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News	2	Health & Beauty	44
Comment	24	Sport	48
Lifestyle	26	My Home	53
Food & Drink	36	Classified	58
What To Do	38	Time Out	62

**COSTA DEL GOLF**

## Golf tourism on the Costa in full swing

The latest news from  
the golfing world in this  
month's edition of  
Costa del Golf **INSIDE**



## BACK WITH A BANG

Fireworks welcome  
the Malaga fair which  
this year will last  
a full ten days **P38**

Thousands gathered on the city's beaches for the 18-minute spectacle on Wednesday night. :: NITO SALAS

# Seaweed invasion threatens Costa fishing fleet crisis

Smaller fishing boats cannot leave port  
in Marbella and Estepona, leaving many  
families fearing for their livelihoods

The regional and national govern-  
ments are working together to find  
a solution to a seaweed invasion  
which is threatening to turn into a  
crisis for the fishing fleets of the Costa

del Sol. Smaller boats in Marbella and  
Estepona cannot leave port because  
of large quantities of a rapidly-grow-  
ing variety of Asian origin, known as  
Rugulopterix okamuræ. **P3**

## Gibraltar releases Grace 1 tanker despite US attempt to seize it

Chief minister Fabian  
Picardo said there were no  
longer legal grounds for its  
continued detention

The Supreme Court in Gibraltar  
decided on Thursday to release the  
supertanker Grace 1, which had  
been detained on 4 July because it  
was believed to be carrying crude  
oil to a refinery in Syria, contra-  
vening EU sanctions.

This was despite a last-minute  
attempt from the US Department  
of Justice to seize the ship under  
a new legal procedure on a num-  
ber of allegations. **P11**



:: EFE

**Malaga CF head into the  
new season tomorrow**  
with only eleven  
professional players at the  
coach's disposal **P50-51**

**No megaprojects in sight  
on the Costa** as mayors  
focus on repair work  
during their new terms in  
office **P2**

## Strikes loom at Ryanair over closure of Canaries base

Ten days in September  
are set to be affected by  
industrial action by  
Spain-based staff **P20**

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# Local mayors kick off their new terms in office with no sign of the usual raft of megaprojects

IVÁN  
GELIBTER

✉ igelibter@diariosur.es

Expansive sports complexes, extravagant auditoriums and new hospitals have fallen off Costa town halls' budget plans for the time being as they focus on patching up what they have

**COSTA DEL SOL.** Patching up roads, renovations, a quick lick of paint, with grandiose plans on hold for the long term. That's how the mayors of the bigger councils on the Costa have started off their new terms in office following the local elections at the end of May. They've left behind their campaign promises of mega initiatives, most of which were unachievable and with sky-high costs.

Central government spending restraints on local councils, the financial crisis and a change in attitude by local voters, who don't expect as much as they used to, seem to be behind this dampening of expectations.

The huge sports complexes, Olympic-sized swimming pools and plush auditoriums are no longer even on the drawing board in many town halls in Malaga province, as they aren't considered a priority.

## Malaga city

In Malaga city, the lion's share of the promised investment for the coming years is in the mayor's plan



Estepona's new hospital -pictured during construction- is still not open for patients. :: C. MÁRQUEZ

for a road tunnel to hide traffic from west to east along the shoreline of the city and the port.

Extension plans to the city's metro and a third general hospital planned for the city need local council support but won't be funded by the city hall. For good reason, spare cash in the dying days of the last term in office, ahead of the local election, went on sustainable projects tidying up parts of local neighbourhoods which would be seen by the voters.

## The big park for Mijas Costa or a new-look Fuengirola port won't be carried out for now

### Mijas and Fuengirola

The bigger municipalities on the Costa del Sol have seen the same pattern. In Mijas, a "great park",

(the largest in the province we were told), was planned in the last council term of office, from 2015 to 2019. With a budget of almost 10 million euros, it never saw the light of day and doesn't currently form part of any political manifesto in the town.

In Fuengirola, the opposition criticised the mayor, Ana Mula, for spending all her time mending the streets; although this didn't go unnoticed by voters who returned her with another thumping ma-

jority. There's a plan out there to improve the port area, but so far it seems to be going the same way as before the election.

### Benalmádena and Estepona

In Benalmádena, the mayor himself, Víctor Navas, admits that what is needed more than megaprojects are "repairs and renovations". In his case, this policy was also rewarded at the ballot box.

One of the biggest building projects undertaken in the last four years and paid for by the local council was in Estepona. Building the town's new hospital -it is finished but not yet operational- saw the council paying out 15 million euros that mayor, José María García Urbano, decided to invest, even though building a hospital isn't the responsibility of the council.

Although he has now shown interest in building a private university in the town, so far he hasn't made a move on the subject.

### Marbella and Torre del Mar

The second biggest town in the province, Marbella, has announced a new competition-level swimming pool costing eight million euros. A significant amount of money but a long way off the cost of a major sports complex.

In Torre del Mar, part of Vélez-Málaga municipality, there has been a plan around for a while to build an eight-million-euro auditorium with 550 seats. But not even the contract tender process for the plan has begun.

In Alhaurín de la Torre, the promised theatre has disappeared from the political agenda, while in Cártama, in the Guadalhorce valley, their star project, an aquatics centre, is nearing completion and another similar-sized investment isn't expected for a long time.

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## Malaga's road tunnel around the port: an ambitious plan without a planned start date

by I. GELIBTER

**MALAGA.** The mayor of Malaga, Francisco de la Torre, proposed in the recent election campaign one of the most ambitious megaprojects in the city in recent years: hiding the main, west-east road alongside the city's port in a tunnel. The project would see 2.2 kilometres put underground from Muelle Heredia, where the beach stops and the port starts when entering from the west, right through to the La Malagueta beach in the east. It would cost an estimated 277 million euros and would need European Union funds as well as central and regional government contributions.

The plan will need to go through at least two years of studies and planning hurdles. The big

civil engineering project would be in two tunnels from the mouth of the Guadalmedina river to the Pablo Ruiz Picasso promenade, by the newly restored Hotel Miramar and would skirt the port by Muelle Uno shopping centre. In addition a new underground bus station would be built where the Plaza de la Marina car park is, with the underground car park moving to the port side of the area, nearer the ferry terminal.

Speaking about the financing needed for the project, De la

Torre confirmed that he is ready to commit to a study of the idea this year, despite no money set aside in the 2019 budget for it. "This isn't a project that is going to be carried out immediately," he said.



The road will be put underground for 2.2 kilometres. :: SUR

## Crisis in Costa fishing fleet as Asian seaweed invasion spreads

Smaller fishing boats cannot leave port in Estepona and Marbella, and families are worried for their livelihoods

by ANDREA JIMÉNEZ

**MARBELLA.** "We can't work; if it carries on like this we won't be able to eat," explains a Costa fisherman who can't leave port as all he is catching is a dense green seaweed. For months, boats using smaller nets in shallower water off Estepona and Marbella have been bringing up large quantities of a rapidly-growing variety of Asian origin, known as *Rugulopterix okamurae*.

"We've run out of places," says Manuel Haro, head of the Marbella fishing guild, "The algae was around San Pedro, towards the west, but it's now got as far as Cabopino, the only area that was still free of it."

Gradually more boats have stayed away, and now all 28 that use fishing techniques near the surface have been forced to stay in port in Marbella and over 20 more in Estepona.

The leader of the fishing community in Estepona, Pedro Benzal explained, "We're bored. We don't



La Rada beach in Estepona with the unwelcome seaweed. :: SUR

normally catch a single weed. But now it's happening all the time and if the situation doesn't change, we will have to give up this style of fishing."

Haro explains that, unlike on land, there is no way to fumigate and remove the invading species. "If we carry on like this, the octopuses will move away and that fishing season starts in September. It could be a real problem as octopus is one of the things that keeps us

going."

The extra worry is that the weed has been found at up to 200 metres depth, and if it reaches 300 metres, the larger dragnets of the bigger boats that fish locally will also start to be affected.

The regional and national governments are working together to find a solution to the seaweed, which is also affecting the sea off Cadiz province and building up on beaches along the coastline.

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# British hiker dies on Marbella's famous La Concha mountain

The 62-year-old man had alerted his family in the UK that he was in trouble via WhatsApp and Spanish rescuers were called out last Saturday

:: JUAN CANO /  
HÉCTOR BARBOTA

**MARBELLA.** A British man who went out climbing on La Concha mountain last Saturday, 10 August, was found dead by emergency services on Sunday.

The 62-year-old started his ascent of the peak overlooking Marbella on Saturday morning, sources said, but in the afternoon apparently got into trouble and used WhatsApp to

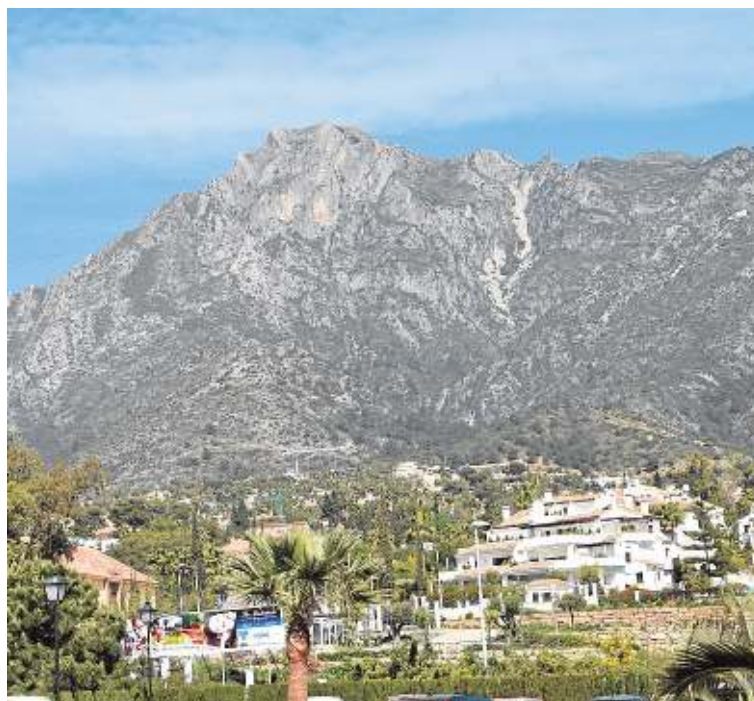
alert family back in the UK.

The relatives got in touch with British authorities immediately and National Police received an alert from the British Consulate in Malaga at around 4pm, triggering a Guardia Civil search and rescue operation.

By coincidence, the same day, three French walkers also got into trouble in the area, leading to another mountain rescue operation with support from the air. They were found and taken to Istán by helicopter while the operation to find the British man continued.

However the man could not be found and at 8.30pm the helicopter had to be grounded as the light failed. Emergency services on the ground continued their work.

The body of the British man was



La Concha can become a very hot ascent in summer months. :: JOSELE

spotted shortly after 9am the next morning in a steep area of the Sierra Blanca. First signs were that he had fallen, getting caught in the straps of his backpack and that he may have been strangled by them. A full

forensic investigation is under way.

La Concha is a popular hike from Marbella or the Refugio Juanar car park, near Ojén. It is known for its coastal views, but the path can be tricky and becomes hot in summer.

## Boat illegally fishing bluefin tuna off Costa caught after social media live-streaming

:: FERNANDO TORRES

**MALAGA.** Four crew members on a fishing boat have discovered that live streaming something you shouldn't be doing over social media can cost you dearly.

The Guardia Civil's environmental

protection unit, Seprona, couldn't believe their eyes when they came across the live coverage of a vessel catching a bluefin tuna off the coast of Marbella on 6 August. At this time of year, there is a routine, but strictly enforced, ban in place on fishing



Screen shot of the live stream. :: SUR

tuna to allow their young to grow and stocks to be replenished.

The fishermen were reporting excitedly on the catch and viewers were writing comments back such as "nice one" and "congratulations" as they hauled the tuna on board.

Officers ordered a patrol boat out to apprehend the vessel's occupants, who promptly threw the pricey fish back into the Mediterranean when they saw officers. But it was too late.

The live video, plus evidence from the bait used that they had intended to fish for tuna, will land the men a large fine, officers said.

### 112 REPORTS

## Kick boxers held for mugging Irish tourists

**BENALMÁDENA**

:: J. CANO. Two experts in kick-boxing were among five people held for attacking two tourists visiting from Ireland and stealing money and a watch. The supposed mugging happened early morning on 31 July on the main road through Benalmádena Costa.

The five caught are aged 17 to 19 and are Senegalese, Dutch, Russian and French.

One of the alleged attackers admitted that he had drunk ten vodkas ahead of the incident.

## Dockworkers' leader held over drug imports

**MALAGA**

:: J. CANO / I. LILLO. Police believe they have stopped a major new entry point for cocaine into Europe through the port of Malaga. Four port workers, along with four others, were arrested last week and eight kilos of cocaine seized in a container.

The shipment is believed to have been a test delivery from Brazil, via Valencia, to Malaga. Smugglers needed the cooperation of port workers at both ends, said investigators. One man held in Malaga is the head of the port's closed-shop staff association.

## Fuengirola company used by stolen car gang

**MALAGA**

:: J. CANO. After a year and a half investigating, Guardia Civil officers have arrested 40 people over the robbery of 118 vehicles in Spain. At least 12 are believed to have been stolen on the Costa del Sol. Gang members targeted the cars to steal, sometimes placing GPS locators, before using genuine-looking tow trucks to send them to a central depot in Madrid. An online company from Fuengirola, not involved in the crime, was allegedly used to get registration details on similar vehicles for cloning paperwork.

## Six years sought for Brit over Banús car chase

**MARBELLA**

:: J. CANO. Public prosecutors are asking for a six-year sentence ahead of the trial of a British driver who fled a Puerto Banús beach party in terrifying style in May 2017. Nine people were injured, five of them seriously, in the chain of fast-moving incidents when two Britons fled the Ocean Club in an Audi Q7 at speed after a fight, causing panic among bystanders, reports said. The chase ended in a double pile-up on the Golden Mile. Police claim they had taken drugs and been drinking.





# The small miracle of the Mozarabic caves



Retired archaeologist Carlos Gozalbes, in the cave. :: P. R. Q.

**A local man found the caves when he rescued two puppies who had been buried alive. They now have homes and the archaeological site is to be protected**



✉ prquiros@diariosur.es

The archaeological site, which local residents want to be protected, may consist of a church and rooms where Christians prayed during the Muslim period

**MALAGA.** The world is full of happy accidents and sometimes they can prove to be extremely important. As an example, think of somebody out for a walk with their two dogs in the countryside near Churriana, who found two puppies who had been buried alive on the side of what appeared to be a small hill. And then, after rescuing them, it turns out that the place where they had been buried was a collection of ancient buildings: a church and prayer rooms which the Christians used during the time of Muslim rule.

This sounds like a small double miracle, but it really happened. It occurred in April 2018 when Sergio Giménez was out walking with Tyson (a boxer) and his border collie Ella. They were in the lane

known as Tres Cuartas, although it is officially the Gamera Baja-Tosca.

It was Tyson who heard something and started digging to get to the two small puppies, who had been buried alive (they now have homes), and it was also Tyson who led Sergio to a curious cave which had been excavated out of the sandstone.

He reported the matter to Malaga council, who then had to decide what to do about the site. After the PSOE and Adelante Malaga parties proposed different motions at council meetings, and town planning councillor Raúl López pledged to take action, all the parties at city hall have now signed a motion for the relevant technical studies to be carried out at the site. This could lead to the cave being protected and registered as NUPAR (an archaeological site where building is prohibited) under the Urban Plan. This would be a vital step, and would mean that a project to construct 200 homes in the area could not go ahead.

## Archaeological study

Before any of that can happen, though, the studies have to be carried out, as the town planning committee made absolutely clear.

Those who are behind this project have recently visited the caves again and are delighted that all their work over the past year has had an effect. The members of Cir-



Two of the prayer rooms at the site. :: P. R. Q.



Giménez, Torres, Viñolo and Gozalbes. :: P. R. Q.



Near the caves, what could be a silo. :: P. R. Q.

**People living nearby have put up tape and a Local Police sign to help protect the site**

**Archaeologist Carlos Gozalbes, who advises on the Urban Plan, is excited about the find**

iana, María Cruz Torres, Sergio Giménez and Inmaculada Viñolo of the Arcusves association were accompanied on that visit by a very special guide, Carlos Gozalbes Cravio, an archaeologist and retired professor at Malaga University who advises the Urban Plan department on archaeological sites.

In his report, and in person during this visit, Gozalbes explained that in one of the caves there is a Mozarabic church with three naves and several niches, and on the part of the wall by the altar there are numerous inscriptions and signs from the Mozarabic era, although they are barely perceptible now. He said the alignment of the writing and almost uniform height of the words could mean that it relates to a particular time, and that would have to be researched and dated.

The other five caves which have been excavated were basically places of prayer for the Mozarab community "and were maybe older tombs, possibly dating back to the last part of Prehistory, which they may be re-using," he said.

It is known that Malaga had a large Mozarab community from the 7th to the 11th century and it is often difficult to distinguish their items from those of Muslims during that period, but in this case Gozalbes said that it was Christian communities who used to favour hewing spaces out of the rock.

Local residents are excited about the discovery. They now want these caves to be preserved and an information centre to be built there, and they are watching the site day and night to prevent anyone trying to loot it. In fact, they themselves have put up red plastic tape to form a cordon around the works and a sign from the Local Police (the ones that are used to warn people not to park somewhere), but they say they asked for permission before doing so.

It is heartwarming to see so many people generously giving their time to preserve a heritage which belongs to everybody. They deserve recognition.



# Malaga's monuments could bring in more than a million euros a year under a new initiative

ANTONIO  
JAVIER LÓPEZ

@ajavierlopez

Fewer than 10% of visitors to museums and sites in the province pay for entry, because most come from countries in the European Union

**MALAGA.** The Andalusian government's Ministry of Culture has opened a can of worms this summer. Earlier this month the Culture Minister, Patricia del Pozo, announced that her department is looking at the money raised from sales of tickets to museums and archaeological sites which are managed by the Andalusian government. In Malaga province, the Museum of Malaga, situated in the Aduana palace, the Roman theatre in Calle Alcazabilla, the Antequera dolmens complex and the Acinipo archaeological site and Arab baths, both in Ronda, will be considered as part of the study.

At these sites, the only people who have to pay for tickets are those from countries outside the European Union. The entry fee is 1.50 euros, and, taking into account this price and visitor data from 2018, the income adds up to a rather succulent figure: 1,195,744.50 euros exactly.

According to data collected by the Ministry of Culture in 2018, fewer than ten per cent of visitors (9.11 per cent, to be exact) come from countries outside the European Union and therefore have to pay for entry to the museum and archaeological sites in Malaga, Antequera and Ronda. Sources at the Ministry consulted by SUR agreed that the simplest thing would be to charge every visitor the same rate as that currently charged to visitors from outside the European Union. In this scenario, the Roman Theatre would bring in more than half a million euros (542,787 euros), a figure calculated by taking into account its more than 360,000 annual visitors.

The site which would bring in the second largest sum in this scenario would be the Conjunto Arqueológico Dólmenes de Antequera, whose 213,610 visitors would produce an income of 320,415 euros. The Museum of Malaga, whose visitor count has increased by 12.99 per cent during the first half of 2019, would receive 217,276.50 euros in ticket sales. This is certainly not an insignificant figure, particularly if you take into account the fact that the museum has a budget of 2.5 million

Potential income in one year if all entry tickets were priced at 1.50 euros:

Malaga's Roman theatre  
**542,787€**  
(361,858 visitors in 2018)



:: SALVADOR SALAS

The Antequera dolmens  
**320,415€**  
(213,610 visitors in 2018)



Museum of Malaga  
**217,276.50€**  
(144,851 visitors in 2018)



Ronda's Arab baths  
**92,379€**  
(61,586 visitors in 2018)



Acinipo  
**22,887€**  
(15,258 visitors in 2018)



euros and that it faces fundamental expenses such as that of the refurbishment of its temporary exhibition spaces. This project was put to tender with a budget of 182,176.92 euros, but the first round of bidding was unsuccessful

and it will have to be put to tender again.

As for the archaeological sites and Arab baths in Ronda, the introduction of a general 1.50 euro entrance fee would bring in annual incomes of 22,000 and 92,000 eu-

ros respectively. If the strategy being considered by the Andalusian Minister of Culture goes ahead, this money could also be invested in preserving and protecting the sites.

Patricia del Pozo has confirmed that her department is "analysing and studying" the income from ticket sales with a view to investing this money directly in the upkeep of the museums and archaeological sites managed by the regional government. Nevertheless, she also emphasised that no definite decision has yet been made.

## "It is something normal"

Del Pozo has reactivated an initiative which has been debated for several years at the regional Ministry of Culture, and the subject was brought up again during a press interview last weekend. In that interview, the minister pointed out that ticket charges to visit museums and archaeological sites are in fact "something normal which happens in other countries and regional communities", and she said that the money collected would be directly invested in the heritage of the region, on behalf of its citizens.

"The amount collected, whether small or large, will always benefit the people, because it would be used to ensure that the monu-

ments are kept in perfect condition," she said, before adding that she is "conscious" that at present the budget for the maintenance of heritage sites "is minimal". With this in mind, Del Pozo continued: "Perhaps if everybody were to collaborate a little bit, the ministry would be able to achieve what it currently cannot". She also said that this type of tourism needs to be managed, because "obviously, (the monuments) cannot be subjected to a permanent siege by tourists, because they will deteriorate."

## Foreign visitors

It is important to remember that the measure currently under consideration by the regional government would not apply to the Picasso Museum in Malaga. For the last five years, this museum has received an annual grant of 4.37 million euros from the Andalusian government and it is run by a private foundation, made up of regional government representatives and family members of the Malaga-born artist. For the last six years, the Museo Picasso Malaga has received more visitors than anywhere else in Andalusia, and its number of foreign visitors is especially high. The Museum of Malaga provides a stark comparison. Last year's statistics show that 27 per cent of this museum's visitors came from abroad, and only 3.55 per cent of the total 144,851 visitors to the museum, which is inside the Aduana palace, came from outside of the European Union and therefore had to pay for entry.





# Cross-border tax planning for today's global transparency

By Chris McCann, Partner, Blevins Franks

Tax transparency has been revolutionised by the global automatic exchange of information under the 'Common Reporting Standard' (CRS). Now in full flow, this initiative enables tax offices across the world to keep track of taxpayers' offshore assets and accounts.

Meanwhile, many countries, including the UK, have introduced additional measures to check taxpayers are making correct declarations. HM Revenue & Customs (HMRC) revealed it collected £560 million from offshore tax investigations in the 2018/19 tax year – up 14% from last year and 72% more than 2016/17, before CRS data collection began.

With such heightened worldwide scrutiny, it is more important than ever to make sure you are paying the right taxes, in the right place, at the right time.

## What is the Common Reporting Standard?

The CRS came into effect in 2016, when the "early adopters" began collecting information on financial accounts held by non-residents. The first exchange – where the 2016 data was passed on to the taxpayers'

country of residence – took place in 2017 between 49 jurisdictions, including the UK and Spain. Another 51 began sharing information in September 2018, including perceived 'tax havens' such as Switzerland, Panama and some Caribbean jurisdictions. Today, over 100 countries are co-operating, with more joining each year.

Financial institutions obligated to report information include banks, custodians, certain investment entities and insurance companies, trusts and foundations.

## What information is being shared?

Focusing on the financial assets owned outside your country of residence, the data includes basic details such as your name and address, country of tax residence and tax identification number.

Financial information includes the investment income you earned over the year (interest, dividends, income from certain insurance contracts, annuities etc.), account balances and gross proceeds from the sale of financial assets.

## Local scrutiny in Spain

When local tax offices receive CRS

information, they can verify whether taxpayers have accurately reported their worldwide income on their income tax and, where relevant, wealth tax returns.

In Spain, the authorities have already started following up discrepancies after comparing data to residents' declarations. In the last exchange, the Hacienda received information on approximately 1.5 million offshore accounts with a total balance of €457 billion, while only €150 billion was declared through *Modelo 720*.

## The UK's clampdown on tax evasion

Last year, 'Requirement to Correct' (RTC) rules put the onus on UK taxpayers to regularise their offshore affairs. Around 18,000 individuals disclosed undeclared offshore tax liabilities before the RTC's 30th September deadline, just before HMRC received a wave of information from the CRS. Now, anyone found to still have undeclared offshore income and gains can face tougher penalties up to 200% the original tax owed.

Although the deadline has passed, HMRC has made it clear that those who voluntarily declare and correct their offshore tax arrangements will

be in a much better position than anyone who waits until investigators identify their non-compliance.

