set up for your own use: My Documents, Pictures etc. Anything you create, like a document, picture etc is called file, and what you put it in is called a folder, exactly the same as in a normal filing cabinet. It is important to save your files in there as tidily as possible. If you just save things in any old fashion, everything will always be there, but you might have a problem finding it!

So if you want to have a spring clean, go into My Documents for instance and have a look at all the documents you have in there and decide what folders you could put them in, like family, correspondence, holidays etc. To create a new folder just click (at the top of the window), File, then New, then Folder, the title will be highlighted in blue waiting for you to give it a name, just type the name and press enter. If you get it wrong, you can just right click on the folder and click Rename, and type it again. Then you can drag and drop your files in there. That means just click on the file, hold down

the left button and drag the file over the new folder and then release the button, and in it goes. Repeat as necessary!

A year or two ago, I spent a good few hours going through all my family photographs, which were all in individual folders anyway, but I thought it would be a good idea to put them into year order. So I created a folder for each year and dropped each picture folder in as appropriate. It did work well and now it is much easier to locate an event like birthdays, holidays etc. Folders within folders! There are some useful notes and even a demo video on the Microsoft site, go to www.microsoft.com and type in the search box: working with files and folders.

Lots of customers have been changing over to Eset anti-virus when their AVG comes up for renewal, and all is working well. One thing worth mentioning to all that have the latest Eset version 4, is that if the icon turns orange and says maximum security is not ensured, it is actually monitoring Windows security updates. Open the Eset control panel and just click on the link that says 'here' and it will take to Microsoft update site and download the updates you need.

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36th Annual Art Exhibition and Sale at the Skidby Village Hall on Saturday 6th and Sunday 7th of June 2009

The 36th Annual Art Exhibition and Sale will take place in the Village Hall, Skidby on the 6th and 7th of June, with this years Guest Artist Mrs. Pat Davison of Little Weighton.

This is a very popular attraction and over 300 visitors attended the event last year. Artists wishing to exhibit may obtain Application Forms from the Village Hall Secretary - Kelvin Young on 01482 843446.

Skidby Open Gardens Day Saturday 6th June 2009

The annual Skidby Open Gardens Day in aid of St. Michael's Church, Skidby and Castle Hill Cancer Research and Equipment, takes place on Saturday 6th June 2009 between 12 noon and 5.30 pm.

During the afternoon on the village green next to the Church will be a Childrens' Band, Stalls, Cakes, Tombola, Plants, Childrens's Games, Face Painting, Ice Cream and refreshments. Lunches and teas will be served in the Village Hall during the Art Exhibition.

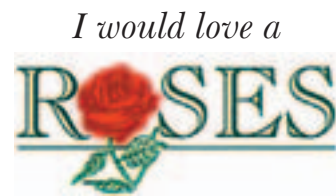
Cottingham Gardens open to the public as part of the National Garden Scheme

As part of the National Garden Scheme two gardens in Cottingham are open to the public on Sunday 24th May.

Linden House, 16 Northgate, Cottingham is open from 10.00 am to 5.00 pm, admission £2.50 and 56 Hull Road, Cottingham is open from 1.00 pm to 5.00 pm, admission £3.00.

Cottingham Garden Club's trophy reclamation ends June 30th

The Committee of the above Society which closed in February were very pleased at the response of people waiting to reclaim trophies donated by family members. We decided to close the offer at the end of June 2009, in order to enable us to donate the cups etc. which are left, to local schools and worthy causes. Please telephone 844849 to register interest. *Billy Lee*



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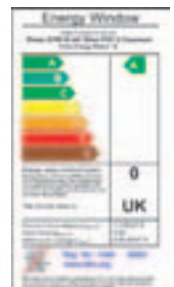
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Hallgate Schools - continued

by Peter Railton, Local Historian

Mumps were taking their toll in both the girls' and the boys' departments in May 1916, plus measles in the girls', all of which were notified to the local Medical Officer of Health. By the end of the month 32 boys were off ill and a similar number of girls - these illnesses had their repercussions in the infants' school which also reported a lot of absences and illness spread through whole families and were a great worry to parents already alarmed by the frequent Zeppelin raids and the constant lack of sleep. After a raid in early May only 81 girls were present at school.

To add to the dislocation two teachers went off sick, Miss Pumfret and Miss Brown, so Misses Whitehead, Raper and Verity were sent from the infant department to help out. One teacher returned fairly quickly and so Miss Whitehead was sent back to her infant classroom. Two girls, Madge Dixon and Ida Downes were granted partial exemption certificates.

On a brighter note, Mr Eyre called to inform four teachers of an increase in their salaries - always welcome news! The laundry and cookery lessons were very popular both in practice and theory and though needlework and knitting continued to be taught, these two subjects were no longer the core subjects for girls, but even so the traditional mold of the ascribed place of girls as first and foremost homemakers was not broken.

