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Out with the old and in with the new

Adalberto Peñaranda, 19, arrives to take the place of club legend Weligton who has given up his place in the squad **P51&52**



EXTRA SECURITY AS THE WISE MEN ARRIVE

Policing was stepped up for the annual celebrations across the country in light of recent terror attacks **P3**

Gaspar, Melchior and Balthasar on the steps of Malaga city hall as the Three Kings embark on their procession through the city. :: **ÁLVARO CABRERA**

Immigrants arriving by boat on the Costa allowed to go free and unchecked

Fears that easy entry could encourage more crossings after large increase in number of arrivals on Malaga's shores

Over 100 immigrants who were rescued from boats crossing from North Africa and brought ashore in Malaga this week have already been released into the country virtually unchecked.

A capacity crisis at all four of Spain's immigrant reception centres means there was no room to handle the illegal entrants in the normal way and police had no choice but to let them

go free as they couldn't legally process them.

Charities were called on to take in the new arrivals and provide help in locating friends or relatives in Spain or providing welfare support. Lawyers have criticised the easy entry, saying it discriminates against other immigrants coming by boat who have to have their nationality checked

ahead of deportation or claiming refugee status.

Experts say that the crossing routes for the Sub-Saharan immigrants have recently changed, leading to a big increase in rescues off the Costa. It is feared that news will spread about the easy way these immigrants entered the country and that many more could now attempt the journey. **P10**

Vélez-Málaga baby is first born in Spain this year

Baby Carlota was born just as the clock turned midnight on 1 January **P13**



:: **EUGENIO CABEZAS**

Retired SUR in English editor Liz Parry gets royal recognition as she is named in the New Year's Honours list **P6**

Cases of the flu in Malaga province are on the rise but there are several ways you can stop yourself catching it **P38&39**

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Costa del Sol welcomes the new year with full hotels and long queues in the shops

Tourist bosses reported increased numbers this year for New Year's Eve galas with one dinner menu costing over 600 euros and stores take on more staff for the sales

by P. MARTÍNEZ / J. SOTO

MALAGA. Costa del Sol hoteliers rounded off an excellent year for business in 2016 with record high occupancies over the New Year's Eve weekend.

Hotels across Malaga province were expecting to be 88 percent full, an increase of five points on 2015. The coastal beach resorts, such as Marbella and Fuengirola, were reported to be three quarters full, while in Malaga city and most inland hotels there were virtually no vacancies.

"This year we saw 15 to 20 per cent more bookings for Christmas Eve and we were full right over New Year," said Francisco Moro, manager of the MS Maestranza hotel near Malaga's bullring.

At the AC Málaga Palacio hotel, where guests were queuing to check in at reception, bosses reported that the New Year's Eve gala had sold out over a month ago.

In Torremolinos, the Melia Costa del Sol reported 90 per cent occupancy, an increase on last year.

It was the same story in inland Malaga province, where there was little availability over the holiday week. According to Isabel Heras of booking website Rural Andalus, 95 per cent of country properties to rent were reserved.

Marbella's quieter period

Along with the rest of the beach resorts on the coast, Marbella traditionally has one of its quietest



Guests wait to check in for New Year at a central Malaga hotel. :: ÁLVARO CABRERA

months of the year in December. Not even the public holidays at the start of the month attract many visitors to the resort.

However, New Year's Eve was the exception to this rule as usual, as hotels put up the 'no vacancies' sign and laid on gala dinners for guests, many of which were sold out weeks in advance.

Over half the guests staying in the resort's luxury hotels over the weekend were foreign. In the Vincci Estrella del Mar, guests from 18 countries had checked in. Besides the usual nationalities to visit the coast, such as Germans and British, staff reported guests from South America, Africa, the Middle East as well as the former Soviet republics.

Guests opting to reserve the mouthwatering gala meals were faced with equally eye-watering prices across Marbella and the sur-



Crowds pack La Cañada shopping centre ahead of Three Kings day. :: J.L.L.

Shops contract more workers this year for the January sales

Although in many parts of Spain the sales have already started, this Saturday (7 January) marks the traditional start of the discounts and bargains in shops after Christmas. According to recruitment company, Adecco, 93,000 temporary work contracts will be offered by retailers in Spain to cover the sales period, an increase of six percent on last year. A quarter of people who were taken on to help with the rush over Christmas are expected to keep their jobs into January to cope with the surge in demand.

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rounding area. First prize for luxury dining went to the Marbella Club where the fixed price menu and open bar on New Year's Eve had a price tag of 620 euros per person.

Crowds flock to the shops

Store bosses have also been reporting their strongest Christmas sales since the start of the financial crisis some nine years ago.

The full impact of this year's seasonal spending spree still isn't known, as the peak Christmas shopping period continued right up to yesterday evening, ahead of the visit of the Three Wise Men last night with their presents for children.

However, up to the end of last week, stores were predicting a five per cent increase on last year, which would take sales back to their 2007 levels. Some retail businesses are expecting the increase to reach 15%.

Although the January sales traditionally don't start until after the Three Kings public holiday, some prices were slashed early this week to attract more buyers, with a few shops offering discounts of up to 70 per cent.

The Malaga Federation of Retailers, (Federacion del Comercio de Málaga), told Sur that business owners were "very happy going into the busiest days of the year".

In Marbella, general manager of La Cañada shopping centre Javier Moreno, summed up the mood at the tills. "The shops are full; you can see there's a lot more happiness when people are buying," he explained, adding that "people in Spain always leave their shopping to the last minute" ahead of the present-giving holiday on 6 January.

There were long queues on the roads leading to shopping centres yesterday. In Malaga there were two kilometres of tailbacks on the A7 in both directions with so many people trying to get into the Plaza Mayor shopping centre.

In Fuengirola, Parque Miramar also reported larger than expected crowds. "We're getting a lot of visitors and the shops in the centre are very happy with the level of sales as we're having a successful Christmas," said Raquel Llamas, head of marketing.

FESTIVITIES IN NUMBERS

15%

is the amount that some shops hope to have increased sales this Christmas.

620

euros was the most expensive New Year's Eve gala meal in Marbella hotels.

88%

was the forecast occupancy in hotels in Malaga province over the New Year's Eve weekend.

6%

is the amount of extra temporary jobs expected to be created for the January sales this year compared to last year.

SPECIAL OPENING DAYS FOR SHOPS IN 2017

► **January.** Shops will open on Sunday, 8 January.

► **July.** Stores open on Sunday, 2 July.

► **August.** Shops can trade on the 15 August public holiday.

► **September.** On Sunday 3rd, shops will be open.

► **October.** Business owners have permission to trade on Thursday, 12 October, the Spanish National Day holiday.

► **November.** Stores can open on 26 November.

► **December.** Special opening days will be Friday 8th, Sunday 17th and Sunday 24th.



Police in Malaga carry out security checks on the floats for yesterday's parade. :: FERNANDO GONZÁLEZ

The Three Kings bring seasonal cheer to children of all ages

Amid heightened security after recent terrorist attacks using lorries, parades take place all over the country under perfect starry skies

:: SUR IN ENGLISH

MALAGA. It was easy for the Three Wise Men to follow the Star in the East across mainland Spain last night, as clear skies ensured perfect conditions for the annual parades welcoming Their Majesties.

The only umbrellas to be seen were the upturned ones used by children to collect the tonnes of sweets launched from the colourful floats carrying Balthasar, Gaspar and Melchior around towns and villages.

This year the main concern for organisers was how to protect the millions of people on the streets

after terrorist attacks involving lorries in France and Germany in the last few months.

Extra precautions

In Madrid, where the largest procession involving twelve floats and two thousand participants took place, the city council and police banned vehicles over 3.5 tonnes from entering the nearby area after 4pm. Similar measures were also announced in Barcelona and other large cities, including checking the police records of the drivers of the floats. The government

said that 100,000 National Police officers, in uniform and plain clothes, would be on duty.

Children across the Costa del Sol were also able to get a glimpse of the Three Kings and hand

over their last minute letters to pages or postmen with their wish lists for presents.

In Marbella, the Kings arrived by catamaran and in Vélez-Málaga and Fuengirola they arrived by air. Four million

sweets were distributed to eager bystanders in Malaga city, which held the largest local parade.



The Kings arrive by helicopter in Fuengirola. :: SUR

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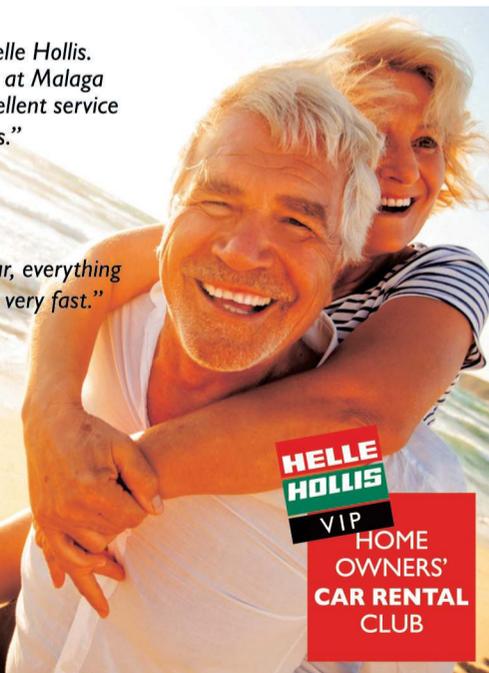
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NEW YEAR IN PICTURES



JOSELE-LANZA

CHIMES START LATE IN MARBELLA

Nobody was really sure if the bells in Marbella's Plaza de la Iglesia were broken or if it was too noisy to hear them, but when the hosts of the town's New Year's Eve celebrations realised that the church clock was already showing one minute past midnight, they stepped in and improvised the chimes over the loudspeakers so that revellers could eat the traditional twelve grapes. Residents in nearby homes claimed they had heard the bells perfectly and the parish priest confirmed the chimes had been fully tested beforehand.



J-L-L

LITTLE NOA BRINGS HER NEW YEAR JOY

Soraya Molina and José María Peral are the proud parents of the first baby born at the Hospital Costa del Sol near Marbella in 2017



F.S.

COSTA DEL SOL FINDS MANY WAYS TO CELEBRATE THE END OF THIS FESTIVE SEASON IN STYLE



JL-L

Whether it was with the music of a Viennese waltz, the seafood dish of a Michelin-starred restaurant or the perfect waves of the Mediterranean, local residents and visitors found the ideal way to enjoy the last few days of the Christmas and New Year break. From left to right: New Year's classical concert by Malaga Philharmonic Orchestra at Teatro Cervantes, top Malaga chef Dani García in the kitchen of his restaurant in Marbella and a surfer enjoying the warm dry weather in Benálmadena.



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Is Your Tax And Wealth Management In Shape For 2017?

By John McCann, Senior Partner, Blevins Franks

It is that time of the year when many people make New Year resolutions to improve their life in one way or another. Whether or not you do, this is a good time to consider whether you need to review your financial planning.

To protect your financial security through retirement, and achieve your wishes for your heirs, you need to have a strategic tax and wealth management plan in place. This should cover your savings and investments, tax planning, pensions funds and estate planning. These should all be set up to work together to preserve your wealth over the long-term and meet your objectives.

You need to consider any recent global and local developments that may affect your finances in the coming year, as well as have a long-term strategy. Any changes in your personal circumstances could also warrant a review.

Once you have assessed your situation and financial planning, you will be able to discuss any necessary adjustments with your financial adviser.

Savings and investments

2016 was certainly an interesting year, with Brexit and US elections. More recently the Italian referendum could add uncertainty for the Eurozone and financial markets. Diversification is more important than ever, and you need a long-term strategic asset allocation plan which is specifically designed around your circumstances, needs and risk profile.

Diversification gives your portfolio the chance to produce positive returns over time without being vulnerable to any single area under-performing. There are various levels you should have in your investment portfolio –

- 1) Asset allocation – spreading your capital across different asset classes
- 2) Diversification across geographical areas, sectors, company size etc.
- 3) Owning equities and bonds issued by a range of companies (for example through owning a selection of funds).
- 4) Utilising a multi-manager approach where you diversify

across managers and styles.
5) Currencies.

The starting point should be to obtain a clear and objective assessment of your appetite for risk, to make sure your portfolio is suitable for you.

Remember that as asset prices rise and fall, your portfolio can shift away from the one designed to match your risk profile and objectives. You should review your investments around once a year to rebalance it if necessary.

Tax planning

There are no changes to Spanish income or wealth tax for 2017 – except that the promised abolition of wealth tax has not come to pass.

Make sure your investments and wealth are placed in the most suitable arrangement to limit your tax liabilities. Take advice from someone who is well-versed in the nuances of Spanish taxation, otherwise you could see your investment returns slashed by taxes that could have been avoided or mitigated. Your tax planning must

be up-to-date and designed to take advantage of tax planning opportunities in Spain.

Another incentive to review your tax affairs is the global automatic exchange of information regime under the Common Reporting Standard is now in force. The Spanish tax authority will receive information on every resident of Spain, without having to ask for it. Cross-border tax planning can be complex, so you need to ensure you are declaring income and paying tax in the right country.

Estate planning

The first step is to establish your goals. Who would you like to benefit from your estate? Are you happy for them to have control over the money? When should they receive the funds? How much tax will they have to pay?

You then need to obtain specialist advice to ensure that your estate plan is specifically set up to achieve your wishes for your heirs.

Under the EU succession regulation Brussels IV, which came into

force in 2015, you can choose whether Spanish or UK succession law will apply to your estate. The default position is for restrictive Spanish succession law to apply to foreign nationals living here, unless they have a will stating otherwise.

Brussels IV does not allow you to opt out of Spanish succession tax, which can be costly in certain circumstances. This is due if the asset being inherited is located in Spain or the recipient is resident in Spain. Tax is paid by each recipient, with varying rates. Inheritances between spouses are taxable. Also, bear in mind that UK inheritance tax may still apply for UK nationals.

Whether it is investments, tax or pension planning, seek advice to ensure you do what works best for your personal situation. Use an adviser who can guide you on all these aspects and provide holistic solutions so you can have peace of mind that your financial affairs are in order.

“Do I need to review my financial planning for 2017”

Talk to the people who know.

2016 was a year of change. It marked the start of the new global automatic exchange of information regime and we then had Brexit and the US elections. Investment diversification is more important than ever, and your tax and estate planning must be up-to-date to protect yourself and your heirs. Contact us to review your wealth management for 2017 and beyond.

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Retired SUR in English editor Liz Parry in New Year's Honours list

Liz has been awarded the British Empire Medal by the Queen for services to British nationals living in Andalucía

FRANCISCO GRIÑAN

MALAGA. The 2017 New Year's Honours List includes a familiar name for British residents in southern Spain. The former editor of SUR in English, Liz Parry, has been awarded the British Empire Medal (BEM) for services to British nationals living in Andalucía.

Honours lists are published twice a year, on the Queen's official birthday in June and at New Year, and recognise extraordinary achievement and service to the UK. The Queen awards the honour after submitted nominations have been reviewed by an honours committee.

A statement issued by the British Embassy in Madrid said that her "outstanding achievements" ensured that Liz stood out among the many nominations for this year's New Year Honours list.

"I was amazed and delighted to get the call from the Ambassador asking me if I would accept an honour," Liz told SUR in English on Friday. "I am extremely grateful to whoever nominated me or wrote letters in support of the nomination."

The Embassy also stressed the important role Liz has played, through this newspaper, in helping British nationals to integrate into Spanish society and avoid some of the potential problems that moving to another country might present.

Liz points out that this contribution is summed up by the slogan she came up with when the newspaper's staff were discussing what they believed SUR in English stood for: Linking Communities.

"If I have contributed to a greater understanding, solidarity and that



Liz Parry, in the SUR in English offices. :: SUR

The award recognises the important role Liz has played in helping Britons to integrate in Spain

wonderful Spanish word 'convivencia' among the international community in southern Spain, then I am immensely grateful to have had that opportunity, and proud of what the newspaper has achieved," she said.

Liz, who retired earlier this month, joined SUR in English in 1985, just a year after the newspaper was launched in 1984, in response to a need among the English-speaking community for reliable information in their own language.

During her more than 30 years of service, Liz went from translator and assistant editor to editor before taking partial retirement at the end of 2013. For the last three years she has been the newspaper's consultant



Roger Cooke. :: SUR

editor. Under Liz's command, the weekly paper grew from 3,000 copies and 24 pages to 50,000 copies and an average of 72 pages.

"I want to thank the people at Prensa Malagueña who entrusted the SUR in English project to me, particularly the current Director of Publications, Pedro Luis Gómez, and Juan Soto, and also the many peo-

ple in the international community who have supported the newspaper - and all the great professionals who have worked on SUR in English over the years and shared the vision of a newspaper which 'links communities'," Liz added.

Roger Cooke

Another British resident in Spain, Roger Cooke, latterly President of the British Chamber of Commerce in Spain and resident in Madrid, has been included in the New Year's Honours List. Roger has been appointed a Member of the Most Excellent Order of the British Empire (MBE) for his services to British business in Spain and British-Spanish trade and investment.

The British Ambassador to Spain, Simon Manley, said: "I am delighted that the achievements of Liz Parry and Roger Cooke have been recognised by Her Majesty The Queen in this way, whether it be Liz through her distinguished journalism and consistent promotion of Britons' integration into Spanish society, or Roger and his leadership of the British Chamber, our principal partner in strengthening a €46 billion bilateral commercial relationship".

An active member of the British Chamber of Commerce (BCC) in Spain since 1992, Roger Cooke took on the non-remunerated post of president in April 2012, at the height of the economic crisis.

During his presidency, Roger not only ensured the stability of the operation but revitalised the institution, dedicating a significant amount of his personal time to build stronger relationships with external partners, such as the Spanish government and major British companies operating in Spain. Having stepped down as president of the BCC earlier this year, Roger remains committed to promoting relations between the UK and Spain.

He is an active member of the British Hispanic Foundation, an organisation which promotes cultural links between the two countries, and a strong supporter of the British Benevolent Fund, a British charity which supports British nationals in need in Spain.

The Picasso museum, the most popular in Andalucía with record visitor figures in 2016

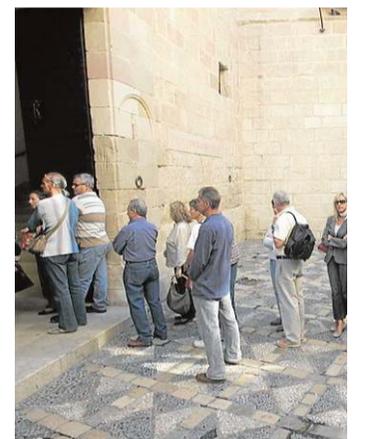
FRANCISCO GRIÑAN

MALAGA. The Malaga museums have not only managed to bring together one of the most important collections of art in Europe, but have also made it very profitable. The most popular of all the museums in Andalucía is the Museo Picasso Málaga which has seen its visitor numbers climb constantly, year after year.

In 2016 it beat all records with a 14 per cent increase, taking it to over the half million mark. The 558,033 visitors to the museum last year was 68,423 more than in 2015, which was when the Palacio de Buenavista reached its then highest ever figure.

These figures serve to reinforce the museum's position as the leader in Andalucía and confirms Malaga city's commitment to strengthen its profile in cultural tourism.

The Picasso brand includes the permanent collection but also promotes seasonal exhibitions such as those last year by Joaquín Torres-García and US artist Jackson Pollock.



Visitors queuing outside. :: SUR

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Torremolinos enters the new year with optimism

"If we can see the future in a positive way, we can become a city of growth with a great future on the Costa del Sol"

:: TONY BRYANT

TORREMOLINOS. Taking stock of 2016, the Mayor of Torremolinos, José Ortiz, declared that it had been an important year for Torremolinos, and he believes that the coming year will be one of great development for the town.

In his end of year address, the mayor acknowledged the importance of the support of all political groups in the town, adding that their joint efforts had achieved the best possible results for the future of Torremolinos.

The town hall's main priority in 2017 will be the final approval of the Town Planning Regulations (PGOU), with which they hope to create stability for entrepreneurs, attract new investors and create sustainable jobs.

José Ortiz, who has now been in charge for 18 months, said, "I think that 2017 will be a fundamental year for Torremolinos, and we look forward with hope and optimism."

Torremolinos town hall had previously applied for a loan from the European Regional Development Fund and was turned down, but they have recently submitted a second application after adjustments were made to the town's original request.

The town hall has developed a ten year plan, which will oversee a lasting and long-term improvement of the social, economic and environmental conditions of Torremolinos.

The mayor explained that the program of proposals contained in the Sustainable Urban development Plan (EDUSI), would reflect the town's marine character.

This strategic plan includes flagship projects and priority actions for the development of Torremolinos and the revitalization of the urban centre.

He praised the huge leap that was



José Ortiz; looking forward to the future of Torremolinos. :: SUR

made for final approval in 2016, saying, "We have witnessed a very intense year and a lot of work has already been undertaken."

He also highlighted the efforts made by municipal professionals and technicians who have greatly improved the infrastructure and the image of Torremolinos.

The mayor said, "We have to be optimistic. In short, the centre will continue to develop, but we will have to adhere to the delicate economic situation. Everything suggests that the general plan will finally become a reality this year, so it will be a year of job creation, development and opportunities to reinvent the future."

If approval for funding is received, the council can begin the transformation of the town, which will include a complete face lift of the Plaza Costa del Sol and the Avenida Palma de Mallorca.

The deputy mayor, Maribel Tocón, said, "This is our second request after failing to obtain financing the first time, although this time we must be

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**When a policy claim is made.

Marbella's Puerto Deportivo to get a smart new look in 2017

The town's central marina will see improvements to pedestrian access and work to expand nearby La Bajadilla marina may finally get underway

:: ANDREA JIMÉNEZ

MARBELLA. The 'Puerto Deportivo' in Marbella will benefit from a facelift this year. Work will soon start on improvements to the pedestrian areas in this busy marina near to the historic old town.

A large plaza will be laid out around the shops, bars and restaurants near the quays and the western entrance to the area will be re-designed.

The announcement was made by the mayor of Marbella, José Bernal, at last week's annual general meeting of marina users and owners.



Access for visitors from the Paseo Marítimo will be easier. :: JOSELE-LANZA

Speaking at the event, Bernal said that the work "will turn the more rundown part of the port into a place where visitors can get together and remove the barriers between the Paseo Marítimo and the terraces by creating a very attractive single space".

These improvements are due to start at the start of this year, however they will be carried out gradually over the whole year to avoid disruption to the normal operation of the marina.

In addition, plans are being made to dredge the water, strengthen the docksides and repave the pathways running alongside the shops.

La Bajadilla marina to grow

Meanwhile, in a statement in the Madrid Congreso, local Socialist party representative, Miguel Ángel Heredia, has announced that the regional Junta will be putting the contract to expand the nearby La Bajadilla marina out to tender once again.

The original growth plans stalled when NAS Marbella, the group that was awarded the last contract, failed to start expansion at the marina and courts cancelled the contract towards the end of last year.

Tourist stays in centre of Malaga reach record high as 'citybreak' visitors increase

:: SUR

MALAGA. The capital of the Costa del Sol broke records in 2016 for the number of tourists visiting. According to early figures, Malaga city had more visitors and more overnight stays, higher occupancy of hotel rooms and visitors stayed longer.

Malaga city council announced this week that 1.21 million visitors stayed in the city in 2016, well above the forecast number at the start of the year. The average length of stay was 2.03 nights, which places Malaga as one of Spain's top 'city break' destinations. Only Barcelona, with an average stay of 2.62 nights, beats Malaga among Spanish cities.

Hotel occupancy was 78 percent, five points up on 2015, with less seasonal variation than other similar destinations.

optimistic about the real possibilities to improve our bid with a more competitive, solid project.”

“In a month and a half we have refined our strategy, and with the experience of learning by the mistakes we made the first time, we are presenting a prosperous city that is worthy of investment,” the deputy mayor continued.

The slogan chosen for the new strategy is ‘Avante Torremolinos’ which symbolises that the town is prepared for the new reality on all fronts; a city that moves towards the future.

Tourism figures for Torremolinos in 2016 represented a remarkable increase compared to previous years.

Hotel occupancy hit record levels during the summer months and the catering sector in the town also reported a significant rise in business during 2016.

The mayor enters the New Year optimistic about the future of his town, stressing that there is nothing more exciting than “fighting for the city to continue transforming”.

“If we can see the future in a positive way, we can become a city of growth with a great future on the Costa del Sol. This is a unique opportunity to recover our history and look to the future,” the mayor said.

Bakers on overtime to get ‘roscones’ ready

Cake shops and supermarket chains compete to sell the Three Kings Day treat using a mixture of tradition and innovation

:: JUAN SOTO

MALAGA. Bread shops, patisseries and supermarkets spent the last few days of this week baking and selling hundreds of thousands of the traditional ‘roscón de Reyes’ cake in Malaga province in an increasingly competitive market.

