

INSIDE LINES

City Edition - Jan 2025

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To Homes &
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INSIDE
This Issue:



lifestyle * advice * health * entertainment

Welcome...

to our January 2025 issue of **Inside Lincs magazine** - Lincs favourite free magazine.

Christmas is over for another year, so as we take down our Christmas decorations and start making plans for the new year I would like to take this opportunity to wish all our readers, new and old, a happy, healthy and prosperous new year.

Inside this issue we bring you some great editorial content, **Including:** 2025 getaways, movie & motoring reviews, your 2025 horoscopes (see page 42) and so much more - all brought to you free - **EVERY MONTH.** Its thanks to our readers & advertisers that

keep us afloat, so please use them and don't forget to tell them you saw them here! A huge thanks to all who have made our mag the number 1 free magazine in Lincoln.

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Nigel & Sherri

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ARTWORK DEADLINE: 19TH of each month

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FILMS

JANUARY'S PICKS



A COMPLETE UNKNOWN

In cinemas: January 17, 2025

Starring: Timothée Chalamet, Elle Fanning, Monica Barbaro.

Directors: James Mangold.

At the Newport Folk Festival in 1965, a young Bob Dylan shakes up his act on the folk music scene by going electric and siring rock as the voice of a generation - defining one of the most transformative moments in 20th century music.

Whose face could possibly be slight enough, whose motions jaunty enough, to convincingly embody Bob Dylan? Enter Timothée Chalamet. And if the trailer's anything to go by, his voice is pretty convincingly Dylan too.



THE BRUTALIST

In cinemas: January 24, 2025 **Director:** Brady Corbet

Starring: Adrien Brody, Felicity Jones, Guy Pearce

When visionary architect László Toth and his wife Erzsébet flee post-war Europe in 1947 to rebuild their legacy and witness the birth of modern America, their lives are changed forever by a mysterious and wealthy client.

HERE

In cinemas: January 17, 2025 **Director:** Robert Zemeckis **Starring:** Tom Hanks, Robin Wright

'Here' is told in a nonlinear fashion: the story covers the events of a single spot of land and its inhabitants, spanning from the distant past to the 21st century, with digital de-aging being used on much of the cast to have them portray their characters over the course of the different time periods.



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TV Licence Enforcement: What Are the Rights of Homeowners?

A recent viral video showing a woman refusing entry to a TV Licensing officer has reignited public debate over the powers of TV licence inspectors and the legal rights of homeowners. The incident, which has garnered significant attention across social media platforms, underscores the need for clarity on what authority these officers hold and how homeowners can legally respond. Enforcement reporter Sarhan Basem from [Brussels Morning](#) explains it all.

What Are the Powers of TV Licence Inspectors?

Under UK law, TV Licensing officers are tasked with ensuring that residents are paying the appropriate licence fee if they watch or record live TV broadcasts or use BBC iPlayer. However, the powers of these officers are more limited than many might assume.

Key points to note include:

No Automatic Right of Entry: TV Licensing officers do not have an automatic right to enter private property. They can only request entry and may visit to assess whether a TV licence is needed.

Search Warrants Required: If an officer suspects a breach of licence law but is refused entry, they must obtain a court-issued search warrant to legally enter a home. Without this, homeowners are not obligated to let them in.

Privacy Rights: As a resident, you are within your rights to refuse entry to TV Licensing officers if they do not present a search warrant. Homeowners should understand that forcing entry without a valid warrant is a breach of privacy and could lead to legal action.

Consequences of Non-Compliance

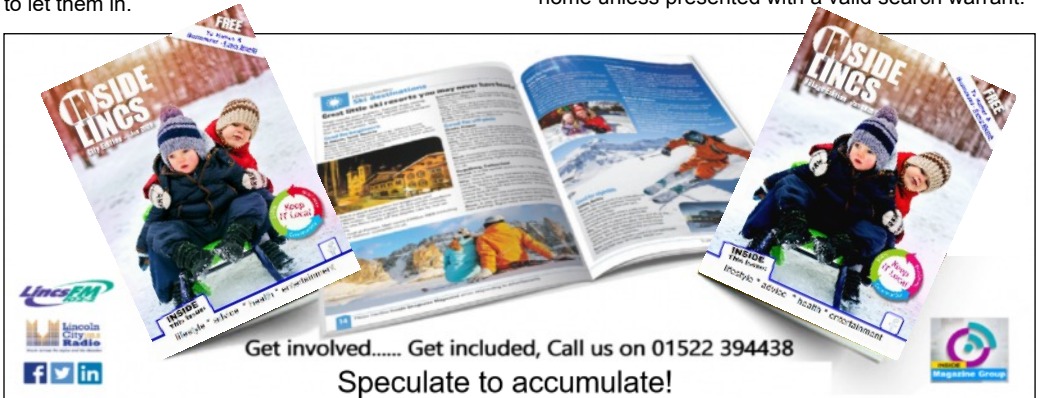
While TV Licensing officers are limited in their powers without a warrant, non-compliance with TV licensing regulations can still lead to serious consequences. If a resident is found to be using television services illegally (without the required licence), they may face:

- **A fine of up to £1,000**
- **Possible court prosecution**

It is vital that UK residents understand their obligations to pay the TV licence if required by law. However, residents should also be aware of their rights when approached by TV Licensing officers, particularly regarding entry into their homes.