Boys left to work on the farms

In the boys department, Henry Horsley was allowed to leave school to work on a farm at Burn Park (at the bottom of Park Lane.) During the Empire Day observations a collection was initiated for the Overseas Club to send parcels to British Prisoners of War in Germany and thirty shillings was raised - perhaps not a lot but there were other appeals at the time - the Belgian Fund, the Serbian Fund and so on and many purses were stretched in those days especially when the breadwinner was away in the forces. The Whitsuntide week's holiday was omitted that year at the suggestion of the government - what difference that could make as regards a school is questionable, but it was good for moral, all willing to make sacrifices for the national good.

Five boys passed the labour exam and left - Wm. Chester, H Jarvis, Wm. Horsley, K. Liversedge and H Isgate. on 30th June some of the scholars gave a concert to the rest of the school and the infants which was held in the 'Central Hall' - Hall A, in the boys' school. This was in aid of the Serbian Relief Fund and was repeated to parents the same evening and a total of £6.15 shillings was raised.

Thirty seven boys were admitted from the infant department and the classes were St. I, 38 pupils Miss Coulter; St. II, 52 pupils Miss Lathem; St III, 40 pupils Miss Steel; St IV, 43 pupils Miss Hall; St V, 32 pupils Miss Wellstead; St. VI 24 pupils Miss Youngson; Sts VII and ex VII, 32 pupils Mr. Moorby - an all female staff now apart from the Headmaster, the male teachers having gone into the forces.

Jack Small, Frank Kingdom and Robert Donkin gained scholarships - two from the County Council and one from the Mark Kirby Trust who provided financial support under the revised endowment arrangements of this oldest organised Cottingham School near St. Mary's Church.

Teachers thirty minutes late

Several teachers lived in Beverley and two of them in the boys' department, Miss Hall and Miss Lathem went home for dinner each day; Mr Moorby complained that even though the train from Beverley was supposed to arrive in Cottingham at 1.20pm, it was often late - sometimes 30 minutes late. It must have been a scramble in any case with only one and a half hours for dinner!

On 29th August, Mr Moorby attended his brother's funeral; he had been the Headmaster of Newland National School where Mr Moorby had been a pupil teacher in his teens. George Appleton and Alan Johnson were punished for playing truant for three days - Alan was blamed as the ringleader!



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The Hall windows were covered with brown paper as had been proposed, so that evening meetings, concerts etc. could go ahead - whether this was detached during the day is unclear. An air raid on the night of 26 September resulted in only half the boys being present next day, the 'all clear' was not sounded until 3am. Two week's holiday was taken for potato picking during October - one of the weeks being due from Whitsuntide and no mention of Hull Fair. The schools closed at 3.45pm during the darker months on account of the 'restricted lighting regulations' which was to give the cleaners time to work without lights and to enable the pupils to get home before dark.

Help with the Potato harvest

The Head was receiving urgent appeals from local farmers and gardeners for boys to help in the potato harvest which was still on-going and he was more sympathetic under the circumstances and referred the matter to County Hall who allowed certain absences. With many farm workers now in the army, plus the fact that more potatoes were being grown to feed the population during war time food emergencies, child labour was very necessary.

Air raids accounted from a lot of boys going to school late or not turning up at all during late November. An old scholar, Leonard Buttery, in khaki uniform called to see the staff and the boys on the 29th and another old scholar, Herbert Wilberforce, made a great impression in all the departments when he visited a day or two later in the uniform of the Seaforth Highlanders Regiment with kilt, stockings and Scotch cap.

In the girls' school, there were several exhibitions of pupils' hand-work during 1916 which were usually well attended by parents between three and four o'clock. The Rev. Lowndes took his daughter along one day and she was very impressed with the display and the singing abilities of the girls.

Outbreak of Mumps

An ex-scholar, Alice Brown, began her training as a student teacher in the school assisting with St VII during her first week there in October. Dorothy Tranmer was granted a conditional exemption certificate and Kathleen Legard was punished for truancy. The usual round of illnesses began in November and Jessie Giles and Gladys and Emily Ashton were excluded from school, and Miss Buttery was also off ill for four weeks; mumps predominated that December and more girls went off sick. Dr Helen Forbes went to the department and examined 'several delicate girls' and checked those that had returned after measles and mumps.

The year ended with the girls entertaining to a 'happy hour' of Christmas carols and the term ended on Friday 20th December.

The new term and new year (1917) began with family good attendances in all departments, but within a week severe weather struck with snow, sleet, rain, gales plus hard frosts which kept average attendance down to 80% with many children in outlying areas unable to get through the deep snow to school; mumps and measles were still causing absences and a new disease began to raise its head - influenza which began to take its toll and was to become a terror killing thousands of people nation wide over the next year or so, including one of my grandfathers.