Traditional bakers along the coast, such as La Canasta, Lepanto and Pathelín, reported big numbers of pre-orders and brisk business on Thursday, one of their busiest days of the year ahead of the 6 January holiday

Long-established patisserie bakers in Malaga, Pathelín, expected to sell 14,000 ‘roscones’ this year. “Nine of us work flat out as its a handmade product that we’ve got



A shop assistant with a typical ‘roscón de Reyes’. :: FERNANDO GONZÁLEZ

to dedicate ourselves completely to”, explained owner, Francisco Sánchez.

New ideas to win business

Old traditions, such as hiding a small, lucky statue of a king in the dough and an unlucky broad bean, (where the finder pays for the cake), continue to be in demand, however, this year ‘roscón’ makers are reporting a rise in popularity of more contemporary statue designs such as the Minions and Batman.

El Corte Inglés department store bid to attract more customers this year by hiding 251 gold ingots in its ‘roscones’ across Spain. Each ingot weighs a gramme and is worth 47 euros except for one that weighs one ounce and worth 1,130 euros.

Innovation is even altering the traditional choice of either plain ‘roscón’ or one with fresh, whipped cream that eaters are faced with every 6 January morning, as makers increasingly offer truffle, nougat and marzipan fillings as well.

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:: NITO SALAS

FIRST GUESTS AT RESTORED LUXURY HOTEL IN MALAGA

The five-star Hotel Miramar opened its doors last Sunday after the multi-million euro restoration of the landmark building overlooking the sea in Malaga. Originally opened in 1926, the hotel was a meeting place for Spanish high society but fell into disuse after serving as the city’s law courts. Initially only some of its 200 rooms are available.

IN BRIEF

Mijas announces contract to design the coast’s biggest park in Las Lagunas

MIJAS

:: **I.G.** Mijas town hall has taken the first steps towards a new mega park covering between 450,000 and 500,000 square metres in the Las Lagunas area. The park will be the biggest in Malaga province and is expected to open in 2018.

The contract to design the park has been put out to tender, with councillors allocating a budget of 200,000 euros to this planning stage. The total project cost for the park is expected to reach five million euros. It is expected to have a running track, rock climbing area and children’s park. Mayor of Mijas, Juan Carlos Maldonado, has announced that there is an e-mail address, granparque@mijas.es, where local residents can send their ideas and suggestions for facilities in the new park.

Town closer to getting its promised indoor swimming pool

RINCÓN DE LA VICTORIA

:: **E.C.** The new indoor pool complex in the Huerta Julián area of Rincón de la Victoria is already over a third finished and should open ahead of schedule. Despite growing in population to 44,000 people in recent years, the town still does not have this type of facility. It will have a large and small pool.

La Concepción botanical gardens get 8,000 new plants and trees in 2016

MALAGA

:: **SUR.** The La Concepción historic botanical gardens on the edge of Malaga have received 8,000 new plants and trees over the past year to replace those that have been damaged or died in the last few years. The estate, surrounding a mansion once belonging to the Loring family, is a conservation area.

Illegal boat immigrants freed on the Costa as system fails

Spain's official refugee centres are full, forcing charities to take over, and observers say recent high numbers arriving near Malaga suggest routes from Africa have changed

by J. CANO / I. LILLO

MALAGA. Over 100 illegal immigrants arriving by boat from North Africa in the last week have avoided official detention and been released by authorities in Malaga.

Spain's four refugee and immigrant reception centres, in Cadiz, Murcia, Madrid and Barcelona, are full and the Interior Ministry has had no option but to turn to charities to help process and care for the new arrivals.

Of the over 300 people reaching Andalucía up to Thursday morning this week, 104 have been brought ashore on the Costa del Sol. Last year Malaga province received a total of 750 people arriving in the so-called 'patera' boats, a ten-year record.

The arrivals at Malaga port this week came in two 'pateras'. On New Year's day, 52 came ashore, followed by another 52 on Tuesday. These had been rescued by emergency services 36 miles off the coast.

Unable to cope with this number through the normal channels as the reception centres are full, police turned to two charities; the Red Cross and Accem, a refugee charity, for help.

On Wednesday the immigrants left National Police headquarters in

Malaga in coaches. Half were taken to charity centres run by Accem in Cadiz and Guadalajara, and half were collected by the Red Cross to sleep at their hostel in central Malaga.

Immigration lawyers have complained that this treatment discriminates against other immigrants arriving by boat as the recent arrivals have completely avoided the correct procedure.

Normally after arriving at the government's reception centres, authorities spend up to 60 days trying to clarify immigrants' identities, as most don't carry documentation or try to disguise their nationality, before beginning the process to deport those who are not real refugees.

Discrimination

An expert on immigration law in Malaga, Guillermo Jiménez, said that "from a legal point of view, you can't have discriminatory treatment [between different groups arriving]".

The arrivals cannot even be detained in other ways as not sending them to official centres would break the law. The Red Cross said this week that the mass release was unheard of in Malaga, although it has happened before in nearby Granada. Volunteers at the charity have been interviewing the immigrants, who come from sub-Saharan countries affected by conflict, such as Nigeria or Mali, and helping them to reach people they know in Spain or providing welfare support.

Refugee welfare expert in Malaga, Luis Pernía, talking about the recent

arrivals, explained that the routes used to sail from Morocco to Spain appear to have changed recently, forcing more boats towards the Costa del Sol.

Guardia Civil sources have also highlighted a new trend whereby somebody linked to the immigrants calls emergency services to suggest a normal fishing boat is in trouble in order to force emergency services to find the immigrants boats and transfer them to Spain safely.

Local people are concerned that the recent ease of entry will encourage even more immigrants to try to reach the Costa this year.



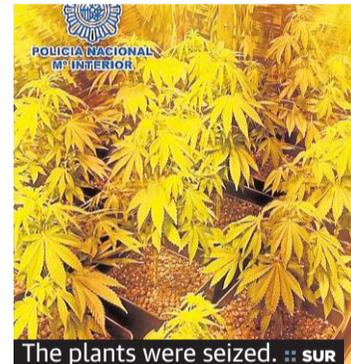
The 'pateras' are alerting rescuers to come and get them. by NITO SALAS

IN BRIEF

Zen music to soothe couple's marijuana

MALAGA

by SUR. Police have arrested a man and a woman, aged 24 and 20, for drug offences after discovering 60 marijuana plants growing inside the flat where they lived with a child. The couple had prepared a special room and were even playing the plants relaxing music, police said.



The plants were seized. by SUR

Body of British man pulled from sea

MALAGA

by J. C. Maritime Rescue services retrieved the body of a 45-year-old British man from the sea off the La Malagueta beach yesterday. The emergency services were called after someone reported what appeared to be a body floating in the sea. A witness has come forward to say that they observed the man walking along the breakwater before losing sight of him.

Police hold 47 people for social security fraud

MALAGA

by SUR. A total of 47 people of both Spanish and foreign nationality have been arrested by police in Malaga for having defrauded Social Security out of over half a million euros. The ringleader used two fake companies to set up fictitious work contracts for people of various nationalities in order to claim grants and subsidies from the authorities.

Pensioner dies from hypothermia after going missing on New Year's Eve

MONDA

by I.G. An 84-year-old man from Monda died on Wednesday morning this week from hypothermia after being missing for several days. The pensioner disappeared on 31 December. Members of the man's family had raised the alarm when they failed to find him and contacted emergency services who alerted Guardia Civil, Local Police and medical services.

Local Police in Monda found the missing man during their searches on Wednesday morning in the Fuente La Villa area, where it appears that he may have fallen on uneven ground. He was discovered unconscious and with signs of hypothermia.

Emergency services immediately took the man to the new Guadalhorce district hospital outside Cártama, where medics attempted to revive him but without success.

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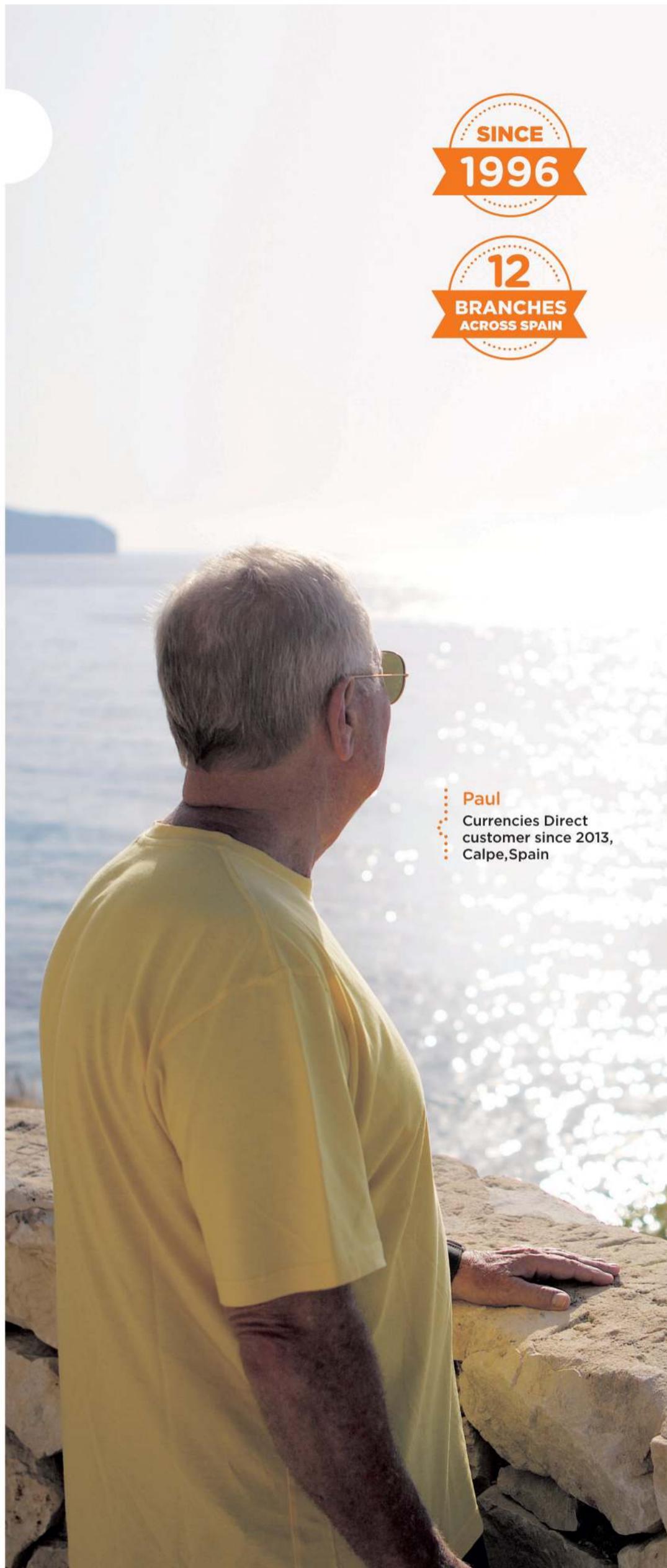
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Wealthy tourists set to benefit the Costa as market will grow by 'six per cent a year', says report

Study highlights new demand from Asia, as Marbella prepares to welcome luxury travel agents from the USA later in 2017

by PILAR MARTÍNEZ

MALAGA. A study by one of the leading names in the travel industry has painted a rosy picture of the future of the luxury tourism market.

The report was carried out for Madrid-based Amadeus, the world's largest travel agents' reservation system.

According to the analysis, using data from consultancy, Oxford Economics, the luxury travel segment of the tourist market, which is particularly important to parts of the Costa del Sol, will grow by six per cent over the next few years, as a new type of high-end traveller, who values experiences above buying consumer goods, starts to emerge.

The report says that 64 per cent of demand for luxury trips worldwide is still made up of residents from Europe and North America, despite these areas only making up 18 per cent of the global population. A luxury tourist is defined as someone earning over 150,000 US dollars annually.

Asia is expected to be the biggest growth area for luxury travellers, as average incomes grow on that continent. Singapore, Thailand and Philippines are seen as key emerging markets.

The study, which looks ahead as far as 2025, also points to a resurgence in the Russian market after a decline in 2013-15. Below average growth is expected from tourists from oil-producing countries that are a traditional source of wealthy visitors to Spain,



Wealthy visitors from the Middle East are expected to increase. :: SUR

A luxury tourist is defined as someone earning over 150,000 US dollars

such as Kuwait, although other Middle Eastern countries, such as Egypt and Iran, are expected to become more important.

Among the key future trends in luxury travel, the report highlights the expected growth in demand for exclusive experiences for people to

spend their money on, rather than high spending on luxury products.

Marbella at centre of market

Marbella is the Costa's main centre for luxury tourism and, outside Madrid and Barcelona, is the area of Spain where most money is spent on exclusive goods.

The provincial tourist board, Turismo Costa del Sol, has emphasised the importance to Marbella of being chosen to host a networking conference with Virtuoso travel agents at the end of this year. Virtuoso is the market-leading association of luxury travel agents in North America with 11,400 members.

MARK NAYLER
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THE EURO ZONE

A QUICK FIX

Why does the new year always seem to start with the Spanish government marvelling at how rapidly it is reducing the country's unemployment rate? Overall, there were 390,354 less claims in 2016 than in 2015 - the biggest annual reduction seen since 1999. Although much lowered from a crisis peak of 27% in 2013, Spain's high unemployment level, at 18.9%, is its biggest obstacle to robust economic growth. But the new year statistics show that the problem is being expertly tackled by Mariano Rajoy's government. Right?

Not so fast. The sub-headline of an article that appeared this week on Bloomberg, the economics newswire, inadvertently demonstrated why figures such as these can be deceptive. 'Decline in Unemployed Welcome News for Prime Minister' it read. Well, quite: official banner statistics like those just released are very useful indeed for Rajoy, who has promised to create 500,000 jobs a year throughout his second term. Yet they don't, as the headline incorrectly suggests, mean that the long-term unemployed in Spain are heading back to work in substantial numbers. In other words, when you see titles like this regard them as misleading until proven otherwise.

This time last year, similar figures were on offer. In January 2016, Spain's national statistics institute revealed that in 2015, unemployment dropped by 12.4% to the lowest level since 2011. The same data, though, showed that the amount of temporary jobs created throughout this suppos-

edly bumper year was double the amount of new permanent jobs. Last September, figures released indicated that 1.5 million employment contracts are signed in Spain every month. In the first half of last year, though, a quarter of these were for a week's work.

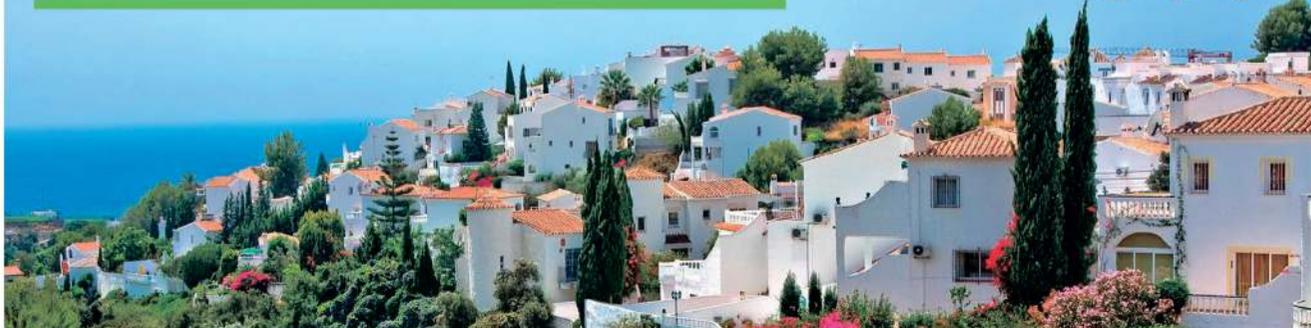
Employment statistics from December are deceptive in the same way that the spring and summer's are: with the arrival of a holiday season, many unemployed people are able to find temporary work in catering or retail. Accordingly, the amount of claims made always drops in these months, increasing again as the short-term roles expire (in the autumn and new year, respectively). At the end of August this year, for example, there were 14,435 more unemployed people registered in Spain than in July. Temporary contracts are the Spanish labour market's fundamental weakness and recent data should be regarded with a good degree of scepticism.

Technically, all that's required for a new position to be created - and for it to count as being one of Rajoy's half a million a year - is for a contract of employment to be signed between employee and employer. But if a great many of these offer work for only a few weeks, their creation won't help solve Spain's unemployment problem. The quick-fix approach doesn't help the 60% of Spaniards without work who have been unemployed for a year or more. Only if Rajoy can reduce this percentage and offer workers more stability and protection will Spain's jobless rate really be under control. In the meantime, don't take the headlines too seriously.

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LONDON OFFICE

Vélez-Málaga baby is first in Andalucía in 2017 and among first in the country

Carlota's father, Francisco, said that instead of eating the traditional grapes at midnight, they were waiting at the hospital

|| EUGENIO CABEZAS

VÉLEZ-MÁLAGA. The first baby to be born in Málaga province in 2017 was a girl, born to Elisabeth Díaz 32, and Francisco Pastor 35, from Vélez-Málaga. Baby Carlota came into the world at the Hospital de la Axarquía de Vélez-Málaga just as the clock struck midnight. Little Carlota, who weighed just under 3.380 kilos and measured 49 centimetres, shares the title of first baby born in Spain with two other baby girls born at exactly the same time, one named Lara in the Santa Caterina de Salt hospital in Catalonia and the other, Alejandra, at the Clínico San Carlos in Madrid. "We couldn't even eat our grapes, but for very a very happy reason," explained the baby's father. Elisabeth Díaz had been in hospital since Friday as she thought she was going in to labour, but Carlota clearly wanted to wait until 2017 to make her debut.

"Everything happened very quickly. They gave me an epidural, but it didn't work," says Elisabeth, who has a four-year-old daughter with Francisco, also called Elisabeth. It was Carlota's big sister who chose her name. "I wanted to call her Yumari or Carlota, but in the end we chose Carlota," little Elisabeth told SUR on New Year's Day, who added that she would; "look after her and love her always."

The baby's father, the owner of a fishing boat based in Caleta de Vélez harbour, hopes that his daughter will be "healthy" and that



Elisabeth Díaz and Francisco Pastor with their daughters. || E. C.

the fishing industry picks up soon.

"It's really bad. We're catching less and less fish and we have more and more bills," he said.

Grandparents, Francisco Pastor and Purificación Gumersindo were also "proud and delighted" with the news of the arrival of their sixth granddaughter.

The second baby to be born was Cristina, at Hospital Quirón in Málaga city. Mum Rocío Mayorga, 35, gave birth at 12.13am to her first daughter, who weighed 3.14 kilos.

Cristina's father, Francisco, along with Carlota's dad are among the first who are entitled to four weeks of paternity leave following a change in the law, extending it from the 15 days that was allowed previously. The law came into effect on 1 January this year.

EN BREVE

913,000 euro donation to pay bills

VÉLEZ-MÁLAGA

|| E. C. Vélez-Málaga Town Hall received 913,000 euros last Friday in order to pay bills which the local authority has outstanding. The money came from regional administration, the Junta de Andalucía, and is, according to the councillor for economy and taxes Juan Carlos Márquez, part of a 3.6 million euro contribution that the town hall has received over a series of years, since the last administration.

New Year visit to emergency services

ALMUÑÉCAR

|| J. R. Mayor of Almuñécar, Trinidad Herrera Lorente, spent New Year's Eve visiting staff working the shift at police and fire stations as well as hospitals in the town to wish them well for 2017. Although this is not the first time the town's mayor has paid a New Year visit, local police officers were said to be "surprised" by the visit and thanked her for her interest in their work, as well as the gift that she took to each of the headquarters.

New road plans set to improve access

NERJA

|| E. C. Nerja Town Hall has announced plans to construct a road which will join the El Condal and El Olivarillo residential area with that of Barriada de los Poetas. The new road will improve access to an area which has seen a large population increase in recent years. Work is also being carried out to completely reform the pavement which runs along Dámaso Alonso road, which has been in a bad state of repair for some time.

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New Year's Eve car fires bring total up to five in a month

|| EUGENIO CABEZAS

BENAMOCARRA. Two cars which were set alight in the early hours of Sunday 1 January bring the total of car fires in the small Axarquía village of Benamocarra to five in under a month.

At around 2am on Sunday morning, emergency services were called to the scene of two cars, parked next to each other in the town centre, which were alight.

Thanks to the rapid response of firemen from the Vélez-Málaga fire station, the cars were not completely gutted, but were left unfit for use.

One of the cars, a white Seat Ibiza, belonged to the town council's Izquierda Unida spokesperson, Gerardo Apontes. The other, a Peu-

geot 206, belonged to Apontes' mother.

On 11 December, two cars parked near the old padel courts in the town were set alight in the early hours and on another occasion a burnt-out car was discovered parked on the Benamocarra to Iznate road.

Following this spate of car fires, a number of councillors have called on Mayor, Abdeslam Lucena, to step up police presence in the town. However, Lucena responded by saying that due to an unfilled vacancy, there are currently only three officers patrolling Benamocarra and that it is, "impossible to control all of the streets at the same time with only three police officers."

RUSSIAN BALLET PERFORMS THE NUTCRACKER IN ALMUÑÉCAR

The Moscow Ballet company performed their version of the classic ballet 'The Nutcracker' last Friday at the Casa de la Cultura in Almuñécar. The performance was almost sold out for the performance which was in the town for just one night. The ballet was directed by Timur Fayziev and international ballerinas, Cristina and Alexei Terentiev, formed part of the company. Colourful costumes and world-class ballet brought some Christmas magic to the town with this famous fairytale.



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Brexit features strongly in New Year Message



DEBBIE BARTLETT

✉ debbieb.editorial@gmail.com

Deputy chief minister Dr Joseph Garcia said the government will leave no stone unturned to safeguard Gibraltar's interests after Brexit

✉ DEBBIE BARTLETT

GIBRALTAR. In his New Year message this year, deputy chief minister Dr Joseph Garcia, who is also the leader of the Liberal Party, reminded the people of Gibraltar that 2017 marks the 50th anniversary of the 1967 Referendum, which was the first time they were given a direct choice over the future status of their country. On 10 September 1967, 12,138 people voted to retain their links with the United Kingdom and only 44 wanted to transfer their sovereignty to Spain.

The deputy chief minister said that numerous events would be organised to mark the anniversary this year, and that National Day, which takes place on 10 September every year, promised to be very special in 2017.

Dr Garcia, who is the government minister responsible for overseeing Brexit, went on to say that the consequences of that referendum which



Dr Joseph Garcia, deputy chief minister (file photo). :: SUR

took place 50 years ago are no less important than the EU referendum on 23 June last year, when there was an 83 per cent turnout and 95.9 per cent voted for the UK to remain in the EU.

"We are all working together in order to safeguard Gibraltar's position," he said. "You can rest assured that your Government will leave no stone unturned in order to safeguard and protect the interests of Gibraltar in the coming negotiations".

He went on to say that Brexit would dominate the political agenda for the next twelve months. "It is clear to us from the compre-

hensive study that we conducted over the summer months exactly what the impact of Brexit will be and exactly what needs to be done. There is no point in having futile arguments about labels. Everyone in Gibraltar knows that Brexit comes down to fluid access through the border and to access to the Single Market and to the UK Market in particular. We have already taken great strides to secure the access to the UK that we have at present and are discussing the evolution of such access further still," he stressed.

IN BRIEF



Dr John Cortes, Minister of the Environment :: SUR

Christmas tree recycling programme

GIBRALTAR

✉ **D.B.** The Department of the Environment in Gibraltar has introduced a new scheme whereby people can recycle their Christmas trees. Anybody who has a real Christmas tree and would like to dispose of it this way should remove the decorations and take the

tree to the Civic Amenities Facility in Europa Advance Road, which is open every day of the week. The opening times are 8am to 8pm from Mondays to Fridays, and 8am to 5pm at weekends. The trees will be shredded in the future and used as mulch to protect the soil in parks and public gardens. Environment Minister Dr John Cortes says this is an excellent opportunity to put discarded trees to good use.

Police appeal for witnesses to robbery

GIBRALTAR

✉ **D.B.** The police are interested in talking to two possible witnesses to a robbery which took place on 2 January between 7.30 and 8.10pm in the Prince Edward Road area, near Forty Steps.

One is a female motorcyclist to whom the victim spoke immediately after the incident occurred. The other is a man who gave the victim a lift in a grey Volkswagen Golf with tinted windows.

Chess festival takes place this month

GIBRALTAR

✉ **D.B.** The Tradewise Gibraltar Chess Festival will be taking place from 23 January to 2 February this year, and will once again be held at the Caleta Hotel. The chess festival has been described by the Financial Times as "the strongest and best-organised event of its kind in the world" and this year it promises to be the best ever, with players of all standards and around 50 countries competing for prizes totalling £190,000.

