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staying at the superb 2 star Clarence House Hotel on the Esplanade Enviably situated in the centre of the Esplanade enjoying panoramic views, Tenby is known within Wales as 'The Jewel in the Crown'

Departs 7th October - 5 Days only £419.00

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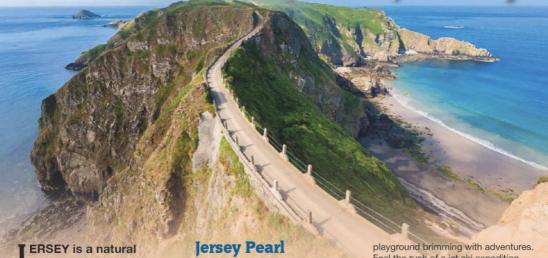
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Visit Jersey



Playground for salty souls who want to be as wild and free as the sea.

However you feel when you land on our shores, there's a deep, elemental magic in our sea air that will leave you feeling renewed, reinvigorated and restored.

Explore the island's most fascinating sites, including Jersey Zoo, the renowned Jersey War Tunnels, imposing castles and unique museums. Outdoor explorers will be spoilt for choice in the Jersey National Park and there's plenty of places to visit for families too.

Jersey War Tunnels

Jersey's War Tunnels (bottom right) tell the true story of wartime Jersey in a way that no other visitor attraction does. It's the best place to get a true picture of what life was really like in Jersey during WWII. The exhibition is housed within an underground tunnel complex, built by the Germans using slave labour.

Mont Orgueil Castle

Mont Orgueil Castle, or Gorey Castle, (top right) has cast its imposing shadow over the beautiful fishing port of Gorey for more than 800 years. One of the finest examples of a medieval fortress in existence, Mont Orgueil is also a symbol of Jersey's national identity and independent character.

Jersey Pearl, St. Ouen is the perfect place to treat yourself to something special on the island. There's so much to love; you can shop, dine, pick a pearl from an oyster, watch pieces being made in our workshop and learn all about pearls whilst enjoying our beautiful view over the bay.

La Mare Wine Estate

La Mare Wine Estate (centre, right) is a hidden gem nestled amidst the picturesque parish of St Mary. The estate extends a warm welcome to all whatever the weather. Join one of their Tour and Tasting Experiences, relax and refuel in the Vineyard Cafe and stock up on Genuine Jersey treats in the Cellar Gift shop..

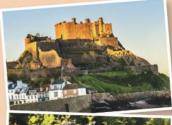
Walking holidays

Walking holidays in Jersey are simply good for the soul. You will discover a landscape full of gentle surprises, shifting in a kaleidoscope of colour with each passing season. Drink in the dramatic beauty of Jersey's coast as you meander along rugged cliff paths carpeted with gorse and wildflowers as the tide laps against the sweeping shoreline below.

Watersports

In Jersey you're never more than 10 minutes from the sea, so it's easy to make a splash in the island break. Traverse Jersey's rugged shoreline at sea-level and discover a coastal

playground brimming with adventures. Feel the rush of a jet ski expedition, find your balance on a SUP, or enjoy a tranquil kayaking trip exploring hidden bays and encountering rare wildlife. Whatever floats your boat, you'll find it in Jersey.







... and Guernsey



G ET away from it all and recharge the batteries.

Embrace island-hopping and outdoor adventures on land and on sea. Dine at a multitude of eateries, from beachside kiosks and cafés to local pubs and award-winning restaurants. Delve into the past to explore our heritage on guided walks or in museums. Hike our coastline along miles of cliff paths with views.

Fort Grey

Known locally as the "Cup and Saucer", Fort Grey (centre, right) is a Martello Tower built in 1804 to defend Guernsey's west coast. Many vessels have come to grief on this beautiful but treacherous coast, and the Tower now houses the Shipwreck Museum with a surprising variety of objects recovered from the wrecks.

