



TRAVEL

REBOOT YOUR YEAR AT A YOGA RETREAT

With a host of centres and spas, Andalucía is at the forefront of Spain's wellness movement **P16-17**

City migrant shelter quarantined after more than 80 coronavirus cases detected

More than 100 people are in isolation inside the Red Cross centre in Malaga as contacts are being traced and tested

National Police officers were posted outside a Red Cross shelter in Malaga city this week after numerous residents, staff and volunteers tested positive for Covid-19. By

Thursday the number of cases of infection had risen to 83, the majority of them young migrants, and more than 100 people were in quarantine inside the building.

None had been hospitalised. Contacts are being traced and tested, especially those of a worker at the shelter who travelled to the Canary Islands last week. **P3**



A warm welcome as borders open

The first international visitors arrived on the Costa del Sol on Sunday after Spain restored connections with the EU

Flight bookings to Malaga from the UK shot up as Spain confirmed no quarantine for Brits **P2**

A couple embrace at Malaga Airport, reunited on Sunday after 99 days of state of alarm due to the coronavirus crisis. **ÑITO SALAS**

Three arrested in connection with gun attack on British man in Marbella

The 'friend' who took the victim to hospital with four gunshot wounds to the legs is among the two Britons and one Irish national held by police

Police on the Costa del Sol have arrested two Britons and one Irish national in connection with the shooting in the legs of a fourth man last month. It is believed that the four, all in their twenties, formed part of the same drug trafficking organisation. **P4**

MORE INSIDE

The world's most famous art forger, Erik el Belga, who spent his later years devoted to painting and charity, has died in Malaga, aged 81 **P4**

Mijas-La Cala Lions Club celebrates raising a million euros for good causes since it was founded in 1998 **P8**

Three draws on the bounce for Malaga sees the Blue and Whites being dragged deeper into a relegation battle **P30&31**

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Malaga Airport welcomes first visitors as Spain's borders reopen

Just 30 flights operated in and out of the airport on the first day following the end of the state of alarm but bosses are confident that 75 per cent of routes will return for July

NURIA TRIGUERO / EFE /
DARYL FINCH

MALAGA. After 99 days under the state of alarm, Spain's borders with the European Union (including the UK, but not Portugal) reopened on Sunday, bringing with it the arrival of foreign tourists, vital to the Costa del Sol's economy.

As Health minister Salvador Illa announced on Friday, those coming into Spain's ports and airports first have to go through three health checkpoints.

The first includes filling in a form stating whether the individual has had coronavirus, as well as where to find them during their time in Spain; the second involves a temperature check; and the third is a visual inspection. If the results of one or more of these checks is unsatisfactory, the individual will be examined by a doctor.

All checks will be carried out by healthcare professionals, 600 of whom have been contracted to perform this function.

During the announcement, Illa stressed that there would be a sufficient number of personnel to "subject each and every arrival" into Spain to these three checks.

On Sunday about thirty flights went in and out of Malaga-Costa del Sol Airport, half of which were international - a far cry from the around 400 regularly seen at this time last year.

The first two arrived within 15 minutes of each other: the first, from Düsseldorf (Germany) at 10.15am, and the second at 10.30am from Eindhoven (the



Police point tourists to the taxi rank at the airport on Sunday. ÑITO SALAS

Netherlands).

Residential tourists

The planes that landed on the Costa del Sol on Sunday were mostly occupied by residential tourists and people travelling for family, work or business reasons.

However, neither flight was full:

"Fifty per cent more or less", explained Herman Jacobs, a Belgian who has a company and a house in Alcaucín. He loves "the tranquility" of rural life in Spain and couldn't wait any longer to return.

Nor could José Luis Sedán, from Cordoba, and Maria Drue, from Germany. "We live in Germany but

we have a house in Cordoba and since we retired we've been spending a few months in Spain with the family every year. We wanted to come in May but we haven't been able to until now," he explained. "Are we scared? Not at all".

Hope for July

Sunday was the first major step towards getting the destination back on track. Despite the low numbers, the airport's management expects that 75 per cent of the routes operated last summer (235) will return for July, albeit with fewer daily connections - some 100 flights a day.

For the period until then, though, airport bosses are reluctant to predict flight volume, given the recent unpredictable nature of airlines' decisions.

However, as flight and passenger numbers increase, the airport's shops, bars, restaurants and other services, all currently closed, will gradually reopen.

