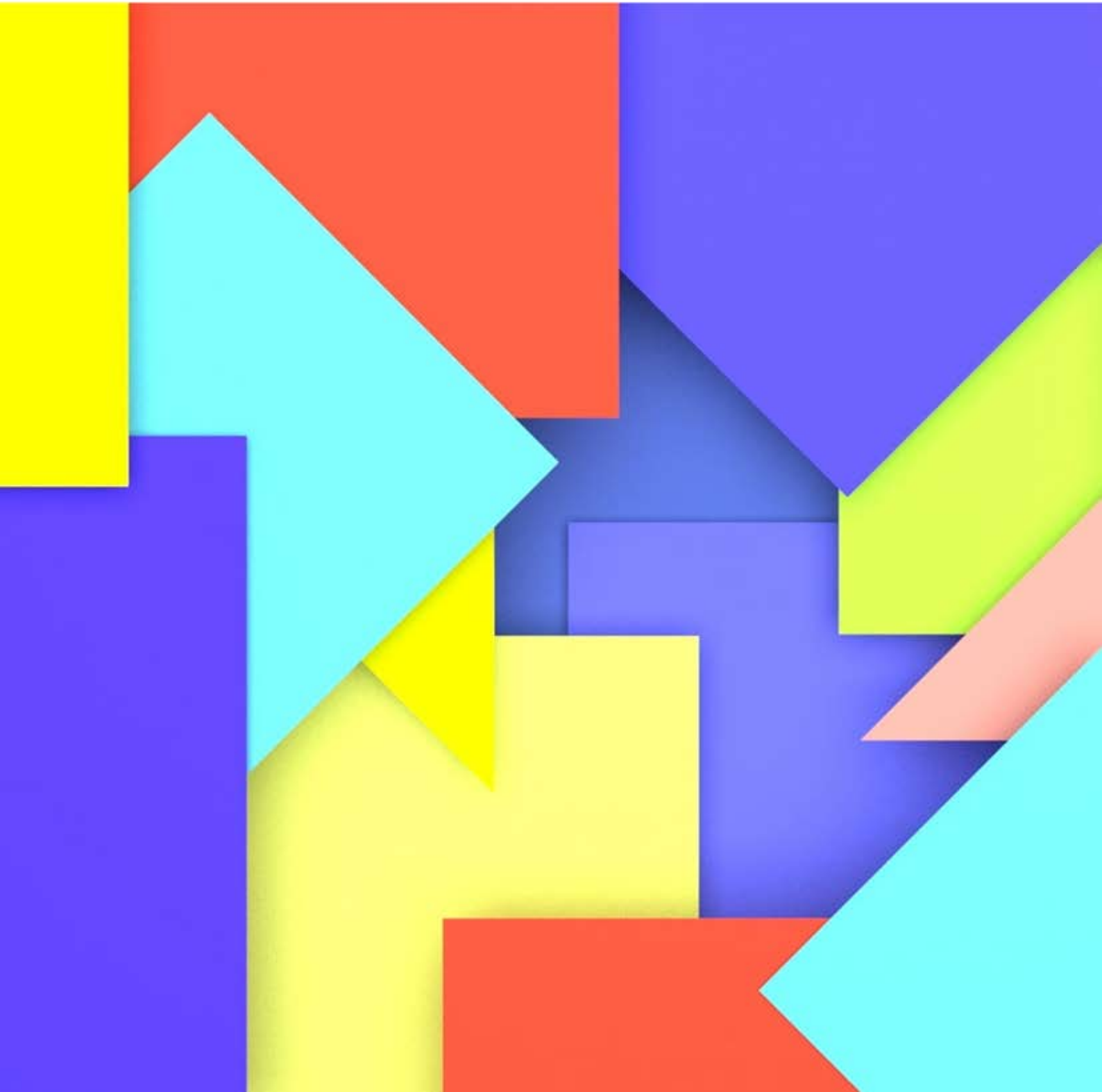




Queen Alexandra College

QAC Weekly

Issue 5

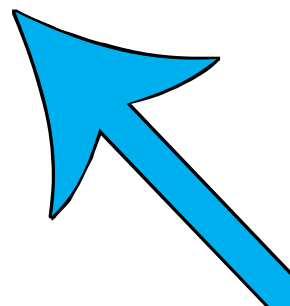


Monday



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Monday

On This Day...

