

# LOCAL LINKS

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ISSUE 121  
FREE

## EVERYONE REMEMBERED

Thinking of the forgotten fallen

## PUMPKIN TREATS

Spicy donutty deliciousness

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Dear Readers,

*The heating is officially on and the jumpers are on our backs! Hello Autumn! Your fiery golden hues are magical and have quite taken us by surprise after the long summer that seems like only a week ago.*

*This issue, we'd like you to take part in the 'Everyone Remembered' campaign to commemorate the centenary of the end of WW1. A heartwarming opportunity to remember someone you never met but who made a sacrifice for us all.*

*With Halloween on the horizon, we've also got a super sweet recipe for your pumpkin's guts! Waste not want not!*

Cosy up!

The **LOCAL LINKS** team

## ISSUE 121

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Fradley, Yoxall

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Rolleston, Walton on Trent

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# Everyone Remembered

Remembrance Sunday on 11th November is a particularly poignant one this year as it marks the centenary of the end of World War 1.

The Royal British Legion is working with the Commonwealth War Graves Commission to keep alive the memory of those who died in the First World War. The Everyone Remembered campaign aims to ensure every fallen hero from across the Commonwealth is remembered individually by those living today. This is your chance to take part in a truly historic and incredibly

significant global act of Remembrance.

The inspiration for Every One Remembered comes following a visit by 14-year-old Gemma with her local Scout group to a war cemetery in Belgium. Gemma sent a letter following her visit and wrote:

*"I know that not everyone can be remembered as individuals, but I felt it was a shame for some people to have dozens of poppies and crosses while others had no one left to remember them."*

Now, with your help, every one of them will be remembered.

By visiting the Everyone Remembered website it's easy to get involved, whether or not you already have someone in mind to remember. Just search for any name on the home page and follow a couple of simple steps. You can plant a poppy, write a remembrance message and even upload photos and a story if you have them. If you don't have a name, why not make an effort to remember a stranger so that they are in someone's thoughts.

It's also important to remember the many foreign nationals that fought for the British military and assisted the British war

effort. Only 2% of people are aware that forces from an undivided India – present-day Pakistan, India and Bangladesh – fought and died alongside British troops. As many as 400,000 Muslims made up one-third of the Indian Army of 1.3 million, along with 100,000 Sikhs, and up to 800,000 Hindu soldiers.

Remembrance is part of modern British life and our cultural heritage. It is a time of contemplation – not only for the Armed Forces, but the country as a whole. It is when we reflect on the sacrifice made on our behalf by the men and women of our Armed Forces and beyond, both throughout history and today.

So this year, why not participate by visiting the Everyone Remembered website ([www.everyoneremembered.org](http://www.everyoneremembered.org)) and find someone that made a sacrifice, so that on Armistice Day you will have a name in your thoughts, and so that no one goes unremembered this year.

If you'd like to donate to the Royal British Legion visit: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)



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# Unlucky For Some

October is Black Cat Awareness month. Some people are still superstitious about these poor little kitties!

Throughout the year, it's typically more difficult to get black cats adopted, but how much more difficult? Black cats are adopted at a rate 50% lower than any other colour of cat, which we can't understand at all.

The Cats Protection charity is looking after hundreds of black or black-and-white cats that potentially face months to find a home, which the charity thinks may be due to a subconscious colour preference on the part of potential adopters looking for brighter-coloured cats.

If you could give one of these kitties a home, get in touch with Derby Cats Protection: [www.derby.cats.org.uk](http://www.derby.cats.org.uk)



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# Garden Contrasts *by Alan Parsons*

**W**hat a year of contrasts in the garden! Earlier in the year it seemed that winter would never end with rain and cold temperatures right into spring. Then along came a change in the seasons which brought record breaking hot and dry weather, in June and early July there was hardly any rain at all. None of this was new and gardeners and nature, over the years, have learned to adapt to the vagaries in the weather.

Having had unusual, but not unknown extremes of weather this year we must remember winter is not too far away so we need to prepare ourselves, which is a bit like planning for Brexit. We know it is likely to be stormy and cold, but with a bit of planning we can get things ready for the spring.