No quarantine required for arrivals from the UK

Travellers arriving from the UK will not have to undergo a two-week quarantine when they arrive in Spain, Foreign minister Arancha González Laya confirmed to the BBC on Saturday.

On 8 June, the British government imposed a 14-day quarantine on travellers arriving in the country from any in-

ternational destination, raising doubts as to whether this would apply in both directions when Spain reopened its borders to EU countries from Sunday.

However, following a week of uncertainty during which tourism bosses called for greater clarity, González Laya confirmed that new arrivals from the UK would not have to quarantine, but will be subject to a triple check at ports and airports to look for coronavirus symptoms.

Bookings for flights to Malaga shoot up 62 per cent in a week

PILAR MARTÍNEZ

MALAGA. As the Costa's hotels start reopening, the latest report from Turismo Costa del Sol shows that for the week 9 to 15 June, flight bookings to Malaga increased by 62 per cent compared to the previous week, coinciding with the government's announcement that the opening of the borders would be brought forward to 21 June. The majority of these bookings were made by people from France, Spain, Germany, Italy and Belgium, with the United Kingdom lagging behind due to uncertainty over a quarantine on their return. However, demand from the UK increased by 42 per cent in the following week with the UK government expected to relax its policy from next Monday, 29 June.

Several operators have committed to the destination from July. Ryanair, the leading airline in terms of passenger numbers at Malaga Airport, plans to run 69 routes between Malaga and Europe this summer. Norwegian will resume its routes from Malaga to Oslo, Copenhagen and Stockholm, while Air France will return to Malaga Airport from 5 July.

Easyjet and KLM also plan to return: the first will connect the Costa del Sol with 17 European destinations and the second will offer eight weekly flights to Amsterdam.

Jet2.com, the airport's fifth largest operator, will link nine British cities from 1 July. Lufthansa has also included Malaga in its first plans to resume flights, as have Vueling, Brussels Airlines and Alitalia.

For its part, Air Nostrum has scheduled three weekly connection to Nice from 17 July to 13 September.

'New normal' decree establishes masks and distancing rules

Controls over measures against Covid-19 are now largely back in the hands of the regional governments

SUR

MALAGA. Spain entered its "new normal" last Sunday (21 June) af-

ter the nationwide state of alarm ended at midnight after 99 days.

The central government's 'nueva normalidad' decree, which establishes basic rules for this new period, was passed in Congress this week. The decree maintains the obligation to wear face masks outside the home, always on public transport and anywhere where it is impossible to guarantee a dis-

tance of 1.5m from other people.

Fines of up to 100 euros can be issued for not wearing a mask and the enforcement of the regulation is in the hands of regional and local authorities.

All other regulations concerning lockdown are now in the hands of the regional authorities.

As a result, the Junta de Andalucía regional government ap-

proved 400 health regulations last Friday which saw restrictions further relaxed locally.

Bars are now able to fill their outdoor terraces to 100% normal capacity and serve 75% of their usual tables inside. Communal areas of hotels and other tourist accommodation will still be restricted to 50% capacity, however, "not the 75% imposed in other regions, as a precaution," according to Junta president Juanma Moreno.

Weddings can now take place with a maximum of 300 guests if held outdoors and 250 if indoors.

The Junta's recommendation not to hold fairs and festivals dur-

ing July and August remains in place, but fair attractions with a 50% capacity and open-air concerts with up to 1,500 attendees are allowed, albeit only with town hall permission.

Like restaurants and bars, businesses that until now have been limited to 50% capacity can increase it to 75%. Cinemas, theatre and concert halls can fill to 65%.

The end of the state of alarm means no more restrictions on movement within the country. If there are localised outbreaks, regional governments will need a court order to impose any more local movement restrictions.

More than 80 coronavirus cases detected at Malaga Red Cross shelter

The building has been closed and its, occupants, mainly young migrants as well as staff and volunteers, have been quarantined

ÁNGEL ESCALERA

MALAGA. More than 80 cases of Covid-19 infection had been reported by Thursday due to an isolated outbreak of the virus at an emergency shelter run by the Cruz Roja (Spanish Red Cross) in Malaga.

Of the 83 cases confirmed, 79 are young migrants currently living at the centre and nine are members of staff and volunteers.

The building, located in the city's Avenida Ortega y Gasset, has been sealed off and more than a hundred people are being quarantined inside.