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Catalonia starts 2017 making headlines in a crunch political year

Controversy as televised Three Kings parade sells pro-independence lanterns and regional premier restates his plan to stage banned succession referendum

EN BREVE

MALAGA. The increasingly complicated political situation in Catalonia was brought to the fore this week

with headlines across Spain drawing attention to ruling regional politicians' plans to hold a referendum on independence in September.

A referendum is banned under the Spanish constitution and national conservative prime minister, Mariano Rajoy, has steadfastly refused to negotiate on the subject.

In a radio interview, Carles Puigdemont, Catalanian primer minister, restated that he was on track to follow his 'route map' that foresees a referendum, followed by a declara-

tion of independence and new Catalanian elections. Ana Colau, mayor of Barcelona, Catalonia's capital, expressed concern about the process, urging Puigdemont to ensure the referendum was recognised "by the Spanish state and internationally".

Offending festive lanterns

There were splits even among pro-independence politicians over the decision by leaders in Vic, a town outside Barcelona, to allow festive lanterns with the outline of the separatist Catalanian flag to be sold on the street for the Three Kings parade. Last night's event was due to be broadcast live on TV3, the regional television station.

Some pro-independence parties have distanced themselves from the lanterns, claiming that separatists needed to work to "harmonise the country's common thinking so that everyone feels represented".



Paper lanterns in Vic show the separatist Catalanian flag. **EN BREVE**

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Unemployment falls a record amount in last year

There were 86,000 fewer jobless in Spain in December, helped by extra Christmas hiring, as Malaga also saw a significant reduction

EN BREVE

MADRID. The number of registered unemployed in Spain fell 86,849 in December, helped by temporary jobs over Christmas. In the whole of 2016,

there were 390,534 fewer jobless compared to 2015, which is a record fall in the unemployment total.

According to official data announced on Wednesday, the 9.54% annual fall was the biggest since 1999. At the end of the year, the total number of registered unemployed still stood at 3.7 million.

Malaga also saw a record unemployment fall in 2016 of 13,553.

Union leaders and opposition politicians have criticised the low amount of permanent jobs being created.



Employment Minister, Juan Pablo Riesgo, announces the figures. **EN BREVE**

EN BREVE

Spain to replace its ambassador to London

MADRID

EN BREVE. Federico Trillo is to be replaced as Spanish ambassador to Britain in a round of new diplomatic appointments planned for later this year. The government announcement comes amid opposition calls for Trillo to go sooner after the national council of state found it was the Ministry of Defence that was negligent when a plane bringing back Spanish troops from Afghanistan crashed in 2003, killing 62 people on board. Trillo was minister in charge at the time.

Formal rules planned for mortgage refunds

MADRID

EN BREVE. Following the EU decision that banks must refund customers who overpaid mortgages with 'floor clauses' when interest rates plummeted after 2009, the government is putting the finishing touches to a code of conduct for banks to follow. There has been disagreement with the opposition and between ministries over to what extent the rules should be made voluntary or compulsory, amid pressure from the banks that it could restrict their right to negotiate directly with each client.

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THERE IS A PRIZE FOR THE BEST
CONTRIBUTION TO THIS PAGE
SO PLEASE INCLUDE YOUR ADDRESS

Britons abroad

Harry Shindler phoned me – “I have an idea,” he said. “Not unusual,” I replied.

“We should stop saying ‘expatriate.’”

“I thought the same myself – I use the term ‘Citizens Abroad.’” “That’s interesting,” said

Harry. “I’ve decided to use ‘Britons Abroad.’”

My reply – “I dislike expatriate because many people spell it ‘expatriot’ which really means

‘almost a traitor’ i.e. no longer interested in one’s country.”

Harry: “And ‘ex’ indicates something in the past – gone”.

“And that is how those folk in Britain see us – deserters – those who have gone away and are no longer interested.”

“Agreed – we will no longer say expatriates, but ‘Britons Abroad.’”

BRIAN CAVE
BY EMAIL

THIS
WEEK’S
WINNING
LETTER

The new year off
with a bang

New Year’s Eve here in Torre del Mar had fireworks lighting up the sky from midnight until about 2am, and we all enjoyed the spectacle. So along with most residents we headed for bed as the parties were ending and the noise dying down.

However, at 2.30am we woke with a start as someone decided to let off one of those preposterously loud firecrackers that explode with a puff of smoke in the sky and are like a bomb going off. Ten minutes later, just as were easing back into sleep, another went off. A couple of them exploded right outside our apartment block, almost giving us a heart attack. This continued sporadically until past 4am, making sleep impossible for probably the entire town given the reverberating ‘crack’ that these things emit.

Now I am all for festivities and fun, and no-one likes a good firework better than I, but surely there should be restrictions over when people let them off? I ended up not waking up until nearly midday, so losing half my New Year’s Day, and anyone who had an alarm clock to get up for would have been

shattered through lack of sleep. Just because some idiot(s) thought it would be a great idea to spend two hours in the dead of night waking up thousands of people when they could have joined in with everyone else a few hours previously if they had wanted to.

For the benefit of the majority could it be made an offence to let off very loud fireworks after 2am?

ANGUS SILVIE
TORRE DEL MAR

A chemist and a
tobacconist

In Torremolinos, where I live, there is a chemist located side-by-side with a tobacconist shop in the Avenida Los Manatales.

In one you can buy nicotine which will rob your lungs of oxygen and in the other you can buy artificial oxygen with which to fill your lungs and breathe.

A rather strange if not tragic juxtaposition. We smokers cannot complain of the gamut of choice available in this great town.

BARTOLOMÉ FLORIDO
TORREMOLINOS

What another year

PETER EDGERTON
MUSIC MAKER WWW.E-PETER.COM

As seasonal tradition demands, I thought I’d use my little corner of this hallowed publication to offer a few predictions for 2017, although, let’s face it, 2016 will be a hard act to follow. Here we go then, in no particular order.

Donald Trump will become a tamed down version of his cartoon self and remain largely harmless, except for the occasional infantile remark about human body parts uttered when he thinks his microphone has been turned off. Meanwhile Hillary Clinton’s supporters will continue to weep uncontrollably, squealing things like ‘I literally still can’t believe this is literally happening!’ every half an hour. Some of them may or may not implode in the process.

Malaga city centre will become awash with signs written in English only as part of the town’s unbridled pursuit of the tourist dollar. We’ll offer a free pint down at The Shakespeare for the first per-

son to spot and photograph a forlorn blackboard with ‘Best Roast On The Coast’ written on it.

Brexit will happen. Sort of. Well, maybe - with the only certainty being that every lumbering step that’s taken will be taken without anybody having the faintest idea of what they’re doing.

More very old and very talented musicians will take their leave of this mortal coil, mostly as a result of their advanced years, although some may possibly take matters into their own hands when they hear that a new series of The X Factor has been commissioned.

On the Spanish political scene, every single member of The Popular Party will be arrested for corruption but the cases will take so long to get to court that nobody will remember what they were accused of in the first place. Least of all, them. Meanwhile, the leading members of Podemos will have a mud-wrestling contest to see who should be their rightful leader,

cheered on by passive aggressive breast feeding women and blokes with nose-piercings and ill-looking dogs. They’ll subsequently change their party name to the Excellent Geezers Organization, or ‘EGO’ for short. The PSOE will continue to fade quietly into obscurity, which will be a relief for those of us who have never been able to pronounce their name correctly without unwittingly spraying innocent bystanders with a light offering of spittle.

In sport, there’ll be lots of people convicted of taking performance enhancing drugs. The England football team won’t be considered for prosecution, however, because the thought that their abject performances have actually been enhanced in any way whatsoever would be too mind-boggling to contemplate.

And last, but certainly not least, - all readers of this column will have a joyful and healthy 2017. Happy New Year, everyone.

PACHI



SUR in English

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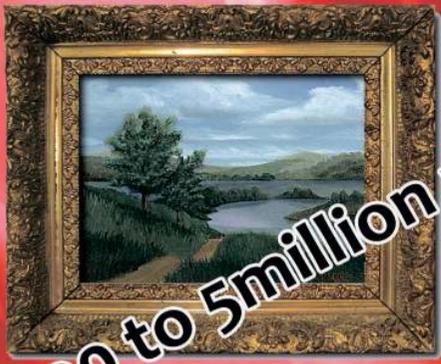
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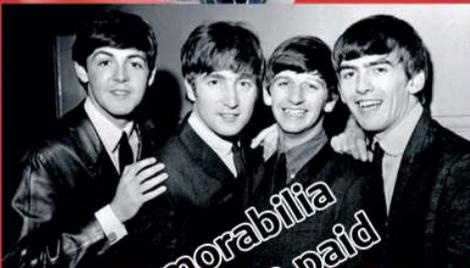


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A Jewish festival of tolerance and unity

Representatives of five religious communities came together to celebrate Hanukkah in Torremolinos

The lighting of the eight candles was attended by Samuel Cohen, Chief Rabbi of Torremolinos, Jesús Catalá, Bishop of Malaga and Fanny Cohen, a Holocaust survivor

TONY BRYANT

TORREMOLINOS. More than 1,000 people gathered in the centre of Torremolinos last week to enjoy the Jewish festival of Hanukkah.

The Hanukkah festival, also known as the festival of lights, or the lighting of the candles, was attended by representatives of five religious communities, as well as the mayors of several surrounding towns.

Hanukkah is observed for eight days, starting on the twenty-fifth day of Kislev, according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar.

Hanukkah is celebrated with a series of rituals that are performed every day throughout the holiday; some are family-based and others communal.

Families exchange gifts each night, and fried foods, such as potato pancakes and jelly doughnuts are eaten



The representatives of five religious communities light the Hanukkah. **TONY BRYANT**

to commemorate the importance of oil during the celebration.

Hanukkah is the Hebrew acronym for 'eight candles', and the festival includes the ceremonial lighting of the candles; one for each night of the holiday.

This ceremony was carried out by Samuel Cohen, Chief Rabbi of Torremolinos; Jesús Catalá, Bishop of Malaga; Dual Ramón, the Evangelist

Church of La Palma; Dushi Sharma, representative of the Hindu community of Torremolinos and Benalmádena, and Doukkali Rachid, the president of the Muslim community in Torremolinos.

The festival was also attended by the mayor of Torremolinos, José Ortiz, and the mayor of Cordoba, María Isabel Ambrosio, who is also the president of the Network of Jewish Com-

munities in Spain.

The mayors of Marbella, Alhaurin de la Torre and Lucena were also in attendance.

David Obadia, president of the Jewish Community of Torremolinos, gave a well-deserved tribute when reflecting on the

touching story of Fanny Cohen, a survivor of the Holocaust who was present at the festival.

There were also performances by several Jewish musicians and the Romany community of Mijas, as well as the choir of the Church of Philadelphia, who performed songs dedicated to the Hanukkah holiday.

Sephardi cuisine was available and visitors could enjoy a variety of sweet and savoury dishes associated with this popular Hebrew festival.

The event had the support of the Jewish community of Torremolinos, the Sephardic Center Israel and the Federation of Jewish Communities of Spain.

Hanukkah commemorates the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire.

The name Hanukkah derives from the Hebrew meaning 'to dedicate'.



Mayor of Torremolinos with Chief Rabbi and Bishop of Malaga. **TONY BRYANT**

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2016, which is obviously impossible. If the summons is wrong, am I still obliged to appear in Court this 25th January (I guess) 2017?

Obviously, the court has made a mistake, and it is likely that even if they have given you the writ of summons, they are still unaware of the error. Therefore, the best thing to do in order to avoid any problems is to go immediately to court to inform them about the mistake on the date of the summons. This way, they will give you a new writ of summons with the correct date when you will have to appear in Court. We hope that it will be possible to get an agreement with the telephone company.

established 200 euro alimony, as my ex husband declared that he only worked on a sporadic basis. I have sued him, because although I have a permanent job it is more and more difficult to make ends meet having to pay all my daughter's expenses as well as the rent of the flat where we live, electricity, water, etc. Is there anything that I can do to force my ex husband to pay what he owes?

If you have already taken the matter to court, now you only have to wait until the judge issues the sentence, and proceed to enforce it. Nevertheless, if it is true that he works sporadically and on top of that he does not have any assets, you have to bear in mind that there exists the possibility that, even if you have a sentence in your favour, that you will not receive any money, given the fact that he has no salary or assets to be seized.

REF. F.I.G.
I have received a writ of summons from the first instance court to go to a conciliation hearing, as a telephone company wants to charge me for an invoice with which I do not agree. The point is that the writ of summons I've received from the court establishes that this conciliation hearing will be held on the 25th January

REF. W.E.D.
I divorced at the end of last year and up to now, my ex husband has not paid any alimony for our daughter. In the divorce sentence, the judge

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Paco, the priest from Malaga sent by the Pope to a marginal district of Buenos Aires

Paco Oliveira, who has been fighting poverty in South America for 29 years, is leading a project to bring dignity back to Isla Maciel, a suburb of the Argentinian capital

by NURIA TRIGUERO

MALAGA. Paco –his name is Francisco Oliveira, but nobody at Isla Maciel calls him that: he is Paco or simply “the priest”- discovered shortly before Christmas, surrounded by tins of paint and boys playing pranks, that he has been awarded the VIII Provincial Prize for International Solidarity and Human Rights.

“There were rumours, but this is the first time I have heard about it officially,” he said to me, on the phone. It was 2.30pm in Argentina and the 51-year-old priest from Malaga, who has spent 29 years in Latin America, was painting a Christmas mural with residents of one of the most deprived areas of Buenos Aires, Isla Maciel. It is an old port district with high unemployment and a major drugs problem. Paco was sent there 12 years ago by Pope Francis, when he was archbishop.

The mural, like this priest’s conception of Christianity, has a strong social message. “In Argentina there was a programme called ‘Plan Quinita’: every mother who gave birth was given a kit with a cot and necessary items for the baby. The government has cancelled that, which is hitting the poorest families hard, so we are painting a Christmas mural with baby Jesus in one of those cots,” explained Paco, who was intending to spend Christmas Eve holding a sit-in with 58 local factory workers who had lost their jobs. He immediately began to think of giving some of his 10,000-euro prize from the Malaga provincial government towards the workers’ cause.

Small loans

This money will be tremendously useful for the Maciel Foundation, from which Oliveira leads the social transformation of this district, because the 10,000 euros will be divided among numerous needs. “For example, we have a programme to help people improve their homes, Casitas de Belén. It works like a fraternal bank and gives small loans to the families. We need more funds for that,” he explained. He also wants part of the money to stay in Spain, “where there are people in great need.”

At Isla Maciel, a place which until not long ago was a hell in which drugs, misery and violence were common, Paco has found his “place in the world”. Before, he had travelled across much of South America with different humanitarian projects. “I’m happy here,” he says, and he is grateful to

the Pope for having guided him to this suburb of Buenos Aires 12 years ago. Oliveira was returning from the Colombian jungle and looking for a new placement in Argentina. “He told me he had found the perfect place for me,” he recalls.

Since then, Paco, who is also a qualified nurse and a lawyer, has been immersed in a crusade to bring dignity back to the district. The key to his success is that he knows how to get lo-



Francisco Oliveira, painting the mural with local children :: SUR

cal people involved. A centre for prevention and rehabilitation of addictions, social canteens, housing improvements, free legal advice... Life is still hard at Isla Maciel, but there is hope. “The person who runs things receives all the praise, but it is the people who do the work who deserve it. My job is to bring people back together,” he says. Oliveira is also an activist: he is currently fighting for the release of Milagro Sala, an Argentinian social leader jailed early last year “for political reasons”.

In 1999, in conjunction with the San Pedro Apóstol church in Malaga, Paco set up the PIBE project, which operates as a ‘bridge of solidarity’ between Malaga and Argentina. Next summer he will return to his home city to try to attract more sponsors for the Maciel Foundation, then he will return to his place in the world which, thanks to him, is becoming less marginal.

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Winning players and their trophies.

Golf league raises funds

MARBELLA. The final tournament of Sala Super Golf League of 2016 took place on 10 December and raised 6,755 euros for DEBRA, the charity that raises funds to provide respite for the families of Epidermolysis Bullosa (or 'butterfly skin') sufferers and for research into cures and treatments.

The day started off at Santana Golf Course with Bucks Fizz and bacon sandwiches before players competed in the final round of the 2016 competition to win a five-star trip to Portugal. Players then enjoyed Christmas lunch at La Sala Puerto Banús with live music by the Masquerade Duo.

US Open winner Michael Campbell led the prize giving and charity raffle. The year-long golf tournament, organised by Sala Group and sponsored in 2016 by Jackson Grundy, Golfriends and Hiscox, raised over 138,000 euros for local children's charities such as DEBRA and AVOI in 2016.

Light a Light for Cudeca Cancer Hospice

BENALMÁDENA The lights at this annual event at the Cudeca Hospice, which will stay alight until tonight, were turned on by Cudeca founder Joan Hunt OBE. There was also a performance by the Sunny View School choir. The director of the school presented the charity with a cheque for 1,500 euros.



People carried candles in memory of a loved one. :: SUR

Cudeca remembers loved ones by releasing 1,000 balloons

MALAGA The Cudeca Cancer Foundation held a moving ceremony on 27 December in memory of loved ones that suffered the disease. The white balloons were sold to people attending for a dona-

tion to the cancer charity which is based in Benalmádena. The tenor Rodrigo Orrego, sang the hymn Adestes Fideles (O Come All Ye Faithfull) as the balloons were released in the Plaza de la Merced in Malaga centre.



Tenor Rodrigo Orrego sang at the event.



Sorptomist and Red Cross members preparing parcels.

Mijas families in need have a better Christmas

MIJAS Soroptimist International Costa del Sol prepared special festive parcels at the Red Cross for over 150 families in need in Mijas. The association raised funds

through a Christmas Fair and by donations from the Malaga FC supporter club La Peña de Dinamarca, the Danish Church Margrethe-kirken, and the Freemasons Sankt Johanneslogen Sydkorset, as well as the sale of shares in the National Christmas Lottery, El Gordo. The parcels were all handed out just in time for Christmas.

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Grandmother to skydive from 15,000 feet to raise money for Age Concern

The tandem style-jump will take place at the Aeródromo La Juliana in Seville on Sunday 22 January

BY TONY BRYANT

FUENGIROLA. Age Concern in Fuengirola and Mijas are starting their 2017 fundraising campaign with a rather unusual project later this month.

Following a festive season of charity dinners, fundraising quizzes and prize raffles, one member of the local Age Concern group has decided to do something a little less conventional.

Sally Baum, 62, came up with the highflying idea of a sponsored skydive. The daredevil grandmother will jump from 15,000 feet and free-fall at 200 kilometres per hour before deploying her parachute, so this is not a project for the faint hearted.

Sally will be doing a tandem-jump skydive at the Aeródromo La Juliana in Seville later this month, and she hopes to raise as much money as possible in sponsorship and donations for the charity.

Sally, who has lived in Fuengirola for 17 years, has two children and three grandchildren, and they all support what she is doing.

"I have always been a little bit of a tomboy, so when I suggested to my partner that this would be a good way to start 2017, he literally jumped at it," Sally told SUR in English.

She once did a static-line parachute jump from 3,000 feet, although there was no free fall involved, so this will be even more daring for the high-spirited granny.

"This is a real challenge. I'm not nervous, just excited and it is a brilliant cause to raise money for. I really hope that people's good wishes are transformed into donations," Sally said enthusiastically.

Her partner Steve Marshall, secretary of the Age Concern in Fuengirola and Mijas, has also given Sally his full backing, having become accustomed to her adventurous nature: "I'm very proud of Sally and I hope people will sponsor her, because every euro, pound or dollar of their donations will make a real difference."

The jump will take place on Sunday 22 January, subject to weather

conditions, and they will be videoing it and displaying it on their website.

"Several friends will join us in Seville for the jump, but we do not know how we stand on donations or sponsors yet, but things look very encouraging," Steve says proudly.

Those wishing to sponsor Sally's daring jump can do so at one of the branches of Age Concern, which are located in Fuengirola, Mijas Pueblo and Mijas Costa.

There is also a sponsor page on

the charity's website and a special lifeline phone number where donations and sponsors can be pledged.

Age Concern Fuengirola y Mijas are part of the Age Concern family in Spain and their objectives are to provide advice, support, help and friendship for those that need it.

For more information:
email fym@ageconcern.org or call 652 537 615



Sally Baum will literally leap into 2017 to help Age Concern. :: SUR



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WHAT HAPPENED TODAY?

6 JANUARY 2000

Spain's second biggest lottery, 'El Niño' moves to 6 January

JENNIE RHODES

On 6 January 2000, Spain's second Christmas lottery, known as 'El Niño', was moved from January 5th to the 6th, to coincide with Día de los Reyes, or Kings Day. However, the 'el Niño' lottery has been played in Spain since 1941. It has left big prizes in Malaga province over the years and while it isn't as lucrative as the Christmas lottery, which is drawn on 22 December every year, first prize is two million euros, divided into individual tickets called 'décimos', each worth 200,000 euros.

In 1970, all tickets of the winning number (48,233) were sold in Vélez-Málaga, by the manager of the lottery administration, Nuestra Señora de Fatima, José del Pino Martínez, who sent some

of the tickets to a friend who worked in the Café de España in Malaga city. Others were bought by staff and customers in Vélez-Málaga. Pino Martínez told SUR that the ticket series had gone missing in the post and if he hadn't chased the post office up, the tickets would have become lost. Fortunately, he did follow up his missing tickets.

In 1987, Malaga city shared the big one with other parts of the country and in 2002, six days after the euro was introduced into Spain and other European countries, Puerto de la Torre in Malaga city made SUR's front page as first prize was won by residents of the town.

The news hit the papers and winnings were quoted in both the new euro as well as pesetas. According to SUR on 7 January, Antonio Cuenca had won 50 mil-



El Niño winners in Puerto de la Torre on 6 January 2002. :: R. DIAZ /EFE

lion pesetas, or just under 300,000 euros, with each 'décimo' on the winning number (10,320) worth 24 million pesetas or 144,000 euros. Some four million euros were won in total in Malaga that day.

'El Niño' is so-called as the lottery coincides with Kings Day in Spain, traditionally the day when children receive their Christmas presents, representing the day when the Three

Kings, or Wise Men, arrived in Bethlehem to visit the baby Jesus, giving him gifts of gold, frankincense and myrrh.

In some households though, it is now Santa Claus who brings the presents on 25 December, reflecting a tendency in Spain to adopt international celebrations, such as celebrating Halloween instead of the traditional All Saints' Day.

LANGUAGE FOOTNOTE

Lotería	Lottery
Enero	January
Niño	Boy
Premio	Prize
Millón	Million
Ganador	Winning
Billete	Ticket
Comprar	To buy
Décimo	Tenth
Regalo	Gift
Vacaciones	Holidays
Reyes Magos	Wise Men
Jugar	To play
Adornos	Decorations
Tradición	Tradition
Celebración	Celebration
Epifanía	Epiphany
Semana	Week
Cliente	Customer

Some parents argue that it is fairer on the children who get to play with their toys throughout the two-week Christmas holiday, rather than receiving them the day before they go back to school.

In the UK and other countries, January 6 is known as the Epiphany and is traditionally the last day of the Christmas period, when decorations are taken down.

Bilingual crossword inside back page

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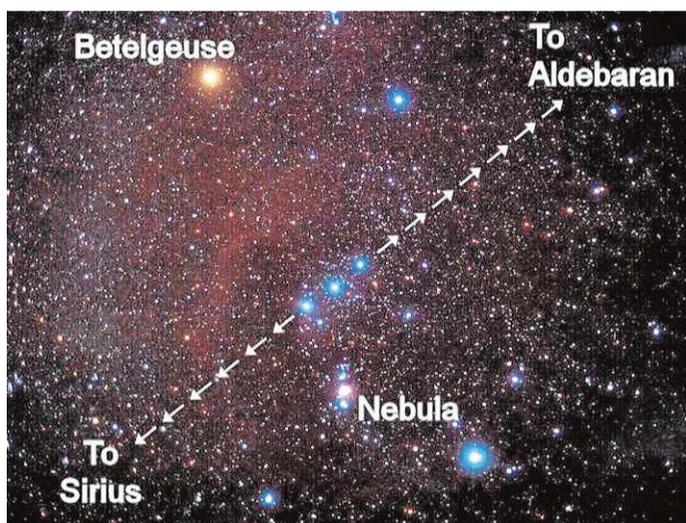
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THE NIGHT SKY

KEN CAMPBELL



Orion the hunter

Of all the constellations, the most recognisable has to be Orion. The distinct hour glass or butterfly shape contains some of the brightest stars in the night sky and dominates the sky throughout the winter months.

Orion contains some of the most interesting stars and deep sky objects. The bright red coloured star that marks the upper left corner is called Betelgeuse (pronounced either Betelgeezee or Beetlejuice). It is a massive red giant star about 650 light years away. It is so big that if it were placed where our Sun is then its outer edge would be half

way between Mars and Jupiter. It has become so large because it is near to the end of its life. Scientists believe that it will explode as a supernova any time now. In fact it may already have exploded and as it is 650 light years away we are just waiting for the light to get here.