Since 2010, the UK government has introduced over 100 new measures to tackle tax evasion. This enabled HMRC to recover over £2.9 billion in lost taxes even before it started benefiting from CRS data. Its March "No Safe Havens" policy paper revealed that it received 5.67 million records on UK taxpayers' offshore financial accounts in 2018, involving around 3 million UK resident individuals (or entities they control).

HMRC uses its 'Connect' analysis programme to cross-check data it receives from abroad with its own (including details on salaries, bank accounts, loans, property, car ownership etc.). This provides tax officials with information to challenge around 500,000 cases each year.

## The importance of getting it right

If you are tax resident in one country and have assets or earn income in another, take extreme care. You need to follow the local tax rules, the UK tax rules and the relevant double tax treaty to make sure you are correctly declaring income and paying tax where you should be.

While cross-border taxation is highly complex, getting it wrong – for any reason – can have serious consequences. Ignorance is no defence; it is your responsibility to check you have declared all your worldwide tax liabilities and bring your tax situation up-to-date if necessary.

There are tax planning arrangements available in Spain that can help you legitimately reduce your tax liabilities, particularly on your investment capital, so take advice for the best results. An adviser with cross-border expertise can help you enjoy favourable tax treatment while offering peace of mind that you are meeting your tax obligations, here and in the UK.

*Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice.*

# Worried that the next UK election could damage your wealth?

There has been much speculation about what could happen if an election were called and a change of government ensued.

If you have built your wealth over a number of years (through business, savings, inheritance or property) and are considering settling in sunnier climes, talk to us about the tax-efficient options for Spain.

We have decades of experience advising clients on the steps to take before, during and after such a move and the wealth preservation options you can potentially enjoy.

But if you are worried about what could happen in the future in the UK, perhaps the time to start talking to us is now.

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# City hall supports the plan for a green belt around the Bay of Malaga

**PILAR R. QUIRÓS**  
✉ prquiros@diariosur.es

The Environmental Department is in favour of the project by the Aula del Mar and Fundación Naturaleza y Hombre to regenerate degraded areas around the city

**MALAGA.** The idea of a green belt around Malaga, with reforested hill-sides, is not new. It is something that environmental groups, local residents and political parties have been calling for in recent years and 20 years ago it was also part of a plan to protect the city from flooding, which was never carried out because the necessary funds from the regional government at that time were not forthcoming. It is also one of the aims of the Malaga 'Carta Verde', which is concerned about the deforestation of the hills and mountains around the city and wants action to be taken to regenerate them.

There is extensive literary paraphernalia about the subject, but the problem is that when a project hasn't been carried out in the past it is difficult to reactivate it. However, there is now a new opportunity to improve the environment around Malaga city, in the form of a project presented to city hall by the Aula del Mar and the Fundación Naturaleza y Hombre association. It is called 'Anillo Verde Bahía de Malaga', calls for a green belt around the Bay of Malaga, and the Councillor for the Environment, Gema del Corral, is trying to obtain the necessary funding for it. It will

The proposed Bay of Malaga green belt



Source: Aula del Mar and Fundación Naturaleza y Hombre



The chameleon is native to Malaga. :: SUR



Limonium malacitanum. :: SUR

cost 85,000 euros for a viability study to be carried out and that would just be the starting point. This is obviously an ambitious plan and it would require around three million euros

of investment in total. The councillor and Juan Antonio López, the president of the nature conservation association, say that the project is similar to the green

belt around the bay of Santander, which been financed and carried out since 2015 by an EU programme in collaboration with the Cantabrian regional government.

participate. It is hoped that funding will be available under a European programme, which would finance at least 60 per cent of the three million euros of initial budget.

In Malaga, the Aula del Mar says that as well as creating the green infrastructure, it will be necessary to overcome territorial fragmentation by improving the ecological connectivity within the belt and also outside it with the creation of natural spaces in the interior of the province.

## Eliminate invasive species

The project includes the creation of new woodlands and areas of Mediterranean undergrowth within and around Malaga city, an increase in the amount of space available for public use, an expansion in potential habitats for two important native species, the chameleon ('Chamaeleo chamaeleon') and siempreviva malagueña ('Limonium malacitanum') and additional beehives in the municipality. The implantation of these would be monitored together with their effects on pollination, to help with the regeneration of species and restore the characteristic ecosystems of the municipality of Malaga which are located in the green belt such as coastal wetlands (the mouth of the Guadalhorce river), Mediterranean woodland (the hills around the city and Campamento Benítez) and coastal areas of interest (El Peñón del Cuervo).

There is also another objective, which is not normally associated with a project of this type: to eliminate invasive species – which is one of the most important causes of loss of biodiversity in the world – such as pampas grass, eucalyptus, reeds, acacia, Hottentot fig, red-eared terrapins and parakeets among others, in order to protect native species.

The project will need a year of careful study before the necessary action could begin, and will take four years to carry out. Those behind it are contacting other organisations and entities to see if they want to participate. It is hoped that funding will be available under a European programme, which would finance at least 60 per cent of the three million euros of initial budget.



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The MA-5402 will be improved and resurfaced. :: SUR

## Sierra de las Nieves access road to be improved with new funding

:: FERNANDO TORRES

**MÁLAGA.** While the final designation of the Sierra de las Nieves mountain range as a National Park is on hold because of the lack of a new government nationally, villages in the local area continue their plans for the expected rise in

the number of visitors.

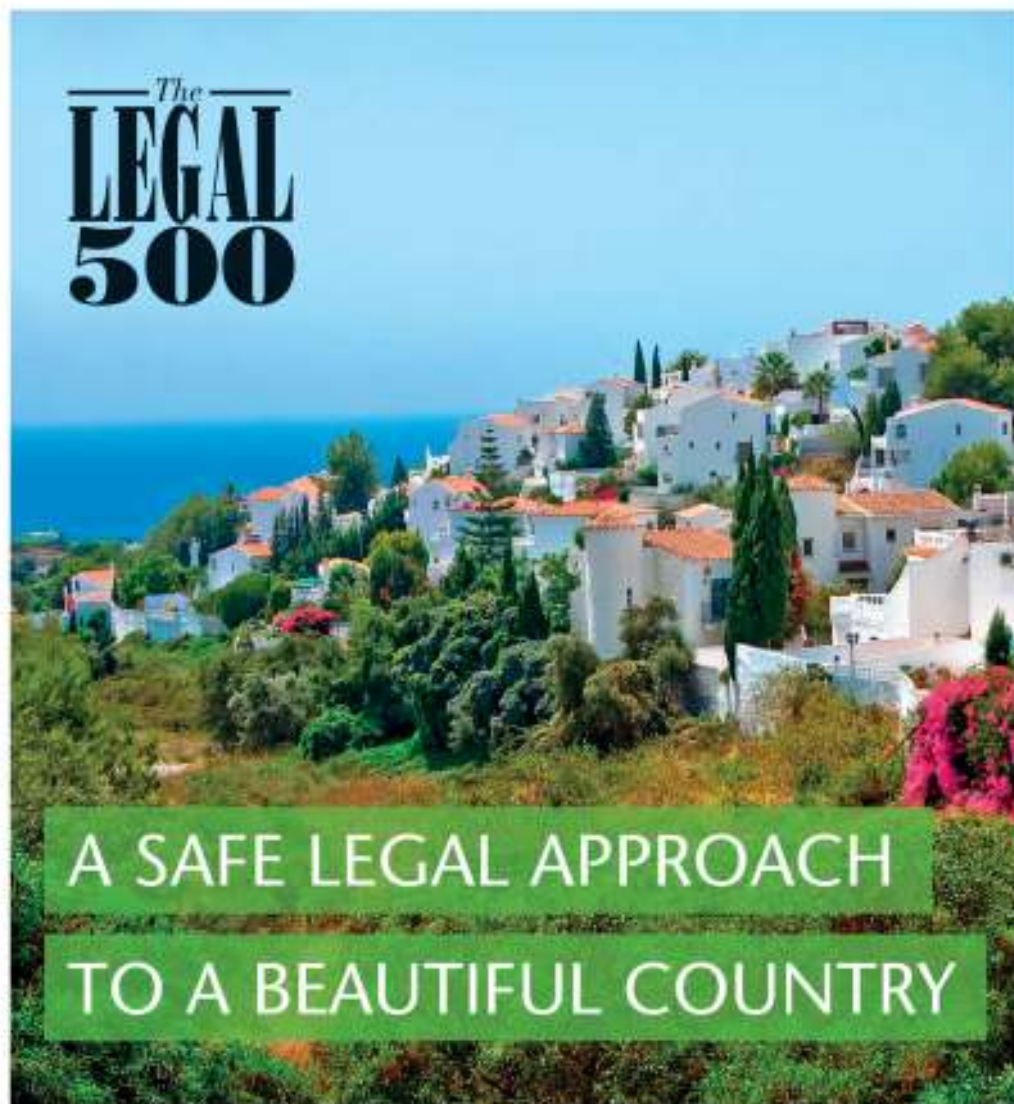
The Diputación de Málaga provincial authority has given the green light to improve the MA-5402 road, which is one of the access routes into the Sierra de las Nieves and which connects Ardales with El Burgo and Casarbonela.

The project is part of an access improvement plan to the nearby Caminito del Rey gorge walkway and will cost 500,000 euros. Some of the road will be rebuilt and the

rest resurfaced and markings repainted.

This overall plan for the roads in the area has been 80 per cent financed by FEDER European development fund.

The Diputación has also approved a further 531,068 of spending on projects in six municipalities. In Álora, 150,000 euros will be spent on more energy-efficient street lighting and improved water piping.



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Calle Marqués del Duero is one of the venues. :: JOSELE

## San Pedro to put on a show on six evenings over the rest of August

:: ANDREA JIMÉNEZ

**MARBELLA.** The streets and squares of San Pedro Alcántara will be turned into outdoor stages on some nights for the rest of this month.

From today, Friday, the town will host Dinner & Music, organised by the district town hall with the aim of stimulating commerce in the area.

The deputy mayor on Marbella council for San Pedro, Javier García,

unveiled the details on Tuesday with singer La Negra Mayté, who will be performing in the six events.

The venues will be: 16 August on Calle Marqués del Duero; 17 August, on Plaza de Istán; 22 August, in Guadalcántara (Calle Ávila); 23 August, on Pasaje Robledano; 29 August, on Plaza de los Pajaritos; and on 31 August, on Marqués del Duero (Calle Nueva area). The shows start at 10pm.

## Inland towns and villages join together to complain about poor water supply in summer months

:: FERNANDO TORRES

**MÁLAGA.** The mayors of 14 towns and villages around Antequera and the north of Málaga province have signed a joint declaration calling for an "urgent" meeting to find a solution to the shortages of drinking water faced in their municipalities.

The town halls of Humilladero, Alameda, Antequera, Archidona, Cuevas Bajas, Cuevas de San Marcos, Mollina, Fuente de Piedra, Vil-

lanueva de Algaidas, Villanueva del Rosario, Villanueva del Trabuco, Villanueva de la Concepción and Villanueva de Tapia have sent their demands to national and regional government.

They say that a shortage of water in summer months has been going on for several years, and at the moment Fuente de Piedra, which has been the worst affected, is having to resort to water tankers.

A joint meeting was held in nearby Humilladero, from where the council issued a statement saying that water was "getting scarcer every day and the quality was worsening, because of pollution from nitrates and chlorides".

The councillors want a pipeline to the area from Iznájar reservoir in nearby Córdoba province.



# Gibraltar releases Grace 1 despite US request to detain it

In a statement, the chief minister said there were no longer any reasonable grounds for the continued legal detention of the ship

DEBBIE BARTLETT

**GIBRALTAR.** The Supreme Court in Gibraltar decided on Thursday afternoon to release the supertanker Grace 1, which had been detained on 4 July because it was believed that the ship was carrying crude oil to a refinery in Syria and thereby contravening EU sanctions.

The captain and two crew members who had been under arrest were released by the court on Thursday morning, but the expected order to also release the ship was not forthcoming because there had been a last-minute attempt from the US Department of Justice to seize the ship under a new legal procedure on a number of allegations. The court was adjourned until 4pm while the American request was considered.

In a statement issued on Thursday afternoon, Gibraltar's chief minister, Fabian Picardo, said in-



The supertanker has been held in Gibraltar since 4 July. :: SUR

vestigations subsequent to the detention of the supertanker had shown that it had indeed contravened article 14 of the EU regulations on sanctions on Syria. The 2.1 million barrels of crude oil it was carrying were from Iran, and the seizure of the ship caused severe political tensions. The statement explained that after a meeting between the chief minister and Iranian officials, and further discussions, the Gibraltar authorities

obtained written confirmation from Iran that the ship, which in the meantime had been re-flagged under the Iranian flag and reinsured, would not travel to an EU-sanctioned destination.

With regard to the US request for seizure, the chief minister said "That is a matter for our independent Mutual Legal Assistance authorities who will make an objective, legal determination of that request for separate proceedings".

## IN BRIEF



The rack is in Gibraltar's main cycling hub. :: SUR

### New car-shaped bicycle rack in Europort Road

GIBRALTAR

:: D. B. The Ministry for Infrastructure and Planning has installed a new-style car-shaped bicycle rack at Europort Road, an area that has fast become Gibraltar's main cycling hub.

The frame is in the shape of a car, as a reminder that up to ten bicycles can be parked in a space normally taken up by a single car and to encourage more people to cycle instead of drive.

The Minister for Transport, Paul Balban, says that fewer cars on the road can only be a good thing for Gibraltar and good for the environment.

### More artists announced for music festival

GIBRALTAR

:: D. B. Two more artists have been announced for the Gibraltar Calling Music Festival at the Europa Point Leisure Complex on 7 and 8 September. Those attending can look forward to seeing Killer Queen, the longest-established tribute band to Freddy Mercury and Queen, and rock band Uriah Heep, as well as a host of other performers.

### Water bottle refill points installed in town

GIBRALTAR

:: D. B. The AquaGib water company has provided two water bottle refill points in the town centre, one outside the police station in Casemates Square and the other in the Piazza, by the kiosk opposite Matalan. This is another way of reducing the use of plastic and is a trial scheme. If successful, permanent refill points will be built.

# LIAM GALLAGHER

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# Venus of Marbella to get new eye-catching home off the paseo

The sculpture of a woman waterskiing was relocated from a similar position in the 1990s, and now only the regional government's OK is needed for the move

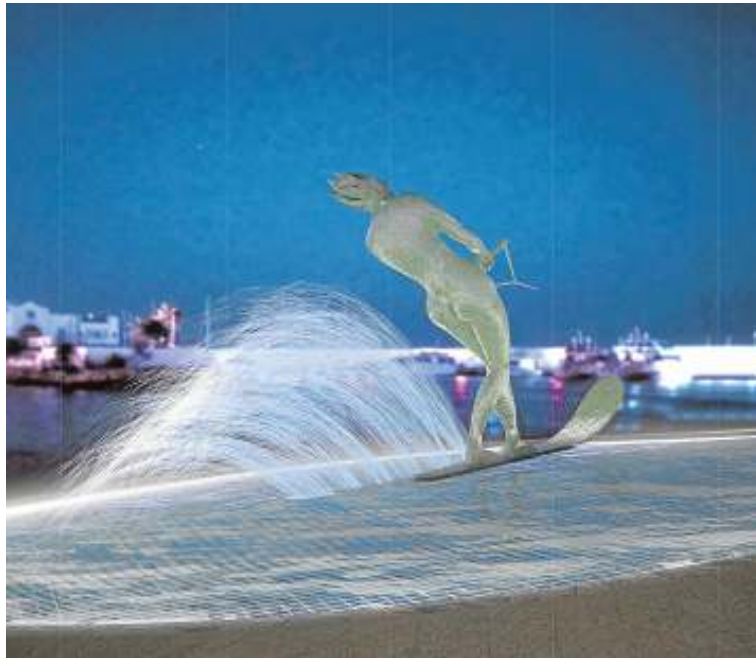
by NIEVES CASTRO

**MARBELLA.** The national government's Coasts authority has given the go-ahead for a well-known sculpture in Marbella to get a new eye-catching home.

The town hall wants to move the sculpture, known as the Venus of Marbella, from its current location by the tourist office on the seafront, onto the spit going out to sea by the Faro lighthouse. A local group campaigning for the spit to become a more pleasant public space has been asking for the statue to be showcased there.

Now the Coasts authority has said yes, the council needs to wait for the regional ministry for the Environment's approval for the move, which is expected shortly.

The sculpture is of a woman waterskiing and the plan is to place it in a 53-square-metre ellipse of wa-



A recreation of how the sculpture would look. by SUR

ter, at an angle to simulate speed. It would be illuminated at night and the spray of water from behind the ski that it originally had will make a return.

The three-metre-long sculpture, by Francisco López Burgos and un-

veiled in 1972, was once on another spit at nearby La Venus beach, but when this was removed in the 1990s, it was placed back on land.

The new location is designed to give more fluidity and less rigidity to the sculpture, said architects.



## STARLITE GALA CELEBRATES 10 YEARS

The highest profile international charity gathering in the Marbella social calendar celebrated ten years last weekend. The Starlite Gala was held in the Nagüeles quarry arena. Since it started in 2009, over two million euros has been raised for good causes. The associated music festival started later in 2012. On the star-studded guest list were Antonio Banderas and his partner, Nicole Kimpel.

# Fire ravages bus carrying 45 people on the motorway in Marbella

No one was injured in the incident as the fire was spotted early enough to evacuate all passengers

by JUAN CANO

**MALAGA.** A bus carrying 45 people was completely ravaged by flames after pulling over on the motorway after passing the Calahonda toll last Friday morning.

The episode, during which no one

was injured, occurred shortly after 11am. Upon realising that the engine of the vehicle had caught fire, the bus driver evacuated all passengers - a group of Moroccans headed for the port of Tarifa to cross by ferry to their home country.

Two fire engines from Mijas plus a crew from Marbella attended the scene but couldn't prevent the vehicle from completely burning out.

Guardia Civil traffic officers attended the passengers and provided them with water while they waited for another bus to take them to their destination.



The state of the bus after the fire was extinguished. by SUR

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Walkways have been laid out either side and buses will use the central carriageways. :: NITO SALAS

## Malaga's busy Alameda reopens as wide pedestrianised boulevard

The Marquis of Larios statue has had finishing touches added to its restoration, although some of the area's landscaping still needs to be completed

:: F. JIMÉNEZ / I. LILLO

**MALAGA.** Just in time for Malaga's mammoth August feria festivities, a big city centre remodelling project was partially opened this week.

The northern and southern sides of the wide Alameda boulevard, between El Corte Inglés and Calle Larios, have been pedestrianised with new greenery and street furniture. The central carriageways have been narrowed and are reserved mostly for use by buses.

The multi-million-euro project has returned much of the original character of the avenue that dates from the end of the eighteenth century when it was a favourite place for the



Placing the laurel branch. :: F.P.

people of Malaga for their 'paseo' evening stroll, before modern traffic volumes drove them away.

The work has been sped up for the August holidays, but is only 78 per cent finished, said the city hall, and the outstanding sections should be ready "by Christmas".

Businesses along the Alameda were relieved on Wednesday that the construction workers are moving out after four years of upheaval, which has also been linked to extending the metro line under the north side.

The recently-restored Marquis of Larios statue has also had extra, last-minute pieces added this week. It has a marble image on the pedestal of a baby being held up, in representation of the city thanking him for his good works. However until this week, for many decades the child has been missing an arm as well as the laurel branch it was handing upwards.

The bronze of the nineteenth century industrialist has moved several metres to look straight down Calle Larios, which the Marquis paid for.

## Benalmádena town hall to donate land for construction of a mosque

The town hall is striving for a cosmopolitan municipality and it has previously donated land for the construction of the Hindu temple and the Buddhist stupa

:: TONY BRYANT

**BENALMÁDENA.** Benalmádena town hall has agreed to donate a 2,000-square-metre plot of land to the local Muslim community for the construction of a mosque.

According to the town's mayor Víctor Navas, the new mosque will be an example of coexistence and tolerance among the multiple nationalities that reside in the town.

The town hall has strived to promote Benalmádena as a cos-

opolitan municipality and it has previously donated land for the construction of the Danish, Norwegian and British schools, as well as for the Hindu temple and the Buddhist stupa.

"Benalmádena is an open town, an example of coexistence, tolerance and harmony between more than 120 nationalities and the diverse religious confessions," the mayor said.

There are currently more than 2,200 Muslim residents living in Benalmádena, the majority of whom are from Morocco, Iran, Iraq, Jordan, Syria and Egypt.

The initiative was voted in during the council's recent plenary meeting and was backed by PSOE, Ciudadanos and IU.

The far-right political party Vox voted against the proposal, while the People's Party (PP) abstained from the vote.

## More than 100 fake designer goods seized in clampdown on illegal street vendors

:: T. BRYANT

**TORREMOLINOS.** The Local Police force in Torremolinos have seized more than 100 fake designer T-shirts during an ongoing campaign to combat illegal street vendors operating in the town centre and along the promenade. A special surveillance team from Torremolinos and police officers from Benalmádena were involved in the operation last weekend.

The officers observed several vendors offering counterfeit goods to tourists on the beach front between Montemar and Puerto Marina. On

realising they were under surveillance, the hawkers fled the area, but officers managed to apprehend one of the group, who had the T-shirts and other fake designer merchandise wrapped in two blankets.

Torremolinos and Benalmádena town halls have been working together for several years to find a solution to the problem, but legal business owners claim that local authorities are not doing enough to stop the vendors trading. Although the traders are popular with tourists, local shop owners say they give the Costa a bad reputation.

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# Still no trace of missing Romanian mother-of-one, two months after she went missing

The woman's brother believes her partner is behind the disappearance but he insists she has returned to Romania because of debts

by EUGENIO CABEZAS

**ARENAS.** Two months after the disappearance of Dana Leonte from the home she shares with her partner, Sergio Ruiz, in the village of Arenas in the Axarquía, a police investigation has failed to lead to information as to her whereabouts.

Leonte, 31, who moved to Spain from Romania 14 years ago and has a nine-month-old baby with Ruiz, disappeared in June and has had no contact with either Ruiz or her brother, Florin Leonte, who also lives in the Axarquía.

Dana is known to have been "very overwhelmed" having accumulated around 50,000 euros of debt and is believed to have been receiving threats from her money lenders.

However, officers investigating her disappearance are not ruling anything out and members of both Leonte and Ruiz's families have reported that the couple's relationship had had "a number of ups and



Guardia Civil officers at the house in Arenas where Dana Leonte lives with Sergio Ruiz. :: SUR

downs" in the two years they have been together. On one occasion Leonte had reported Ruiz to police for alleged domestic violence; a case which was later shelved by the courts in Vélez-Málaga.

Ruiz has told SUR that he is "very

calm" and has maintained since Leonte's disappearance that she has gone back to Romania by bus as she was "being threatened" by money lenders. Yet her brother has claimed from the beginning that his sister

"would never abandon her daughter" and that he is "99 per cent convinced that [Ruiz] has something to do with her disappearance".

Ruiz has pointed out to SUR that he has been called in to "give statements to the police as a witness" but has "never been detained".

## Hospital staff stage protest following a further attack by a patient on a doctor in A&E

by E. C.

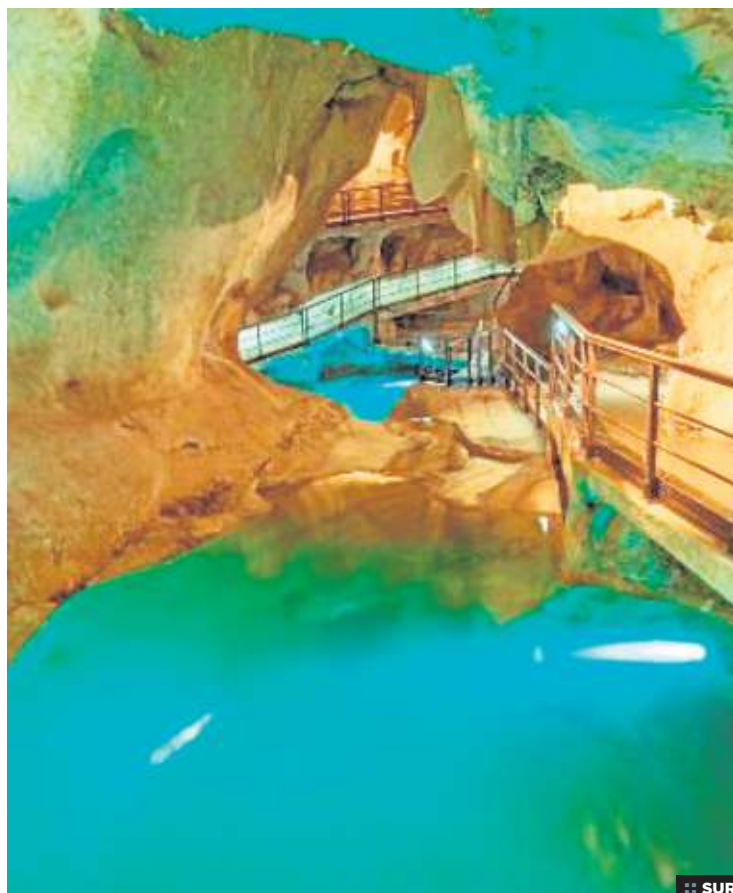
**TORRE DEL MAR.** Staff at the Axarquía hospital in Torre del Mar staged a protest last week following another incident in which a patient verbally abused a doctor, the latest in a growing number of attacks on medical professionals across the province.