Ensuring Compliance and Protection

Sarhan Basem from Brussels Morning emphasises "While it's essential to comply with TV licensing laws, homeowners must understand that TV Licensing officers do not have an automatic right of entry. If a resident feels uncomfortable or unsure, they are under no obligation to let anyone into their home unless presented with a valid search warrant."



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Toyota RAV4 Hybrid

... still the benchmark for Family SUVs

P EOPLE are willing to wait months, even years for a Toyota RAV4 Hybrid, especially Cruiser spec.

Is it worth the wait? This mid-sized SUV offers a lot of positive traits, terrific real-world efficiency, and it's a very good size: offering plenty of practicality for growing families.

Performance/drive

The RAV4 does it right for families who are after a predictable, comfortable, and even enjoyable SUV to live with – it nails the brief.

The hybrid powertrain is powerful enough (even with five onboard) and has some serious smarts when it comes to choosing whether to run in EV mode, use the petrol engine, or use a combination of the two.

It will often flick to EV when you're coasting around town, or even use battery power to pull you away from a standstill.

And there's also the chance you will find the car running electric (there's a green indicator on the screen to prove it) when you're driving on the highway, using light throttle.

The driving manners of the RAV4 are really good too, with sweet, natural feeling steering that is well weighted and easy to judge for parking moves or at pace. It also has lane-keeping assistance system for highway driving

The suspension also deals really well with lumpy roads and sharp edges too. It's definitely comfortable as a family car, and as a commuter.

The interior

New to the recently-updated RAV4 is the addition of a larger touchscreen media system, making the interior feel a touch more modern in the higher-spec versions. The JBL sound system is pretty good too, especially as it includes built-in sat nav. There's also a new digital instrument cluster in this spec. It is crisp, colourful and more modern than the previous version. It's easy to use and the info on display is useful and manageable in terms of moving through the menus using the steering wheel controls.

In fact it's the controls that make the RAV4 simple to live with, as none of the crucial stuff is buried in the media screen. There's a pair of big rubberised dials for climate control, while fan and air-conditioning controls all fall easily to hand too. Plus, in this spec, you get the heated and ventilated (cooled) seat buttons in that same area as well.



Continued on page 18

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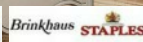
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Burns Night Supper
25th January

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Enjoy a traditional Burns Night Supper at The Barn Hotel & Spa in Marston. Prepare for a fantastic night, full of Scottish flavours and entertainment!

This annual celebration will begin with live music, as you are piped in to dinner. You'll then tuck into a traditional Scottish-themed 3 course meal, where you will toast the haggis with a wee dram. Your meal will end with coffee and Scottish shortbread.

Live entertainment will follow dinner and take you through to midnight. Don't miss out on this unforgettable evening!

Special bed and breakfast rates are available, including spa access. To book an overnight stay, call the reservations team on 01400 250909.

Peter Pan
29th January

**Bassingham Primary School, Lincoln Road,
Bassingham, Lincolnshire, LN5 9HQ**

Get ready to be whisked away to a land of wonder, laughter, and enchantment as the Act Two Theatre Company proudly presents this year's dazzling pantomime, Peter Pan!

Perfect for families, friends, and fairy tale enthusiasts, this pantomime promises an unforgettable experience filled with joy and excitement.

Step into Neverland, where magic reigns supreme. The audience can expect a delightful mix of side-splitting comedy, breath-taking dance numbers, enchanting songs, dazzling costumes and sets all produced by the incredible cast and crew of the Act Two Theatre Company, all from the local area!

**Winter Tree Identification at
Doddington Hall**

Saturday 15 February, 10am – 1.30pm
Booking essential.

Even in winter trees are a beautiful and striking presence in the landscape. But with many of their distinguishing characteristics – their leaves, flowers and fruits – gone, it can make it seem tricky to identify one from the next.

There are though still many clues to help tell trees apart at this time of year – from buds and bark to twigs and overall shape. Once you get your eye in you will see more and more detail, and winter walks will come alive with added interest.

A great way to blow away some New Year cobwebs!

No prior knowledge is needed, just a warm coat and boots.

Tea & coffee provided.

**Rockin' In The Blue Room (The Lawns)
with Rockin'em**

February 22nd

Time: 20:30pm - 22:30pm

A Night of Rock'N'Roll, Jive and Swing at The Blue Room in Lincoln with international Rock'N'Roll Band 'Rockin'em'.

Come along to The Blue Room at The Lawns for a night of Rock'N'Roll, Jive and Swing with Rockin'em who are a UK-based Rock'N'Roll trio that has been rockin' the stage since 2008. With over 600 shows, they have played at some of the most prestigious festivals and venues in the UK * Europe.

