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As the evenings start to get longer (and warmer hopefully), what better way to enjoy those May Bank holidays and balmy evenings than with a chilled glass of fizz and a copy of Local Choice.

With lots of features and some great competitions, along with loads of ideas for

places to visit, our magazine is simply the perfect choice to take with you wherever you go.

Kind regards

Mark Prada (Editor)

Tel: 01524 825600

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GIRLY GADGETS AND BOYS TOYS

From sports cars to cameras, power tools to mobile phones – guys love technology. Most men have at least one high-tech obsession.

Guys love gadgets, but who said they are only meant for boys? In today's world, girls are just as technologically advanced. There are some truly wonderful gadgets available for the home, which can be bought for either men or women. Here are some great gadgets you may want to consider:

SLOW COOKER

One of the most popular kitchen gadgets created is the slow cooker. This allows you to create a meal and leave it cooking while you are at work. It saves a lot of time, as it cooks the food slowly throughout the day, meaning your dinner is ready when you get home.

COFFEE MACHINES

With a coffee machine in your own kitchen, you can enjoy delicious cups of espresso, mocha or cappuccino whenever you are in mood for your favourite hit of the caffeine at home!

BLENDERS

Blenders have been popular with mums for a long time and have evolved along the years. Handy for whipping up delicious smoothies, shakes, soups, salad dressings and baby food, this kitchen accessory is also perfect when family and friends call round, especially if you want to prepare a quick snack or refreshment for a number of people.

JUICERS

The juicer is one of the most popular gadgets in the kitchen and can help remove pulp, pips and seeds and rind from fruits and many vegetables. The most easy to use juicers are electric and unlike a blender; separates the juice from the pulp, rather than blending them together.

BREAD MAKERS

There are many different types of bread makers

available, most of which; you just need to put the ingredients in the night before and set the timer. You can then wake up the next morning to the wonderful smell of freshly baked bread, ready for you to take out of the machine and slice up for toast or sandwiches for lunch!

WINE COOLERS

There are certain times of the year when wine flows a bit more than usual, especially when friends and family come to visit. A wine cooler is a compact, tidy product that allows you to keep a bottle of wine colder for longer.

MUSIC DEVICES AND DOCKS

Now that celebrity chefs like Jamie Oliver, Marco Pierre White and Gordon Ramsay have made it cool for men to be in the kitchen, what better way to convince the man in your life to make you a fantastic meal for two than buying him an iPod and dock? He can listen to music whilst cooking up a storm in the kitchen. Load up his favourite music on one device, giving him lots of different options to listen to depending on his mood. He can then change the playlist to a more romantic one when you both sit down to eat!

These are just some of the wonderful kitchen gadgets that are available today. You will find you have more than one gadget that you cannot live without. Ranging from a large bread oven to a small can opener, most are practical, can be easily customised to suit your needs and can save you a lot of time in the long run.

Another trend to factor into kitchen gadget ideas is multifunctional ability. When you buy an appliance that is capable of performing many functions, you can save space and time in the kitchen.

Coming up with kitchen gadget ideas that are functional and space saving can be fun. It gives you the opportunity to browse through all kinds of fun and nifty kitchen tools.

ADVERTORIAL

Cloudy2Clear Announce Trusted Trader Partnership



Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy

of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Barrow-in-Furness & the Furness

Penninsular areas and manager Roger Bonnick agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

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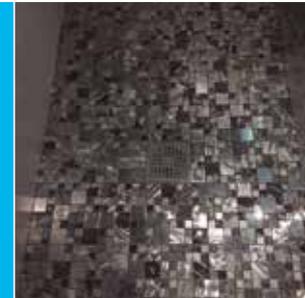
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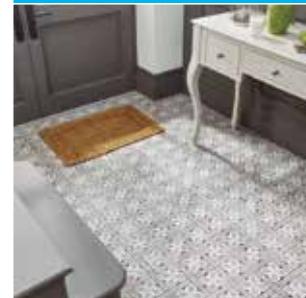

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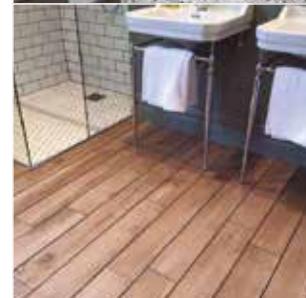
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Yew Tree Barn is a complete day out in itself, with so much to see and do. This huge barn and garden, with WRS Architectural Antiques as its core business,

has rooms filled with antiques, gifts, galleries, furniture, stoves and fireplaces, bathrooms, lighting, doors, windows and ceramics galore!

Outdoors there is a phenomenal display of garden ornaments, ironmongery, building materials, slate, stone and much, much more, including a spectacular range of summerhouses, arbours, pergolas and other items of fine quality garden furniture.

Indoors you will see well-known local brands, such as Herdy, Sedbergh Soap and Interlude Ceramics, amongst others, including a number of artisan craftmakers, who display an extensive range of their beautiful locally made items. These include Hannalin Crafts - Linda Cameron, who produces her own wool from a range of fleeces, to create beautiful rugs, ties, scarves and cushion covers.