The woman tried to force the A&E medic to record their conversation on her mobile phone, which she then claimed she would use in evidence to try to sue both the doctor and the hospital, in the event that the patient did not agree with her diagnosis.



Staff at the hospital. :: SUR

### IN BRIEF



## RECORD NUMBERS AT RINCÓN CAVE

Rincón de la Victoria's tourism and culture councillor, Antonio José Martín, reported a record number of visitors at the town's Cueva del Tesoro on Monday. 1,387 people visited the cave, taking advantage of the free entrance which is offered every Monday. He added that visitor numbers between January and June were up by 33 per cent on the same period last year.

## Bishop moves priest at centre of racist attacks

by E. C.

**BENAJARAFE.** The Bishop of Málaga has agreed to move Father Jesús Ramesh Babu Gudapati from the parishes of Benajárafé, Chilches and Cajiz to Monda and Guaro, following the torrent of threats, insults and xenophobic abuse he has suffered at the hands of a group of local youths.

He will move in September and be replaced by Father José Danilo Moreno Pérez. The situation hasn't improved for Father Jesús, despite a 16-year-old boy being sent to a youth detention centre for six months for his part in the attacks.

## Council must find other venue for this year's feria

by E. C.

**VÉLEZ-MÁLAGA.** Vélez-Málaga town hall met with neighbours' groups and local businesses last week to find an alternative venue for the town's feria, which will take place from 25 to 29 September.

The day fair, which is normally held in the town centre, will need to be moved this year due to the ongoing work to pedestrianise the central Carmelitas square and surrounding streets. The work started in April and has been held up due to the discovery of archaeological remains under the streets.

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# Ten things you can get fined for doing on Costa del Sol beaches

Using shower gel or shampoo in public showers, listening to music without headphones, throwing rubbish on the sand or swimming when the red warning flag is flying, are among the actions which can get you into trouble

ALBERTO GÓMEZ



✉ agalmendres@diariosur.es

**COSTA DEL SOL.** The regional government is looking into banning smoking on Andalucía's many beaches, a measure which has already been approved in other parts of Spain.

But in reality, many of beachgoers' more common habits on the Costa del Sol are already banned under municipal bylaws that regulate the use of these important

public spaces.

Although the majority of town halls will turn a blind eye to some things, these particular offences can carry fines of up to four digits in the most serious cases, such as lighting a fire on the beach without permission.

In summer, when the beaches fill up, it's a good idea to brush up on local regulations to avoid hefty fines or to report disturbing behaviour. Here are some of the most commonly prohibited practices on our coastline.

## Using shampoo or gel in the showers

The showers are there to get rid of sand and salty residue, yet a lot of

people use these facilities as their own showers and even take soaps, gels and shampoos. Malaga city expressly forbids this practice, which can carry a fine, and also specifically does not allow the washing of cooking equipment or the use of detergents in the showers. This is a serious infraction and carries a fine of up to 3,000 euros.

## Listening to music without earphones

Not everyone wants to listen to the latest chart music. It is prohibited at the beach to connect music to a speaker, radio or mobile.

If you want to enjoy your favourite Spotify playlist whilst you tan, it is better to take earphones.



The use of beaches is regulated by bylaws. :: NITO SALAS

Playing instruments, unless approved by the town hall, or using anything that emits sound that could annoy a neighbour on the beach, is banned. Be careful; sound can carry a long way near water.

## Games and racquets

In general, the use of racquets and balls is allowed, but only under the condition that it is not annoying other bathers. In Malaga city, players have to stay at least six metres

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away from others. Torremolinos specifies that these games cannot “disturb the peace” of bathers or those relaxing on the sand. Rincón de la Victoria sets aside a zone for these activities. Marbella makes reference to sports such as surfing, bodyboarding or paddlesurfing, which also cannot be done near other bathers.

#### Hygiene

If you feel you need to go to the bathroom, look for the nearest ‘chiringuito’ beach bar. As well as being disrespectful to other bathers, urinating and defecating on the beach constitutes a serious offence. In Malaga city there is a fine of up to 300 euros.

#### Fires

The rules also cover campsites on the beach, the building of fires, especially at ‘moragas’ (evening beach parties), except with permission, as usually requested at San Juan. It is also forbidden to use cannisters or flammable liquids. Lighting a fire can be punished with a fine of up to 3,000 euros and is considered a serious infraction. The use of grills to cook is also not allowed.

#### Not using the rubbish bins provided

It is perhaps the most obvious infraction, yet, probably, the most common habit of all. Taking care of public spaces is the responsibility of everyone, but every day the beaches are full of bottles, food re-

mains, ice-cream wrappers and containers. On the majority of beaches in the province it is considered a mild infraction, but the constant recurrence of rubbish being discarded on the beach increases the severity of the problem; it is better for everyone to look for a nearby bin.

#### Animals

More and more municipalities, such as Fuengirola, Benalmádena, Casares or Torre del Mar, are setting up beaches for pets, but the presence of animals continues to be forbidden on most of the Costa del Sol. The municipal bylaws do allow, however, guide dogs accompanied by a blind or visually impaired person.

#### Reserving places

The classic strategy of going out at the earliest opportunity in the morning and putting out umbrellas and sunbeds to reserve spaces is not allowed by various town halls, such as Torrox or Benalmádena. In some cases, the Local Police monitor the coast and remove beach items meant for reserving spaces.

#### Fishing

Malaga banned fishing on the shore and submarine fishing during bathing hours, from ten in the morning until nine at night, some years ago, although shellfish catchers have permission to catch clams from five in the morning until midday.

#### Going in the sea when the red flag is flying

Fining bathers who go into the sea when the red flag is up is one of the historic demands from lifeguards, who are the ones put in danger when this situation occurs.

Each summer, the increase in the number of rescues opens the debate about the possibility of town halls sanctioning those who disobey these rules. The regulations that govern the municipal beaches such as Estepona or Rincón de la Victoria already consider fines, varying from 300 euros to 3,000 euros for those that ignore the orders of lifeguards.

#### What do you think?

Do you think the rules are too strict, or could they be a lot tougher? What are your experiences this summer of other beachgoers? If you have an opinion, we want to hear from you.

Email: [surinenglish.su@diariosur.es](mailto:surinenglish.su@diariosur.es)

If you feel the need to go to the bathroom, look for the nearest ‘chiringuito’ beach bar

Taking care of public spaces is the responsibility of everyone

#### IN LOVING MEMORY OF JOHN YOUNG

(Second Hand John Estepona)

Who passed away of heart failure on August 12th

You'll be forever missed

Elaine, Michelle, Ian, Tony and Michael

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# Strikes loom at Ryanair over closure of Canaries bases

Spanish-based staff are against the airline reducing its presence on the islands, and the action comes on top of planned UK pilot stoppages

■ SUR

**MADRID.** Spanish-based cabin crew at Ryanair have carried out their threat and announced planned strike action for several days in September. As yet, it is not known which flights into Spain from other countries would be affected. The planned dates are; 1, 2, 6, 8, 13, 15, 20, 22, 27 and 28 September.

The crew want to strike over Ryanair's plans to close its aircraft and crew bases at Tenerife South and Las Palmas airports on the Canary Islands. Tourist industry leaders on the Canaries have also expressed their concern at the decision as the airline handled 3.7 million passengers across the two airports in 2018. This number could fall if the base is closed, but it would not mean that routes would be axed, according to the airline.

Tenerife hoteliers said that the closure of the bases, "could cause prices



Ryanair passengers could face industrial unrest soon. ■ EFE

to go up". Norwegian also said earlier this year that it planned to close its Canaries bases, before reversing its decision. The islands have been suffering extra competition recently from stronger markets in Turkey and Greece, with arrivals falling seven per cent year-on-year in June.

Sources believe that Ryanair may reverse its decision and that it is looking for marketing subsidies with public money to continue.

Ryanair is also studying closing

its Girona base in Catalonia, blaming a delay in delivery of Boeing 727 Max aircraft, which have been held up in the recent safety scare.

Ryanair's UK-based pilots are also planning strikes on 22 and 23 August and 2-4 September over working conditions. Flights operated to the UK by Spanish-based flight crews would likely be less affected, and passengers were advised this week not to change travel plans in case strike action was cancelled.

## Only one in five young people earn enough to move out by the time they are 30

■ EDURNE MARTÍNEZ

**MADRID.** Precarious job contracts and lower salaries in Spain since the world financial crisis have brought on a change in lifestyle among the younger part of the population. People are now having their first child two years later than in 2018, up from 29.3 years of age on average to 31 years nowadays.

And the official data also shows that only 20% of people under 30 have managed to become independent financially and live on their own. In Andalusia this figure falls to 17%, less than one in five.

The findings were part of a trade union report published for International Youth Day this week.

Spain has one of the highest ages in Europe at which young people start to earn enough to not need help. This was said to be because of the weak relationship between improved training and salary increases.

Although the current generation "is the best qualified ever", those in their 20s entering the world of work face salaries lower than 20 years ago, according to Pablo Trapero of the Union Sindical Obrera trade union.

The majority of young people work in the service sector which has the most precarious working conditions.

"It doesn't mean anything that there are more people with degrees in technological jobs if the market wants employment linked to services; the government needs to invest more in research and development."

The union also warned in its report that the birthrate was dropping. A woman in Spain now has on average 1.25 children, down from 1.4 in 2008. The amount needed to maintain the population is 2.1, last achieved in 1980.

Other data published says that the worst age range for young people out of work is 16 to 19 years, where 46.3% who want work cannot find it. Four in ten unemployed in Spain are under 35.

THE BIGGER PICTURE

JEREMY BLATCH

✉ jb@ehh.gi

## ARE BONDS REALLY SAFER THAN STOCKS?



**C**onventional investment wisdom and modern portfolio theory both hold that fixed interest securities (bonds) are safer than equities (stocks). Most advisors will recommend to increase exposure to bonds with the investors age and to reduce risk. Careful study of the bond and equity markets shows that this conventional wisdom is not as absolute as the professional consensus would have us believe.

Professor Jeremy Siegel of The Wharton School of Finance in his classic 'Stocks for the Long Run' makes the case that stocks have in fact been less risky than bonds over the long term. When comparing the best and worst case after inflation returns for stocks, bonds and treasury bills (short term paper) from 1802, stocks are unquestionably riskier than bonds or treasury bills over one- and two-year periods. However, in every five-year period since 1802, the worst performance of stocks, -11.9%, was only slightly worse than that of bonds and bills. Over ten years stocks handsomely beat bonds and, if extending the holding period to 20 years, stock returns have never fallen below inflation, while bonds and bills have fallen several times by three per cent below the inflation rate. The worst 30-year return for stocks remained comfortably ahead of inflation by 2.6% per annum being the total average return on bonds.

Bonds cannot continue to provide returns in decades ahead as they have in the past. As interest rates have fallen, bondholders have benefited from previous high coupons

(interest) and capital gains when interest rates have fallen (prices move inversely to yields). The result was a real return on bonds of 7.8% pa from 1981 to 2011 - a gain of 1% above stocks.

Today the nominal yield on a 10-year US Treasury is 1.8%. The only way that that bonds could generate a 7.8% real return is if the consumer price index fell by 6% over the next 30 years! A deflation of this type has never occurred in any economy in history. Stocks, however, can repeat their performance of the last three decades.

Over the short term, stocks are riskier than fixed income assets. It may appear riskier to accumulate wealth in stocks rather than bonds but over long periods of time, for investors with the goal of increasing purchasing power of their capital, the exact opposite is true! The safest long-term investment has clearly been a diversified portfolio of stocks. One of the greatest mistakes that investors make is to underestimate their holding period for securities, as they tend to focus on a specific stock, bond or mutual fund. The holding period that is relevant for allocation of capital is the length of time that investors hold any stocks or bonds, no matter how many changes are made to individual positions.

*The author is a member of the Society of Trustees and Estate Practitioners.*

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# More British tourists to the Costa, despite the threat of a hard Brexit

**MATÍAS STUBER**

✉ mstuber@diariosur.es

In the first six months of this year 3.4% more visitors flew into Malaga Airport from the UK than the same period in 2018

**MALAGA.** The possibility of a no-deal Brexit on 31 October does not appear to be affecting British tourism to the Costa del Sol. In fact, the latest figures show that Malaga province is still proving extremely attractive to British tourists and there is no sign of that changing in the future.

The tourist board for the area, Turismo Costa del Sol, has just published its figures for the first half of this year and its expectations for the second half. In both cases, there is a considerable increase in British tourists. Between January and June, the number who flew into Malaga Airport went up by 3.4 per cent compared with the same period last year. For the moment, at least, the Costa del Sol is experiencing another increase in tourism despite the probable divorce pending between Britain and the EU.

The total number of travellers from the UK between January and June 2019 was 1,366,786. In comparison with the rest of the provinces in Andalucía, Malaga also maintains a clear lead. At a regional level, the increase in British tourists was around 1.4 per cent.

For Francisco Salado, the president of the Malaga provincial government and the head of Turismo Costa del Sol, this is a clearly positive sign. "It shows that a possible Brexit is not affecting the numbers of tourists from the UK," he told a press conference.

Salado also spoke about the expectations for the rest of this year. According to the figures, the UK will remain the principal foreign



Tourists outside the Arrivals area at Malaga airport. :: MIGUE FERNÁNDEZ



Francisco Salado at the press conference. :: SALVADOR SALAS

source market for the Costa del Sol. He said he hoped that by the end of the year the number of British visitors arriving by air will have

passed one and a half million for the first time. If this is achieved, the growth in British tourism at the end of 2019 would be 4.6 per

**There was just one not-so-positive figure, as the visitors are not staying quite as long**

cent higher than last year.

## Forecasts

"We are going to continue being the favourite destination for the British," said Salado about future expectations, and he doesn't believe that possible inconveniences which could arise as a result of Brexit, such as stricter passport controls, would put tourists off.

The statistics provided by Turismo Costa del Sol also provided information about other markets and the classic formula prevails: after British tourists, the highest

Malaga airport ended July with a 3.8 per cent increase in passengers

## SUR

**MALAGA.** The airport which serves the Costa del Sol is seeing a continual increase in passenger numbers. The figures for July show that the month ended with 3.8 per cent more than in July. It has also been shown that 2,228,460 travellers arrived or departed on the 15,887 flights at this, Andalucía's biggest airport, last month.

The figures were provided earlier this week by Aena, the airports authority, and they included the statistics for the first seven months of 2019.

Between the beginning of January and the end of July, a total of 11,443,706 travellers passed through Malaga Airport. This was 5.9 per cent more than the same period last year.

In total, there were 84,062 flights to or from Malaga, which was an increase of 4.7 per cent compared with the same seven months of 2018.

The UK has remained the main destination for flights from Malaga, with 667,814 passengers arriving from of heading for airports there.

Germany, with 162,456 passengers registered, and France with 142,614, were the other principal markets for Malaga airport in July.

The busiest day in terms of intensity of traffic at the airport was 13 July, which was a Saturday. On that day 543 flights landed or took off.


The busiest day so far this year in terms of passengers was last Sunday, when 77,757 people passed through the airport on that one day.

numbers of visitors were German, French and Italian.

Despite the optimism shown by the tourism authorities, there was one slightly negative figure which nobody should ignore. British travellers are continuing to holiday here, but the length of stay is reducing, albeit only slightly at the moment.



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# Gran Canaria forest fire is controlled and put out as residents return to their homes

A man from Telde has been released on bail while he is investigated for starting the fire while carrying out some soldering

:: SUR

**LAS PALMAS.** The man thought to be behind the huge forest blaze that has destroyed a large part of inland Gran Canaria since last weekend managed to avoid jail on Tuesday by paying the 25,000-euro bail ordered by a judge.

The 55-year old man is from the Telde area of the island. He is accused of having started the fire through an act of negligence. It swept through 1,500 hectares (15 square kilometres) and forced 1,000 locals from three villages to leave their homes.

It is claimed that the unnamed local started the fire when he was carrying out some soldering near to a house on the open hillside. However, he may not be the only one eventually accused of starting



Flames earlier this week in the centre of Gran Canaria. :: EFE

a forest fire in Gran Canaria in the last week. The Guardia Civil are trying to gather enough clues to find the person who, supposedly taking advantage of the fact that

all fire-fighting resources were being used on the first fire, started another blaze on the island's mountainous terrain near Telde at 10pm on Monday night.

The whole firefighting operation was forced to move to that area and, despite the success of that exercise, a further 160 hectares were destroyed in just a few hours and 50 local residents had to be evacuated. Local authorities have asked for the support of residents in finding the culprit, stating that somebody has been regularly starting a fire in the summer in that second area since the 1970s.

By midweek, the main fire, the first one to start in the centre of the island, was also under control although the more-than-500 emergency workers had to intervene to put out several new outbreaks due to high winds on Monday night and Tuesday morning.

Fourteen firefighting planes and helicopters were used to douse down the fire. By Tuesday the last local residents were able to return to their homes in the mountain village of Tejeda in the centre of the island.

The regional government has said it will work to rehabilitate the damaged area, where trees taking up to 50 years to regrow have burned.

## Plácido Domingo accused of sexually harassing women over three decades

:: SUR

**MALAGA.** Spanish tenor Plácido Domingo has been accused by nine women from the world of opera of sexual harassment.

Associated Press published the statements of the accusers that claim that the Madrid-born artist put pressure on them to enter into sexual relations with him and "punished" them in their careers when he felt rejected.

The incidents are alleged to have started in the 1980s and carried on over three decades.

Domingo, currently head of the opera houses in Washington and Los Angeles, has said that the allegations as presented are inaccurate and that he believed all interactions had been consensual.

## PP grabs control of Madrid region with help of Ciudadanos

:: SUR

**MADRID.** Approaching three months since the regional elections, the conservative Partido Popular (PP) managed to gain control of the Madrid regional government on Tuesday.

PP leader in that region, Isabel Díaz Ayuso, secured 68 votes as opposed to the opposition's 64 votes, by securing the support of the regional MPs of Ciudadanos (Cs) and Vox parties.

Díaz Ayuso has said it will be a difficult term of office, having to balance all the demands of the two other parties written into her investiture agreement.

PP and Cs will share out the regional ministries which have a budget of 22 billion euros in total.

## Spain to take some migrants from Open Arms

:: SUR

**MADRID.** Spain is one of six European countries that has said it will take some migrants from the rescue ship of Spanish-run charity, Open Arms. Those on board continued to wonder on Thursday afternoon when they could dock at the Italian port of Lampedusa. Despite resistance to docking from the Italian government for the last two weeks, on Wednesday a court in Italy said on humanitarian grounds

the vessel had to be allowed in. But coastguards did not immediately let them reach land on Thursday.

Some of the 147 on board had started silent protests as conditions deteriorated this week, and a high-profile visit from actor Richard Gere appeared to have had little effect on politicians. Oscar Camps, head of the charity, said on Wednesday, "There are arguments over a piece of shade, food or the bathroom. There's very high emotional shock."



Hollywood actor Richard Gere on Open Arms. :: REUTERS / OPEN ARMS

### THE EURO ZONE MARK NAYLER

## WHAT TO DO?



believe, though, that the upcoming round of negotiations will be any more successful than the last. Talks broke down before the summer break because Iglesias was demanding important cabinet positions for UP members, such as control of the Labour Ministry, which Sánchez is unwilling to grant.

The PSOE leader's reluctance is

understandable. Not only are the Socialists more centrist than UP on economics, the latter party only possesses 42 seats in congress - hardly enough to justify the possession of weighty ministerial roles (and much less than the PSOE's 123). Iglesias displayed lack of pragmatism when he rejected the last offer that Sánchez made

him, which included the post of deputy prime minister and control of several ministries. If the acting premier proposes a similar deal this time around, UP would be unwise to turn it down. Compromise is key to obtaining a share of national power in Spain.

If talks with Iglesias fail again, Sánchez has to be prepared to look elsewhere for support - something he's so far been unwilling to do. His obvious partner, after UP, is Albert Rivera's centrist, liberal Ciudadanos, with which the Socialists would possess 180 seats in congress - four more than the number required for a majority. Differences over Catalonia currently separate these two parties, but Sánchez's and Rivera's reluctance to resolve them in order to join

forces is baffling. The PSOE leader's task in September will be to convince Rivera that a pact with the Socialists is not a pact with a nutty leftwing force that supports Catalan secession.

Finally, the overarching aim of all these negotiations must be to avoid yet another general election. Spaniards' trust in politicians is at an all-time low and would be further reduced if the current crop fail, once again, to form a government. One of my favourite lines from the UK comedy The Thick of It comes when Malcolm Tucker, the character based on Alistair Campbell, declares that his 'tp-do list' is "longer than a f\*\*\*ing Leonard Cohen song".

Come September, Sánchez's will be just as lengthy.

I wrote here last week that acting prime minister Pedro Sánchez seemed to be the only Spanish politician willing to work through the summer to resolve Spain's political deadlock. I spoke too soon, because on Saturday the PSOE leader headed to Huelva's Doñana National Park with his family for a summer holiday. Skimming over my premature optimism, and before we all disappear into the Malaga feria for a few days of unrestrained hedonism, let's take a look at the tasks awaiting Sánchez at the beginning of September.

Top of the priority list for the POSE leader will be talks with Pablo Iglesias, secretary general of the Socialists' potential leftist ally Unidas Podemos (UP). It's hard to



## LETTERS TO THE EDITOR

## Parking problems

I have lived in Calle Los Gorrones (Fuengirola) since 2002 and love the area very much, however in the last couple of years it has become more like a carpark. I have trouble parking outside my own house as do other residents because the people who live in Calle Purdices for some reason do not use their underground carpark but prefer to park all the way down Calle Los Gorrones.

The other problem is that, due to the reorganisation of the road system in recent years, Calle Los Gorrones has become a major through road and most cars travel at a dangerous speed causing many manhole covers to sink. As soon as they are repaired they sink again after a matter of time.

It is about time that parking in Calle Los Gorrones was restricted to residents either with notices or yellow lines.

LES SPALL

FUENGIROLA

## Dancing

After reading Tom Kirby's letter in SUR in English (August 9th -15th), I feel I must write

in to defend Paul Mrocek.

There is nothing more annoying than arriving early to a concert, getting a seat (which you have paid for) with a good view of the stage and then having to spend the next couple of hours unable to see the performer at all, just staring at someone's backside jiggling up and down in front of you. Yes, you may be enjoying yourself but at someone else's expense.

Tom, I envy your 74-year-old mum being able to dance through an entire Pretenders concert: I am not 74 and due to an old knee injury, could not possibly stay on my feet dancing for a couple of hours.

Does that mean that I should stay at home?

Have you ever thought that maybe some of us stay seated because we are unable to dance through a concert?

Surely we also have the right to go and watch our favourite stars?

The bottom line is that it's bad manners, plain and simple, to stand in front of people, blocking their view, people who have come just like you to enjoy an evening of good music.

LYNN HOPKINS

FUENGIROLA

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## Practically impossible

PETER EDGERTON

MUSIC MAKER WWW.E-PETER.COM

Practical people never cease to amaze me. There they all go, with their logical minds, bustling about the place, fixing things. How on earth do they do it? Broken door frame? Hammer, hammer, measure, measure, bish bash bosh. All fixed. Faulty cistern? Flashing spanners, grunt, grunt, grunt, tighten, grunt, grunt, tighten, sigh. Lovely job, good as new. It's nothing short of miraculous how these dudes overcome the challenge of everyday breakages and, what's even more astonishing, seem to enjoy it.

A bloke came to service our air conditioning a couple of weeks back. It took him a full two hours to do, and when he'd finished, the whole system worked beautifully and a lot more efficiently. Except there was this odd knocking noise coming from one of the units,

which, after about thirty minutes of further attention was getting no better. Now, if it had been me at this point, after two hours and a half hours of hard graft, I'd have flung a bag of spanners at the offending equipment, fallen to my knees in despair and wept inconsolably. He didn't. He just kept on a-poking and a-prodding and humming a merry tune (really, he was humming to himself the whole time), until after a further hour of faffing about, the knocking noise was no more. The smile on his face was like that of Kenny Dalglish after scoring a goal. I was envious, not only of his practical skills but also his unbounded patience and the quiet joy he found in a job so well done. I'd still have been weeping uncontrollably.