The three stars that form a perfect straight line mark Orion's belt across his waist. If you look very carefully just below his belt where his sword would hang, you should be able to notice that the stars in this area have a slight 'fuzzy' appearance. This is the Orion nebula; a huge area of

mainly hydrogen gas where new stars are being formed. Even with just binoculars the gas cloud can be easily seen, but photographs taken with the Hubble Space Telescope have shown incredibly complex regions inside the nebula as the gases are condensing together to form stars. It has been calculated that the nebula is over 200 light years across and over 1,400 light years from the Earth.

Orion is such an easy constellation to find that it can be used as a signpost to find other stars and constellations nearby. Follow the three stars in the belt up and to the right and you will come across the bright red coloured star Aldebaran which marks the red eye of Taurus the bull as it bears down onto Orion.

Now follow the three stars in the belt down and to the left this time and you will come across Sirius the brightest star in the night sky. Sirius is a dazzlingly blue/white in colour and outshines all the other stars. Its brightness is down to it being one of the closest stars to the Earth at about eight light years. It is also about twice the size of the Sun but about 25 times more luminous. Sirius is in the constellation of Canis Major (or 'the great dog') and so is often referred to as the 'Dog Star' as it follows obediently behind its master Orion.

i More information :
www.costadelstars.com

PET CARE

PETER HARRISON



Tight security

It was sad to see the old year ending with the massacre of thirty-nine people. So ended a turbulent year with terrorist activity in Berlin, Paris, Brussels, and in various locations in Syria. It calls for even stronger security this year and following years.

Security needs to be exercised not only by professionals but by the general public. Some people object to being searched. When I was singled out for an 'extra thorough' strip search once at Sydney airport, the guard apologised. I commended him for his work to keep us safe and the work of his German Shepherd.

We should not underestimate or take for granted the work which dogs do in keeping us secure. They protect property and people, sniff out explosives and drugs. Viewers will have seen dogs on television mingling with their handlers in the New Year celebrations, alert for any trouble. Not only do they have an extraordinary sense of hearing and smell but they have a sixth sense that something is wrong or someone is acting in a suspicious manner.

I discussed this with someone who has a vast experience of security work with dogs and now runs dog training classes for the public here in Spain. Jeff Fullstone, of the Met's Dog Training Class, told me: "Certainly there is something in that sixth sense, but no one has pinpointed it. No one knows what goes on in a dog's head. Dogs have a sense of danger which we do not have."

I have had personal experience

of this sense of danger. When my car broke down in Egypt, I was near a ramshackled garage where a mechanic fixed the electrical fault in under an hour. I went to pay him but he pointed to an outside ladder type staircase which led to the 'office'. There I had to pay. As I walked to the staircase my German Shepherd leaped before me, showed her teeth and no way would she let me pass. In my limited Arabic I told the mechanic to fetch me the bill. I will never know why Betsy did this blocking action but I did have a wallet of cash and maybe trouble lurked in that office.

On another occasion, I spent the weekend with friends in New England who owned two Dobermans. Due to heavy snow, the dogs had not been walked so I took them. On the approach of a woodland area with steep banks, the dogs stopped and refused to move and pulled me back. I took them home then learned on the evening news that two people had been killed in an avalanche in exactly the spot I had planned to take the dogs.

We should listen to our dogs and watch their reaction to people as well as conditions. If our dog shows an unfriendly attitude to someone, I give that person careful consideration. Dogs do have that sixth sense.

As General Urquhart said to commanders before the airborne drop on Arnhem in World War Two: "Always expect the unexpected."

Dogs do.



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DENISE BUSH



GARDENING

Hare's Foot Fern

A delicate fern native to the Mediterranean region with thick fleshy aerial roots which grow and are covered with reddish fibres

Davallia canariensis (synonym *Trichomanes canariensis*) is an epiphyte fern native to the west Mediterranean region, the Canary Islands and Madeira. Common names include the Hare's Foot Fern and Shinobu Fern although they tend to be used for the genus as a whole, not just for the particular species *canariensis*. In Spanish it

is called Helecho Pata de Conejo or Carraguala and in Andalucía is protected in the wild.

The genus is named after the Swiss botanist Edmund Davall and the species 'canariensis' is after the Canary Islands although it is found

in other regions.

The Hare's Foot Fern grows to between 40 and 60cm tall and has finely-divided fronds which can grow up to 40cm long. It is best grown in a container that is wider than it is deep as the feature that makes this fern particularly attractive is its aerial roots. The fleshy rhizomous roots are covered with reddish fibres hence the name 'hare's foot' and will spread over the surface of a pot and down the sides. Eventually the pot will be completely encased.

In the wild, Hare's Foot Ferns grow on trees and wrap their aerial roots around the trunk to absorb water. This fern also looks spectacular in a hanging basket where the rhizomes can dangle down.

Like most ferns, the Hare's Foot Fern needs shade and moisture. A north-facing spot would be ideal. During the summer, the fronds will need misting regularly with rain water or water that has boiled and has been left to cool. It is not drought resistant and as soon as the surface of the compost dries out, the whole plant should be submerged in a bucket of tepid water. It is not frost hardy.

Propagation can be carried out when repotting which is best done in the spring. Lengths of the rhizomes can be snipped off and laid horizontal on the surface of a pot filled with a mixture of compost and sand. The rhizomes are slow to root, though, and may take a couple of months.



Davallia canariensis and close up of aerial roots (inset). :: SUR

PLANT OF THE MONTH



:: JARDÍN BOTÁNICO LA CONCEPCIÓN

JAPANESE PRIVET

The La Concepción botanical gardens has chosen *Ligustrum japonicum* as its plant of the month. It is a species of privet that is native to central and southern Japan hence its common name, Japanese Privet. It can grow to form a small tree but is most often used for hedging. All parts of the plant are toxic.

READER'S PHOTO



:: ROZ CAPLAN

A VORACIOUS VISITOR

Roz Caplan sent in a photo of a grasshopper which is eating her geraniums. Grasshoppers and locusts are related but locusts are bigger and can become gregarious (think Biblical swarms). They can cover huge distances and also have a matching appetite, soon stripping a plant of its leaves.

PHOTOS

Calling all gardeners

We know that many of our readers have lovely gardens, or enjoy growing plants on their terraces or balconies, so why not share them with others?

Email your photos to english@diariosur.es or send them to SUR in English, Avda Dr Marañón 48, 29009 Malaga, with a caption and a few words of explanation, or send them via Twitter @SUR_English or Facebook @surenglish and we'll do the rest!

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EXHIBITIONS

Ernst Kraft

Malaga. Botanical gardens 'La Concepción'.

A sculpture 'The Tree of Life' by Ernst Kraft will be on permanent display. The minimalist structure of iron rods is five metres tall and is based on the pre-pharaonic pictogram representing the union of heaven and the underworld.

Chagall and his contemporaries

Malaga. Edificio Tabacalera, Avda Sor Teresa Prat. Tues-Sun 9.30am - 10pm.

The Museo Ruso /San Petersburgo currently has three current exhibitions. 'Chagall and his Russian Contemporaries' contains over 50 works of which a quarter are by Chagall. 'Resistance Tradition and Opening' looks at Russian contemporary art from the

last four decades. 'Cervantes in the Russian museum collection', 61 pieces including paintings, prints and books. The annual exhibition is entitled 'The Four Seasons' and consists of bucolic scenes.

Malaga Glass Museum

Malaga. Permanent exhibition. Plazuela Santísimo Cristo de la Sangre.

The glass museum has two new glass panels on display that have been painstakingly restored. They were both made by the Spanish company Mauméjean.

Gerald Brenan Museum

Churriana. Until 1 February. Casa de Gerald Brenan, C/Torremolinos

A collection of photographs of Brenan, his wife and the many friends, among them writers, aristocrats and beatniks, that visited the house in Churriana.



Robles de la Cruz, Benedito

Ruiz de Luna

Malaga. Museo Municipal del Patrimonio (MUPAM), Paseo de Reding. An exhibition dedicated to the Ruiz de Luna ceramic dynasty. Around 300 pieces are on display including ceramics, drawings, watercolours and sculptures.

Museum Jorge Rando

Malaga. Cruz del Molinillo, 12 The works of contemporary artist Jorge Rando are on permanent display. The museum also holds po-

etry and musical events.

Galería Benedito

Malaga. Until 12 January. C/Niño de Guevera, 2.

The Galería Benedito has an exhibition of paintings and drawings by Malaga artist Robles de la Cruz.

Kimsooja

Malaga. Until 8 January, Centro de Arte Contemporáneo.

'To breathe-zone of zero' is an exhibition by the Korean artist, Kim-sooja.

Luz Art, 'Squares'

Cómpeta. Until 15 January, Gallery Luz de la Vida.

An exhibition of small and medium sized works by international artists.

Ana Ripoll

Mijas. Until 7 January. Centro Cul-

tural La Cala de Mijas

Ana Ripoll is a conceptual artist who uses painting to create installations and games interacting with the spectator.

Lead Soldiers

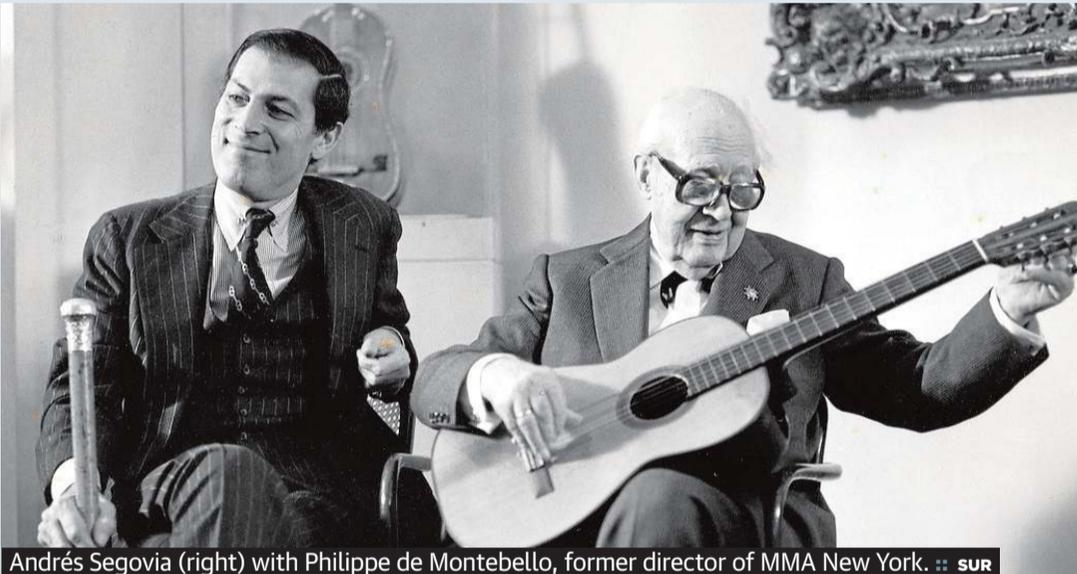
Malaga. Until 8 January, Archivo Municipal, Alameda Principal 23.

The exhibition run by La Agrupación de Miniaturistas Militares "Comandante Benítez" is made up of miniature lead soldiers. The soldiers depict the military uniforms, regiments, heraldry, flags and standards of armies through different periods in history.

Daniel Jameson

Estepona. Until 27 January, Casa de la Juventud.

Around a dozen, large format works make up the exhibition entitled 'En Resumen' by Argentinian artist Daniel Jameson. 



Andrés Segovia (right) with Philippe de Montebello, former director of MMA New York. :: SUR

Tribute to Andrés Segovia

JENNIE RHODES

ALMUÑÉCAR. The 32nd international guitar competition held every year in La Herradura will this year be marking the thirtieth anniversary of the death of Andrés Segovia, arguably Spain's most famous classical guitarist. The event will take place from 17 until 21 January at the town's civic centre.

The competition is open to

guitarists under the age of 35 and involves a series of 'rounds' for contestants, the first of which will take place at 1pm on 17 January. All concerts are open to the public.

Among a number of prizes, the runner-up will receive a guitar, worth 3,250 euros, hand-made by British classical guitar-maker Stephen Hill, who lives and works in the town.

INFORMATION

▶ **When.** From 17 to 21 January.

▶ **Where.** Civic Centre, La Herradura.

▶ **Further information.** www.certamenandressegovia.com



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EXHIBITIONS

Sorolla

Malaga. Until 8 January, Museo Carmen Thyssen, C/Compañía 10. In 1911, Joaquín Sorolla travelled to New York for the second time to exhibit his work in Chicago. He was at the height of his career and had a large number of American clients. This exhibition includes some of his works from that period.

'Hidden Heroes'

Malaga. Until 9 January, The marquee in Plaza Marina. Mon-Fri. 'Héroes ocultos. Inventos geniales. Objetos cotidianos' (Hidden heroes. Ingenious inventions. Everyday objects) is an exhibition of objects that are used everyday and that



Joaquín Torres, Picasso museum

have made life easier in some way.

Ceramic nativity scenes

Malaga. Until 17 January, Alfajar Sala, Calle Cister, 1. A temporary exhibition of ceramic nativity scenes by artist Amparo Ruiz de Luna.

Taller Gravura

Malaga. Until 20 January, Taller Gravura, Pasaje de Ntra Sñra de los Dolores de San Juan.

This end of year exhibition displays works by 38 Malaga artists. All the artwork incorporates fabric into their composition.

Agustí Centelles

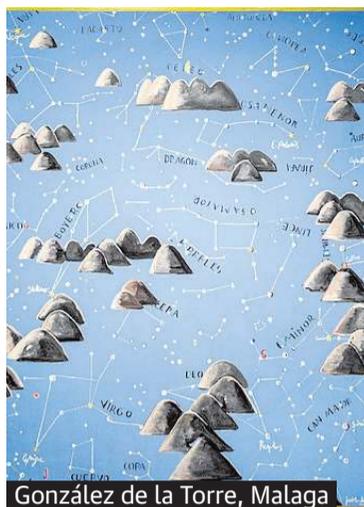
Vélez-Málaga. Until 23 January, Centro de Arte Contemporáneo.

'The title of this exhibition is 'Bram, campo de refugiados' and consists of 6 photographs taken in the Bram refugee camp in France. The photographer Agustí Centelles, was one of the Spanish Republicans that fled Spain for France after the Civil War. He is now considered one of the pioneers of modern photo-journalism in Europe. He was also one of the first to use a Leica camera.

'Under 35'

Malaga. Until 25 January, Galería GACMA, C/Fidias, 48.

Thirty artists under the age of 35 and with links to Malaga will be presenting their work in this exhibition aimed at promoting emerging new talent.



González de la Torre, Malaga

Ortega Bru

Malaga. Until 28 January, ArsMálaga Palacio Episcopal. Around 100 religious paintings, sculptures and drawings in tribute to sculptor Luis Ortega Bru.

Malkovich, Malkovich, Malkovich

Malaga. Until 29 January, La Térmica, Avda de los Guindos. The exhibition pays tribute to more than 40 famous prints from the 20th century taken by photographer Sandro Miller with John Malkovich as the principal figure in each one.

Artistas Eclécticos

Mijas Pueblo. Until 31 January, Chemas Wine & Tapas, C/Málaga 10. Works by Sinikka Ahokas-Gröhn, Margit Björklund, Elaine Carlton and Richard Wood. Open daily noon until midnight, except Wednesdays. Tel. 722 17 05 17 / 952 590 610. New work at Clinica Veterinaria, Avd. México 21 by Sinikka Ahokas-Gröhn, Margit Björklund and Richard Wood can be seen until January 13. Tel. 952 485 740. www.artistaseclécticos.com

The body, window to the soul

Malaga. Until 4 February, Sala de exposiciones La Térmica. The American photographer Ryan McGinley is exhibiting more than 400 photographs of young nudes. The exhibition entitled 'Yearbook' attempts to communicate the values of youth: freedom, optimism, sensuality, emotion and freshness.

Ángeles Agrela

Marbella. Until 4 February, Galería Yusto /Giner, C/Madera. 'El favor de las Bellas' is the first individual exhibition by Ángeles Agrela. Combining sketching, painting, video and photography, Agrela explores, principally, the human form.

Joaquín Torres-Gracia

Malaga. Until 5 February, Museo Picasso Málaga. A retrospective exhibition of work by Joaquín Torres-García; from his early work in Barcelona at the end of the 19th century up to his last paintings finished in the 40s.

María Vera

Malaga. Until 11 February, Columna JM, Duquesa de Parcent. An exhibition entitled 'Luz Silenciosa'. galeria@galeriajm.com

Francisco Peinado

Malaga. Until 18 February, Columna JM, Duquesa de Parcent. An exhibition entitled 'Acción Nuclear'. galeria@galeriajm.com

'The Edge of Forever'

Granada. From 12 January until 18 February, Biblioteca de Andalucía, C/Profesor Sainz Cantero, 6. International art photographer Tariq Dajani is exhibiting a collection of his work inspired by the ancient muslim civilisation of Al-Ándalus.

Christmas exhibition

Marbella. Until 25 February, Galería Krabbe, C/Rosarico La Joaquin. A collective exhibition. Email gale-riakrabbe@gmail.com

Jesús González de la Torre

Malaga. Until 28 February, Sala Unicaja Siglo, Plaza del Siglo, first floor.

'A no entender entendiendo' is an exhibition of paintings in large format by recognised Madrid artist Jesús González de la Torre.

José María Córdoba

Fuengirola. Until 28 February, Patio-Top Garden Centre. "The paintings of José María Córdoba work as a window open to the world" commented the art critique Ángel Luis Pérez Villén. The exhibition entitled 'Confluences' runs until the end of February.

Contemporary art

Ronda. Until March, Museo Joaquín Peinado. Malaga artists José Medina Galeote and Juan Manuel Rodríguez are both exhibiting in the museum until March.



Sorolla, Museo Carmen Thyssen

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At the cutting-edge of art

MALAGA. From pure cubism to the 90s, from Georges Braque to Kate Moss and from René Magritte to Marilyn Monroe, the Malaga artist Diego Santos examines these artistic trends through a series of twenty-seven creations.

Part of the tour in the series is the 'Guitarra y violin', where Santos addresses "the obsession of Picasso and Braque over musical instruments". Here, Santos offers a "game of geometry" from the "pure" approach of the avant-garde. Only black, red and blue are used in compositions that present a two-dimensional "mural sculpture" by Santos.

The next stop along the way involves an encounter with Josephine Baker, who serves as the protagonist for the series dedicated to art deco with Santos' 'Pareja Española'.

The piece 'Desnudo con Máscara', created in 2004, marks the final part of the project. The naked woman links the curves of



Diego Santos with his 'Pareja Española'. :: PAULA HÉVELE

DETAILS

► **When.** Until 20 January.

► **Where.** Galería Cartel, C/Cortina del Muelle, 5.

► **Info.** From Monday to Friday 10.30am - 2pm and 6pm - 9pm. Saturday morning only.

Picasso at his most sensual with the mask which Santos uses to evoke the Russian avant-garde.

Oil and charcoal on paper and other pairings of media. A surrealist picture. Another inspired by pop. And yet another straight out of the 90s. Diego Santos has spent the last two years traversing the history of art and leaving his own mark on it.

Mark Ryden

Malaga. *Until 5 March, Centro de Arte Contemporáneo.* 'Cámara de las Maravillas' is the name of the surreal exhibition by Mark Ryden. His art features angelic faces with macabre undertones.'

'From city to museum'

Malaga. *Until 5 March, Centro Pompidou*
The new exhibit at the Pompidou consists of 40 models of buildings in Paris built in the last 70 years. It is entitled 'De la ciudad al museo. Arquitecturas parisinas 1945-2015'.

Rando y Ciriza

Malaga. *Until 30 April. Cruz del Molinillo, 12*
The Malaga artist and the sculptor from Pamplona are holding a joint exhibition entitled 'Encuentro Jorge Rando - Carlos Ciriza'.

Margaret Riordan

Torrox Costa. *Bar Choto Playa, Peñoncillo Beach.*

Nerja. *Restaurante Sevillano, El Rincón, C/Gloría*
Both exhibitions run until the end of April 2017.

MUSIC & DANCE

The Wall Bar

Malaga. *Hotel Vincci Posada del Patio, 11pm, entry free.*
6 January. Daphne & Nicky. Vocals and guitar. Jazz and bossanova.
7 January. Delirium Blues Fusion. Lourdes del Pino vocals and Javier Esteve guitar. Blues fusion.

Andalucía Youth Orchestra

Malaga. *6 January, 7pm. Teatro Cervantes, C/Ramos Marín.*
The Andalucía Youth Orchestra will be performing Beethoven's symphony No. 5 in C minor, Op.67 and Tchaikovsky's symphony No. 5 in E minor, Op.64.

Guest conductor is Alejandro Posada.

New Year's Concert

Almuñécar. *7 January, 8pm. Centro Cívico La Herradura.*
The municipal band will be in concert conducted by Manuel Vargas Gardón.

Malaga Philharmonic Orchestra

Malaga. *10 January, 10.30am and 12pm. Conservatorio Profesional de Música Gonzalo Martín Tenllado, Avda Moliere.*
Dvořák 'New World Symphony - Sherzo-; Mozart symphony n°40 in G minor; Rossini William Tell overture; Donizetti L'Elisir d'Amore; Strauss Tritsch Tratsch Polka, A. Lloyd Webber Phantom of the Opera; Bernstein West Side Story and others.
www.orquestafilarmonicademalaga.com

New Year's Concert

San Pedro. *13 January, 8pm. Trapiche de Guadaiza, Avda Oriental. 15€*
María Rosa Pérez Díaz, mezzosoprano; Sonia García Quintero, soprano; David Geary, baritone and pianist Mari Carmen Pérez Blanco will be performing pieces from Mozart's The Marriage of Figaro and Cosi Fan Tutti, Verdi's Traviata, and from Lakme, by Delibes. Operetta extracts from the works of Franz Lehar. Also the best of Fiddler on the roof and Show Boat. Also extracts

from Zarzuela (Spanish comic Opera). Tickets tel: 606 962 563

Piano and cello concert

Almuñécar. *16 January, 8pm. Auditorium of the Casa de Cultura.*
'Ecos Populares' is a concert for piano and cello by the Boldón - Monasterio duo.

Olga Pericet company

Almuñécar. *13 January, 8pm. Auditorio Casa de la Cultura.*
The Olga Pericet dance company will be performing 'Untitled'.

CHARITY

Cudeca Sunday Fair

Fuengirola. *15 January, 12 February, 12 March, 16 April, 11am. Ilunion Hotel, Los Boliches. Free*
There are numerous stalls and a host of entertainment including choirs and magicians as well as the Goldies Tombola. For a stall or info tel: Tom Allen 661 40 21 34 or Carlos White 663 083 249

Burn's Night for Cudeca

Mijas. *25 January, from 7.30pm. Tamisa Golf Hotel. 45€*
The Addressing of the Haggis together with a typical Scottish menu and entertainment at the Tamisa Golf including wines and whisky for only 45euros per person. Tel: Carlos White 663 083 249 or Tamisa Golf Hotel 952 585 988 reservas@hoteltamisagolf.com

CULTURAL NEWS

Japanese art at the Carmen Thyssen

MALAGA

SUR. The Museo Carmen Thyssen in Malaga is holding an exhibition of Japanese art from 30 January until 23 April. The exhibition consists of paintings and Japanese objets d'art from the collection of José Palacio which is currently held by the Museo de Bellas Artes in Bilbao.

The art works date from between the early XVII century and the middle of the XIX century and includes pieces by Utamaro, Hiroshige and Hokusai. Included in the exhibition are also some delicately-decorated pieces of Urushi lacquerware.