1992

British politician Betty Boothroyd became the first woman to be elected speaker of the House of Commons; she held the post until 2000



1828

The London Zoo opened in Regent's Park



PLAN OF THE GROUNDS OF THE ZOOLOGICAL SOCIETY OF LONDON

Notable Birthdays...

1927

Coretta Scott King
**AMERICAN CIVIL RIGHTS
ACTIVIST**



1759

Mary Wollstonecraft
AUTHOR AND ACTIVIST



Monday

Recipe of the Day

Jamie Oliver's Potato Wedges

Ingredients:

- sea salt
- freshly ground black pepper
- 600 g baking potatoes
- olive oil

Method:

- To prepare and cook your potato wedges: Preheat your oven to 200°C/400°F/gas 6. Put a large pan of salted water on to boil.
- Scrub the potatoes clean and get rid of any gnarly bits. Cut the potatoes into chunky wedges. Add to the pan of boiling water and parboil for 8 minutes. Drain in a colander and leave to steam dry for a couple of minutes.
- Transfer to a roasting tray and add a good lug of olive oil and a pinch of salt and pepper. Toss together so all the wedges are coated in the oil then spread out in one layer. Cook in the hot oven for 30 minutes until golden, crisp and cooked through. Delicious served with steak or chicken.



Monday

Fruit Word Scramble

Fruits are important for a healthy balanced diet, they provide lots of essential nutrients and are naturally low in fat. The definition of a fruit is different depending on whether you are a gardener or a chef. As a gardener you may consider tomatoes and peppers to be fruit, a chef on the other hand would probably class these as vegetables.

- eyrboegrso -----
- plape -----
- yrbiler -----
- hycerr -----
- ncmieteentl -----
- rabrcryne -----
- beluebrry -----
- lpaeiinpp -----
- manog -----
- nsmiproem -----



This Fruit themed Word Scramble features 10 Fruit themed words which have been scambled. See if you can unscramble them to see what they are.

Tuesday

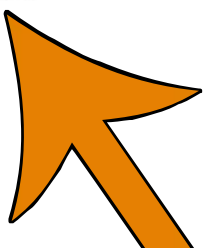


Love is the Flower

you've got to let grow

John Lennon

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Tuesday

On This Day...

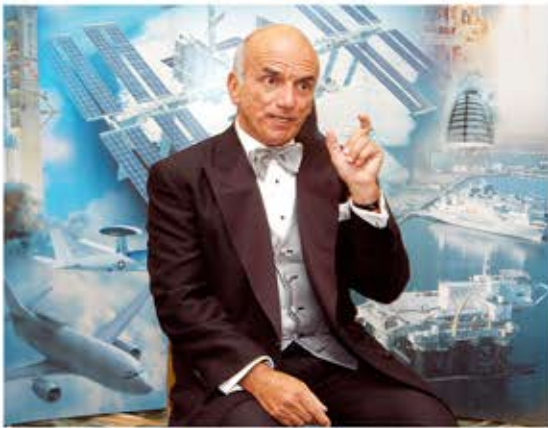
2003

Apple launched the iTunes Store, which gave users the ability to purchase and download music from the internet directly to their iTunes library; in 2010 the store sold its 10 billionth song



2001

American businessman Dennis Tito became the first space tourist when he was launched into orbit aboard a Russian supply mission to the International Space Station; he paid approximately \$20 million for the six-day trip



Notable Birthdays...

1980

Bradley Wiggins
BRITISH CYCLIST



1926

Harper Lee
AMERICAN WRITER



Tuesday

Recipe of the Day

Jamie Oliver's Homemade Vegetable Crisps

Ingredients:

- 500 g parsnips
- 330 g carrots
- 400 g beetroot

SPICY SALT

- 1 teaspoon sea salt
- ½ teaspoon fennel seeds
- 2 dried red chillies

Method:

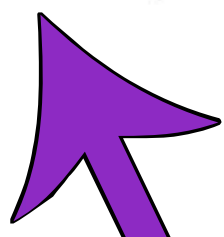
- Preheat oven to 150C/gas 2-3.
- Scrub the parsnip, carrots and beets. Using a mandolin or the thick slicer on a grater, slice each of the veg at an angle into long pieces - they really shrink in the oven.
- Place veg slices in a single layer on baking trays - keep the veg separate. Place the carrots and beetroots in the oven for about 2 hours; after 30 minutes add the parsnips. Remove when dry, crisp and cooked.
- Crush the salt, fennel seeds and chilli in a mortar (or a coffee grinder), and sprinkle over your crisps. Serve hot or cold.