The band features Kev Marlow on lead vocals and guitar, Dion Marlow on double bass and one of the top drummers on the scene.

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Double bean and roasted pepper chilli

This warming vegetarian chilli is a low-fat, healthy option that packs in the veggies and flavour. Serve with Tabasco sauce, sour cream or yoghurt.

Ingredients

- 2 onions - chopped
- 2 celery sticks- finely chopped
- 2 yellow or orange peppers- finely chopped
- 2 tbsp sunflower oil or rapeseed oil
- 2 x 460g jars roasted red peppers
- 2 tsp chipotle paste
- 2 tbsp red wine vinegar
- 1 tbsp cocoa powder
- 1 tbsp dried oregano
- 1 tbsp sweet smoked paprika
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- 2 x 400g cans chopped tomatoes
- 400g can refried beans
- 3 x 400g cans kidney beans drained and rinsed
- 2 x 400g cans black beans drained and rinsed

Method

1 Put the onions, celery and chopped peppers with the oil in your largest flameproof casserole dish or heavy-based saucepan, and fry gently over a low heat until soft but not coloured.

2 Drain both jars of peppers over a bowl to catch the juices. Put a quarter of the peppers into a food processor with the chipotle paste, vinegar, cocoa, dried spices and herbs. Whizz to a purée, then stir into the softened veg and cook for a few mins.

3 Add the tomatoes and refried beans with 1 can water and the reserved pepper juice. Simmer for 1 hr until thickened, smoky and the tomato chunks have broken down to a smoother sauce.

4 At this stage you can cool and chill the sauce if making ahead. Otherwise add the kidney and black beans, and the remaining roasted

peppers, cut into bite-sized pieces, then reheat. (This makes a large batch, so once the sauce is ready it might be easier to split it between two pans when you add the beans and peppers.) Once bubbling and the beans are hot, season to taste and serve.

Serves: 8

Prep: 30 mins

Cook: 1 hr 15 mins

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It happened this month...



2021 Pro-Trump mob lays siege to White House

On January 6 in Washington, D.C., thousands attended a 'Save America Rally' near the White House. There, President Donald Trump and others addressed the crowd to express opposition to the certification of the Electoral College results of the 2020 presidential election which would finalise Joe Biden as the victor.

Events escalated when several hundred left the rally and advanced toward the United States Capitol building. They breached security perimeters and entered building, thereby disrupting the joint session of Congress convened to certify the election results.

The ensuing chaos included vandalism, theft of government

property and violent confrontations with law enforcement, resulting in numerous injuries to police and civilians, overall including five fatalities.

The unprecedented breach led to a lockdown of the Capitol and the deployment of the National Guard and other law enforcement agencies to restore order.

In the aftermath, numerous individuals were arrested and charged for their roles in the events. The House of Representatives impeached President Trump for the second time on January 13, charging him with "Incitement of Insurrection," though he was later acquitted by the Senate.



Bloody Sunday in Belfast

On January 30 in Londonderry, Northern Ireland, 13 unarmed civil rights demonstrators were shot dead by British Army paratroopers in an event that becomes known as "Bloody Sunday."

The protesters, all Northern Catholics, were marching in protest of the British policy of internment of suspected Irish nationalists. British authorities had ordered the march banned, and sent troops to confront the demonstrators when it went ahead. The soldiers fired indiscriminately into the crowd of

protesters, killing 13 and wounding 17.

The killings brought worldwide attention to the crisis in Northern Ireland and sparked protests all across Ireland. In Dublin, the capital of independent Ireland, outraged Irish citizens lit the British embassy aflame on February 2.

In April 1972, the British government released a report exonerating British troops from any illegal actions during the Londonderry protest. Irish indignation over Britain's Northern Ireland policies grew, and Britain increased its military presence in the North while removing any vestige of Northern self-rule.

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Six of the best all-inclusive holidays for 2025

The Algarve

If you're looking for Caribbean-quality beaches, historic towns, and warm, sunny days, few places can match Portugal's Algarve (above).

The beaches here are some of the continent's best, and with miles of powder-soft sands to unwind on, and shimmering turquoise seas to swim in, sun-seekers will be in paradise. And for those who prefer hanging out by the pool, there's even more choice, as the Algarve is home to some of Europe's more

impressive all-inclusive hotels and resorts.

As the capital of the Algarve, **Faro** is bursting with culture, history and beauty, with its medieval streets home to Roman ruins and picturesque plazas. **Albufeira** is one of the region's most popular resorts, particularly if you're looking for lively nightlife. But, if you're after something more serene, why not head to **Olhos d'Agua**, which is named for its freshwater springs. Low-key **Alvor** also makes a lovely, laidback base.

IF you're looking to relax, you might want to consider an all-inclusive holiday for your next break. They often work out cheaper - and they're hassle-free. Everything is included in the price, from flights, accommodation and luggage to food, drink and transfers.



