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# Focus on February

Welcome to the February edition...

**There may not be that much to celebrate at the moment but there are a few events coming up that you could put some extra effort into - to make everyday life a bit more interesting.**

Valentine's Day is on the 14th – why not challenge yourself to make a special meal for someone special in your life? You could even try our special Jammy Dodgers recipe on page 23. Or if you're feeling competitive, how about a pancake competition – Shrove Tuesday is on 16th February. You could see who can make the best pancakes or come up with the most creative toppings! Moving into March, World Book Day is on 4th March – this is a great excuse to try a new author or genre of book. And if you've got young kids, you can still have a fancy-dress day at home. We all need to try and stay positive, try new things, and remember that lockdown won't last forever!

Until next month...

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# Fat Tuesday! It's pancake day this month.

grew up near Olney, in Buckinghamshire. It's a pretty little town with lots of lovely independent shops and a strange claim to fame; it is the home of the pancake race.

On Shrove Tuesday, in a 500-year-old tradition, many of the Olney women (and the odd bloke in a dress), don aprons and head coverings, and race through the streets to the church tossing a hot pancake in a frying pan!

## It's an entertaining afternoon, but how did it all come about?

Legend has it that in 1455 a woman cooking pancakes heard the shriving bell summoning her to confession. In her Christian haste she ran to the church, wearing her apron and still clutching her frying pan, complete with hot pancake, and so the tradition was born.

The reason this 15th Century woman was cooking pancakes in the first place was due to a Christian dictate; that through the 40 days of Lent no person should eat milk, eggs, or butter.

This was a pre-fridge era, which meant that if a housewife had stocks of these foods they would go off before the fast ended on Easter Sunday, so she had to use them up. The solution was to

make pancakes and they became a symbol of self-indulgence before the fast. Indeed Mardi Gras, as the ritual is called in France and the USA, literally translates as 'Fat Tuesday.'

Over the years I've tried my pancakes with fruit, maple syrup, and a variety of savoury fillings but I keep coming back to fresh lemon juice and a sprinkling of sugar...irresistible.

Here is my own recipe for perfect pancakes.

## Ingredients

115g (4oz) plain flour  
Pinch salt  
1 large egg  
285ml (half a pint of milk)  
115g (4oz) butter, melted  
Juice from 2 lemons, strained  
Caster or Demerara sugar to taste.

To make the batter: sift the flour and salt into a large mixing bowl and make a well in the centre. Beat in the egg and a little of the milk until smooth. Gradually beat in the remaining milk and add 4 tablespoons of the melted butter. Cover the bowl and leave to stand for one hour.

In a small non-stick frying pan heat some of the butter until sizzling, but taking care not to let it burn. Pour enough batter into the pan to coat the base evenly. Cook over a moderate heat until the pancake is light golden-brown underneath and looks dry on top. Flip over (try to do this with style!) and cook the other side until golden. Continue until all the batter is used. The recipe should make 10-12 pancakes.

You can keep the pancakes warm in the oven (Gas mark 1 / 140C) until they are all cooked, but in our house they're barely out the frying pan before they're scoffed.

Serve with the lemon juice and sugar...Enjoy!



# World Book Day

**Thursday 4th March is WORLD BOOK DAY and this year the focus is on libraries.**

Every Saturday morning after we'd endured the weekly shop my mother took me and my brother to the library. We'd flop down in the children's section and skim the titles, our heads tilted at ninety degrees. Our card limit was three books each and it never seemed enough. My mother was an avid reader and instilled in both of us the love of a good story. It's why I'm delighted that World Book Day is here again, and that it's working even more closely with libraries. For the first time in our lives libraries are seriously under threat. Yet libraries level the playing field for families who can't afford to buy books. They are gateways to a world of information and imagination.

World Book Day is the annual event supporting books and reading in the UK. Schools, libraries and bookshops will be holding book related events, activities and parties. It's a great opportunity for everyone to get involved.

The aim of World Book Day is to encourage children to explore the pleasure of reading. Your child will be given a book token which can be exchanged for one of ten specially published World Book Day books. The theme this year is story-sharing.

## Research has proven that keen readers:

- Read, write and concentrate better
- Process new information more easily
- Have many interests and do well in a wide variety of subjects
- Are more flexible thinkers and are more open to new ideas
- Deal with personal problems better without



their schoolwork being affected.