Wednesday



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Wednesday

On This Day...

2011

British Royal Wedding - Prince William of Wales, married his longtime girlfriend, Catherine Middleton, in a lavish ceremony broadcast to millions of television viewers



1429

French national heroine Joan of Arc and her troops entered the besieged city of Orléans during the Hundred Years' War

Notable Birthdays...

1901

Hirohito
JAPAN'S LONGEST
REIGNING EMPEROR



1899

Duke Ellington
AMERICAN MUSICIAN



Wednesday

Recipe of the Day

Jamie Oliver's Speedy Spinach Curry

Ingredients:

- 20 g unsalted cashew nuts
- 1 onion
- 2 teaspoons rogan josh curry paste
- 100 g paneer cheese
- 200 g baby spinach

Method:

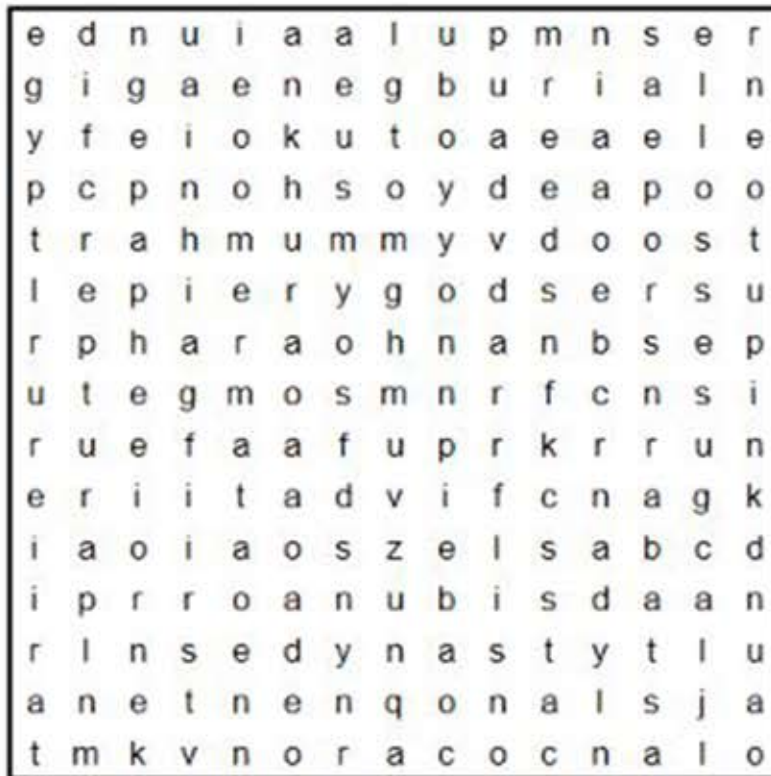
- Put a large non-stick frying pan on a medium-high heat and toast the cashew nuts as it heats up, shaking the pan occasionally until lightly golden.
- Tip the cashews into a pestle and mortar, returning the pan to the heat.
- Peel and finely slice the onion and place in the hot pan with 1 tablespoon of olive oil and the curry paste.
- Cook and stir for 8 minutes, then add 1 tablespoon of red wine vinegar. Let the vinegar cook away for 30 seconds, dice and add the paneer, then the spinach.
- Stir until the spinach wilts and all the liquid evaporates, then taste and season to perfection with sea salt and black pepper.
- Crush the cashew nuts and sprinkle over the top before serving.



Wednesday

Ancient Egypt Word Search

Around 5000 years ago the Ancient Egyptians built a great civilisation. There are lots of mysteries surrounding this ancient civilisation. We are fascinated by the pyramids, mummification, the Egyptian Gods and Goddesses, canopic jars and the ancient curses of the pharaohs.



Word List

See if you can find the Ancient Egyptian related words in our word search.