The first frosts are likely soon, so annuals and vegetables, if finished, that are frost sensitive should be taken up. Shrubs can be pruned up to early October

but avoid pruning back after that as new growth is likely to emerge when the frosts are at their worst and damage the buds. Better to leave until March time. Raspberries pruned in February will then be dormant and will start to shoot from under the ground as the warmer weather comes along.



It is a good idea to clear and dig over ground in October before it becomes too cold and hard and it is then ready for replanting in the spring. October is also the time to get broad beans and overwintering varieties of peas sown, autumn sets of onions can be planted as can rhubarb crowns and strawberries.

If you are fortunate enough to have a greenhouse or shed then don't forget to give it a good clean out before the really cold weather arrives. Pots can be cleaned by rinsing in a very dilute mixture of disinfectant in a large bucket or wheelbarrow. Garden tools

should be wiped down to get rid of any soil and sprayed with oil before putting away. Now is also a good time to sharpen blades ready for next year and if you have a lawn mower that needs sharpening or maintenance it is better to do in now than in the spring.

Dahlias can be left in the ground and covered with mulch, but you risk losing them to slugs and late frosts. Better to cut them down in October and dig them up. The corms should be lightly cleaned of soil then stored in your garage or shed in vermiculite or scrunched up newspaper to protect from frost. They will then be ready to put back in in the spring. Potatoes in sacks will need to be checked every now and then to make sure none are rotting as one rotten potato will quickly damage the others.



With a bit of preparation we can get ready for whatever the winter brings - even if the effect of Brexit is less certain.

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# By The Barn *by Angela Sargent*



October already and we notice the nights getting longer and it becoming cooler. Worries about feed and fodder stocks over the coming winter are still to mind after the long, hot and dry summer.

With the average age of farmers still being around the 60yr mark, succession can be a problem. Just who is taking over the reins and growing our future population's food? It is hard for a young farmer to have enough income to be able to afford a farm and all its stock, particularly with the loss of council farms and when only small acreages become available for sale, not enough to get a foot in the industry.

Having been a walk around the farm boundary just lately to check for breaches, we were lucky enough to see a pair of Kingfishers flit along the brook. What an amazing sight of iridescent blue amongst the green.



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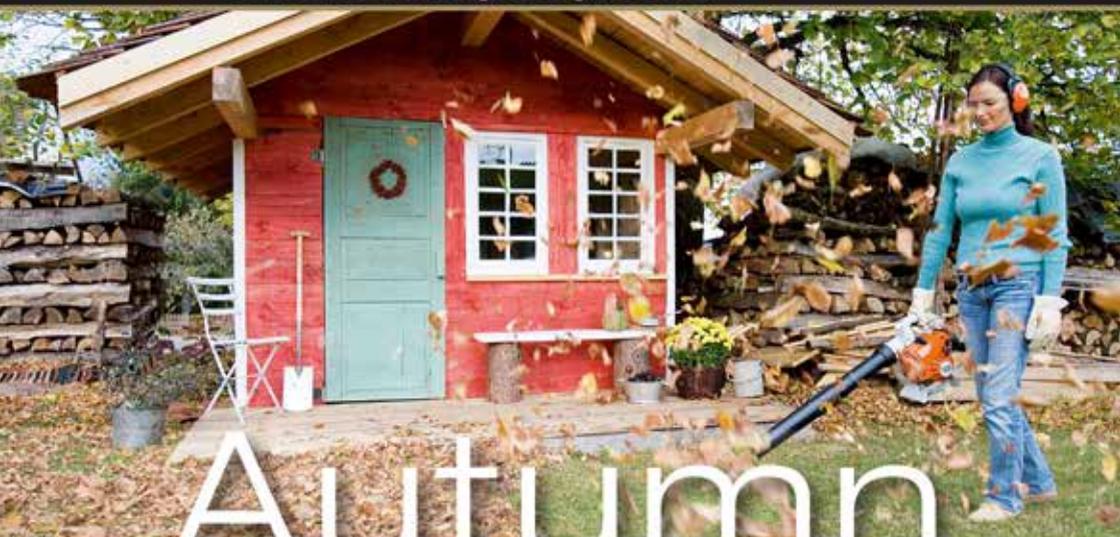
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# A Pumpkin Treat

**W**e love all things Halloweeny, and what's more festive than a bright orange pumpkin, carved and on the doorstep? After scooping out all those lovely fleshy innards here's a sweet and autumnal treat for you to try!

