

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

All That Flapping About Has To Stop

By Holmes Charnley

All That Flapping About Has To Stop by Holmes Charnley

What a pleasant man that Rick Stein is. Only the other night, as I tucked into Mrs Holmes' latest offering and flicked through the channels before settling down with his show (yes, another TV dinner) was I really made aware of this.

Pleasant-ish anyway. He seems a little heavy handed with his ingredients at times –when they're still alive– for my taste but I'm not overly worried by this. I think that's just twinges on my part because I'm still feeling guilty about falling off the vegetarian wagon. The pheasant shoot he went on recently still sticks in my throat however.

Last night, he was waxing lyrical about an upsurge in the nation's enjoyment of Cornish sardines. When called pilchards, there was no demand, no call for them. But Cornish sardines are a whole different kettle of fish entirely. (Well, no they're not, they're the same species.) It would appear the name change has added romance and flavour.

He quite often enjoys going to the source of his dishes. Last night's programme involved a trawler trip. I just wish he hadn't pawed the fish, held them aloft, whilst they were still alive. The dreadful flapping and the bulging eyes were a little off-putting. I think this particular fish was wishing to god it was still called a pilchard. Less demand, more time in the sea, it reasoned. Not unreasonably...

I think it's his evident enjoyment in the whole cooking experience that I find so endearing. An obvious enjoyment, whilst remaining wholly down-to-earth is a winning combination. No airs and graces, no nouvelle cuisine, just a man with a pleasant manner and a straightforward recipe.

I was still pondering this today when I came across a snippet of information regarding Jamie Oliver. In many ways, the antithesis of Rick Stein. Tempting though it is, I'm not going to unleash on the boy. He's got a lisp, he's the perfect example of a mockney, but it's all been said before. Let's leave it. The information regarding Mr Oliver was apropos the Sainsbury's adverts he's starred in. "Starred" here is the operative word. How can someone, though undeniably a whizz in the kitchen, become a personality? It seems very strange.

All That Flapping About Has To Stop

As Stephen Fry said, upon winning *Celebrity Mastermind*: "The word of the epoch: Celebrity." You can't have celebrity chefs any more than you can celebrity plumbers. But of course, once the bourgeois have sunk their teeth in, logic spirals out of control. They adore posh nosh, therefore we have celebrity chefs.

I digress. Jamie Oliver and Sainsbury's. The "Jamie effect" as Sainsbury's themselves have called it, has boosted their profits by £153m. You can't say fairer than that.

Whilst we're on the subject of celebrity chefs, Rick Stein aside, one other I have a lot of time for is Kevin Woodford. Though more high profile than Stein, he has also retained some basic human qualities such as humour and a lack of pretence. Speaking of Kevin Woodford also allows me to regale

you with something very funny I read in *Loaded* several years ago.

One of their writers was over on the Isle of Man and had popped in to The Waterfront, Woodford's flagship restaurant, only Mr Woodford wasn't in the kitchen that particular day. As the Isle of Man has very strict laws regarding homosexuality (basically, don't, regardless of your age) the writer, John Perry considered that perhaps the celebrity chef had gone back to the mainland "where his moustache would raise less suspicion." Very good. Wit and a damning indictment on homophobia all rolled into one.

These chefs do serve one useful purpose though. Highlighting the fact that it's ok for blokes such as me to potter around the kitchen without fear of ridicule. We can experiment to our heart's desire. And whilst we're on the subject, I find it delightful that my stepson is doing cookery at school. He has no choice. It's part of the curriculum. Breaking down the barriers of stereotyping is always a good thing. (I'd rather I hadn't had to try his scones out last week though.)

This is the only use for celebrity chefs though. Allowing men into the kitchen is too large a price to pay for having them on our screens so often. You may remember I spoke earlier of Rick Stein causing a fish to flap about with bulging eyes. It rather reminded me of the chefs themselves.

© Copyright Holmes Charnley mmiv. All rights reserved.

Freelance Journalist based in Devon–UK. For more examples of my work, please visit <http://www.articles.me.uk>. The two most recent pieces have been published in *The Guardian* (UK broadsheet.) Pieces also accepted by *Jack* magazine.

Symptoms of Autism

By Sylvie Leochko

Typically, children are diagnosed with Autism between the ages of 2–4 years; however the symptoms of Autism can be detected as early as 6 months of age.

Early possible symptoms

All That Flapping About Has To Stop

Early possible symptoms could include: not making eye contact with parents, not cooing or babbling, not responding when you play the peek-a-boo game with them and not smiling when parents smile at them. These, of course, are the very early symptoms of Autism. It is important to note that there could be other reasons for a developmental delay or they could be just a little behind at this stage but will catch up over time.

Other symptoms as getting older

As the child becomes older, there are other areas that you should be aware of: if they have not made any attempt to speak after 15 months and they are not pointing, waving or grasping in addition if they do not respond when their name is called.

They seem to be indifferent to others, in other words, they don't seem to really take notice of other people around them. Repetitive body movements such as rocking and hand flapping, they also become fixated on one particular object or item, especially one that spins.

Frustration and routine

By 24 months, children who may have Autism Spectrum Disorder or one of the other pervasive development disorders, may still not speak or put together two word phrases. The hand flapping may become more frequent, often become more agitated when their routine is broken or altered i.e. they become upset when you choose to take them for a walk in the park and decide on a different direction to walk.

Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) as its name states is a disorder and each child who has Autism will be on a different level on the spectrum. Therefore, not all symptoms or signs will be the same for all children.

Symptoms are as unique as each child

For example, we have two children who have Autism Spectrum Disorder, however, the difference is based the types of symptoms they have shown. Our son was non-verbal and did plenty of hand flapping and when standing, he was moving almost in a jumping motion when excited.

Routine is the key word

He also became very upset when his routines were changed. He also was lining up his toys and other items rather than playing with them in a typical manner.

Our daughter who is on the borderline Autism rating scale has shown different signs of Autism. She will lie on her back and stomp her feet repetitively. Unlike our son, she was playing with her toys in a more

All That Flapping About Has To Stop

typical manner and would not be as upset with routine changes.

They are quite opposite in other ways as well. Our daughter is the life of the party while our son, till this day, still is very shy of new people.

When in doubt...

If you feel your child has the symptoms of Autism then it is imperative that you immediately make an appointment with your family doctor to discuss your concerns. Many parents have worried that it would be labeling their child if they seek a professional opinion. Do not waste time here.

Early intervention

Children with Autism need to receive early intervention programs such as: speech language pathologist, behavior therapy and child development therapy. If a doctor tells you to wait one year to see if they will catch up in development, then by all means seek a second or even third opinion if necessary.

Waiting to be diagnosed can be very costly. In order for the child with ASD to reach their potential, they need to get therapy as soon as possible.

Every child with Autism Spectrum Disorder has the potential to achieve great things. Early intervention will help them achieve this.

My name is Sylvie Leochko. As the father of two young autistic children, I have both learned and experienced a lot about Autism Spectrum Disorder and its multiple faces. This is why, I am sharing with you these symptoms which helped my husband and I to get our children's needs identified as soon as possible. If you wish to learn more about Autism Spectrum Disorder, I invite you to visit the following sites:

and

All That Flapping About Has To Stop



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!