Ankh
Cairo
Goddess
Pharaoh

Anubis
Dynasty
Gods

Burial
Egypt
Mummy

Thursday



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Thursday

On This Day...

1939

The National Broadcasting Company made the first public television broadcast in the United States, at the New York World's Fair



1789

George Washington, the first president of the United States, was inaugurated in Federal Hall in New York City, addressing his constituency on “the proceedings of a new and free government”

Notable Birthdays...

1944

Sonal Mansingh
INDIAN DANCER



1310

Casimir III
KING OF POLAND



Thursday

Recipe of the Day

Gordon Ramsay's Herb Omelette

Ingredients:

- 8-10 cherry tomatoes
- 1 tbsp olive oil
- Sea salt and black pepper
- 3 large eggs
- Handful of mixed herbs such as parsley, chives and chervil

Method:

- Halve the cherry tomatoes or cut into quarters and place in a bowl. Heat the olive oil in a non-stick pan and tip in the tomatoes. Season with salt and pepper and fry over a medium heat for 1-2 minutes until the tomatoes are just soft but still retaining their shape.
- Lightly beat the eggs in a bowl in the meantime. Scatter the chopped herbs over the tomatoes, then pour in the beaten eggs. Quickly stir and shake the pan to distribute the eggs. When they are almost set, take the pan off the heat.
- Fold the omelette using a heat proof spatula. Slide onto a warm plate and serve immediately.



