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Summertime!

Welcome to the July edition

At the time of writing this the sky is distinctly overcast but here's hoping by the time this reaches you we are firmly in Summertime!

After all, there's loads of great places to visit in the local area, which are so much more enjoyable if the sun's shining. If you want some inspiration on what's on in the area, then head to page 6 for more information.

Wishing you a great month ahead. Until next month,



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community events

New Knowle & Dorridge Memory Café Launch

Every Tuesday, 10.30am – 12.30pm, Dorridge Methodist Church

This café, run by home care company Unique Care, aims to provide a supportive and friendly environment for individuals living with dementia and their carers. People from the surrounding area can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. £3 per person, no need to book, call Karen for more info on 07974 263742.

Henge Fresh Air Theatre

Sun 28 July 1pm and 4pm, Shirley Park

Creators of world class dance-circus productions, Motionhouse



use dynamic parkour and rhythmic beats in this thrilling show. Watch a set of gigantic neolithic stones transform before your eyes to create new structures and shapes for the performers to play on and explore. Lively and joyous, exhilarating and exciting, HENGE is a must-see for audiences of all ages. This event is FREE. No need to book, just turn up!

The Gondoliers Outdoor Show

1 August 6pm, Brueton Park

Set in picturesque Venice, this light-hearted operetta will whisk you away to a world

of blissful romance, barbed satire and comedic chaos. Gather up your friends, pack a picnic, and bring along your own seat or blanket to enjoy this fantastic outdoor show performed lakeside in Brueton Park. Please dress appropriately for the weather - the show will go ahead, come rain or shine (unless in the case of extreme weather)! Book tickets on 0121 704 6962.

A Place in The Sun Live

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There will be a jam-packed timetable of seminars, Q&A's and panel talks across the weekend. Find out everything you need to know about buying overseas from the experts. Meet the stars of the hit show - Jasmine Harman and Laura Hamilton. They will be there to share their wealth of expertise, take part in seminars, sign show guides, and most importantly... help you to make your dream move overseas a reality.



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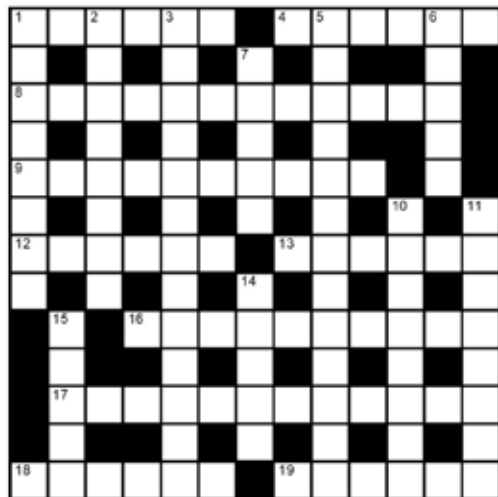
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crossword



clues

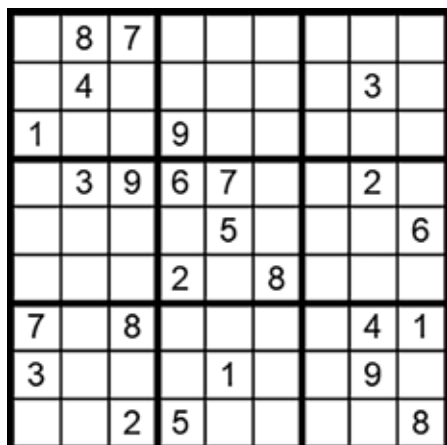
Across

- 1 Hit, clouted (6)
- 4 Abundance (6)
- 8 Institution (12)
- 9 Precise, singular (10)
- 12 Required (6)
- 13 Like better (6)
- 16 Amenities (10)
- 17 Advanced culture, society (12)
- 18 Prompt (6)
- 19 Rides a bike (6)

Down

- 1 Ceasing (8)
- 2 Watched, looked (8)
- 3 Deliberation, Cogitation (13)
- 5 Outstanding (13)
- 6 Cares for (5)
- 7 Concern, problem (5)
- 10 Accredited, authentic (8)
- 11 Gifts (8)
- 14 Stiff (5)
- 15 Father's brother (5)

answer on page 18



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 18



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a good read

By Natasha Donovan

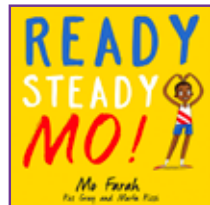
The Games: A Global History of the Olympics by David Goldblatt