Cliff paths

The Islands of Guernsey boast miles of coastal paths, many along the cliffs with views to reward your efforts. Head out on an adventure and refuel at one of the many kiosks and cafes along the way.

Guernsey Literary Festival

The Guernsey Literary Festival is fast-becoming a must-see event in the literary world with previous speakers such as Clare Balding, Sebastian Faulks, Michael Morpurgo, Matt Haig, Richard Dawkins and Ben Fogle.

It also boasts extensive education, family and community programmes, as well as workshops for local writers.

Guernsey Museum at Candie

Treasures from around the world held in the collection, the Folklore of Guernsey and the Rona Cole Gallery showing 200 works of art. There is also the Discovery Room for families with a Cabinet of Curiosities, old-fashioned games to play and the very popular Timewarp that changes theme each year.

Beaches

With crystal clear turquoise waters, secluded coves and panoramic views, The Islands of Guernsey have a variety of beaches to explore. From sandy spots to relax with family to sheltered bays perfect for wild swimming and kayak adventures, each of our five Islands offer unique spots to enjoy and unwind. From the horseshoe beach of Port Soif to hidden spots like the Lihou Venus Pool, there's always a tranquil spot to head to for a dip.

Alfresco dining

There is no need to rush a meal when you are on holiday. Order a bottle of rose and a few plates to share and enjoy each others' company. With seafront restaurants like La Reunion along the coast and Pier 17 on the harbour, and peaceful gardens and terraces at hotels such as The

Georgian in Alderney, Stocks Hotel in Sark and the Cobo Bay Hotel, you'll never want to leave.







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Countryside Lincs

April 14th – 10:00am to 4:00pm Adult - £11 Child - £6 Family - £32 Lincolnshire Showground

Countryside Lincs is a fabulous fun-filled interactive day for all ages! Experience a flavour of Lincolnshire food, farming and countryside at this popular annual event.

Join us for a fun-filled family day out with plenty of interactive indoor and outdoor activities and workshops to discover a flavour of food, farming and the countryside. Jam-packed with animals, activities, experiences and entertainment for all the family – it's an event not to be missed!

Lulu - For The Record

May 5th -7:30pm to 10:00pm Tickets from £38 Theatre Royal

Scottish singing legend Lulu is heading to the New Theatre Royal Lincoln next year as part of her limited-date tour, Lulu – For The Record.

From Shout to James Bond, from To Sir With Love to The Eurovision Song Contest; Lulu is a bona fide British music legend. And, on the eve of the 60th anniversary of Shout, she'll be touring the UK for the first time since Autumn 2019 with her most intimate show to date.

For The Record will combine remarkable stories and stunning clips with song. The show will be a chance to get to know the star, who has entertained legions of fans across 60 glorious years.

There will be exclusive photography and video footage as well as incredible songs from a pop icon.

Lincoln Guildhall Tours Festival of History

Sunday 5th to Monday 6th May Tour times: 9.30am - 11.30am and 1.00pm - 3.00pm Admission: £5.00 Tel: 01522 541727

A Grade-1 listed building, Lincoln Guildhall occupies the building above the Stonebow on Lincoln High Street.

This site has been home to the city's administration for over 784 years, and still hosts the city council meetings today.

Hidden in the depths of the building, you will also find an array of treasures, artefacts and regalia, including the sword of Richard II, the Mayor's Chains of Office and some impressive Royal Charters.

Lincoln Gin and Rum Festival

June 8th - All Day Tickets: £16.00 (booking fees apply) The Engine Shed

Join the fun and discover a unique experience that celebrates the best of Gin and Rum and promises the party of the year!

Whether you're thirsty for knowledge or just want to party the night away, the Lincoln Gin & Rum Festival is for you!

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Rhubarb & gingernut cheesecake

What could be more cheerful than this vivid pink no-bake cheesecake? Rhubarb and ginger are merry bedfellows and make a stunning springtime dessert.