They have been divided into

sections according to their condition: those who are healthy, those who have no symptoms but have been in contact with patients infected; and those who have fallen ill. The centre is being guarded by National Police officers.

The alarm was raised on Sunday when a young woman living at the shelter was taken to hospital with symptoms similar to those of coronavirus.

The PCR test confirmed she had the virus, she was isolated and her contacts traced.

On Monday a second positive case at the shelter was confirmed, followed by seven more on Tuesday. By Thursday at midday SUR was able to confirm that at least 83 people had tested positive at the shelter.

Among those found to have the virus is a worker who travelled to Gran Canaria on 14 June. On 19 June he returned to



Police officers outside the building where the cases were detected. s. s.

Malaga via Madrid and Seville. It appears that when he went to the Canaries he was already infected but was unaware of his condition as he had no symptoms.

All of his contacts, including passengers on the flights he took, are being traced and tested according to established protocol.

Sources consulted by SUR stressed the speed with which the positive cases had been diagnosed and contacts isolated.

Most of the people in the cen-

tre who have tested positive are young migrants and none has been admitted to hospital.

The regional government's delegate in Malaga, Patricia Navarro, said on Thursday that there was no cause for alarm, that the building was closed and guarded by the security forces.

She described the cases as a "cluster" rather than an outbreak and confirmed that more than 100 people were in isolation but none hospitalised.

"We are prepared for the new reality," she said.

Health Ministry says 36 new outbreaks have been detected in Spain since 11 May

MELCHOR SÁIZ-PARDO

MADRID. The Spanish government's Health Minister, Salvador Illa, said on Thursday that since 11 May, when Phase One of lockdown easing began, 36 new isolated outbreaks of Covid-19 had been identified and monitored.

He said that these clusters had resulted in around a thousand positive tests, showing that only 0.4% of Spain's total number of Covid-19 cases had come from sources of infection emerging after the start of lockdown easing.

Illa said that only around ten of those clusters of infection were still active and all were under control.

Wednesday's figures showed a spike in infections with 196 new cases, although the authority said that this could be due to testing being stepped up in the areas where new outbreaks had been detected.

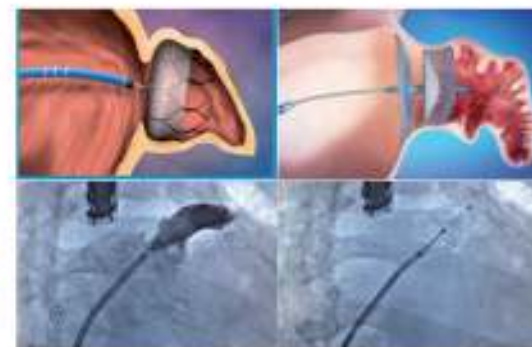
Two new deaths were reported in Spain on Wednesday.

HOSPITAL



Dr Luis Iñigo, Dr Eduardo Molina, Dr Pedro Brugada and Dr Juan Sieira.

Image of the devices which are placed in the left atrial appendage of the heart to close it, preventing the formation of thrombus. HSH



Helicópteros Sanitarios Hospital develops a stroke prevention programme

MARBELLA

SUR. It's a well-known fact that common arrhythmias such as atrial fibrillation are a predisposing factor for cardioembolic strokes, especially in patients over 60 and when associated with other common

conditions such as high blood pressure.

For this reason, people over the age of 60 (or younger when other risk factors such as high blood pressure are present) with atrial fibrillation are given oral blood-thinning treatments. Despite the

efficiency of these medications, some patients maintain a high residual risk and present strokes even while following these treatments, and of course there is also the risk the blood-thinning treatments themselves can cause relating to the possibility of suffering

haemorrhages, either spontaneous or following an accident.

To this respect, the Helicópteros Sanitarios Hospital's Interventional Cardiology Service, led by Doctors Molina and Iñigo, and Arrhythmias Service, directed by Doctors Brugada and Sieira, have launched a programme for percutaneous treatment of these patients which consists of the percutaneous closure of the left atrial appendage, for secondary prevention in patients with non-valvular atrial fibrillation who have suffered a stroke or transient ischemic attack despite blood-thinning medications and for patients with atrial fibrillation and a high haemorrhage risk who therefore cannot receive blood thinning treatment.

We know that in more than 90% of people with non-valvular atrial fibrillation the thrombus are located in the left atrial appendage of the

heart and that they detach themselves from this spot and cause cardioembolic strokes, which is why this procedure focuses on placing a device in the left atrial appendage to close it off, making it impossible for new thrombus to form there, Dr Iñigo explains. This procedure does not require open surgery, it is carried out by tapping into the femoral vein and moving the prosthesis which will close the atrial appendage along it.