Helen Golding Miller - who is qualified in book & archive conservation, or Gary Eccles, a furniture maker and restorer of antique furniture, specialising in 17th -19th century pieces.

Visit Stewart Johnson at the Tool Shed, (old restored woodworking and gardening tools), not forgetting some superb vintage luggage by Chris McGrath.

Finally, come and watch artist blacksmith John Law, working on his forge in the back barn using reclaimed steel to make beautiful and useful objects. I spent hours here, it was such an interesting place and what's more it is FREE to get in! I was exhausted and I learnt

so much, it was like being in Aladdin's Cave. In need of a sit down (it's an age thing now with me), I settled into the newly refurbished Harry's Cafe Bar, located within Yew Tree Barn, for some refreshments and some of their delicious homemade food.

The NEW look Harry's Cafe Bar is extremely comfortable and stylish, with their recent expansion offering more seating, with a new cosy area with settees and log burner, perfect for reading the papers by! The service is warm and friendly, but not obtrusive, just with a good local welcome feel.. And the food - fabulous! All locally sourced and freshly prepared with the best and most extensive specials board that I have seen. A superb range of teas and coffees is specially blended for Harry's by local Kendal suppliers Crema and the cafe is licensed for beers and wines to enhance your dining experience even further.

On the main menu you will find all the usual goodies, such as a range of mouthwatering breakfasts, freshly cut sandwiches, soups, snackettes baked potatoes, salads, cakes, ice creams and lots more, but the preparation, quality of produce and recipes are all done with a Harry's Cafe Bar twist and I've seen the results - your mouth will be watering!

The quiches and vegetable lasagne with focaccia and salad, are not only very popular, but delicious too and let's not forget the other dishes on their unbelievable 'Specials Board' that I mentioned earlier! Well, how about the Sweet Chilli Chicken and Bacon Roll, with salad & wedges, or the trio of sausages, served with Yorkshire pudding, veg and red wine & onion gravy.

And if you have room, Harry's Puds are something special, try the apple crumble, sticky toffee pudding, or the warm chocolate brownie, all served with cream or ice cream!!

The cafe is perfect for families and the team is very amenable to provide portions that are just right for all ages.

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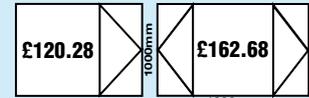
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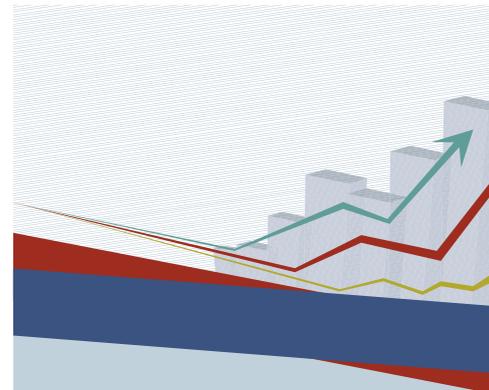
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GOLD & SILVER ROADSHOW

Jewellery and Coin Roadshow

A very lucky couple called at one of our recent roadshow events with a couple of old gold chains and a silver charm bracelet and a bag of old silver British coins. We paid them over £1600.00 just for the coins alone. They turned out to be pre 1947 silver coins that were normal currency a few years ago and are now highly collected. We asked them for their permission to pass on this story to help other people realise what they may be sitting on and they were only too pleased to allow us to let everyone know that they might be sitting on a goldmine and not even know it! Like most people, who can only dream of winning the pools or the lottery, a lot of normal households have a hidden treasure of old gold jewellery, silver jewellery, teapots, trophies, trays and old objets d'art.

Why not get a free valuation from our expert who will be at our roadshow in the Garden Room at: **Abbey House Hotel, Abbey Rd, Barrow-in-Furness LA13 0PA**

There is no queuing and our expert will give you a one on one appraisal of the value of your treasured possessions in a private area, where there are no prying eyes, watching the process evolve. If you like the valuation our expert will make you the same offer in cash which you can accept or decline at no cost to yourself. The whole process of Valuation is free of charge and very private, so you have nothing to lose and a lot to gain.

WHAT DO YOU HAVE WAITING TO BE DISCOVERED

Many people are totally unaware of the value of unusual and old items that they own and are just hidden away in drawers around the house. Dealers are now paying record high prices for old jewellery and gold and silver objects and collectables. Most unusual gold and silver items are no longer fashionable but there are still collectors who we deal with that will pay record high prices for your old gold and silver jewellery, and items. Wristwatches and old fashioned pocket watches can surprise you with their values and you will be amazed by the amount that is currently being offered for such items. Get looking NOW in your old drawers, cupboards, and jewellery boxes. Look in the attic and the cellar, even old broken or squashed items of jewellery and silver are valuable and worth having appraised at these free roadshows. Bullion Investments & Acquisitions are having such a roadshow at: **Abbey House Hotel, Abbey Rd, Barrow-in-Furness LA13 0PA**. They will be offering a free valuation service and they will make you an instant CASH offer to buy your old jewellery, gold and silver or any old silver or coins that you may have.