Ingredients

- 500g forced rhubarb, chopped into 4cm lengths
- 150g caster sugar
- 1 blood orange, zested and juiced
- 1 vanilla pod
- 100g butter, melted, plus extra for the tin
- 200g gingernut biscuits
- 500g mascarpone or soft cheese
- 100g quark or thick natural yoghurt
- 1 tbsp pistachios, chopped

Method

- 1 Heat oven to 200C/180C fan/gas
- 6. Line a large baking tray with

- baking parchment and fill with the rhubarb. Scatter over the sugar and orange zest and pour over the juice. Scrape the seeds from the v.anilla pod in there too, throwing the spent pod on top. Cover with foil and roast for 20 mins. Remove from the oven. Purée a third of the rhubarb, reserving the rest for the top.
- 2 Butter a 20cm springform cake tin and line it with baking parchment. To make the base, put the biscuits in a bag and smash them with a rolling pin, or put them in a food processor and grind to crumbs. Tip into a mixing bowl, and stir in a pinch of sea salt. Pour the butter over the crumbs. Mix it together with a fork and tip it into the tin. Tap the side of the tin with your hand to even the crumbs out, and gently compress it with the back of a large spoon until it's packed in and level. You want it fairly well packed so that it holds together. Put in the fridge to chill.
- 3 To make the filling, put the cheese and quark or yogurt into a mixing bowl, or the bowl of a stand mixer, and beat it together. Mix until combined and thickened, then fold through the rhubarb purée.
- 4 Pile the mixture on top of the biscuit base and smooth it down. Cover with cling film and chill overnight until set. Remove the rhubarb from its syrup with a slotted spoon, tip the syrup into a pan and bring to the boil. Reduce for about 3-5 mins until the syrup is more concentrated. Allow to cool.
- 5 Carefully remove the cheesecake from its tin. Pile the rhubarb on top and drizzle over some syrup (you can save the rest for drizzling over porridge), then scatter with the pistachios to serve.

SERVES 8-10 PREP 20 mins COOK 25mins



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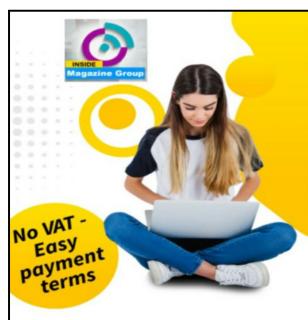
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Homeopathy: the pros and cons

OMEOPATHY is a medical system based on the belief that the body can cure itself.

Those who practice it use tiny amounts of natural substances, like plants and minerals. They believe these stimulate the healing process.

How does it work?

A basic belief behind homeopathy is "like cures like." In other words, something that brings on symptoms in a healthy person can -- in a very small dose -- treat an illness with similar symptoms. This is meant to trigger the body's natural defenses.

For example, red onion makes your eyes water. That's why it's used in homeopathic remedies for allergies. Treatments for other ailments are made from poison ivy, white arsenic, crushed whole bees, and an herb called arnica.

Homeopathic doctors (who also are called "homeopaths") weaken these ingredients by adding water or alcohol. Then they shake the mixture as part of a process called "potentization." They believe this step transfers the healing essence. Homeopaths also believe that the lower the dose, the more powerful the medicine. In fact, many of these remedies no longer contain any molecules of the original substance. They come in a variety of forms, like sugar pellets, liquid drops, creams, gels, and tablets.

During your appointment, a homeopath will ask a number of questions about your mental, emotional, and physical health. They'll prescribe the remedy that best matches all of your symptoms. Then they'll tailor the treatment for you.

You can also buy over-the-counter homeopathic remedies at drugstores and health food stores. The dosage and quality of these products depend on the manufacturer.

What conditions does homeopathy treat?

