



## Good food for strong bones

Here is the latest in our series of articles on food and diet by nutritional therapist Simone Baroke, who practises in East Finchley. She can be contacted on 020 88830915.

According to figures released by the UK's National Osteoporosis Society, every three minutes someone will suffer a bone fracture due to osteoporosis, affecting one in five UK women over the age of 50.

These are startling figures, and the earlier you start taking sensible preventative measures, the more likely you are to avoid becoming part of this statistic. Even if you've already been diagnosed with the disease, there's still a lot you can do to slow its progression.

### Live scaffolding

Most people think of their bones as dead scaffolding material, but they're actually a vibrant matrix of highly active cells that help control body mineral levels by constantly remodelling themselves. When, over a prolonged time period, excessive levels of minerals are drawn out of the bones without being replaced, the bones lose density, and osteoporosis develops.

Good nutrition is a primary factor in bone health. Minerals, like calcium, are required in a number of essential physiological functions, and insufficient dietary intake (or poor absorption) forces our body to rob the bones.

Calcium tablets are, at best, only part of the answer. To maintain and build bone mass, we need a whole array of different nutrients. I've outlined some of the most important ones below, plus useful food sources.

**Calcium** (bone building mineral): dairy products, nuts, seeds, tinned fish with bones, beans, lentils, tofu, broccoli, cabbage, dried apricots and figs.

**Magnesium** (bone building mineral): fruit & veg, especially green leafy vegetables, wholegrain products, nuts, seeds, legumes.

**Vitamin D** (ensures absorption of minerals from digestive tract): oily fish, eggs, dairy products, mushrooms. Exposure of skin to sunlight produces vitamin D. Try to catch 10-15 minutes two or three times a week, but take care not to burn.

**Vitamin K** (essential for calcium metabolism): cabbage, kale, cauliflower, broccoli, Brussels sprouts & green leafy vegetables.

**Manganese & Boron** (trace minerals essential for bone formation): pineapple, apples, pears, grapes, peaches, raisins, nuts, whole grains (e.g. oats), tea, spinach.

Substances which are detrimental to your bones include salt, red meat (especially processed meat) and coffee, so it's best to reduce their intake as much as possible.

## COMPUTING

### Stop spyware now

By Omar Idrissi

Not so long ago, viruses were a computer's worst enemy. These days, although viruses cause more damage, spyware and adware are the new threats to our systems.

#### What is Spyware?

Spyware is the part of software that can collect your personal information without your knowledge or permission. This information may include details of websites you have visited and sensitive information including user names and passwords.

Spyware can apply to any legitimate but annoying program that users consent to have installed on their PCs (sometimes unwittingly), as well as programmes that hop on board without permission. Both can drain a computer's resources, slow internet connection, spy on your surfing or even forcibly redirect your browser.

Your computer could become vulnerable to spyware if you download items from the internet; music from file-sharing programs; free games from sites you don't trust; or other software programs from unknown sources.

If you experience slower internet connection speeds,

unwanted pop-up ads even when you are not on the internet, changes in Web browser settings or home pages, or suffer computer unresponsiveness, your computer may be infected.

Because the typical goal of spyware is to steal information, some types of spyware may run quietly and your computer may not display any outward signs of infection.

The best way to check for infection is to scan your computer regularly using an updated free spyware utility such as Spybot, which can be downloaded from the internet. It is recommended to run spyware programmes once a week if using a broadband connection and once a fortnight for those with a standard dial-up connection.

Omar Idrissi is a senior technician at IT 1-4 in the High Road. Contact his team on 020 8444 2299 for a free computer health check (quote ARCHER/SPY).

## Reading Voyage

By Sheila Armstrong

Barnet children's libraries are again running their summer holiday reading scheme *The Reading Voyage*, part of the national summer reading challenge for children.

In East Finchley Library, the Reading Voyage Art started on Tuesday 26 July and will continue each Tuesday between 2-3pm throughout August, ending in mid-September. Children coming along can help to create a giant frieze, which will chart their progress on the challenge.

Pirate Pandemonium will take place on Thursdays between 2-3pm from 11 August, again finishing mid-September. On the theme of adventure and exploration there will be games, quizzes and piratical fun for children of all ages.