Things that you should look for and bring to our roadshows are absolutely anything that looks like jewellery, whether it is yellow gold, silver or platinum. Any old British or foreign coins. Any old wrist watches or pocket watches. All chains, bracelets, rings and bangles broken or not and in any condition. If you think it is a diamond ring, bring it along and we will confirm it to be genuine. If you have an old trophy or tankard or any silver coloured items, let us value them for you.

COIN COLLECTIONS URGENTLY WANTED

Old war medals and old Masonic medals can be very valuable. You will be surprised to hear that we have paid THOUSANDS of pounds for certain war medals and even the General Service Medal group is worth bringing especially if you have the original box and letters to accompany them.



There are rarely any queues at our events and we can normally attend to every caller within a few minutes. We will give you a free valuation which we back up with a cash offer, there and then. You can accept or decline our offer, so come along and see what we can offer for your old gold or silver jewellery, coins and collectables.

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Krugerrand, Maples and Sovereigns are urgently wanted for top prices.



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Gold and Silver cigarette cases, Vesta Cases, thimbles, Candle sticks, trays and all things silver are needed. Pocket watches in gold and silver and all wristwatches by: Rolex, Cartier, Omega, Longine, IWC are particularly collected



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Little Known Way to Make Using Your Tablet Easier
By Tim Wakeling

Tablets are becoming hugely popular. And no wonder - you can sit in a comfy armchair browsing the web or video call your family around the world from the cafe.

They're easier to use than a PC in lots of ways, too.

But there's a catch. In fact, two.

Catch number 1:

They're different from PCs. So if you already know how to use a PC, you have to start again.

Catch number 2 (the big one!):

There are lots of important features that are "hidden". There's no button for them, saying "click here". And you simply can't work it out. You need to know to slide the screen from the left, or drag the thingy-me-bob to the right.

Someone needs to tell you these things - otherwise you wouldn't even know they're there!

If I ran the world...

If I ran the world, these devices would come with a proper manual. Most of the time, though, it's just a few pages - and it assumes you already know how to use the thing! That's why I've written these books: *iPads One Step at a Time* & *Android Tablets One Step at a Time* (ideal for all Android tablets)

Plain English - that's not all...

They explain how to use the device, in plain simple language, with pictures of the screen showing exactly where to tap or slide your fingers. No jargon!

That's Only Half the Story...

...but I don't have room to explain it all here (or to mention the free gift). So I've put together full info on the books - who they're for, what they cover and so on.

How helpful do others find them

Since publishing these books, I've been swamped with comments like:

Thank you for producing such a superb book - it is really helping me. - J.S.

and I am delighted with the new book on tablets, so many things I didn't understand before, being of the "retired brigade" it's a great help. - Doreen Wadsworth

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RENOVATE OR RELOCATE

If you are thinking of moving house - think again. With the previous rise in house prices alongside the expense of moving house, it is no surprise that a vast number of homeowners are deciding to stay put, save on moving costs and spend the money on improving the home they already live in.

You next need to decide whether you would like to improve your home to get a better lifestyle and standard of living, or because you want to improve the value of your home. This is worth considering as some building works may be able to add more value than others.

If you are aiming to improve the value of your property in the short term, then it is a good idea to find out what price the most expensive house in your area is.

This will then let you establish the difference in price between your home and that property and what you can do to fix it.

Next you should start considering your property extension ideas and work out costs. It is also wise to find out what the increased value of any additions will have on the cost of insurance once the work is finished.

There are a few main reasons to improve rather than move:

- If you really want larger rooms, rather than more rooms in your property.
- You need more storage or 'living' space.
- You don't want to go through all the hassle and stress of finding a new home, arranging a (new) mortgage, the move and any other hidden costs you may not have thought of.

With your needs in mind, map out the must-haves of your dream home versus the nice-to-haves. For example, a second bathroom for your teenagers may be a higher priority than bi-fold doors to the garden.

Loft conversions are a good way to gain an extra room or some more space without changing the appearance of your home from the outside.

Adding an extension on your ground floor can create a bigger living space, perhaps in a kitchen or dining

room. Single storey extensions are more popular, but a two storey extension can add another bedroom or bathroom without going into the loft, so this may be something to consider.

Alternatively, if you have a big garden, but would prefer more indoor living space, a conservatory is an economical way of adding extra living space, but it is wise to make sure you have heating and blinds so you can use it all year round.

Another option is to convert your basement or cellar; this is becoming more and more popular particularly in city locations where land prices are exceptionally high. This method is more expensive than extending up or sideways so it is wise to get advice from estate agents or surveyors before starting a basement conversion, as it may be that the work costs more than it adds in value to your property.

A final choice is to transform your garage so it can be used for extra storage space or as another bedroom. As there is already a basic structure, expensive external walls and foundations are not needed and disruption to your daily life should be minimal, but do bear in mind that if it will be used as a bedroom, it will need a bit more renovation than if it is just to be used as storage.