It's used for a wide variety of health issues, including some chronic illnesses:

- Allergies
- Migraines
- Depression
- Chronic fatigue syndrome
- Rheumatoid arthritis
- Irritable bowel syndrome
- Premenstrual syndrome

It can also be used for minorissues like bruises, scrapes, toothaches,headaches, nausea, coughs, and colds. Don't use homeopathic medicine for life-threatening illnesses, like asthma, cancer, and heart disease, or in emergencies. You should also avoid using it in place of vaccines. Some homeopathic products called "nosodes" are marketed as an alternative for vaccines, but there's no research to prove they're effective.

Does it work?

Research is mixed. Some studies show that homeopathic remedies are helpful, while others don't. Critics chalk up the benefits to the placebo effect. That's when symptoms improve because you believe the treatment is working - not because it really is. This can trigger the brain to release chemicals that briefly relieve the pain or other symptoms.

Doctors are divided because some of the theories behind homeopathy don't line up with the principles of chemistry and physics. Scientists argue that a medicine with no active ingredient shouldn't have an effect on the body.

What are the risks?

The NHS oversees homeopathic remedies. But it doesn't check to see if they're safe or effective. In general, most are so watered down that they don't cause any side effects. But there are exceptions. Homeopathic medicines can contain a large amount of an active ingredient, like a heavy metal, that can be dangerous.

If you're thinking about trying these alternative treatments, talk to your doctor. They can make sure they're safe and won't interact with any other medications you're taking.





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The top 20 bargain buys in Premier League history Part one

OR decades now, spending in the Premier League has continued to astonish, disgust and amaze in equal measure.

That doesn't mean Premier League clubs don't enjoy shopping on the cheap however. We've trawled through the archives and compiled (in reverse order) a list of the 20 best value-for-money transfers in Premier League history.

20. John Stones (Barnsley to Everton, 2013) £3million

Although he didn't make a single appearance in his first season at Everton, his bravery on the ball and defensive improvements earned him a £47.5 million move to Manchester City in 2016, earning the Toffees a sweet profit.

19. Cesar Azpilicueta (Marseilles to Chelsea, 2012) £7million

Blessed with incredible pace, the Spain international has played right across the back for the Blues and since gone on to lift the Premier League trophy twice.

18. Andrew Robertson (Hull City to Liverpool, 2017) £8million

Jurgen Klopp proved he can still pick out a bargain when he snapped up Robertson from Hull. Reaching the Champions League Final - and keeping Alberto Moreno on the bench in his first season - basically makes Robertson an Anfield great already.

17. Nicolas Anelka

(Paris Saint-Germain to Arsenal, 1997) £500,000

With just just 12 professional appearances to his name, Gunners fans were less-than convinced with the Frenchman. However, 28 goals in his two full seasons at Highbury soon changed their minds as he led the line superbly in their Double winning season of 1998.

16. Tim Cahill (Millwall to Everton, 2004) £1.5million

The signing of Millwall midfielder Cahill in the summer of 2004 was seen as a shrewd piece of business – especially as he had just led the Championship side to the FA Cup final.

15. Paolo Di Canio (Sheffield Wednesday to West Ham, 1999) £1.5million

The fiery Italian was practically a leper in 1999 - no one wanted to touch him. However, Harry Redknapp decided to take a punt on the striker and the rewards were huge.

14. Demba Ba (West Ham to Newcastle United, 2011) **Free** Despite being offered £50,000 a week by the Hammers, Ba joined Newcastle United for nothing and could not stop scoring. When the goals began to dry up, he turned provider for Papiss Cisse.

13. Ashley Cole

(Arsenal to Chelsea, 2006) £5million

Shortly before the switch from Highbury to the Emirates, Arsene Wenger sanctioned a controversial move to Chelsea for the left-back. Cole established himself as one of the best defenders in the world at Stamford Bridge and clinched the Champions League title in 2012.

