

# INSIDE LINGS

City Edition - March 2023

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This Issue:



**FOOD | TRAVEL | HEALTH & FITNESS | REVIEWS**

# Welcome...

Hello and a welcome to our March edition of Inside Lincs magazine. With the weather picking up we're all looking forward to getting away and a bit of sun... Fancy the "Maldives"? See our Holiday review on pages 56 & 57.

In January we started a brand new editorial piece "**A Tour of our Solar System**", a fascinating read, if I do say so myself and judging by the feedback we've had from it - so did you, our readers, so a big thanks for all your comments, and you can find our 3<sup>rd</sup> part on pages 20 & 21.

Discover what your horoscopes have to say this month on page 44 and why not have a

look at our puzzle page while you're having your morning coffee, see page 49.

Please don't forget to mention our magazine when responding to advertisers, after all, that's what keeps us going and without them we wouldn't be able to bring you all these fantastic **FREE** recipes, film guides, puzzles, latest gadgets, reviews & more - they're really is something for everyone in our magazines!

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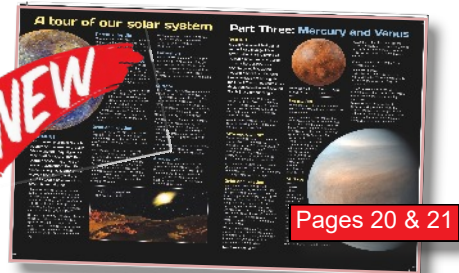
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Until next month *Nigel + Sherri*

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**ARTWORK DEADLINE: 19TH of each month**

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  - When someone says 'tax relief' do you know what they mean?
- Have you contributed into multiple personal pension plans but do not know how to locate them or know their valuations?
  - Would you like to know what funds your Pension is invested in?
  - Have you heard of Responsible/Ethical Pension funds?

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# The British record transfer fee

## How it's progressed from 1970 until 2023

**T**HE fees British clubs pay for players has increased exponentially since the formation of the Premier League in 1992.

The first-ever three-figure transfer fee was the £100 paid by Aston Villa in 1893 for Willie Groves. Eleven years later, Alf Common joined Middlesbrough for the first ever four-figure fee, a sum which caused a national sensation and outrage amongst the football authorities.

The £5,000 mark was first reached in 1922 when Falkirk paid that amount for West Ham United's Syd Puddefoot, and six years later Arsenal paid the first ever £10,000 fee to acquire David Jack of Bolton Wanderers.

After the Second World War, the

spending power of clubs in mainland Europe outstripped that of British clubs for the first time, resulting in several substantial jumps in the transfer record. John Charles became the first British player to command a fee of £50,000 when he joined Juventus in 1957, and four years later Denis Law joined Torino in the first £100,000 transaction involving a British club.

The 1970s saw a rapid increase in transfer fees. Martin Peters became the first £200,000 player in 1970, but by 1977 Kevin Keegan's move to West Germany's Hamburg SV had taken the record to £500,000.

In January 1979, David Mills became the first player to be purchased for £500,000 by a British club, but just one month

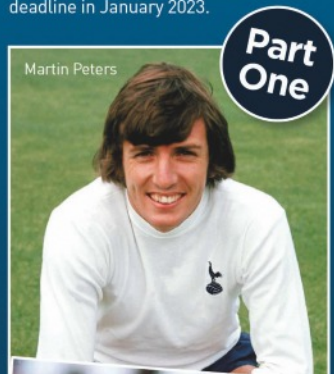
later Nottingham Forest paid twice that amount to acquire Birmingham City's Trevor Francis. In 1981 Bryan Robson cost Manchester United £1,500,000, but fees paid by British clubs lagged behind those paid by clubs in Italy, France and Spain to take British players abroad until 1995, when Manchester United paid Newcastle United £7,000,000 for Andy Cole.

The table below shows the progression of the British record fee from Martin Peters' 1970 move to Tottenham to the 1991 transfer of England World Cup star David Platt from Aston Villa to Italian club Bari.

**Next month** we'll look at the record fees from 1991 to the latest transfer deadline in January 2023.

### Record British transfer fees 1970-1991

Date	Player	From	To	Fee
Mar. 1970	<b>Martin Peters</b>	West Ham Utd.	Tottenham H.	200,000
Dec. 1971	<b>Alan Ball</b>	Everton	Arsenal	£220,000
Aug. 1972	<b>David Nish</b>	Leicester C.	Derby Co.	£225,000
Jan. 1974	<b>Alan Hudson</b>	Chelsea	Stoke City	£240,000
Feb. 1974	<b>Bob Latchford</b>	Birmingham C.	Everton	£350,000
Jun. 1977	<b>Kevin Keegan</b>	Liverpool	Hamburg SV	£500,000
Jan. 1979	<b>David Mills</b>	Middlesbrough	West Brom	£516,000
Feb. 1979	<b>Trevor Francis</b>	Birmingham C.	Nottingham F.	£1,180,000
Sept. 1979	<b>Steve Daley</b>	Wolves	Manchester C.	£1,450,000
Sept. 1979	<b>Andy Gray</b>	Aston Villa	Wolves	£1,469,000
Oct. 1981	<b>Bryan Robson</b>	West Brom	Manchester Utd.	£1,500,000
May 1984	<b>Ray Wilkins</b>	Manchester Utd.	AC Milan	£1,500,000
May 1986	<b>Mark Hughes</b>	Manchester Utd.	Barcelona	£2,300,000
Jun. 1987	<b>Ian Rush</b>	Liverpool	Juventus	£3,200,000
July 1989	<b>Chris Waddle</b>	Tottenham H.	Marseille	£4,250,000
July 1991	<b>David Platt</b>	Aston Villa	Bari	£5,500,000



Part One



Kevin Keegan



Bryan Robson



Chris Waddle



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**PEARL** Starring: Mia Goth, David Corenswet, Tandi Wright Director: Ti West

Trapped on her family's isolated farm, Pearl must tend to her ailing father under the bitter and overbearing watch of her devout mother. Lusting for a glamorous life like she's seen in the movies, Pearl finds her ambitions, temptations and repressions all colliding in this origin story of X's iconic villain. **In cinemas:** March 17, 2023



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**Starring:** Keanu Reeves, Donnie Yen, Bill Skarsgård

**Director:** Chad Stahelski

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Director Chad Stahelski describes it thus: "If you took *The Good, The Bad And The Ugly*, crossed it with *Zatoichi*, and threw in a Greek myth, you'd probably get something close to this."