It must just be a left brain/right brain thing. If someone gave me a box of tools and told me to put it

to good use, I'd probably write a children's song about the contents. So impractical am I, that I honestly thought for years that when using a tablet and wanting to copy and paste, after touching the screen for a couple of seconds to achieve the 'copy' bit, you then had to touch the screen with the exact same finger to complete the 'paste' part. Really, I actually believed that if you used a different digit, it wouldn't work. That's not just being impractical, it's being very dim indeed.

So hats off to all the handy people in the world, with your incomprehensible tools and your universal grunts and your victorious smiles. You have my unmitigated admiration.

Meanwhile, I have to copy and paste this for publication. Any finger combination will do the job equally well, apparently.

IDÍGORAS



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The Bishop of Malaga has announced that Father Jesús Ramesh Babu Gudapati, the priest who has had ongoing xenophobic abuse from a gang of youths, is to be moved from the parishes of Benajárafe, Chilches and Cajiz to Monda and Guaro in September and Father Jesús will be replaced by José Danilo Moreno Pérez. Father Jesús is originally from India, but has lived in Spain for four and a half years and has been in the Axarquía parish for eight months.

While I sincerely hope that the youths of Monda and Guaro are far more respectful than that particular group in Benajárafe, it seems that the Bishop has simply covered the problem with a sticking plaster, rather than finding a real solution. The police for their part have been accused of not responding to the regular calls from Father Jesús who endured both verbal and

physical attacks at the hands of the gang members.

One 16-year-old has been given a six-month sentence in a youth detention centre for his part in the torrent of abuse that Father Jesús has been subjected to in the eight months that he has been the local priest. However, reports suggest that the gang grew considerably in number and spent longer hanging around the church during the

time the priest has been there and up to 30 would congregate (no pun intended) at any one time; far more than those who dare form part of the actual congregation for Father Jesús's services, such was the fear of having to pass the gang to get to the church.

The Bishop's decision to move Father Jesús and the sentencing of one 16-year-old does not tackle the root of the problem. Would more

officers on patrol in Benajárafe have prevented the attacks? Father Jesús reportedly contacted the police in Vélez-Málaga on a number of occasions before any real action was taken and the priest has said that the situation has not really improved.

The Bishop needs to do more than simply move the priest to a new area and parachute a new one in. While the mayor of Vélez-

Málaga, Antonio Moreno Ferrer, did show his support for Father Jesús and condemn the gang of youths, he did not appear to go any further and use his power to really address the problem. According to Father Jesús, the police did go to the church and move the youths on a few occasions, but said that as soon as they had gone, the gang would be back and even more abusive, threatening him again for having called the police.

Whose job is it to really stand up to the culprits and flush out the xenophobia? A sticking plaster might ease a wound, but it is a short-term fix and the wound won't heal completely until it has been treated properly by the right people. Benajárafe's parishioners took a stand and now those in authority need to act to send out a clear and united message of zero tolerance towards any form of racism and xenophobia.

## Sticking plasters

JENNIE RHODES



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# Pools of the past and present

We take a dip into some of the outdoor pools in villages in Malaga province; the ideal way to keep cool at a low cost and in beautiful surroundings

MATÍAS STUBER



DEBBIE BARTLETT



Children about to jump into the pool in Frigiliana. :: EUGENIO CABEZAS



A view of the pool in Alpendeire. :: VANESSA MELGAR



## Almargen

**Prices:** Children 1.50€ and adults 2.50€

**Opening hours:** 12-7pm

**Description:** The pool is fed with water from the Salado de Almargen stream. It is saline water with properties which are good for the skin.



## Comares

**Prices:** Children 1.50€ and adults 2€

**Opening hours:** 10am-8pm

**Description:** Another pool which no longer uses chlorine. This is its first season with salt water. Very extensive opening hours.



## Frigiliana

**Prices:** Children 1.50€ and adults 2€

**Opening hours:** 1-7pm Monday to Friday; 11am-8pm Saturdays and Sundays.

**Description:** The pool has lanes for competitive swimming. It was opened by David Meca.



## Istán

**Prices:** Children 0.50€ and adults 1€

**Opening hours:** 12-8pm

**Description:** An open-air pool 25 x 12.5 metres in size with a splash pool for children. There are lavatories and changing rooms.



## Jimera de Líbar

**Prices:** Free

**Opening hours:** 12-8.30pm

**Description:** Pool in a spectacular setting, surrounded by mountains. Large poolside area and a bar. No charge for entry.

Anybody who has ever swum in an outdoor public swimming pool will surely agree that there is something very special about the experience. Yes, they are all large holes in the ground, painted or tiled, filled with water, but there the resemblance ends. Every outdoor pool is different, and they are nothing like the indoor pools.

Outdoor public pools bring back many happy childhood memories in Spain. After all, few people in those days had a pool of their own at home, so these were important social spaces as well. They only opened for a few months a year, so they are associated with holidays, fun, sunshades, damp towels, freshly-mown grass, the smell of sun cream and a touch of sunburn no matter how hard you tried to prevent it.

Those of us from colder countries also have fond childhood memo-

ries of enjoying ourselves in outdoor pools, but they include elements that nobody from Spain will recognise. Plucking up courage to jump into the water and preparing ourselves for the shock and pain of the cold, for example. The feeling of relief when we went numb, which was the point when we shouted to others teetering on the edge "come on, it's lovely". Blue lips, shivering and the feeling of rough towels bringing frozen skin back to life. But we still loved it.

The people who go to the indoor pools are normally keen on getting some exercise. They are dedicated swimmers, ploughing up and down to do their target number of lengths. Outdoor pools are a different scene altogether.

Some things can't be explained. Scientifically, nobody yet knows why tomato juice tastes better on a plane, for example. Maybe it has something to do with the air pres-

sure. The same applies to a sandwich eaten by the swimming pool. We might turn our noses up at it at home, but it is delicious as part of a poolside picnic. Is it the smell of chlorine in the air? Does it improve the flavour of food?

And of course, some things never change. Every teenager wanted to be the first one into the pool, but it didn't matter how early you got up to be at the head of the queue, somebody always beat you to it.

This sounds as if the outdoor pub-

## Childhood memories of outdoor pools in Spain and Britain may differ, but they are all happy ones

lic pools are a thing of the past, but of course they're not. They are as popular as they ever were and they have numerous advantages. When the beaches are so crowded that there isn't space for a single sun umbrella more, the pools are a peaceful alternative. There is no stress associated with finding a parking space. The country air is pure. The pools are cheap to use or, in some cases, free. Some of them are salt water, so there is no chlorine. Some even have curative properties. Let's take a look at some of the best options in Malaga province.

The outdoor pool in Almargen, for example, has saline water and is one of the most-visited in Malaga province. Comares is also using salt water for the first time this summer, and is the pool with the longest opening hours. In Pizarra, the council has modernised the pool by installing a retractable roof, so it can be used at other times of the

year and not just at the height of summer.

Moclinejo claims to have the bar with the cheapest prices of all those at municipal pools. "Anti-crisis prices," says the sign in large letters.

The pool in Casarabonela is in the upper part of the village and has one of the biggest restaurants. However, when it comes to claims of fame, the municipal pool in Ojén is probably the winner as its visitors include some of the most famous names in indie music in Spain. Every year, during the Ojeando festival, the pool becomes a popular meeting point during the daytime, especially for those recovering from the exertions on stage the night before.

Outdoor pools are not only something from the past. They are very popular in the present and will undoubtedly be so for a very long time to come. "¡Vivan las piscinas!" is what we say.





Fun in the Ojén outdoor pool during the weekend of the Ojeando festival. :: SUR



**Jubrique**

**Prices:** Free for children under 6, 75 cents for 6-12s and 1€ for adults.  
**Opening hours:** 9am-8pm  
**Description:** The council recently finished a modernisation of the outdoor swimming pool and it now has new infrastructure.



**Moclinejo**

**Prices:** Weekdays 2€ and 4€ at weekends.  
**Opening hours:** 12-8pm  
**Description:** The pool has a capacity of 600 cubic metres. There are views of the Montes de Málaga and a bar with 'anti-crisis prices'.



**Pizarra**

**Prices:** 1€ for children and 1.50€ for adults.  
**Opening hours:** 12-8pm  
**Description:** Pool with retractable roof, so swimming is not limited to the summer season. There are evening sessions, when the opening hours are extended.



**Casarabonela**

**Prices:** Free for under-10s and 2.50€ for everyone else.  
**Opening hours:** 10am-8pm  
**Description:** Situated in the highest part of Casarabonela, beside the old Calvario chapel and a bypass.

**Ojén**

**Prices:** 1 euro for children and 2 euros for adults  
**Opening hours:** 12-7pm  
**Description:** Pool in a lovely setting. Famous as a place to relax during the Ojeando festival. It is apparently a good place to recover from a hangover...



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## IN THE FRAME

# "All I wanted to do was play a few songs, and look where it's brought me"

**"H**e sounds like a lawyer, looks like a hippy and swears like a trooper."

That's how 61-year-old English rocker Rob Sas was once described by an acquaintance, and to be fair, it's quite accurate.

Born in 1957 in Harrow to Polish parents, Rob grew up speaking English with a Polish accent and had to be given elocution lessons when he was seven-years-old, as he was getting a "hard time" at school.

It's a gorgeous day when I sit down to interview him at a bar on the outskirts of Marbella, and any hint of that Polish twang is long gone, replaced by an accent best described as "BBC English."

"I used to be fluent in Polish, but I can still understand it," he says while sipping a cold beer.

Adorned with long hair befitting that of a rock star, Rob runs the Deep Purple tribute band Deeper Purple, as well as The Rob Sas Band, a classic rock cover band.

And as if that isn't enough to keep him busy, he also produces a weekly rock radio show, teaches guitar lessons and manages property rentals.

So how did it all start for the well-spoken English man who has been living near San Pedro since February 2012?

Rob told SUR in English: "I got my first guitar back in 1976 when I was 18. I had some lessons for a few years and then started to teach myself. But I was serious from the beginning."

Rob's first job was in the accounts department at Wall's Ice Cream in Hammersmith. He then went on to work in the family business for many years, dabbling in property investment, rentals and pharmaceuticals, while also visiting schools as a peripatetic guitar teacher.

But in the meantime, his career as a musician grew. "One of the first things that I got quite excited about was when I stood on stage next to Nick Simper, who was the original Deep Purple bassist, that was in Drayton, London in 1993," he said.

"I guested with the band he was in called The Good Old Boys. I remember being quite excited about it as Nick is a lovely guy and now a friend of mine."

"As a result of that I got invited to

join Quatermass 2, which was headed by drummer Mick Underwood, who used to be in Gillan and Straps. Somewhere in the middle of that I was with ex-Status Quo drummer John Coghlan for three years touring the UK and Europe, which was good fun."

Despite Rob's impressive rock resumé, he said that it was since he moved to Spain that his music career has taken off.

He said: "When I moved out in

2012 I was burnt out. I was always teaching and gigging, it was like being on tour all the time without a break and after a while it does wear you out."

Before Rob moved to Spain he was living in Ley Hill near Chesham, but he had a house in Spain near San Pedro for over 40 years.

Asked whether he made the right move in coming out to Spain, he replied: "Definitely."

"Everything made me want to move out here, the weather for one, and the lifestyle. I was visiting many times a year, and each time I left I used to get quite sad about it, but England was driving me crazy, the traffic is horrible, the weather is horrible, so I knew sooner or later I was going to move here. One day I just said I'd had enough."

So in February 2012 Rob moved to the Costa del Sol with his girlfriend,

Jacqui Penfold, who became his wife in 2014.

## Deeper Purple

And it was during his stag do in San Pedro in 2014, that the idea for the tribute band Deeper Purple was formed.

The band's first gig was at Duquesa Castle shortly afterwards, playing to 150 people, which Rob described as one of the highlights of his musical career.

"It was fantastic and there was an amazing atmosphere," he said.

"We were all very drunk on stage and there was a lot of banter going on. We didn't expect anything much of the band. Since then we've been coming back every year."

The band consists of Rob (guitar), Luca Ravase (singer), Phil Crombie (bassist), Joe Orban (keyboard) and Gary Brown (drums).

## The Rob Sas Band

Rob is also the front man of The Rob Sas Band, a classic rock covers band that plays everything from Deep Purple, Led Zeppelin and Whitesnake, to Jimi Hendrix and Black Sabbath. He said: "I started to form that just before I moved to Spain, as I wanted to hit the ground running. It's a great band with a great bunch of guys." The band members are Rob (guitar), Risto Hankala (bass), Andy Mackechnie (drums) and Tony Eriksson (vocals).

Rob also produces his own two hour radio show once a week, that is broadcast on three different radio stations with repeats on two stations: Central FM Spain in Benalmadena, Pure Rock in Canada and ARFM in the UK.

## Career highlights

As for the memories Rob looks back on most fondly, he says it's his time playing with Deeper Purple: "We have achieved so much and I came out here with the view of being semi-retired. But Deeper Purple has gone from strength to strength, and despite me wanting to retire I'm being dragged almost by the ear, to go on tour and to do festivals. I didn't expect that in my older years and I love it very much indeed."

For more information visit [www.therobsasband.com](http://www.therobsasband.com) and [www.deeperpurple.band](http://www.deeperpurple.band).



Rob Sas on stage. :: SUR

## Rock musician Rob Sas came to Spain to semi-retire, but he is busier than ever hosting a radio show, teaching guitar and playing to thousands in gigs across the Costa del Sol

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# An epic night with Jennifer Lopez

**Thousands of fans packed into the Marenstrum Castle Park open-air venue for the Latin legend's only Spanish tour date last Thursday night**

:: ASH BOLTON

**FUENGIROLA.** So you're the most successful Latina singer of all time - selling more than 80 million records worldwide - and you've decided to throw a big concert to celebrate your 50th birthday with only six worldwide venues chosen including Moscow, Saint Petersburg and Tel Aviv.

So where in Spain do you choose to celebrate this momentous milestone? That's right, Fuengirola on the Costa del Sol!

I'm not sure how the town blagged J-Lo's only stop in Spain during her It's My Party tour, but what a coup for Fuengirola.

Her first show in Spain for seven years, you could sense the anticipation ahead of the concert as thousands of fans lined motorway pedestrian bridges and set up camp along the surrounding beach hoping to get a glimpse of the star. Just minutes before J-Lo was due to take to the stage, tickets were still being sold at the stands for 250 euros.

Due on at 10pm, J-Lo walked onto the stage in typical Spanish style — 30 minutes late — then went on to give a high-octane per-



A photo of J-Lo on stage in Fuengirola, taken from outside the venue. :: HUGO CORTÉS

formance for the next hour and 40 minutes.

Looking more like a 30-year-old pop star, the toned singer belted out her back catalogue of hits including Love Don't Cost a Thing, Jenny from the Block and Get Right.

A nice touch was an impromptu singing of "feliz cumpleaños" by the crowd after her first two songs, which brought a big smile to her face.

Sensual, sexy and physically fit, J-Lo put on a stellar performance, accompanied by a battalion of backing dancers, countless costume changes and video clips documenting her rise to fame.

The singer, whose parents are Puerto Rican, gave a bilingual performance in Spanish and English during the show. However, she jokingly told the crowd off for laughing at her bad Spanish on a few occasions. Her daughter Emme,

whose father is Marc Anthony, also joined her mum to sing Limitless with her.

For me, Ain't Your Mama and El Anillo were the highlights and by the time she sang her last song, On The Floor, just after half midnight, it's fair to say most of the venue was indeed on the floor dancing.

## Who is 'Jennie from the Block'?

Jennifer Lopez, nicknamed J-Lo, is an American actress and singer and one of Hollywood's leading ladies.

Born in 1969 to Puerto Rican parents in the Bronx, New York, she was originally a dancer before landing a starring role in the film Selena. She then turned to music and in 1999 Lopez released her debut album, On the 6, which quickly went platinum and sold more than eight million copies worldwide.

Her second album, J-Lo (2001), sold more than 270,000 copies in its first week.

She married salsa star Marc Anthony in 2004 and had twins; but the couple split a few years later.

In 2012, Forbes ranked her as the most powerful celebrity in the world, as well as the 38th most powerful woman in the world.

Her It's My Party tour was her fourth concert tour, and included 32 shows in Canada and the United States, and six international shows, including Fuengirola, which ended with Saint Petersburg last Sunday.

## WHAT FANS THOUGHT

**Ann Helen Lukkien**  
Marbella, from Bergen (Norway)



"I loved the concert as I love her music. She is such high energy and it's cool that she came to such a small venue as she performed for tens of thousands other places in the world."

**Patrick Shakespeare Hill**  
Marbella, from the UK



"The crowd didn't stop dancing the entire concert. J-L is one of the sassiest performers out there and hit after hit kept us all popping our booty. She reminded us all she 'ain't our mama' and she can still turn out an awesome show filled with amazing dance."

**Amy Scales**  
La Línea, from Rotherham (UK)



"I loved the venue; it's got more character than most arenas/stadiums. J-Lo was amazing and I liked that there were songs from her whole career. And it was a good show to watch too with there being several costume changes and lots of dancing."



Expectant fans at the seafront venue before the show. :: H. CORTÉS



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DENISE BUSH



# GARDENING

## Bouncing bet

**Related to carnations, bouncing bet and its cousin tumbling ted, have pretty, scented flowers which attract bees**

*Saponaria officinalis*, commonly called common soapwort, bouncing bet, crow soap or wild sweet William, is a member of the Caryophyllaceae family, of which carnations and pinks are also members.

It is indigenous to the Mediterranean and Asia where it can be found growing wild in rich, moist soils.

*Saponaria officinalis* is an upright, bushy herbaceous perennial up to 1.5 metres tall with elongated oval leaves and creamy white or pink flowers which form in domed clusters. Each flower has five petals which open in the evenings from late spring and release a sweet scent. The flowers stay open for around three days and produce a stronger perfume in the early evenings.

The leaves and mashed rhizomes mixed with water and boiled make a lot of foam and were used as a soap substitute for delicate fabrics and the body. Commercially it is still used in toothpastes and to make soap bars and powder. Its emulsifying properties are utilised in the production of cough syrups, tahini paste and beer (it helps to create a good head).

It needs some shade during hot, summer afternoons and is not drought hardy. Cutting back after flowering will not only promote fresh growth, it will also prevent *Saponaria* from self-seeding. However it is not usually invasive, only where the soil is warm, rich and moist can it become a nuisance.

Propagation is by seed or by splitting the clump and replanting the rhizomes.

*Saponaria ocymoides* is a smaller, creeping version of *S. officinalis* and is especially suited for walls and containers where it can cascade over the edges. Its common name is tumbling ted or rock soapwort and it is a vigorous grower, rather more resistant to drought than bouncing bet.

Both species bloom in the second year from seed and their sweet scented blooms will attract lots of bees and butterflies to the garden.



*Saponaria officinalis* and a close-up of blooms (inset). :: WIKIMEDIA

## READERS' PHOTOS



:: ROZZ CAPLAN

## PARTICOLOURED PORTULACA

Cheerful and low maintenance portulaca plants are ideal for sunny borders and rockeries quickly spreading to form carpets of single or double rose-like flowers. Photo by Rozz Caplan.



:: DIANE DEWHIRST

## EXOTIC CAESALPINIA

Diane Dewhirst sent in this photo of a Caesalpinia and says, "A friend gave me a small seedling and it has improved year after year. It is called Bird of Paradise Tree. Very exotic blooms of yellow with bright pink feathering and a lovely delicate lacy leaf."

## 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](mailto:english@diariosur.es) or send them to SUR in English, Avda Dr Marañón 48, 29009 Málaga, with a caption and a few words of explanation. Alternatively, you can send them to us via Facebook ([surenglish](https://www.facebook.com/surenglish)) or Twitter ([@SUR\\_English](https://twitter.com/SUR_English))

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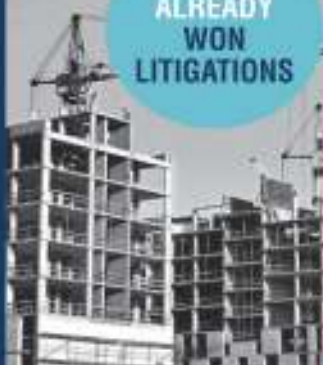
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REVIEW  
GEORGINA OLIVER

## TOO PERVERSE FOR WORDS

'Perversity. Femmes Fatales in Modern Art (1880-1950)' is the Thyssen's summer crowd-puller

**B**efore catching a plane for 'Borisland', aka my native Blighty – where the current 'politainment' kink consists in whipping up no-deal Brexit worst-case scenarios, the hardest hitting the better... – I nipped into the Museo Carmen Thyssen, for a quick peep at its hot-sounding summer offering: a temporary exhibition focusing on Modern Art's fascination for 'lethal ladies', which stops the clock at 1950.

Perversidad? Hmm, I wondered, looking at its saucy scarlet-hued Suzanne Valadon poster... Doesn't naming a show 'Perversity. Femmes Fatales in Modern Art (1880-1950)' smack a wee bit of post-Me Too 'wokitude'? All too conveniently, this historical overview of the representation of women, both on canvas and as artists, holds back on the brink of the second half of the 20th century, just as the fun and games

were about to start.

What could be more 'pervectly' representative of the Swinging Sixties than Jane Birkin and Serge Gainsbourg's scandal-raising hit, "Je T'aime... Moi Non Plus"? If there is a Perversidad II scheduled at the Thyssen, it will have to include a Dali and a Picasso, as a nod to the artistic reference behind it. The "me neither" in the title famously alludes to a remark the surrealist provocateur made about his rival, Pablo Picasso: "Picasso is Spanish, me too. Picasso is a genius, me too. Picasso is a communist, me neither."

Perfectly in tune with a fashion trend that has been described as the "new modesty" (in a long-

sleeved, crew-necked dress, worn with matching crimson lipstick), the Thyssen Museum's artistic director, Lourdes Moreno, exposes the "paradigm shift" underlying her three-part curatorial proposition, in a video featured on the Museo's website, kicking off with the advent of the femme fatale...

According to the show's curator, during the 19th century, painters drew inspiration from mythological, biblical and literary themes in order to depict female models in what she describes as a "negative" light, as "accursed beauties" or "Queens of the Underworld", and she attributes this sexist demonisation to fear of growing social protest and awareness among underprivileged women.

Moreno points out that the adjective 'perverse' has two meanings in Spanish: on the one hand, to cause harm deliberately, on the other, to rock the boat of established values. Gradually, astride of the 1920s and 1930s, female empowerment emerged. The third and final part of this 71-work world-class display spotlights the 'New Woman' of which Coco Chanel is an archetypal symbol.

To list the big names incorporated in this irresistible scholarly appraisal would be 'kinda perverse'. To deny its voyeuristic appeal, even more so... Catch it while you can!

**MUSEO CARMEN THYSSEN**  
'Perversity. Femmes Fatales in Modern Art (1880-1950)' is a temporary exhibition at this gallery located in Malaga's historic centre (Calle Compañía, 10). Until 8 September. Entry 10 euros.

## PET CARE

PETER HARRISON



## Keeping pets safe in the extreme heat

"History never repeats itself. Mankind always does," said Voltaire. How true that is and irresponsible animal owners never seem to learn. Every year we hear the same story of pets being left in cars in hot weather.

Owners get fined but that does not help the poor animals who had suffered for hours in an oven-like car.

There rarely is any intentional cruelty. "I was only going to be a few minutes," is the phrase we hear so often but the few minutes have turned into half an hour and the pet is suffering.

The fact that the well-intentioned owner had considerably parked the car in the shade no longer applied and what was cool shade is now hot sunshine.

I admired the owner of a block of shops with a car park who had placed a sign saying "If you leave your pet in this car park in sunshine I will

break your car window, take your pet and call the police."

Make a point of not taking your pet in your car in hot weather, air con or no air con. If you must take the pet because the vet is some way off, or you need them to be kennelled, then do the journey in the early morning and go straight there.

Leave the windows slightly open. Take a bowl and a bottle of tap water kept away from the heat (animals do not like warm water although, of course, there is always the exception). Water differs in animal's taste so it is better to take the water to which he or she is accustomed.

Do remember this in the coming months. We humans can control our activity, can go to the fridge to get a drink, move out of the sun when we choose. Our pets rely on us. Do not let them down.



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CHARLOTTE  
WAY



WHAT HAPPENED TODAY?

