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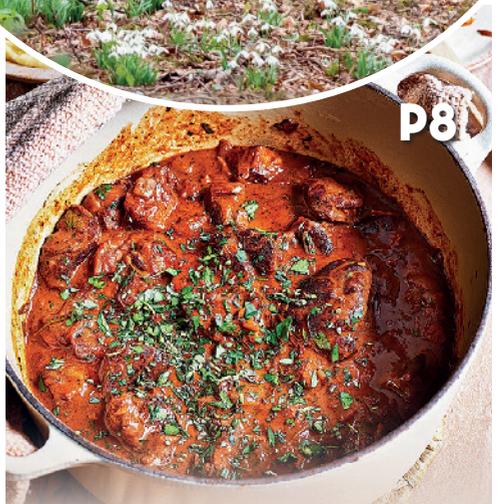
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RECIPE: BEEF AND RED WINE STEW

COOK pieces of beef shin in herby red wine stock until meltingly tender, then serve with creamy mash for a crowd pleasing weekend meal

Ingredients

- 1kg beef shin, cut into chunks and excess fat trimmed
- 4 tbsp plain flour, well seasoned
- olive oil for frying
- 2 large onions, diced
- 1 clove garlic, crushed
- 1 tbsp tomato purée
- a few sprigs rosemary plus extra to serve, both finely chopped
- a few sprigs thyme, plus extra to serve, both finely chopped
- 375ml red wine
- 300ml beef stock
- ½ a small bunch flat-leaf parsley, finely chopped
- mashed potato to serve

Method

- 1** Dust the beef in the seasoned flour then shake off the excess.
- 2** Heat 1 tbsp of olive oil in a large non-stick frying pan. Brown the beef all over in batches and scoop out onto a plate (add a little more oil if needed).
- 3** Cook the onions and garlic with a little more olive oil in a large lidded casserole for 10-15 minutes or until the onions have softened and are translucent. Stir in the tomato purée, rosemary and thyme, and cook for 1 minute. Add the red wine, bring to a simmer, then add the beef. Pour in the stock and stir.
- 4** Cover and simmer on a low heat (or put in a 150C/ fan 130C/gas 2 oven) for 2-3 hours or until the beef is meltingly tender, checking after 2 hours. Season, then stir through the parsley, extra rosemary and thyme, and serve with mash.

Cooking time: 3 hours and 30 mins **Serves:** 6

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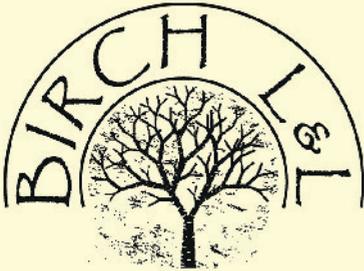
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TOP ENERGY SAVING TIPS

TAKING steps to improve the energy efficiency of your home is an effective way to save money on fuel bills this winter and in the long term.

A typical UK home could save up to £356 a year on bills by making simple changes to the way you use energy. Many of these changes will also make a positive impact on the environment by reducing your household's carbon emissions.

1. Adjust your combi boiler flow temperature to 60°C or below

A Turning down the flow temperature on your combi boiler to 60°C or below can knock £££s off your heating bill each year and reduce energy waste.

If 10 million households turned down the flow temperature on their combi boilers to 60°C or below it could wipe £1 billion off UK energy bills and save 1.7 million tonnes of carbon emissions - the equivalent of nearly six million transatlantic flights.

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2. Be mindful of hot water use

Reducing your shower time to four minutes could save around £60 a year on energy bills.

If you tend to have baths, swapping a bath a week with a four-minute shower could save £9 a year. If you have a hot water cylinder, make sure it's insulated. British Standard tank jackets usually measure at least 75mm thick, but the best insulation is achieved with 80mm thickness and can save up to £40 a year.

3. Think about how you're lighting your home

Lighting makes up 11% of the average UK household electricity consumption so it's definitely worth keeping in mind. Turning off lights when you're not using them could save around £7 a year on your energy bills.

Replacing the bulbs in your home with LED lights can lower your electricity bill even more and also reduce your home's carbon dioxide emissions by up to 35kg a year - equivalent to driving your car around 100 miles.