**In cinemas:** March 24, 2023

## MOVING ON

**Starring:** Jane Fonda, Lily Tomlin, Malcolm McDowell

**Director:** Paul Weitz

Jane Fonda and Lily Tomlin star as estranged friends who reunite to seek revenge on the widower of their recently deceased best friend. Along the way, Fonda's character reunites with her great love as each woman learns to make peace with the past and each other.

**In cinemas:** March 17, 2023





# Make Sure Your Beneficiaries Benefit

*You can't always get what you want.*

*But with a Property Protection Trust, you can get what you need to keep more of your biggest asset in the hands of your intended beneficiaries.*

You have homeowner's insurance to protect your house from things like floods, fires, and burglary.

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### **Remove Their Inheritance from Future Care Costs Calculation**

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### **Stop the House from Being Squandered**

If your partner struggles with making good financial decisions, it's best to take your half of the value of the house and put it into trust where both they, and their potential creditors, cannot use it. A PPT could be just the ticket, but you need solid legal advice before you start adding things to your Will, willy-nilly.

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# VITAMIN “B” COMPLEX BENEFITS

The B complex consists of eight water-soluble vitamins that perform essential and closely related roles in the body's cellular function. The only other water-soluble vitamin is vitamin C; all others are fat-soluble.

The vitamins that make up B complex are thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), pyridoxine (vitamin B6), biotin, folic acid, and the cobalamins (vitamin B12).

Most of the B vitamins are found in a wide range of foods because they are so important to cellular function. Some, like vitamin B12, are found mostly in meat and other animal food sources.

## Health Benefits

The B vitamins help enzymes in our bodies do their jobs and are important for a wide range of cellular functions, like breaking down carbohydrates and transporting nutrients throughout the body.

In addition, B complex can provide health benefits like:

## Healthy Brain Function

The B vitamins play an inter-related role in keeping our brains running properly. Adequate amounts of B vitamins in the body are essential for optimal physiological and neurological functioning. Some data shows that vitamin B6 in particular may play a role in the prevention of the neurological disorder Parkinson's Disease.

## Cancer Prevention

B vitamins may play a role in preventing the onset of various types of cancer. Some research shows that having the right amount of B vitamins in your body may help it resist the development of cancerous growth.

Vitamin B has been associated with a lower risk of the skin cancer melanoma in particular.

## Stress and Chronic Fatigue

If you are looking for ways to combat stress, vitamin B complex supplementation may help.

Research shows that the B vitamins can significantly benefit mood and reduce the physiological response to stress.

For people with Chronic Fatigue Syndrome (CFS), vitamin B complex may help to reduce the severity

of symptoms as part of a nutritional approach to treatment.

## Lung Cancer

Although B complex has been shown to help prevent many cancers, there is evidence to show that it may increase the likelihood of developing lung cancer in men who smoke. Researchers believe the B vitamins may help small and previously undetected tumors grow faster.

## Peripheral Neuropathy

B complex contains vitamin B6, and an overdose of this vitamin (200 mg or more per day) can lead to a loss of feeling in the arms and legs. This is usually temporary and will go away once you stop taking the vitamin, but in some cases the effect can be permanent.

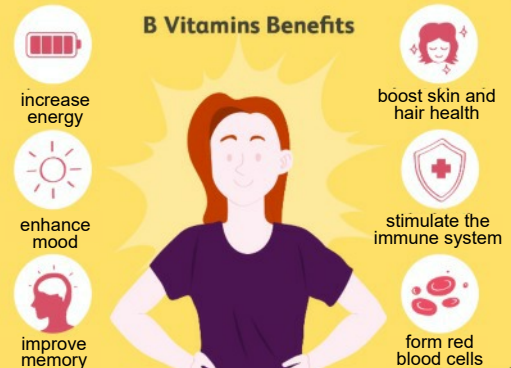
## Liver Damage

B complex also contains niacin (vitamin B3). In high doses, niacin can cause skin flushing. If you take high doses over a long period of time, niacin can cause damage to the liver.

## Amounts and Dosage

The recommended daily allowance (RDA) of B complex vitamins varies by age, gender, and condition. Check supplement formulations with your doctor to make sure the dosages in them are appropriate for you.

You can also find B complex vitamins in a variety of food sources, including cereal grains, meat, poultry, eggs, fish, milk, legumes, and fresh vegetables.





# Mexican chicken chilli

The perfect way to warm up without piling on the pounds is with the heat of chilli.

## Method

**STEP 1** Peel and slice the onions, peel and finely chop the garlic, and pick the coriander leaves and finely chop the stalks. Slice the chicken into 1cm strips.

**STEP 2** Heat the oil in a pan over a medium heat and, when hot, sauté the onions, garlic, coriander stalks, spices, and whole and flaked chilli for 5 minutes, until the onion is soft but not coloured.

**STEP 3** Add the chicken strips and cook for a couple of minutes, then add the tinned tomatoes. Bring to the boil, then reduce the heat and simmer, partly covered, for 35 to 40 minutes, or until the chicken breaks apart when pressed with the back of a spoon. Add a splash of water if it looks too dry at any stage.

