

## Star guide

with Russell Grant



Discover the key to your destiny tomorrow by phoning your special starsign number.

**Aries 09068 242686**  
Mar 21-Apr 20

Transportation problems could wreak havoc with your plans. If you insist on sticking to your original schedule, you'll be bitterly disappointed. It's possible you'll remember an appointment after you were supposed to meet.

**Taurus 09068 242687**  
Apr 21-May 21

Keep your valuables under lock and key, or you could become a victim of theft. These days, you can't be too careful, even in places that seem familiar and safe. A friend's erratic behaviour is driving you to distraction.

**Gemini 09068 242688**  
May 22-Jun 21

A headstrong attitude could drive romance from your door. You need to let your soft side show. If you're in a relationship, you need to be kinder to your partner. You may not realise it, but your sniping is wearing on their self confidence.

**Cancer 09068 242689**  
June 22-July 23

You may be your own worst enemy now and refusing to expand your horizons is getting you in trouble, both personally and professionally. Venture out of your comfort zone, even if it means looking awkward in front of people you want to impress.

**Leo 09068 2426890**  
July 24-Aug 23

Friends may be goading you into reckless behaviour so err on the side of caution. You shouldn't have to prove yourself to people who don't have your best interests at heart. A physical relationship could be undergoing some problems.

**Virgo 09068 242691**  
Aug 24-Sep 23

A rash decision could make you look fearful and unreliable. It's better to bide your time, even at the risk of appearing uncertain. Children have a way of acting up. It really angers you that a particular child refuses to pay attention to the rules.

**Libra 09068 242692**  
Sep 24-Oct 23

Beware of voicing your opinion about a matter you know little about and if someone asks what you think, say something noncommittal. You may feel one degree under today, possibly because you worked such long hours during the previous week.

**Scorpio 09068 242693**  
Oct 24-Nov 22

Poking your nose where it doesn't belong can result in heartache. If you don't respect people's privacy, they'll start digging into your personal life. A creative block could be driving you to distraction.

**Sagittarius 09068 242694**  
Nov 23-Dec 21

Arguments with a business or romantic partner are starting to break out. The two of you are getting on each other's nerves. By adopting a more generous attitude towards your associate, you'll feel less committed to maintaining your position.

**Capricorn 09068 242695**  
Dec 22-Jan 20

It's important to take careful precautions, particularly if you're engaging in heavy physical activity. This isn't the best day to lift heavy furniture or go on an arduous run. Treat your body gently, or it could rebel.

**Aquarius 09068 242696**  
Jan 21-Feb 19

Violent sports, movies, and hobbies are having an adverse effect on your outlook. It's better to surround yourself with people who have a more positive view of the world. That may sound sappy, but it's integral to your wellbeing.

**Pisces 09068 242697**  
Feb 20-Mar 20

Outfitting your home with basic safety equipment like smoke alarms and fire extinguishers is probably a good idea. You will save yourself a lot of anguish by being prepared for an emergency. Exercise compassion towards an authority figure.

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### Back on my feet for marathon

After a pro-lapsed disc left him unable to stand, Nigel Arnold thought he would never walk again. But now he is taking part in the London Marathon, thanks to staff at Norfolk's flagship hospital.

This time last year Mr Arnold, 50, was unable to walk, let alone run, and was admitted to the Norfolk and Norwich University Hospital, after test showed a pro-lapsed disc was cutting into his spinal cord, a condition known as spinal stenosis.

Mr Arnold, who lives in Buxton with his wife Marion and teaches children with learning difficulties, said: "The pain was so bad that at work I had to sit down to teach. Running was impossible; I had to give it up."

Mr Arnold, a keen athlete who has run for the Norfolk Gazelles, had an operation in February 2007, performed by consultant orthopaedic surgeon Lennel Lutchman and his team.

Now Mr Arnold, who started experiencing back pain in 2004 after lifting a heavy plant pot, is preparing for one of the world's toughest endurance races to raise money for the department which helped put him back on his feet.

