

# spotlight

WHAT'S MAKING THE NEWS IN BATH?

## LITERATURE

### HOW TO BE THE ONE

Local author and relationship coach, Roy Sheppard is soon to release a unique new book which introduces the concept of the emotional core.

Fans of Pilates and yoga know the critical importance of the physical core, which provides stability, strength and flexibility by improving your posture. But, by improving your emotional fitness, Roy says in *How to be the One*, that you can also develop emotional stability, flexibility and strength, and that by doing so, you become more appealing – and more discerning.

*How to be the One* is for men and women; for married people who want to keep 'The One' they have, and for the huge number of singles who want to be sure they're ready when they eventually meet their ideal partner.

Roy is also the author of; *Your Personal Survival Guide to the 21st Century*, *Meet Greet and Prosper*, *Rapid Result Referrals* and the audio programmes: *The Secrets of Successful Freelancing* and *Network to Win*.

• You can buy *How to be the One* in bookshops from 14 September or online now at: [www.betheonebook.com](http://www.betheonebook.com)



## ZOO

### Sultana turns one

There are celebrations this month at Noah's Ark Zoo Farm as a very special baby gibbon has reached its first birthday.

The only offspring of proud parents Samson and Salome, Sultana the Siamang gibbon was one on 3 July, marking a positive result for the adult pair after previous unsuccessful pregnancies. Primate keepers at Noah's Ark were delighted when little Sultana was born last summer and have watched him grow in strength and character over the past 12 months.

Classified as 'endangered' on the International Union for Conservation of Nature's 'Red List' due to the serious effects of hunting for the illegal pet trade and habitat destruction by

the palm oil trade in Asia; Siamang gibbons are facing serious population declines.

Both Samson and Salome are part of a European Endangered Species Programme (EEP) for managed breeding, with Samson coming to Noah's Ark from Banham Zoo and Salome from Twycross Zoo.

• [www.noahsarkzoo.co.uk](http://www.noahsarkzoo.co.uk)



Salome with Sultana when he was a few months old

## SPORT

### BATTY JOINS BATH

Bath Rugby has announced the signing of Ross Batty on a two year deal. The 23-year old is set to enhance the Bath front row when he joins up with the team this summer.

"I am really delighted to be joining Bath Rugby," commented Ross.

"Bath have a great brand of rugby which fits the way that I like to play perfectly."

An athletic front rower, the 6ft 1" hooker is set to bolster Bath's already formidable pack. Having played previously for Newcastle Falcons and Rotherham, the former Barnard Castle schoolboy has shown great promise since his senior debut in the 2006/07 season at Newcastle.

• [www.bathrugby.com](http://www.bathrugby.com)



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