**STEP 4** Next, make the salsa. Blister the pepper and chilli skins by placing them under a hot grill or holding them with tongs over a gas flame. Once blackened all over, place in a bowl, cover with clingfilm and set aside to cool.

**STEP 5** Roughly chop the tomatoes, put them in a colander with a pinch of sea salt and place it in the sink for 15 minutes to allow the salt to draw out some of the tomatoes' water, then give the colander a good shake.

**STEP 6** Peel the skins from the pepper and chilli and discard along with the seeds, then place them on a board with the spring onions

and chop.

**STEP 7** Add the tomatoes and pick over the coriander leaves and continue chopping until you have a fine salsa. Transfer to a bowl, and season with black pepper and a good squeeze of lime juice.

**STEP 8** Shred the chicken using two forks, then drain and stir the black beans into the chilli. Continue cooking for a couple of minutes until the beans are heated through, then remove from the heat and stir in the coriander leaves.

**STEP 9** Chop the lettuce, then serve the chilli in the tortillas with the lettuce, a good spoonful of salsa and a drizzle of yoghurt, with lime wedges on the side.



Cooking: 1hr



Serves: 4-6

## Ingredients

- 2 onions
- 4 cloves of garlic
- ½ a bunch of fresh coriander
- 2 free-range chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 whole dried chipotle chilli
- 1 pinch of dried chilli flakes
- 2 x 400 g tins of chopped tomatoes

- 1 x 410 g tin of black beans
- 4-6 flour tortillas
- 2 gem lettuces
- 0% fat Greek-style yoghurt
- 1 lime

### Tomato salsa

- 1 red pepper
- 1 red chilli
- 4 ripe tomatoes
- 3-4 spring onions
- ½ a bunch of fresh coriander
- 1 lime

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Here's our guide to some of the best new tech coming your way. More next month...



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## Samsung Galaxy Watch5

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## PlayStation VR2

It's a lot of cash, but a lot of fun too! With brilliant controllers plus eye-tracking and 3D audio, it's going to be fantastic, and the games for it are already looking tasty. We can't wait to battle giant robots in 'Horizon Call Of The Mountain'.

£530 / [playstation.com](https://www.playstation.com)



## Nescafé Dolce Gusto Neo

The Neo is Nestlé's attempt to kick off a new generation of pod-based coffee machines. Its pods are responsibly sourced and compostable, using much less packaging than its competitors.

£tba / [nestle.com](https://www.nestle.com)



## Apple iPad Pro (2023)

The current iPad pro range tops out at 12.9", but Apple is reportedly working on a 14" version and possibly even a 16-incher!

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
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2 Schindler's List	11 Let It Go	20 Anakin Skywalker
3 Psycho	12 Frodo Baggins	21 Wilson Phillips
4 Grease	13 Chocolate	22 Eddie Redmayne
5 Whitney Houston	14 Christmas Eve	23 Isla Nublar
6 Never talk about Fight Club	15 Affleck and Damon	24 The Social Network
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# It happened this month...

## 1990

### Poll tax riots

On March 31, 1990, between 180,000 and 250,000 people gathered in London's Trafalgar Square to protest against the Tory Government's massively unpopular Poll Tax.

What started as peaceful demonstrations soon developed into the worst riots seen in the city for a century. 113 people were injured, as well as 45 police officers.

A total of 340 people were arrested in the heart of London's West End,

popular with musical and theatre goers, as cars were overturned and set alight.

Four tube stations were closed for safety reasons as police tried to clear the streets, with much of central London cordoned off, while demonstrators attacked police with bricks and cans.

The violence erupted just after 4.00 pm, and eyewitness reports described a cloud of black smoke over Trafalgar Square.

The poll tax was an effort to alter the

way the tax system was used to fund local government in the UK.

The system in place until this time was called "rates" and had been in place in some form from the beginning of the 17th century. The rates system has been described as a levy on property, which saw each taxpayer paying a rate based on the estimated rental value of their home.

Thatcher's government had promised to replace domestic rates, which were unpopular among Conservative voters.

## 1876

### Alexander Graham Bell patents the telephone

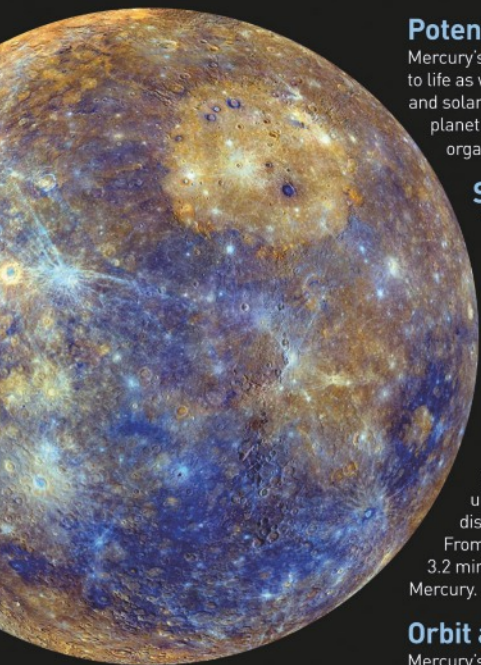
On March 7, 1876, Scottish-born inventor Alexander Graham Bell patented his revolutionary new invention - the telephone. A few days later, on March 10, 1876, Bell made his first telephone call, where his summons to his assistant ("Mr Watson, come here. I want to see you.") confirmed that the invention worked.

The first version of Bell's telephone was not suitable for practical purposes. Only after "a relatively thorough reconstruction" could a telephone be designed for large-scale production.

The Bell Telephone Company began operating on July 11, 1877. In the same month, the first useable Bell telephone was presented in Plymouth to the British Association by the chief engineer of the General Post Office, William H. Preece.



# A tour of our solar system



## Mercury

The smallest planet in our solar system and nearest to the Sun, Mercury is only slightly larger than Earth's Moon. From the surface of Mercury, the Sun would appear more than three times as large as it does when viewed from Earth, and the sunlight would be as much as seven times brighter.