## SPICED PUMPKIN DONUT BALLS

### Pumpkin Pie Spice Mix:

2 tsp ground cinnamon  
1 tsp ground ginger  
1 tsp ground nutmeg  
½ tsp ground cloves

### Donut Mix:

250g flour  
150g sugar  
2 tsp baking powder



2 tsp pumpkin pie spice  
1 teaspoon salt  
280g pumpkin puree  
1 egg  
2 tablespoons melted butter  
oil, for frying

### Topping:

¾ cup sugar (150 g)  
3 tbsp pumpkin pie spice

### Method:

- To make your own pumpkin pie spice mix 2 tablespoons cinnamon, 1 tablespoon ginger, 1 tablespoon nutmeg, and ½ tablespoon cloves; use 2 teaspoons in the dough, and 3 tablespoons in the topping mixture.
- In a large bowl, mix together flour, sugar, baking powder, pumpkin pie

spice, and salt.

- In a separate bowl, mix together pumpkin puree, egg, and butter.
- Pour wet mixture into dry mixture and stir together with rubber spatula until fully incorporated. Set aside.
- Heat oil in a frying pan to 160°C.
- While oil is heating, use your hands to shape and roll the pumpkin donut dough into balls. (Greasing your hands with oil will make this process much easier).
- Fry the dough balls until golden brown, about 4-5 minutes. (For best results, fry only 3-4 at a time).
- Drain them on a paper towel and immediately transfer to a bowl of the pumpkin pie spice-sugar mix. Gently toss to coat. Enjoy!

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For this month's competition, a lucky reader can win a LUXURY SPA DAY FOR TWO including a 55 minute treatment each at **Hoar Cross Hall**.

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The spa day you could win includes:

### Simply Spa Day -

A full day spa experience is a real treat for those looking to totally unwind and indulge with some precious 'me-time'. Hoar Cross' Simply Spa Day experience offers a whole day of relaxation dedicated entirely to you, including a delicious lunch – ideal for those who simply want to sit back and indulge.



### Relaxing Treatment -

A 55 minute treatment of your choice from Hoar Cross' varied selection.

### Use of Facilities -

You can look forward to unlimited use of their aqua therapies, detox areas, relaxing pools and their fabulous Nordic Heat and Ice Suite. Alternatively, if you want to get active, the gym is open to all spa guests, and their professional instructors offer a range of exercise and relaxation classes for you to try. Spa times are 8:30 until 5:30.

### Party & Pamper Shopping Event 4pm - 9pm

**Tuesday 6th November**

Hoar Cross Hall would also like to invite all Local Links readers to join them for a night of partying, pampering and a

little retail therapy. The evening includes arrival drinks, canapes and a gift! Give them a call on 01283 576 506 to book your place.

To enter this month's competition, all you have to do is put your *name, address and daytime telephone contact number* on a postcard and send it to:

**Hoar Cross Spa Competition,  
Local Links Media,  
Suite 29,  
Anglesey Business Park,  
Anglesey Road,  
Burton-on-Trent,  
DE14 3NT**

Alternatively, you can e-mail your details to:

**heather@locallinksmedia.co.uk**

The closing date for entries is the 13th of November and the winners will be announced in our December edition.

Good luck to everyone who enters!