4. Consider when - and how - you use your washing machine

You can save around £24 a year on your energy bills by following the steps below:

- Run your washing machine on a 30-degree cycle.
- Reduce your washing machine use by one run per week for a year.
- Always use your washing machine on a full load or use a half-load programme for smaller loads.

5. Run the dishwasher one less time each week

Reducing your dishwasher use by one run per week could save around £12 a year. Try

to only run the dishwasher once it's full - this will also reduce the amount of water you use.

6. Unplug your 'Vampire Devices'

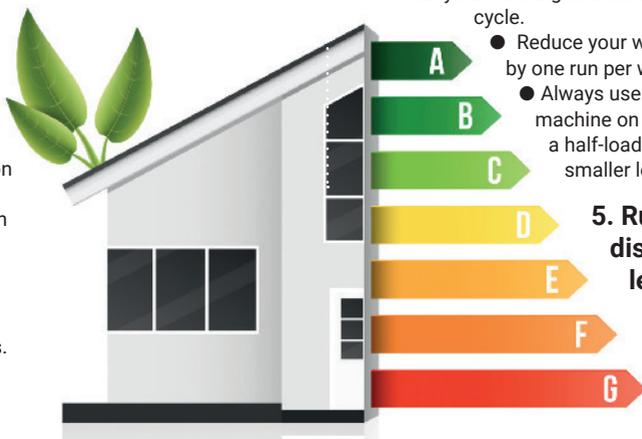
So named because they drain power when left plugged in or on standby mode, switching off vampire devices could typically save £45 a year according to the Energy Saving Trust.

Vampire devices that drain the most electricity include: ● Smart speakers and smart home devices

- Set top boxes and recorders
- TVs
- Microwaves
- Phones, tablets, computers and laptops

7. Draught-proof windows and doors

Older homes lose heat through draughts around doors and windows, gaps around the floor or through the chimney. Professional draught-proofing of windows and doors, and blocking cracks in floors and skirting boards, can save around £80 a year on heating bills.



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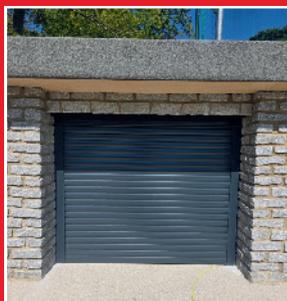
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CYCLING IN LINCOLNSHIRE

CYCLING is a perennially popular pastime with individuals and families alike, and the perfect exercise whatever your skills level.

Don't be fooled into thinking that Lincolnshire is a flat county, unable to offer any interest to the more adventurous cyclist. Offering a wonderfully diverse landscape for cyclists, Lincolnshire comprises the flat fenlands of Spalding and Boston, juxtaposed with the Lincolnshire Wolds, an Area Of Outstanding Natural Beauty, with cycling routes to suit everyone. .

Bourne Wood (3 miles)

The market town of Bourne is about an hour's drive from the East coast in Lincolnshire, but Bourne Wood has a short, family friendly cycling route which is both tranquil and picturesque.

Willingham Woods (3 miles)

Near Market Rasen, Willingham Woods features a three-mile route laid out with stone paths ideal for a family cycling visit.

Hubbard's Hills to Red Hill (11.8 miles)

Starting from Hubbard's Hills, an AONB, and taking in the Red Hill Nature Reserve, this route can be broken down into smaller legs. Starting with a steady climb up the eastern side of the Wolds, this route culminates in a downhill return with incredible views.

The Water Railway (15.5 miles)

Starting in Lincoln, this practically traffic-free and level route takes you through the landscape of the Lincolnshire Fens, with views across the River

Witham. Following the former Lincoln to Boston railway line, the route of the Water Railway includes a sculpture trail with Tennyson inspired pieces and other sculptures based around local animal breeds.

Legbourne to Belleau and back (16.2 miles)

This route offers the more experienced cyclist a strenuous ride along the south eastern edge of the Lincolnshire Wolds. Covering a variety of terrain of mainly country roads, this route will take in Belleau, Burwell Park, Little Cawthorpe and Legbourne Mill.