On Thursday 25 August between 11am-12 noon, children can take part in Voyages on the Net, an exploration of good websites for children. The official end of the whole scheme is Saturday 17 September.

Prizes and certificates will be awarded to children reading six books over the summer. All events are free but you may need to book for some of them. Contact East Finchley Library for a free leaflet or phone the children's librarian on 020 8883 2664. The website is [www.readingvoyage.org.uk](http://www.readingvoyage.org.uk).

## Good with numbers?

By Diana Cormack

Are you good with numbers and have a few hours a month to spare? Could you help the Motor Neurone Disease Association by giving your time as a local volunteer?

The North London Branch of the MND is looking for some help with organising finances and administration. As well as fundraising, the branch, which covers the N postcodes up towards Cheshunt and Potters Bar, raises awareness of MND locally and supports sufferers and their families. This involves open support meetings, financial support and volunteer visitors.

The position of treasurer needs to be filled soon. It would suit someone who enjoys working with numbers, and who is able to maintain straightforward financial records and explain

financial information clearly

Volunteers will be given a full induction, guidelines, expenses and insurance along with coaching from the previous post-holder and experienced organisers. Meetings are held four to six times a year in north London.

Even if you've never heard of Motor Neurone Disease, the MND Association would like to hear from you. Your skills could help a small but enthusiastic committee that really does make a difference. To find out more please call Stef Cormack on 020 7801 8667 for an informal chat.

## Letters to the editor

### We saw the deer too!

Dear Editor,

In your article 'Oh deer!' (*The Archer*, July 2005), you were wondering whether anyone else in East Finchley had seen the deer.

We spotted it in our back garden in Vivian Way, off Deansway, on the afternoon of Sunday 3 July. It was a fully-grown roe deer, and it was munching our grass, and then it moved on to grazing on some shrubs. After a while, it left quietly, and we have not seen it since.

We are also interested to hear whether others have seen it, where it came from, and where it is now.

Yours

Steff Marsh  
Vivian Way, N2

### Disabled parking bay abolition

Dear Editor,

You will already be aware that there are enormous pressures in Fairlawn Avenue regarding heavy traffic and excessive parking fines that residents are obliged to pay.

One resident happened to see a notice affixed to the lamp-post nearest to a disabled parking bay announcing that the London Borough of Barnet planned to abolish this facility.

Send your correspondence to: "Letters Page", *The Archer*, PO Box 3699, London N2 8JA or e-mail [the-archer@lineone.net](mailto:the-archer@lineone.net).

We are outraged by this precipitous notice which was undated and which is depriving us of our rights as Fairlawn Avenue residents. We believe it is significant that LBB should conduct themselves in this cynical, high-handed manner when many residents are on holiday already and none of the remaining residents has even seen this notice.

We do not even know whether their actions comply with the Disabled Access legislation passed in recent years.

There are many elderly and disabled residents in Fairlawn Avenue already paying for residents' permits and visitor tickets who are reliant on this bay specifically for their own immediate needs, as are disabled visitors for whom there are no other spaces allocated, especially with the longer restrictions introduced from Monday to Saturday in this CPZ zone M.

Tim Worthington  
Fairlawn Avenue, N2

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## No sweat for your pet

The holiday season has arrived so the RSPCA has sent out its annual reminders to those owning pets to make sure their animals enjoy the summer too.

Whether you leave your dog or cat with friends or relations, in kennels or a cattery, make sure that the necessary inoculations are up to date. Give clear written instructions on the amounts and usual meal times with the food you leave for them. Also leave some bedding and a special toy with their water bowl and supper dish. They will appreciate the familiar smells of home.

In hot weather, exercise should be taken in the early morning and cool of the evening. Don't take your pet with you on days out to crowded places where he or she will be jostled and bewildered. Instead, leave them in a cool place in the house with plenty of fluid and a snack.

Finally, never leave any animal shut in a car, even with a window open. Your return may be delayed or someone might attempt to let your pet out or even report you to our inspectors. Again, their own home in cool comfortable surroundings is by far the best place on a hot sticky day. With a fur coat and no sweating mechanism, you would think so too.

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