There are many books about the Olympics but Goldblatt's insightful and thoroughly researched narrative of the sporting event stands out for its depth and breadth. He is known for his detailed sociological insights and doesn't disappoint here as he explores the development of the Olympics throughout its modern existence, beginning in 1896. He examines how the Olympics have been a stage for not only showcasing athletic prowess but also for playing out international conflicts and alliances. His analysis spans the ideological battles during the Cold War, the controversies of boycotts, and the dynamics of gender and race that have evolved over the decades. He even digs into the commercialization and the corruption that have plagued the Games, providing a critical look at the bodies that organize and profit from them. Goldblatt does not shy away from discussing how the Games have both challenged and reinforced social norms and inequalities, making it a reflective mirror for the host cities and nations. His discussions on the urban and economic impacts on host cities like Montreal, Beijing, and Rio are particularly enlightening, revealing the sometimes devastating aftermath of the Games. Don't be put off by the fact this is a weighty non-fiction. The prose is engaging and accessible, ensuring that *The Games* is not just for historians or sports enthusiasts but for anyone interested in the broader implications of this global event. The inclusion of personal stories and athlete perspectives adds a human element to the historical facts, making the narrative even more compelling. This is a critical, comprehensive, and captivating read. Goldblatt's prowess as a historian is well-established, but he's also a terrific storyteller, and I think the book will enhance anyone's enjoyment of The Paris Olympics this summer.



Ready Steady Mo! By Mo Farah and Kes Gray, illustrated by Marta Kissi

Ready Steady Mo! is a delightful children's book that encourages young readers to get moving, have fun, and embrace the joy of running. Co-authored by Olympic champion Mo Farah and seasoned children's author Kes Gray, this book is a playful, energetic read that will captivate kids with its rhyming text and vibrant spirit. The narrative follows a simple rhythmic structure that mimics the pace of running, making it an excellent read-aloud choice. The text encourages children to run anywhere and everywhere – through parks, into jungles, and even up to the moon, suggesting a limitless world of possibilities. Marta Kissi's illustrations add a dynamic and colourful layer to the story. Her artwork is lively and full of motion, perfectly capturing the exuberance of the text. Kissi's use of bright, bold colours and expressive characters from a variety of backgrounds means that each page bursts with energy and promotes diversity and inclusivity. Ready Steady Mo! is more than just a story; it's an invitation for kids to explore and enjoy the physicality of their world. The book is an excellent tool for parents and educators to inspire activity and imagination in children. Farah, Gray, and Kissi have collaborated to create a vibrant and motivational book that is sure to become a favourite among young readers. science, this is a fabulous book.





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Olympic Oddities: The Games' Strangest Sports

Tug-of-War was part of the Olympics from 1900 to 1920. Nations could enter multiple teams, allowing them to win more than one medal in the same event. The US and GB achieved this, securing gold, silver, and bronze in 1904 and 1908 respectively. Personally, I hope they reintroduce it soon.

Rope Climbing was featured in the 1896 Olympics as one of eight gymnastics events in the first modern international Olympic Games held in Athens. The sport demanded significant upper body strength, requiring competitors to ascend a 14-metre unknotted rope using only their hands. Only

two of the five competitors reached the top. Rope climbing appeared in the Olympics four more times between 1904 and 1932, with rope lengths varying from 8 metres to 10 metres. If you're after something similarly impressive, try watching Olympic sport climbing.

Pistol Dueling was featured at the unofficial 1906 Intercalated Games in Athens as a male-only event where competitors shot at plaster dummies. It returned as a demonstration event at the 1908 London Olympics, where competitors fired at each other using wax bullets while wearing protective gear. No injuries occurred. I can see this working

with modern paintballs. Who wouldn't love to watch that?

Obstacle Swimming was another unusual event in the 1900 Paris Olympics. Competitors navigated a 200-metre course in the Seine River, climbing over poles, scrambling over boats, and swimming under others. Australian swimmer Fred Lane won the event, narrowly beating the second-place finisher by two seconds. I'm putting in a bid for some sort of obstacle course event to feature in the next Olympics... something in the style of Total Wipeout would be a great spectator sport.



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Sip Smart this Summer

Hydration is essential for maintaining overall health and well-being, yet a significant number of us (studies suggest 75% of us) are regularly dehydrated.

Even mild or moderate dehydration can have noticeable effects on the body. Mild dehydration, characterized by a loss of 1-2% of body water, can lead to symptoms such as headaches, fatigue, dry skin, and decreased cognitive performance. As dehydration progresses to a moderate level (a loss of 2-5% of body water), more severe symptoms

can arise, including dizziness, increased heart rate, low blood pressure, and impaired physical performance.

Chronic dehydration can also contribute to long-term health issues, such as kidney stones and urinary tract infections.

To maintain proper hydration, it is generally recommended that women consume about 2.7 litres of fluids per day, and men consume about 3.7 litres! These recommendations include all fluids consumed though, not just water. It's important to note that individual needs can vary based on factors such as age, weight,



activity level, and climate.

For those of us who find plain water unappealing, there are plenty of alternatives to ensure adequate hydration. Infusing water with fruits like lemon, lime, or berries can add a refreshing flavour. Herbal teas, which are naturally caffeine-free, are also a good option, hot or iced. Additionally, consuming water-rich foods such as cucumbers, watermelon, and oranges can contribute to your daily fluid intake. Even the milk you splash over your cornflakes counts!

local police contact for Shirley

Email: shirley@west-midlands.pnn.police.uk

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Crossword Solution
 from page 8



Sudoku Solution
 from page 8

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