Coastal path from Huttoft to Mablethorpe (25.6 miles)

This route offers the more experienced cyclist a strenuous ride along the south eastern edge of the Lincolnshire Wolds. Covering a variety of terrain of mainly country roads, this route will take in Belleau, Burwell Park, Little Cawthorpe and Legbourne Mill.

C2C2C (100 miles)

Only for the dedicated, and definitely not for the faint of heart, the C2C2C or the Castle to Coast to Castle route starts from Lincoln's iconic castle, following the coastal route to Chapel St. Leonards and back again. Taking in the pretty villages of Bardney, Hemingby, Alford and Chapel St Leonards, alongside views across the Wolds, the route is fairly flat for most of the way with some hills.

For more details, visit: www.becingoldmells.co.uk/news/the-best-lincolnshire-cycle-routes



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HELPING YOUNG PEOPLE WHO



SUICIDE is the biggest killer of young people in the UK.

Every year around 250 teenagers take their own lives.

The national charity Papyrus Prevention of Young Suicide believes many of those deaths are preventable.

The charity aims to reduce the number of young people who take their own lives by breaking down the stigma around suicide and equipping people with the skills to recognise and respond to suicidal behaviour.

Chief Executive, Ged Flynn, said: "Contrary to what people may think, talking openly about suicide doesn't increase the risk by putting the idea into a young person's head. Instead, it gives them a safe space in which to talk openly about how they feel and discuss what help they need.

"Suicide is very complex and rarely the result of single factor, so it's important that a child or young person who is having thoughts of suicide gets professional help and advice which can help to keep them safe."

Papyrus runs a confidential helpline service which provides practical advice and support to young people and anyone who is concerned about a young person who may be having thoughts of suicide.

Hopeline247 is staffed by trained professionals, offering a telephone, text, email and web chat service.

The charity depends on public generosity, donations and fundraising. Every £7 can potentially help to save a young life. Money also helps the charity to provide suicide-prevention projects in local communities across the UK, supports a network of volunteers and helps to deliver training to groups and individuals.

"PAPYRUS was founded in 1997 by a small group of parents who had been bereaved by suicide. Their aim was to prevent other families going through the agony and heartbreak of losing a child to suicide," added Mr Flynn.

"Twenty-nine years on and our ethos remains exactly the same. We need to get families to talk openly about suicide, smash the

stigma and have conversations which allow a child or young person to talk about how they feel."

Every year energetic fundraisers walk, run, cycle, climb, swim and even skip to support the charity. The brave ones parachute out of aeroplanes, wing-walk and abseil down cliffs and tall buildings.

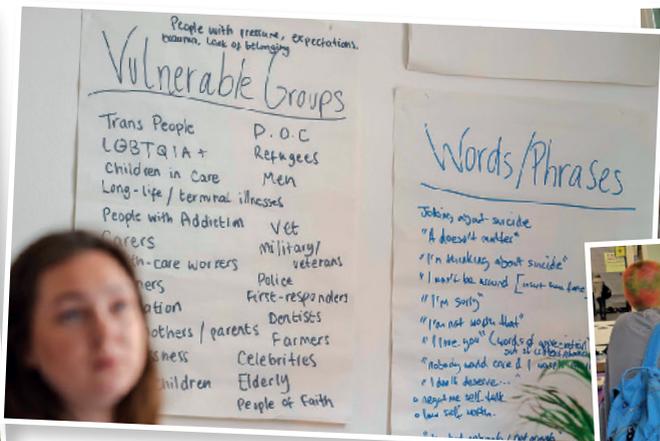
Three fathers who each lost a daughter to suicide have raised more than £1.4 million pounds for Papyrus.

Andy Airey, Mike Palmer and Tim Owen, better known as the 3 Dads Walking, attracted national and international publicity by taking part in four challenging walks.

In 2021 they walked 300-miles between their homes in Cumbria, Greater Manchester and Norfolk.

A year later they doubled that distance by trekking 600-miles between the four UK parliaments of Northern Ireland, Scotland, Wales and England.

YOU ARE STRUGGLING WITH LIFE



In 2024 they added another 500-miles to their total by walking from Stirling in Scotland down the east coast of England to Norwich.