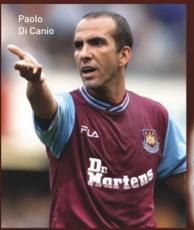
12. Sami Hyypia (Willem II to Liverpool, 1999) £2.6million

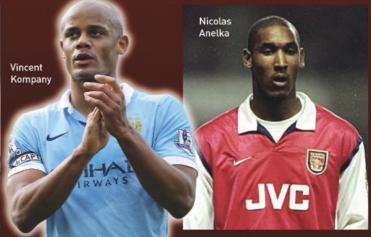
Few knew who Hyypia was when he signed from Willem II in the Netherlands in 1999, but he was a cult hero by the time he left. A commanding presence at the heart of Liverpool's defence, the Finn was a proper, old-fashioned centre-half who stood for no nonsense.

11. Vincent Kompany

(Hamburg to Manchester City, 2008) **£6million**

One of the last signings before Abu Dhabi money took hold of the Citizens in 2008, Kompany was 22 when he joined and one can only imagine how expensive the Belgian would be in his prime.





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CINEMA APRIL

BACK TO BLACK

Starring: Marisa Abela, Eddie Marsan, Jack O'Connell

Director: Matt Greenhalgh

The film delves into the life and career of Amy Winehouse, beginning with her early days in the early 2000's as a North London jazz musician and culminating in her rise to fame as a Grammy-winning singer with songs like 'Rehab' and 'Back to Black'.

In cinemas: April 12, 2024



ARCADIAN

Starring: Nicolas Cage, Sadie Soverall, Jaeden Martell

Director: Benjamin Brewer

In the near future on a decimated Earth, Paul and his twin sons find tranquility by day but terror by night when ferocious creatures awaken and consume all living souls in their path.

In cinemas: April 12, 2024





government has become a dystopian dictatorship and partisan extremist militias

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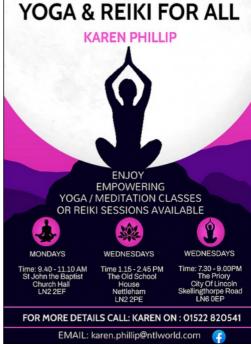
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To move or not to move?

This is what the property experts want you to know...

OMEOWNERS and wouldbe buyers will be glad to see the back of 2023.

Predictions of 10% declines throughout 2023 and a question mark over how high-interest rates would climb caused many homeowners to cancel any plans to move home last year.

So is 2024 a better time to up sticks, sell your house and move to a new home?

House prices - the reality

Fortunately, forecasts of double-digit house price falls did not materialise. Nationwide recorded a 1.8% fall over the year while Halifax noted 1.7% growth.

Experts agree that we're unlikely to see significant price drops in 2024, predicting a fall of no more than 2% while Halifax says prices could fall by up to 4%.

If you're hesitant about moving house because you don't want to lose equity, keep in mind that house prices rose 26% between the beginning of 2020 and the end of 2022 for an average detached home, so you've already made a significant gain. You'll also benefit from a reduction in the price of your new home.

Will interest rates fall in 2024?

The Bank of England has stopped increasing the base rate which influences other rates such as your mortgage. It currently sits at 5.25% and those who work in the financial markets believe it will not go any higher.

The Bank of England's target for inflation is 2%. Keeping interest rates high stops households from spending lots of money, which should stop prices from rising. If inflation falls back to 2%, the Bank could reduce the base rate this year.

In addition to this, big named mortgage lenders such as HSBC, Nationwide, Barclays and Halifax have recently made cuts to their mortgage rates which will reduce the impact on movers' household budgets.

House prices – the reality

Richard Donnell, executive director at Zoopla, said: 'We expect more buyers to return to the market in 2024 encouraged by mortgage rates falling back towards 4.5%, or even lower.

Mortgage rates are now reducing quicker than anticipated as lenders try to tap into pent-up demand to buy or move home.

'However, if you wait for rates to fall further the property you desire may no longer be on the market.

'If the property fits your needs now and in the future and remains affordable, now is the right time to buy.'

Home moving opportunities in 2024

There are fewer buyers in the market and more homes available to buy, compared to 2019, according to Zoopla which puts the purchaser in a strong position to haggle down the price. Towards the end of 2023, sellers were accepting average discounts of £18,000 or 5.5%.