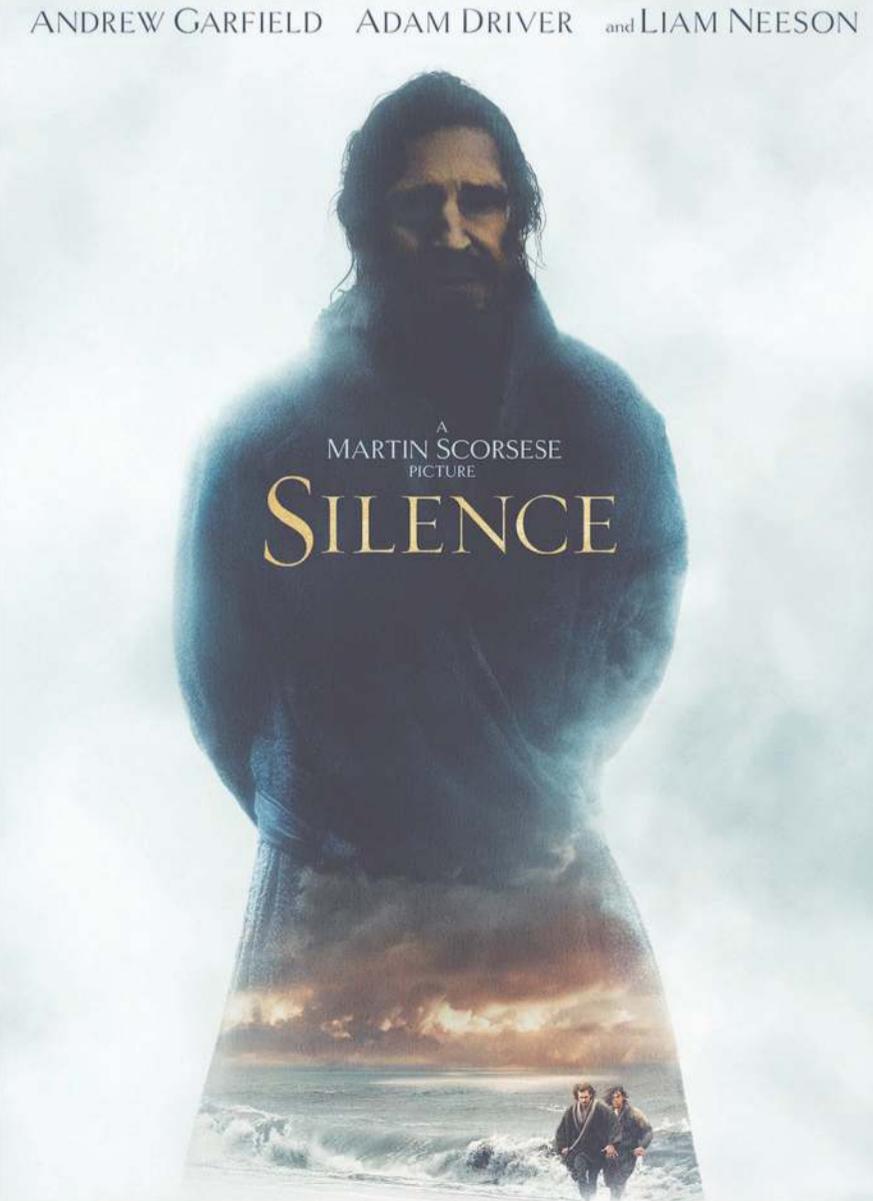
Malaga Philharmonic Orchestra



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Fuengirola. 12 January 37€.

Various departure points.

Tel. 952 474 840 or e-mail lux-

mundi@gmail.com web site

www.lux-mundi.org

Trip to the Alpujarras

Torre del Mar. 26 January. Various

departure points. 18€

Visit the villages of the Alpujar-

ras. Tel. 952 543 334 or e-mail:

luxmundi@lux-mundi.org. Web-

page: www.lux-mundi.org

Trip to the Gibraltar

Torre del Mar. 19 January. Various

departure points.

Coach trip to Gibraltar. Passports

necessary. Tel. 952 543 334 or e-

mail: luxmundi@lux-mundi.org.

Webpage: www.lux-mundi.org

Nativity scenes

All towns and villages will be open-

ing their Nativity Scenes (Belenes)

to the public during December and

January.

Benalmádena. Until 6 January.

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Torremolinos. Until 6 January.

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the town hall.

Thespa

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LECTURES

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DFAS lectures

The Ashcan School and American

Realism

The Ashcan School was an artistic

The Andalusian landscapes of Eugenio Chicano



Eugenio Chicano in front of one of his art works. :: NITO SALAS

ANTONIO JAVIER LÓPEZ

MALAGA. The exhibition by Malaga artist Eugenio Chicano consists of 32 canvases created over the last five years.

Eugenio Chicano celebrated his 81st birthday shortly before Christmas and he walks with the help of a stick but he is often already in his studio by 11am in the morning and his enthusiasm for his art has resulted in his latest exhibition at MUPAM (Museo del Patrimonio Municipal).

The 32 works were selected from 96 sketches that he made in different areas of Andalucía. The project started when a friend gave him back a painting for his birthday that he had painted when he was just 18, a view of Vélez-Málaga. And then another year, another painting, this time

INFORMATION

▶ **When.** Until 5 February, Tues-Sun 10am-2pm and 5pm-8pm.

▶ **Where.** Salas La Coracha in the Museo del Patrimonio Municipal, Paseo de Reding 1.

▶ **Contact.** Tel: 951 928 724 or email edelamo@malaga.eu <http://cultura.malaga.eu/>

of La Pelusa in El Palo. Chicano began to consider returning to painting landscapes which he hadn't done since he was a young man.

"At the time landscapes weren't at the cutting edge and I wanted to be at the forefront,

avant-garde. It hasn't been easy but it has been a delight," confessed Chicano.

His pictures express the variety of the landscape of Andalucía, the browns, blues and greens, the mauves and purples, some yellow that blends to bronze. Here there are no stories of the clichéd romantic travellers of the 19th century. No scenes of bandits, gypsies or ambushes in gorges and caves of an imposed folklore.

Chicano's canvases exude the sun that embraces and burns, the modernity and the tradition without stereotypes.

After Malaga, the exhibition will spend two years travelling to various points in Andalucía with the Foro de los Consejos Sociales de las Universidades Públicas de Andalucía.



Ashcan lecture, NDFAS

movement in the United States during the early 20th century that is best known for works portraying scenes of daily life in New York, often in the city's poorer neighbourhoods.

Fuengirola. 9 January, 4.30pm. Salon Varietés Theatre. Guests 10€ www.costadelsoldfas.com

Nerja. 10 January, 6pm, Centro Cultural de Villa de Nerja. Guests 10€ www.nerjanadfas.org

Photography in Paris: Atget, Man Ray and Brassai

This lecture will primarily focus on

three photographers whose ground-breaking work captured the feel of Paris from the late nineteenth century to the fall of France in 1940 and made Paris a centre for innovative photography.

Mijas. 10 January, 10.30am. Danish Club, Urb Haza del Algarrobo, crta de Mijas. Members 8€, guests 10€.

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Paterson: 18.00, 20.00

Hell or High Water: 20.10, 22.00

Genius: 18.30

Cinesur El Ingenio

Avda. Juan Carlos 1, Vélez-Málaga.

Tel. 667 77 31 87.

Moana: 17.00 (Tues)

Hacksaw Ridge: 21.00 (Tues)

Hell or High Water: 12.25 (Tues)

Collateral Beauty: 22.25 (Tues)

Passengers: 21.50

Assassin's Creed: 16.00 (Tues)

Sing: 16.05 (Tues)

Masterminds: 16.20, 18.20 (Tues)

Hush: 16.00 (Tues)

Cinesur Miramar

Avda. de la Encarnación, Fuengi-

rola. Tel. 952 19 86 00.

Hush: 11.50, 16.00

Rogue One: A Star Wars Story:

12.00, 16.25

Passengers: 12.20, 16.45, 19.15

(Tues)

Sing: 12.10, 17.00

Assassin's Creed: 19.30

Nocturnal Animals: 21.50 (Tues)

Hell or High Water: 19.45 (Tues)

Collateral Beauty: 21.20 (Tues)

Masterminds: 16.00, 18.00 (Tues)

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www.cinesteatrogoya.com

Assassin's Creed: 18.10 (Fri, Sun,

Mon, Tues); 22.30 (Every day ex-

cept Sat)

Collateral Beauty: 17.50 (Sat);

18.10 (Fri, Sun-Thurs); 20.20 (Fri,

Sun, Mon, Tues)

Sing: 15.45, 17.40 (Sat), 16.00 (Fri,

Mon-Thurs); 17.45 (Fri, Sun-

Thurs)

Rogue One: A Star wars Story:

15.45 (Fri, Mon-Thurs); 20.00

(Every day except Sat); 21.50 (Fri,

Mon, Tues)

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Alfonso Ponce de León.

Tel: 902 902 103 or visit

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Passengers 3D: 12.25 (Sat, Sun)

Passengers: 15.15 (Sat, Sun);

20.10, 22.45 (Every day)

Hush: 14.30 (Sat, Sun); 17.40,

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Southern Spain has a multitude of hidden corners just waiting to be discovered: this week we suggest you take the road to...

Andalucía

A trip through the history of Seville

The city has a fascinating architectural and cultural heritage, just waiting to be discovered and enjoyed

by JAVIER ALMELLONES

MALAGA. The legacy left by different civilisations and artistic trends in the capital of Andalucía have made the Seville of today a city whose history, and that of the region, is clearly evident.

Nowadays the former Hispalis is a compendium of Roman, Moorish, Renaissance and Baroque remains, with a vast number of remarkable monuments and buildings. In addition there is, of course, an important cultural heritage, such as Easter Week, the April Fair, bullfighting and flamenco.

Few of the world's capital cities have a history which is so obvious and just waiting to be discovered and enjoyed by those who live there and those who come to visit. It is actually quite difficult to list the principal monuments in a city which is in itself a true lesson in history.

In chronological order, you would have to leave the city to start your tour at the ruins of the old Itálica. This archaeological complex, which is situated between Seville and Alcalá del Río, was fundamentally important during the Roman Empire, as can be seen from its size: it covers more than 50 hectares. This city, which was the birthplace of the emperors Hadrian and Trajan, reached the peak of its splendour in the middle of the 1st century B.C.

You then return to the heart of Seville to visit another landmark on this historical tour: Los Reales Alcázares. This was, without a doubt, the first civil construction in the city.

Today it is considered one of the most important monuments in Andalucía, in terms of size, history and use. Los Reales Alcázares surrounds the caliphal city, built over the remains of a Visigoth basilica which in turn was the origin of the great palace inside.

Its solid walls, entrance gates and the luxuriant vegetation in its gardens are just some of the reasons to visit this complex, whose construction began in the 10th century although it was not extended until the 12th. After Alfonso X seized the city, an austere Gothic palace was built in the interior. The Don Pedro I palace, which was built in the 14th century, is also an example of all the most significant characteristics of Mudejar art.

Another of the city's icons from the Moorish period is the Giralda, a former minaret which nowadays serves as the bell tower of Seville's magnificent cathedral.



Interior of Los Reales Alcázares de Sevilla, which dates back to Moorish times. :: FOTOLIA



The emblematic Torre de Oro. :: VÍCTOR MÁRQUÉS / FOTOLIA

The cathedral was built over a former mosque, and the tower, together with the Patio de los Naranjos, is part of the Almohad legacy which survived after the Reconquest. These buildings are now a symbol not only of the old Hispalis, but also of Andalucía.

As well as the Giralda, you should also head for another part of the Al-

mohad heritage in the city, the Torre del Oro, or Golden Tower, which stands beside the Guadalquivir, the river which has shaped the Seville of the past and of today.

After the discovery of the New World, some remarkable buildings were constructed in Seville, such as the Casa Lonja de los Mercaderes, the original of the Archive

two of its greatest monuments, the old Royal Tobacco Factory, which later became part of the university, and the magnificent Real Maestranza bullring, an icon in the bullfighting world.

This trip through the past cannot ignore the heritage from the last century, which was when Seville hosted the IberoAmerican Exhibition (1929). It is essential to see the Plaza de España, one of the city's most spectacular urban spaces, and the María Luisa Park, a historic leafy enclave with ponds, pavilions and exotic plants, is a lovely place to stroll when exploring Seville.

Throughout its history, Seville has also boasted an important gastronomic heritage which can still be sampled today. Many bars, taverns and restaurants in the city offer traditional dishes, as well as others which have been updated over time.

The city can be seen as a large stage upon which to try an extensive range of delicious tapas. Snails, Iberian ham, prawns, home-made croquettes, potatoes in dressing and Russian salad are just a few of the most typical options which are available in establishments in the city centre as well as in the most traditional districts.

Because of its strategic location, Seville is also a good place to try the famous 'pescaíto frito', with fish which has been caught off the Atlantic coast of Andalucía.

The cuisine of Seville also includes some hearty dishes such as sirloin in whisky sauce, ox-tail, pork cheeks, quail, flamenco-style eggs and the 'sevillano' stew.

Those who prefer smaller portions can opt for tapas and 'montaditos', small bread rolls topped with meat, or the 'serranitos', small sandwiches filled with fried peppers, ham and pork loin.

All these dishes can be paired perfectly with draught beers or an extensive range of Andalusian wines, including of course the 'manzanilla' and 'fino' dry sheries for which the region is famous.

It is lovely to stroll through the María Luisa park, with its ponds and exotic plants

of the Indies, which was built in the 18th century.

Before that, during the splendour of the Renaissance, some magnificent civil buildings were constructed, such as the Antiguo Hospital de las Cinco Llagas, one of the largest buildings from the 16th century, which is now the Andalusian Parliament building.

In terms of religious buildings, among the most interesting is the church of San Luis de los Franceses, which was built in the first third of the 18th century and one of the best examples of Sevillian Baroque, together with the church of the Divino Salvador, which was finished in the same century. The San Jorge church is also interesting to visit.

The 18th century also brought the city



The 'serranito' is one of the specialities of Seville.

Food forecasts for 2017

From the sustainable to the futuristic: the flavours, styles, dishes and businesses which will inspire our eating in the forthcoming months

MANU BALANZINO

Last year there was a noticeable increase in the use of natural products in gastronomy and in 2017 this is expected to continue, with a focus on more vegetarian, traditional and sustainable cuisine, miracle foods and medicine-food. The fast pace of life and the fact that major corporations are keen to meet consumer demand mean that this year we can expect more ready-meals to be available, including some futuristic delivery methods, and brand restaurants.

Here we take a look at some of the phenomena and foods which will transform our way of eating and enjoying our meals in the forthcoming months.

Long live home cooking

France started the trend by creating the 'home cooking' stamp on menus, meaning that fresh products have been used when preparing the dishes. More local chefs are now pre-

paring home-made food for their clients, and some even open the kitchens of their own homes to produce relaxed and informal meals.

Quality breads

Bread is one of the most popular and basic foods. Now, bakeries are looking back to the past and producing sourdough and slow-rising breads, but they are also innovating, for example with purple coloured breads made with rice flour which could become the first baked superfood in the world.

A revolution in pasta

In recent years we have seen an increase in the sales of ecologically produced pastas, and now there are varieties made from quinoa, chickpea or lentil flour. The latter are in great demand because they are gluten-free.

'Veggie'

We saw an increasing trend in vegetarian meals in 2016 and this will continue because more and more people are looking for a healthy diet based on vegetables, to replace legendary favourites such as lasagne and macaroni. On the Pinterest website the use of the word 'veggie' increased by 336 per cent last year.

Fake meat

In gastronomy not everything is what it appears to be, and this year that will especially be the case thanks to the trend towards reducing meat consumption. Twenty five per cent of the American population say they plan to reduce the amount of meat they eat this year, and as a result vegetarian butchers' shops have appeared on the scene, selling sausages, meatballs, ribs, meats... all natural, very healthy, and with no animal products whatsoever.

Sustainable foods

The aim is more sustainability and less waste: many chefs are now preparing dishes with products known as 'discards'. These are fish, animal and vegetable proteins which are perfectly usable and are delicious when cooked properly. This is something we should all bear in mind, because it is calculated that 1.36 million tonnes of food are wasted in Spanish homes each year.

Kale today, seaweed tomorrow

A few months ago kale joined the ranks of the superfoods but in 2017 seaweed is taking over. With their high concentration of minerals and trace elements, seaweeds are becoming a regular component of salads, seafood dishes and even as ingredients in baking and confectionary. Now that more people have discovered the Chinese 'ramen' soup seaweed has become even more popular, and as it is easy to use and a tasty addition to everyday meals.

More probiotics

In the forthcoming months yoghurt whey, kombucha, ginger beer, coconut kefir and the barley grains used to make beer will be used in a wide range of drinks which are beneficial for the health.

Colour for health

Markets are full of purple-coloured foods: cauliflower, asparagus, blueberries, aubergine, corn, Acai (South African palm tree berry), yam, elderberries...these attractively coloured foods are important antioxidants, so they help to reduce the risk of cardiovascular and other illnesses.



Spicy chocolate.



Coconut sugar.



Purple cauliflower.

Coconut derivatives

Grated coconut and coconut water are old-fashioned now. This year we are going to find coconut in many more foods such as in flours for baking and confectionary, as an alternative to artificial sweeteners, oil... and the flesh will be used as shavings, in ice creams, butter and much more.

'Ramen-mania'

Ramen, a Chinese noodle soup, has become very popular and as it is easy to use and delicious it has become the perfect everyday food.

Let your food be your medicine

Is this the era of pharmaceutical cooks? Don't worry, we're not talking about replacing a meal with a pill, but an increasing number of renowned chefs are collaborating on menus for hospitals or are preparing personalised foods for a variety of ailments.

Gourmet ready-meals

Gourmet dishes which you just

open and serve. Food companies have found themselves obliged to meet consumer demand for this type of product, and this year there will be an extensive range of healthy vegetarian ready meals with no additives or preservatives and which taste like home cooking.

From motorbike... to drone

Drones are now being used for home deliveries of food, including by supermarket chains, with one clear objective: to reduce delivery times, so the food arrives faster and hotter. Amazon Fresh, the fresh food line of the American giant, is already popular in the USA, and it is only a matter of time until it becomes so in Spain.

Brand restaurants

Major multinationals in the food production sector are creating new lines of business by opening restaurants or cafeterias of their own. The Kellogg's cereal company has opened a café in New York's Times Square and the major yoghurt producer

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Purple bread, a 'superfood'.

Chobani has also opened an establishment of its own.

Specialisation

As the saying goes: "Jack of all trades, master of none." Competition makes specialisation necessary and this year we will see more food shops and restaurants focusing in a single dish or product.

The 'superbowl'

Bowls are in fashion and if they contain all the necessary ingredients for a complete meal, so much the better. It all began with 'breki bowls' of yoghurt, fruit and cereals for breakfast. Now, bowls are also being used for lunches and dinners, meaning that flavours can be mixed and ser-

vice simplified.

Delicious Thai ice-cream

Ice cream rolls or I-Tim Pad as they are known in Thai, have aroused a great deal of interest all round the world. They are prepared at the table using an iced grill on which the chosen liquid or cream is placed with its topping or fruits. It is worked until frozen and then served in the shape of a roll.

'Freakshake'

These hearty milkshakes began in Australia. They are a combination of milk and flavoured ice cream and are decoratively covered with a large variety of sweet toppings such as cookies, cupcakes, doughnuts, grated

chocolate, waffles etc. They look irresistible, but you get the feeling that just looking at them is enough to increase your calorie intake.

'Mocktail'

A 'mocktail' is a mock cocktail, in other words a cocktail with no alcohol. They are becoming popular as people are more worried about their health or drink-driving regulations, and will continue to do so.

Sweetly spicy

Many people like spicy food, and there will soon be new combinations of sweetness and spice. Chocolate with chilli is just one example: get ready for some really 'hot' desserts.

A.J.LINN

ROSE-TINTED DIVORCE



There's no good reason, as often happens, to denigrate wines made by celebrities. As with everything, sometimes the wine is good, sometimes so-so, but even if it is terrible you are not obliged to buy it and the winery gives employment to locals.

Artists like Sting, Cliff Richards, Olivia Newton-John, Al Bano and Madonna are all winery-owners, and in the film world Gérard Depardieu, Frances Ford Coppola, George Clooney and Antonio Banderas are among those who have had the greatest success with their labels.

Ditto Brad Pitt and Angelina Jolie, who had rented the Miraval estate in French Provence from its American owner since 2008, and bought it for \$60M in 2012. Their very discreet wedding took place there in 2014. The property has half a million square metres,

and once in control Pitt realised a lifetime ambition to make wine. Sensibly he teamed up with an established well-known producer of the same locality, Marc Perrin. Together, the American film star and the French oenologist were soon on the road to success, and of the four varieties that were launched on the market, the Miraval Rosé was an immediate hit. There is no way of checking this out, but allegedly the first 6,000 bottles sent to the USA sold out in five hours. Now that's pretty spectacular and we have to assume the buyers were pre-warned and waiting to raid the stores. It soon appeared in Wine Spectator's Top World 100 wines at 84th place, and currently is rated in the world's top 10% French wines and top 11% of world wines. There is a waiting list, and it has become so popular in China that a special coded bottle has been introduced to stop counterfeits.

Of course, how much of all this is really down to the quality of the 'vino brangelina' or just the typical hype, but we shall soon find out. The estate forms a substantial part of the \$500 million divorce settlement to be apportioned between the two stars, so even at the \$60 millions paid four years ago and allowing for an increase in value, it is not chicken-feed. Check out the wine yourself: 18 euros from El Corte Inglés.

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Malaga

a city revealed

Coeliacs in Malaga

Numerous establishments in the city have gluten-free dishes on the menu for people who are unable to eat this protein



Pizzerias, cafés serving churros, fried fish restaurants and many more are making efforts to ensure that people who cannot tolerate gluten can still enjoy the finest Malaga cuisine

as stomach inflammation and difficulty in absorbing nutrients.

The principal problem with gluten is not only that some cereals and products are directly prepared with it, but that it is of-

ten also used in sausages, sauces, beers, dressings and even crisps and sweets. In addition, those with a severe intolerance to gluten may also be affected if traces of it remain on work tops or

equipment used in cooking. For coeliacs, eating away from home can be very difficult. However, thanks to the efforts of some associations there has been a greater awareness and knowledge of coeliac disease in recent years. One result of this is the Malaga Sin Gluten network, an initiative set up by the Association of Coeliacs in Malaga (ACEMA) and the local council, which indicates which establishments offer dishes that are suitable for coeliacs and prepare them in accordance with health protocols to ensure that they are safe to eat.

As well as providing information about coeliac disease, recommendations and useful information, the website www.singluten.malaga.eu gives a list of associated establishments, of which there are nearly 50 in the city. The database is organised by district, and the locations of the restaurants are shown on a map together with their contact details.

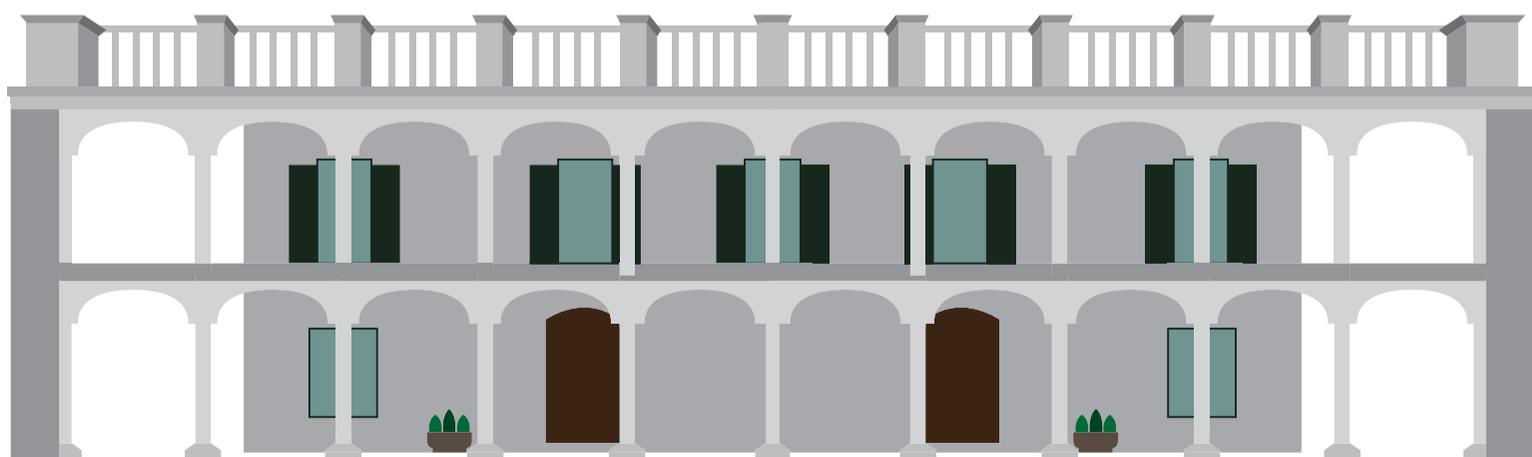
Something for all tastes and budgets

Every person is a potential client. With this in mind, restaurant owners and chains at all levels are opening up to this market, offering everything from simple or fast food to signature cuisine. Companies such as Vips, Gino's, Rodilla, McDonalds, Peggy Sue, Foster Hollywood and Telepizza all now include gluten-

:: CARMEN ALCARAZ

More and more people are suffering from coeliac disease nowadays, an illness which means they cannot tolerate gluten from wheat, barley, rye and probably oats. If they ingest this protein, it may cause symptoms such

The La Cónsula catering college has a special gluten-free menu for people with coeliac disease



free options on their menus.

For those with a sweet tooth, ice cream parlours such as Cremades, Artesol and Santa Gema, and cake shops such as Pathelín, offer a variety of ice-creams, desserts and sweets which have been specially prepared for coeliacs. The cafeterias at the Faculties of Education and Health Sciences and the Economic-Social Complex at Malaga university also have gluten-free products for breakfast, snacks and lunch.