Mercury's surface temperatures are both extremely hot and cold. Because the planet is so close to the Sun, day temperatures can reach highs of 800°F (430°C). Without an atmosphere to retain that heat at night, temperatures can dip as low as -290°F (-180°C).

Despite its proximity to the Sun, Mercury is not the hottest planet in our solar system – that title belongs to nearby Venus, thanks to its dense atmosphere. But Mercury is the fastest planet, zipping around the Sun every 88 Earth days.

## Potential for life

Mercury's environment is not conducive to life as we know it. The temperatures and solar radiation that characterize this planet are most likely too extreme for organisms to adapt to.

## Size and distance

With a radius of 1,516 miles (2,440 kilometers), Mercury is a little more than 1/3 the width of Earth. If Earth were the size of a nickel, Mercury would be about as big as a blueberry.

From an average distance of 36 million miles (58 million kilometers), Mercury is 0.4 astronomical units away from the Sun. One astronomical unit (abbreviated as AU), is the distance from the Sun to Earth.

From this distance, it takes sunlight 3.2 minutes to travel from the Sun to Mercury.

## Orbit and rotation

Mercury's highly eccentric, egg-shaped orbit takes the planet as close as 29 million miles (47 million km) and as far as 43 million miles (70 million km) from the Sun.

Mercury spins slowly on its axis and completes one rotation every 59 Earth days. But when Mercury is moving fastest in its elliptical orbit around the Sun (and it is closest to the Sun), the morning Sun appears to rise briefly, set, and rise again from some parts of the planet's surface. One Mercury solar day equals 176 Earth days – just over two years on Mercury.

Mercury's axis of rotation is tilted just 2 degrees, meaning it spins nearly perfectly upright and so does not experience seasons.

## Formation

Mercury formed about 4.5 billion years ago when gravity pulled swirling gas and dust together to form this small planet nearest the Sun. Like its fellow terrestrial planets, Mercury has a central core, a rocky mantle, and a solid crust.

## Surface

Most of Mercury's surface would appear greyish-brown to the human eye. The bright streaks are called "crater rays." They are formed when an asteroid or comet strikes the surface. While there are large areas of smooth terrain, there are also cliffs, some hundreds of miles long and soaring up to a mile high.

Temperatures on Mercury are extreme. Surface temperatures during the day can reach 800° F (43 °C). Because the planet has no atmosphere to retain that heat, nighttime temperatures on the surface can drop to minus 290° F (-80°C).

Mercury may have water ice at its north and south poles inside deep craters, but only in regions in permanent shadows.

## Atmosphere

Instead of an atmosphere, Mercury possesses a thin exosphere made up of atoms blasted off the surface by the solar wind and striking meteoroids. Mercury's exosphere is composed mostly of oxygen, sodium, hydrogen, helium, and potassium.



The sun as viewed from the surface of Mercury.

# Part Three: Mercury and Venus

## Venus

It's a cloud-swaddled planet named for a love goddess, often called Earth's twin. But pull up a bit closer, and Venus turns hellish. Our nearest planetary neighbour, the second planet from the Sun, has a surface hot enough to melt lead. The atmosphere is so thick that, from the surface, the Sun is just a smear of light.

It might once have been a habitable ocean world, like Earth, but that was at least a billion years ago. A runaway greenhouse effect turned all surface water into vapor, which then leaked slowly into space.

Asked if the surface of Venus is likely to be life-bearing today, we can give a quick answer: a hard "no."

## Size and distance

Our nearness to Venus is a matter of perspective. The planet is nearly as big around as Earth – 7,521 miles (12,104 kilometers) across, versus 7,926 miles (12,756 kilometers) for Earth. From Earth, Venus is the brightest object in the night sky after our own Moon.

At its nearest to Earth, Venus is some 38 million miles (about 61 million kilometers) distant. But most of the time the two planets are farther apart

## Orbit and rotation

Spending a day on Venus would be quite a disorienting experience – that is, if your ship or suit could protect you from temperatures in the range of 900 degrees Fahrenheit (475°C). For one thing, your "day" would be 243 Earth days long – longer even than a Venus year (one trip around the Sun), which takes only 225 Earth days. For another, because of the planet's extremely slow rotation, sunrise to sunset would take 117 Earth days.

While you're waiting, don't expect any seasonal relief from the unrelenting temperatures. Its very slight tilt is only three degrees, which is too little to produce noticeable seasons.

**Next month:** Earth



How the surface of Venus looks beneath its cloud cover.

## Formation

There are close similarities of early Venus and Earth, but they have had very different fates.

Somehow, 4.6 billion years ago that disk around our Sun accreted, cooled and settled into the planets we know today. Several might well have moved in closer, or farther out, as the solar system formed. Venus and Earth are similar in size with a similar interior structure, both harboring oceans in their younger days. Yet one is now an inferno, while the other is the only known world – so far – to play host to abundant life.

## Surface

Venus appears to have completely erased most traces of its early surface. The causes: volcanic and tectonic forces, which could include surface buckling and massive eruptions.

Venus is a landscape of valleys and high mountains dotted with thousands of volcanoes. One mountain reaches

36,000 feet (11 km), higher than Mt. Everest. Notably, except for Earth, Venus has by far the fewest impact craters of any rocky planet, revealing a young surface.

Other notable features of the Venus landscape include:

### "Pancake" domes

- with flat tops and steep sides, as wide as 38 miles (62 kilometers), likely formed by the extrusion of highly viscous lava.

"Tick" domes - odd volcanoes with radiating spurs that, from above, make them look like their blood-feeding namesake.

Tesserae - terrain with intricate patterns of ridges and grooves that suggest the scorching temperatures make rock behave in some ways more like peanut butter beneath a thin and strong chocolate layer on Venus.