Madeira

The 'island of eternal spring', Madeira's climate (bottom right) is warm all-year-round, and if you're looking to enjoy hiking, wildlife spotting and lots of culture while on a relaxing beach break, you're heading to the right place.

The capital **Funchal** boasts traditional Portuguese architecture and a fabulous food and drink scene. Rather be somewhere quieter? The coastal towns of **Calheta**, **Canical** and **Machico** are charming and characterful, with pretty beaches, pristine waters, authentic restaurants and gorgeous views of the Atlantic.



Zante

Greece's third-largest Ionian island offers has the most all-inclusive resorts and hotels, all on the busiest side of the island. The energetic town of **Laganas** draws revellers from across the continent and, although it's only minutes away, the peaceful town of **Agios Sostis** is worlds apart from its lively neighbour. You can spend long days relaxing on pristine beaches lined with fragrant pine trees.

Wildlife lovers may want to head to **Kalamaki**, where you might be lucky enough to spot endangered sea turtles.

Tunisia

If you're looking for adventure, the rolling sand dunes of the Sahara Desert are within easy reach, and you can explore this seemingly endless landscape by quad bike, 4x4 or even camel. While there are whitewashed villages and ancient ruins to discover, it's the modern coastal resorts where you'll find the best all-inclusive options.

Sousse is one of the most popular resorts, and the 10km stretch of gleaming sand is ideal for relaxing. There's plenty of history here too, and you can lose yourself in the maze-like streets of the old medina. **Port El Kantaoui**, just 10 minutes up the road, is a more glamorous base, with its yacht-filled marina.

Sharm El Sheikh

Egypt's Red Sea resorts are known for crystal clear waters, unrivalled diving and blissful beaches, but when it comes to all-inclusive options, however, it's Sharm El Sheikh that offers the most choice. Once a simple fishing village, Egypt's premier beach destination (top left) today is a collection of smaller resorts - and there's something for everyone, no matter your tastes or budget. **Naama Bay** is the bustling hub of **Sharm**, while neighbouring **Hadaba** is a little quieter. If you're keen to dive, the waters of **Ras Nasrani** are teeming with life and **Nabq Bay**, Sharm's most northerly resort, offers a slice of serenity on the sand.



Tenerife

The largest of Spain's Canary Islands, Tenerife (above) offers the most variety. Aside from lovely year-round weather, you'll also find plenty of world-class beaches, stylish hotels, resorts and trendy beach clubs.

Most of the best all-inclusive resorts are found on the south coast. Fronted by sweeping beaches and backed by rugged mountains, **Costa Adeje** is Tenerife's most upmarket resort, boasting high-end hotels and gourmet restaurants. With glorious beaches, quality cafés and buzzing bars, **Los Cristianos** offers a more leisurely experience.

For more information, visit: <https://restless.co.uk/travel/popular-destinations-for-an-all-inclusive-holiday-in-2025/>

While the driver's seat comfort and adjustment is good, taller people might find the passenger seat to be too high, though it does offer eight-way power adjustment.

Storage is excellent in the RAV4 with the big shelf in front of the passenger offering a good space for stuff. There are also good nooks near the gear selector (including a 50-cent-piece-sized section which is apparently great for putting your garage or gate fob), and there are big cup holders as well as a covered centre console bin. Front occupants also get large door pockets with bottle holders.

The rear seat accommodation easily has enough space for a 6'0" adult and there's a decent amount of width to the seat as well, so three adults across is possible.

that setup or 542L with the floor at standard height). Fold the rear seats down, and there's 1690L of capacity.

Under the bonnet

2WD Hybrid models pair a 2.5-litre naturally aspirated petrol engine with an electric motor and small battery pack, for a system output of 160kW.

Running costs

All Toyota models come with a five-year, unlimited-kilometre warranty, but if you make sure you maintain logbook servicing (with Toyota or other approved mechanics) you can get up to seven years of powertrain cover.



Headroom is generous, knee room good, and toe room fine.

If you have younger occupants there are ISOFIX points in the window seats, three top-tether points and directional air-vents and USB charging to keep those in the back happy. Plus, there is a storage pocket (just one), flip-down arm-rest with cup-holders and bottle holders in the doors.

The boot is another plus, with 580 litres of cargo capacity. There's easily enough space for a family to head away for a weekend in the RAV4. Even if you've got two children, two dogs and a bootfull of stuff, the car can handle it.

There's a space-saver spare wheel in this grade, and an adjustable boot floor to allow just a wee bit more depth to the space (it's 580L in

Choose the AWD model and you get an additional 'eFour' electric motor at the rear axle, and power bumps to 163kW.

However, if you don't want to wait months (years, possibly) for a RAV4 Hybrid, there's also a better-than-average 2.0-litre four-cylinder petrol engine (127kW/203Nm) with a CVT auto and front-wheel drive. It's a pretty good urban runner, and has decent real-world efficiency on it side too. Maximum towing capacity is 480kg in 2WD Hybrid models.

If you service under Toyota's Hybrid powertrain protocols, petrol-electric models will also have a health-check every 12 months, which will warranty cover the battery pack for up to 10 years. Service intervals are 12 months/15,000km.