In patients with non-valvular atrial fibrillation and other risk factors for thrombus formation or at risk of haemorrhages, or in those for whom blood-thinning treatment has proved ineffective, closure of the left atrial appendage has proved to be more efficient in terms of cardioembolic stroke reduction as well as systemic strokes and reduction of cardiovascular death, according to Dr Molina.

Erik el Belga, the world's most famous art forger, dies in Malaga, aged 81

René Alphonse van der Berghe lived in El Palo and spent the last years of his life peacefully after giving himself up to the authorities

HÉCTOR BARBOTTA

MÁLAGA. His real name was René Alphonse van der Berghe, but everyone knew him as Erik el Belga (Erik the Belgian). For many years he was famous for faking and stealing works of art, but during the final stage of his life, after serving time in jail, he concentrated on his own paintings and charitable work, mostly in aid of the Catholic Church. Erik, who lived in the El Palo district of Malaga, died in hospital last Friday at the age of 81. He suffered a heart attack after complications from diabetes.

Erik el Belga became famous in the 1970s for faking works of art, something which put him in prison on three occasions.

He joined the Belgian army at an early age and met a Spaniard, who taught him the language. At 25 he started stealing works of art, after trying his luck as an antique dealer. His clients used to tell him the works they wanted, and commissioned Erik to go and get them. Some were in poor condition and he taught himself to restore paintings.

That is how he discovered his talent for faking art, and his career took a new turn. He stole works from about 50 museums all over the world, replacing them with fakes he had produced himself. They were so good that many



Erik el Belga, at his exhibition in Marbella in 2016. **JOSELE**

never realised their originals had been stolen; it is said that some museums are still exhibiting copies painted by Erik el Belga. He justified his action by saying that the works were not being looked after properly and deserved to be in better hands.

Erik was first arrested in Soria in the 1960s, when he was trying to steal from a church. Years later he was detained in Belgium but managed to escape and come back to Spain, where he stayed.

His third arrest, in 1982, came after he gave himself up. He wanted to come out of hiding. With the few crimes they could prove, he spent three years in jail in Barcelona. It helped that he returned much of what he had stolen: about 1,500 pieces which were in better condition when given back to their rightful owners than when he had taken them; he had restored them himself.

Over time, Erik stopped faking and began creating his own works. He donated many of them to convents, churches and religious charities, possibly to make up for his previous crimes.

Three arrested in connection with gun attack on British man

The victim was admitted to hospital in Marbella on 25 May with four gunshot wounds to the legs

JUAN CANO / ÁLVARO FRÍAS

MÁLAGA. Three men have been arrested in connection with the shooting of a 27-year-old British man on 25 May. The victim was admitted to the Costa del Sol hospital in Marbella with four gunshot wounds to his legs.

While the injured man told officers that he had been attacked by a group of men of Moroccan appearance who stole his watch, police worked on the theory that this was a case of score-settling among drugs gangs- the first on the Costa del Sol since the start of the state of alarm.

The 'friend' who took him to the hospital, a 29-year-old Irish man, has been arrested along with two British men, 23 and 24. Police believe that all three, as well as the victim, belonged to the same drug trafficking organisation and that



One of the men as he is arrested by police. **SUR**

the attack was carried out as a "stern warning" not to act against the interests of the gang.

The man who took him to the hospital told police that he had found his friend on the street. He even led police to a location where he said the attack took place - all apparently with the aim of throwing detectives off the scent.

However, police have since been able to prove that the attack took place six kilometres away from that location and identified

the vehicles involved, leading to the arrests.

According to the National Police, in the searches carried out as part of the operation officers located the firearm used - a semi-automatic pistol, ready for use. In addition, they found a silencer and 140 cartridges, as well as the sweatshirt used by the person who fired the shots, which contained traces of the victim's blood. The investigation is ongoing.

112 REPORTS

MIJAS

Dog abandoned in a sealed bag of rubble finds new home

I. LILLO. Ulises, the Spanish mastiff abandoned in a sealed bag of rubble in the Malaga neighbourhood of Puertosol earlier this month, now has a new home.