# Drip your way to better health

Vitamin IV drips are all the rage among the Hollywood elite, but would you consider hooking yourself up? Read on to find out...

**W**ITH self-care the hot topic on everyone's lips at the moment, it is no surprise that new and innovative health and wellness treatments are becoming increasingly popular.

One such indulgence is **vitamin infusion therapy**, which, while not necessarily new to the wellness scene, is quickly becoming one of the most highly-requested pick-me-up procedures in clinics up and down the country.

So, what exactly is an IV Vitamin Drip, and what kind of results can people expect from the therapy? We'll dive into the specifics, including the standout pros and cons of the treatment.

## What is an IV vitamin drip?

Intravenous (IV) vitamin drip therapy is a delivery method for distributing nutrients and vitamins directly to the bloodstream through the veins. This method allows the fluids to move quickly and effectively, enabling the patient to feel the effects and reap the benefits almost immediately.

Vitamin infusion therapies should be administered by medical professionals who have undergone formal training to perfect a safe and successful technique. Many clients request the procedure for its ability to boost energy levels, rehydrate and speed up recovery time for jet lag, to name but a few.

## Are IV treatments safe?

Yes, but only when administered by a qualified healthcare professional in a carefully-controlled clinical environment. From the practitioner side, it is imperative to take a complete medical history from the patient and identify any pre-existing conditions that may affect the treatment. A full consultation should also be conducted, addressing all questions and concerns.

## What kind of results can patients expect?

IV treatments are generally quick and straightforward, with the appointment time taking around 45 minutes in total. These are a few of the ways in which an IV vitamin drip can benefit the recipient:

- Improved immune health
- Hangover relief
- Weight-loss support
- Aesthetic enhancement
- Jet-lag recovery
- Migraine relief

The patient can often feel the results of the treatment immediately, but in some cases, and depending on the

individual, they may take a few hours to kick in. The effects of the procedure can be felt for up to 2-3 days.

## Pros and cons

### Pros

- Delivery via IV therapy allows for the absorption of up to 99.9% of vitamins, transferred directly to the blood-stream for optimum results. This contrasts with an 8% absorption rate for oral tablets and pills.
- The convenience of obtaining instant results is a considerable advantage for those who don't want to take time out of their busy schedules.
- IV vitamin therapy promotes enhanced health and wellness and supports a strong immune system and boosted energy levels.

### Cons

It's important to be mindful of potential side effects:

- Patients may experience slight bruising or inflammation immediately after the procedure. This is completely normal and will generally subside within a few hours.
- Although rare, some patients may experience an allergic reaction to treatment. Because of the medical nature of the procedure, it must be administered by a medical professional.



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## Part One

# Replacing a roof: everything you need to know

**T**HE ROOF is one of the most important parts of your house. It offers protection from the elements and keeps your home cool in summer and warm in winter.

That's why it deserves good care and maintenance, before there's a major problem, to limit disruption and expense.

Inspect your roof regularly so you are able to get away with a few more affordable repairs. When a roof replacement is required, it's a big job best planned in advance so you don't want to be suddenly caught out.

## Signs it's time for a new roof

**Inspect from inside:** Look out for leaks and more. Water dripping into your house from the roof is never a good sign and potentially flags up missing slates or tiles, blocked gutters and long-term damage. Other signs that you have roof or guttering problems include peeling paint and water damage high up. Low down, they're more likely to be leaks or damp.

**Inspect in the loft:** If you're in an unconverted loft and can see a chink of daylight, you have a problem. Unless it's a tiny one, low down, where there should be a ventilation gap under the eaves, between the roof and the wall. A chink of light means you have a hole in the roof where a slate or tile has slipped. You should also inspect timber for signs of mould, damp, moisture and rot.

## Inspect from outside:

Cross the street and look back at your roof. Do the same from the bottom of the garden.

Hopefully, you'll get a good vantage point to see whether any slates or tiles are

missing.

Walk around your house and check for piles of leaves, debris and any build up as these trap moisture from rain and can cause damp.

The view from outside should also help you see the shape of the roof. Is the roofline sagging? That's the biggest tell-tale sign that it needs replacing.

If the roof is visibly sagging, it may need extra supporting rafters or struts, or it could be a sign that the roof is too heavy, in which case it will need to be replaced with a lighter material.

**Inspect every element:** A roof isn't just the slates, tiles or alternatives. It's also the timber that supports them, the chimney and guttering. These all need inspecting and they should all be brought up to scratch when renewing a roof.

Gutters need regular cleaning to prevent the build-up of vegetation which prevents water draining off the roof and away from the house. Obstructions can also build up in the valleys in your roof, causing further water damage.

Finally, check the flashing around your chimney regularly as damaged flashing can be vulnerable to water penetration. Water damage builds up over time and may mean that the roof needs replacing.