In 2025 the 3 Dads Walking trekked 130-miles around Anglesey in North Wales in eight days.

They were walking in memory of their daughters 17-year-old Beth Palmer, 19-year-old Emily Owen and Sophie Airey who was aged 29.

Throughout, their mission has been to raise money and awareness of Papyrus but also to get suicide prevention included in the school curriculum, something they have achieved.

In July of 2025 the government announced it was updating guidance for relationships, sex and health education in schools across England, giving schools permission to bring the subject of suicide prevention out of the shadows and into the classroom.

Andy Airey said: "The fact that suicide is the biggest killer of young people in the UK is both a tragedy and a national scandal which needs to be addressed.

"Young people want to know more about mental wellbeing and where to get help and schools have a vital role to play in saving young lives."

Mike Palmer added: "The work Papyrus does is so vitally important. We all need to talk about suicide. We also need to equip our young people with life-skills which they can carry through the rest of their lives to protect themselves and others."

Tim Owen said: "Papyrus works across all four nations and as the 3 Dads Walking we've trekked across those four nations. Education is devolved and we now want to see children and young people accessing suicide prevention in schools right across the UK."

Every week Papyrus receives hundreds of calls, texts, emails and webchats. Many of those contacts are from children who have found the strength to get help.

Chief Executive, Ged Flynn, said: "It shows such wonderful resilience that children, who have been unable to talk to anyone, are able to reach out and speak to us and share how bewildered and frightened they are.

"It is also wonderful that parents, family members and friends who are concerned about a young person contact us because they want to intervene and seize the opportunity to get them the professional support and advice they need."

Everything you need to know about PYPYRUS, including valuable resources which can be downloaded, can be found on the charity's website: www.papyrus-uk.org

For practical, confidential suicide prevention help and advice please contact the **Papyrus Hopeline247** on **0800 068 4141**, text **88247** or email pat@papyrus-uk.org



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YOUR HOROSCOPES



ARIES (March 21 - April 19)

This period will bring Aries a lot of courage and energy to their life. Since you will not worry about anything during this time, everything will go smoothly. Even conflicts at work won't bother you; on the contrary, at least you can practise diplomatic problem-solving.



TAURUS (April 20 - May 20)

When it comes to personal life, you will find yourself in many situations where you will have to make crucial decisions. You may feel physically tired but, in reality, it will be caused by excessive thinking and drowning in depression and insecurity.



GEMINI (May 21 - June 20)

Gemini will face a lot of stress. Many duties will pile up, and you will get into a mindset when you no longer enjoy anything. Therefore, it's better not to unnecessarily embark on mentally demanding activities during this period, and rather plan a weekend in wellness or nature with your friends.



CANCER (June 21 - July 22)

This will be a time when Cancer will feel the need to be in contact with someone, either with their close friends or with their partner. You will long for a hug, closeness and reassurance that you are being loved. However, this need should not engulf you, and you should rather work on self-love.



LEO (July 23 - August 22)

During this time, you will reveal a musical talent that you should definitely start developing. Try to enrol in a music course, such as singing or playing a musical instrument; you will broaden your horizons and satisfy your creative spirit.



VIRGO (August 23 - September 22)

Parental instincts will awaken in Virgo. You will want to spend time with your children, who will be very happy and you will have a lot of fun together. If you don't have children, it would be a shame not to use this mood, so offer babysitting help to your friends, who will certainly appreciate it.



LIBRA (September 23 - October 22)

This will be an energetic time for Librans. You will feel the need to change the home environment; hence you will embark on the reconstruction of the apartment with great enthusiasm, or you will at least do a big clean, which you have been planning for a long time.



SCORPIO (October 23 - November 21)

Scorpios may be led astray, especially in your love life. You will meet someone who will provoke strong feelings, and those currently in a relationship might be fighting the idea of cheating on your partner. This will bring out the question of whether you are actually happy in your current



SAGITTARIUS (November 22 - December 21)

Sagittarians will shine in a few areas of their lives, especially in their sport activities. You will be able to use your potential mainly in group activities. You will also radiate a natural authority and charm



CAPRICORN (December 22 - January 19)

During this period, a lot of work and duties will pile up. At the beginning of the month, inattention will take over. Your time management will be quite poor, and you will not manage to do most things you



AQUARIUS (January 20 - February 18)

Aquarians should prepare themselves for many changes in their private lives. You will be very volatile and you will find yourself in a phase of searching for sexual satisfaction. But be careful not to hurt anyone because you will have tendencies to do it.