After being discharged from the SOS Catycan veterinary hospital, Ulises is now in the care of Inma Laure, a volunteer at the Malaga animal shelter who lives in Mijas. "He has to take six different types of medication a day," she says. "He can barely walk. In fact, it's hard for him to stand without any support. He's so skinny you can feel his bones."

In addition, while under medi-



Ulises is too weak to stand. **SUR**

cal supervision, Ulises tested positive for canine typhus, as well as severe dermatitis. He is also awaiting the results of the tests for leishmania, which could mean lifelong treatment.

Ulises will stay with Inma at least "until he improves".

MÁLAGA

Costa man arrested for using images of politicians for shooting practice

J. C. / Á. F. An investigation is under way after a video went viral on social media showing a man shooting at images of the prime minister and other government figures at a firing range in Malaga.

The man in the video, a former legionnaire from Rincón de la Victoria, was identified and arrested

last Friday, accused of making threats to institutions of the State. However, the man has insisted that he only sent the video to one friend as a joke and apologised for it going viral and any offence caused. He has been released with charges.

There have been conflicting reports about the origin of the images, however. The individual in the video claims that they were already at the firing range. The owner, however, says the images were brought in by the man who also intended to obtain a shooting licence.

MÁLAGA

Nationwide arms trafficking network is brought down

J. C. / Á. F. Twenty-one people have been arrested and 32 searches carried out across the country as a vast network specialising in trafficking arms was brought down this week.

After more than a year tracking the movements of the group, which bought and sold weapons and parts used to make them, the arrests were carried out simultaneously in a large-scale operation which originated from police findings in Malaga.

MÁLAGA

Woman arrested for claiming dead mother's benefits for three years

F. TORRES. A Spanish woman has been arrested for social security fraud after allegedly claiming more than 60,000 euros in benefits on behalf of her late mother.

Her mother apparently died in 2015 but her daughter didn't inform the necessary departments of her death and continued to withdraw the money from her bank account, to which she had access, until 2018.

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Regional government opens up inquiry into La Viñuela tip

The owner said he didn't understand the need for an inspection but thought it might be because of waste that has built up during the lockdown

EUGENIO CABEZAS

LA VIÑUELA. The Junta de Andalucía regional government has opened an inquiry into La Viñuela's tip after a complaint was made by a private individual.

A report written by officers following a visit to the site at the end of May says that the tip has no infrastructure to deal with spillages, no separation or identification systems of the different type of waste received by the plant and that the owner has no register of the different types of hazardous waste or used oil at the plant.

Owner José Luis Florido claims he registers the waste received at the plant by using dispatch notes.

The report also included photographs of the land around the 1,700-square-metre tip which is also being used to store rubbish.



The tip near La Viñuela opened 11 years ago. **SUR**

The plant, which is located on the A-356 road, is supposed to specialise in the recycling of plastic and cardboard used in the agricultural industry.

Visual impact

Florido told SUR that his is the only company in the area authorised to receive waste and that as far as he is concerned the plant

meets all regulations. "I don't understand the inspection now, after 11 years," he said, adding, "It could be due to the visual impact as there has been little activity due to Covid-19."

Mayor of La Viñuela, José Juan Jiménez, told SUR that the town hall was looking into the Junta's inquiry and checking to see if the company's licence has expired.

Town hall awards contract to turn seventh-century Roman villa into a museum

RINCÓN DE LA VICTORIA

SUR. Rincón de la Victoria town hall awarded the contract to restore the Roman villa in Torre de Benagalbón to the temporary consortium (UTE) made up of Obras Generales del Norte S. A. and Copesol S. L. last Friday.

The work, which is expected to take 12 months to complete, involves turning the Roman settlement in Torre de Benagalbón into a three-floor museum.

Mosaics, ceramics and other artefacts discovered between the Granadillas and Benagalbón streams in 1989, along with the remains of Roman baths and tombs, are believed to have belonged to a luxury Roman villa dating back to the seventh century AD. It is thought to have been the first human settlement on that part of the coast.

Included in the discovery is a well-preserved mosaic depicting a scene from Greek mythology of Jupiter disguised as Satyr, who is seducing Antiope of Thebes.

HERE AND THERE



Previous 4 July celebration. **SUR**

MACHARAVIAYA

Independence day celebrations cancelled

J. R. Macharaviaya town hall announced last week that this year's Fourth of July celebrations would not be going ahead due to the coronavirus crisis. The events, which normally take place both in the village and in Malaga city centre, mark the close links between the province and the city of Pensacola in Florida. Bernardo de Gálvez, who was born in Macharaviaya, played a key role in winning the battle of Pensacola during the American War of Independence.