Thursday

Quiz of the Day

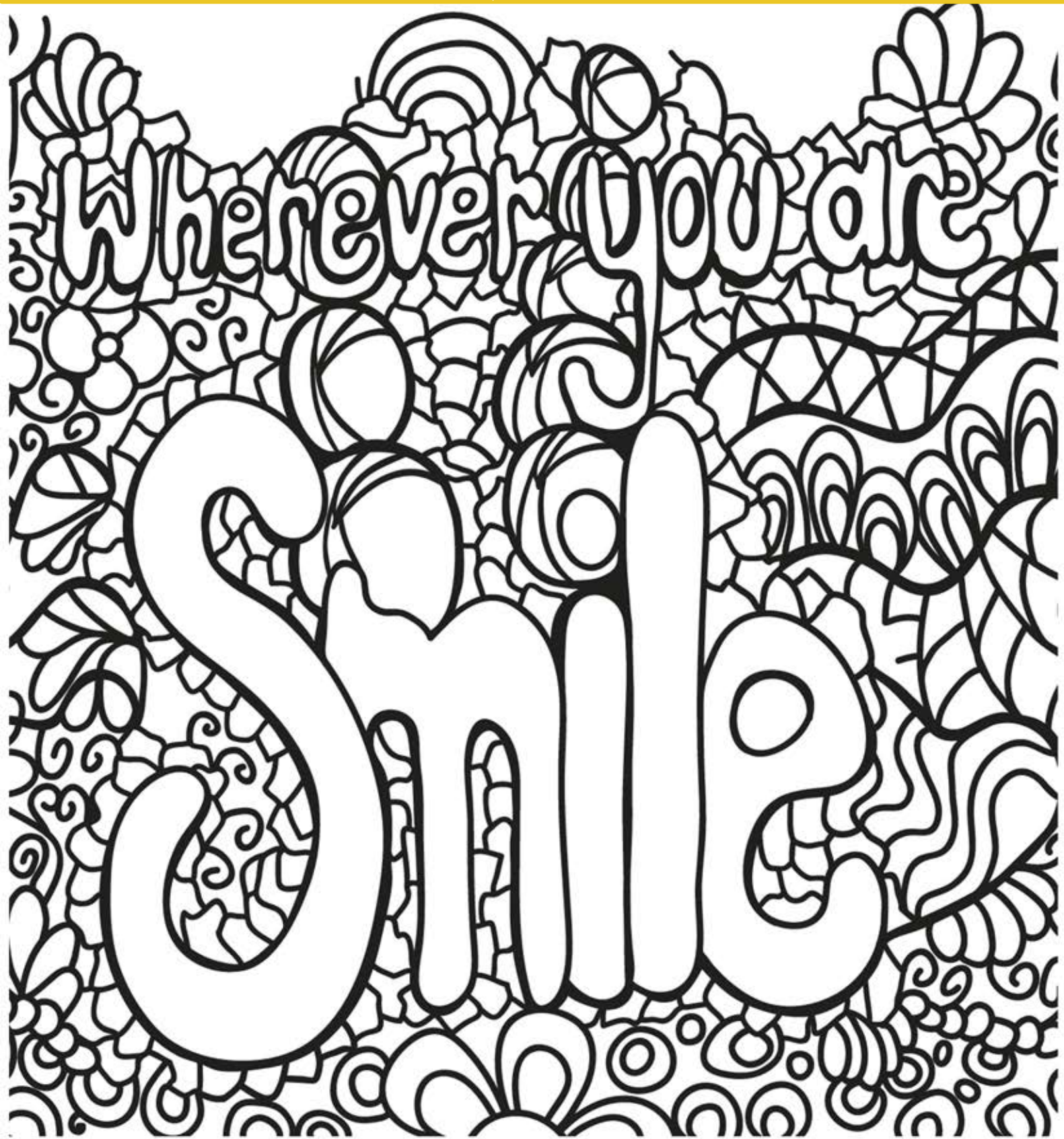
Quiz of the Day

How's' your general knowledge? Take this quick-fire quiz and find out:

1. Andy Cole topped the goal scoring charts in the 1993/94 season, for which club?
2. Whoopi Goldberg starred as a medium in which 1990 film?
3. Which main canal runs between Birmingham and London?
4. Which 'Family' had hits with *Ocean Drive*, *High* and *Lifted*?
5. Who was the Greek God of Love?
6. Which Western romance was the big winner at the 2006 BAFTA Film awards?
7. Which coniferous tree shares its name with a word meaning neat or dapper?
8. In what country are the Ural Mountains?
9. What type of musical instrument would you associate with Captain Corelli?
10. Who did Robbie Williams duet with on the single *Somethin' Stupid*?



Friday



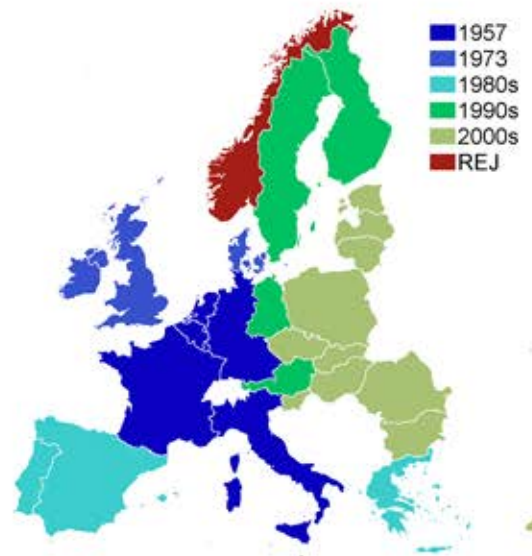
Colour Me 

Friday

On This Day...

2004

The European Union was enlarged to include the new member states of Cyprus, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Malta, Poland, Slovakia and Slovenia



1941

Orson Welles's Citizen Kane, considered by many critics to be the greatest film ever made, premiered in New York City

Notable Birthdays...

1946

Joanna Lumley
BRITISH ACTRESS



1932

Sir John Forster
Woodward
BRITISH ADMIRAL



Friday

Recipe of the Day BBC Good Food Easy Fluffy Scones

Ingredients:

- 350g self-raising flour, plus more for dusting
- 1/4 tsp salt
- 1tsp baking powder
- 85g cold butter, cut into cubes
- 4tbsp golden caster sugar
- 150g pot natural full-fat yoghurt
- 4tbsp full-fat milk
- 1tsp vanilla extract
- 1 egg beaten with 1tbsp milk, to glaze

Method:

- Put a baking sheet in the oven at 220C/200C fan/gas 7. Put the flour, salt and baking powder into a food processor, then whizz in the butter until it disappears. Pulse in the sugar, tip into a large bowl, then make a well in the middle.
- Warm the yogurt, milk and vanilla together in the microwave for 1 min or in a pan; it should be hot and may well go a bit lumpy-looking. Tip into the bowl and quickly work into the flour mix using a cutlery knife. As soon as it's all in, stop.
- Tip the dough onto a floured surface, then, with floured hands, fold the dough over a few times – just enough to create a smoothish dough. Press out to about 4cm/1½in thick, dip a 7cm cutter into more flour, then stamp out 4 rounds, flouring the cutter each time. Squash the remainder lightly together, then repeat until the dough is used up. Brush tops with egg wash, scatter flour over the hot sheet, then lift the scones on. Bake for 12 mins until risen and golden. Best eaten just-warm, or on the day.