Look at the condition of your current house

Older homes can present issues that you may not have been aware of until you start renovating. Without careful assessment, what you think is a simple project could prove costly and time consuming. It's important to look beyond the floor-plan and assess all the hidden elements like the wiring, the condition of plaster, and stumps.

Consult professionals like building inspectors, builders and electricians to find out the state of your home. They can give you an estimate on complex tasks like moving walls or changing rooflines. Good planning and investing in their time now will pay off down the track.

Remember, it's important to speak to the experts, get detailed costing information, always get more than one quote, and get referrals or references from trusted sources.



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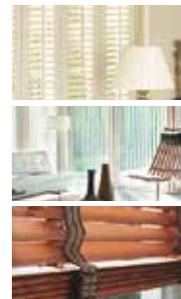
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They really are a family run business, one that has been established for over 30 years selling home grown bedding plants, tubs and hanging baskets from their shop. They are dedicated to exceptional quality and take pride in their products and workmanship - and most of all the service they give to their customers. Whilst they are a small family team, the main processes are completely mechanised to ensure a consistency in standard, as well as enabling Tythe Barn to provide larger quantities of plants to those customers with higher needs, such as hotels and local authorities. In fact, Tythe Barn Nursery has been supplying Barrow Borough Council for over 10 years, which gives you some ideas of not just their capabilities but the level of quality of their plants, as well as their competitive prices.

Steve and Eleanor Fisher who started Tythe Barn Nursery, want to make a difference with their finished product and they will do everything possible to ensure your gardening experience with Tythe Barn is an enjoyable one.



All plants are grown on the premises using only the finest compost and they provide expert advice to help you get the most for your garden needs. Explore their beautiful nurseries and

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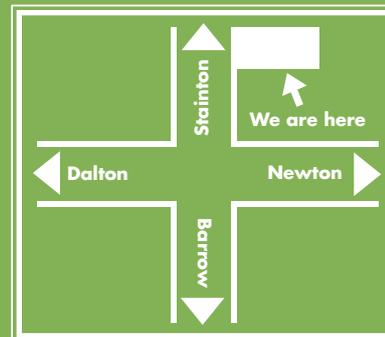
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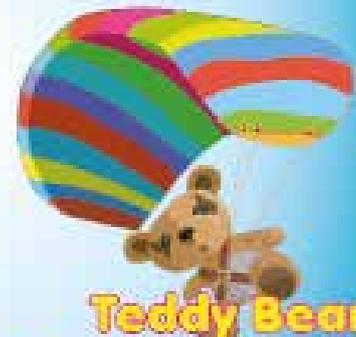
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So on this year's show field we have a Large Funfair and various activities from 12 noon each day. Up past the Cenotaph we have Fun Factor 10 Kite Festival and a teddy bear parachute jump. We have trade stands and craft stalls on the main show field and on the bowling green's we have large inflatables in one and loads of activities on the other. Opposite that we have a fantastic bull ride, face painting, donkey rides and tea cup ride and a child's enclosed trampoline harness. At the band stand on Saturday from 2pm each of the charities will be providing

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The Funfair have a promotional price for Saturday 14th only its £2 a ride* or 10 tokens for £15.

* dodgem ride is classed as 2 tokens * Bungee cage £20 (2 persons).

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The Birchall Trust is a local charity providing support to those affected by rape and sexual abuse in south Cumbria and north Lancashire; supporting men and women, adults and children through providing counselling and play therapy.



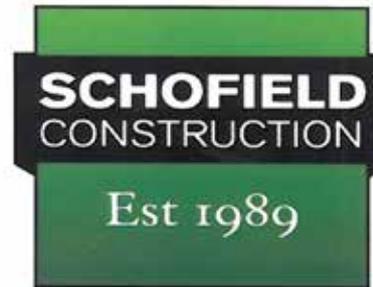
Rainbow House Cumbria (Formerly the Legacy Cumbria Friendship Group) was set up in 2012 by local parents of children with Cerebral Palsy who were having to travel to Chorley in order to access Conductive Education Therapy at the Legacy Rainbow House. Conductive Education teaches essential skills to allow people with disabilities to lead more active and independent lives.



Women's Community Matters make a positive difference to the lives of women aged 16 and above in the Barrow area. They help in all ways they can, creating a strong resource to women in crisis and those who are vulnerable and at risk.



At RDA, horses and ponies provide therapy, achievement and enjoyment to people with disabilities all over the UK.



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Nat & Fiona Tesco Farm to Fork

Nat & Fiona from Tesco Extra and Metro Stores in Barrow have so far in 2016; visited over 2450 children in infant primary schools from over 28 schools within the Barrow-in-Furness area, 2016 will be a busy year full of activities.

Why don't you join us in a store tour or book a school visit and bake your own bread/pizza/desserts/muesli or other food.

Please contact Nat at barrow@eathappyproject.com or Fiona at barrowmetro@eathappyproject.com

We would like to thank every one who has been involved in this Family Fun Weekend.