NERJA

Sewage plant testing phase to start in July

E. C. Nerja's sewage treatment plant is to go into testing phase in the first half of July, according to secretary of state for the Environment Hugo Morán.

During last week's video conference, the secretary of state said that the remaining work should be finished by the end of June.

Nerja mayor José Alberto Armijo responded to the announcement by saying it was "excellent news" for the town.

RINCÓN DE LA VICTORIA

Cueva del Tesoro tickets on sale online

SUR. Rincón de la Victoria town hall announced on Wednesday that tickets for the town's Cueva del Tesoro can now be purchased online (www.turismoenrincon.es).

Adult tickets cost 4.65 euros and children over the age of four; students and pensioners pay 2.75 euros. The cave is free to enter from 10.30am to 11.30am Monday to Friday.

Audio guides are available and tours last approximately 45 minutes.

Fifty-metre big wheel planned for San Pedro boulevard

Marbella town hall has started the tender process for the project following an offer from a private investor

HÉCTOR BARBOTTA

MARBELLA. Councillors in Marbella have set in motion the tender process for a concession to install and operate a 50-metre-high ferris wheel in San Pedro Alcántara.

The move comes after a private firm submitted a project for the attraction that would involve an investment of one and a half million euros.

The wheel would be set up at the western end of the wide pedestrian boulevard created after a tunnel was built for the main road that previously ran through the town.

The project already has the go-ahead from the central government's Ministry of Public Works, explained the mayor of Marbella, Ángeles Muñoz, who revealed details of the project at the end of last week, along with deputy mayor of San Pedro, Javier García, and the president of the local small busi-



A computer-generated image of the location of the wheel. **SUR**

nesses association, Ana García.

According to the plans submitted by the firm Sunset Beach View, the 50-metre-high wheel would have 30 passenger cabins, with a capacity for eight people in each, and occupy 800 square metres of the boulevard.

Muñoz said that the wheel would become an iconic tourist attraction and boost the local econ-

omy. Its proposed location is ideal as it would offer views of San Pedro and La Concha mountain, the mayor explained.

The administration process to grant the concession will take around four months and the wheel will take around six months to build, so it could be in operation by the summer of next year, said the mayor.

Work starts on new botanical gardens site in Marbella

The park project, alongside the pine woods in Nagüeles, includes a nursery to grow plants to decorate the town

H. BARBOTTA

MARBELLA. The town hall has started work to prepare an area of land in Nagüeles for a new botanical gardens and nursery.

The facility, covering 13,280 square metres of land near the pine woods, will serve to supply

seasonal flowering plants for the beds that decorate the town's streets and gardens, as well as being open to educational school visits.

The budget for the project comes from the 10-million-euro investment for priority works approved in May.

The nursery will be able to grow more than a million plants a year for the town, a supply that would have a market value of 1.3 million euros, according to municipal calculations, explained the local councillor for Public Works.

Costa village paints its benches with diversity messages to mark Pride Day

CASARES

CHARO MÁRQUEZ. Public benches in Casares are to display painted diversity messages in time for the celebration of LGBTI day this Sunday 28 June. Councillor for Equality, An-

tonia Pineda, explained that the aim was to "pay tribute to all those people who have fought and who keep fighting to achieve a fairer world".

Using the slogan 'Casares, municipio orgulloso' (Casares, a proud municipality), the town hall will also be running a social media campaign as normal marches have been suspended.

Residents are also urged to hang the colours of the rainbow from their balconies as well as supportive messages.



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HERE AND THERE

MIJAS

Soroptimists' food donations to carry on

SUR IN ENGLISH. The food bank project of Soroptimist International Costa del Sol will continue over the summer.

Since April kind-hearted members of Soroptimist have been collecting donations and buying food

for the Mijas council food bank, run by the Red Cross.

Now members have decided to extend the scheme over the summer. "Although businesses can slowly start up, we are a long way from having a normal high season, with all the financial consequences for those who depend on tourists," said the club.

As well as dry, bulk goods, fresh produce has also been sourced.



The Soroptimist members have helped the food bank in Mijas. **SUR**

MARBELLA

Age Concern restarts monthly meetings

SUR IN ENGLISH. The Marbella and San Pedro branch of Age Concern is to restart its monthly coffee mornings from 2 July at 11am. The venue is the Real Club de Padel in Nueva Andalucía, near the Hotel Sisu. President Tom Burns said, "I am really pleased that the pandemic seems to be under control and life is beginning to return to a 'new' normality."