Hoar Cross Hall  
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# Dyslexia Awareness

Being able to read and write with ease is something most of us simply take for granted. But imagine what it would be like to look at a page of text and see distorted letters swirling before your eyes, or not seeing the difference between the letters "b" and "d", etc. Sounds pretty awful, doesn't it? However, this is a problem that affects from 5% to 10% of the world's population, making their lives more difficult each and every day. Dyslexia Awareness Month is the perfect time to think about how much harder dyslexic people's lives are than our own and try to be more understanding of their situation.

If you would like to receive information about how you can get involved and help fundraise for the British Dyslexia Association please click on the navigation on the left for further information or get in touch with the fundraising team: [fundraising@bdadyslexia.org.uk](mailto:fundraising@bdadyslexia.org.uk).

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# What's On Guide

## TUESDAY 23RD OCTOBER

### Carers + Cafes

At Brewhouse every Tuesday from 10 o'clock to 12.30 pm organised by the Rotary club of Burton upon Trent it is for Carers and the cared for to meet with and make new friends, enjoy a cup of coffee or tea in a safe and friendly environment.

### Art Classes

Weekly classes at The Horseshoe, Tatenhill. Lessons will cost £10, or £8 if paid a half-term in advance. Please email or phone for further details or to reserve your place. Contact: Helen Tarr Tel: 07791 228 881

## WEDNESDAY 24TH OCTOBER

### Burton Amateur Radio Club

Burton Amateur Radio Club meets every Wednesday evening at 7-30pm for nights on the air, construction projects, licence exams at all three levels with one to one tuition if required. New members are very welcome and we meet at Stapenhill Institute 23 Main St, Burton-on-Trent DE15 9AP Contact Bob 07812 146333 www.g3nfc.co.uk or club@burton-arc.co.uk

### Fradley Needlework & Craft Group

Every Wednesday from 1.30pm - 4.00pm at Fradley Village Hall. For anyone who enjoys patchwork, knitting, crochet, cross stitch or any type of craft. Beginners and experts welcome. Instruction available. Contact: 01283 791467

## THURSDAY 25TH OCTOBER

### New Beginnings

Mature Singles Friendship Group. If you enjoy the theatre, meals out, walks, cinema, activities, holidays/outings and general socialising but don't want to do it on your own, then New Beginnings is for you. Come and join us to make new friends. Meeting each Thursday 8pm at Fradley Arms (on A38) - feel free to just come along or contact Sue for further details Tel No: 07742 801681

## FRIDAY 26TH OCTOBER

### Friendly Fridays

Friendly Fridays, aimed at those living well with dementia and their carers. Brewhouse's cosy cinema space at 1.30pm. We enjoy music with low lighting and controlled sound levels with tea and biscuits.

### Changes Support Meeting

A 12 Step Recovery Programme for Mental Distress, meetings held at Burton twice a week, please contact 01827 311006 for further information, do not struggle alone come and talk in a confidential environment to improve your overall mental wellbeing. Prior booking only. Peer Support Meeting Peel Croft Surgery, Lichfield Street, Burton 1-30-3-30pm. Wellness Workshops, Wednesdays & Fridays: 9-45-11-45 am Burton Fire Station, Moor Street, Burton.

## SATURDAY 27TH OCTOBER

### Claymills 25th Anniversary Steaming

Saturday 27th & Sunday 28th October from 10am - 5pm. Many special events including visiting classic cars, miniature loco, charity stalls, Burton Fire Service and the Lichfield Lighthouse company. Special children's activities - including spooky stories from Witch Hazel, Belladonna's freaky flowers, and a carousel. Prize for best child's Halloween costume, judged at 1.30 both days. Adults £6 / Children £3.

### Burton Breast Care Coffee Morning

The Burton Breast Care Support Group are holding a coffee morning on Saturday October 27th at Rough Hayes. A Raffle has been arranged with first prize £100. A night at the Dog and Partridge for two. We have 2 Mot's and many other grand prizes. The coffee morning will be held from 10am until 12noon. with the draw taking place at 11.30am. Do come along and support our group. For further details contact Rosemary on 01283 814033.

### Halloween Disco

At Barton Bowls & Social Club, doors open 7pm. Prizes for best dressed child and adult. Gross lucky dip, tattoos and other games. Adults £2 / Children £1.