Verdict

If you can wait, it's totally worth it. The Toyota RAV4, particularly in Cruiser Hybrid spec, makes a lot of sense for buyers who want an efficient, well-packaged, comfortable and likeable family SUV.

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FASHION TRENDS



TEXTURE TRIUMPH

Texture took centre stage this winter, and the runways were ablaze with luxurious textures as designers embraced the cozy appeal of faux fur and feather-fur coats with voluminous proportions.



LEATHER LUXE

Leather made a bold statement across the runway, dominating everything from sleek suits to statement outerwear. Hermes curated a collection focused on leather pants and shearling shawl collar cabanas.



LONG LINE CHIC COATS

The timeless elegance of long-line coats continued to captivate, with designers like Valentino and Gucci showcasing sleek and sophisticated iterations. Stella McCartney and Dior exploring winter-friendly trench coats.

FOR THE NEW YEAR



TAILORING ELEGANCE

Tailoring took centre stage this winter, focusing on chic office wear and power dressing. Stella McCartney championed this trend with power shoulders, slouchy trousers and oversized tailored blazers.



FEATHER FLOURISH

Feathers add a playful allure to select outfits, with designers incorporating feather embellishments. Louis Vuitton displayed whimsical feather embellishments that added an enchanting touch to the ensemble.



PENNY LANE COATS

Taking inspiration from vintage aesthetics, Penny Lane Coats made a resurgence on the runway. Designers like Louis Vuitton, Chanel, Hermes, Loewe, and Michael Kors reinvented this iconic piece.



Iron deficiency anaemia

Causes, symptoms and treatment

IRON deficiency anaemia is a condition where a lack of iron in the body leads to a reduction in the number of red blood cells.

Iron is used to produce red blood cells, which help store and carry oxygen in the blood. If you have fewer red blood cells than is normal, your organs and tissues won't get as much oxygen as they usually would.

There are several different types of anaemia, and each one has a different cause. Iron deficiency anaemia is the most common type.

Symptoms

Many people with iron deficiency anaemia only have a few symptoms. The severity of the symptoms largely depends on how quickly anaemia develops.

You may notice symptoms immediately, or they may develop gradually if your anaemia is caused by a long-term problem, such as a stomach ulcer.

The most common symptoms include:

- tiredness and lack of energy (lethargy)
- shortness of breath
- noticeable heartbeats (heart palpitations)
- a pale complexion

Less common symptoms include:

- headache
- hearing sounds that come from inside the body, rather than from an outside source (tinnitus)
- an altered sense of taste
- feeling itchy
- hair loss
- a desire to eat non-food items, such as ice, paper or clay
- difficulty swallowing (dysphagia)
- painful open sores (ulcers) on the corners of your mouth
- spoon-shaped nails

When to see your GP

See your GP if you experience symptoms of iron deficiency anaemia. They should be able to diagnose the condition using a simple blood test.

What causes iron deficiency anaemia?

In men and post-menopausal women, the most common cause is bleeding in the stomach and intestines.

Unless you're pregnant, it's rare for iron deficiency anaemia to be caused just by a lack of iron in your diet. However, if you do lack dietary iron, it may mean you're more likely to develop anaemia.

Treatment

Treatment for iron deficiency anaemia involves taking iron supplements to

boost the low levels of iron in your body. This is usually effective, and the condition rarely causes long-term problems.

You'll need to be monitored every few months to check the treatment is working and your iron levels have returned to normal.

Good sources of iron include:

- dark-green leafy vegetables, such as watercress and curly kale
- iron-fortified cereals or bread
- brown rice
- pulses and beans
- nuts and seeds
- meat, fish and tofu
- eggs
- dried fruit, such as dried apricots, prunes and raisins

Further problems

If iron deficiency anaemia is left untreated, it can make you more susceptible to illness and infection, as a lack of iron affects the body's immune system).

Severe iron deficiency anaemia may increase your risk of developing complications that affect the heart or lungs, such as an abnormally fast heartbeat (tachycardia) or heart failure, where your heart is unable to pump enough blood around your body at the right pressure.

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The colour palette for 2025

These are the colours and combinations set to define our homes in the new year.



WHEN it comes to the various 'Colours of the Year', it's sometimes difficult to find a commonality between the paint companies' new shades.

They all have the potential to be a big paint trend for 2025. Yet, this year, a common thread runs through the shades and colour schemes.

The defining colour palette of 2025 is that of darker almost autumnal shades paired with occasional pops of lightness - whether that's Dulux's colour of the year for 2025, **True Joy**, used as a brightening accent or the soft **Blue 04** from Lick's colour palette 2025 paired with earthy browns or the rich purple colour trend.

Moody shades and earthy tones

Without doubt, there is increased interest in bolder colours and a yearning for self-expression and individuality. In 2025, we will see neutrals getting warmer and earthier and deeply serene, nature inspired colours continuing to grow in popularity.