La Cala de Mijas Lions Club celebrates milestone after 22 years of meeting humanitarian needs

Founded in 1998, income raised from the association's shops and fundraising events has reached a staggering one million euros

TONY BRYANT



MIJAS. La Cala de Mijas Lions Club has reached a milestone in its continuous campaign to meet humanitarian needs by serving the local community and promoting international understanding. The charity has recently announced that the income raised from its shops and fundraising events over the last 22 years has reached a staggering one million euros, all of which has been donated to various charitable organisations and people in danger of social exclusion.

Among the charity's major concerns are the homeless, the environment, paediatric cancer, diabetes and Alzheimer's, and its members and supporters have worked tirelessly in all of these areas in order to offer help where it is most needed.

Current president Anita Humphreys said that she wanted to "congratulate members, volunteers, sponsors and collaborators for making this achievement possible".

Founded by Martin Rhead in 1998, the charity quickly began extending its mission of service and, in 2004, it opened its first charity shop in La Cala de Mijas. The shop was the brainchild of the then President Ron Freeman and it proved to be an instant success. As public demand and donations of stock increased, the charity realised it would need to expand, and it now has three shops in the same street: these shops accumulate a large percent-



Lions Club members have raised one million euros for local charitable organisations over the last 22 years. **SUR**

age of the annual funds raised.

Along with the income from the shops, the Lions host five major events each year, along with numerous other social events. These include charity galas, spring and Christmas fayres, a charter night dinner and an annual fashion show.

Even though the recent state of alarm caused disruption, the charity was able to continue organising aid for the Red Cross, Soroptimist, Lux Mundi and Adintre. Members also organised their own events, and these included one member growing a beard with the aim of raising funds by shaving it off in public. The event took place earlier this month and raised almost 800 euros.

"We had to cancel all fund raising events, and for the first time since opening, we had to close the charity shops. This however

Even though the recent state of alarm caused disruption, the Lions Club was able to continue organising aid for several charitable associations

Among the charity's major concerns are the homeless, the environment, paediatric cancer, diabetes and Alzheimer's

did not stop our charity work. We donated funds to local associations that care for the homeless people and organised food parcels for local families in need," Vice President Graham Rutland explained to SUR in English.

Campaigning for new members

The Lions financial year runs from 1 July to 30 June, and each year a new list of officers is announced. Graham Rutland has been elected as the new president and, together with his staff, he aims to continue helping those in need, while also spearheading a campaign to attract new members.

"We are only a small group, so we need a drive to encourage new members so that the good work of the La Cala de Mijas Lions will go on helping those in need in the area. I take over as

INFORMATION

► **President.** Anita Humphreys. 952469589. (From 1 July - Graham Rutland. 674305502)

► **Membership secretary.** Rosemary Brabrook 952669709 / 664422781

► **Charity shops.** 673185533

► **Diabetics Support Group.** Anne Bowles. annediabetics@gmail.com/ 607879450

► **Alzheimer's and Dementia Support Group.** Sandie Taven-dale. 663529280

president on 1 July, so I want my year in office to be a success and see an increase in membership," Graham said.

The Lions next social event is the annual charter night dinner, which will take place in the El Olivio restaurant in La Cala de Mijas on Saturday (tomorrow) 27 June. Tickets for the event, which include live entertainment and a four-course dinner, cost 40 euros, and, as the incoming president points out, the night will be extra special this year.

"Our next event is a big occasion for the Lions, as this year we will be celebrating reaching our goal of one million euros raised," Graham said enthusiastically.

In the meantime, the charity is beginning to get back on track after three months in lockdown, and it is gearing up for another year of helping the needy in the Fuengirola/Mijas area.

The association's Diabetics Support Group will restart its meetings on Friday 3 July. Because of advice received from the group's doctor, the meeting has been moved to the patio of the restaurant El Cortillo in La Cala de Mijas. The meeting will start at midday and confirmation must be made on annediabetics@gmail.com or 607879450.