## SUNDAY 28TH OCTOBER

### Creepy Crawlie Trail

Explore the gardens at Sudbury Hall and hunt for creepy creatures from nature! The weather isn't always kind in October so please dress accordingly with sturdy footwear Children must be accompanied by an adult at all times. Meet outside the Museum reception. This is a free drop-in activity, although donations are always welcome. Normal charges apply to the Museum and Hall

## MONDAY 29TH OCTOBER

### Burton Art Club

Meets at Stretton Methodist Chapel Main Street, Stretton. Monday evening 7.00pm to 9.00pm We are a lively group who share an interest in art and all abilities are welcome.

## TUESDAY 30TH OCTOBER

### Burton Dance & Social Club

Every Tuesday Evening 8-11pm at Marstons Sports and Social Club, Shobnall Road, Burton-on-Trent. Activities include sequence, ballroom and line dancing to professional live music, bingo, raffles and food nights. Come along and join us and meet new friends. For more information contact Pauline: 01283 519159

### Sweeney Todd - The Musical

Performed by the Burton Musical Theatre Company de Ferrers Academy, Harehedge Lane, Burton on Trent. The Show runs from Tuesday 30th October to Saturday 3rd November at 7.30 with a Saturday Matinee at 2.30. Tickets are available via our website or by phoning 01283 541552 or emailing tickets@burtonmusicaltheatre.co.uk

## WEDNESDAY 31ST OCTOBER

### Priory Art Group

We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton, every Wednesday morning, 9.30 to 12 noon. New members are always welcome, whatever your level of experience, so why not come and have a chat to see what we have to offer. Contact Sandra: 01283 329743

## THURSDAY 1ST NOVEMBER

### Friendship Circle

Meets at 7.30 pm on the first and third Thursday of every month in the schoolroom at the rear of Stretton Methodist Church. We meet for activities, speakers, trips and friendship. All are most welcome. For further information contact Christine - 01283 543813.

### Burton Friendship Club

Meets the 1st Thursday in every month 10am for 10.30am in the Kolleston Club. Join us for speakers, quizzes, games, lunches, coffee mornings, day trips and holidays. Phone Stuart and Penny 01283 716626

## FRIDAY 2ND NOVEMBER

### Friday Friends

Waterside Community Centre, Stapenhill Sequence Tea Dance every Friday at 2pm. Admission £1.50, includes Tea & Biscuits and free raffle. New members welcome in a friendly atmosphere. Contact: 01283 543023

### Crib Club

Every Friday at 7.30pm. We are a small friendly club who meet at the Wyggeston Pub, Calais Road, for a game of Crib (or some may know this as Cribbage) and an enjoyable social evening. We are looking for new members either male or female who can already play Crib or anyone who would like to learn how to play.

## SATURDAY 3RD NOVEMBER

### Central Stage Academy

Performing arts class in Barton under Needwood. We will be offering both drama and singing classes for young people as well as performance opportunities, LAMDA speech and drama exams and LCM singing exams. Please contact us to book your child's place on either: 07957 461 569 or info@central-stage.co.uk. For more information please visit www.central-stage.co.uk or find us on Facebook at Central Stage Academy.

## SUNDAY 4TH NOVEMBER

### Burton Ramblers

Walks most Saturdays, Sundays and every other Wednesday. All walkers welcome to join this friendly local group, walking in Staffs, Derbys and Leics. Please visit our website for more information. www.burtonramblers.org.uk Contact: Burton Ramblers Tel: 07724 352529

# Find more events on our website

## MONDAY 5TH NOVEMBER

### Three Spires Lcemaking Group

A lacemaking self help group which meets at the Community Room - Lichfield Fire Station, every Monday 1-4 p.m. and also monthly on the fourth Saturday, 10.30-15.30 .