- They are also well equipped to deal with the explosion of constantly changing information available through the internet and social media.

TV and computer games take up so much of our children's leisure time that the simple pleasure of reading can be overlooked. Yet reading is the only entertainment medium which is also a life skill and it's one of the best gifts you can give to your child. So let's all support World Book Day and...celebrate the power of a story.

Share a few of your childhood favourites with your own children. If your memory needs a jog here are a few to start you off...

Winnie the Pooh by A. A. Milne  
 The Jungle Book by Rudyard Kipling  
 The Secret Garden by Frances Hodgson Burnett  
 Charlie and the Chocolate Factory by Roald Dahl  
 Where the Wild Things Are by Maurice Sendak  
 The Chronicles of Narnia by C. S. Lewis.  
 Grandpa's Great Escape by David Walliams  
 How to Train Your Dragon by Cressida Cowell  
 The Gruffalo By Julia Donaldson  
 and Axel Scheffler

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Spring is in the air and it's time to start some early planting in the garden. Looking for inspiration - then "hatch a plan" with us. Enjoy the best of "British Spring Lamb" from our Farm Shop, pick up scrumptious Easter eggs, Easter gifts, Easter cup-cakes and lots more "egg-citing" Easter fare!

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Easter Markets - Friday 2nd to Monday 5th April

Outdoor Markets - Wedding Theme - Saturday 24th & Sunday 25th April

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# The Rise of Athleisure Wear

## Fashion for the COVID Era

It's stating the obvious to say that COVID has changed everything. It's even changed the way we dress.

With so many of us working from home there has been a surge in demand for comfy clothes, that don't constrict or constrain, but which still allow us to look professional on Zoom calls and in Team meetings.

Enter athleisure wear...

Athleisure wear is a combination of sports, urban, and fashion wear, but it's more than the sum of its parts. It has grown as a trend because it blends the aesthetics from both the sports and fashion industries, with fashion offering credibility to the sports aesthetic, while the sports provides some functionality to the fashion.

Athletic brands are always looking to improve the performance of athletes. This forces them to innovate. Comfort and feel are top priority for most athletes. The goal is to create better fabric and form to improve athletic performance. But parallel to the innovation brands are also looking to get the most out of their investment and being at the front of fashion allows them to reach a wider market.

The sports clothing industry is fiercely competitive. Athletic brands have to stay ahead of the game by developing high-tech fabrics, with better performance and more comfort. The fashion industry, on the other hand, has always focused more on trends and less on comfort and functionality.

But who doesn't want to be comfortable in their clothes? We feel most naturally confident when our clothes are comfortable, and we know we look good. This is the beauty of athleisure wear – it isn't just for sport; it can be worn anytime and anywhere. For this reason, it has attracted new fans during the



age of COVID and homeworking. We can wear athleisure while lounging, walking the dog, hosting a meeting, or cooking supper. It's comfortable, durable, odour-resistant, and wrinkle-free. It's becoming so popular it's beginning to eat into the usually stable denim market: in recent surveys in the UK and the US more people now claim to prefer athleisure aesthetics over denim for their casual wear.

Beyoncé and Rihanna were among the first celebrities to bring athleisure into the mainstream. We've all secretly enjoyed seeing 'behind the scenes' glimpses into celeb lives during lockdown. COVID has been a great leveller, and we feel that even though they are celebs, they've been on the same journey as us, not dressed in their usual sequined designer gowns or skin-tight jeans and stilettos but wearing laid-back and comfy athleisure wear. Dressing like our favourite influencers has never been more achievable. So, before your next Zoom meeting pull on those yoga pants and your oh-so-soft bamboo top, add a slick of lip gloss, and channel Beyoncé like never before.





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# Kids' Page

February 12th is the Chinese New Year. Can you find all the Chinese zodiac signs hidden in the grid?

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

dog  
dragon  
goat  
horse  
monkey  
ox  
pig  
rabbit  
rat  
rooster  
snake  
tiger

Riddles are often written on lanterns during Chinese New Year celebrations. See if you can solve these riddles.

What's full of holes but still holds water?  
A sponge

Which is faster, hot or cold?  
Hot...because you can catch a cold!