Tesco Extra Staff, Liberata, Evening Mail, Barrow Borough Council, Graphixsigns, BAE Systems First Aiders, Barclays Bank, Natwest Bank, Santander and Furness Building Society, all of the Marshals and Volunteers, Barrow Mayor and Consort, Taylor's Funfair, Event brochure advertisers, Trade and Food stands, Community Police. Special thanks goes to Beverly Hammond and our main event sponsors.

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ARE YOU A WINNER?

Go to www.barrowbc.gov.uk to see who won this month's prizes.

A number of prize winners were identified through the Recycling Incentive and were awarded prizes ranging from 1 x £250 first prize and several £75 & £25 prizes – the prizes were Love to Shop vouchers which can be used in many High Street outlets.

The Mayor, Councillor Ann Thompson presented the prizes at a ceremony held in the Town Hall on Thursday 10th March 2016.

For your chance to win, register now by calling **01229 876543** and enquiring about the recycling scheme or by visiting www.barrowbc.gov.uk and clicking on the Love Recycling Incentive Scheme link. Not only could you win but you know the Environment will definitely win.



Love Barrow... Love Recycling



ELECTIONS 2016

REFERENDUM ON THE UNITED KINGDOM'S MEMBERSHIP OF THE EUROPEAN UNION – 23 JUNE 2016

REMAIN A MEMBER OF THE EUROPEAN UNION

or

LEAVE THE EUROPEAN UNION

YOUR CHOICE

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IF YOU WEREN'T REGISTERED FOR THE LAST ELECTIONS ON 5 MAY
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REGISTER NOW AT www.gov.uk/register-to-vote
BY NO LATER THAN TUESDAY 7 JUNE

It takes time for an application to register to be processed
So don't leave it too near this date – DO IT NOW

ARE YOU ON HOLIDAY OR AWAY FROM HOME OR CAN'T GET TO THE
POLLING STATION ON 23 JUNE?

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OR TO CHANGE AN EXISTING POSTAL OR PROXY VOTE

CLOSING DATE 5 PM ON WEDNESDAY 8 JUNE

or

APPLY TO VOTE BY PROXY – DEADLINE FOR NEW APPLICATIONS
CLOSING DATE 5 PM ON WEDNESDAY 15 JUNE

IF YOU BECOME ILL, GET A HOSPITAL APPOINTMENT OR ARE CALLED
AWAY FOR WORK REASONS AFTER 5 PM ON WEDNESDAY 15 JUNE

APPLY FOR AN EMERGENCY PROXY VOTE
CLOSING DATE 5 PM ON ELECTION DAY – 23 JUNE

Form to be signed by elector and countersigned by another relevant person
Application is only for the elector and not anyone accompanying them

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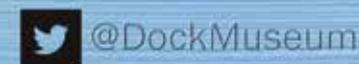
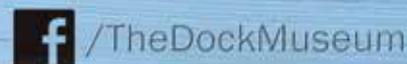
10.30am 11.15am 12 noon 1pm 1.45pm 2.30pm 3.15pm

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MATINEE PERFORMANCE AT THE FORUM

Barrow Borough Council is pleased to host a celebration of the 115th Anniversary of the Town's link with the Royal Navy Submarine Service on 11th June 2016. As part of this celebration, The Band of H.M. Royal Marines Scotland will be in concert at The Forum.

Tickets £7 Full Price / £5 Conc (which includes Veterans)

All profits from this concert will go to local military charities.

The Royal Navy Submarine service was given the Freedom of the Borough of Barrow-in-Furness in 2001 to mark the Centenary of the service.

The first Royal Naval Submarine, Holland 1, was built in Barrow by Vickers Sons & Maxim. Today Barrow's ship yard continues to build submarines for the Royal Navy with the Astute class.

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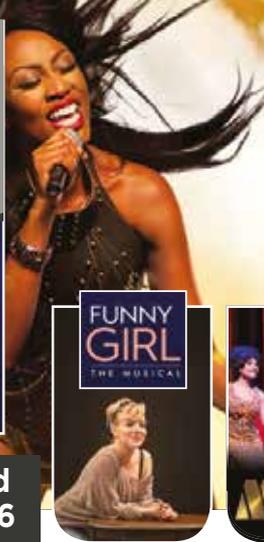
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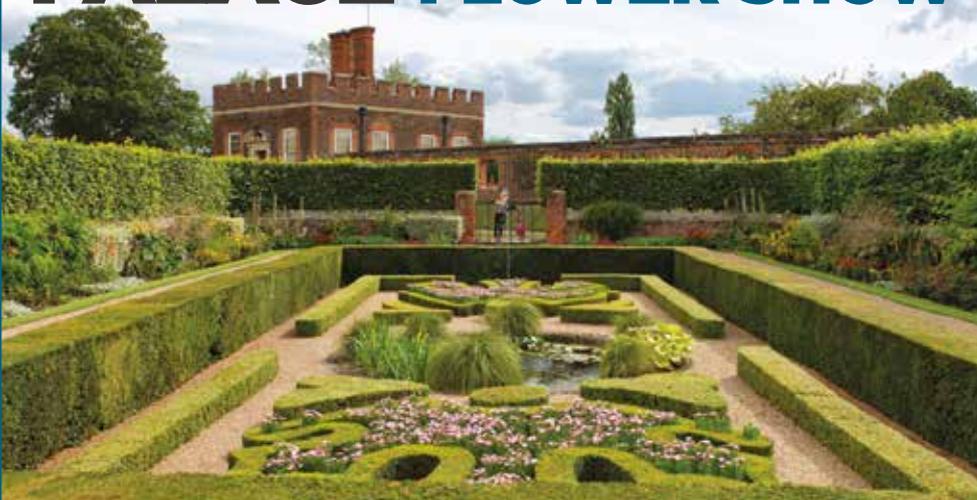
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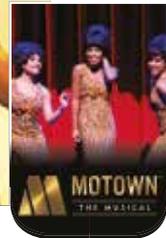
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NATIONAL SMILE MONTH