16 AUGUST 2017

Bomb blast precedes Barcelona attacks

The explosion destroyed ammunition designed for calculated massacre, resulting in a more primitive method of terrorism the following day

On 16 August 2017, an explosion in Alcanar, Tarragona, foreshadowed the horror which was to unfold the following day: the attacks on Las Ramblas and Cambrils shook Barcelona to the core, and it was only in the aftermath that police pieced together the connections between the two events.

Emergency services were called to Alcanar, 200km south of Barcelona, at 11.27pm, after a blast tore through a house in the residential area of Montecarlo de Alcanar Platja. The house was reduced to rubble, and the explosion could be heard from miles around.

The bodies of two men were

thrown by the blast: 22-year-old Youssef Aallaa and 44-year-old imam Abdelbaki Es Satty, later discovered to be ringleader of the terrorist cell and mastermind behind the monstrosities to occur the following day. Emergency services attended to another six injured. Little did they know they had stumbled upon a bomb laboratory; canisters of butane and propane and 200kg of explosive materials, suicide vests and grenades were later found at the scene.

The Alcanar headquarters had been occupied by the terrorists as squatters. Es Satty, described as a “bad influence” by Ibrahim Aallaa, father of two involved, groomed the men using 34 videos of jihadist propa-



Cell members making an explosive belt. :: AFP



The house in Alcanar was completely destroyed by the blast. :: EFE

ganda. In the month of August, 148 calls were made to members of the cell by Es Satty alone.

The blast in Alcanar scuppered the terrorists’ plans. Spanish newspaper El País reports that a more sophisticated attack had been planned for 20 August, with possible targets being Camp Nou and

the Sagrada Familia Basilica. The prepared explosives were all destroyed in Alcanar, however, and so the cell resorted to a more rudimentary form of rampage. Recordings of telephone calls made by the group on 17 August reveal the change of plan.

At 4.50pm on 17 August, 22-

LANGUAGE  
FOOTNOTE

Estallido	Explosion
Ataque	Attack
Escombros	Rubble
Cadáver	Dead body
Cabecilla	Ringleader
Bombona	Canister
Granada	Grenade
Sede	Headquarters
Imán	Imam
Célula	Cell
Yihadista	Jihadist
Blanco	Target
Explosivo	Explosive
Furgoneta	Van
Peatón	Pedestrian
Herido	Injured
Salvajismo	Brutality

year-old Younes Abouyaaqoub ploughed into unsuspecting victims as he zigzagged down Las Ramblas in a white van. Eight hours later, five from the cell accelerated an Audi A3 into pedestrians in the seaside town of Cambrils.

16 innocent civilians lost their lives to the brutality of Es Satty’s cell, and more than 130 were injured. Were it not for the explosion in Alcanar, however, the death count could have been even worse.

**Bilingual crossword inside back page**

PLAZA DE TOROS DE  
**FUENGIROLA**

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**REF. S. L. Y.**

My father lived in Spain for a great part of his life, and died recently. Our relationship was not good and we have not spoken for many years. I have been informed that he signed a will regarding his assets in Spain, and designated me as his only inheritor. However, his lawyers have informed me

that he also had many debts, and this fact is worrying me a lot. My question is, if in the event that I accepted the inheritance, I would inherit his debts as well?

No as long as you register that you accept the inheritance with the benefit of inventory (a beneficio de inventario). In other words, you can accept the inheritance with the debts to be covered only and exclusively with the assets inherited. This way, you will not have to meet the payment of the debts with your own funds. This is the perfect option for those who do not exactly know the debts that the testator had.

**REF. N. I. V.**

The president of our community has suggested installing solar panels in the rooftop terrace of the building in order to produce hot water. It seems that all the owners agree with

this, but the problem is that the panels are huge and totally destroy the look of the building. We have been told that in order to approve that proposal all the owners have to unanimously agree and I want to vote against. The problem is that I am not sure if I will be able to attend the meeting yet. Therefore, I would like to know what happens if some of the owners do not attend the meeting when the unanimity is required.

The meeting would be held anyway and the proposal would be voted with the people present. Just one of the attendants needs to vote against to get the proposal rejected, so if you can attend and vote against, the proposal would be automatically rejected. If no one votes against, the absent owners could challenge the decision during a period of three months after the meeting. If no one challenges it during that period, the decision would be approved.

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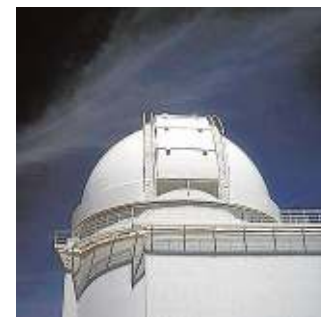


## DISCOVER ANDALUCÍA



Thanks to its characteristics, much of Andalucía is ideal for stargazing. :: T.A.

### QUICK GUIDE



**Calar Alto.** The three domes house several telescopes of high optical quality.

**Sierra Nevada.** This observatory in Monachil has two telescopes in Nasmyth configuration, measuring 1.5 m and 0.90 m in aperture.



**Observatorio Andaluz de Astronomía.** This observatory is situated in the village of La Pedriza, 8 kilometres from the town of Alcalá la Real.

**Torcal de Antequera.** Next to the visitor centre, this observatory is built some 1,200 metres above sea level.

# Starry-eyed in the Sierras

JAVIER ALMELLONES

### SIERRA MORENA

This mountain range, to the north of Andalucía, is home to 57 towns, announced as Starlight destinations and reserves by Unesco.



**T**he Perseids meteor shower and the full moon are just some of the attractions to be enjoyed by astronomical tourism in the Andalusian summer.

The region, as a result of its orographical characteristics and geographical location, has many spots perfect for stargazing.

With the cloudless skies of August, perfectly equipped facilities, and small businesses and institutions eager to reveal the secrets of both this galaxy and others, it is very easy for couples, families or friends to enjoy an educational night out.

Some locations are especially ideal for this type of activity, due to their little light pollution and their altitude above sea level. Andalucía is particu-

larly privileged in this respect. The Sierra Morena and the Sierra Sur de Jaén, next to more than 60 towns, form part of an exclusive group of destinations boasting international Reservas Starlight certification, an honour awarded by Unesco.

In the case of the Sierra Morena, this declaration covers a total of 57 towns in the provinces of Huelva, Seville, Córdoba and Jaén, amounting to more than 400,000 hectares in which stargazing conditions are unbeatable. The Starlight reserve is home to half a dozen natural parks: Despeñaperros, Sierra de Andújar, Sierra de Cardeña y Montoro, Sierra de Hornachuelos, Sierra Norte de Sevilla and Sierra de Aracena and Picos de Aroche.

As for the Sierra Sur de Jaén,

the towns of Alcalá la Real, Alcaudete, Castillo de Locubín, Frailes, Fuensanta de Martos, Martos, Valdepeñas de Jaén, Jamilena, Torredelcampo and Los Villares all form part of this Starlight reserve.

In addition to the locations mentioned, the Sierra de los Filabres (Almería) and the Sierra Nevada (Granada), among others, also boast certification as Starlight destinations.

These two natural areas pride themselves on their reputable astronomical observatories. The Centro Astronómico Hispanoalemán de Calar Alto is found in the town of Gérgal, in the northern part of the Almería Sierra province.

The observatory has three domes which house several telescopes, of sizes ranging

from 1.23m to 3.5m in diameter (the largest telescope on the European continent).

The Observatorio Astronómico de Sierra Nevada is found in the town of Monachil (Granada). Located almost 2,900 metres above sea level in the setting of the Loma de Dílar, in Sierra Nevada, the observatory is recognised as the highest in Europe.

During the months of July and August, both observatories open their doors to the public. Visits can be organised by booking in advance.

However, there are many more opportunities to enjoy stargazing in observatories across Andalucía. In the province of Málaga, you can visit the Torcal de Antequera observatory; in Seville, the Cerro del Hierro observatory (San Nicolás del Puerto); in Córdoba, Llanos de Espiel; in Huelva, the Ermita de San Bartolomé (Alájar); and in Jaén, Control de la Cabrera (Marmolejo), just to name a few.





Brunchit is one of the businesses taking part. :: FRANCIS SILVA

**The app aims to sell leftover food from restaurants and hotels at reduced prices**

**Some businesses are offering surprise food packages containing a mixture of surplus foods**

cover costs, but you go to bed with a very good feeling," she stresses.

At Brunchit, pizzas and focaccias are their main sellers and their clients tend to be students and university students with a very European mentality.

"This project serves to raise public awareness and to help the environment, since food is precious and should not be thrown away" explains the manager.

Mario Ruiz, head of Stop&Sushi, sells the remaining sushi trays at reduced prices at the end of each day, and he agrees with Lydia.

"We almost always sell all the trays every day because it is a top quality product, we cannot save any leftovers for the following day because of the rules governing food hygiene," he says. In his case, he explains that this service also allows has a social aspect to it, because thanks to the reduced prices he is able to reach clients who cannot normally afford a sushi tray.

"It is true that for us this is an extra sale, but it also serves to avoid throwing away food that can benefit many families".

#### Surprise packages

Too Good To Go explains that businesses offer surprise packages because they never know what food is going to be left over every day. In fact, the establishments themselves can vary their daily number of packages depending on the demand they have experienced.

"If a customer has reserved a package and at the end of the day the business has nothing left over, they get their money back instantly," they say.

In the same way they explain that their objective is to continue growing and reach hotels and supermarkets (some already offer immediate products at a lower cost). Oriol Reull, director of Too Good To Go in Spain, explains that food waste is already the third largest source of CO2 and that his main challenge "is to make food produced equal to food consumed, therefore minimising the environmental impact".

By way of comparison, he says that "saving a single loaf of bread is equivalent to saving the CO2 emitted by a car after travelling a kilometre".

# Thirty shops and restaurants in Malaga unite to combat food waste

**JUAN SOTO**

@JJSotoT



## EARTH MATTERS

The businesses are offering their daily leftovers of food at reduced prices through the app Too Good To Go in order to avoid excessive amounts of waste

**MALAGA.** In a country where eight tonnes of food are wasted every year, mainly due to surpluses in the hospitality sector, around thirty shops and restaurants in Malaga have joined the 'Too Good To Go' movement against food waste. Now, thanks to the development of a mobile 'app' that works in nine countries around the world, the leftover food no longer ends up in the bin but in the hands of consumers, who can buy the leftover produce at reduced prices.

This environmental protection movement was born in Denmark in 2016, where several friends decided to create a platform and make it available to shops and restaurants after seeing how much food was thrown away at the end of a party.

Carlos García, who is one of the

heads of the company in Spain, explains that on the application there are many fruit shops, bakeries and restaurants, although the app is open to any type of company that has surplus food, such as hotels or supermarkets.

#### Too Good To Go in Malaga

In Malaga they have been operating since last May and already offer several different types of products to customers thanks to geolocation. The function of the app is very simple: customers access the business that interests them and then they receive a surprise pack that the store or restaurant will deliver shortly before closing time. The packages will be made up of leftovers from the same day and customers will benefit from a much lower price, around a third

of the retail price.

Although details are not listed by province, the company says it has 400,000 registered users and about 1,300 establishments nationwide. Since it launched last September, it claims to have saved about 200,000 meals.

"Our intention is that customers make use of the food, not wasting what can be eaten, just like our grandmothers did," summarises Carlos García.

The businesses that have already joined this initiative value the possibility of reducing the surplus of food each day. Lydia Nieto, manager of Brunchit, a business with several stores in the city centre, explains that they were "very sorry" to have to throw away food in perfect condition, so the implementation of this app put their minds at ease that they are not wasting product.

"When you prepare food you never know if it's all going to sell or not, so at least we now know it's not going to end up in the bin," she explains.

#### European mentality

This businesswoman acknowledges that hotel and catering businesses tend to throw away between three and five percent of their product every day, so it would be important if all bars and restaurants were to join this innovative business project.

"I think everyone should do it; the money you charge doesn't





## The refreshing Valencian drink that took Madrid by storm

Horchata was one of the greatest gastronomic 'booms' of the nineteenth century and popularised the tiger nut milk across Spain

by A. VEGA PÉREZ DE ARLUCEA

**MALAGA.** Many Spaniards will remember drinking glasses of chilled Valencian tiger nut milk during the summers of their childhood. The refreshing drink perpetuates a unique Hispanic tradition that became a national symbol and summer obsession.

It was Jaime I de Aragon (1208-1276) who brought an ancient drink called 'ordeate' (or perhaps ordiata, ordiate, orgeate or orzata) with him into Valencia. The word comes from Latin 'hordeata' meaning 'made with barley'. Barley water was a popular drink in Roman times and during the Middle Ages it was attributed with refreshing, analgesic properties and was believed to increase milk secretion, which is why it was recommended to breastfeeding mothers. Ordiata, soaked and squeezed barley grains, appear in three recipes in the oldest culinary manuscript in Spain, the fourteenth-century Book of Sent Sovi, accompanied by other vegetable milks such as oat and almond.

These were sweetened with honey or sugar and cooled with snow, the first popular soft drinks, a category to which over time would be added the aloja (water, honey and spices) wine lemonade and numerous horchatas based on different seeds and



In the 'horchateria', an illustration from a magazine in 1907. :: R. C

fruits. As the method for making these drinks was the same as for making barley water, all the vegetable milks were called 'horchata', whether they were made with melon, pumpkin or sesame seeds, rice... or tiger-nuts, of course. The tiger nut had been introduced by the Arabs from Africa and once acclimatised to the Valencian climate it too became one of the 'horchateables'.

In 1800 tiger nut milk was already popular in Madrid, made seasonally by Valencians who, during the cold months, ran shops selling matting or turrón. As soon as the weather grew warmer, they turned their shops into frozen tiger nut milk stalls. The development of the ice industry and the growth of the population of Madrid, with its corresponding sweltering summers, led to a growing popularity of tiger nut milk and the emergence of numerous horchaterías. So

much so, that in 1895 there was almost a plague of them among the elegant establishments in Madrid.

The horchata, whatever the quality, was drunk by all classes of society: "The horchata, instead of a beautiful cream tone, will have a suspicious bluish shade; but it will be frozen horchata and the bell hops, the servants, rascals and the beggars will satisfy their sweet tooth and be cooled", affirmed Galician writer Emilia Pardo Bazán in 1897, who said that no matter that the idea or the raw material were Valencian, tiger nut milk was best known in the streets of Madrid. "In the opinion of intelligent people, tiger nut milk, in its native land, Valencia, is far removed from the horchata made in Madrid. Some attribute it to the water of Lozoya; others to the sugar but in my own opinion nowhere is it better than in Madrid".

ANDREW J. LINN

## OLD BLOGGERS NEVER DIE



Most of the blogs on the Web are in English, and when anyone searches for 'the best wine blogs', for example, thousands of pages are laid bare. But who writes these blogs? After all, it is an unpaid occupation and in many cases the blogger in question is offering the benefit of a lifetime's experience of some aspect of the fascinating world of wine. There are of course 'professional' blogs, like that of José Peñín, Spain's No 1 wine reviewer, but of course this free offering is a sprat to catch a mackerel and is intended to make you buy his books and wine guides.

How far bloggers actually exert any influence on their chosen world depends of course on the number of followers they have. The attraction of blogging is the opportunity of having a free ride as far as expressing any sort of opinion is concerned, and while it is tempting to float the idea that controversy attracts readers, it is actually the blogger's depth of knowledge on their subject that clinches the deal. The most famous bloggers are definitely not household names, for example, Huda Kattan (24 million followers) and Cameron Dallas (20 million). The absolute key to blogging success is to be totally frank and sincere. Many bloggers, particularly in the world of gastronomy, are unable to offer impartial

reviews because they have eaten free at the restaurant or received wine samples from a bodega.

A blogger who can never be accused of partisanship is Paula McLean, whose blog, <http://jerez-xeres-sherry.blogspot.com/> focuses on sherry and other wines from Andalucía. Paula, who is Scottish by birth and a Mijas resident, was brought up in Cadiz and is acknowledged as a leading expert on sherry. She refreshes her blog daily by reviewing at least one wine (paid for by her). Recently Paula had a mild stroke, which, although not impairing her writing skills, may reduce her tasting programme. As she just wrote, "There is no doubt that my condition was brought on by excessive wine consumption, so from now on I intend to drink less quantity and more quality".

### WINE OF THE WEEK

#### Marqués de Irún

There are hundreds of white wines from Rueda made with the Verdejo grape; all are dry with fruity overtones, and all are cheap. It is said you will never find one that does not make for pleasant drinking. This one is as good as any at €6.25.



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## EXHIBITIONS

**Rooted in Gibraltar**

**Gibraltar.** Until 30 August. John Mackintosh Hall.

Tamara Shaw opens her exhibition in Gibraltar. The abstract realism exhibition features large canvas pieces, oil paintings and collage rope works, with sailing as the underlying theme.

**Victorian Spain**

**Ronda.** Until 31 August. El Museo Unicaja Joaquín Peinado.

'A vision of Victorian Spain' is the theme for this exhibition which consists of around 75 works by 20 British artists (including John Philip, Edwin Long, John Bagnold Burgess, John Haynes Williams, Robert Kemm and Edwin Roberts) who painted romantic landscapes of Spain in Victorian times.

**Granada Mi Aire**

**Estepona.** Until 31 August. Patio Top Garden Furniture, Carretera A7 163- Urb El Pirata.

Andalusian landscapes focusing on light and power.



Sholeh Abghari, Marbella.

**Francisco Benzal**

**Estepona.** Until 29 August. Casa de Las Tejerinas. Tues-Fri 9am-9pm, Sat 10am-2pm, 3pm-7.30pm. Free entry.

An exhibition of Estepona-born Francisco Benzal's artwork. 20 works of art will be featured.

**Sholeh Abghari**

**Marbella.** Until 30 September. Calle Ricardo Soriano 72.

Sholeh Abghari Art Gallery is a contemporary art gallery which supports and promotes both the established and emerging artists from Iran and around the world. The present exhibition includes contemporary works by Iranian artists. <https://sholehabghari.com/>

# Malaga packs out for its summer fair

This year's feria is the longest ever, running until next Saturday

:: SUR / LUCY NEWBY

**MALAGA.** The huge annual Malaga fair, which launched on La Malagueta beach on Wednesday night, will see thousands flocking to the city from far and wide until next Saturday, 24 August.

The famous fair started with a 18-minute-long firework display on Malagueta beach, opened by actress Aldelfa Calvo. Thursday morning then saw the traditional procession and floral offering to the image of the Virgen de la Victoria, patron saint of Malaga.

The festivities, which will pick up pace this weekend, will take place at the fair's two main locations: the fairground on the western edge of the city and across the city centre's several squares (Uncibay, Merced, Mitijana, Las Flores, del Obispo and San Pedro de Alcántara, as well as Constitución, which will be home to a San Miguel bar, this year's sponsor).

Activities in the city centre, including close to a hundred musical performances, will take place each day from 12pm until 6pm, although bars with official permission will be able to stay open an hour longer. The fairground will be open from 12pm each day with many of its establishments staying open until 6am.

The municipal auditorium, which is located in the fairground, will also host various events this year, with performances from the likes of Manolo Sarria and Toni Zenet.

These celebrations date back to 1487, when the Catholic Monarchs (or 'Reyes Católicos'), Isabella and Ferdinand, conquered the city. It has since become a much-anticipated and loved event, with this year be-



Revellers in traditional dress in front of the city hall. :: SALVADOR SALAS



The opening fireworks display. :: F. SILVA



A packed-out Plaza de la Constitución on Thursday. :: SUR

ing the longest ever.

**Preparations**

The start of Feria de Málaga, the biggest summer fair in southern Spain, marks the culmination of months of intense preparation by local authorities, bar and restaurant staff and entertainers. Hotels in the city are expecting 95 per cent occupancy for the first weekend with figures remaining especially high throughout the ten-day period.

New rules for this year's event were announced last week governing the behaviour of fair-goers, which included covering torsos around the city centre, the increase in security cameras at the fairground and restrictions on the use of electric scooters.

In addition to this, the city hall has launched, for the fourth year, its "No Means No" campaign designed to protect women at the feria.

Malaga's transport services

have also been bolstered for the celebrations with extra shuttle buses connecting the centre to the fairground until 4am and the metro staying open until 2.30am.

The fairground is also accessible via the coastal Cercanías trains (from Fuengirola and Álora) which stop at Victoria Kent, a short walk from the entrance 'door'.

The complete programme for this year's fair can be found at <http://feria.malaga.eu>

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**L-Atitude Marbella.** *El Soto de Marbella Restaurant/Clubhouse and Palm Beach, Ban Thai Marbella, C/Gregorio Marañón.*  
A diverse art showcase put together by 'Uncooked Culture', a global artists' community with over 100 artists residing in 15 different countries. The exhibition also brings together local artists on the Costa del Sol. Some of the artists are self-taught, others trained artists in the mainstream contemporary art sphere. Curated by Thai-British artist-founder of 'Uncooked Culture', Chutima Kerdpitak (Nok).

**El Pinto de los Toros Estepona.** *Until 15 August. Casa de Las Tejerinas.*  
Exhibition of the work of Italian painter Roberto Montanari. His work is characterised by Spanish landscapes, and more specifically Andalucía, with a great passion for bulls.

**SEAONE. Retratos. Marbella.** *Until 22 May 2020. Museo Ralli Marbella.*  
The temporary exhibition is by Galician-Argentinian artist Luis Seaone.

**Fiftieth Anniversary of the Lunar Landings Mijas Pueblo.** *Until 30 September. Mijas tourist office.*  
An exhibition to commemorate the landing on the moon in 1969.

**The Beatles and the Rolling Stones Mijas.** *Until 1 September. Casa Museo de Mijas.*  
The exhibition captures the magic of the bands when they were still young and relatively unknown. The pieces in the exhibition come from the private collections of Jerry O'Neill and Gered Mankowitz as well as some photographs by the great photographer Baron Wolman.



Luis Seoane, Marbella

**The Russian museum Malaga.** *Edificio Tabacalera, Avda Sor Teresa Prat.*  
The annual exhibition is entitled 'Santas, reinas y obreras. La imagen de la mujer en el arte ruso. La Mirada Lateral' by Emmanuel Lafonte can be seen on the staircase to the exhibition rooms and is on display until February 2020.

**Intrinsic Journey Malaga.** *Until 8 September. Edificio Tabacalera, Avda Sor Teresa Prat.*

'Intrinsic Journey' is a photographic exhibition by Dmitry Lookianov.

**Libras y Decisivas Malaga.** *Until 8 September. Edificio Tabacalera, Avda Sor Teresa Prat.*  
'Libras y Decisivas. Artistas Rusas Entre Tradición and Vanguardia'. A look at the rapid modernisation of Russian society at the beginning of the 20th century and its consequences in society.

**Colección Gmurzynka Malaga.** *Until 8 September. Edificio Tabacalera, Avda Sor Teresa Prat.*  
'Colección Gmurzynka' is a collection of the work of Polish-born artist Antonina Gmurzynska who showed a profound interest in Russian art of the early 20th century.

**Centre Pompidou Malaga.** *Permanent Exhibition.*  
'Utopías Modernas' is an exhibition reflecting the historical events that have defined our time and fed the imagination of modern and contemporary artists. Until 15 September is Con Ojo! is an interactive installation for children.

**Fundación Unicaja Malaga.** *Until 29 August. Sociedad Económica Amigos del País.*  
The exhibition is called 'Tesoros Ocultos. Una muestra de la colección de Francisco Martín Sáenz e Hijos' and is a collection of 28 distinct pieces by artists such as Denis Belgrano and Enrique Simonet, among others.



Performers at the festival. :: SUR

# Gastronomy and culture at the Three Cultures Festival

**FRIGILIANA.** The Festival of Three Cultures in Frigiliana celebrates the peaceful co-existence of three religions (Islam, Judaism and Christianity) in the village during the Middle Ages.  
The event starts on 22 August with concert at 10pm and a fire-work display with lasers and animations. The festival itself takes part in the pretty streets of

the village and includes a large medieval market with stalls selling crafts, jewellery and food. There are also workshops and children's activities, a tapas route around the restaurants and bars and theatre performances and film screenings.  
Around 35,000 people are expected to attend the event which goes on until Sunday 25 August.

**MOVIE LISTING**  
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From Friday 16 to Thursday 22:  
15:30, 22:30

From Friday 16 to Thursday 22:  
15:50, 18:10, 20:30

From Friday 16 to Thursday 22:  
15:50, 19:00, 22:00

From Friday 16 to Thursday 22:  
16:00, 18:00, 20:30

From Friday 16 to Thursday 22:  
20:00

Programming and schedules subject to last minute changes due to unforeseen causes

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## EXHIBITIONS

### 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.



### Imagination Museum

**Malaga.** Permanent exhibition. Calle Martínez Campos 13, Soho. Toys, drawings, contraptions and sets which play with science, the senses and how we perceive things

### 'Neighbours IV'

**Malaga.** Permanent collection. Centro de Arte Contemporáneo, Calle Alemania. Works by local Malaga artists are on display in 'Neighbours IV'. Many different techniques and subjects are included.