Traditional fried fish dishes which are suitable for coeliacs can also be found at some restaurants, such as Restaurante Casa Juan and Chiringuito Miguel, in the Huelin and Guadalmar districts respectively.

Paradores de España, 'La Cónsula' catering college and hotels such as the AC Málaga Palacio, Atarazanas Málaga Boutique, Tryp Guadalmar and Alameda, among others, also have gluten-free menus and dishes especially designed and prepared for coeliac clients.

For those who are loathe to give up a good pizza, the Bramasole and Pizzería Gianni restaurants have a dough which is prepared without gluten, in addition to their usual menu.

In the city centre there are a range of options, such as the Tapería Orgánica Astrid tapas bar, which specialises in healthy and ecological cuisine, the Citrón restaurant, with good quality creative dishes, and the Noviembre restaurant, with fresh, healthy and natural options. For those who prefer not to eat meat, there are vegetarian restaurants such as Cañadú and El Vegetariano de Alcazabilla, in the street of the same name.

In any case, it is always a good idea to tell the restaurant when you book or when you arrive that you need gluten-free food, so they can activate the relevant food preparation protocol.

years there have been several applications for smart phones which help users find out which restaurant or bar they can eat in, whether a food contains gluten, or even check market prices at any given moment.

Most apps are free and are available for iOS and Android.

One is Facemovil, an app for members of the associations and federations which belong to FACE. The main drawback with this is that after registering, the association to which the person belongs has to validate their identity through a virtual log-in before they can access the information. However, it is very interesting because it has a database with the 14,531 products which are suitable for coeliacs and are shown on the 'List of Foods suitable for coeliacs' which the association produces every year.

CeliCity, which is open to everybody, provides local information about restaurants and shops with gluten-free products. The application geolocates the user's position and shows the nearest options on a map. There are also filters regarding price or rating.

In addition to restaurants, some applications provide recipes and other information for coeliacs. One is GlutenMed, an app which was developed for hospitals and chemists and shows a list of pharmaceutical products which are not suitable for coeliacs.

Symbols and identification

Since 2015 the Law of Food Safety and Nutrition obliges all Spanish restaurants to identify on their menus any foods which contain potential allergens such as cereals, shellfish, eggs, fish, peanuts, soya, milk, nuts, celery, mustard, sesame seeds, sulphites, lupins and molluscs, plus their derivatives.

In the case of gluten, there is no standard signing but there are different labels to indicate the level of gluten in a food and the entity which controls this information.

For that reason, you may see a 'Controlado por FACE' stamp, which means the manufacturer's quality system has been verified.

It should include the PCC (critical control point) of its gluten system throughout the productive chain, from receipt of the raw materials to the packaging of the finished product, thereby representing total security for a coeliac.

The crossed grain is the international 'gluten-free' symbol regulated by AOECs (Association of European Coeliac Societies), which delegates the concession of use and control to its member associations.

At present, industries who want to use this symbol have to register with the European Licensing System (ELS).

If this symbol is valid, it will be accompanied by the registration number assigned by the association.

There are also manufacturers and commercial brands which mark their products gluten free ('sin gluten') through their own initiative.

The symbol of the Málaga Sin Gluten network can be found in all establishments that support the ACEMA and town hall initiative



Our recommendations

Confitería Los Cassinis. This bread and cake shop has been selling a wide range of gluten-free products for nearly ten years.

Aware of the importance of this illness, the company decided to buy different varieties of bread and sweets from a specialist supplier who guarantees that their products are totally safe. The excellent price-quality ratio has made this a benchmark in the city, and some of the most popular items include 'palmeras', muffins, 'napolitanas' and cakes, which are made to order. There are also different types of bread, which now include 'pan payés' and a rustic loaf.

Aire Gastrobar. Divided into two areas to suit the different styles and tastes of its clientele, this gastrobar in Malaga has adapted a large part of its menu for coeliacs and those with other types of intolerance. The restaurant provides excellent service and attention to clients who need gluten-free products, and when-

ever possible its normal dishes can also be adapted to these clients' needs. The kitchen has been properly equipped with a special area where gluten-free dishes are prepared and cooked. The menu includes some innovative dishes which coeliacs would not normally be able to eat, such as the 'Judiones con Rabo de Toro', and the home-made duck foie gras, among others.

Cafetería Churrería El Artesano. Last year this establishment introduced gluten-free churros, chocolates and sandwiches onto its menu. The churros are fried in a separate room and are made from corn and rice flour, but the taste is almost exactly the same.

Restaurante Casa Juan. Known for its delicious locally-caught fish and shellfish, this restaurant also belongs to the Malaga sin Gluten network and has specialist products and the facilities to cook the food under the requisite conditions. The prices are no higher and the quality is the same, so it has become a Mecca for coeliacs who want to enjoy fried fish.

New technologies

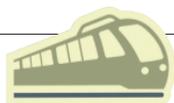
Adapting an illness to contemporary times means that technology plays an important role. In recent

In the Parador de Gibralfaro restaurant people with gluten intolerance can find a variety of suitable dishes



The best way to get to Malaga

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DON'T FORGET



► **Visit the municipal tourist information office** (in Avenida de Cervantes, 1) for more details of events happening in the city of Malaga.

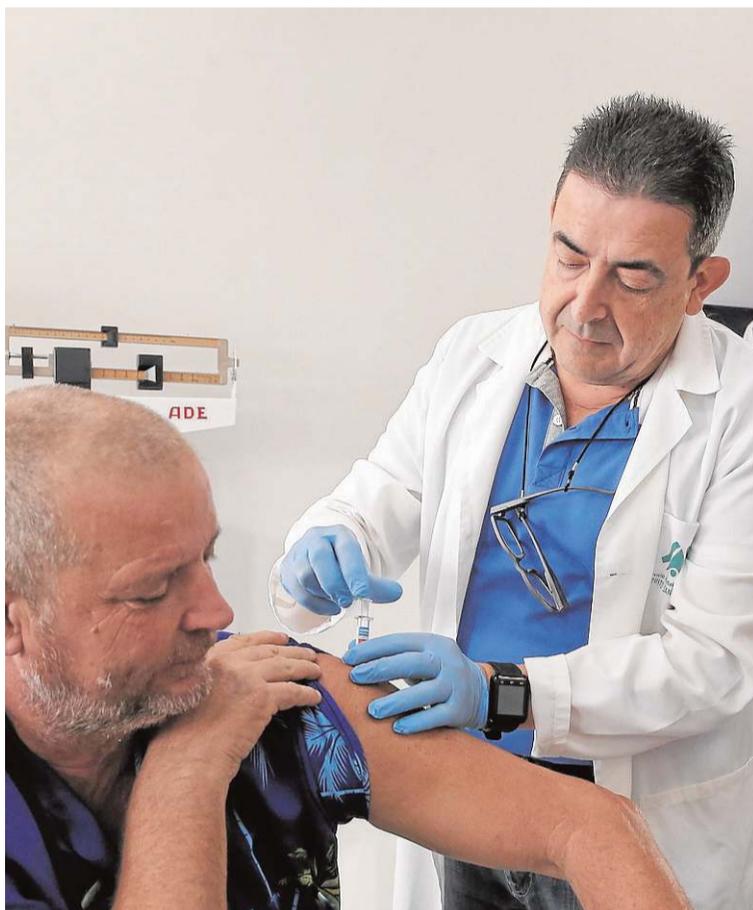
Flu is increasing in Malaga, but is lower than the average in Andalucía and Spain

Experts believe the illness is likely to reach its peak in February, although last year's figures show that it did so earlier

ÁNGEL ESCALERA

MALAGA. Flu is present in Malaga province again and it is on the increase, although the incidence is low. Between 19 and 25 December 40.69 cases were registered per every 100,000 inhabitants, according to figures from the provincial Health Delegation. The previous week there had been 12 cases per 100,000 inhabitants. Despite this increase, the presence of flu in Malaga is lower than the average for Andalucía (62.14 cases per 100,000) and less than half of that for Spain, where the figure is 91.31. Experts say that flu is likely to reach its peak in Malaga in early or mid-February. However, it could occur earlier, bearing in mind that the epidemic wave in the 2016-2017 season began in week 50, in other words from 12 to 18 December, six weeks earlier than the previous season.

GPs who work at health centres in Malaga say they are seeing patients



Vaccination against flu began in October. :: SUR

with flu, but the illness is still in the intensifying stage. They say that the timing of the peak of flu will depend on whether the temperatures go down and the cold is accentuated.

Flu is an infectious illness of the respiratory tracts caused by the influenza virus. It is transmitted by drops of saliva which are expelled through coughing or sneezing. It occurs after an incubation period of 48 hours and usually comes on suddenly. The illness normally lasts about a week. As it is caused by a virus, patients should not take antibiotics. The characteristic symptoms are headache, high temperature, shivering, muscular pain, difficulty in breathing, a dry cough and sore throat.

To prevent it, experts advise wrapping up well when you go out, wearing clothes which are made from natural fibres and are not too tight, keeping your feet, hands and head warm outside, not taking physical exercise outside, especially when there is no sunshine, so you don't get cold; drinking a lot of water and hot drinks, and eating fruit.

Vaccine

The best way of preventing flu among the so-called 'population at risk' is a vaccine. This is recom-

mended for people over 65, those with chronic illness, pregnant women, health professionals and those who work in public and community services, including police officers and fire fighters, prison officers and internment centres.

The anti-flu vaccine recommended by the World Health Organisation (WHO) again this year is one which has proven effective against three strains, two type A and one type B. Apart from vaccination, it is important to follow hygiene guidelines such as covering your mouth, using disposable handkerchiefs and washing your hands frequently.

The WHO uses a worldwide epidemiology monitoring system, which includes information from the Sentinel Group for Flu Monitoring in Andalucía, which has a major laboratory in Granada and a network of 116 professionals all over the region who send weekly reports on the flu situation during the whole season, from early October until mid-May.

These experts collect random samples of secretions which provide information about the type of virus in circulation, with the aim of including it in the composition of the recommended vaccine for the following season.

In Spain, the region hit hardest by flu in the past week was Asturias, with 464.69 cases per 100,000 inhabitants, followed by Melilla (169.6), the Basque Country (160.9), Castilla y León (149.8), Extremadura (123.4), Navarra (114.2), Cataluña (111), Cantabria (107.2) and La Rioja (104.7).

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Catching the flu is not inevitable - these measures might help to prevent it

Experts warn that flu could arrive earlier and with more force this year, so it is important to take every possible precaution to try to prevent it and to alleviate its effects

■ ELENA DE LOS RÍOS

Every year flu affects about 10 per cent of the population but in years when there is an epidemic that figure could rise to 30 per cent. The symptoms are high temperature, sore throat, shivering, headache, fatigue, muscular pain and loss of appetite. A good way of preventing it is by vaccine, but if it is too late (the vaccine is normally given in the autumn) there are other measures which will help us to keep flu at bay as much as possible.

For example: be careful about hygiene. Washing the hands makes it more difficult for the virus to enter into contact with our mucous membranes (eyes, nose, mouth) if we have been in contact with potentially contaminated surfaces. Experts recommend washing the hands with water and soap for a

minimum of 20 seconds, at least five times a day.

Keeping away from crowds and enclosed spaces reduces the probability of catching flu, which is why anyone with even a slight sign of the illness should not go to their offices; just one person can infect half of their colleagues in less than four hours. In fact, a study carried out in 2015 by Fremap's department of Medical Prevention at Work concluded that 35 per cent of all contagion occurs in offices. It is essential to clean and ventilate workspaces and homes at least three times a day, vacuuming instead of sweeping and cleaning dust with damp cloths, never dry ones.

Other measures which can also be effective, although less so than those above, are associated with

dampness in the environment and the respiratory apparatus. Viruses love cold and dry environments, so a freezing temperature and, for example, the pharynx of a smoker, which is much drier, attract many more viruses which manifest themselves more aggressively.

Drinking plenty of water and maintaining humidity in your nose and throat inactivates the flu. Drinking a lot of fluids such as water, infusions and juices helps to eliminate secretions and prevents the virus taking hold.

Symptomatically, the classic advice from grandmothers to take vitamin C to prevent the illness does not have much effect. It helps if people feed themselves properly and have a strong immune system, but no vitamin can stop us catching the illness.



A woman suffering from flu.

■ FOTOLIA

Children and parents take part in group therapy sessions for mental health

Last year 150 patients benefited from the sessions, which aim to improve their skills and talents and make them more independent

■ SUR

MALAGA. The children and juvenile mental health unit at the Clínico Universitario hospital has been holding group therapy sessions for young people and their parents in 2016, and the results have been very positive. More than 150 youngsters have benefited from these therapy sessions, which are held at the Marítimo hospital in Torremolinos, a centre which is officially associated with the Clínico.

Group therapy aims to improve each patient's skills and talents, with the objective of them gradually achieving a maximum degree of independence.

The group therapy sessions have been carried out by psychiatrists, clinical psychologists, nurses and occupational therapists. These groups are always developed

within the framework of a personalised treatment for each patient, as well as individual monitoring of how they are progressing.

At present there are three therapy groups and they meet once a fortnight. A total of 35 teenagers between 12 and 17 are taking part, all of whom have been diagnosed with pervasive development disorder (PDD).

Other groups which also meet once every two weeks consist of 17 pre-adolescents aged between 10 and 13, and a further two groups with 16 children who have been diagnosed with PDD and are aged from six to nine.

Meanwhile, and in a parallel manner, four psycho educational groups have been organised with the parents, to provide them with better understanding of the disorder from which their child is suffering, identify difficulties and set up guidelines and strategies to deal with them at a family level and in the home. The experts also work on detecting cases in which the family may be feeling overwhelmed, and they provide emotional support as well as advice about social assistance which may be available to them.

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The 'drugs' in your shopping basket

Fats, sugars and salts are the ingredients most used by the industry to get us hooked on food and drink we should avoid. That's why we can't only eat one chocolate

PIJAR MANZANARES

It's the start of a new year, and after the excesses of the Christmas festivities many of us have resolved to improve our diet in 2017. After a prolonged period during which we have drunk more alcohol and soft drinks and eaten more treats than usual, most people feel like cutting back but it is important to do it properly. Experts insist that this is the time to eat healthy, regular meals, because otherwise there is



Cakes and muffins are visually attractive but contain high levels of sugar which 'hooks' us. :: s.r.

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a danger that we will not be eating enough food and we may even suffer from malnutrition: we may be consuming calories, but we will not be getting the minimum nutrients of a healthy and varied diet, especially from vegetables, fruit and pulses.

"By not eating enough of the right types of food, we can actually lose muscle mass and still put on kilos in weight, because we are exchanging muscle for fat," explains Rubén Bravo, a naturopath and expert in nutrition who is also the spokesman for the European Medical Institute of Obesity (IMEO).

Many people eat too much fast food at Christmas and any holiday season during the year, especially if they travel abroad or go to festival-type events where the food is served on trucks. In general, although not always, the fare on food trucks is loaded with unhealthy fats, overcooked proteins and an excess of refined flours and batter. "That type of food is a calorific bombshell but contains very little goodness," Rubén Bravo says.

This 'new' type of food, with its high fat and sugar content, causes sleepiness, a lack of vitality and strength and a greater feeling of fa-

THE HEALTHIEST ALTERNATIVES

Ice cream: it is better to choose yoghurt without added sugar, with natural fruit such as strawberries or pineapple.

Chocolate: dark, with at least 60 per cent cocoa (2-3 squares).

Crisps, olives, beer: change the olives for gherkins or pickled onions, and avoid the crisps; better to go for cockles or Galician-style octopus. If you fancy more than one beer, it is best to substitute it with a shandy or red wine and lemonade.

Hamburger: substitute it with a tuna tataki, or salmon tartare.

A portion of fried fish: fish is better grilled or baked (or cooked over an open fire). Or raw and marinated, like anchovies in vinegar. Other popular options include grilled cuttlefish and Galician-style octopus.

Nuts: leave the fried ones and choose natural ones instead. Almonds are a better alternative than salted peanuts.

Snacking between meals: fresh fruit, natural nuts or dried fruits, gazpacho, tomato juice, gherkins, pickled onions.

If you fancy something sweet: it's best to choose dark chocolate, skimmed milk sweetened yoghurts or desserts, frozen skimmed milk yoghurt with no sugar (you can freeze it at home)... and don't forget the most natural sweet of all, fresh fruit.

byr Andrea Marqués, nutritionist and food expert

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tigue. Not to mention that clothes which used to fit then start to strain around the abdomen.

Some people rely on salads to eat healthily and lose weight, but caution is needed: not everything which calls itself a salad is good for us. The base may be very healthy (lettuce, tomatoes, spinach, watercress, onion, for example), but look out for the 'extras' which appear so attractive, such as pieces of breaded chicken, croutons, strips of fried bacon or sauces used as a substitute for virgin olive oil. These can mean that the 100 calories the dish should contain are actually nearer 800.

And we haven't yet mentioned the hidden dangers of addiction, because this type of 'fast food' often exceeds recommended levels of fat and sugars and the food industry exploits this through cheating, according to investigative journalist Michael Moss, winner of the Pulitzer Prize, in his book 'Salt Sugar Fat: How the Food Giants Hooked Us'. This was also revealed in its time by the documentary 'Super Size Me'.

"Many people will have noticed how if they eat a chocolate, for example, they will want to eat another one a few minutes later," says Rubén Bravo. "The problem is that this 'addiction' is worse in patients who tend towards obesity."

As can be seen from the list of the most addictive foods, which

was drawn up by scientists at the University of Michigan and the Obesity Research Centre of New York and was published in 2015 by the scientific journal 'PloS One', the vast majority of them contain sugar, either obvious or hidden, and/or saturated fats.

In the case of the fats, a study published in 2011 by the University of California showed that when the digestive system of laboratory rats used for research came into contact with the fat, it produced chemical substances known as endocannabinoids. These lead to an increase in cellular signals which cause a strong wish to continue consuming fatty foods. In fact, this endocannabinoid system has become a target to reduce cardiometabolic risk and obesity.

However, that is not all that fat is capable of doing. In the processed food industries, as Moss explains in his book, this ingredient turns boring potatoes into marvellous crispy chips, dry bread into soft loaves and gives biscuits a firmer texture and more volume. It is also capable of masking and transmitting other flavours from the foods.

"The fat can cover the tongue to stop the taste buds getting too intensive a dose of the acidulants and at the same time stimulate and prolong the absorption of more subtle and aromatic flavours of foods, such as with sour cream. And this is one

HOW TO WORK OFF CALORIES...

FOOD	EXERCISE
A portion of crisps with a glass of beer	A 40 minute walk at a good speed.
A plate of fried fish and glass of red wine and lemonade	Cycling at good constant speed 25 minutes
A sugary soft drink and handful of peanuts	Spinning, 30 minutes
Tinned cockles and white wine	Swimming or walking for 20 minutos
Frozen fruit yoghurt	Exercise bike, 25 minutes
A 'mojito' drink	Body pump or step, one hour

When we eat sugars and/or fats, we get a rush of serotonin, a neurotransmitter that controls anxiety levels

of the most valuable functions for food manufacturers," says Michael Moss, because the flavour is the important part when we decide on one food rather than another.

Nor should it be forgotten that "when we consume fats and/or sugars it gives us a rush of serotonin, a neurotransmitter that controls our anxiety levels, and that makes us feel calmer," says Rubén Bravo.

In addition, dopamine is released when we eat and that leads us to search for a similar food again because we like it and it remains as a good memory in our mind. That's

Savoury biscuits without salt would be bitter, soggy and stick to the palate, and cooked ham would be rubbery

why it's so difficult to eat just one chocolate. Like everything else, the gratification wears off after a while and we need a bigger dose each time to obtain the original effect.

More proof of this comes from Don Darling, vice-president of Unilever, who said in an industry publication: "We have been able to show that ice cream makes people happy. In clinical studies (carried out by the Institute of Psychiatry in London) it has been shown that just one spoonful of Carte D'Or lights up the pleasure zones of the brain." That's where the slogan 'ice cream

makes you happy: it's official' came from. As we have seen, sugar can be irresistibly attractive to us.

Some say this attraction is due to the fact that maternal milk is sweet and we remember how placid we felt when we suckled; others think it attracts us because our brain needs it. Whatever the reason, our liking for sweet things begins when we are children.

However, even though people have been loving sugar ever since Christopher Columbus brought sugar cane back from his second voyage, it was not until the end of the 1960s that there was any scientific evidence for the powerful attraction of this ingredient.

That was thanks to a student called Anthony Sclafani, who fed some mice some very sweet cereals (*Froot Loops*). When he saw how quickly they were eating them, he decided to see what would happen if he put the cereals in the centre of the cage, which is more exposed and open and which is normally avoided by rodents because they prefer the dark corners and the sides.

As he suspected, the mice overcame their fear and rushed to devour the cereals. Sclafani repeated the experiment years later, when he was a psychology professor at Brooklyn College, and the same thing happened. In fact, he showed that their anxiety overcame the biological brakes which



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This experiment, which was published in an article in 1976, was one of the first tests to be carried out on food anxiety. Scientists at Princeton University realised that when sugar was removed from the mice’s diet, they started to suffer from withdrawal symptoms.

“When you start to treat sugar addiction, from an alimentary and psychological point of view, the reaction starts with nervousness,

missing these foods, wanting to give up the diet... in many cases it has to be treated like any other addiction. In fact, we have patients who drink two litres of soft drinks a day and can’t give them up,” says Rubén.

The magic of salt

The third ingredient which is said to be addictive is salt. “Manufacturers see it as perhaps the most magical of the three pillars of processed foods because of everything

Salt is invaluable in food manufacturing as it can correct several problems which arise during processing

it is capable of doing, apart from exciting the taste buds. In the world of processed foods, salt corrects a load of problems which arise during the processing in the factory,” says Michael Moss.

For example, savoury biscuits would taste bitter without salt, would become damp and would stick to the palate. Cooked ham would become so rubbery that it would almost bounce. And part of the power of salt has nothing to do with food.

“For example, when making industrial bread, salt stops the enormous kneading machines from clogging and the assembly line getting stuck. It also delays the fermenting process, so that the ovens can support the rhythm,” explains Moss.

For this reason doctors recommend avoiding processed foods as much as possible, because as well as containing more hidden fats and sugars than we could imagine, they also have an excessive amount of

THE 20 MOST ADDICTIVE FOODS

									
Pizza	Chocolate	Crisps	Biscuits and pastry In Spain that includes churros	Ice cream	Chips	Hamburger with cheese	Sugary soft drinks	Buns and cakes	Cheese

THE 20 MOST POPULAR ‘FAST FOODS’ AND THEIR CALORIE CONTENT (APPROXIMATE*)

Medium sized pizza Pepperoni 250g	Savoury crackers 250g	Ham & cheese sandwich with mayonnaise	5 pieces of fried chicken and half portion of chips	Piece of chocolate cake	Beefburger, lettuce, tomato and ketchup	Large bag of crisps	Bowl of toasted almonds 250 g	Macaroni bolognese ready meal 325 g	Bar of extra-fine chocolate 100 g
1,258 kcal	1,035 kcal	770 kcal	738 kcal	670 kcal	633 kcal	626 kcal	600 kcal	570 kcal	555 kcal

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salt, and too much salt is dangerous for the health. It is always better to choose fresh foods, because we can make them more tasty in ways which are better for our bodies: such as using spices instead of salt, or sweetening with orange peel (a very thin strip, without the bitter pith), an infallible trick when making a good homemade tomato sauce.

If we do still buy processed food, it is important to read the labels carefully and take a note of the

ingredients. They appear in order, from the highest quantity to the lowest. However, be careful about hidden ingredients. Sometimes sugar, for example, is hidden behind other names: high fructose corn syrup, concentrate of fruit juice, sucrose, glucose, dextrose, cane juice, malt, molasses, lactose, honey, ethyl maltol and maltodextrin.

Neutralise temptation
Despite all this, it is difficult not

to give in to temptation sometimes. It's not the end of the world if we do, as long as we normally eat a healthy balanced diet.

"We can make up for it by having a light meal of gazpacho and some type of grilled protein, such as turkey or fish," says Andrea Marqués, a nutritional expert at the IMEO, but we should never miss a meal because if we do we will feel hungrier at the next one and it will be difficult not to fall into temptation again.

Andrea says we could also eat something deparative and based on vegetables such as celery, leek, asparagus or infusions such as green tea. It is important to remember, however, that these cannot perform miracles and are only useful if we are not regularly eating the wrong type of food. Also, and to eliminate extra fats, the best foods are proteins which help us to burn off those fats, and light vegetables such as those mentioned above plus others like tomato and

cucumber.
Also, a piece of advice for those who like to eat out and whose spirit of sacrifice is weak: taking a container with homemade food to work with you will not only mean you stick to your diet, but will also reduce the temptation of choosing something else which, for a moment, may seem more appealing than your healthy chickpea salad or baked sea bass. If you give in, it will be a change for the worse, nutritionally speaking.