Which building has the most stories?  
The library



Word grid Solution

2021 is the Year of the Ox

# The Ring's the Thing

## Choosing an engagement ring.

**V**alentine's Day - the day of romance. Perhaps you are hoping for a proposal, or maybe you are the one hoping to do the proposing. An engagement is an occasion

to be celebrated and usually involves the presentation of a ring to one or both partners.

Engagement rings can be traced back to Ancient Rome and were made from flint or bone. They were worn probably to show that a man owned a woman, so certainly not the romantic gesture it is today. By the Second Century precious metals were being used but rings were still a sign of a business contract and implied commitment and obedience. The couple were lucky if love featured as part of the deal.

Gold betrothal rings became popular in Pompeii in 79 A.D. though Roman women often kept the gold ring for when they were out in public, preferring to wear an iron ring while at home.

By 850 A.D., Pope Nicholas I proclaimed that engagement rings signified the intent of a man to marry. At this point gold was the preferred metal but diamonds were not used

Then in 1477 Archduke Maximilian of Austria commissioned a ring with a long and narrow diamond in the shape of the letter "M" to propose to Mary of Burgundy. This may be the first documented use of diamonds in an engagement ring. But it was more than 300 years before diamonds started becoming popular. In 1947 the British corporation De Beers, which specialised in mining diamonds, launched an ad campaign that featured Hollywood stars and the now-famous slogan, 'A diamond is forever.'

From that time the engagement ring tradition evolved. Initially rings were a simple solitaires or neat clusters, but modern tastes have expanded



to include more extravagant options with the additions of coloured stones and unusual metals. Grooms often choose to wear ring now too and many couples same sex couples choose to wear contrasting or complementary rings. Some couples choose a custom-made ring, either from scratch or using sentimental gold from the ring of a parent or grandparent. It's nice to add unexpected accents to personalise a ring and add a pop of personality.

Gone are the days of having no idea where the stones in your jewellery were sourced, and at what human and environmental sacrifice. Quality lab-grown diamonds are 100% real and offer guilt-free sparkle. Another ethical option is moissanite, which costs significantly less than lab-grown diamond. Moissanite stones can have even more brilliance and fire than diamonds, which some people like. They are guaranteed ethical and have minimal environmental impact.

Choosing your engagement ring is exciting and romantic and is a declaration to the world about your feelings for each other. Enjoy the hunt for your perfect design.



## Mindbenders

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Get it

Get it

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answers on page 29

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# Testing for UK Arrivals

New rules will be in place for those arriving into England from Monday 18th January.

Travellers will have to take a COVID test up to three days before departure and provide evidence of negative test results before they travel. This will apply to all passengers, including those travelling from a travel corridor country. There are only a few exemptions.



The measures are currently due to be in place until the end of the current lockdown, however, a review will take place before the end of lockdown.

## COVID test exemptions

Some countries will be exempt

initially for a short while, this is due to issues with availability and capacity of testing.

These include Antigua and Barbuda, Barbados and St. Lucia. Currently, this will only be for a specific time, until 4am on January 21st.

Passengers arriving into England without a negative pre-departure test result will face fines of a minimum of £500.

If you are travelling from the Common Travel Area, the UK, Ireland, Isle of Man, Jersey and Guernsey, you will not be in the scope of the regulations.

Children under 11 will also not be required to complete pre-departure testing.

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# Heavenly Hellebores

I fell in love with Hellebores a few years ago after an early spring visit to the Botanical Gardens in Cambridge where there are some beautiful displays. They provide a spring garden with elegant colour, and I admit to being quite excited when they appear.

They are poisonous plants so are probably best avoided if you have young children. They have a somewhat magical history. A mythological physician named Melampus was said to have observed the cathartic effect of hellebore on goats who munched on the plants. Melampus allegedly then used the milk of the same goats to cure the daughters of the King of Argos of their madness. The plant was used for its purgative properties into the Middle Ages and beyond. Personally, I would recommend growing them only for their attractiveness!

The original species originated in the northern parts of Greece and Turkey, but they grow incredibly well in British gardens. Having said that, I was disappointed when my first hellebore plants didn't thrive initially. They seemed to succumb to disease quite easily. I subsequently learned this was black rot. Then I heard Alan Titchmarsh's advice to carefully cut the large fingered leaves from the plant at ground level in January, taking care not to damage the buds. This somewhat brutal treatment has worked a treat and my hellebores are now flourishing.

