

Your daily stars with Claire Petulengro



ARIES (March 21-April 20) You do let your imagination run away with you from time to time, don't you? It's time to come back down to earth, look at things as they are and success will be yours.

Call 0906 602 5068

TAURUS (April 21-May 21) Gossip regarding births, pregnancies and new beginnings give you reason to question your life. Where you are going and what you really want.

Call 0906 602 5069

GEMINI (May 22-June 21) Raise your standards, someone from your past is not yet ready to let go of you. Be careful that you are not leading someone on.

Call 0906 602 5070

CANCER (June 22-July 23) An opportunity to show how professional you can be to superiors may mean giving up some of your spare time for no immediate reward. Do it.

Call 0906 602 5071

LEO (July 24-Aug 23) Don't think that you can use your very persuasive nature to get close ones to see your point of view. The planets are making the us more stubborn than usual.

Call 0906 602 5072

LIVE MEDIUMS Contact a loved one with our gifted consultants call 0906 174 0153

LIVE TAROT What do the cards have in store for you? Find out now call 0906 174 0163

VIRGO (Aug 24-Sept 23) A family member puts pressure on, for once you should stand your ground. The planets cast you in a glib light, which you must not bow down to.

Call 0906 602 5073

LIBRA (Sept 24-Oct 23) Let go of the monetary worries you are having and try to put your thoughts to ways of increasing your funds instead of worrying so much.

Call 0906 602 5074

SCORPIO (Oct 24-Nov 22) You can be sure this is one month where you'll find out who your real friends are. This is a good thing as events from today onwards are sure to prove.

Call 0906 602 5075

SAGITTARIUS (Nov 23-Dec 21) The planet Mercury can give you the strength you require to remedy a romantic situation, so use it to your full advantage. Be nice.

Call 0906 602 5076

CAPRICORN (Dec 22-Jan 20) It's going to be hard for you to get or give a straight answer to questions asked today. Don't allow yourself to get stressed.

Call 0906 602 5077

AQUARIUS (Jan 21-Feb 19) You don't appear to be feeling as strong as you should but you have support so don't be afraid to ask those around to take on responsibilities.

Call 0906 602 5078

PISCES (Feb 20-March 20) Saturn is getting ready to offer you his support in matters you're usually ready to shy away from. There is a future worth reaching out for.

Call 0906 602 5079

LIVE PSYCHIC Find out your future with a one-to-one consultation call 0906 110 8970

TEXT A PSYCHIC Text SWAN with your question to 88006

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Your photos with Steve Phillips



SUNSET at Knab Rock. Photograph submitted by Stephen P Williams, of Swansea Marina.

●Email your pictures to picture editor Steve Phillips at steve.phillips@swwmedia.co.uk

Your Diet with Kirsten Davies

Q: My three-year-old grandson has just started pre-school and seems to get every bug and cold going, how can I help boost his immune system?

A: It is very common for children who start school to often suffer from recurring cold, as common bugs and bacterial infection run riot in classrooms. Boosting your grandson's immunity through his diet can be very helpful, as a diet rich in fruit, vegetables, whole grains, nuts, seeds, pulses, lean meats and fish can strengthen a child's immune defences. Research has found that chicken broth helps to clear congestion and contains drug-like compounds very similar to the ones found in over-the-counter cold remedies!

It is often documented that vitamin C is vital for a fully functioning immune system, but so too are vitamin A and E. Ensuring your grandson eats fresh fruits and vegetables such as carrots, peaches, mangos and sweet potatoes can boost levels of vitamin C and A. Vitamin E can be found in oily fish, nuts, seeds and their oil. Selenium and zinc are two minerals needed for developing immune system, zinc is found in all meats, eggs, oily fish and oats to name a few food sources. Selenium is found in shellfish, Brazil nuts and wheat germ.

It can be hard to ensure that children eat what you serve them but by presenting it well and enticing children you can get there. Fresh fruit smoothie with natural yogurt and ground nuts can ensure he has a good dose of nutrients to start the day.

Multivitamins can offer some peace of mind if your child is a fussy eater, The Government guidelines recommend vitamin drops for all

Swansea nutritionist Kirsten Davies answers your questions on diet and well-being.



children aged six months to five years. Using products designed for children will prevent you from giving your child too much. Supplements should always be given with food and not on an empty stomach.

Q: I keep having bad headaches, I have seen my doctor who has assured me there is no underlying cause and suggested I seek dietary advice, my usual diet consists of cornflakes or white toast and coffee for breakfast, maybe a cup of tea and biscuits mid-morning, a ham/cheese/corn beef sandwich, crisps and a chocolate bar for lunch. After work I go to the gym then have a ready meal for dinner. Please can you help?