									
Bacon	Fried chicken In Spain, other breaded and fried foods too	Bread rolls	Popcorn with butter	Breakfast cereals	Sweets	Steaks	Muffins	Nuts	Eggs

Bar of chocolate with biscuit 100 g	Sandwich of salad, cheese and meat	Fajita, burrito, kebab	Hot dog with onion, cucumber, cheese sauce and ketchup	Muffin with choc chips 130 g	Vanilla ice cream cornet 2 scoops	Hot dog (bread and sausage)	Chocolate crepe 212 kcal	Tin of cola 33 cl 139 kcal	Bottle of 'bitter' soft drink 105 kcal
521 kcal	490 kcal	460 kcal	450 kcal	448 kcal	360 kcal	350 kcal			

Source: Produced inhouse with advice from the European Medical Institute of Obesity (IMEO) from the list published in 2015 in the American scientific journal 'PloS One' and drawn up by scientists at Michigan University and the Centre for Research into Obesity in New York.

Source: European Medical Institute of Obesity (IMEO). *Approximate calories corresponding to products sold by known chains or brands and used for comparative purposes. The calorie content is orientative and can vary according to the ingredients used and size of portion.

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One in every two patients with glaucoma loses vision without knowing why

Specialists say early diagnosis of this illness, which is suffered by 67 million people in the world, is very important and as there are no symptoms 50 per cent of those affected have no idea that they have glaucoma

■ S. R.

Glaucoma is a degenerative chronic ocular illness that damages the optic nerve. It can lead to an irreversible loss of vision, and even to blindness in some cases if it is not treated properly. At present, more than 67 million people in the world suffer from glaucoma, and that figure is expected to increase to 80 million in the next few years.

There are two types of this illness: primary open angle and closed angle glaucoma. The first is responsible for 74 per cent of all cases, and "is closely related with age, because it generally appears as the years progress. It starts to show itself from the age of 40, but peaks from 60 onwards," explains Dr Maribel Canut, a surgeon at the Barraquer Ophthalmology Centre and specialist in glaucoma.

The principal risk factor for glaucoma is high intraocular pressure (IOP), which becomes worse with age - especially after 60 - and is the only treatable risk factor. "It is a chronic condition which can be-

come serious if it is not controlled. In fact, untreated glaucoma can lead to an irreversible loss of the optic nerve and that means that the patient can never recover their visual acuity," says Dr Canut.

The specialists insist that early detection is very important. Because there are no symptoms, 50 per cent of patients who are affected start to lose vision without realising that they suffer from glaucoma. "Early diagnosis is essential to ensure that the illness can be monitored and treated, so that the patient retains their sight and a good quality of life," explains Dr Canut.

There are three courses of treatment and some may be used rather than others, depending on the type of glaucoma and how it evolves:

-Medical (drops put into the eyes). This is the main form of treatment. It usually reduces the IOP by between 15 and 35 per cent, depending on the basal value.

-Laser. There are different types of laser: YAG Iridotomy (or argon),



A patient applies drops to their eye. ■ S. R.

which is very efficient in treating closed angle glaucoma; Trabeculoplasty laser, with a hypotensive effect which can be equal to or better than eye drops, and cyclophotocoagulation diode laser, in cases of refractory glaucomas and in advanced stages.

-Surgery. Filtering procedures are normally the operations of choice in the majority of cases (trabeculectomy/non penetrating deep sclerectomy) and they have a success rate of 60 to 80 per cent over five years. There are also valvular implants, which are highly effective in the first year (70 to 90 per

cent), but can drop over the years to less than 50 per cent, and associated medical treatments.

With regard to treatment of glaucoma, "effectiveness, tolerance and complying with the treatment are the basic pillars" says Dr Canut.

Recently a new option for treating glaucoma has been presented in Spain: a drug which has been approved by the European Union to reduce high intraocular pressure in adult patients with open angle glaucoma, for whom monotherapy produces an insufficient reduction of the same.

One drop is applied to the affected eye twice a day; it combines two recognised treatments to reduce IOP in a single multi-dose package, thereby simplifying the number of containers and drops necessary each day when compared with using brinzolamide and brimonidine tartrate separately. In clinical trials, this drug has shown to be much more effective than using each of its components separately.

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The end of an era as Weligton quits

Injured since September, the defender will give up his space in the squad for a non-EU arrival



Weligton is applauded as he enters the field at the Ciudad de Málaga stadium. :: MALAGACF.COM

The Brazilian received a rousing ovation at the Ciudad de Málaga stadium as the club held an open training session hours after the news broke

:: P. L. ALONSO / F. MORGADO

MÁLAGA. At 37 years of age and in his tenth season with the club, Weligton, a mainstay in the side's defence has taken the unusual step of offering up his spot in the squad. The Brazilian announced on Monday that he would step aside to vacate a spot reserved for players from outside of the European Union, namely to facilitate the loan arrival of Adalberto Peñaranda, 19, from English club Watford.

La Liga only permits three non-EU players and until now, those spots have been occupied by Weligton, Roberto Rosales and Michael Santos.

Whether this is the end for the veteran remains unclear, though. His current deal runs until the end of the current campaign and, fitness permitting, he could still see his contract renewed.

In a statement released to the public via social media, Weligton said: "Several times I have made my position clear: the day I can no longer play or that the club no longer needs me then I would go. [...] This is not a time to think about myself. [...] I am and always will

be 'malaguista' [someone associated to the Málaga CF cause] and 'malagueño' [someone from Málaga] and I believe that the club goes ahead of everything else."

This caused a massive outpouring of support from both his teammates and fans who commended his professionalism (he was in no way obligated to make this move) which has been seen in abundance since his arrival from Swiss side Grasshoppers in 2007, when Málaga were in the second tier.

However, he would later enjoy the greatest period in the history of the club as he played an instrumental role in the side's run to the quarter finals in the 2012-13 Champions League.

In recent years, the Brazilian has often captained the side (in the absence of Duda) but since the tail end of last season, he has been increasingly struggling for fitness. He has been out of the side since November, when he had to undergo surgery on his right knee.

Weligton was a shadow of his former self during the preseason Carranza trophy and found himself on the bench for the opening game of the season against Osasuna. His only appearance this campaign came against Villarreal (0-2, 10 September) when he looked off the pace and gave away a penalty.

Retirement now looks most probable given his fitness issues, but neither the player nor the



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> club are speaking in these terms as he continues his recovery within the team set-up. However, should he not return to playing action, a role within the club's hierarchy, whether as an ambassador or a coach, looks likely.

The Brazilian is certainly a club legend, racking up the fourth-highest number of top-flight appearances, with 217, behind only Martínez (239), Migueli (271) and current captain Duda (308).

A hero's reception

He received a hero's reception from the 3,000 fans in the stands at the Ciudad de Málaga stadium as the club held an open training session just hours after the announcement. The rest of the playing staff took to the field to warm up, leaving the biggest and final ovation for the Brazilian who emerged alongside new head coach Marcelo Romero.

THE PLAYER'S STATEMENT

A message for all fans:

On many occasions I've made my position clear: the day that I can no longer play or that the club no longer needs me, I would have no problem giving up my position in the squad.

For the last few months I have tried to recover from my injury but now is not the time to think about me. If the club needs to free up a spot for a signing then I will do that.

I am and always will be 'malaguista' and 'malagueño' and I believe that the club should go before everything and everyone else.

Weligton

Adalberto Peñaranda arrives on loan to bolster Malaga's attacking options

The 19-year-old Venezuelan forward arrives on loan from English side Watford and is Romero's first January signing

BY DARYL FINCH

MALAGA. The vacancy left by Weligton's departure from the first-team squad was filled on Wednesday evening when the club announced the loan signing of Adalberto Peñaranda.

The 19-year-old Venezuelan joins on loan from English club Watford, for whom he signed in February 2016 from Udinese. However, he had already started the 2015-16 season on loan at Andalusian rivals Granada (all three of the aforementioned teams are owned by the Pozzo family).

His time in La Liga was a success, though; at 18 years and 175 days, Peñaranda was Granada's youngest ever top-flight debutant and he finished the league season with five goals. He then rejoined Udinese on loan in the summer but his lack of game time in Italy facilitated his latest move.

Known for his lightning



Peñaranda, presented to fans on Thursday, will wear the number 16. BY P. J. QUERO

pace, Peñaranda will boost Malaga's threat in attack, offering support to Sandro Ramírez in the absence of last season's top scorer Charles, out through injury, and that of Youssef En-Nesyri who will represent Morocco at the African Cup of Nations.

What's more, Peñaranda will offer versatility to new coach Marcelo Romero with his ability to play anywhere across the front line and will perfectly suit what is expected to be a counter-attack-

ing style under Romero.

Given the player's enormous potential -and the fact that he has a contract with Watford until 2020- Malaga do not have the option to make the deal permanent but have the first option to extend the loan deal for next season.

The club's first signing of the January window was presented to fans at La Rosaleda on Thursday afternoon. He is already training with the first team ahead of the side's trip to Vigo to take on

Celta on Sunday.

Further reinforcements

Another player interesting Malaga is Abdoulaye Doucouré, also from Watford. Centre midfield is another priority position after the season-ending injury suffered by Zdravko Kuzmanovic and the fitness struggles of Recio.

The 23-year-old Frenchman could join on loan after interest in Villarreal's Alfred N'Diaye seems to have cooled.

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Romero: "I'm capable of taking this project forward"

The new head coach has a lot on his plate as he looks to build on a stop-start first half of the season

by A. GÓNGORA / D. FINCH

MÁLAGA. Marcelo 'Gato' Romero was presented as Juande Ramos' replacement as head coach last Friday and was keen to get on with business. He came across as humble, yet showed conviction that he is the right man for the job. He is, after all, not a beginner in the world of football.

"I know there were a lot of names in the hat," he said, "but the sheikh [owner Abdullah Al-Thani] saw the situation clearly. He knows how I work with groups so I think he has got the decision right and I am grateful for his confidence in me."

Romero, who first joined the club as a player in 2001, believes that now is his time. "I'm close to the players, I know the team and I'm capable of taking this project forward."

'El Gato', as he is known, rejoined the club as assistant manager to Javi Gracia and is now in his third year after being kept on by Juande Ramos when he took the helm in the summer. After having his playing career prematurely curtailed because of injury, the Uruguayan returned to southern Spain to coach in the lower leagues.

"I am a grafter," he said. "I always have been and I have to continue showing that. I know that many will have their doubts [about his credentials] but that is an extraordinary motivation for me. I will try my hardest to show that it wasn't a mistake to hire me."

Romero inherits a side sitting in eleventh place, having only won five of the first 16 matches. His biggest challenge will be to create a clear identity for his charges who have often looked like strangers to one another since the departure of Javi Gracia. The 40-year-old wouldn't be drawn on how his team would play, only stating that the Blue and Whites would be "competitive" and "committed".

Problem positions

With a lengthy injury list, he will find it hard to find a settled lineup, for the time being, at least. But his most pressing selection dilemma is in the goalkeeping department. Denys Boyko has been unconvincing since replacing the error prone Carlos Kameni between the sticks, but Romero refused to answer the question, simply stating "the one in best shape will play".

With the departure of Weligton confirmed, Malaga's defence will now be under even greater scrutiny, especially as Diego Llorente and Bakary Koné have struggled when called upon.

It is expected that the faith shown in youth will continue, mainly through necessity, but also because of Romero's role in helping the progression of the likes of Javi Ontiveros and Pablo Fornals.

However, a foray into the trans-

fer market is inevitable, with sporting director Francesc Arnau, who played with Romero and who was present at the press conference saying that the club was looking to add "quality and quantity" during this January window.



Romero (right) with sporting director Francesc Arnau. by P. HÉRVELE

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A LOOK AT LA LIGA

ROB PALMER
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A taxing inheritance

Marcelo Romero and Voro have taken over clubs in contrasting states of health

What a good idea to have a mid-season rest; we all come back refreshed, replenished and ready for the second half of the season... Well, almost all of us!

Valencia and Malaga used the break to make a break and others may soon follow.

Valencia remains the gloomiest tale in La Liga. They could be heading out of the top league as there appears to be fundamental flaws in the running of the club.

The eternal caretaker manager Voro González has been given the chance to run the show after four brief cameos. He stood in between Ronald Koeman and Unai Emery, was a stop-gap between Nuno and Gary Neville and then held the fort between Pako Ayestarán and Cesare Prandelli.

There are some impressive names who have tried and failed at the Mestalla. Remember the days when Unai Emery was dismissed after finishing third in successive seasons? Gary Neville is looking a better manager with every further appointment they make!

Voro has to find a way to shape a bunch of well-paid and expensive signings, mainly from one particular agent, into a team that can fight against relegation. They



The perennial caretaker, Voro González. :: EFE

have a collection of players who've done it elsewhere, a solid fan base and a rich owner but it is all fragmented. Think Newcastle or Manchester City who had to dip down a division to recuperate. There is of course a danger that their situation could resemble Leeds United - there are many similarities.

In contrast, Malaga may have changed a manager but there does appear to be a master plan.

After five games without a win,

Juande Ramos had lost the backing of the fans but unlike most clubs, the new manager doesn't inherit a mess. By promoting ex-player Marcelo Romero from the technical staff, they have appointed someone who understands the incredible potential at La Rosaleda.

Malaga could have the strongest under-23 team in Europe; last summer's signings Jony and Keko are both 25, as is Recio.

There are twelve players 23 or under: Mikel Villanueva (23), Michael Santos (23), Juanpi (22), Federico Ricca (22), Sandro Ramirez (21), Diego Llorente (23), Pablo Fornals (20), Javi Ontiveros (19) and Kuki Zalazar (18).

During the break, Malaga have also brought in Adalberto Peñaranda (19) and Jack Harper (20), though the latter will slot straight into the youth set-up.

Peñaranda caught the eye in his spell at Granada and the young Venezuelan has the potential to be a top class striker if he can find the right club. He didn't get much chance to express himself on loan at Udinese and I understand that he has work permit issues in the UK with his parent club Watford. If he starts scoring for Malaga then he should have a chance to cut through the red tape.

There are no such problems for Harper. He may be a Scotland youth international but he is returning home to the Costa del Sol where he was born after spells at the Real Madrid academy and Brighton.

There couldn't be a greater contrast between Malaga and Valencia and what their new coaches have walked into.

Golfer Azahara Muñoz takes on Bob Lohr as coach to try to kickstart her career

:: PEDRO LUIS ALONSO

MALAGA. The new year brings change for golfer Azahara Muñoz who this week announced that she would be changing trainer.

Despite being under the orders of Marcelo Prieto for the entirety of her career so far, the pair will be going their separate ways.

Muñoz confirmed on her blog that Bob Lohr would be her new coach, on the suggestion of Prieto. "The decision was complicated. In fact, it was more his idea than mine and that only goes to show that he is an honest man," she said. "He told me that he thought it was for the best for my career, that we needed something fresh."

Bob Lohr was a professional himself on the PGA Tour, winning a tournament in 1988. Muñoz, from San Pedro, is currently number 50 in the world rankings.



Azahara Muñoz. :: D. CANNON / AFP

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Off to the perfect start

Unicaja's first match in the EuroCup Top 16 ended with victory, despite complications in the final phases

ALBA BERLIN 69 UNICAJA 77

ENRIQUE MIRANDA

MALAGA. Unicaja couldn't have wished for a better start to the second phase of the EuroCup as they came out 69-77 winners from their away tie against Alba Berlin on Wednesday night.

In this phase of the competition there is little margin for error with only the top two teams from four progressing. Unicaja, at least for now, are top of the group and have gained significant ground on their rivals by winning away from home.

They started the game strong, looking solid in defence, as well as threatening in attack. Despite the absence of Musli, they went in with a 15-point advantage at the halfway stage, helped by the absence of Alba's influential pivots, Radosavljevic and Kikanovic - the latter his side's top points scorer.

The home side, though, reduced Unicaja's advantage in the third quarter thanks to their long-range shooting. However, the visitors were able to manage their lead better in the final quarter to see out the game.

On an individual level, there was plenty of good news for coach Joan Plaza. Brooks, for example, made the most of Musli's absence, putting in a fantastic performance, racking up 15 points and six rebounds, as well as making a number of key



Waczynski was on top of his game on Wednesday night. :: ANDREAS KNOPF

Unicaja qualify for the Copa del Rey with easy home win

It was an easy victory in the end for Unicaja last Friday as they took on Rio Natura Monbus at the Carpena. Despite a close first half, the side from Malaga had opened up a comfortable 19-point lead by the end of the third quarter. Fogg was the inspiration once more as the 'cajistas' secured Copa del Rey qualification, 87-69.

interventions.

Dani Díez also appeared more motivated and active than in previous months while the role played by Waczynski in the opening exchanges proved a vital springboard to victory.

Even Lafayette, who has been lambasted for his performances lately, proved his worth in the seven minutes he was on the court in the final quarter. He brought stability and points to his team when they needed them most.

Valencia are currently second in the group after seeing off Cedevita 89-86. The Croats visit the Carpena next Wednesday after the Malaga side take on Real Betis in the league this Sunday.



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NVA ANDALUCIA: A spellbinding rare gem, very sexy, slim, horny and submissive girl offers you a special experience with exceptional pleasure. All services, including sensual massages (qualified independent masseuse) with natural French and happy ending. Private apartment. 656350401

TORROX Costa. María, beautiful sexy. Erotic massages. All services. 631430967

THAI sexy, excellent professional massage, complete, visits. El Pinillo. Benalmádena www.mememasage.com 602428556

BENALMADENA: Sexy Vicky, petite European. Fluent English. In/Outcalls. 605382376

BENALMADENA. Samantha, escort, blonde, European, nice boobs, good English. 633010663

NVA ANDALUCIA: Beautiful blonde, big tits, superb body, lingerie, sexual toys, 69, French watersports, massage. Discreet apartment. Visits. 645898573 Juliana

MARBELLA Centre. Villa with 12 precious girls (+18), 30 minutes: 50 euros, 1 hour: 100 euros. Open 24 hours. Call 620366817

BENALMADENA Costa. Nice couple available for guys, ladies and couples. Private apartment. Outcalls. 631146803

BENALMADENA: Bianca sexy blonde, big tits. Private discreet apartment. Hotel visits. 631146080

TORREMOLINOS center, 30 euros, Russian, Spanish girls, 24h. Outcalls. 682455959

ASIAN masseuse. Marbella. Gina erotic, sensual. Thai body2body massage. Happy ending. 24 hours. Send photos. Outcalls. Visa. Amex. 672420027

PUERTO Banus. Marina: Stunning latina 21 years, sculptural body, 120 breast, natural French, Greek without, Couples. 24 hours. Visa. Amex. Outcalls. 6177791644

SPECIAL couples. Karla bisexual, impressive body. All services. Toys. Suite with Jacuzzi. Outcalls. Send photos. Visa. Amex. 680554614

MARBELLA. New: Young students, Mary 21, Isabel 22, vicious, erotic games, kisses with tongue, French without, deep Greek. Visits. 24 hrs. 617791644

NEW IN Marbella. Angela 18 years old, 120 breast, 1.72, stunning Brunette. All services. I send photos. Outcalls. Visa/Amex. 617791644

ZARAH. Coin/Alhaurín curvy English blonde 40 oral, passionate sex, massage, mature gentleman welcome, private discreet villa. 681614955

SABINILLAS sensual blonde. In/outcalls. Discretion. Pleasure guarantee 100%. 602617318

RAQUEL Young Brazilian Brunette, sexy. Pº Marítimo, Nº23 Fuengirola 626039574

44 YEAR old blonde. Natural French. Toys. No limits. Secluded facilities. Call 663265150 sashaspas.com

JAPANESE Stunning goddess. Tantric and sexual body/to/body massage. Very good sexual services. Hotel and home visiting. Luxury private discreet apartment. Fuengirola. 673253870

THAI beautiful sexy lady to provide you with the latest erotic services. Enjoy comfort Body/to/body massage, Tantric massage, chest massage, happy end. Private apartment. Opposite Hotel Las Palmeras Fuengirola. Visits. 602382363

50YR OLD woman. Relaxing hot sex. Also Hotels. Fuengirola. 632868590

COMPLIANT Genuine couple (willing wife and knowing husband) offer an incredibly sexual and unique experience to ladies, couples and gentlemen. Indulge your fantasy, be a voyeur, or simply enjoy very special pleasures with us. Private apartment in Nueva Andalucía or out calls 685189518

TORREMOLINOS: Mature Brazilian 40, blonde, pert ass, 50 Euros. 645464781

ESTEPONA, 2 beautiful girls(+18), pleasant, vicious, 24h. outcalls. Visa. 680966710

NEW ESTEPONA: Girlfriends. Massages. Toys, fetiches, Sado. Outcalls. 24hrs. 691030985

FUENGIROLA: Oriental young beautiful Japanese. Complete services. Outcalls. 24hrs. 693988340

MARBELLA beautiful lady. Elegant Brunette. Outcalls hotels 698329112

ANA JAPANESE 26, exotic, super-hot, horny, Greek. Marbella Center. Discreet. 688453508

MELANYW 34. Dutch. Natural blonde. Mistress. In/ Outcalls. Fuengirola. 667407779

MARBELLA Centre. Andrea. Pretty, sexy... Erotic masseuse. Nuru, body2body, happy ending tantra. Total luscious. 697232876

FUENGIROLA Beautiful mature Brunette, elegant, clean, horny. Discreet. 632381963 Ludi

FUENGIROLA: Jennifer Exclusive! Horny, playful sexy lady! All services. 632381963

MY HANDS, are your hands, what my eyes and yours together transmit, what you look and felt... Therapeutic, Erotic, Prostatic massage. Sex.... Marbella center (VIP area). 675622380/ 682367138

OPEN minded couple. She 40. 36DD Nymph looking for generous men voyeur/ participant. Riviera. Phone, text, whatsapp 602539075

PETITE Brunette. I love sex do you? Call me now! Couples welcome! Lia, Fuengirola 634168441 English spoken

PRETTY woman, Nikita, 1,65cm/45kgs. 84/60/84 Fantastic skills. Couples. Domination. Speak English. To feel good call Fuengirola 604235410

BENAJARAFE: Beautiful hot girlfriends, loving, kisser, threesomes, toys. Discretion. 652082748

MARBELLA. English spoken. Attractive, elegant lady. Outcall. Discreet. 635104149

LA MANSION Beautiful, sexy, very erotic señoritas! Torrelblanca Fuengirola. 605158101

FUENGIROLA: Lovely, pleasing lady. Amazing body. Unforgettable massage & sex. Alone. In/outcalls. 645131273

FUENGIROLA: Lovely, pleasing lady. Amazing body. Unforgettable massage & sex. Alone. In/outcalls. 645131273

SQUIRTINGGIRL with special ability squirting. Hotel, home visits. skill@gmx.us 622269947

ARROYO Miel. Patricia 30-ish, Spanish, big breast. Receive alone with appointment. C/ Piscis, 2. 662477023

FUENGIROLA. INSATIABLE GIRLS. DRINKABLE FRENCH. BLACK KISS. GREEK. KISSERS. FETISHISM. SQUIRTING. GOLDEN RAIN. PRIVATE PARTIES. DRINKS. PORNO. 24H. PASEO MARITIMO, 61-3D 664015278

PUERTO Banus next to casino. Unforgettable experience for nice gentlemen with beautiful girl from Poland 617700999

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DUNGEON, roll play, domination, fantasies, squirting. Secluded facilities. www.lailalynch1.com 662913428

HUGE bust, Lina XL 37, relaxing massage, all services. Fluent English. Also outcalls. Fuengirola. 634163056

NEW LAURA: Estepona/ Marbella. Stunning Brazilian, superb body, very nice. 24hrs. Outcalls. 604109768

ENGLISH Stephanie 33: Fuengirola (next to bus station). Size 8, 32GG very busty, long dark hair. No hidden extras, no upper age limit. Oral w/o, cim, passionate sex, massage. I love wearing heels and suspenders. Toys, shower. 30 mins 40E, 45 mins 50E, 1hr 70E. Avail Mon-Sat 10.30am - 7pm. Call, text, whatsapp 602636606. www.escortinmarbella.com

MARBELLA Carmen, Mature 602475138, kissing, big ass, Greek, French till end. Avenida Arias Maldonado 1, Iberest 1, apt 3-G

TRY SOMETHING different, Asian, European amazing pleasure, multiorgasmic, luxury, San Pedro/ Banús. 618448131

ASIAN attractive lady, simpathic, body-body, multiorgasmic, massage, stress free, luxury atmosphere, no rush. 604143788 Marbella.