As this month is National Smile Month, we are going to cover oral hygiene and dental health, something that is often overlooked, but can really affect your overall wellbeing in many different ways.

Without good oral hygiene, you may have bad breath, stained and discoloured teeth. You are more prone to gum disease and you may even lose teeth!

As a result, the main types of dental treatments involve preventive care, such as routine teeth cleanings, deep gum cleaning treatments and filling in cavities.

There are other preventative measures you can take at home, including:

- Floss your teeth at least once a day and then follow with alcohol-free mouthwash to rinse away bacteria
- Replace your toothbrush every 3 months. If you use an electric toothbrush, replace the head every 3 months too.
- Look inside your mouth regularly for sores that don't heal and irritated gums or other abnormalities.
- If you smoke, stop! If you can't stop, at least try to cut down.

TOP TIP: Hidden Threats to Your Teeth

Teeth are strong and resilient, but biting down on something hard can cause them to crack or fracture. Also, don't use your teeth as a tool – keep a bottle opener and a small pair of scissors handy. If you have the right gadgets, you won't be tempted to use your teeth as tools, which can damage them. In fact, never use your teeth as tools for anything except eating.

Unfortunately, following these steps will not instantly guarantee you white, straight, beautiful teeth but what it will do is ensure that no matter what your teeth look like on the outside, they are as healthy as they can be on the inside.

If you would like some extra help making your smile dazzling, today's top dentists can provide a number of treatments to help achieve this. Tooth whitening or bleaching is a very popular treatment – over time, teeth can become dull and discoloured for many reasons, including drinking coffee, red wine or from smoking, having your teeth whitened can help eradicate some of this.

Another popular cosmetic treatment is veneers, which involves a dentist placing thin shells of porcelain or other materials onto the front and side of the tooth to cover it. These are ideal for discoloured, crooked or chipped teeth or filling in gaps in between teeth.

If you are missing teeth, why not speak to your dentist about dentures, dental bridges, crowns or dental implants if you haven't already? These are all ways to fill in gaps and make your smile more attractive. Dental implants involve putting a titanium implant directly into your jawbone to replace missing teeth and are permanent solutions, unlike dental bridges or dentures. Crowns are usually made from acrylic or porcelain and are fused to metal or placed as caps over a whole tooth, as a way to protect damaged teeth.

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MAY EVENTS

Our guide to things to do,
places to visit & events to attend this month.

1	Holker Hall Art Market Holker Hall, 11:00am, 01539 558 328
4	Pride Of Elite Dance Show The Forum, 7:30pm, 01229 820000
5	Dave Spikey - Punchlines Coronation Hall, 7:30pm, 01229 587140
6	Dr. Feelgood and Eddie & The Hotrods The Forum, 7:30pm, 01229 820000 A Celebration of Simon & Garfunkel performed by Tim Chu and Ian Bailey Beggar's Theatre, 8:00pm, 01229 775677
7	Pink Tribute Act The Cottage Club, 7:00pm, 01229 825323
8	Mad About the Musicals starring Gareth Gates The Forum, 7:30pm, 01229 820000
11	Ruby Wax - Frazzled! The Forum, 7:30pm, 01229 820000
14	Monster Monster and Homegrown Coronation Hall, 8:00pm, 01229 587140 The Searchers The Forum, 7:30pm, 01229 820000
15	Holker Hall Food Market Holker Hall, 10:30am, 01539 558 328
19	Manchester Camerata - Baroque Favourites Coronation Hall, 7:30pm, 01229 587140 An Audience with Nigel Ben Bar 5 & The Nines, 7:30pm, 01229 821301
20	Craig Campbell: Don't Look Down Beggar's Theatre, 8:00pm, 01229 775677
26	An Evening with Martin Kemp The Forum, 7:30pm, 01539 735800
27	Russell Kane: Right Man Wrong Age The Forum, 8:00pm, 01539 735800 Labels Worklight Theatre Beggar's Theatre, 7:30pm, 01229 775677