PISCES (February 19 - March 20)

Pisces' task for this period is to reach mental harmony and to care about their health and a good quality diet. This could help you with some digestive issues which you will be prone to this month. Also, for those who would like to lose some weight, now is a perfect time to start.

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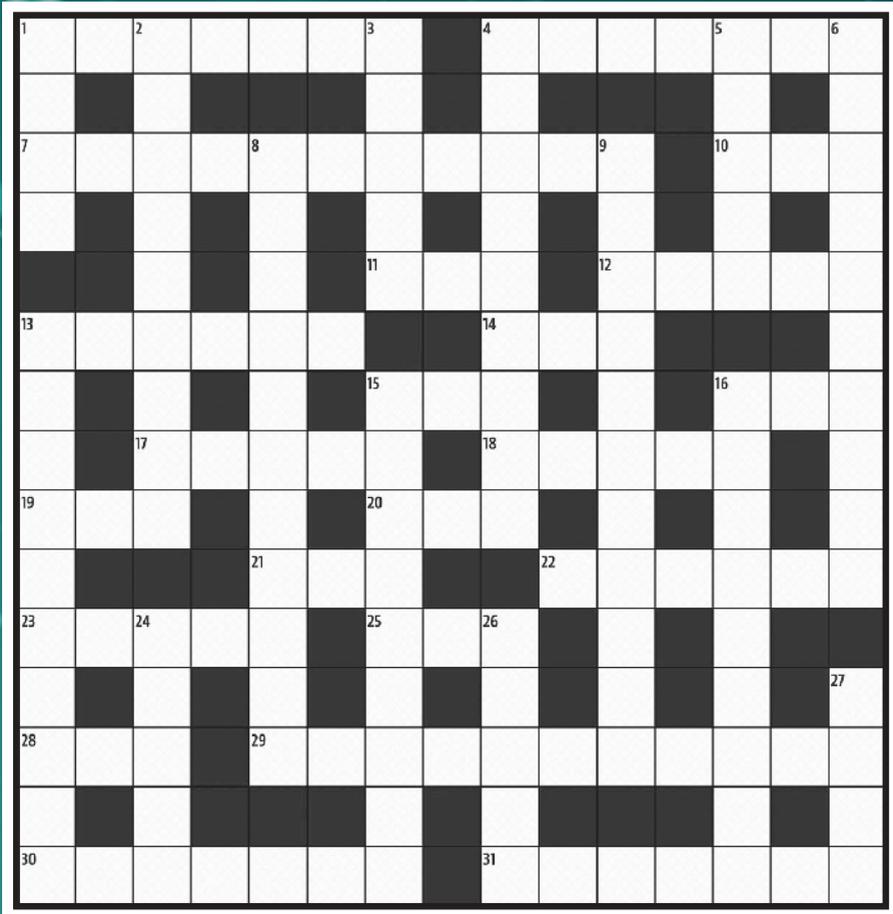
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QUICK QUIZ

- Anyone Can Fall in Love' is the title of the theme tune of which British soap?
- What is the first name of the father of English model and photographer Brooklyn Beckham?
- 'The Ballad of John and Yoko' was the final UK number one single for which band?
- Which is the only day of the week with nine letters in its name?
- By area, which is the largest county in England?
- Auricular muscles are found in which part of the human body?
- Frank Skinner teamed up with which English comedian to write the lyrics to the song 'Three Lions'?
- By population, which is the second largest city in Russia?
- Which car maker produced the Focus, Mondeo and Fiesta models?
- Eric Theodore Cartman appears in which animated TV series?