Earthy tones are already one of the biggest living room trends - and they will continue to be in 2025. And they are set to only get darker with earthy browns leading the way - much like Graham & Brown's colour of the year 2025, **Elderton**, which is a rich cocoa brown - but they're also joined by rich jewel shades like purple as seen in Lick's colour palette 2025 and Valspar's 2025 colour of the year, **Encore** - a true sapphire blue.

Over the past few years, within our own community we've noticed this growing colour confidence and have seen a significant shift in them moving away from 'safer' neutrals

and towards the deeper, richer colours.

Lick's colour palette for 2025 includes both dark jewel tones and earthy tones - as does Benjamin Moore's colour palette accompanying its COTY of 2025, **Cinnamon Slate**.

Add touches of brightness

At first glance, Dulux's colour of the year of 2025, **True Joy**, a vibrant, sunny yellow, might seem out of place when compared to the directions other paint brands have taken. However, we don't expect most to paint entire rooms in the colour yellow - but rather use it either as an accent colour or as part of a wider bedroom, kitchen or living room colour scheme.

Similarly, Lick's colour palette of 2025 features eight different shades where the aforementioned dark purple and browns were joined by an uplifting baby blue, a vintage shade of pink and a neutral creamy hue.

The dark purple colour trend is also set to be big in 2025, as it pairs well with so many colours.



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The pros and cons of listening to music while working out

COMBINING music and workouts has become a common practice among fitness enthusiasts.

They can provide a boost of motivation and energy for when you're testing your one-rep max or just taking a brisk walk outdoors. Here we discuss the potential advantages and drawbacks of listening to music during a workout/ and, hopefully, it will make you think about how music (or no music) plays a role in your training.

Pros

Improved athletic performance

Music can help get you through some of your toughest workouts by improving your endurance and mentality and reducing perceived exertion. Finding the right music that fits with the intensity and tempo you plan to conquer will increase your chances of completing the exercise.

Mood booster/motivation

There's nothing wrong with listening to your favourite workout tunes to boost your mood for a successful run or walk. In fact, listening to your favourite songs or playlist will improve your mentality going into the workout by boosting both your motivation and confidence.

Decreased chance of fatigue

Listening to music improves your physical and mental endurance. Essentially, with music, you'll most likely be able to lift more, run faster, and work harder. For example, say you're doing a tempo run at a steady but challenging pace. Finding a playlist that matches your pace or cadence (steps per minute) will help you keep that mental toughness and complete the run.

Cons

Dependency

For some athletes (powerlifters, for example), listening to music may be beneficial for successfully completing the weight. However, if those athletes are training for a specific powerlifting meet that doesn't allow the use of personal music or playlists, those athletes will most likely have a disadvantage. On the other hand a runner who competing in a half marathon is able to use and rely on music to get them to the finish line. Overall, it depends on what you're training for.

Decreased athletic performance

For an Olympic lifter, powerlifter or endurance athlete (runner, cyclist, etc.), music can be used without

significantly disrupting their athletic performance. However, for a gymnast or athlete training in calisthenics, listening to fast-paced and upbeat music wouldn't be ideal since their training relies on coordination, stability, focus and balance.

Distraction

Music, especially if it's immersive, can divert your attention from maintaining proper form or technique. It can also have an impact on safety as you may be less aware of hazards such as traffic when running outdoors.

Overall boredom

Music may not always be sufficient to combat boredom or monotony during long workout sessions. Music alone might not provide the variety and mental engagement needed to stay motivated over time. It's important to incorporate a mix of exercise routines and seek other sources of motivation to keep your workouts interesting.

The bottom line

Listening to music while working out can have numerous benefits; however, it's crucial to be mindful of potential safety concerns and avoid dependency on music. Finding a balance that suits your preferences, exercise goals and safety considerations is key.



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SPORTS QUIZ OF THE YEAR 2024

How well do you remember last year's sports headlines?

- 1 Who was sacked as manager of Birmingham City after just 83 days in charge?
- 2 Which Lancashire cricketer made his England debut against India? His first ball was hit for six by Yashasvi Jaiswal.
- 3 Where did the World Aquatics Championships take place?
- 4 Which '70s Queens Park Rangers striker passed away in February?
- 5 Which England cricketer won his 100th cap in March?
- 6 Who became the first person to post 100 winners at the Cheltenham Festival?
- 7 Which horse won the Irish Grand National?
- 8 Who were excluded from football's National League play-offs due to not meeting the Football League's ground ownership requirements?
- 9 Who won the women's FA Cup Final?
- 10 Who finished as the Premier League's top scorer?
- 11 Who won the Rugby League Challenge Cup final?
- 12 Which country hosted the 2004 UEFA Euro Finals?
- 13 Who won the Wimbledon women's singles final?
- 14 Which country won the first gold medal at the Paris Olympics?
- 15 Which country topped the Olympic swimming medal table for most golds?
- 16 Who was appointed interim manager of the England football team following the resignation of Gareth Southgate?
- 17 Who won cycling's Tour of Britain?
- 18 Who scored four goals for Chelsea in their game against Brighton in September?
- 19 Who won the Superbike World Championship?
- 20 Which manager was sent off during Fenerbahce's Europa League match against Manchester United?