### Guitar legacy

**Malaga.** Museo Interactivo de Música Málaga (MIMMA). The museum is exhibiting instruments, documents and tools belonging to the Domínguez family.

The workshop of Francisco Domínguez Valderrama and then his son José Domínguez García, was the last of the Malaga school of guitar makers which was started in the seventeenth century. They carried on the legendary Casa Lorca tradition making guitars, lutes and bandurrias (a type of lute).

### Museo de Nerja

**Nerja.** Until 25 August. Plaza de España. Nerja. Artistic group Visuel brings together 10 of their contemporary artists for their exhibition 'Underground', where all of the artists work in Triptych format.

### The Ecomeninas

**Malaga.** Until 25 August. Muelle Uno. Sculptures of the meninas made from recycled glass fibre and decorated with designs by local Malaga personalities are touring Spain and will be in Malaga until 25 August.

### Les Chant des Morts

**Malaga.** Until 13 October. Casa Natal de Picasso. The exhibition consists of works created by Picasso to illustrate Le Chant des Morts by Pierre Reverdy.

### Bruce Nauman

**Malaga.** Until 1 September. Museo Picasso Málaga. Rooms, Bodies, Words is the title of the exhibition of around 100 works by contemporary artist and sculptor Bruce Nauman.

### Max Ernst Historia Natural

**Malaga.** Until 13 October. Carmen Thyssen Museum. Free with ticket to visit the museum. An exhibition of 34 works by surrealist painter Max Ernst.

### Carmen Thyssen Museum

**Malaga.** Until 8 September.

'Perversidad. Mujeres fatales en el arte moderno' features women artists who invaded spaces that were previously out of bounds to them or restricted.

### Henry Moore

**Malaga.** Until 28 September. Museo Jorge Rando. 'Stonehenge' is the title of a series of 15 engravings that make up this exhibition by the famous artist and sculptor Henry Moore between 1971 and 1973.

### Banksy The Art of Protest

**Malaga.** Until 15 September. La Térmica. The exhibition is La Térmica's most ambitious to date and includes iconic series such as the portrait of Kate Moss in the style of Warhol's Marilyn, The Bulldog and serigraph of the series Girl with Balloon.

### Lego exhibition

**Malaga.** Until 22 September. Muelle Uno, Malaga Port. The biggest exhibition of Lego models in Europe including an 11-metre-long replica of the Titanic, characters from Lord Of The Rings, the Statue of Liberty, Sydeny Opera House etc.



Lego models, Malaga

## Recreating the music and ambience of the iconic 80s

■ TONY BRYANT

**BENALMÁDENA.** The municipal auditorium in La Paloma park in Benalmádena will host a special tribute concert that will recreate the sounds and ambience of the 1980s pop music scene on Friday, 30 August. The three-hour concert will present celebrated Spanish band Green Covers, who are currently touring Spain with a show that pays tribute to some of Britain's most-admired alternative pop groups.

The Valencia-based group are renowned for authentically recreating the live shows of U2, Depeche Mode and The Cure, using a combination of meticulously-engineered sound and stunning visual effects. The band has been together for five years and in that time they have acquired a cult following.



Green Covers will perform hits of iconic British rock bands. ■ SUR

Green Covers are currently on a summer tour that will take them to Barcelona, Seville, Granada, Córdoba, Madrid and Toledo.

The Benalmádena show, which begins at 9pm, is organ-

ised by BigM Promotions and the town hall and is expected to attract a large crowd so reservations are advised.

Tickets cost 20€ on the door or 14€ in advance or online at [www.costadeldisco.com](http://www.costadeldisco.com).



### Galería Luz de la Vida

**Cómpeta.** *Until 30 August. Calle Laberinto 15 Bajo.*  
The exhibition includes art works by Leanda Jaine, Sandra Costello, Nanon Morsink, Lieuwke Loth and Bo Arenander.  
[www.galerialuzdelavida.com](http://www.galerialuzdelavida.com)

### Summerjoy/Alegría de verano

**Frigiliana.** *Until 31 August. Calle Real 98.*  
The Spanish artist Alberto Tarsicio and Dutch artist Lieuwke Loth exhibit their art.

### Mi Tierra

**La Herradura.** *Until 30 September. Mercado Municipal.*  
An exhibition of around 50 photographs taken by five photographers from the Almuñécar Foto Club.

### Evaristo Guerra

**Rincón de la Victoria.** *Until 30 August. Casa Fuerte de Bezmiliana.*  
‘El Alma de Color’ is the title of this exhibition by Vélez-Málaga artist Evaristo Guerra. It consists of around thirty of his recent works including oils, drawings, prints and serigraphs.

### Artists Network Alpujarra

**Órgiva.** *Until 31 August. Town Hall.*  
The exhibition ‘Tierra Fragil’ is composed of works that highlight the climate crisis including traditional paintings, photographs, 3D work, light installations, and films related to the climate on flat screen TVs.



Summer Joy, Frigiliana

## CHARITY

### Lions charity lunch

**La Cala de Mijas.** *8 September, 12.30pm. Restaurante Valparaíso. 35€.*  
A three-course meal including wine, beer, soft drinks liqueurs or coffee plus canapes and an aperitif on arrival. Entertainment from Laura Elen. Tickets from the Lions Shop or tel: 637185533 / 952485975

### Horizonte Marbella market

**Marbella.** *6 October, 1 December from 10am. Parque de la Alameda.*  
Clothing, toys and electronics, home decor, jewellery and books etc. New and second hand. Funds go towards helping improve the lives of vulnerable people whether suffering from emotional problems or with substance addiction.

### Animals In Distress auctions

**Alhaurín el Grande.** *13 September, 11 October viewing from 6pm. Peña Asfahal.*  
Fifteen per cent commission from each sale goes to AID. Sellers need



Joven Orquesta Provincial de Málaga.

to advise AID (Joe: 626942427) at least 3-4 weeks before the auction and bring the items for logging in between 5 and 6pm.  
[www.animals-in-distress.eu](http://www.animals-in-distress.eu)

### Cardboard Boat Race

**Gibraltar.** *17 August, from 10am. Ocean Village.*  
The RAOB (William Tilley Lodge) Annual Charity Cardboard Boat Race 2019 takes place on Saturday with teams competing in wacky boats they have made out of cardboard. Prizes for winners in various categories. Funds raised go towards Clubhouse Gibraltar Mental Health Support. Star Wars 501st Legion of storm troopers will be in attendance.

### Charity Music Festival

**Puente Don Manuel.** *25 August, from 1.30pm. Scirocco, C/ Venta baja. 10€.*  
Some of Andalucía’s hottest musicians will be performing at the festival of live music. This colourful event will also include side stalls, children’s entertainment, a well being zone, plus a choice of refreshments and street food ranging from BBQ to vegan and vegetarian options. 100€ of the proceeds will go to Axarquía Animal Rescue (AAR) and Refuge Dar Hamoosh (RDH) charities. Tickets: Scirocco, La Tasca bar and Kick Off bar in Torre del Mar, Currencies Direct, Nerja; AAR’s and Sam Pearson’s stall at Trapiche market. Call: 650193777 or email: [axarquia-rescue@hotmail.com](mailto:axarquia-rescue@hotmail.com)

### Cudeca Pop Rock Tribute

**Benalmádena.** *6 September, 9pm. Municipal Auditorium. 10€.*  
The festival will feature performances by bands The Soaks, a 60s and 70s music tribute band; The Silver Beats tribute to The Beatles and Los Remolones tribute to The Ramones. Tickets 10€ in advance or 12€ on the door, available from [www.entradium.com/es/events/musicstory](http://www.entradium.com/es/events/musicstory) or the Cudeca shop in Arroyo de la Miel or Cudeca Centre in Benalmádena.

## MUSIC & DANCE

### Starlite Festival

**Marbella.** *Until 24 August. Canterra Nagüeles.*  
**16 August.** Jessie J. British multi-platinum artists with hits such as ‘Price Tag’, ‘Domino’ and ‘Bang Bang’.  
**22 August.** God Save The Queen. Tribute act reviving all the best hits

of the legendary pop group Queen. Tickets: [starlitemarbella.com/en/](http://starlitemarbella.com/en/)

### Louie Louie Rock Bar

**Estepona.** *Avda Luis Braille. 16 August, 10pm.* Tribute band Blaze perform the greatest hits of Bon Jovi.  
**30 August, midnight.** The Buzz Lovers’ tribute to Nirvana.

### The Wall Bar

**Malaga.** *Hotel Vincci Posada del Patio, 11pm, entry free. 30 August.* Rosa Ruiz & Foky.

### Musical Marbella

**Marbella.** *Until end of August. La Cañada shopping centre. From 25€.*  
Gastronomy, a market, various activities and a series of concerts. Tickets: [www.ciclomusical-lc.com](http://www.ciclomusical-lc.com)

### Age Concern Summer Concert

**Mijas.** *7 September, from 1-6pm. Restaurant Valparaíso. 25€.*  
Age Concern Fuengirola and Mijas annual event. Price includes lunch and a concert by the Jersey Boys. There will also be a raffle. Tickets from: Age Concern Charity shop /club in Los Boliches; Age Concern club in La Cala and Ibex Insurance, Fuengirola.

### Tribute Concerts

**San Roque.** *Admiral Casino. Doors open 9pm. 17 August.* Madonna, Kylie Minogue and Robbie Williams tributes.

### Classical music on the beach

**Torremolinos.** *19, 26 August, from 9.30pm. Playamar beach.*  
The Joven Orquesta Provincial de Málaga will be playing works by composers such as Bach and Vilvadi along with a selection of contemporary pieces.

### Música Con Encanto

**Sotogrande.** *16 August, 8.30pm. Espacio Cultural Osvaldo Lobalzo, Ribera del Marlin, Puerto de Sotogrande. 15€*  
Unexpected is the title of the recital with Angela Escauriaza on the cello and Dámaso Escauriaza playing the marimba.  
[www.musicaconencanto.org](http://www.musicaconencanto.org)

### Rob Sas

**Sabinillas.** *17 August, 9pm. Plaza Los Naranjos.*  
The Rob Sas band will perform classic rock songs from a wealth of artists such as Free, Whitesnake, Deep Purple, Jimi Hendrix, Black Sabbath, Led Zeppelin, AC/DC and many more at the Sabi Street Party.

They will be supported by The Silver Dollar Forgers.  
[www.therobsasband.com](http://www.therobsasband.com)

### V Jazz Festival

**Nerja.** *Hotel Paraíso del Mar. 10pm. 4 September.* Eva Jiménez Quartet

### Music under the grapevine

**Mijas Pueblo.** *Until 21 August, 9pm. Casa Museo. Free. 21 August.* Manu Sonido System. Cumbia, ska, reggae.

### Music in the open-air

**La Cala de Mijas.** *10, 16, 23 August, 9pm. Plaza Torreón. Free. 16 August.* Fran Blanco and Claudia Vega.  
**23 August.** Bohío Flamenco with Adriana la Pimienta.

### Gibraltar National Celebrations

**Gibraltar.** *3 September, 8pm. St Michael’s Cave. £20*  
The European Symphony Orchestra conducted by Denis Vlasenko will be playing Tchaikovsky’s Symphony No 4; Romeo and Juliet Fantasy Overture and the 1812 Festival Overture. Tickets available from Sacarello’s Coffee Shop or the Silver Shop or online: [www.buytickets.gi](http://www.buytickets.gi). Some discounted tickets available for pensioners and students from John Mackintosh Hall. 20072134 or [www.philharmonic.gi](http://www.philharmonic.gi)

### Gibraltar Calling

**Gibraltar.** *7 September.*  
Enrique Iglesias will be headlining the programme of concerts planned for the Gibraltar Calling Festival. Tickets and information: [www.gibraltarcalling.com](http://www.gibraltarcalling.com)

## FLAMENCO

### Acompasao

**Vélez-Málaga.** *16 August,*

*10.30pm. Cerro de San Cristóbal.*  
Rubem Dantas and his trio will be performing 2 August. La Negra and El Panky on 9 August and La Tremendita on 16 August. Free.

### Casa de los Navajas

**Torremolinos.** *21, 28 August, 4 September, 10pm. Calle del Bajondillo. 15€.*  
Flamenco shows by Manuel Roldán. Tickets from the box office or [www.eventbrite.es](http://www.eventbrite.es).

## FESTIVALS

### Festival of India

**Churriana.** *23 August, from 7pm. Hare Krishna temple. Free.*  
The stage performances will start at 9pm with Vedic mantras, Kirtan, lectures, drama and dance, and a classical musical player with sitar, tabla and flute. There will also be stalls with traditional Indian food such as dosas, idlis and Mumbai chaats. There will be opportunities to have henna tattoos and wear a sari, try yoga and mantra chanting and for the little ones, there will be painting and magic shows. Some tables will be selling books, natural incense sticks, traditional jewellery, Indian clothes, etc.  
[www.harekrishna.es](http://www.harekrishna.es)



India Festival Churriana.

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## FESTIVALS

## Fiestas agosto

**Archidona.** *Until 18 August.* In honour of the patron saint of the village, the Virgen de Gracia. The procession starts on the night of 14 August. Day and night fair with music and dancing.

**Benahavís.** *Until 19 August.* In honour of the patron saint the Virgen del Rosario. Day and night celebrations with music and dancing etc.

**Benalmádena.** *Until 18 August.* In honour of the patron saint the Virgen de la Cruz. Competitions for best decorated terraces, patios and balconies, live music, DJs, children's activities, aquatic and sports events.

**Periana.** *16-18 August.* Live music and dancing until the early hours. Foam toboggan slide etc.



Bull run, San Roque.

## Traditional bull run

**San Roque.** *17 August.*

The annual bull run, part of the activities of San Roque's summer festival, takes place on the 17 August. A 500kg fighting bull will run 500 metres through the steel barricaded streets of the town, behind fleeing thrill seekers, to the bull ring. No one is allowed to hurt the bull (it is protected by a local association who run beside it) and is returned to the cattle farm shortly after the event.

## Cuban gastro/cultural festival

**Torremolinos.** *Until 18 August.* Plaza La Nogalera. The Asociación Cubanos Unidos in

Torremolinos are holding a Cuban gastro/cultural festival with live Cuban music and a party atmosphere.

## EVENTS

## International Craft Fair

**Puerto Banús.** *Until 31 August.* Crafts and art etc from all over the world at this international fair.

## Horse races on the beach

**Sanlúcar de Barrameda.** *25, 27 August.*

A tradition that has been running for 174 years takes place again with over 80 horses participating in the races that start in the early evening, when the tide has retreated to its furthest point. Other activities running parallel include a classical music concert.

## Lion King &amp; The Jungle Book

**Malaga.** *24, 25, 27, 28 August.* La Concepción botanical gardens. The Onbeat theatre company will be present an adaptation of The Jungle Book on 24, 25 August followed by The Lion King on 27, 28. There are two shows each night at 8 and 10pm. Tickets: [entradasonbeat.com](http://entradasonbeat.com)

## Trip to Cáceres, Trujillo, Mérida and Guadalupe

**Fuengirola.** *14-17 October.* Various departure points. 319 / 394€ For full details contact Fundación Lux Mundi Fuengirola, C/Nueva 3. Tel: 952474840. [www.lux-mundi.org/](http://www.lux-mundi.org/)

## Trip to Gibraltar

**Torre del Mar.** *19 September, 17 October.* Various departure points. 13€.

Coach trip to Gibraltar. Passports required. Lux Mundi Torre del Mar. Tel:952 543 334 or e-mail: [luxmundi@lux-mundi.org](mailto:luxmundi@lux-mundi.org)

## O. V. FILM

SUR in English advises calling cinemas to check for any last minute time changes. Lunchtime and late night screenings weekends only.

## Cine Albéniz

C/Alcazabilla 4, Malaga. Tel: 902 36 02 95 [www.cinealbeniz.com](http://www.cinealbeniz.com)  
**Once Upon a Time In Hollywood:** 16.30, 19.25, 22.20.

## Cinesur El Ingenio

Avda. Juan Carlos 1, Vélez-Málaga. Tel. 667 77 31 87.

**Once Upon a Time In Hollywood:** 11.50, 17.45.

**Pets 2:** 12.15, 15.50.

**The Lion King:** 12.25 (every day); 17.00, 19.30, 22.00, 0.30 (Mon, Tues, Thurs).

## Cinesur Miramar

Avda. de la Encarnación, Fuengirola. Tel. 952 19 86 00.

**The Lion King:** 12.15, 16.00.

**Once Upon a Time In Hollywood:** 12.15, 16.30; 19.35, 22.45.

**Pets 2:** 12.00, 16.30, 18.30.

**Fast & Furious: Hobbs and Shaw:** 20.30.

**Opera live from Verona: The Barber Of Seville:** 21.00 (Thurs).

## Cines Teatro Goya

For tickets and information call 951196665. [www.cinesteatrogoya.com](http://www.cinesteatrogoya.com)

**Scary Stories To Tell In The Dark:** 20.00.

**The Secret life of Pets 2:** 16.00, 18.00, 20.30.



Concepción Botanic Gardens.

**Once Upon a Time In Hollywood:** 15.50, 19.00, 22.00 .

**The Lion King:** 15.50, 18.10, 20.30.

**Fast & Furious: Hobbs and Shaw:** 15.30, 22.30.

## Yelmo Cines, Plaza Mayor

Centro de Ocio Plaza Mayor, Avda. Alfonso Ponce de León.

Tel: 902 902 103 or visit [www.yelmocines.es](http://www.yelmocines.es)

**Yesterday:** 21.20 (Tues).

**Fast And Furious Hobbs And Shaw:** 16.05 (Tues).

**The Lion King:** 12.30 (Sat, Sun); 21.05 (Tues).

**Pets 2:** 15.00 (Sat, Sun).

**Scary Stories To Tell In The Dark:** 15.55 (Tues).

**Once Upon a Time In Hollywood:** 14.25 (Sat, Sun); 17.30,

20.35 (every day); 23.40 (Fri, Sat).  
**47 Metres Down:** 22.10 (Tues).  
**BTS Bring The Soul The Movie:** 12.50 (Sat, Sun).

## Yelmo Cines, Rincón de la Victoria.

Calle Arroyo Totalán Tel: 902 220 922 or visit [www.yelmocines.es](http://www.yelmocines.es)

**47 Metres Down:** 22.40 (Tues).

**The Lion King:** 22.45 (Tues).

**Once Upon a Time In Hollywood:** 19.50 (Tues).

**BTS Bring The Soul The Movie:** 12.10 (Sat, Sun).

## Yelmo Cines, Vialia.

Centro Comercial Vialia. Tel: 902 220 922 or visit [www.yelmocines.es](http://www.yelmocines.es)

**47 Metres Down:** 15.50 (Tues).

**The Lion King:** 12.50 (Sat, Sun); 17.40 (Tues).

**Once Upon a Time In Hollywood:** 13.40 (Sat, Sun); 19.50 (Tues).

**BTS Bring The Soul The Movie:** 12.05 (Sat, Sun).

## Cinema on the Beach.

Playamar beach. Torremolinos. Free viewing. English sub-titles.

**20 August:** Yucatán (Spanish) 9.30pm

**21 August:** Moana, 9.30pm.

**22 August:** Thor Ragnarok, 9.30pm.



The Rob Sas Band playing at Duquesa Castle. :: SUR

## Live music, food and carnival atmosphere in the streets

## :: ASH BOLTON

**SABINILLAS.** Hundreds of revellers are expected to descend on the annual Sabinillas Street Party this Saturday, 17 August.

The free family event kicks off at 9pm and will see live performances by the Silver Dollar Forgers and The Rob Sas Band.

Party-goers will also get to enjoy a wide variety of dishes offered by the bars and restaurants in the area.

The event is organised by both the Foreigners Department at Manilva town hall and the local

bars in the area, including O'Callaghans, Jameson Spicy Indian Tapas, McGuinness', Cathy's Clown and the Mayur Indian Restaurant.

Danielle Carroll, who runs the McGuinness' Irish pub and is helping to organise the event, told SUR in English: "It's an annual event known as the end of summer party. It's a chance for locals and tourists to have fun, have a few drinks and listen to great music. It's one of the events of the year where the bars in the square work together to create

a fun-filled night.

"It's one of the busiest nights of the year for us like the Full Moon Party or San Juan. So it's going to be a fab night for all!"

Now in its seventh year the event will be held in the Plaza de los Naranjos.

The event starts at 9pm with a performance by the Silver Dollar Forgers and then at 10:30pm The Rob Sas Band will play some classic rock songs until around midnight.

For more information, visit [www.therobsasband.com](http://www.therobsasband.com).

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# Hydration and protection: the keys to keeping your skin healthy in the summer

Exposure to the sun and to external agents can lead to the development of serious dermatological illnesses

## ■ SUR

**MÁLAGA.** Despite the climate of Malaga allowing us to enjoy open-air activities practically all year round, there is no doubt that summer sees an increase in those pastimes which expose the skin to external agents and the sun's rays, both potential enemies of the skin. It is estimated that 80 per cent of skin ageing is triggered by damage caused by the sun, alongside water loss, which increases during the summer months.

It is important to highlight that healthy outer skin is not only necessary from an aesthetic perspective. On the contrary, preventing the harmful effects of the sun, protecting the skin, and ensuring good hydration are key steps towards



Summer climate and lifestyle mean that looking after your skin is even more important than usual. ■ PEXELS

avoiding various dermatological diseases. It is essential to remember that the skin acts as a shield, protecting the body from microbes and external chemicals, in addition to functioning as a purifying system, through which the body gets rid of toxins.

With regards to the sun, the modern-day obsession with showing off a tan, often not taking into account the skin type of the person, can have negative consequences if the necessary precautions are not taken. The face, neck and hands are the areas most exposed to the sun's rays, and therefore often suffer the most.

It is also critical to remember that the skin has memory, and that any damage caused now can have negative consequences in the future. It is therefore crucial not to let down your guard and to establish a daily skincare routine.

In addition to UV rays, during the summer the skin suffers from increased exposure to changes in temperature, wind, use of aggressive and irritant chemical products, perspiration, and prolonged contact with sea water and chlo-

## Dermatological consultations for patients with sun allergies are on the rise

Dermatologists report that photosensitivity caused by the sun's rays is the most common allergic reaction experienced

## ■ ÁNGEL ESCALERA

**MÁLAGA.** The sun is essential for life but, when it comes to sunbathing, it is crucial to take care in order to avoid burns and skin allergies. Dermatologists report an increase in the number of people

turning up to consultations, suffering from various types of allergies directly related to exposure to the sun.

According to Enrique Herrera, head of Dermatology and Venereology at the Hospital Clínico Universitario, and professor in this specialised area at the Universidad de Málaga (UMA), spoke to SUR and said the most common reaction is that of idiopathic photosensitivity.

This allergy manifests itself in two ways, either as an outbreak of heat rash or as a polymorphous

light eruption. People affected suffer irritation and stinging as blemishes, blisters, red stains and scabs appear on the skin. As an idiopathic process (of spontaneous appearance and of unknown causes), the allergy can suddenly appear and then disappear when you least expect it. Experts suspect that this allergy is linked to immunological changes in the body of the person suffering.

"It is important to note the increasing number of cases of allergies and damage caused by the sun. Photosensitivity reactions are quite

common and the reason behind many consultations," explained Doctor Herrera. The dermatology expert highlighted how many cases of allergies caused by photosensitivity are not diagnosed correctly and are confused with a rash or eczema on the skin.

Another type of allergy involving the sun is the photosensitivity reaction triggered by another agent in addition to the sun's rays. On the one hand, phototoxicity can be a factor, causing direct damage to the skin's cells, resulting from a reaction between a substance the patient has on the skin and a medicine they are taking, such as antibiotics, anti-depressants and diuretics. The symptoms include a sharp burning sensation in areas most exposed to the sun: the arms, face, neckline and legs. On the other hand, there are photoallergic problems, related to

a reaction between the sun and something the patient has taken, such as anti-inflammatories. Eczema appears on the skin when sunbathing.

In order to prevent allergic reactions to the sun, photoprotection against visible light is most recommended. Avoidance of sun exposure during the day is advised, and, where this is not possible, clothing with long sleeves and without low-cut necklines is recommended. As for medicine, doctors tend to prescribe corticoids and antihistamines. According to the UMA Professor of Dermatology, systemic antimalarials are used in the case of idiopathic allergies.