Gales continued through the month and Mr. Moorby taught a new song in the boys' school - "Oh, Oh, hear the wildwinds blow," very appropriate! on 14th February the school yard was

"In a shocking state and dirty due to the fact of frost and thaw, with the result of dirty passages and classrooms."

February and March continued wet and cold; Mr Moorby secured another allotment of land close to the school for the use of St.VI boys to cultivate when the weather improved.

In the girls' school, poor Kathleen Legard was punished again for truancy, she had only attended one half day since Christmas - not surprising really when she was caned on the one half day that she did turn up!

Footnote

The first Head of the new Hallgate Primary School, Mrs Ann Hill, gave a combined retirement party along with her colleague Mrs Pam Sleaf on 3rd April 2009 at the school. Staff and friends, past and present, enjoyed socialising and the more agile ones danced to an Irish rhythms band. The best wishes of everyone there went with them both.

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You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.



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Local growers to have market stall on behalf of the Cucumber Growers Association during Cottingham Day Celebrations

On behalf of the Cucumber Growers Association, local Cottingham growers are holding a stall during the Cottingham Day celebrations on the 4th July 2009.

The aim of the stall is to bring to the notice of the people of Cottingham what fresh produce is available locally. This is to be followed up with an open day at Halsham Salads, Park Lane, Cottingham on July 11th. These educational fun events are aimed to get local children and schools involved.

HERIB Mind, Body & Soul Day - 31st May at the Ramada Jarvis Hotel, Willerby

Are you a new business trying to promote your great products and services, or an established business looking for some fresh exposure? If so, HERIB are delighted to provide you with the chance to show what you have to offer at our Mind Body & Soul Day on Sunday 31st May at the Ramada Jarvis in Willerby. These annual events are renowned for their success and are a novel and valuable way for you to broaden your client base.

The day starts at 11am and finishes at 4pm and exhibitors are provided with a 6ft table and electricity; stands are £60. All proceeds will go to HERIB; we are a local charity that helps people in Hull and East Riding who have a visual impairment. If you would like to take part in this event please contact Lisa on 01482 342297 or email lisac@herib.co.uk as soon as possible as there is limited space available.

Hull Savoyards present HMS Pinafore at The Middleton Hall, Hull University on 17th to 19th June

Hull Savoyards are to present a traditional joint production of Gilbert & Sullivan's HMS Pinafore and Trial by Jury from 17th to 19th June 2009 at The Middleton Hall, Hull University, Cottingham Road, Hull. Together these demonstrate the lyric and musical genius of both Gilbert and Sullivan and should create an unforgettable night of theatre with lovely costumes and scenery.

Tickets are £8.50 Adults and £6.50 concessions available at the door or from Hull City Box Office Tel: 01482 226655. All performances commence at 7.30 pm.

For any other details please contact the Secretary on 01482 876918 or secretary@hullsavoyards.co.uk or website www.hullsavoyards.co.uk

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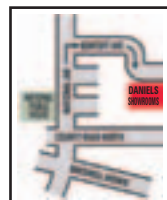


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Crossword Solution from page 14

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23	P	R	O	P			24	A	C	O	R	N		25	A	N	T	E
	A		U		24	B		E		E		27	P		T		S	
28	C	A	R	T	O	O	N	S		29	B	I	K	I	N	I		
	E		N		R		C				E		T		V			
30	D	E	E	P	E	N	E	D		31	A	R	G	Y	L	E		

Alternative Health Matters

by Carole Headley

This month is a continuation of last month's issue about vitamins and minerals. Again, I hope you have found this useful and would stipulate that you consult your GP before taking any of these products, especially if you are on medication.

MANGANESE - an essential trace element - needed for synthesis of cartilage, collagen and structural molecules known as mucopolysaccharides and plays an important role in normal growth and development, especially of bones. It is also involved in many metabolic functions including the synthesis of amino acids, blood clotting factors, some hormones, brain chemicals, carbohydrates, cholesterol, it also acts as an antioxidant. Good food sources are Tea (enjoy a cuppa!), whole grains, nuts and seeds, fruits, eggs, green leafy vegetables/herbs, offal and shellfish and milk. Research - women with osteoporosis have been found to have manganese levels that were four times lower than those without osteoporosis. There is no EC RDA for this trace element but an intake of up to 10mg per day is believed to be both safe and adequate.

PHOSPHORUS - is a mineral that makes up at least half a kilogram of your body weight. 90% is found in your bones and teeth where it forms calcium phosphate - a hard mineral salt also known as hydroxyapatite. As the structural mineral in bones and teeth it is found in muscle cells - essential for the production of energy-rich molecules. It is also an important component of the chemicals making up our genetic information. Good food sources include fish, poultry, meat, dairy products, wholegrain cereals, soya beans, nuts, eggs and yeast extract, Vitamin D is essential for absorption of phosphorus and calcium from the gut and for their deposition in bone, EC RDA suggests 800mg the same as for calcium and should be used in conjunction with calcium. Deficiency can be linked to muscle weakness, joint stiffness, pins and needles.