CROSSWORD



ACROSS

- 1 Grand residence
- 4 Holy day of rest
- 7 Going into the red
- 10 Tell untruth
- 11 Kangaroo pouch
- 12 Apportion or allocate
- 13 Turn a blind eye to
- 14 Chicken
- 15 French affirmative
- 16 Punctual, on the ...
- 17 Draws in air
- 18 Small and efficient
- 19 It is (poetic) ('3)

- 20 Luggage label
- 21 and feather
- 22 The 'S' of RSI
- 23 Skin transplant
- 25 Irish movement (1,1,1)
- 28 Liqueur, ... Maria
- 29 Thrilled or excited
- 30 Steel-belted tyres
- 31 Monotony

DOWN

- 1 Lunar object
- 2 Financial hardship
- 3 Approaches
- 4 Turning (on light)

- 5 Dreadful
- 6 Living quarters
- 8 Jerseys & Fresians (5,6)
- 9 Male relative
- 13 Ringleader
- 15 Flightless birds
- 16 Blew up with explosives
- 24 Hollywood prize, Academy ...
- 26 Speak off the cuff (2,3)
- 27 Eve's mate
- 23 Walked on by
- 25 Peru beast
- 27 Wake-up (clock)



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CITROËN C5 AIRCROSS

THE new Citroën C5 Aircross is a handsome mid-sized family SUV with a well-designed cabin.

It's very spacious and comfortable too, but it's not an exciting car to drive. Excitement is low on the list of importance in a big, cushy SUV, and the C5 Aircross is such a capable all-rounder that was a winner in the Family Values category of the 2026 Carwow Car of the Year Awards.

Citroën have run the C5 Aircross through an intensive gym workout, as the new version has shed the soft, rounded corners and lumpy sides of the old car, turning it into a chiseled, sharp-cornered SUV. The headlights are slim and high-mounted, with a lower LED strip that gives the big Citroën a lot of road presence at night.

You get a totally redesigned interior too, with a funky cabin that looks like a far more grown up version of the Citroën C3. There's a digital instrument display set into the upper dashboard, with an enormous portrait-oriented touchscreen that bridges the dash and the centre console.

The C5 Aircross is oh-so-comfortable around town. Even on rough, rutted roads the SUV feels as though it's laying its own tarmac, and it positively flattens big speedbumps. The light steering and pedals are very low-effort to use, too. It's even better on the motorway, where you feel as though you're gliding above the road, rather than driving on a paved road.

All in all, it's a fantastic choice if you're looking for a reliable mid-size family SUV.

At a glance

Body type: SUV

Available fuel types: Petrol, Hybrid

Battery range: 57 - 60 miles

Acceleration (0-60 mph): 8.3 - 11.2 s

Number of seats: 5

Boot space, seats up: 565 litres - 4 suitcases

Exterior dimensions: 4,652mm x
1,396 mm x 1,690 mm

CO₂ emissions: 57 - 122 g/km

Fuel economy: 53.3 mpg

Insurance group: 18E, 19E, 20E, 30E

PUZZLE PAGE ANSWERS

QUICK QUIZ

- 1 Eastenders; 2 David;
- 3 The Beatles; 4 Wednesday;
- 5 Yorkshire; 6 The ear;
- 7 David Baddiel; 8 St Petersburg;
- 9 Ford; 10 South Park.

SUDOKU

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CROSSWORD

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THE WEREWOLF OF DOGDYKE

IT has been claimed that Lincolnshire is the most haunted and myth ridden county in England. One particular legend concerns the story of the 'Werewolf of Dogdyke'. It goes like this...

A young archaeologist living in Langrick Fen near (the appropriately named) Dogdyke one day discovered a set of possibly Neolithic remains in a peat bog. The curious thing was that the skeleton uncovered appeared to have a large, canine-like skull. A wolf's head, in fact.

The young scientist carried the skull to his cottage and set about a minute examination of the bone structure. After several hours of work, he admitted defeat. The wolf's head would not submit to any rational scientific explanation, and so he decided it was a hoax, possibly in the same vein as the famous Piltdown Man. In that case the lower jaw of an orangutan had been used to fake the preserved skeleton of an early species of man.

In this case, the Langrick Fen

archaeologist believed that the monstrosity he had uncovered may be a hoax got up by a travelling fairground to excite the crowds. Having served its purpose, the thing had been dumped in the Fen when the fairground passed by.