A: There are many different causes of headaches. They often occur through simple dehydration. Drinking water regularly both at home and at work could prevent this from happening. Headaches can also be a symptom of stress. Anxiety can cause tension in the neck and shoulders, which constricts blood vessels to the head area causing pain.

One of the first things to consider for regular headache sufferers is if you are eating regularly. Although you state that you eat fairly regularly the types of foods that you are

choosing are known as fast releasing carbohydrates or high Glycaemic Index (GI) food, by swapping your refined carbohydrate high GI food to lower/medium GI foods you can help to balance your blood sugar levels. This can help you avoid hypoglycaemia; this appears to be a common symptom in headache sufferers.

Hypoglycaemia is low blood sugar. It occurs two to five hours after eating and is usually caused by an inadequate diet full of fast releasing white carbohydrates sugary foods, stimulants (such as caffeine) and refined foods. Symptoms of hypoglycaemia are fatigue, headaches, light-headedness, dizziness, irritability, anxiety, cravings for sweet foods and an inability to concentrate. Your diet appears to be very low on fruit and vegetables and could be high on the salt content and saturated fat depending on the type of evening meal you eat.

A better day would look like this: Breakfast — Cornflakes with slices of almond and fresh fruit. Mid-morning — coffee and oat biscuits, Nair's do a good range. Lunch — chicken and salad wholemeal baguette with a natural yogurt and a piece of fruit. Mid afternoon snack — a few squares of dark chocolate and walnuts. Dinner — Cook in the bag Salmon fillet and pre-packed roasted vegetables. Ensure that you drink water regularly throughout the day to ensure that you don't suffer from dehydration.

●If you have a problem you would like to ask Kirsten Davies about, please email with as many details as possible thefoodremedy@yahoo.co.uk

Your poems with Jo Leworthy

A Bargain at the Boot Sale

If you spare me a moment, I will tell you a tale
Of the day we went to the car boot sale
Little trailers and vans seemed to sprout
everywhere
Eagerly waiting to sell us their ware
Trestles and tables had all taken root
Colourful carpets spilled out of a boot
Odd bits and bobs, old curiosities
Tables piled high with silly atrocities
There were rusty old tools and bright
flowerpots
Bundled together as 'separate lots'
A stall bedecked with china pigs
Curling tongs, and 'fashion' wigs
Knitting wool and crochet hooks
Collections of cassettes and books
Placed on a seat of an old rocking chair
A huddle of dolls and an old teddy bear
With a tag 'round his neck saying 'please take
me home
Will somebody love me? I don't want to
room'
We traipsed 'round the field, and had so much
fun
Finding something or other to please
everyone
Then we came to the end — thought we'd seen
every stall
When one of our party espied near the wall
A table so tiny its surface quite bare
Just an old fashioned lamp and a picture stood
there
The fellow in charge said 'please make a bid'
And I laughingly said 'I'll give you two quid'
Home with my picture I happily went
Pleased with myself, and the two pounds
I'd spent
A faded old 'photo in a dusty old frame
But a wonderful bargain for me just the same
For I carefully cleaned it, and got such a start
It turned out to be quite a fine work of art!
My little oil painting admired by all
Now takes pride of place from a hook in
the hall.

Barbara Davies
Brynffynnon Road, Gorseinon

●Send your poems to Jo Leworthy at South Wales Evening Post, Adelaide Street, Swansea, SA1 1QT, email joanne.leworthy@swwmedia.co.uk

It happened today

1951: Margaret Thatcher was, at 26, the youngest candidate to stand at a general election. The Tories won overall by a narrow margin but she failed to win her seat.
1961: The first edition of Private Eye, the British satirical magazine, was published.
1964: President Kaunda took power in Zambia.
1983: US Marines invaded Grenada.
Last year: Reformed Take That made their first public appearance since Robbie Williams rejoined as the group collected a prize for their years of success at the Q Awards.

Birthdays

Alan Smith, former cricketer, 75; Helen Reddy, singer, 70; Anne Tyler, novelist, 70; Fred Housego, TV personality, 67; Jon Anderson, singer (Yes), 67; Glynis Barber (right), actress, 56; Phil Daniels, actor, 53; Michael Lynagh, former rugby player, 48.



Remember when

The following events occurred in living memory. Can you guess the year?

- 1 The Pope visited the Holy Land
- 2 Ian Fleming died
- 3 Spain won the European Football Championships
- 4 Ian Smith became prime minister of South Rhodesia

Answer — 1964

CREATURE FEATURE ...BY DAVE FOLLOWS



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