In the instance of patients with a chronic sun allergy, phototherapy is prescribed from February onwards, in order for them to get used to light exposure.



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## UV rays, change in temperature, wind, salt and chlorine can make skin rough and fragile

rine. These factors can all result in the body's largest organ losing its elasticity, becoming rough, tight and fragile, and even developing skin diseases, as mentioned above.

Within your daily skincare routine, it is important to incorporate cleaning and exfoliation, since the heat and sweat can obstruct your skin's pores, triggering acne. Using oil-free products is also recommended, from your suncream to your moisturiser. Despite the tendency towards oily skin in the summer, you should not ignore hydration. For this, you can apply balms, creams and serums, adapted for use on every type of skin, especially after exposure to the sun. It is essential to adapt this daily routine



Allergic reactions are just one of many negative effects caused by the sun. :: SUR

depending on your skin type. Brands are increasingly offering personalised products, incorporating different active ingredients to suit your specific type of skin.

Sun cream should be applied in addition to these products, paying attention to not only the factor of protection, but also to the fre-

quency of application.

### Nutrition

Alongside good hygiene and cosmetic habits, a healthy diet is crucial for hydrated and looked-after skin in the summer. It is important to incorporate antioxidants into your nutrition, substances which have the

capacity to protect your body from free radicals which provoke cellular oxidation.

With regards to fruit and vegetables, in order to ensure a higher level of vegetal antioxidants, experts advise us to opt for seasonal products which will have been matured whilst still on the plant, rather than in re-

frigerated storage, thus increasing their nutritional value.

Moreover, numerous studies have confirmed the direct relationship between the renovation of the skin structure and the intake of low-glucose foodstuffs, such as pulses, wholegrain cereals and fresh fruit and vegetables.

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# Five diets with the backing of science

"A diet may go viral but that doesn't always mean it will work," warns nutritionist Rubén Bravo

✶ ELENA MARTÍN LÓPEZ

**MÁLAGA.** Dieting never goes out of fashion. What does fluctuate however, is the popularity of certain diets. In 2018, many varieties went viral, often because they were promoted by famous people or influencers on social media. The Royalty style of diet followed by Meghan Markle; the intermittent fasting followed by Hugh Jackman; the 800-calorie diet favoured by Jennifer Aniston; or the vegan diet which Brad Pitt follows, are just some of them. The question is, are they all healthy and do experts recommend them?

Six years ago, the European Medical Institute of Obesity (EMIO) published a ranking of the best and worst of the year's most popular diets. To learn about their benefits and negative aspects, they consulted about 20 experts in obesity including doctors, nutritionists, dietitians, psychologists, naturopaths and surgeons, and analysed genuine cases as well as scientific studies and recognised classifications such as the annual list produced by the British Association of Dietitians and the American publication 'US News & World Report'.

The EMIO ranking was so successful that since then this guide to the best and worst diets according to scientific evidence is now published annually.

"The fact that one type of diet becomes popular doesn't mean that it works or that it is healthy," warns Rubén Bravo, an expert in nutrition and spokesman for EMIO, who says that methods of losing weight healthily always involve a gradual loss -no more than 1.5 kilos a week and six ki-



Diets constantly come into and go out of fashion. ✶ SUR

los a month - and include all food groups to guarantee that the body functions properly. They restrict amounts of the most calorific foods and help to re-educate nutritional habits.

## BEST DIETS FOR 2019, ACCORDING TO THE EMIO

### 1. Diet with a high density of nutrients

This wins the gold star for diet of the year. It provides proteins with a high biological value, cardio-healthy fats, vitamins, minerals, antioxidants and quality fibre from foods which make you feel full and are free of empty calories. This is combined with a suit-

able control over carbohydrate consumption and avoids simple sugars with a high glycaemic index. The main advantage is that, apart from the carbohydrates and sugars, there are no strict restrictions on foods.

"It is a very effective type of diet which we often recommend to patients, because it can be personalised," says Andrea Marqués, an expert on nutrition, dietetics and gastronomy at the EMIO. It is especially recommended for menopausal or post-menopausal women because it helps the body to use the fat deposits as a source of energy, something which is normally difficult at this time of their lives. The main inconvenience is adapting to the restriction of sug-

ars and saturated fats, which can cause anxiety at first.

### 2. The Royalty-style diet

This is in second place on the ranking. "It is mainly based on eating fruits and vegetables, high quality protein such as free-range chicken, fish such as salmon and tuna, nuts and seeds, while trying to avoid too much gluten," explains Andrea Marqués. It is a type of planning which consists of eating healthily, prioritising certain foods which are beneficial for the health and allowing occasional treats such as a glass of wine, a plate of pasta or something sweet for dessert.

This diet is suitable for any patient as long as they adapt their lifestyle

habits to it and take into account possible health problems, because it helps them to lose weight progressively and it can be followed relatively easily over time. This is said to be the diet that Meghan Markle favours.

### 3. Intermittent fasting diet

Third place goes to this plan which, although it is not new - in some places in the world it has been practised since ancient times for cultural or religious reasons, such as Lent or Ramadan - has recently become more popular. Those who practise it introduce periods of abstinence from solid foods as part of their routine, ranging from several hours to full days. It produces a weight loss of between one kilo and a kilo and a half a week, even if on one day you have eaten a more festive or social meal, because this is compensated by the days or hours of fasting.

It is a diet which can be continued quite easily, or even become a way of life. However, "you do need to be quite disciplined about following the diet and take low-intensity exercise on the days of fasting, such as walking, stretching or yoga," says Carmen Escalada, a clinical nutritionist at EMIO. It is also necessary to eat a balanced diet, because there is no point in fasting if it is alternated with bad nutrition. Celebrities who follow this diet: Beyoncé, Ben Affleck, Hugh Jackman and Nicole Kidman.

### 4. Scandinavian diet

In fourth place, and supported by the WHO, is this diet which has recently been designated one of the healthiest in the world. It is a version of the Mediterranean diet, which has been developed in northern Europe. The main guidelines are to eat vegetables, pulses, seeds, wholegrains, nuts, fish, seafood, red fruits and canola oil in abundance; eggs, cheese, yoghurt and game in moderation; and red meats only very occasionally. It also avoids added sugars, processed foods, addi-

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## Andalusians voted the best in the bedroom for fifth year running

Threesomes are still the top sexual fantasy for young Spaniards, while masturbation with remote-controlled toys gains popularity and is most preferred by women

✶ EFE

As the Spanish song goes, and as the eighth "Young Spaniards and Sex" survey conducted by condom manufacturer, Control, confirms, "para hacer bien el amor hay que venir al

sur" (to make love well you need to come to the south). Andalusians have been voted best in bed for the fifth year running, after receiving 18 per cent of the votes.

The Andalusians are followed by those from the Canary Islands, with 9.6 per cent of the votes, and the Catalonians (9.2 per cent), whilst people from Navarra were voted as worst when it comes to sex, receiving only 1.7 per cent of the votes.

The survey also reveals other interesting statistics. Threesomes continue to be the top sexual fantasy for young Spaniards, although sex with remote-controlled toys has climbed

the table, and is most preferred by women. Four out of ten men said that they would be curious to try it.

With regards to this matter, although 35 per cent of those surveyed reported having used a vibrator at least once, only 6 per cent ticked 'yes' to having used the remote-controlled version.

The study, which carried out 2,000 online interviews of men and women between the ages of 18 and 35, reveals that close to 80 per cent of Spaniards would like to try new sexual positions, although missionary is the favourite for 64.9 per cent, followed by



tives and fast food.

"This is more of a healthy form of eating and a lifestyle model than a diet which achieves rapid results," says Carmen Escalada. The plan, which is suitable for everybody, results in a weight loss of between 500g and a kilo a week, and improves parameters such as cholesterol, blood sugar and hypertension. Its main disadvantage is that food shopping will cost more.

Celebrities who follow this diet: Sigrid Agren, Mathilde Goehler and Mini Anden.

#### 5. Controlled vegan diet

This excludes all foods of animal origin: meats, fish, seafood, eggs, dairy products and honey. Those who follow it don't normally do so to lose weight but as a way of helping the environment, but it can also reduce body mass in a healthy way. It has also been shown to improve parameters such as cholesterol, blood pressure and obesity.

"Because this diet imposes numerous restrictions, it is important to follow it with the support and advice of a specialist dietician-nutritionist," says Carmen. The disadvantages are the cost of shopping and the need to take a vitamin B12 supplement.

Celebrities who follow this diet: Alicia Silverstone, Natalie Portman and Brad Pitt.

#### WORST DIETS FOR 2019, ACCORDING TO THE EMIO

##### 1. The 800 calorie diet

It is monotonous and lacks nutrients, so it is therefore insufficient to maintain the body of a physically active adult. "It is top of the EMIO ranking for the least-recommended diets due to its popularity among women and teenagers and its versatile and chameleon-like character," explains Estefania Ramo, a nutritionist at the Institute. You can lose between five and seven kilos a week, but at the cost of numerous risks for health, such as vitamin and mineral deficiencies, low blood pressure and sugar levels, hunger and anxiety. Those who follow this diet burn fewer calories than normal, as the basal metabolism is reduced, and it encourages a rebound effect.

Celebrities who follow this diet: Kylie Minogue, Renée Zellweger and Jennifer Aniston.

##### 2. The diet of detox teas and slimming coffees

This diet consists of consuming slimming teas and coffees with the aim of losing around five kilos in a week. There is a wide range of products high in caffeine or tannin, in the form of capsules or infusions or based on herbs which are said to have other effects associated with weight loss, such as metabolism activators, appetite inhibitors, toxin eliminators, energisers, laxatives or diuretics, anti-cellulites, fat burners etc.

Although it appears to work in the short term, by consuming fewer calories than the body needs, the reduction would be through losing water, never fat, through the dehydration which could occur by having to urinate more during the day. It can have a major rebound effect and pose a risk to health. In the long term, those following this diet could even end up weighing more than they did before.

Celebrities who follow this diet: Kim Kardashian, Demi Lobato and Gwyneth Paltrow.

##### 3. The blood group diet

This originated in the 1980s and is based on the premise that "some foods may be good for some people but toxic for others". Its followers believe that as well as helping to lose weight, it can prevent illnesses.

According to this diet, every blood group benefits from following a diet determined through evolutionary inheritance. So people with blood group O, which is considered the oldest - although that has recently been disproven - should eat a diet high in animal proteins, typical of the hunter-collector. A vegetarian diet is recommended for blood group A, dairy products for group B and a mixture of the diets for group A and group B for those whose blood group is AB. So far, no scientific study has supported this theory, which experts consider "a miracle diet that tries to cheat people and is based on unproven claims," insists nutritionist Sonia Peinado.

Celebrities who follow this diet: Demi Moore, Kate Winslet and Miranda Kerr.

##### 4. Ketogenic diet or keto diet

This was the most searched-for diet on Google in 2018. Its objective is to lose a considerable amount of weight fast, around 12 kilos in a month. It involves reducing carbohydrate consumption. Limiting the consumption of these macro-nutrients can affect the correct functioning of the body and lead to constipation, diarrhea, asthenia and muscle cramps, among other problems. On the other hand the abuse of proteins, its 'star' nutrient, can lead to an increase in uric acid and raise the probabilities of suffering from gout.

It is considered dangerous for people with cardiac illnesses, because a diet high in fat can compromise the functioning of the heart, and it is not advisable for people with liver problems because they have difficulty in metabolising fats.

Celebrities who follow this diet: Halle Barry, Jennifer López, Megan Fox and Adriana Lima.

##### 5. Diet of nutritional supplements with slimming effects

This produces a series of effects associated with weight loss: suppression of appetite, improved diges-

tion, regulation of blood sugar levels and optimises the metabolism. "It is important to underline that this is based on nutritional supplements which do not replace, but complement, certain things in a diet which is supervised by a professional," says Mireia Elías, an expert in dietetics and sports nutrition at the EIMO. It must be accompanied by healthy eating and regular physical exercise.

Celebrities who follow this diet: Princess Eugenie and Prince Harry both used it before their respective weddings.



Missionary tops the tables as the preferred sexual position. :: SUR

doggy style (51.8 per cent).

As for the frequency, six out of ten reported having sex at least once a week, while 75.4 per cent said that they would like to have it every two or three days.

According to the survey, young people continue to choose the male condom as their preferred method of contraception (59.3 per cent), yet one in every four people only use it occasionally.

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# "I want to compete with the men"

**Marta García is the only Spaniard in the W Series, a motor racing competition for women. "We need this to give us visibility," she says**

**SUSANA ZAMORA**



When we spoke to Marta García her university access exams were coming up and she was doing some last-minute revision before travelling to Misano in Italy for the third race in the W Series, a competition created to help women take the leap into Formula 1 racing which takes place on six European circuits with F3 racing cars.

The maiden edition of this competition drew to a close on Sunday at Brands Hatch and this teenager from Valencia, who wants to study marketing, publicity and public relations, finished up in fourth place overall, after having achieved third and fourth place in the first two races, respectively, and winning at Nuremberg.

**– After a season in the dry dock, what has it meant to you to compete for the W Series?**

– It is very important, because thanks to that I have returned to racing. Until last year, when the W Series started, I didn't know what I was going to do this season. I didn't have anything in sight.

**– Did you consider giving up?**

– Yes, but not because I didn't want



Marta García hopes for a career in motor racing. :: REUTERS

to race. It was because we didn't have the money for anything else. When I finished my last race at the Spanish Karting Championship in September, I talked to my parents about giving up motor racing. Thanks to the W Series I have the chance clock up kilometres. I'm sure something will come up in the future.

**– What sort of money are we talking about, to keep on competing?**

– Joining a team that competes in Formula 4 can cost about 130,000 euros and if you are in Formula 3, then it can be as much as 300,000 euros.

**– The W Series has put back on the table the old debate about whether there should be competitions exclusively for women. Do you think it is an opportunity for women to show their talent, or is it an obstacle to real equality in Formula 1?**

– Rather than discriminatory, as some people think it is, I see it as an opportunity. The W Series is enabling us to compete and gain experience. This championship, which is free, was necessary to give us visibility and show what we can do on the racetrack.

**– And do you think there should be a Formula 1 for men and another for women, as in other sports?**

– No, I want to compete with the men. I want to reach the real Formula 1, the one there is now, the one there has always been. The W Series is a great idea as a trampoline that could lead to a team ringing you or a good opportunity coming your way if you do well.

**– Did you prepare in any special way for this competition?**

– Nothing special. I continued to train at the High Performance Centre in Sant Cugat, as I had been doing until now, in case an opportunity came up. I have intensified my

neck exercises, but you need to be very well prepared physically in general.

**– After being the first woman to take part in the training programme of a manufacturer, the Renault Sport Academy in this case, was it very hard when they dropped you?**

– I can't deny the importance of having been in a junior team, but it wasn't an unbearable blow. Maybe the results weren't as good as they had hoped. I lost an opportunity with Renault, but it's not the end of the world.

**"I control my nerves well"**

**– Why do you think women haven't competed in Formula 1 in recent years, when in other motor sports they have taken giant steps?**

– The biggest problem is that there are hardly any women in motor racing. When I competed in karting, we were just two girls and 90 boys. I hope someone reaches Formula 1 but as there are so few of us it is too much to hope for. This is the big problem, but we also lack support and backing from sponsors who believe in us. We have the ability and I'm sure that one day we will get as far as the men do, and we will do it alongside them.

**– To what extent do the handicap of physical strength and the effort needed at the wheel determine whether women take part in certain categories?**

– In the F4 and F3 championships in which I have raced, I have never found the effort needed at the wheel to be a problem in the half-hour the race lasted. I can cope with it well, but maybe in an F2 it would be more difficult.

**– Have you found any surprises**

## THE CHAMPIONSHIP

### Origin

The W Series is the first competition exclusively for women. It was started by the German firm ITR (linked to the company which manages the DTM, the German touring car championship).

## 18 drivers selected

More than 50 took part in the pre-selection, aged between 17 and 33 and from 30 countries around the world. There were three Spanish candidates, Marta García, Carmen Boix and Carmen Jordá, but only Marta made it to the final 18 drivers.

# 1.3

million euros in prizes, of which 435,000 will be for the winner. The competition, which is free of charge, also gives cash rewards to all 18 drivers who are taking part.

## The car

The cars have turbocharged 1.8 litre engines and smooth tyres. The model is the Tatuus T-318 Formula 3, powered by a four-cylinder in-line engine, a six-speed gearbox and a 'halo' safety device.

## Calendar

This competition took place on the same European circuits as Formula 1: Hockenheim (Germany), 3-5 May; Zolder (Belgium), 17-19 May; Misano (Italy), 7-9 June; Nuremberg (Germany), 5-7 July; Assen (the Netherlands), 19-21 July, and Brands Hatch (UK), 10-11 August.

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All the drivers in the W Series compete in the Tatuus T-318 :: REUTERS

with the controls of the car in the W Series, the Tatuus F-3 T-318?

– No, because I already knew the model, I tried it when I raced in F4. The main difficulty is counteracting the G force when we are racing at 250 kilometres an hour.

– How far are you prepared to go to race in Formula 1?

– I'd like to reach a high category, and if I can't then at least earn a living competing. Weeks before the W Series I started to work with a manager who has a group of investors behind him and if I continue with his support, I'll be able to continue.

– They say drivers are very emotional people. Do you often get attacks of nerves?

– In general, I control my nerves well.

**"The problem in getting to Formula 1 is that there are very few women in motor racing"**

**"The biggest problem is that there are hardly any women in motor racing"**

– What's life like at nearly 300 kilometres an hour?

– At that moment you don't think of anything except the race. You're concentrating on the track and whether you need to correct something.

– What goes through your head during those seconds before you start?

– A lot of things at the same time, usually, especially when I'm feeling nervous, but I try to keep calm and think about what I should do when I start.

– What are you afraid of when you race?

– Nothing, obviously. Otherwise, I wouldn't race.

– In your everyday life, are you as determined?

– No, I'm more timid but I'm starting to try different things.

## Separation by gender, a controversial subject

■ SUSANA ZAMORA

After months of preparations behind closed doors, at the end of last year the bombshell was dropped: the creation of the W Series, a motor racing championship just for women. This opened the debate once again about whether it is a good idea or not to segregate men and women in a male-dominated sport in which the girls are starting to make a name for themselves. For some it is an opportunity for female drivers to show their skill at the wheel, but others see it as an obstacle to real equality and the eternal aspiration of competing equally in Formula 1.

A year ago, British driver Pippa Mann opened Pandora's box. After learning who the 55 finalists were, she posted a strongly worded letter on social media in which she stood up for herself and those who, like her, don't understand the separation from their male rivals.

"In Europe they have decided to take another step towards segregation," it read. "They are spending millions and, instead of spending it on an education system to grow talent, women

drivers are being forced into a situation where the only way they can race is under segregated rules."

Mann knows what she is talking about. She had to move to the USA because there was no place for her in motor racing in Europe.

### "Rarities" in motor sports

After this outburst, the head of the championship, Catherine Bond Muir, responded that women are "a rarity nowadays" in motor sports, but said that with the W Series as a catalyst they hoped "to transform the diversity of this sport, and even encourage more girls to take up professions they had not considered before".

Other Spanish drivers, like Laia Sanz (nine times Dakar champion in the women's category) believe there should be no segregation by gender in sports where men and women have the ability to compete under equal conditions. "There is no reason for it in motor racing," she says. With regard to the W Series, she says that only time will tell whether it is a trampoline to equality or not.

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# Al-Thani: "A lot of clubs are trying to profit from our situation"

The Malaga president this week granted a rare interview to Marca, saying that sales would be completed soon to raise "around 20 million euros"

by **DARYL FINCH / PEDRO LUIS ALONSO**

**MALAGA.** The new Segunda campaign gets under way for Malaga this Saturday and yet the squad is no nearer to completion.

At the time of going to print, Malaga have been the least active side in the division in the transfer market, signing just one player, Shinji Okazaki on a free transfer from Leicester City.

However, the problem lies much deeper than a lack of new players. Two weeks ago, La Liga announced in a statement to agents that Malaga were unable to register any new players, having surpassed the league wage cap. As it stands, Okazaki still cannot be registered and the club is facing a race against the clock to get its affairs in order before the close of the transfer window at the end of the month.

Club president Sheikh Abdullah Al-Thani is conscious of the growing unease around the club with fans directing their anger at him for his inactivity, refusing to sign off on the departures of several players which would have eased the paralysis around the club. As SUR in English reported last week, Al-Thani went on the charm offensive on Twitter (and later in a club statement) assuring those connected to the club that "everything will be resolved soon".

However, this week, he took it one step further, granting a rare interview to Spanish football newspaper Marca.

"I want to make it clear to eve-

ryone that Malaga CF is my family, my blood, and that I'm not here to make money and sell the club to the highest bidder. Malaga CF is not a toy for me. I have other businesses but I'm working 24 hours a day - my phone is never off," he said.

When questioned over his reluctance to sign off on big-money departures for Jony (to Lazio), Javi Ontiveros (to Villarreal) and Federico Ricca (to Bruges), the sheikh's response was: "There are a lot of agents pressuring me to sign off immediately but I'm always looking for better conditions."

However, Al-Thani promised that there would be movement imminently: "It's true that there have been a lot of delays but in the next two days we will complete the first sales and loans.

"There are a lot of clubs out there looking to profit from our situation and are making insulting offers for some of our players. [...] But I believe that from two or three [upcoming] sales, we can bring in around 20 million euros."

In the case of Jony's long-awaited move to Lazio, Al-Thani's lawyers



Stock photo of Sheikh Al-Thani attending a home game. by **ÑITO SALAS**

have been looking into the terms of his contract and believe that the Roman side must pay the player's 12-million-euro release clause if he is to leave. This is because despite him having a clause that allows him to join a top-division side on a free loan while Malaga are in the second tier, his contract with the Blue and Whites will come to an end at the end of the loan deal, therefore allowing him to join Lazio on a free

transfer.

This approach yielded results in the case of the Ricca move to Bruges. The deal only went through on Tuesday after the Belgian side paid a three-million-euro transfer fee.

As for Ontiveros, Al-Thani continues to insist he has received an offer from an overseas club for the winger. He hopes that this interest can help the club to receive a higher fee for who last season was their best player.

## Fan unease intensifies with protests staged outside La Rosaleda

by **P. L. ALONSO**

Malaga fans have decided they have had enough. Police figures officially show that around 400 fans (although it appeared more than double that number) congregated outside La Rosaleda stadium last Friday to demand the departure of club

president Sheikh Abdullah Al-Thani.

Frustrated by developments at the club, especially since relegation last summer, supporters' groups called the protest "against the terrible management and collapse of Malaga CF at the hands of president Al-Thani".



Fans gathered outside the ground with placards. by **SALVADOR SALAS**



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A LOOK AT LA LIGA

ROB PALMER  
Commentator, Sky Sports  
@robbopalmer



# Do your due diligence

**Barcelona and Real Madrid know exactly what Neymar is like; but that doesn't seem to be putting them off**

Any multi-million business deal is dependent on a due diligence investigation, so I wonder just what on earth Real Madrid and Barcelona are playing at?

Neymar is loving being the centre of attention as the two Spanish giants play tug-of-war over the errant Brazilian.

Barcelona must be forgetting the way he flounced off to Paris in 2017, last seen throwing down a training bib in Miami after a juicy challenge from Nélson Semedo. Maybe he's changed?

Well, actually no; he's just refused to go on his current club's trip to China and he's engineered a move away from the French capital.

He can leave PSG with his head held high though, right? Not exactly! He's only started four games since the end of January and in one of those, the cup final, he attacked a Rennes fan to earn a three-game ban. The club have stopped selling his merchandise in the club shops.

The French fans held banners non-too-politely demanding "get lost Neymar". He won't really be lost as he's familiar with the city of Barcelona and has an entourage to help him settle in if his destination is Madrid.

He's not expressed a preference either way. His dad Neymar Senior is overseeing the negotiations. When Junior left the Camp Nou there were still a few vagaries which resulted in both parties issuing lawsuits. That also seems to be forgotten?



Neymar brings with him talent, but also a lot of baggage. :: EFE

Are you getting the pattern? There's always baggage with Neymar, lots of baggage. When he signed for Barça there were suitcases for the thirty people who accompanied him to the unveiling in a private jet.

It also seems that to make the deal happen the coaches must upset and unsettle current stars. Neither president is going to sanction a deal similar to the 222 million euros that changed hands in 2017 so there has to be some swap dealing.

Ivan Rakitić may be upset that he could be a makeweight. A story doing the rounds is that PSG want Philippe Coutinho, Nélson Semedo plus 120 million euros. So there's three players who will be unsettled.

It's the same in Madrid where Isco, Marcelo and Vinícius Júnior may not be too impressed with being suggested as to offset the finance? Gareth Bale and James Rodríguez are used to it.