That night our scientist friend found it impossible to sleep. A scratching noise, as of a large animal pawing at the ground, came from the back of the house. He got out of bed, and was on the point of investigating further, when he heard a sharp rat-tat on the window. His head snapped in the direction of the sound and, to his amazement, he saw a dark shadow watching him. This image began to define itself into the form of a human being... with the head of a large wolf!

Transfixed with terror, the man could do nothing but stare as the thing's thick black lips drew back into a snarl and its hot, fetid breath steamed the windowpane.

The creature howled in fury and pulled back its muscular arm, ready to break the glass. In that instant, the scientist recovered his wits and ran for the door. As

he fled to the kitchen he heard the shattering of glass behind him and the padding of paws upon the bare boards of the bedroom floor.

The scientist locked himself in the pantry and curled up in a tight, quivering ball. All through the night he heard the clicking of long, uncut claws and the shuffle of questing nostrils.

At last, the first hint of dawn crept under the pantry door and the scientist eased back the bolt and stepped outside. There was no sign of the uncanny visitor of the night before, and the man began to believe that he had suffered some kind of brain fever.

On entering his bedroom, however, he found evidence of the supernatural visitation. The table, whereon he had placed the skull, was overturned and the window of the room was shattered into fragments. He wasted no time in snatching up the skull and hastening to the burial site. He threw the strange head back into the hole and covered it over with several layers of peat.

From that day the werewolf of Dogdyke has been at rest.



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PREPARING YOUR GARDEN FOR SPRING



If you're thinking about getting your garden ready for spring, it's important to start preparing early.

You don't want to be caught out when the warmer weather arrives! We recommend getting started at the beginning of March when the soil is starting to thaw and the days are getting longer. By taking these steps to prepare a little earlier, you'll give yourself a head start when it comes to planting and enjoying your beautiful garden in spring.

Clear out your garden

Get rid of any weeds, leaves, and branches that don't belong. This will create more space for you to work with in preparation for the spring season. Not only that, it'll give your garden a fresh start!

Refresh mulch

Mulch helps protect plants from extreme temperatures and keeps the soil moist and cool during hot days in spring and summer. Adding a layer of fresh mulch over existing beds will improve moisture retention and reduce weed growth.

Prune trees & shrubs

Cut back overgrown branches or stems that don't enhance the look of your garden. Pruning will also help encourage new growth and blooms in spring.

Plant flowers

Add some colour to your garden with a variety of

beautiful blooms. Choose from perennials, annuals, or even mix and match for an interesting design. However, make sure you plant according to the season for maximum flowering potential come summertime!

Plant edibles

If you've been inspired to grow your own food this spring, get started by planting a variety of vegetables and herbs. This is an excellent way to enjoy fresh produce at home and save money at the supermarket.

Feed your soil

Now is the perfect time to add organic matter, such as compost, to enrich your soil's nutrients. This will give plants better access to water and oxygen which leads to larger yields when harvesting in the autumn and winter months.

Put up bird boxes

Attract feathered friends to your garden by putting up birdhouses in trees or shrubs providing shelter and nesting areas for them to raise their young. You can also set out feeders with the types of food that birds love such as peanuts, sunflower seeds, or millet. If you're feeling creative then why not create your own bird box?

Spruce up your fence

A fresh coat of paint on an old fence can make all the difference when preparing your garden for spring. Then after you've painted, there are many ways to decorate your fence to take the transformation one step further - think suspended planters and living walls!

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PAVING LIMITED

BUILDING & MAINTENANCE

07970420084 01507 813600 WWW.CGPAVING.CO.UK

REPAIRS? OR NEW WORK?

- ✓ DRAINAGE & SEWAGE
- ✓ BRICKWORK
- ✓ DRIVEWAYS
- ✓ PATIOS
- ✓ ARTIFICIAL GRASS
- ✓ LANDSCAPING
- ✓ FOUNDATIONS
- ✓ CONCRETE FINISHING



FULLY INSURED WITH WASTE CARRIER'S LICENCE



Marshall's ACCREDITED ✓

MINI DIGGER, DUMPER AND DRIVER HIRE



✓ ONLY 80cm
ACCESS NEEDED

✓ PAY BY THE DAY

✓ NO DELIVERY
COSTS



07970 420084