He said: "By way of thank you I want to raise money for the unit as I never imagined in a million years that I would be able to run again. I am so grateful to Mr Lutchman and his team for the treatment I received. It means so much to me to be able to run again."

→ If you would like to support Mr Arnold in his quest to raise money for the orthopaedic department at the N&N please contact him on 01603 277100 or 279627.

PHOTO: BILL SMITH

# Sports students told to behave or lose bar licence

## SNAPSHOT

Sports club members at the UEA have been warned to behave after safety fears were raised following initiation ceremonies. The Student Union fears any anti-social behaviour could cost them the campus bar's licence.

Students at the University of East Anglia have been warned they could find themselves denied cut-price alcohol unless they improve their behaviour.

Safety fears have been raised because students are taking part in sports club initiation ceremonies which involve them drinking a great deal of alcohol and carrying out stunts.

But the Student Union fears if those stunts spiral out of control and lead to the students causing trouble in the local community, it could cost them

the licence for the campus bar. New rules being discussed by the Union Council could mean that any club activity which 'encourages' students to consume alcohol would not be allowed.

The debate was started after two university sports clubs behaved irresponsibly during initiations, and suggestions have now been put forward that an outright ban on initiations is the answer.

The problem behaviour included students running naked through the campus and pressuring students to drink a cocktail made with alka-seltzer to induce vomiting.

Officials from the university declined to comment on whether they would support a ban on initiations, but said:

"The Student Union has a longstanding and clear policy which gives guidelines on responsibilities and appropriate behaviour to

student clubs and societies. Incidents of poor behaviour are rare but when they are reported they are dealt with promptly through our disciplinary procedures.

"It should be stressed that this sort of activity is by no means an 'integral part of life' for our students and has always been strongly discouraged.

"The vast majority of our students make a positive contribution to the city."

A spokesman for the Student Union said complaints from the university and people who live near the university and mistakenly believe the alcohol causing the problems is bought from the union, means there is a "very real possibility" of them losing their licence to sell alcohol.

He added: "If this were to happen, then the clubs and societies wouldn't be funded by the Union as there would be no money, opening up the

possibility of no sport at UEA for anyone."

Cammie Fulmer, the student academic officer, said: "At the moment we are in discussions about this issue. We want to ensure that the best option is reached; one that considers the local community and individual student safety while not having a negative impact on the student body as a whole.

"As of yet, a meeting date to reconsider this issue has not been set."

→ Have you been the victim of anti-social behaviour? Call Evening News reporter Sam Emanuel on 01603 772427 or email sam.emmanuel@archant.co.uk

Sam Emanuel  
sam.emmanuel@archant.co.uk

Have your say at  
[en24.co.uk/forums](http://en24.co.uk/forums)

## Funeral of young woman rescheduled at coroner's request

The funeral of a popular young woman who died following a routine operation at the Norfolk and Norwich University Hospital has been rescheduled

Rebecca Lamb, right, died in hospital during the early hours of January 15. The 26-year-old, who was diagnosed with genetic disorder Rett Syndrome when she was 14, had undergone a medical procedure to help her



attend a celebration of Rebecca's life at St Faith's

walk more comfortably. An inquest into Rebecca's death opened this week in Norwich. Hundreds of mourners are expected to

Crematorium at 12.30pm on February 8. The funeral was postponed for almost two weeks at the request of the coroner.

Rebecca's father Richard, and brothers James, 29, Thomas, 22 and Joshua, 15, plan to carry Rebecca's white coffin at the ceremony and the family have chosen a selection of music to be played, including Celine Dion's 1997 hit, My Heart Will

Go On. Rebecca, who had profound mental and physical disabilities, defied predictions she would never be able to walk or lead an independent life. It took medics more than 13 years to diagnose her condition.

Her mother Marion explained that she had moved to her own bungalow three years ago and, with the help of 24-hour support, was enjoying life.