As Real Madrid haven't signed a true Galáctico in five years Florentino Pérez is eager

to capture global attention with a marquee signing. If he does get his man now how does that make Eden Hazard feel? The Belgian was expecting to be the most coveted acquisition of the summer yet he's completely overshadowed.

Besides, I'm not sure Neymar would actually get into the Barcelona team on merit. Lionel Messi, Luis Suárez and new boy Antoine Griezmann are a formidable force. I have a sneaky feeling they're claiming interest to hike the price up and create further unrest at the Bernabéu.

Before the transfer deadline on 2 September there's a lot of small print to wade through. I'd love to know if there really is a clause that allows him the week off for his sister's birthday. For the past five years an injury or suspension has coincided with her big day. This year 11 March is a week for the Champions League last 16 fixtures, as well as Rafaella's bash.

I'm sure the lawyers will be doing their due diligence and know this, or maybe not?



Youngsters have helped plug the gaps this pre-season. :: GERMÁN POZO

## Malaga heading in to first fixture with just eleven registered professionals

**New signing Shinji Okazaki is unlikely to feature against Racing Santander on Saturday**

:: P. L. A.

**MÁLAGA.** As things stand, Malaga have a tough task facing them as they head to Santander for their first league game of the season against Racing on Saturday.

With a ban currently in place on registering new players, Víctor Sánchez del Amo's side are likely to head in to the fixture without new signing Shinji Okazaki and with just eleven available profession-

als: Munir, Cifu, Luis Hernández (injured), David Lombán, Diego González, Juankar, Renato Santos, Badr Boulahroud, Adrián, Javi Ontiveros and Dani Pacheco. The rest of the matchday squad must therefore be made up of the youth players who have been plugging the gaps throughout pre-season such as goalkeepers Kellyan and Gonzalo, left-back Cristo, midfielder Ramón or attackers Hicham and Iván Jaime.

Familiar faces Iván, Álex Mula and Keidi Bare are, however, eligible to play because despite featuring regularly in squads last season, they still are not on professional contracts.

## Final warm-up game results in narrow defeat to league and local rivals Cadiz

:: P. L. A.

**MÁLAGA.** Malaga's final pre-season preparation game resulted in defeat in Cadiz on Sunday night.

The two sides faced off for the Carranza trophy and it was the hosts who took the lead early on through Caye Quintana's close-range flick in the sixth minute.


Víctor Sánchez del Amo's young side remained within touching distance but were unable to claw back



Keidi Bare under pressure. :: LOF

the equaliser.

The match brought the curtain down on a disappointing pre-season campaign in which the Blue and Whites won just one game and scored just two goals (both from academy players: Hugo and Hicham).



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DELEGATIONS IN MÁLAGA - GRANADA - JAÉN - CÓRDOBA



# Big ambitions for the future of the Andalucía Masters

The tournament's organisers are working on ways to increase the prize money to attract more high-profile golfers

■ ALBERTO GÓMEZ

**MÁLAGA.** The success of the latest edition of Andalucía Valderrama Masters has given its organisers a taste for even more. They are now considering knocking at the door of the American Tour in a bid to attract better players.

At present, the competition forms part of the European Tour, the second biggest in world golf, and no tournament on the PGA Tour is disputed on European soil. However, in Andalucía they are trying to improve the profile of the tournament which would, in turn, attract more sponsors and increase the prize fund.

A larger budget would also allow fixed advanced salaries for certain players which would help to attract

some of the bigger stars of the sport, to complement the likes of Sergio García and Jon Rahm who competed last time out.

This is an ambitious objective, but the organisers of the Andalucía Masters want to take the tournament forward. The agreement reached with Estrella Damm as principal sponsors guarantees the presence of the tournament on the calendar for at least the next four years. However, changes to the PGA Tour

**A larger budget would allow for fixed advanced salaries which will help to attract the big stars**

**The date for next year's tournament is still up in the air with the Olympic Games affecting scheduling**

next season as a result of the Olympic Games have caused problems for the European Tour. Cutting a week out between the US Open and the British Open, which would only be separated by three weeks, comes in addition to the incorporation of the World St Jude Invitational during the first week of July. As a result, there won't be any space for the Andalucía Masters in the summer and it could instead be played from 28 to 31 May - dates compatible with the calendars of golfers such as García or Rahm.

The tournament has excellent potential and aims to become one of the competitions in the Rolex Series, which requires a minimum of seven million euros in prize money and for which nearly 40 points for the world ranking are up for grabs - criteria which are very attractive to golfers.

The tournament's prize pool already rose this year to three million euros and has ambitions to continue growing - a dream that could soon materialise and that would establish the tournament as one of the largest sporting events in Spain.



Sergio García was one of the most outstanding stars at the most recent edition in June. ■ SUR



■ MIGUEL FERNÁNDEZ

## SPAIN PUT ON A SHOW IN MÁLAGA

Basketball fans in Málaga have enjoyed hosting their national team in the last week as Spain played two games as part of a friendly tournament featuring Côte d'Ivoire, Congo and the Philippines as part of their World Cup preparations. The Martín Carpena arena hosted all of the clashes, including Spain's 79-62 and 96-64 victories over Côte d'Ivoire and Congo, respectively. Despite defeat, Unicaja's Deon Thompson put on a notable showing in front of his home fans, scoring 14 points for the Ivorians.

## Spanish winners in both finals as the World Padel Tour Mijas Open draws to a close

■ AGENCIES

**MIJAS.** There were Spanish winners as the World Padel Tour's latest stop in La Cala de Mijas concluded on Sunday.

Hispano-Brazilian duo Ale Galán and Pablo Lima came out on top of the men's final of the

Cervezas Victoria Mijas Open 2019, the tenth round of this year's WPT, using their greater experience to see off Coki Nieto and Javi Rico - the youngest pairing to reach a final (7-6).

For their part, Alejandra Salazar from Madrid and Ariana Sánchez from Catalonia, the number two pair in the world ranking, beat Paula Josemaría from Extremadura and Ana Catarina Nogueira from Portugal in the women's final.

It was a close match but Lima and Galán maintained their unbeaten record as a pairing (seven), winning 6-4.

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**Kitchen** page 53  
**Removals** page 54 & 56

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THE STARS




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The urge to get ahead at a fast pace is apparent this week. Some would say that this is not before time. Others will wonder why you have revisited this particular plan.




**Pisces**  
February 20th - March 20th  
Because of something that you achieved in the past you are now being admired. It's never too late to make the most of this.




**Aries**  
March 21st - April 20th  
A personal risk that you took in recent months now provides a reward. With so much on offer it may be hard to choose, especially socially.




**Taurus**  
April 21st - May 21st  
The main challenges come where money and romance get mixed up. Taking a practical approach is hard when fun is involved. Worn to a frazzle? Well, you don't seem to mind!




**Gemini**  
May 22nd - June 21st  
This week make a point of getting as healthy as possible to avoid potential trouble. After all, there is much to be dealt with at the weekend!




**Cancer**  
June 22nd - July 23rd  
Involvement in an outdoor plan could take you away from home this weekend. Make sure that loved ones get out and enjoy themselves too.




**Leo**  
July 24th - August 23rd  
A plan hatched some months ago may need changing. If some practical points need tweaking you could actually save some money! A favour given will bring you luck at the weekend.




**Virgo**  
August 24th - September 23rd  
Early romances were all a bit hit and miss but you made some great friends. One of those now turns up with a special message.




**Libra**  
September 24th - October 23rd  
Good news from abroad may see you tweaking holiday plans. Stay away from times when travel could be disrupted, though. When attending any important social event, give plenty of time.



**Scorpio**  
October 24th - November 22nd  
Another week of changes which by now, you should be getting used to! Much of the time you may be tied to the wishes of others but, if you keep a flexible outlook, all should run smoothly.

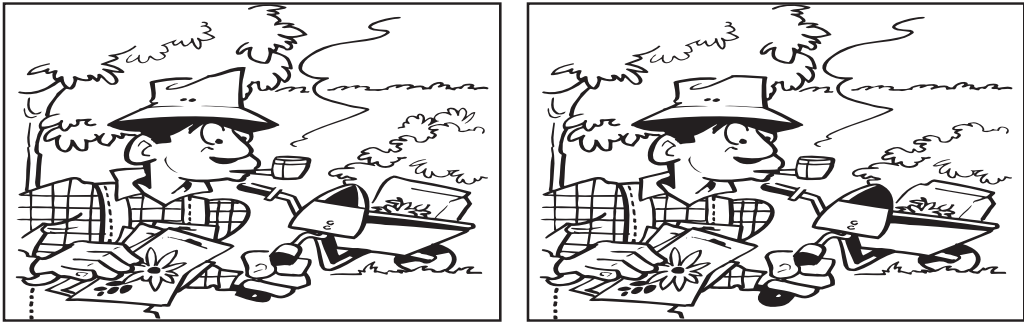


**Sagittarius**  
November 23rd - December 21st  
It is hard to tear yourself away from the exciting company around you. Coming face to face with a stranger, you hear information that is hard to ignore, indeed, it needs to be acted upon.

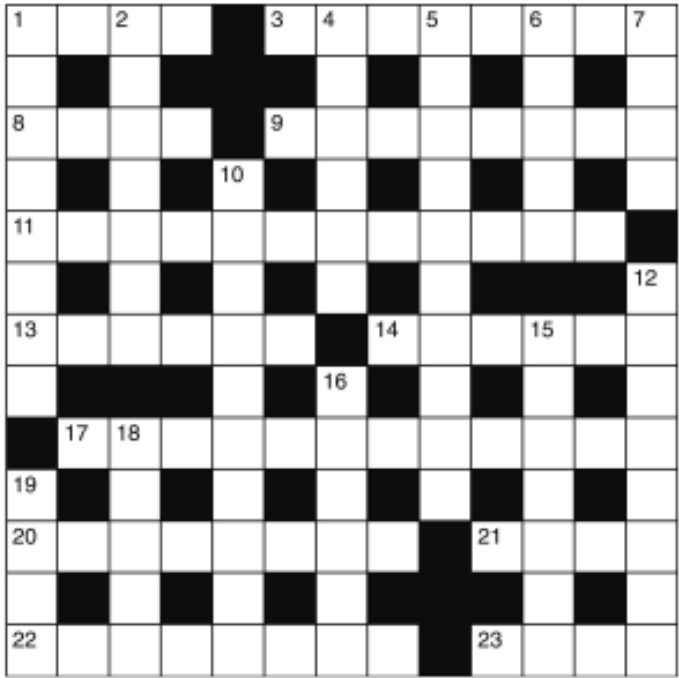


**Capricorn**  
December 22nd - January 20th  
Who is trying to get closer to you? Maybe they have been held at arm's length for too long? A solution is close by. The answer lies in the hands of a small friend.

THE SEVEN DIFFERENCES



CRYPTIC CROSSWORD N° 11371



- Across**  
1 Conceal skin (4)  
3 They go on a ship and live in (8)  
8 I had the French doing nothing (4)  
9 Status before election, possibly (8)  
11 With cheerfully buoyant ghosts well up the mountain? (4-8)  
13 Complete order in tree (6)  
14 Take no notice of one rig (6)  
17 Therefore an attacking player from now on (12)  
20 Any white causing an obstruction (2,3,3)  
21 One bit of marshy ground reverts to desert (4)  
22 These horses can hardly be free (8)  
23 Part of car produced in ancient city (4)
- Down**  
1 Strengthen number in layer (8)  
2 Put in darkness to give pleasure? (7)  
4 Complete group leaving healthy (6)  
5 Not getting a drink during the race because drink supply almost gone (7,3)  
6 Formerly, lie about banished person (5)  
7 Herb of wisdom? (4)  
10 No normal poacher would take it! (7,3)  
12 Course taken by chief will need bigger letters (8)  
15 Alternatively, a Conservative shows the art of speech-making (7)  
16 A matter of a very loud tune (6)  
18 Former art given an uplift in addition (5)  
19 500 and 100 identical - a record! (4)

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

6		3	1		9		5	7
			5					
9								3
1		7			6	2	3	
	6		4		2	8		
5				6				9
	3	2		9				
					8		7	





THE WORDPUZZLER

A	C	H	U	C	K	L	E	N	D
S	H	A	P	R	E	A	N	D	A
M	E	L	S	O	N	I	G	E	L
O	T	A	T	E	T	H	L	O	A
S	C	R	O	M	R	A	I	V	U
A	H	C	N	O	Y	B	C	A	R
V	E	L	Y	A	B	L	A	K	E
O	R	E	A	L	A	I	R	T	N
I	M	A	M	A	R	L	O	N	E
D	O	N	S	A	K	L	L	O	R

**Can you identify the first names of the entertainers listed below, all born in the 20s?**  
  
1. Bacall  
2. Curtis  
3. Berry  
4. Channing  
5. Davenport  
6. Edwards  
7. Brooks  
8. Brando  
9. Atkins  
10. Dodd

BATTLESHIPS

**Instructions** Find where the fleet of ships (1 battleship, 2 cruisers, 3 destroyers, 4 submarines) are hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some have been filled in to start you off.

 Battleship  
 Cruiser  
 Destroyers  
 Submarines

	1	2	3	4	5	6	7	8	9	10	
A											2
B											1
C											4
D	●					■					1
E											1
F											2
G											2
H						■					2
I										■	1
J											4
	1	2	5	0	2	3	1	2	3	1	

CIRCLEGRAM

**Instructions**  
Replace the question mark with a letter so that the letters in each circle can be arranged to form words, names or terms on a common theme. What are the three words, and the letter represented by the question mark?



LANGUAGE CROSSWORD FILL IN THE SPANISH WORD

- Across
- 1) Parliament (10)

5) Resistance (11)

11) Eyes (4)

12) Saying (8)

15) To defend oneself (10)

16) To fall (4)

17) Hidden (6)

18) Watermelon (6)

19) Bets (8)

21) Rosemary (6)

22) I was going (3)

23) Clumsy (5)

25) Dirty (5)

26) Foot (3)

27) Faith (2)

28) Lottery (7)

29) To travel (6)

30) They adopt (7)

31) Of (2)

32) Almost (4)

33) She goes (2)

35) Axis (3)

36) Him (2)

37) Lineage (6)

39) They join (4)

40) Baby (4)

42) You (2)

45) Moon (4)

47) Goal (3)

49) War (6)

50) Draw (6)

51) They recognised (12)

52) Economic (9)
- Down

1) Proposal (9)

2) Ready (f) (5)

3) Modern (f) (7)

4) National (8)

6) Exodus (5)

7) Harmless (10)

8) Nor (2)

9) Previously (13)

10) Influence (10)

13) Whole (f) (6)

14) Precedent (10)

16) Constitution (12)

20) Troops (6)

24) Privilege (10)

25) Severe (f) (6)

26) Project (8)

28) To legislate (8)

30) Oats (5)

33) He sees (2)

34) Enormous (6)

36) The (f) (2)

38) To gamble (5)

41) I sensed (5)

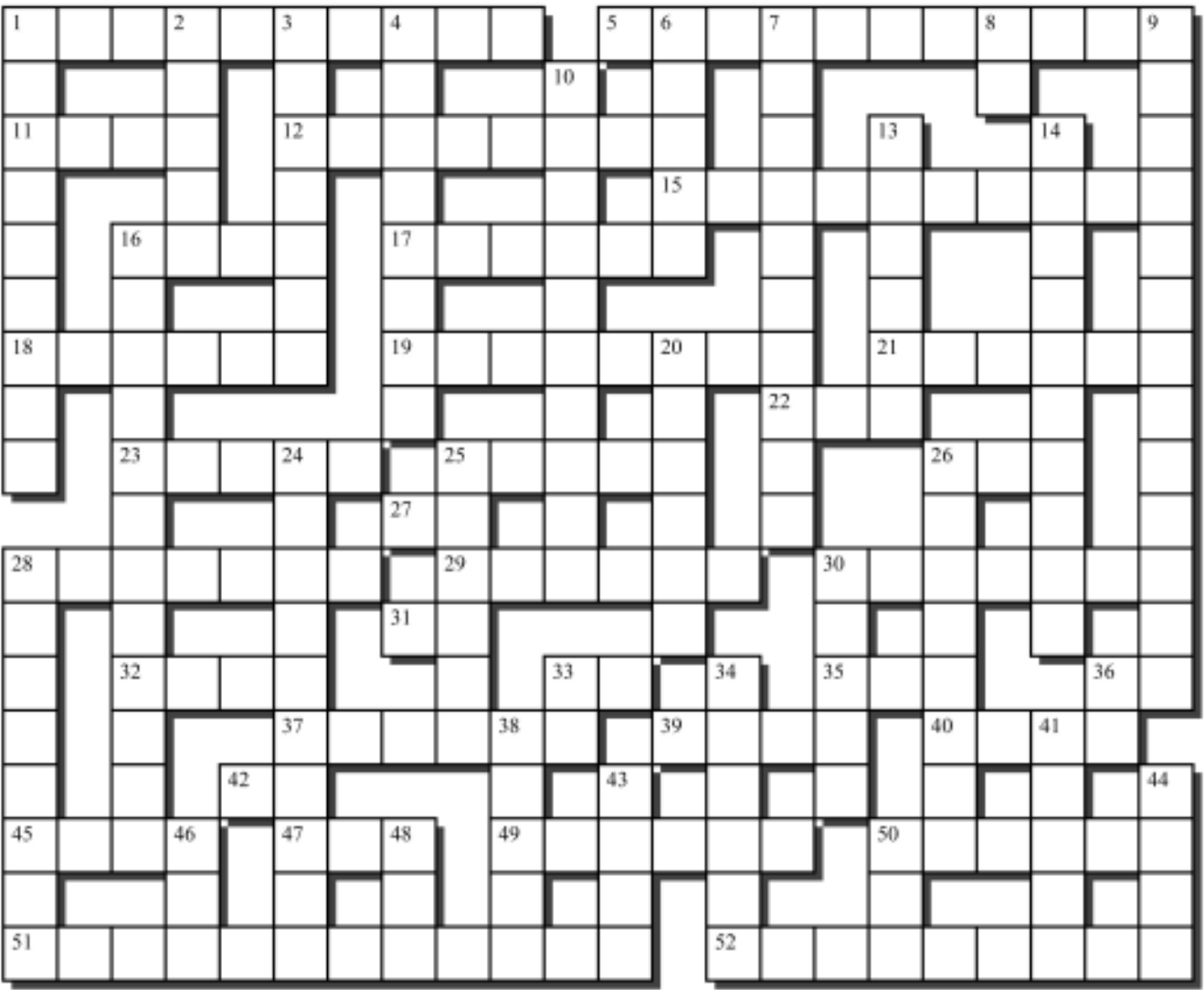
43) Lion (4)

44) Vote (4)

46) I love (3)

48) I read (3)

50) They are (3)

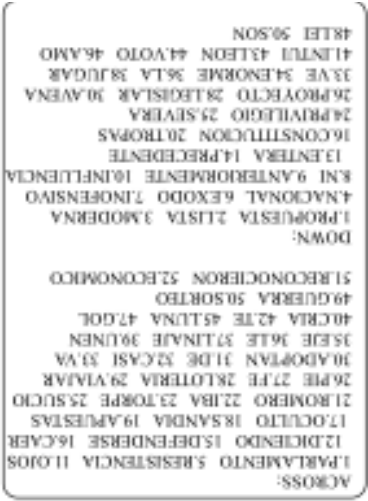


ANSWERS

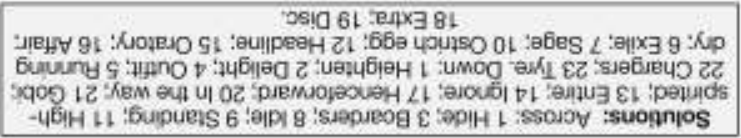
Quiz answers

**Answer:** Rome.  
**Of interest:** The monumental stairway of 174 steps (the slightly elevated drainage system is often mistaken for the first step) was built with French diplomat Etienne Guelfier's bequeathed funds of 20,000 scudi, in 1723-1725, linking the Bourbon Spanish Embassy and the Trinità dei Monti church.  
**Answer:** Orwell  
**Of interest:** Homage to Catalonia is George Orwell's personal account of his experiences and observations fighting for the Republican army during the Spanish Civil War.

Language Crossword



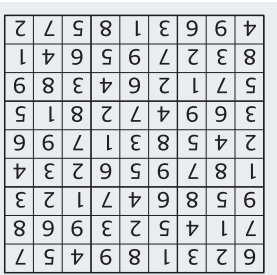
Cryptic Crossword



Wordpuzzler solution



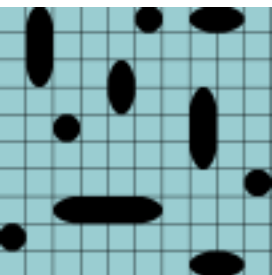
Sudoku solution



Circlegram

The letter represented by the question mark is M.  
Hallowm, Parmesan, Scarmozza, all types of cheese.

Battleships



WHERE IS THIS?



Last week:  
Fuengirola

The 'Jinete de Feria' roundabout is in Los Boliches near the fairground on Avenida Nuestro Padre Jesús Cautivo and is a statue of a rider with a young girl behind him dressed for the feria.



MALAGA PORT INFORMATION

CRUISE SHIP MOVEMENTS (SOURCE: MALAGA PORT AUTHORITY)					
Ship	Date	From	Next port	Docks	Sails
Harmony V	17-19/08	Marbella	Marbella	06.00	23.59
Riviera	19/08	Cartagena	Cadiz	08.00	18.00
Independence of Seas	20/08	Valencia	Vigo	08.00	17.00
Oriana	23/08	Cartagena	Lisbon	08.00	18.00
Veendam	24/08	Barcelona	Gibraltar	08.00	23.00







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# A dream of reaching the very top

At 24 years old, Bea Torres, who is also a nurse, is Malaga's top female football referee

MARINA RIVAS



Twitter: @MarinaRivasG

"In the short term, I want to move up to the Liga Iberdrola and to the Third Division, and then get as far as I can," she says

**MALAGA.** When she decided to take to the field at the age of 16, she had no idea what the future held. Malaga-born Bea Torres Corral was always one of those girls who played football with the boys during break at school. She never made it to competing as a player but, noticing how much she enjoyed the sport, a friend recommended that she should take a different path, that of refereeing. Eight years later, this young woman from Huelin is the province's highest-level female referee.

Bea is the main referee in the women's Second Division and assistant referee in the Liga Iberdrola. As for the male leagues, she referees in the senior División de Honor and occasionally is assistant referee in the Third Division.

At first sight, perhaps this may not seem like a high level, but as Bea points out, "In Andalucía there is not a single woman who referees in the Third Division and, in fact, there



Bea Torres Corral is currently overseeing matches in the women's Second Division. :: SUR

are only two female main officials in the senior División de Honor. The other is María José Villegas, from Cordoba, who referees in the Liga Iberdrola and is waiting to see if she can move up to the Third Division this year." Despite a continual increase in female interest in football

refereeing, women still remain in the minority, and even more so in the top men's divisions. Only a few months ago, two female referees made history: the first, Guadalupe Porras Ayuso, from Extremadura, became the first woman to make her debut as an assistant referee in La

Liga (the men's top division); and the second is Marta Huerta de Aza, from Tenerife, who is the first female referee in Segunda B (the third tier).

These are isolated cases. In fact, the Spanish Football Federation's appointments for next season mean that just one more woman will ap-

pear in the first three divisions of men's football: Judit Romano García, from Asturias, assistant in the Second Division. However, despite much progress still to be made, these three women have paved the way for improvement. "Judit has achieved the most difficult thing. I think her example will motivate many more women so that the number can continue to grow. My dream, in the short-term, is to move up to the Liga Iberdrola and to the Third Division, but, looking further into the future, I want to get as far as I can," says Bea.

This young woman from Malaga has spent several years trying to climb the ranks, to no avail, but she does not want to stop fighting. Bea combines her passion with her profession as a nurse at the Clínica del Pilar. "In the end, doing something properly takes time, and here at work I am lucky to have been given the weekends off, because they know that I want to referee," Bea explains.

For Bea, studying has always been her priority. She urges young footballers to follow the same philosophy, despite their parents' ambitions. "Many parents pressurise their children to keep going with football. But it is important that children learn and enjoy the sport, not that they stop studying, because otherwise, in the case of a serious injury, they will have nothing to fall back on," Bea warns.

As she has climbed up through the rankings, Bea has moved from refereeing the youngest players to men who are bigger than she is, but she has developed the maturity to not fear these situations.

"Whether they are male or female, the referee always receives insults. Luckily, I have never received sexist comments, but it has happened to my colleagues, who have been told the typical 'go and do the washing up'," she says.

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