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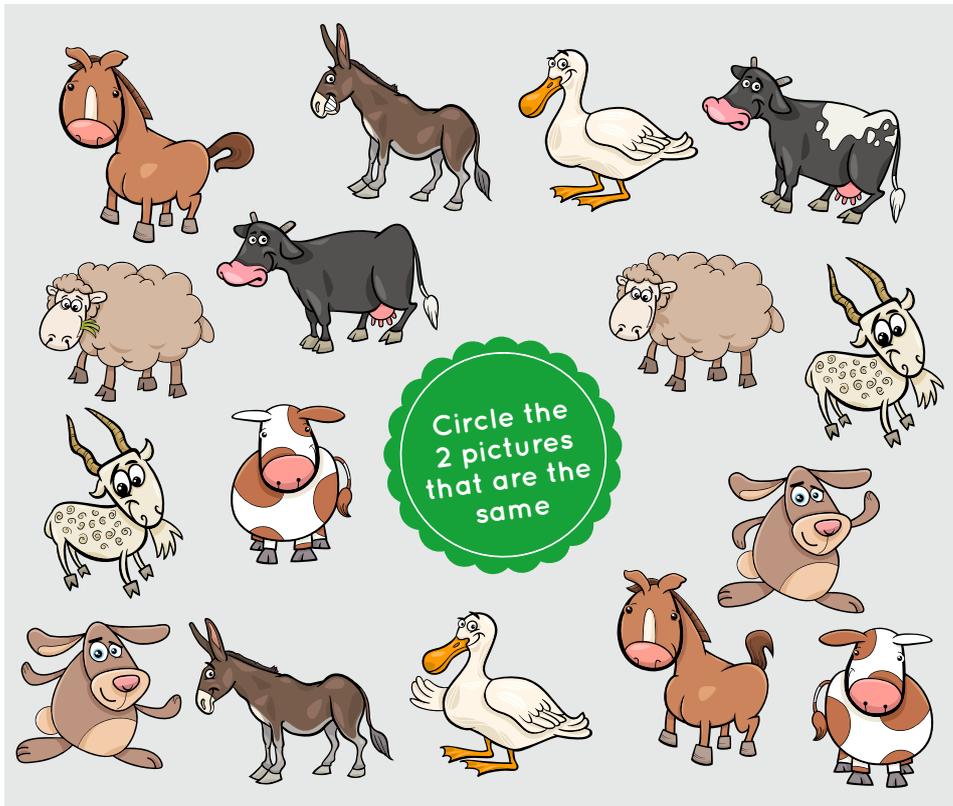
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 OWC
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Can you unscramble the words and fill in the blanks?

See if you can find 7 differences in these 2 pictures



See if you can find these 15 words...

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

1. Farmyard
2. Animals
3. Feed
4. Hen
5. Cluck
6. Milk
7. Eggs
8. Farmer
9. Tractor
10. Straw
11. Barn
12. Grass
13. Rooster
14. Green
15. Dog

ANSWER: HORSE, DUCK, RABBIT, GOAT, COW, DONKEY, SHEEP

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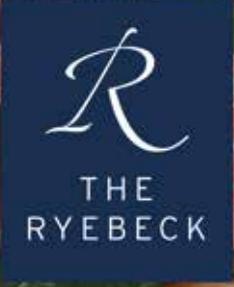
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Time to dine at...
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I often visit Poppies Cafe when I am in Ulverston, renowned for its delicious home made food and its relaxed feel.

Poppies Cafe is family run by husband and wife team Michael and Amy, who are the perfect combination to provide a fab dining experience. Amy has a wonderful smile and a very friendly manner, so you can be assured of being well looked after and Michael, who has over 20 years experience in some of the best Lake District restaurants, will prepare some amazing dishes for you to enjoy.

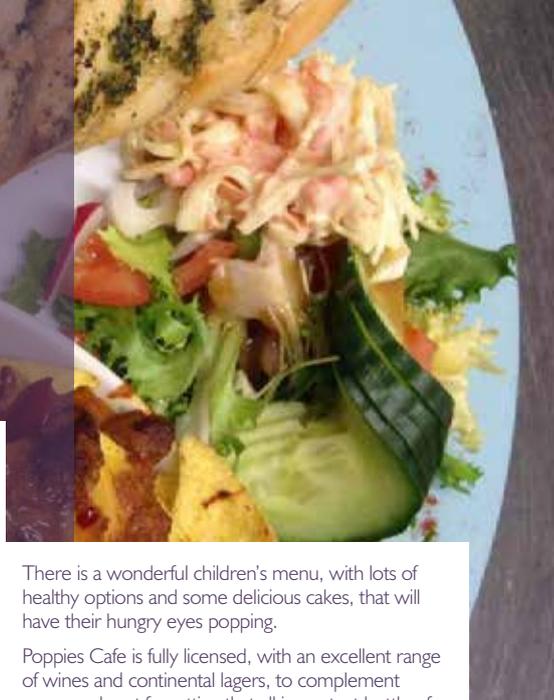
The food here is all freshly prepared, using only the finest ingredients from local suppliers, most of whom are based in Ulverston.