Friday

Brummie Born & Bred

John Cadbury - Founder of the Cadbury chocolate company



Alison Hammond -
Television Presenter

Ozzy Osbourne -
Singer, Black Sabbath



Friday

Brummie Born & Bred

Dame Julie Walters - Actress



Moeen Ali - England
Cricketer

Cat Deeley -
Television Presenter



Friday

Brummie Born & Bred

Benjamin Zephaniah - Poet



Shazia Mirza - Comedian

Oscar Deutsch - Founder of the Odeon Cinema chain



Biography

Marla Lee Runyan

Marla Lee Runyan is an American track and field athlete, road runner and marathon runner who is blind. She is a three-time national champion in the USA women's 5000 metres.

Born in Santa Maria, California in 1969, Runyan graduated from Camarillo High School in 1987. She went on to study at San Diego State University, where she began competing in several sporting events: the heptathlon, 200-meter dash, high jump, shot put, 100-metre hurdles, long jump, javelin throw and the 800-metre run.

Runyan won four gold medals at the 1992 Summer Paralympics in the long jump and the 100, 200, and 400 meter races. She also competed in cycling at those games. She attempted to qualify for the Olympics at the 1996 U. S. Olympic Trials, finishing 10th in the Heptathlon. While failing to qualify, she ran the 800 meters in 2:04.60, a heptathlon-800m American record. This success convinced her to try distance running. At the 1996 Paralympics in Atlanta, she took silver in the shot put and gold in the pentathlon.

Her career as a world-class runner began in 1999 at the Pan American Games in Winnipeg, where she won Gold in the 1,500-meter race and was ranked second in the United States in that event in 1999 by Track and Field News. The next year, she placed eighth in the 1,500-meter in the 2000 Sydney Olympics, making Runyan the first blind athlete to compete in the Olympics and the highest finish by an American woman in that event.

By 2001 she won her first of three consecutive 5000 metre National Championships. She also released her autobiography "No Finish Line: My Life As I See It"; In 2002, she added the road 5K and 10K National Championship and married her coach, Matt Lonergan.

She finished as the top American at the 2002 New York Marathon with a time of 2 hours, 27 minutes and 10 seconds to post the second-fastest debut time ever by an American woman.

She qualified for the 2004 Summer Olympic Games by finishing second in the United States Olympic Trials (track and field). She took 2005 off to give birth to her first child, Anna Lee on September 1, but returned to the roads in 2006 winning her second National Championship at 20 km (her first was in 2003).

Arguably Runyan's greatest success came at the Paralympic Games, where she has been a five times gold medallist.

With the fastest marathon debut time by an American woman, Marla also ran the Twin Cities, Boston, and Chicago marathons finishing 1st, 5th, and 7th in those events respectively.

To this day, Marla remains the only visually impaired American athlete to qualify and compete in both the Olympic and Paralympic Games. Marla currently holds two master's degrees in Special Education.



Photo of Marla Lee Runyan

Two Truths and a Lie

Here are the answers to last week's "Two Truths and a Lie" statements!
If you would like to submit two or more sets of three statements to be featured please
email info@qac.ac.uk

Last Week's participant - Jenny Bryant,
Assistant to the Marketing Team



Set 1:

- I learnt Spanish at school. (LIE)
- I once went to see the same band 10 times in 14 days. (TRUTH)
- I have flown over Niagara Falls in a helicopter. (TRUTH)

Set 2:

- I can play Guitar. (TRUTH)
- In my spare time I love to read. (LIE)
- One of my claims to fame is kissing Phillip Schofield on the cheek for 50p. (TRUTH)

The Happiness Project

One of the tasks set for our Art and Design students over the past couple of weeks was to create a piece of art inspired by the theme of happiness. The students were able to display their creativity, coming up with some fantastic pieces!