Hellebores like well-drained soil in sun or dappled shade. My clumps are happily increasing in size year-on-year. The stems shoot up to 25-30cm high between late January and February and the flowers appear at the top. Colours tend to be subtle: green-tinged white, yellow, oxblood red or dull purple but they glow in the more subdued light at this time of year. They would certainly appear washed-out in the bright sun of late spring and summer. The flowers



are rich in nectar so provide food for early bees.

There are many varieties of hellebore, with single or double flowers. Just note that not all of them are easy to grow. I have struggled to get the Christmas Rose *Helleborus niger* to survive, never mind flower, but I've had much more success with the Green hellebore, *Helleborus viridis*, the pretty pink Lenten rose *Helleborus x hybridus*, which self-seeds quite nicely, and also the *Helleborus x hybridus* Ashwood Garden hybrids, which come in a variety of colours but don't seem to self-seed as freely, at least in my garden.

Dig in plenty of mushroom compost before planting, and mulch after you've cut the leaves off. Dust with a blood, bone and fishmeal mix after flowering and mulch again with well-rotted leaf mould or compost. Dig up any small self-seeded plants and use them as gifts, or to increase your own colony.

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# Open Wide!

## The truth about yawning

The average adult yawns 20 times per day, and once you feel one coming on, they are almost impossible to suppress.

### Why do we yawn?

There is no scientific consensus on why we yawn. One theory argues that when humans are tired, we stop taking deep breaths, which causes a build-up of carbon dioxide in the body, and a yawn might be a special kind of respiration, to increase oxygen quickly, while expelling carbon dioxide more efficiently. During a yawn we compress the muscles of the face, and drive oxygen-enriched blood to the brain.

### Why are yawns contagious?

We are six times more likely to yawn if we

see someone else yawn. This may be related to a phenomenon called social mirroring, where animals imitate the actions of others. Yawning is not the only mirrored behaviour – smiling, scratching, leg crossing and laughing also fall into this category.

Mirror neurons in the brain match what we sense and feel to the way we move, so if you see someone scratch their nose, you feel what it feels like and may feel compelled to do it too. The most likely reason for mirroring is social bonding. It's a form of communication and a sign to others that we are empathetic.

**Fascinating Fact:** Yawning is so contagious that you will probably have yawned at least once while reading this!

# Choc 'n' Chilli!

## Perfect partners for Valentine's Day

The Aztecs valued chocolate so much their taxation was levied in cocoa beans! The hot frothy drink they made was reserved for warriors, nobility and priests and was said to confer wisdom and vitality. Emperor Montezuma, not one for moderation, drank 50 goblets a day.

Scientists have suggested that the antioxidants and flavonoids in chocolate with at least 70% cocoa improve verbal and visual memory, reaction times, balance certain hormones, help to relieve blood pressure and boost serotonin levels, our brain's natural anti-depressant. All good reasons to indulge a little, especially this month.

And what could be nicer on a cold Valentine's Day than snuggling up with

your romantic other and a cup of hot chocolate? Use high-quality cocoa powder, preferable organic and fair trade, and make a hot drink, sweetened with honey.

Then cook the object of your affections an authentic Mexican chilli dish by adding cocoa to the sauce. The nutrient capsaicin, found in chillies, is a powerful antioxidant which helps to prevent many conditions such as high cholesterol, heart and lung diseases and cataracts. It also stimulates blood circulation which boosts the immune system and it even relieves pain.

Chocolate and chillies both encourage the secretion of endorphins, natural chemicals which relax muscle tissue, and act as mood enhancers. The perfect recipe for love!