Menu's are changed seasonally and the new Spring menu is now out for you to savour. Mouthwatering dishes include Hunters Southern Fried Chicken with bacon, cheese and BBQ sauce, served alongside a simple salad, or the delicious Spinach and Ricotta Tortelloni and the infamous Mexican Style Chilli Bean Burger, made to their own special recipe finished with Mexican Salsa and cheese, served in a Ciabatta bread roll with a salad garnish.

Open all day, Poppies Cafe is the perfect place to enjoy a hearty home-cooked breakfast, from a full English to a 'build your own special', where you can choose as few, or as many items as your appetite requires.

During the day try one of the delicious filled breakfast rolls, or the very popular granary cheese melts, as well as a selection of light lunches and everyday favourites.

New for Spring is a delicious range of pizza and pasta dishes, with all pizza's freshly prepared in their authentic pizza oven.



There is a wonderful children's menu, with lots of healthy options and some delicious cakes, that will have their hungry eyes popping.

Poppies Cafe is fully licensed, with an excellent range of wines and continental lagers, to complement your meal, not forgetting that all important bottle of Prosecco to make the day complete. Poppies stock a range of specialist teas from Cosy and selected coffees, including several blends that you can buy and take home with you. Their hot chocolates are exquisite, with real chocolate from regions around the world! Or, add a touch of alcohol for an added flavour, such as amaretto, or a delicious liqueur? Why not try one of their alcoholic and non-alcoholic Smoothies, made with 100% of pure delicious fruit. All are freshly made and succulent choices include blueberry blush, or a tropical breeze, among several others.

There are some amazing theme nights each month for something a little bit special, such as tapas night. Visit their Facebook page for all upcoming events.

All food is available to take away, with 15% off menu prices and with the launch of a new loyalty card it won't be long before you get a few freebies too.

Poppies Cafe will open in the evenings specially for private parties, engagements, funerals etc. There is a minimum of 12 persons up to 25 - 30 persons.

Michael and Amy also have a vast experience for outside catering and are available for weddings, baby showers, private parties etc.

So, come and enjoy Poppies Cafe, you won't be disappointed, whether it's for a family meal out, or just a coffee and some cake, you will always be made to feel welcome here.

Reviewed by Mark Prada.



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I've had a watchful eye on Kevin Tickle's career for a few years now. First as head forager and sous chef at the UK's No.1 restaurant L'Enclume and then in his role as head chef at sister restaurant Rogan and Co in Cartmel.

Originally from Kirkby-in-Fumess, Kevin trained at Kendal College. He is known for his talent for foraging fresh and natural ingredients which then become unique and innovative dishes. Indeed, Kevin won the 'Rising star' award at the 2014 Cumbria Life food and drink awards.

When I heard he was heading up the kitchen at the newly opened Forest Side, in Grasmere I just get myself along...

The journey began as I wound my way up the meandering drive and spied a moss cover stone circle, clearly an original feature, which leads the eye toward this impressive Victorian pile. Set in two acres of landscaped gardens with woodland glades, fern garden, cascades and formal planting this is an impressive property by any standards.

On arrival I was led through to the restaurant, a room filled with light, largely due to its muted décor, use of natural materials (the tables are made from some of the property's original reclaimed floorboards), and vast windows overlooking the gardens and fells beyond. It was suggested that I order one of their signature foraged cocktails or indeed more accurately a 'mocktail' as it contained no alcohol! I went for a tasty

little number 'all at sea', which uses Sea Buckthorn, which can be best described as a passion fruit like berry, which grows around the Cumbrian coast.

Two menus are on offer at lunchtime. The four course 'bait' menu (Cumbrian dialect, 'bait' is slang for lunch) and their multi-course tasting menu The Grand 'un. (I'm sure I don't need to translate this colloquial turn of phrase!).

Unfortunately, time was not on my side so I chose the 4 course menu, but I certainly didn't feel short changed. I don't want to give too much away but let me tell you that what was to follow was nothing short of magnificent, possibly one of my all-time favourite dining experiences.

A small cheese wafer snack to start, followed by a rich tasty seaweed broth complete with surf clams and marsh herbs, again foraged from the Cumbria's coast. I then tucked into a sublime dish of cured Pollock. A beautifully clean and balanced dish. The Main Course was a perfectly cooked, unctuous leg of Goosnargh duck with malted grains and elderberry. Very earthy flavours perfect for a winters day.

The meal finished with refreshing Rhubarb paired with an almond like ice cream made from foraged Rowan shoots and served with sweet cicely. A quite extraordinary combination of flavours. Simply delicious! It's no wonder that Forest Side recently won two Cumbria Life Food & Drink Awards, Best Hotel Restaurant & Best Newcomer.

In my humble opinion Kevin Tickle has mastered the use of Cumbria's larder – and his lunch menu ably showcased what this wonderful landscape has to offer. The staff are to be commended too. They were wonderful, attentive but not overly so - clearly well versed in the food they were serving, the ingredients used and their origin. The service was pitched at just the right level - get yourselves booked in...

The 'Bait' Lunch Menu, £25 per person when quoting local choice. Usually £35.

The Grand 'Un 10 Course Tasting Menu from £75

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