**Next month:** replacing your roof.







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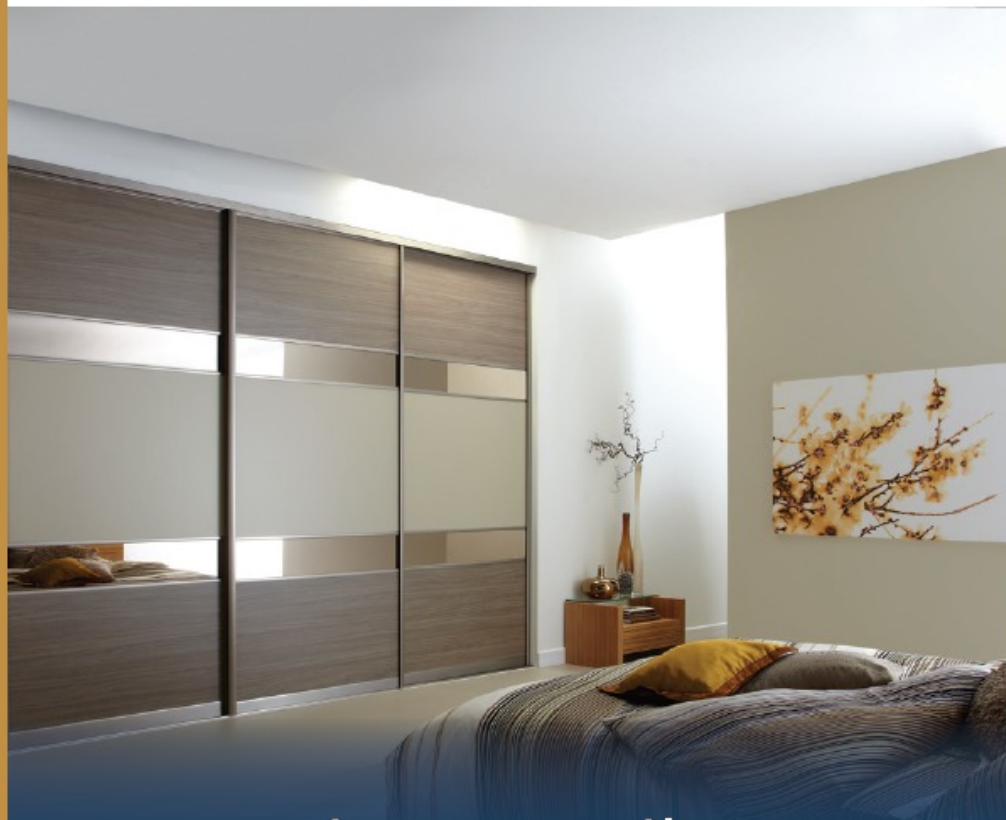


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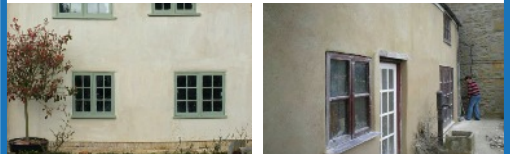
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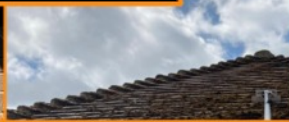
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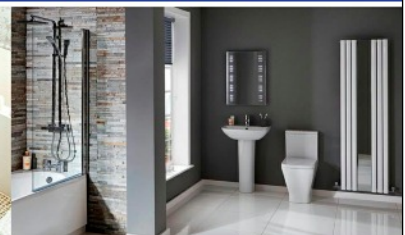
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# A brilliant city car

## The new all-electric Fiat 500

You might think not much has changed with the new Fiat 500. You'd only be half right - although the famous profile is still easily recognisable, this third-generation car has switched to all-electric power.

It's one of the best small cars currently on sale and shouldn't cost too much to run thanks to its efficient, electric powertrain. Such is its all-round appeal, Auto Express named it their **2022 City Car of the Year**.



## Drive and performance

The Fiat 500 was always a good city car, but it's been made even better by the adoption of electric power. Key to this improvement is how well Fiat has engineered the 500 to make it such an effortless and uncomplicated car to drive - particularly at slower speeds. One-pedal driving is possible if you choose the right drive mode, helping to take some of the strain of navigating through busy urban streets, while the 500's drivetrain is reassuringly smooth and quiet on the move.

Fiat has made the on-board tech a real highlight, with the 500 being the first car in its class to feature Level 2 autonomous driving. This means the car is able to adjust acceleration and braking, while also ensuring it remains within the designated lane, although the driver has to be ready to resume control at any time.

## Interior, design and technology

Dimensions are slightly bigger for the third-generation all-electric model, compared to the petrol version, but it still retains the unmistakable family looks. The new split headlights at the front add a modern touch and some of the new alloy wheel designs really stand out.

The Fiat 500's slick infotainment system is a stand out feature. The 10.25-inch touchscreen looks sharp, and the menus are logically laid out. The graphics for the navigation page are clear, and the screen responds quickly to pinching and swiping motions across the page. The 500 is

also fast when you're trying to plot a route; the process of opening the search bar, entering a postcode, and a fully loaded route giving the first navigation instruction took just 19 seconds when we tried it out.

## Practicality, comfort and boot space

The 500 retains its three-door, four-seat set-up, which suits its urban focus. Interior storage is good, with decent cubby holes and storage bins. There are useful practical touches even in the base Action versions, including rear parking sensors, two USB ports and electrically-adjustable door mirrors. Moving up the range adds cruise control, keyless entry and go, and rain-sensing wipers.

Space for the front two in the 500 is decent, adult passengers in the rear will find things less comfortable. For the boot, Fiat has injected a little practicality by designing the rear seats to fold in a 50:50 configuration.

## Reliability and safety

Standard safety equipment is good with entry Action versions coming with Attention Assist (Drowsiness Detection), Lane Keeping Assist, Traffic Sign Recognition with Intelligent Speed Assistant

and Autonomous Emergency Braking. The optional Fiat Co-Driver Pack includes a full suite of active safety systems, along with Level 2 semi-autonomous driving which uses a front-facing camera system to monitor the road ahead.

## Range, charging and running costs

Fiat no longer offers the 93bhp Action version as an entry point to the 500 range, possibly due to it only offering a claimed 118-mile range. You're probably looking at nearer 100 miles in real world conditions, so you'll have to work out if it suits your lifestyle, or whether you can afford the more practical 116bhp Icon version with a 42kWh 'Long Range' set-up and up to 199 miles from a single charge.

Compared to its regular petrol sibling, the all-electric 500 is much more of a solid bet in terms of resale value. The combustion-engined car is predicted to hold onto around 43 per cent of its original list price after a typical ownership period of three-years and 36,000 miles covered, while the battery-powered 500 should retain around 53 per cent.



# Your Horoscopes for the coming month



## **Aries** (March 21 - April 19)

Since you can't change the people around you, maybe it is time you thought about looking at your perspective about what you want out of life. You are where you are right now due to your past thoughts and actions.