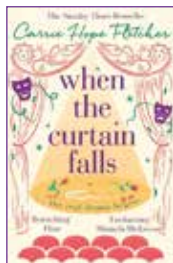
# a good read

reviews By Willow Coby

## When the Curtain Falls

by Carrie Hope Fletcher

Somewhere in every town or city is a special place. A place where real life is suspended, and you can forget about your problems. A place that shows us life in all its details. The ups and downs, love, death, joy, and sadness. It shows us life as we wish it was and life as we hope it will never be. That place is of course, the theatre. This novel catapults you into that world and provides a fascinating glimpse of life backstage where the audience usually never get to venture. Part romance and part ghost story When the Curtain Falls switches between the present day and 1952, where two young lovers try to steal moments together backstage as life begins to echo the drama being played out on stage. Tragedy strikes and one of them is destined to remain forever haunting the dressing rooms and fly floor high above the stage. Nearly 60 years later and their fateful play is revived at the same theatre. Among the cast are Olive and Oscar, also stealing moments together to keep their budding romance secret. But strange things start to happen as a previous occupant is reawakened. Sometimes (especially right now) you need a light, easy-to-read, novel for a bit of escapism. When the Curtain Falls fills that brief. It won't win any literary awards, and sometimes the character development feels rushed, but it has a certain level of charm. Fletcher herself has grown up in the theatre and anyone who knows her cannot help but picture her when Olive is described. But that only adds to the fun.



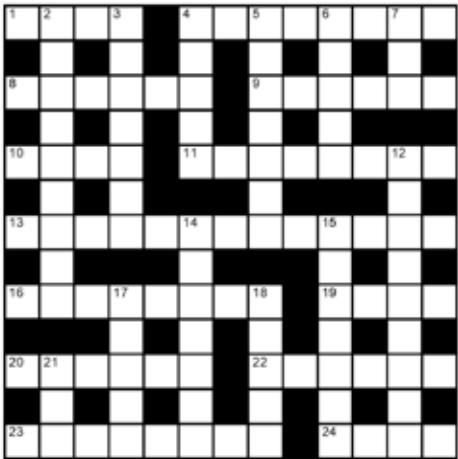
## Into the Spotlight

by Carrie Hope Fletcher

Yes, that's right: Fletcher has also written our children's novel this month. Published in September last year I was eagerly awaiting its arrival, having pre-ordered it 6 months earlier. Why? This story tells of the three Pebble children who live in a theatre. Not related by birth they were adopted when they were found by Brilliant Aunt Maude – or BAM – in her various travels around the world. If you think this sounds as if it might be the opening of another story, then you might be right. This novel is inspired by Noel Streatfield's classic, Ballet Shoes: a story that helped to give many young readers a love of the theatre, myself included. Whilst playing in an old dressing room in the theatre, the Pebbles find an old diary, and in its pages they learn of the Fossil children, Pauline, Petrova, and Posy. For fans of Ballet Shoes this offers an insight into their lives after the end of the original story and you find out if they fulfilled their dreams. But their excitement at reading the diary is soon dampened when they learn that the theatre is losing money and will have to be sold. Can the three children help to save the theatre they love so much? Once again Fletcher brings her experiences of being a child in the West End to this story and does the legacy of the Fossils proud.



crossword



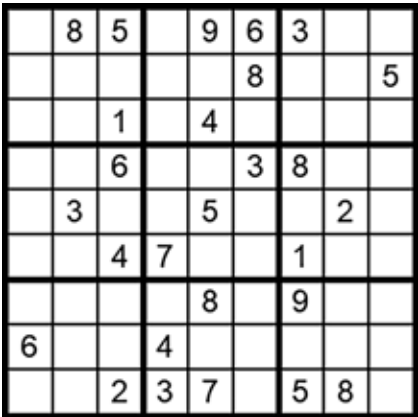
clues

- Across**
- 1 Celebrity, headliner (4)
  - 4 No longer in use (8)
  - 8 Teaching period (6)
  - 9 Libretto, dialogue (6)
  - 10 Pockmark, healed wound (4)
  - 11 Single spot of precipitation (8)
  - 13 Persistence, tenacity (13)
  - 16 Going to ground (5,3)
  - 19 Belongs to you and me (4)
  - 20 Frail, ailing (6)
  - 22 Joined (6)
  - 23 Long-handled frying pans (8)
  - 24 Effortless (4)

- Down**
- 2 Wilful betrayal (9)
  - 3 Set aside, save (7)
  - 4 Proprietor (5)
  - 5 Period of sustained drinking (informal) (7)
  - 6 Enticed (5)
  - 7 Apex (3)
  - 12 Without scent (9)
  - 14 Small glamorous white dog (7)
  - 15 Defeat decisively (7)