Answers
on page
19

Your 2025 Horoscopes



Aries (March 21 - April 19)

Entering the new year will be peaceful; you will accept the changes brought by the past months, and you will get used to them. This will allow you to focus entirely on the future. Jupiter, in the sign of Pisces, will encourage you to introspect and you will feel better in seclusion during this period.



Taurus (April 20 - May 20)

The year 2025 is, in many ways, revolutionary for the Taurus. They will be forced to face obstacles in their personal and professional lives. They will reconsider their hobbies and maybe find one they didn't even know existed in them. As a result, they will become new people with expanded horizons.



Gemini (May 21 - June 20)

Gemini excels in its communicativeness and intelligence. This forms an excellent basis for a rich social life. You are attractive to your surroundings, so it is no wonder that you attract attention and whoever turns to you. It will not be different this year.



Cancer (June 21 - July 22)

you should sail through 2025 without much difficulty. But the horoscope advises you not to overload. You often put too many demands on yourself, you work overtime, which can affect your health. There is a risk of weakened immunity due to exhaustion.



Leo (July 23 - August 22)

The 2025 horoscope looks very promising for Leo. In the first half of the year, you will reap success in the field of work, and in the second half, they will have a happy period in terms of love and relationships. The end of the year can be more complicated, and minor health problems may occur.



Virgo (August 23 - September 22)

This year, the individuals of this earth sign may face an excess of pettiness, which will hinder the achievement of set goals. The year 2025 will be full of new opportunities, and it is up to you how you approach it. In the area of careers, be prepared for 2025 to be a year of great success.



Libra (September 23 - October 22)

Sometimes Librans can take things to heart, especially when it comes to quarrels, and that's a big disadvantage. The year 2025 will bring, among the other things, obstacles that Libra will have to solve rationally and with a cool head so that they do not return to them later like a boomerang.



Scorpio (October 23 - November 21)

It is typical for Scorpion-borns to be persistent. When they decide on something, they stand firm for their opinion. In 2025, these qualities will be very desirable in the work sphere. Above all, you will need enough courage in your personal life; changes await that must not intimidate you.



Sagittarius (November 22 - December 21)

The year 2025 will be significant for Sagittarius in the field of relations. Someone from the past will try to get back into your life, and you will have to face the decision of whether they deserve your trust. Sagittarius is endowed with a great deal of optimism, which can lead to naivety.



Capricorn (December 22 - January 19)

Capricorn's horoscope for 2025 will revolve mainly around relationships. You will have to face a problem that has plagued you in the past. This time, however, it will be successfully resolved. Learn from previous mistakes and don't be afraid to stand up for yourself.



Aquarius (January 20 - February 18)

The year 2025 encourages Aquarius to overcome himself. The individuals of this air sign are prone to indecision, but they will be exposed to situations that require clear and firm positions. The horoscope also warns against hasty conclusions and acting in effect. It could get you in trouble.



Pisces (February 19 - March 20)

Individuals born under the sign of Pisces are emotionally based. They are often prone to hypersensitivity and can have a hysterical effect on other people. The year 2025 will be a test for them. Obstacles will get in your way, in your work and personal life, and you will have to deal with them.

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Should I cover raised beds in winter?

If you've been learning how to get your garden ready for winter, you're probably familiar with the benefits of covering raised beds.

There's a lot of buzz about it being a great way to prepare your soil for winter and spring, but is the task essential?

Should I cover raised beds in winter?

Raised beds can play host to a number of vegetables and flowering plants. They're versatile, too - you can fill a raised garden bed with whatever soil it needs to thrive, from traditional multi-purpose compost to an ericaceous mix. You can even learn how to build a raised garden bed if you're up for a DIY project.

But once the growing season is over, it can be tricky to know what to do with them.

That brings us back to the all-important question: "Should I cover raised beds in winter?"

Well, learning how to prepare raised beds in winter is relatively straightforward - and garden experts are united in the view that covering raised beds in winter is one of the most crucial jobs to do in the garden

in November and the coming weeks.

There are steps you can take to protect your plants from harsh weather, while also setting your plants in good stead for next year.

Frost protection is one of the most important parts of your winter gardening checklist.

Benefits of covering raised beds in winter

Whether your raised beds are empty or filled with winter-growing vegetables and perennials, there are a few ways you can cover them up over the winter.

What you'll need...



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One of the most common techniques is mulching, which offers a number of benefits.

Mulching beds and borders insulates the soil, allows plant roots to retain warmth and moisture and offers protection from frost damage.

If you're wondering how to protect plants with mulch, there are a few options at your disposal: well-rotted manure, compost, straw or bark are all popular mediums.

Try not to leave soil uncovered without plants or organic matter as mulch. You could even sow green manures in empty raised beds to provide a layer of protection from the elements and enrich the soil.