## **Taurus** (April 20 - May 20)

Take a journey if the opportunity presents itself, as a change in scenery will greatly benefit you. Reconnecting with neglected friends will bring joy and benefits. Diplomacy is key around the 9th, 18th and 27th, and a practical approach to any problems will serve you well.



## **Gemini** (May 21 - June 20)

With heightened intuition on the 3rd, 12th and 21st, let your creative and imaginative side shine. This is a great month for artistic pursuits. However, don't neglect ongoing projects and be mindful of your spending habits. Practicality should guide your financial decisions.



## **Cancer** (June 21 - July 22)

This is a time for action and taking care of responsibilities. Embrace the opportunity to get organised and eliminate any clutter that might be holding you back. Your creativity and adaptability will be tested when the unexpected arises.



## **Leo** (July 23 - August 22)

Stay alert for potential new business opportunities, but think things through before making any important decisions on the 4th, 13th or 22nd. Though you may face some frustrations on the 8th or 26th, remember they are temporary and to remain patient.



## **Virgo** (August 23 - September 22)

You may find yourself seeking solitude and quiet time this month, so be sure to take a break and recharge if an opportunity for a trip arises. Reflection and meditation will help you connect with your spiritual self and make important decisions with clarity.



## **Libra** (September 23 - October 22)

March 2023 is a month of adjusting to added responsibilities for Librans. Despite the temporary limitations and restrictions, try to see the positive aspects of these new obligations and maintain a sense of humour. Travel for community or family matters may arise around the 9th, 18th or 27th.



## **Scorpio** (October 23 - November 21)

Scorpio emotions may run high, so it's important to stay grounded and make decisions based on reason, not just feelings. Take care of any unresolved matters early in the month and stay organised with your finances by reconciling your accounts at the end of the month.



## **Sagittarius** (November 22 - December 21)

You may find that those you love become even closer than you imagined. Children could prove a catalyst for your personal growth and expansion and there is a sense of connecting with a younger one who will brighten your heart with new dreams and possibilities.



## **Capricorn** (December 22 - January 19)

Healing is strongly indicated at this time and you can create a new method of sharing your resources with others. Look for sudden changes in income - maybe even winning the lottery or a sudden new opportunity that will raise your status to a new height.



## **Aquarius** (January 20 - February 18)

Be ready to move quickly when presented with an opportunity out of the blue that can turn your career in a powerful new direction. You will become known as 'the problem solver' this year as not only will your logical mind be working overtime, your intuition will soar with accuracy.



## **Pisces** (February 19 - March 20)

Your creative energy soars and you may find yourself teaching and exploring strange, exotic places. Your career is dramatically transformed and you may find yourself working with people who will help you more creatively express your talents.

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# How to motivate yourself to exercise

Having trouble getting started? If you're not already a fitness buff, it can be difficult to begin - and stick to - a new workout routine. But there are several ways to set yourself up for success. Try these science-backed tips for exercise motivation.

## Change your mindset

If you're having trouble with exercise motivation, you might be due for an attitude adjustment. Instead of seeing exercise as a hassle, too exhausting, the worst part of your day and so on, view it as an essential, positive component of your self-care. Prioritise health over struggling to achieve unrealistic goals. Working out should make you feel happy, healthy and strong - not be a drag on your life.

When you learn to view exercise as some quality "me" time, you might actually start looking forward to your workouts. In fact, one study found that positive memories of exercising helped to inspire future workouts. There are countless exercises that can help you maintain a healthy body, so find a fitness routine you love, rather than one you dread.

## Give in to temptations

No, not the junk food and TV binge temptations (though everything in moderation, right?). Sometimes, a little bribe goes a long way in exercise motivation. For instance, treat yourself to workout clothes you love - and only allow yourself to wear them if you're actually exercising. Or save listening to your favorite music, podcasts, audiobooks, etc. for when you're at the gym.

One study looked at the effects of "temptation bundling" - measuring the impact of bundling instantly gratifying but guilt-inducing 'want' experiences (enjoying page-turner audiobooks) with valuable 'should' behaviours providing delayed rewards (exercising). Participants received iPods with four audiobooks of their choosing that they only could listen to at the gym.

As a result, they ended up exercising more frequently. And after the study, 61 percent even said they would pay to have gym-only access to such a device. So if you're lacking exercise motivation, try to mimic this study for yourself with some of your favorite entertainment.

## Set simple goals

Setting simple goals is the key to turning your good fitness intentions into a lifestyle change. Don't leave yourself any room for excuses by diving into workouts your body can't handle and expecting unreasonable results. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious.

Recent studies recommend at least 150 to 300 minutes of moderate aerobic activity - such as brisk walking or dancing - for adults per week. And it says adults should engage in strength training at least two days per week. But any amount of physical activity has some health benefits. So no matter how simple you have to start to keep yourself motivated, it's better than nothing.

## Schedule your workouts

You probably have some kind of daily to-do list or schedule to follow. Is exercise on it? It should be. If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity. Try working out first thing in the morning, so exercise becomes

No. 1 on your to-do list - and the first thing you get to cross off. Join a morning exercise group. Take your dog on a vigorous walk. Bike to work. Maybe you'll have to tweak your sleep schedule, but you might just find an energetic morning person buried inside.

If you simply cannot find the motivation to sweat in the mornings, don't allow fitness to fall off your radar during the day. Avoid sitting for long periods. Take the stairs. And prioritise that workout before you fall into the couch for the evening. But, on the flip side, never be hard on yourself if you miss a workout. Just get back on schedule as soon as you can.

## Try resistance training

A study on older adults found resistance training helped to improve exercise motivation. Researchers put 104 healthy 65- to 75-year-olds who weren't meeting their physical activity requirements on a regular resistance training plan. After nine months of this training, the participants reported more enjoyment in exercise, and they led more active lifestyles.