POTASSIUM - is a mineral found inside body cells. Potassium is essential for normal muscle contraction, generation of a regular heartbeat, conduction of messages along nerve fibres, and for the maintenance of blood sugar levels. It is also involved in the production of genetic material, proteins and energy. Blood potassium levels are regulated in the kidneys. Good food sources seafood, fruit, vegetables, whole grains, rock salt and 'low sodium' salts. Can help with muscle cramps, constipation, fatigue, low blood sugar, and low blood pressure.

SELENIUM - is a trace element - essential for cell growth and immune function. It is involved in the synthesis of hormone-like substances as prostaglandin and thyroid hormones. Selenium can help with hair, nail and skin problems, age spots, thyroid problems, cataracts, muscle weakness to name a few. Good sources are brazil nuts, seafood, offal, whole grains, onions, garlic, broccoli, cabbage, mushrooms, radishes and celery. There is no EC RDA but intakes of around 75mcg have been suggested.

ZINC - is an essential trace element - helpful in the regulation of gene activation and the synthesis of specific proteins in the response to hormone triggers. It is vital for growth, sexual maturity and immune function. It is also essential for the proper function of over a hundred different enzymes. It can help with cravings of odd foods, sleep disturbances, poor hair growth and hair loss, poor nail growth, poor wound healing, skin problems such as eczema, psoriasis, acne and visual impairment in later life. Some people with tinnitus have low levels of zinc, in which case supplements help improve symptoms. Good sources are red meat, seafood, offal, brewers yeast, whole grains, pulses, eggs and cheese. The EC RDA recommendation is 15mg per day.

Again I hope you have found this useful and would stipulate that you consult your GP before taking any of these products especially if you are on medication.

Therapies available are Reflexology, Full Body Massage, Aqua Detox, Reiki, Craniosacral Therapy, Ear Candling, Indian Head Massage, No hands Back Massage, Nutri-energetics System. You may also order Aloe Vera products.

Carole Headley, The Healing Hut, 221 Hallgate, Cottingham.
Telephone 01482 842078

VILLAGE BATHROOMS & KITCHENS

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Fully tiled or not?

A fully tiled bathroom always looks inviting. We are constantly reminded every time we go on holiday, that a fully tiled bathroom is 'the way to go'.

Yes, it cuts down on decorating, yes it is easier to clean, yes it looks good and is more cost effective in the long term.

However, if you half tile two walls and fully tile the rest, it allows you to change your colour scheme occasionally.

When was the last time you went into a bathroom and noticed how expensive the toilet looks, or the basin looks.

You notice the tiles first, then the taps and then the flooring.

Here is a cost effective tip for your bathroom.

Fit a reasonably quality toilet and basin, good quality taps, mid range tiles and expensive borders. Everyone who visits will tell how nice your bathroom looks, I promise . . .

Cheap taps work?

Good taps range from £125.00 upwards, but beware, they come supplied with a push-up waste system. Create a rapport with your supplier, don't go for looks alone and don't get taps you can't use.

We have problems with push-up wastes, they are time consuming to adjust and can be hard to use. Village Bathrooms & Kitchens use a click-clack waste system. No levers and no fiddley adjustment. Ask your suppliers for a good quality waste system for your basin and bath.

We can supply your toilet and basin within a range of fitted furniture. The furniture can be gloss white or wood effect finish. The worktop can be supplied to contrast with your floor tiles, or match the furniture. Basin units be supplied in many widths and depths, with the toilet unit matching. We have units that will fit within a standard 'East Riding Bathroom', 1650mm x 1650mm, along with a fitted basin, a hidden flushing cistern and a soft-close seat, this is luxury in a small package.

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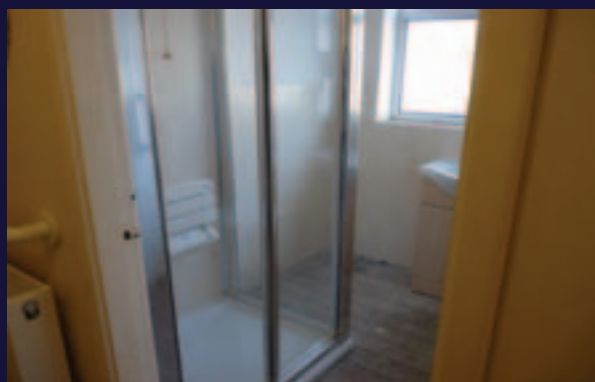
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