- 17 Prizes awarded for peace, physics, literature etc. (5)
- 18 Home of Snowdonia National Park (5)
- 21 Large deer (3)

answer on page 29



how to play  
sudoku

**It's simple!**  
Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answer on page 29

**Preparation time:** 30 minutes + chilling time

**Cooking time:** 15-20 minutes

**Makes** 6-8



A home made treat  
with added love

# Valentine Jammy Dodgers

## Ingredients

175g plain flour  
Pinch of salt  
75g icing sugar  
125g unsalted butter, diced  
1 egg yolk  
1 tsp vanilla extract  
75g raspberry jam  
75g apricot jam

## Method

Sift the flour, salt and icing sugar into a large mixing bowl. Add the butter and rub it lightly into the flour mix, using your fingertips, until the mixture resembles fine breadcrumbs. In a small bowl, whisk the egg yolk and vanilla extract lightly together. Make a well in the centre of the flour mix. Add the egg and vanilla and work together to form a soft, smooth dough. (You can use a food processor if you have one).

Place the dough in a polythene bag and place in the fridge to rest for 30 minutes. Preheat the oven to 170C / gas mark 3. Divide the chilled dough into two equal portions. Place one portion between two pieces of lightly floured greaseproof paper and roll the dough to approximately a 4mm thickness. Repeat with the second piece of dough. Remove the top sheet of paper. With a large biscuit cutter, cut the dough into an even number of discs. Using a small heart cutter, cut out and remove the centre of half the biscuit discs. Place all the discs on the baking sheets. Bake for 15–20 minutes until just firm and barely coloured. Don't fully bake yet.

Remove from the oven and place a teaspoonful of jam in the centre of each whole biscuit round. Spread to 1.5cm from the edge. Place the heart cut-out rounds on top. Return to the oven and cook for a further 5–6 minutes by which time the biscuits will be evenly cooked and the jam sufficiently hot to stick the two halves of the biscuits together.

Leave the biscuits to cool for 5 minutes before transferring to a wire cooling rack.

# How to argue with a conspiracy theorist

We all have one relative or friend who believes everything they read on the internet and is convinced that COVID 19 is a hoax and the Government is using the vaccine to implant us with microchips. How do you talk to someone like that?

First be kind. It's actually a very human response to look for patterns in events, and to develop and believe in conspiracy theories. We're primed to be suspicious of things that can't be easily explained.

Be respectful, even if you think the other person is completely bonkers. Almost no-one has ever been ridiculed into changing their mind.

In the same vein, avoid publicly shaming them. Reach out and speak or message privately. This prevents embarrassment and implies a genuine interest in conversation.

Ask 'What would it take for you to change your mind?' If they reply, 'Nothing will ever make me change my mind,' it's probably best to take them at their word and change the subject. Sometimes it's not worth the effort.

Use questions to help others probe their own views. This is often the best way to change someone's mind. The way to do this is to engage, then gently and politely question, pointing out inconsistencies in their arguments and allowing them to respond, until you hit a dead-end. Research has shown that this tactic prevents people feeling attacked.

Always evaluate your relationship with the person. If it's a misguided family member who you love dearly, it's often best to let it go. The relationship is the bigger prize. And even one little conversation might just be enough to get them thinking.



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# useful numbers

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## Health

NHS non-emergency 111

Grove Surgery 0121 705 1105

Northbrook Group Practice 0121 746 5000

Hobs Moat Medical Centre 0121 742 5211

Solihull Hospital 0121 424 2000

Spire Parkway Hospital 0121 704 1451

Daleswood Health, Solihull 01675 489489

## Council

Solihull Council 0121 704 6000

## Utilities

Electricity power cut 0800 6783 105

Gas leak 0800 111 9999

Severn Trent Water 024 7771 5000

Severn Trent Water (emergencies) 0800 783 4444

## Travel

National Rail Enquiries 03457 48 49 50

Network West Midlands (buses) 0345 303 6760

## LOCAL COUNCILLORS

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**Councillor surgeries** these are face-to-face meetings held by councillors for local people to raise issues in their area. Held at The Core Library, Solihull on the first and last Saturday of the month, 10am – 12 noon.

## local police contact for Solihull

Solihull police station

Telephone: 0845 113 5000





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 32 N Bird & Son 0800 195 6946

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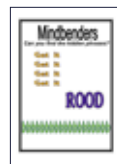
16 Not Just Travel 07565 534524

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

**Sudoku Solution**  
 from page 22

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

**crossword Solution**  
 from page 22

**Solution to Mind benders**

1. Forget it
2. Back door
3. Bee line

**mindbenders**  
 from page 16

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