It's good practice to grow winter hardy green manure plants over winter, or any winter hardy plants.

When spring comes, you can chop down the green manure and leave it

on top of the soil to break down a month or two before planting. The worms and microorganisms will turn it into beautiful humus and nutrition to feed your plants.

If you've missed the window to sow green manures, don't worry - there are plenty of other ways to cover raised beds over the winter.

Just cover your beds with cardboard to compact the soil and prevent weeds.

You could even use horticultural fleece to protect winter-growing plants. Covering raised beds in winter with a layer of fleece can be useful, especially if you are growing winter salads.

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Football's rich list 2024

THERE'S is a record amount of money sloshing around in football at the moment and famous clubs from the Premier League, Ligue 1, La Liga and Bundesliga are among the most valuable in the world.

It will come as no surprise to learn that the Premier League dominates the top 10, with each of the traditional top six making an appearance in the table that matters most to assorted executives and chairman.

Here are the 10 most valuable football clubs in the world as of 2024.

10. Arsenal – £2.6 billion

With another strong (if trophyless) season behind them, it's no surprise to see Arsenal make the top 10.

Mikel Arteta has assembled a young and talented squad that plays in front of sell-out crowds at the Emirates and returned to the Champions League last year after a seven-year absence.

9. Chelsea – £3.13 billion

Chelsea are still one of the richest clubs in the world, but their revenue stream was hit by the absence of European football last year, with Tottenham overtaking them as London's most valuable club.

8. Tottenham – £3.2 billion

Having qualified for the Champions League in five of the last nine seasons and recently built a new state-of-the-art stadium that is used for multiple concerts and sporting events, Spurs comfortably sit alongside Europe's elite clubs.

7. PSG – £4.4 billion

There's rarely a dull moment with the French champions. While they continue to come unstuck in the

Champions League, PSG still retain a seat at the top table despite missing out on a transfer fee for Kylian Mbappe.

6. Bayern Munich – £5 billion

In many ways, Bayern are run like the ideal football club. They rarely overextend themselves in the transfer market – except for Harry Kane last summer – and yet they regularly go deep in Europe and usually win the Bundesliga.

5. Manchester City – £5.1 billion

Failing in their Champions League defence last season was compensated by a fourth successive league title – but with Pep Guardiola entering the last year of his contract and those 115 charges, there could be clouds on the currently sunny horizon.

4. Liverpool – £5.37 billion

Liverpool dealt with Jurgen Klopp's shock departure by seamlessly appointing Arne Slot as his

replacement.

In many ways, the whole process was indicative of how the club is run, having assembled a brilliant squad and redeveloped Anfield significantly in recent years.

3. Barcelona – £5.6 billion

Despite the financial turmoil the club have been recently, Barcelona still rank as the third most valuable club in the world.

The club had to get creative with their finances two summers ago by pulling several financial levers and the registration of Dani Olmo remains a teeth-pulling process.

2. Manchester United – £6.55 billion

Not even the arrival of Sir Jim Ratcliffe has helped United overhaul Real Madrid as the most valuable club in world football.

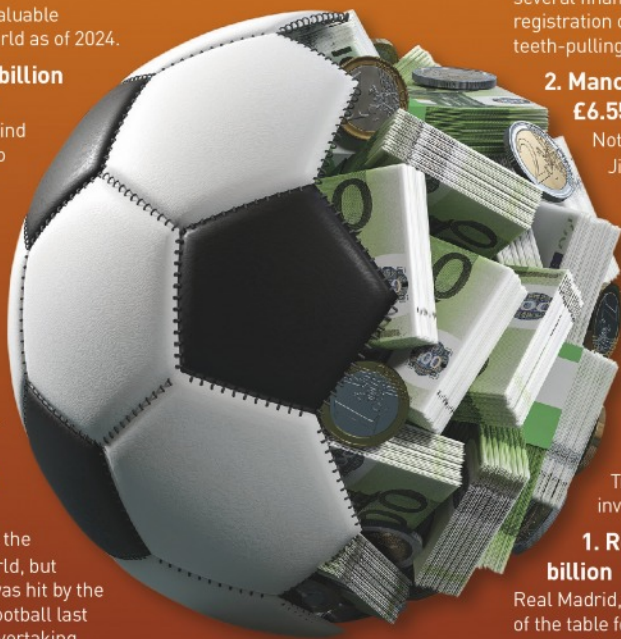
They've still increased their value by £550 million from last year despite finishing eighth in the Premier League, with exciting plans to build a new stadium adjacent to Old Trafford and the desire to invest in younger players.

1. Real Madrid – £6.6 billion

Real Madrid, worth £6.6 billion, is top of the table for the third consecutive year and for the eighth time in the past 11 years.

Madrid generated the most revenue (£873 million) and generated success in La Liga and the Champions League too. The arrivals of Kylian Mbappe and Endrick won't hurt global shirt sales either.

Despite its enormous value, you can't invest in Real Madrid as the team is owned by more than 90,000 club members. It's in marked contrast to the English game.



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