There are also opportunities for firsttime buyers. Some landlords are exiting the market due to high interest rates and less tax breaks which means more starter homes will be available to buy.

There may also be support for first-time buyers announced in the budget. Mortgage affordability, however, will remain challenging for lots of homeowners and will hold back some movers who are reluctant to let go of a low fixed rate.

Zoopla says a key trend in 2024 will be homeowners moving further afield to find cheaper houses.



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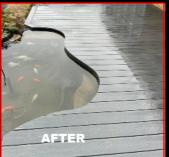
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Wit its super-powered M2 processor, the latest version of Apple's 'basic' laptop leaves the M1 model - an excellent machine in its own right - in the dust.

This revamp redefines the Air in a meaningful way, setting a yadstick by which Apple's entry-level devices will be judged... including the 15" version which, although superb, is not quite such a good deal.





AMAZON Echo (5th Gen) £55

The latest dot offers improved sound quality over the 4th Gen model. Not surprisingly given its size, it still doesn't have the heft of a full-scale Echo, but this dot is more than good enough for bedside table or kitchen listening - and is light years away from the lame sound of the early versions.

FUJIFILM X-T5 £1,699

Fujifilm's most popular compact system camera gets a sensor upgrade while keeping up tradition everywhere else. This means you're getting identical stills performance to the more modern X-H2, making the X-25 the sweet spot of Fuji's line-up, and a top all-rounder.





IVING your patio a refresh in time for summer might be at the top of your to do list this spring, but with so many different materials for patios to choose from it can be hard to know which one to opt for.

Whether you're looking for a high-end finish or patio ideas on a budget, we've outlined the pros and cons of using each material to help you select the best one.

Porcelain - best for low maintenance

An optimal choice for paving due to its remarkable blend of durability, aesthetics, and practicality. Its exceptional strength and resistance it an ideal option for homeowners looking to enhance the natural ambience of their gardens, pathways and patios. It's also easy to clean, easy to maintain and one of the cheaper real stone options.

Limestone - best for texture

Renowned for its stylish qualities, limestone is also popular thanks to its anti-slip properties due to its textured finish. It offers a classic and elegant look, and is typically more affordable than other natural stones. Limestone is durable, easily maintained and can handle outdoor elements as well as daily foot traffic, ensuring practical longevity.

Slate - for a unique appearance

The unique appearance of slate is what often makes it a popular choice for paving. It's a non-porous paving material that works well in patios. 'As it's available in slabs and flagstones, you can choose from a

smooth and square or a more natural, textured paving style.

Paving blocks - best for pattern

If you want more options design wise, paving blocks can be very versatile as they can be laid in many different patterns for a unique finish. They can also be easily laid without the need for a professional. With its ease of installation compared to other materials and most homeowners tend to lean towards DIY installation, due to the cost savings. Paving blocks are highly durable and are also resistant to weathering - If a paving block does become damaged, it can be easily replaced without having to remove the entire paved area.

Concrete pavers - most budget friendly

As a paving option, concrete pavers are one of the cheapest materials. For those looking to create a functional patio in their garden, ideally, you want to opt for a material that is not only durable but also low maintenance.

to stains, scratches, and weathering make it a standout option.

Sandstone - most natural look

For a more natural, country garden sandstone is a good material for a patio. Its rustic appearance, rich in texture and character, adds subtle warmth to outdoor spaces, making

From left: limestone, paving blocks, porcelain, sandstone. They're are the perfect option for a patio, as they come in a range of colours and styles and need little to no maintenance.

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April Quiz European cities

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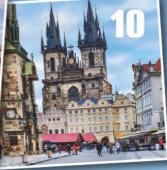














If anything's going to warm our spirits during these relentless rainy mornings it's the prospect of all the best spring/summer fashion on the horizon, right?

Sure, layers have been fun, but having to dress practically doesn't always leave a lot of room for creativity and personal expression. After all you could be wearing your best outfit of the year, but what use is it when it's being shrouded in the giant winter coat you've had to wrap yourself up in every day for the last two months?