NEW Argentinian, Asian, Russian multiorgasmic, sexy. Luxury atmosphere. Near Banús. 618448131

ASIAN Maria and Friends. Authentic exotic massage, multiorgasmic, kissing, friends, friendly services, luxury atmosphere. New Marbella. 679126231

NVA ANDALUCIA: Fantastic 45 years black Brazilian, divorced, tall, slim, big boobs, sexy lingerie. Alone. Luxury apartment. Visits. 677680928

NEW FUENGIROLA: Flor mature Brazilian, passionate, sexy, natural French. Discreet. 603144074

MARBELLA: Pretty, passionate, submissive, ebony 28 years. Come for your best deep throat, natural French. CIM. Massage, 69, GFE, kissing, penetration. Incalls/outcalls. 603226217

A FULL body massage by Sabina from New York City. Senior citizens 50% discount. Benalmadena (Windmill roundabout). 658189191

ENGLISH slim, gym toned Brunette 39 y.o. 36F bust. True girlfriend experience, or naughty porn star experience. Outcall only. Email: laidon-jade@hotmail.com for prices/services (range from 15 minutes OWO 60 euros upwards) or contact me 12-8pm whatsapp (0044)7453517784. Marbella/San Pedro and surrounding area

FUENGIROLA: Nina is back! Mature blonde Scandinavian (55), slim & fit. (5.2ft/ 130lb), happy & horny. Discrete. Hotel visits only. 649181051

FUENGIROLA Emma, 24, sweet little girl, beautiful face, Barbie body. I'm independent, in my own flat, fluent English. Only 45 euros. Whatsapp to see my photos, 632638826

NEW! MATURE, experienced Thai lady offers sensational massage for golfers and busy gentlemen. Puerto Banus. 604302336

Male

ALEJANDRO 24 years, sexual massage with happy ending. Own apartment. Outcalls. 24 hrs. 665344158

ASIAN boy, 19, skinny and toned, mind blowing massage. Fuengirola area. In/out. 24hrs. 602595649

MALE to male, full body massage, Mijas Pueblo. 609321958

FUENGIROLA Male to male full body massage. Very discreet, private villa. 634004512

Transvestites

TRANSEXUAL Sophia, beautiful Brunette, active/ passive, great bust, well hung. 662045252. Fuengirola. www.escortswow.es/sofiabiagg

ESTEPONA. Beautiful, busty transvestite. Catalina. No limits, outcalls. Visa. 660874904

NEW ESTEPONA: Transvestite feminine, caring, complete, superendowed, active/ passive. 631816160

TORREMOLINOS: Transvestite Isabela Caroni, superass, 23cms dick, passive/ active. 604145126

Massage

WWW.TANTRACENTER.ES PLEASURE WITHOUT LIMITS, SPEC-TACULAR MASSEUSE. MESSAGE EROTIC... WITH!!!SHOCKING END! 952216145/ 644452369

SAYAN. Tantra massage for ladies, gentlemen & couples. Ultimate bliss at a very nice place. Fuengirola. 952586339 /608977260 www.masajessayan.es

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touch4men.com Torremolinos: Erotic massage service for men. Ask for new girl massage. 628746407

42 YEAR old Brunette, slender, natural French, Greek, toys, squirting, no limits, dungeon. Secluded facilities. Call 662913428 Check me out at: www.lailalynch1.com

FUENGIROLA Carolina, blonde, elegant, relaxing massage, full erotic massage. Whatsapp. Message: 634797230

MAIAH, Fuengirola. Erotic, professional massage, body2body, happy ending. Miah, 647101046

PROFESSIONAL masseuse: Massages till end with optional end. 666770405 Estepona

QUALIFIED masseuse, beautiful slim girl. Tantric, body2body, lingam. Fuengirola. 652290206

ESTEPONA: Cristina special super Tantra massage with happy ending. Appointments. 602891749

44 YEAR old Brunette, slender, natural French, Greek, toys, squirting, no limits, dungeon. Secluded facilities. Call 662913428 Check me out at: www.lailalynch1.com

PURE ecstasy in Nueva Andalucía with young pretty independent masseuse. Erotic body, tantric and other completely relaxing massages in private apartment. 656350401

www.masajesbudamalaga.com Luxury Tantra Spa with the best erotic massage and installations in the Coast. Relax & pleasure with beautiful girls. Tlf & Whatsapp 605265433

MARBELLA centre. Luxury center with wide selection of expert masseuse... Sensual, erotic. Nuru erotic tantra, body to body lingam and prostatic. Unique experience 4 hands, pleasant and exciting, double stimulation. 690046233

JAPANESE Hottie gay massage exclusive for men with amazing ending. Also outcalls. Marbella. 664177216

FUENGIROLA: Madonna, Hot oil/horny massage with my boobs! Happy ending.632157758

MARBELLA. Elegant, attractive couple offer sensual, erotic full body massage. 622705323

MARBELLA Camila, Professional, elegant, simpathic, beautiful, sexy, magic hands, complete massage. 603169139

ESTEPONA. Funny young latina, sex, massage. I speak English. 672536859

40 EUROS: Relaxing, prostatic, erotic massage. Happy ending. In/Outcalls. Fuengirola. 625912315

ASIAN qualified offer an authentic professional massage relieve, pain and stress, luxury, private. Marbella center. 604143788

VALENTINA, 20 years old, Beautiful horny, sensual touch. Exotic, pasional massage. Good atmosphere. 660898501

MARBELLA. Elegant masseuse, horny, nice dress, full erotic massage. Whatsapp. Outcalls. 691927847

ESTEPONA Cancelada. Sandra, wonderful moments, unforgettable, tantric, young, pretty, discreet. 645334459

NEW! MATURE, experienced Thai lady offers sensational massage for golfers and busy gentlemen. Puerto Banus. 604302336

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THE SEVEN DIFFERENCES



THE STARS

Aquarius
January 21 - February 19
Good decisions are what you are known for but those decisions affect someone close to you and that may worry you.

Pisces
February 20th - March 20th
Changes are coming and if you take charge the outcome will be what you want. Mental effort put in pays off.

Aries
March 21st - April 20th
Change has been in the pipeline for some time and now you have the opportunity to share your ideas.

Taurus
April 21st - May 21st
Temptations in the form of a charm offensive come along as the week begins. Flattered as you may be, see this as a blatant attempt to impress you!

Gemini
May 22nd - June 21st
An open mind and the freedom to do what you feel is right are themes that run through this period.

Cancer
June 22nd - July 23rd
The Full Moon highlights decisions for the future. Some are best delayed until later in the month.

Leo
July 24th - August 23rd
A tetchy colleague seems very hard to please and may not even want to be! Stay calm and play it cool as any rash response could make things worse.

Virgo
August 24th - September 23rd
Social spins as the week begins can bring someone you admire who wants to take you out for fun. Why not!

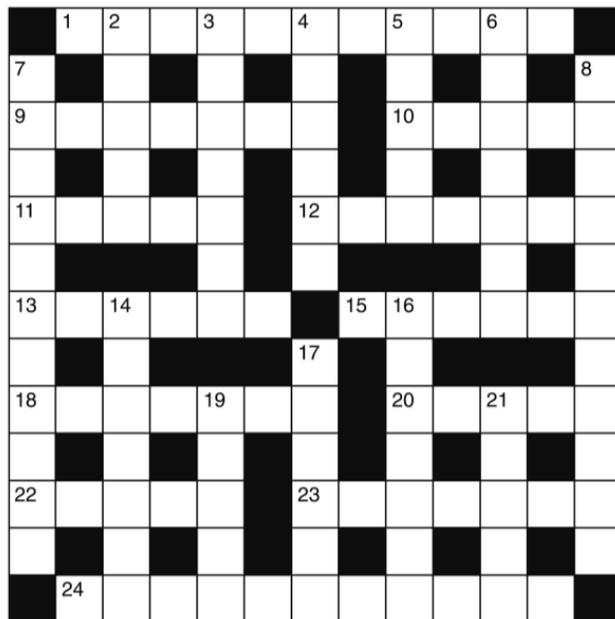
Libra
September 24th - October 23rd
Moving ahead in your career seems easier now that you know what you want. Don't expect instant results.

Scorpio
October 24th - November 22nd
In a great social week the urge to make contact with others is strong. But by the weekend you may want to take a back seat from the fun and frivolities.

Sagittarius
November 23rd - December 21st
Forge ahead with business plans. Waiting for someone else to make a decision could see you lose out.

Capricorn
December 22nd - January 20th
Before making a leap ahead be sure that you know what it will mean for your future career or job prospects.

CRYPTIC CROSSWORD N° 11223



Across

- 1 Justifiable reasons for entertainment venues (11)
- 9 Produces something imaginative and prepares to go on the stage (5,2)
- 10 A thicket will hold the vehicle back (5)
- 11 Temporarily stay at the gatehouse (5)
- 12 Radio aerial for flying concern? (7)
- 13 It's virtuous to punish endlessly (6)
- 15 Pay to become a colonist (6)
- 18 Main adversary is out of reach (4-3)
- 20 Behaved in a bovine way - that's the charge, we hear (5)
- 22 Kind of room used for entertainment (5)
- 23 A rule, one hears, to call publicly to account (7)
- 24 Attending every function no matter what happens (2,3,6)

Down

- 2 Made an application for a different desk (5)
- 3 This sort of ability is worthy of esteem (7)
- 4 This is arranged after the draw has taken place (6)
- 5 The colour of a topless figure! (5)
- 6 Daily Recorder (7)
- 7 No great cost for an infant being looked after (5,6)
- 8 Coming to no conclusion (5-6)
- 14 Old, broken tin can found round the back of the garage (7)
- 16 Increase the general disorder (7)
- 17 Discount to be put back in price (6)
- 19 Some of the stuff at a lecture is deadly (5)
- 21 The middle part is lying unused, by the sound of it (5)

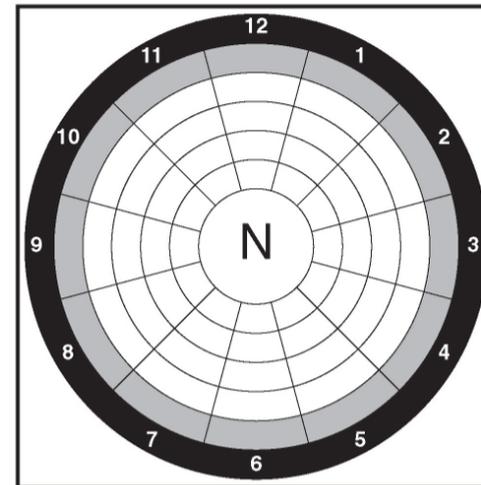
SUDOKU BY HANZO

Instructions
Complete the square making sure that every row of nine numbers includes all digits from 1 to 9, every column includes all digits from 1 to 9 and every 3 by 3 subsection includes all digits from 1 to 9

		4					2	
5			7				8	6
	7		8		5			
1				8		9		2
	9	6			1			
				7				8
		1	5		2			6
		8		3				
9							3	

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter N in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a former U.S. president.



- 1. Keep
- 2. Source
- 3. Wrestling hold
- 4. Season
- 5. Take heed
- 6. Pattern
- 7. Decaying
- 8. Cricket side
- 9. Insight
- 10. Rule
- 11. Achieve
- 12. Unit of force

THE WORDPUZZLER

S	I	C	R	A	S	H	O	T	Y
O	L	O	B	R	H	A	G	I	O
U	P	M	A	C	E	D	O	N	T
N	R	E	C	H	L	U	G	U	N
C	O	S	H	E	L	L	I	R	O
L	O	P	I	K	I	P	E	P	S
U	F	E	G	N	F	I	G	L	A
B	I	A	L	I	U	K	N	U	T
E	G	R	I	F	L	E	A	S	T
R	S	T	E	E	L	N	B	H	O

CAN you identify the weapons from the anagrams listed below?

- 1. Spare
- 2. Kepi
- 3. Host
- 4. Finch
- 5. Came
- 6. Hoax
- 7. Eshl
- 8. Flier
- 9. Bule
- 10. Gnu

INTERNATIONAL RADIO

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91.5 Costa del Sol East
91.9 Costa del Sol West
98.7 Gibraltar/Sotogrande
News, interviews, lifestyle, sport and BBC World Service.

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Radio Radio Network (96 and 98.3 FM). Music 24 hours.

Central FM (98.6 FM, 103.8)
All week, classic tracks and today's music broadcast to the Costa del Sol

ACE FM (106.8 FM)
Inland radio, news and music
The Beat fm (106 FM)
24 hours, music and entertainment

Spectrum (105.5 FM, Costa Almeria/Mojácar 92.6 FM)
24 hour music and entertainment

Radio Mijas (107.7 FM)
3 p.m. News, views and music

Radio Sol Almirajara (99.1 FM)
Nerja radio in English and German and night time World Radio Network

HeartfmSpain (88.5 FM Costa, 96.1 FM inland) Music, entertainment, news

Lick FM (103.6 FM Marbella)
Urban music broadcast between Gibraltar and Calahonda

Rtv Puebla (107.7 FM)
Monday evenings, Rock music memories. 7 - 9pm. email: radiopuebla.musicmemories@yahoo.com
Fb: Radiotelevision Puebla de Cazalla

QUIZ

QUESTION 1

What did inventor Jack Dorsey co-found ten years ago?

- 1. Snapchat
- 2. Facebook
- 3. Instagram
- 4. Twitter

QUESTION 2

The Mount Sinabung volcano erupted in May 2016 in which country?

- 1. Indonesia
- 2. Italy
- 3. Iceland
- 4. Mike Pence

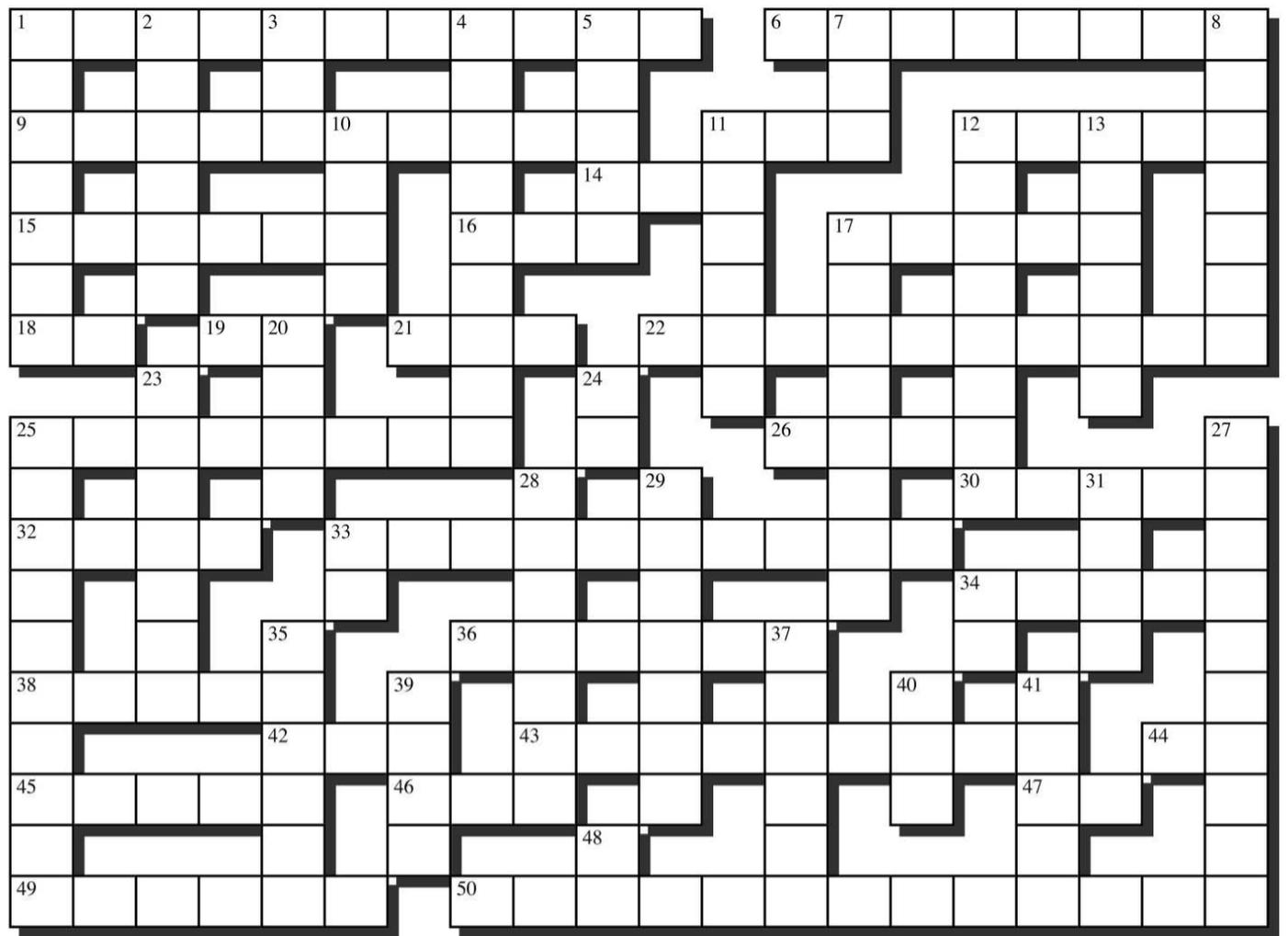
LANGUAGE CROSSWORD FILL IN THE SPANISH WORD

Across

1. Legislation (11)
6. Epiphany (8)
9. We triumph (10)
11. St (3)
12. Fair (5)
14. Uncle (3)
15. Gift (6)
16. He laughs (3)
17. I pooped (5)
18. Ace (2)
19. The (f) (2)
21. Gold (3)
22. Residents (10)
25. They would live (8)
26. Eleven (4)
30. Soft (5)
32. Almost (4)
33. Jubilant (10)
34. Trip (5)
36. Tenth (6)
38. Iranian (5)
42. Mess (3)
43. Tradition (9)
44. He goes (2)
45. Walnut tree (5)
46. Foot (3)
47. In (2)
49. Week (6)
50. Celebrations (13)

Down

1. Lottery (7)
2. Greek (6)
3. Without (3)
4. They bought (9)
5. West (5)
7. Bread (3)
8. Decorations (7)
10. Flower (4)
11. Prize draw (6)
12. Toys (8)
13. Luck (6)
17. Customers (8)
20. I opened (4)
23. Warned (f) (7)
24. His (2)
25. Holidays (10)
27. Wise Men (10)
28. Customer (7)
29. Christmas (7)
31. Chance (4)
33. It is (2)
34. I saw (2)
35. Million (6)
37. To omit (6)
39. Cup (4)
40. Mess (3)
41. January (5)
48. The (m) (2)



ANSWERS

Language Crossword

ACROSS: 1. LEGISLACION 6. EPIFANIA 9. TRIUNFAMOS 11. SAN 12. JUSTO 14. TIO 15. REGALO 16. RIE 17. CAJUE 18. VALE 19. LA 21. ORO 22. RESIDENTES 23. VIVIRIAN 24. ONCE 30. SUAVE 32. KILIENTES 33. TRADICION 34. VINO 35. MALLON 37. MITHR 39. COPA 40. LLO 41. ENERO 48. EL

DOWN: 1. LOTERIA 2. GRIEGO 3. SIN 4. COMPARARON 5. OESTE 7. PAN 8. ADORNOS 10. FLOR 11. SORTEO 12. JUGUETES 13. SUERTE 17. CLIENTES 20. ABRIL 23. AVISADA 24. SU 25. VACACIONES 27. REYESMAGOS 28. CLIENTE 29. NAVIDAD 31. AZAR 33. ES 34. VI 35. MILLON 37. MITR 39. COPA

Cryptic Crossword

Solutions to previous puzzle: Across: 1 Stoppage; 5 Hold; 9 Dean; 10 Tapestry; 11 Civic; 12 Neglect; 13 General dealer; 18 Sedative; 19 Must; 20 Evident; 21 Newel; 22 Sage; 23 Pressing. Down: 2 The line; 3 Pensive; 4 Grain-elevator; 6 Oatmeal; 7 Day-star; 8 Meagre; 13 Gas-jets; 14 Nodding; 15 Rather; 16 Armless; 17 Eastern.

Clockword solution

SOLUTION: 1 Retain, 2 Origin, 3 Nelson, 4 Autumn, 5 Listen, 6 Design, 7 Rotten, 8 Eleven, 9 Acumen, 10 Govern, 11 Attain, 12 Newton, 13 President: Ronald Reagan.

Wordpuzzler solution

S I C R A S H O T Y
O L O B R H A G I O
U P M A C E D O N T
N R E C H L I G U N
C O S H E L L I R O
L O P I K I P E P S
L O F E G N F I G L A
B I A L I U K N U T
E G R I F L E A S T
R S T E E L N B H O

1. Spear
2. Pike
3. Shot
4. Knife
5. Mace
6. Cosh
7. Shell
8. Rifle
9. Club
10. Gun

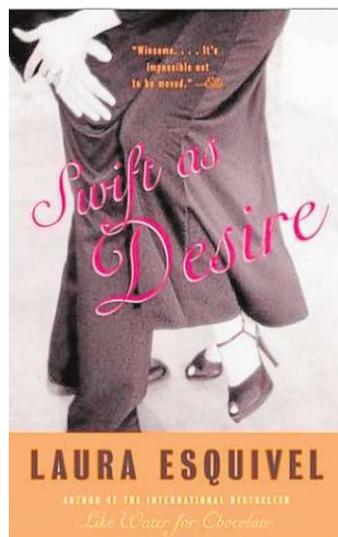
Sudoku solution

9	2	5	4	6	8	3	7	1
4	6	8	1	3	7	2	9	5
7	3	1	5	9	2	8	6	4
2	5	3	9	7	4	6	1	8
8	9	6	2	5	1	7	4	3
1	4	7	3	8	6	9	5	2
6	7	2	8	4	5	1	3	9
5	1	9	7	2	3	4	8	6
3	8	4	6	1	9	5	2	7

Quiz answers

Answer 1: Twitter
Of interest: Jack Dorsey is the co-founder of Twitter. He was re-instated as interim CEO at Twitter last year, after being fired seven years ago. He also founded a mobile-payments company, Square, which is estimated to be worth around \$5 billion.
Answer 2: Indonesia
Of interest: Sinabung had been dormant for 400 years when it began erupting in 2010. Last year's eruption killed at least seven people. Indonesia, located on the Pacific Ring of Fire, has 129 active volcanoes.

BOOK OF THE WEEK



Swift as Desire
Laura Esquivel

Júbilo Chi is born with the ability to "hear" people's true feelings and respond to their most intimate, unspoken desires. His life changes forever the day he falls deeply in love with Lucha, the beautiful daughter of a wealthy family. She believes money is necessary to insure happiness, while for Júbilo, who is poor, love and desire are more important than possessions. But their passion for each other enables them to build a happy life together -- until their idyll is shattered by a terrible event that drives them bitterly apart.

THOUGHT FOR THE WEEK

Things turn out best for people who make the best of the way things turn out

JOHN WOODEN

THE SUR IN ENGLISH CORNER

January belt tightening

Now that the festivities are just about over (today being the last fiesta until the end of February) we can all look forward to things getting back to normal and reestablishing a daily routine.

This time of year is known in Spain as 'la cuesta de enero', 'the January slope' and refers to the period after Christmas when people are having to 'tighten their belts' to compensate for overspending during the holidays.

At least the Christmas and New

Year break gave some of us time to switch off from current affairs and enjoy time with our families. However, now is time for Spain to slowly get back into gear and for the foreign resident community to return from their festive getaways.

We at SUR in English hope you enjoyed the holidays and are always happy to hear our readers' views and see their photos. You can send both to surinenglish.su@diariosur.es



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Antequera given top international ranking

The list in the New York Times of destinations that should be visited in 2017 includes Antequera and Madrid as the only Spanish places recommended

by **LUCÍA MARTOS**

NEW YORK. The New York Times publishes a list every year of the places that are a must to visit. This year, of the 52 top international places in the world that are listed, Antequera and Madrid are the only Spanish locations recommended. Madrid is specifically mentioned because of its gastronomic potential and the Michelin-starred Bibò restaurant, owned by Malaga chef Dani García, is named.

Antequera appears at number 38 on the list of 52 and is referred to as 'the Spanish Stonehenge'. The title no doubt refers to the An-

tequera dolmens, the 5,000-year-old megalithic burial sites that were made a World Heritage Site by UNESCO in July last year.

The granting of World Heritage status has provoked a major upturn for Antequera which has already seen a huge increase in visitors and foreign tourists.

When the town was included in this list, the mayor of Antequera, Manuel Barón, welcomed the fact that this symbolic recognition is a further step towards international recognition. "The task of opening Antequera to the world continues," the mayor said in a statement.

It's not the first time that Malaga province has been highlighted in the US daily paper; Malaga city has been recommended in previous editions. The last time was in August, when The New York Times promoted the city as a tourist destination.

The city was covered in the travel section with an article by Shivani Vora and entitled 'A cultural axis takes shape in Malaga'. The article promoted the museums in Malaga: "In the last decade more than 20 museums have opened in the city with samples of everything from world-famous artists to rare cars." In short, something for everyone.



Two visitors inside the El Romeral dolmen in Antequera. :: REUTERS

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