### Meditation Class

Weekly Classes of Meditation on Mondays 1pm to 2.30pm and 7.30pm to 9.30pm we are a friendly group who meet for discussion and to meditate with a guided meditation. To join us Contact Kim 07580 551979

## TUESDAY 6TH NOVEMBER

### Bingo

Held on the first Tuesday of every month at Burton Town Hall. Doors open 6pm, Eyes Down 7.30pm. Admission £1, with Tombola and Raffle. Free Refreshments.

### Party & Pamper Shopping Event

Hoar Cross Hall would like to invite you to join them for a night of partying, pampering and a little retail therapy. The evening includes arrival drinks, canapes and a gift! Give them a call on 01283 576 506 to book your place.

## WEDNESDAY 7TH NOVEMBER

### Burton Abbey WI

Meeting at the Brewhouse on the first Wednesday of the month at 10am to 12 noon. Good Speakers, refreshments, also days out organised. New members welcome. For more information contact Pauline Gaskin 01283 565620

### Barton-Under-Needwood WI

1st Wednesday of every month at The Village Hall, Crowberry Lane. Meeting 7.30-9.30 with good speakers, refreshments and fun. Organised events and trips throughout the year. New members and visitors always welcome.

## THURSDAY 8TH NOVEMBER

### Prosecco Shopping Evening

From 6pm - 8pm at Needwood Living, 136 Main Street, Alrewas, DE13 7ED. Contact: 01283 711272

### Burton Belles Women's Institute

From 7.15pm-9.30pm. We meet at the St Chads Centre DE14 2SS on the 2nd Thursday of the month. First timers can visit for free and then you can decide whether to pay £4 a month or £41 a year. Come along, make new friends, try something new and have fun. Contact: Wendy Plant Tel: 07772 548230

### New Beginnings - Mature Singles

Come and join us to make new friends. Meeting each Thursday 8pm at Fradley Arms (on A38) - feel free to just come along or contact Sue for further details Tel No: 07742 801681

## FRIDAY 9TH NOVEMBER

### Bingo at Barton Bowls Club

On the 2nd Friday of every month. Members guests and new members always welcome . Eyes down at 8pm followed by Kids Chocolate Bingo. Come and have a laugh! The more there are, the bigger the prize!

## SATURDAY 10TH NOVEMBER

### French With Songs

French with songs, games and fun for children nearly 4 - 9 years, Saturday morning classes in Lichfield at the Tesco community room. Baby and toddler class too - learn to sing 'Wind the Bobbin up' in French! Email juliestfrenchclasses@gmail.com.

## SUNDAY 11TH NOVEMBER

### Burton Ramblers

Walks most Saturdays, Sundays and every other Wednesday. All walkers welcome to join this friendly local group, walking in Staffs, Derbys and Leics. Please visit our website for more information. www.burtonramblers.org.uk Contact: Burton Ramblers Tel: 07724 352529

## MONDAY 12TH NOVEMBER

### Red & Ginger's Lindy Hop Dance Class

Learn to Lindy Hop, Charleston and swing dance. Our relaxed, friendly and welcoming lessons are suitable for all ages and abilities, for those with a partner or without. Monday nights, 8-9pm term time at St Mary's Church Hall, Hillfield Lane, Stretton, DE13 0BW. hello@dancewithredandginger.com

## TUESDAY 13TH NOVEMBER

### Branston Womens' Institute

Our meetings are held the 2nd Tuesday of each month. We are a friendly group and try to mix our meetings with interesting talks, craft, trips and social events. It is for ladies of any age. Visitors are most welcome. Contact Mrs Barbara Reeves, President, Tel. 01283 546536

### Walton-on-Trent WI

Every 2nd Tuesday of the month at 7.15pm Walton-on-Trent WI. We are a small friendly group who meet in Walton Village Hall. Come and join us for fun, friendship, learning and sharing. For more information contact Joan on 01283 713380

## WEDNESDAY 14TH NOVEMBER

### Stretton & Claymills Women's Institute

Stretton and Claymills WI is a very friendly Women's Institute that meets in the back room of the Priory Centre, Church Road, Stretton at 7.15pm on the second Wednesday of every month and new members are very welcome. For info www.strettonandclaymillswi.wordpress.com or strettonandclaymillswi@gmail.com