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1970

The most violent game in English football history

On April 29, 1970, Chelsea met Leeds United at Old Trafford in an FA Cup Final replay. The two clubs had 'history', and the first meeting, played on a Wembley pitch rendered virtually unplayable after hosting the Horse Of The Year Show, was niggly and badtempered. That was nothing, however, compared to the re-match three weeks later.

Chelsea's Ron 'Chopper' Harris began proceedings by almost cutting Leeds winger Eddie Gray in half after only two minutes. The match continued in the same vein, with 'dirty' Leeds giving as good as they got, and more besides.

Staggeringly, there was only one booking, for a push on Leeds captain Billy Bremner by Ian Hutchinson.

The game was re-refereed, according to modern interpretations of the rules, by Michael Oliver in 2020, who was forced to concede that he would have handed out 11 red cards.

Chelsea's lan Hutchinson neatly summed it up: "We hated them

Chelsea, incidentally, won 2-1 after extra-time.

and they hated us."

1982 Start of the Falklands War



On April 2, 1982, after several years of failed diplomacy, Argentine forces mounted amphibious landings, known as Operation Rosario, on the Falkland Islands. The invasion started with the landing of Lieutenant Commander Guillermo Sanchez-Sabarots' Amphibious Commandos Group. This was followed by the invasion of South Georgia the next day.

On April 5, the British government dispatched a naval task force to engage the Argentine Navy and Air Force before making an amphibious assault on the islands. The conflict lasted 74 days and ended with an Argentine surrender on 14 June, returning the islands to British control. In total, 649 Argentine military personnel, 255 British military personnel, and three Falkland Islanders were killed during the hostilities.

Your HOTOSCOPES for the coming month



Aries (March 21 - April 19)

Aries will sparkle thanks to new energy in April. With the arrival of spring, you will feel a high dose of motivation to exercise, and thanks to your strong will, which you will definitely not lack during this period, you will feel great changes



Tourus (April 20 - May 20)

April will bring a lot of energy to Taurus. This spring month will be mostly focused on relationships. Deep contemplation and reflection of things will not be on the agenda. You will be more spontaneous, so do not be afraid to take full advantage of every opportunity.



Gemini (May 21 - June 20)

April will be a sign of quarrels for twins. Whoever it is, you will argue over the little things, and you might regret it later. In addition to conflicts, you will also return to the old wrongs of the past. But you should not try to fight these feelings, but rather try to analyse them and learn from them.



Concer (June 21 - July 22)

You can expect an uncontrolled outburst of emotions that can cause significant problems in both personal and professional life. Your behaviour will be mostly impulsive, so during this period, try to focus on inner peace and try to think things through before you say something.



Leo (July 23 - August 22)

April will be a month of independence and change for the Leos. Whether it's a change in your behaviour, in the lifestyle, at work, or a change in your visage, you'll enjoy it to the fullest. You will want to get rid of your current obligations and enjoy your freedom.



Virgo (August 23 - September 22)

April will be quite wild for Virgos in terms of relationships. It is possible that someone special will appear in your life and you will fall in love with them at first sight. Although you probably can't stop thinking about this person, you should let things go at their own pace and not rush anything.



Libra (September 23 - October 22)

After a difficult start to the year, you deserve a break, and even ideas for new projects may come to mind. There is an ideal time for you to move forward in your life, so don't be afraid to present your plans to your colleagues. Your efforts will undoubtedly be appreciated.



Scorpio (October 23 - November 21)

Scorpios will be restless and proactive in April. In some ways, you will be prone to jealousy, leading to vengeful behaviour as Mars will influence you. You will not feel quite yourself, so think carefully about your actions and about what causes them.



Sagittarius (November 22 - December 21)

April will be an excellent time for going back to family values. Try to spend as much time as possible with your children, but don't forget your partner either. You can also try inviting your parent or a sibling on a trip just for you two since it's been a while since you've had time for each other.