## Get competitive

There's nothing like a good support group to help you achieve your goals. However, when it comes to exercise, competition might win over support. Still, it's important to keep competition healthy. For instance, don't compare yourself to a friend who does marathons while you're training to run your first mile. If anything, try competing with yourself - seeing whether you can beat your times or pushing for a few more reps.

Crushing your own records and seeing your health improve might be all the exercise motivation you need.



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# MOVIE QUIZ

**1** In what 1976 thriller does Robert De Niro famously say "You talkin' to me?"

**2** For what movie did Steven Spielberg win his first Oscar for Best Director?

**3** Which Alfred Hitchcock thriller is notorious for its shocking "shower scene"?

**4** Which show about Danny and Sandy was made into a film with John Travolta and Olivia Newton-John?

**5** Which singer starred in The Bodyguard?

**6** What is the first rule of Fight Club?

**7** Who played Jack in Titanic?

**8** Which 2020 film starring Robert Downey Jr tells the story of a physician who can talk to animals?

**9** Which movie star is killed off in the opening scene of Scream?

**10** Directed by Guy Ritchie, who plays the Genie in the 2019 adaptation of Aladdin?

**11** In the movie Frozen, which song does Elsa sing as she builds the castle?

**12** What is the name of the hobbit played by Elijah Wood in the Lord of the Rings movies?

**13** What flavour of Pop Tarts does Buddy the Elf use in his spaghetti in Elf?



**14** On what date is the Frank Capra classic It's a Wonderful Life set?

**15** Which Ben and Matt co-wrote Good Will Hunting?

**16** Which British actress won the Best Actress award at the Oscars in 2019?

**17** Who is the only Disney princess who was inspired by an actual person?

**18** Where did Harry Potter go to school?

**19** Which movie features Bruce Willis as John McClane, a New York police officer, taking on a gang of criminals in a Los Angeles skyscraper on Christmas Eve?

**20** What is Darth Vader's real name?

**21** What pop vocal group performs at the wedding in Bridesmaids?

**22** Which English actor won the 2014 Academy Award for best actor for his role in The Theory of Everything?

**23** What island is Jurassic Park on?

**24** Aaron Sorkin won an Oscar for writing what 2010 drama about the creation of Facebook?

**25** Which musical based on Romeo & Juliet was a 60s Oscar winner?

**Answers on page 18**



**More**

# Garden trends for 2023

**F**OLLOWING on from last month's article, here are more garden trends for the coming year.

## More flower beds and biodiversity

In the past year, more people have chosen to move away from minimalist planting and bring in more flower beds and shrubbed areas to their spaces, including raised beds for growing vegetables.

This is great news for biodiversity and creating a wildlife friendly garden is both a fun and environmentally-friendly change to make to your space.

## Bring the inside to the outdoors

**Outdoor kitchens, fires and flooring-style paving:** Seating areas, pergolas, outdoor kitchens, fire pits (main pic), and floor-like laying patterns are all must-haves for 2023.

People lucky enough to have larger outdoor spaces are choosing to create different zones within their gardens.

They have different features, such as open-air cooking and eating areas and specific spaces for children to play in. Garden zones were a rising trend in 2022, and we expect that to continue. But, even if you haven't got a huge space and are looking for design ideas for small gardens, you can do plenty. Smaller gardens can be enhanced with fire pits and outdoor kitchens.

## Patio colour trends

Grey paving remains a popular choice for homeowners and looks great against most types of brickwork. A popular design idea is to use a grey patio to create a smooth transition between outside and in.

Black paving has also been on an upward trajectory and is an excellent choice for anyone looking to add a sleek and stylish look. Giving your garden a dramatic lift can redefine the look of the space and how you use it. From the slick look of porcelain to stylish granite and concrete, black paving can provide a unique new look.

There is still a growing trend for patterned paving (pic) and outdoor tiles; porcelain is available in several different patterns and finishes, such as corten and terrazzo; recent garden designs have used these for step risers

and underneath seating areas.

Who says you just need one colour or one type of paving? Combining colours and paving styles can create a stunning and eye-catching look that will instantly transform the look and feel of any outdoor area. You can use borders and edging to frame paving, creating a neat and attractive finish, while different types of paving can create different pathways and visual effects. Combinations can add a touch of class and sophistication to any outdoor space while still allowing for plenty of creativity and individuality.



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# DISCOVER THE MALDIVES

Floating in the Indian Ocean, the Maldives are the cream of the crop when it comes to secluded beach holidays. The waters are their own brand of blue, the sands are blindingly white, and rows of palm trees stand to attention along the shoreline.

What's more, if you count each island individually, you've got almost 2,000 reasons to visit. Some are such small specks that they're inhabited by a single hotel – meaning the ultimate peace and quiet – and lots are ringed by colourful house reefs.







## ABOUT THE MALDIVES...

The Maldives is a nation of islands in the Indian Ocean, spanning the equator. It's comprised of 1192 islands, grouped into a double chain of 26 atolls.

They feature reefs that offer bands of colour, tiny jewel-like islands rimmed with the whitest of soft sand surrounded by the clearest shallow waters that one can imagine. Only 200 of the islands are inhabited, and a select few on each of the atolls are resorts and some of the islands are used for industry and agriculture. The Maldives is home to about five percent of the planet's reefs and are home to a thousand species of fish, including the manta rays and whale sharks which make the Maldives their home.

## PICK OF THE RESORTS

### Four Seasons Private Island - Voavah

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### Alimathà Aquatic Resort

The island, seen from above, today has a shape that resembles a heart, and has a beach of fine white sand that extends into the waters of the Maldives. It is surrounded by a splendid and colourful coral reef, inhabited by hundreds of species of fish and corals. It offers its guests 96 Beach Bungalows, 34 Water Villas and 26 Garden Rooms.

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### Constance Halaveli

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