## 1st Burton Guides

Every Wednesday Evening. A fantastic unit for girls aged 10-14. They will make friends, grow in confidence and learn lots of new skills. To make it better, all this is done through a wide range of activities, from ice skating to canoeing, and craft to cooking, there is something for every girl! Call: 07794 759608

## Quiz

Every Wednesday evening at Rolleston Club. Weekly free quiz, open to members and non members. Prize is six drinks tokens. There is a play your cards right game for £1 entry. Contact: Claire Tel: 01283 01283 812072

## THURSDAY 15TH NOVEMBER

### Dance Roulette

An adults only fitness dance class based at Alrewas village hall every Thursday evening. Two classes starting at 6:45pm and 8:00pm. 1hr each, £5. Booking at : www.tcidanceschool.com/dancerouletteuk

## FRIDAY 16TH NOVEMBER

### Charity Fashion Show & Shopping

At The Priory Centre, Church Road, Stretton DE13 0HE. Doors open 7:00pm for 7:30pm start Advance tickets £3:50 purchased before 12/10/18 £5:00 pay on the door Tickets available from 01283 566127 or 07725 819859 Raffle for British Heart Foundation

## COMPETITION WINNERS

Congratulations to our **Elliott Channer** competition winner, who has won a Sculpture Casting;

**Cynthia Waterson, Brizlincote Valley**

Look out elsewhere in **LOCAL LINKS** this month to win a Spa Day for Two at Hoar Cross Hall Spa

## LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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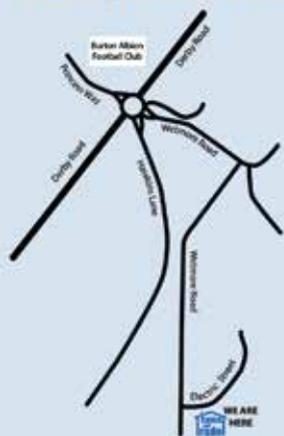


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# Screen Split

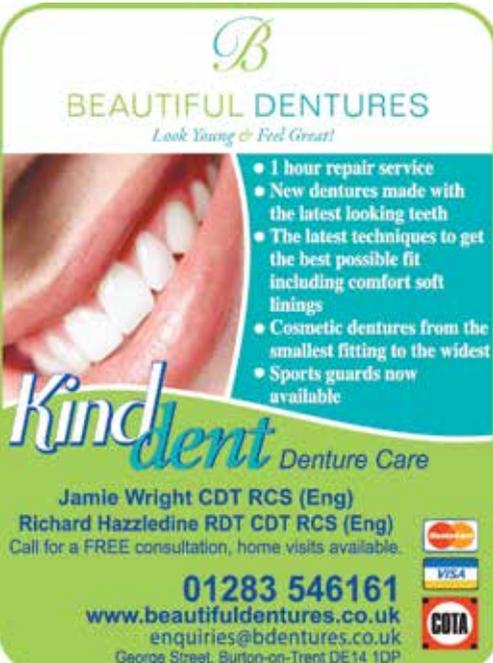
As the nights draw in, it's easy to just spend the evenings vegging out in front of the TV. Why not reduce your screen time by...

**1. Dig out the games** Set aside a few hours a week to play Monopoly or Exploding Kittens. You'll find yourselves laughing as you unwind after the long day of school and work.

**2. Listen instead** Try an audio book, radio play or funny podcast. You'll be surprised at how easy it is to find something you'll love.

**3. Gift yourself the weekend** Get ahead on small jobs that you usually leave until the work week is over. By choosing one or two small things to do mid-week, you'll really make your free time your free time!

**4. Read a book or magazine** By resting your eyes from the flickering light you may even find yourself more relaxed and sleeping better!



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## LOCAL LINKS SUDOKU

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

Sudoku is a logic puzzle where you follow one simple rule:  
Simply fill in the boxes so that the nine rows, the nine columns, and the nine 3x3 squares all contain every digit from 1-9.

LJS-71-38

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