Copricorn (December 22 - January 19)

During this time, you may tend to make impulsive decisions - with your heart. When it comes to love and relationships, you become unstoppable in your efforts, sometimes even uncompromising. You will have a good time in a group where you can have fun and maybe flirt a bit too.



Aquarius (January 20 - February 18)

Aquarians will not stop at all in April because they will become go-getters, and they will be very determined and even harsh when following their goals. You will be doing better than your boss would expect, and he/she will be amazed by your achievements.



Pisces (February 19 - March 20)

In April, Pisces will seem like different people due to the influence of Mercury. On the one hand, your speaking skills will improve unbelievably, which can benefit you in many ways, but it will also bring along the temptation to manipulate others.





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Does golf count as exercise?

A NYONE who's played 18 holes knows that golf can be physically taxing.

You'll spend hours in the sun, wind, or other elements (depending on the forecast), walking from tee to ball, and perhaps lugging around a cart of clubs But is golf strenuous enough to count as exercise?

It depends. Although a reasonable degree of cardio for golf is required, the level necessary is not exceedingly high. Golf is slow walking with many breaks; thus, the heart and lungs are not under a lot of pressure for extended amounts of time during a round.

And how much physical activity you get depends on whether you're simply swinging a club at a driving range, walking from hole to hole over varied terrain, or traveling from hole to hole in a golf cart

It can improve several functions of the body, including endurance and mobility, and in some cases counts as moderate exercise - enough that you don't need to hit the gym that day.

Here's what you should know about when, and how much, golf counts as

Golf is low-intensity physical activity but yields some fitness benefits

Golf doesn't necessarily overload the muscles repeatedly in a way that counts as strength training, and depending on the pace of play and how you're getting from hole to hole,

it's not always intense enough to be a cardio workout. But golf is still physical activity - undoubtedly more than you would get sitting on the couch. While not an intense type of movement, it can improve strength conditioning, balance, low- to moderate-level aerobic capacity, and mobility.

If you walk 18 holes three to five times per week, you'll get some extent of endurance exercise for your heart. If you pull or carry your clubs, you'll burn more calories each round.

Whether golf will significantly change your overall fitness depends on severa variables, first and foremost the other types of activity you do and your current fitness level. If combined with other forms of exercise and a healthy varied diet, golf will help to keep you fit, trim, and conditioned for daily life.

Can golf be aerobic exercise?

At least 150 minutes of moderate aerobic activity is recommended each week. Depending on what your golf day looks like, it might actually count toward that recommendation.

'Moderate' activity requires that your heart rate is somewhere between 64 and 70 percent of your maximum heart rate

The research backs that up - a review in the British Journal of Sports Medicine looked at 301 studies and found that golf provided moderate physical activity. Another study found that golfing improved blood pressure and cholesterol more than walking.

Can golf be considered strength training?

While golf can be useful for strength conditioning - which means keeping you in shape for the daily movements of life - you won't want to skip dedicated strength training just because you start golfing. There are strength components involved in just the way the body moves, particularly the core, legs, and arms. But to meet the CDC's recommendation for weekly strength exercises, you'll need something more intense.

Other considerations

Golf can cause injuries even in healthy people, mostly in the wrist and elbows. Usually doing too much too soon or having poor form are the culprit. make sure you swing within your limits. Don't overdoit - changes to your swing or your grip places a different type of demand on certain muscle groups.

Ease into trying new things gradually rather than trying to practice a single technique for all 18 holes.

And if you're feeling tired enough that your form is suffering, it's time to stop.

Speaking of fatigue, all golfers should make sure to eat, bring snacks, and stay hydrated. Some people eat little during a four-hour round of golf and may not have eaten anything of substance prior. This can add up to six or seven hours without any gas in the tank.

Take a drink of water on each tee box and refill your water bottle at the turn, drinking at least 32 ounces per 9 holes.







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