Carrefour



Estepona | Fuengirola | Mijas |
Torremolinos | Valle del Guadalhorce

OFFERS OF THE WEEK

FROM THE VEGETABLE FARMS TO THE TABLE



The Carrefour centres in Estepona, Mijas, Fuengirola, Torremolinos and Valle del Guadalhorce have a wide range of seasonal fruit and vegetables from local producers

Eating vegetables and greens is an essential part of a balanced diet, so the Carrefour centres in Estepona, Mijas, Fuengirola, Torremolinos and Valle del Guadalhorce place a wide selection of fresh and seasonal fruit, vegetables and greens at the disposal of their clients.

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CARREFOUR BLACK WATERMELON
Origin: Murcia, Andalusia and
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Calibre: 2/3. Category: I.



1.59€
per Kilo

PEPPERS FOR FRYING
Origin: Murcia, Andalusia
and Valencian Community
Calibre: G
Category: II.



1.15€
per Kilo

CARREFOUR TOAD SKIN MELON
Origin: Murcia, Andalusia
and Valencian Community
Calibre: 3/4. Category: I.

-70%
off 2nd item



**1 mesh
4.40€
Works out a
1.10€**
per Kilo

ORANGES
Origin: Valencian Community and Andalusia
4 kilo mesh. Calibre: 62-73. Category: I.

If you buy 2,
each kilo
works out at
0.78€



PINEAPPLE
Variety:
Extra Sweet.
Calibre: 5/7.
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C.C. La Trocha,
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Don Carlos hotel owners put redundancy plan on the table

The iconic Marbella resort says it has been trying to negotiate moving full-time staff from year-round contracts to seasonal ones

NURIA TRIGUERO

MALAGA. The Don Carlos Resort in Marbella, part of the Catalonia-based Selenta Group, has presented a compulsory redundancy plan to end the contracts of all its 94 full-time employees, according to the chair of the workers' committee, Marcos Rivero, of the Comisiones Obreras union.

The company is negotiating this redundancy plan (known as an ERE) when it still has a temporary furloughing plan (an ERTE) in place for staff due to the coronavirus crisis.

The five-star hotel complex, which has 299 rooms and is a well-known landmark near the A-7 east of Marbella, has been closed since the state of alarm and has still not announced when it plans to reopen, unlike most other high-end hotels on the Costa del Sol.



The well-known hotel. **SUR**

Company sources said that due to the current crisis, the owners have decided to move from year-round operations to summer season opening.

"An attempt has been made to reach an agreement to change existing contracts to this new way of working but it hasn't been possible. So we've had to put this ERE on the table," they said.

The workers' representative said that this reason isn't correct and that what the company

wants isn't to close in winter but to "keep it open 12 months, weakening the working conditions of all the full-time workers, converting their contracts into 58.33% part-time". When the workforce didn't accept this, the company put forward the redundancy proposal, according to the workers' version.

Unions are opposed to the mass redundancy. "It is outrageous," said union leader Lola Villalba who pointed out that this is the first redundancy plan in a Costa hotel due to the coronavirus crisis.

"It is exceptional and unheard-of for a company of this standing to get rid of its staff after 52 years with the excuse of the pandemic," Villalba added. The workers say they were asking to move to a voluntary furloughing scheme rather than opt for redundancy.

The company has announced its plans while rules are in force that stop companies making redundancies for economic or production reasons, which means the ERE redundancy plan could cost the hotel more than usual, including paying back state help received in recent months.

ERTES and furloughing for 'autónomos' can continue until September

MADRID

LUCÍA PALACIOS. The government has said that furloughing schemes for workers (ERTEs) and for the self-employed can be extended to the end of September in cases of force majeure ('fuerza mayor'). The generous conditions, which see the state picking up social security quotas as well as paying out un-

employment benefits because of Covid-19, were originally due to expire at the end of June.

However on Thursday it was announced that unions and employers had reached agreement with ministers to extend ERTes to September where a firm cannot put its staff back to work. In return, firms will be asked to pay more of the social security contributions each month on a rising scale. Company bosses had wanted a December extension for the worst-hit workers.

In addition, 'autónomos' (self-employed) can extend to September, the government added. Seasonal self-employed have now also been included in the scheme.

New luxury development will use modular building technique

BENAHAVÍS

H. BARBOTA. The View, a new development of luxury apartments in Benahavís, will be built using a modular industrialised technique known as 4.0, which is cutting-edge in the industry.

The innovative system will be used by constructors Bilba, which has finished 300 similar properties in recent years. The technique allows construction processes to be improved in terms of quality, sustainability and speed.

Full details of the project were unveiled as the foundation stone was laid on Tuesday in the presence of Benahavís mayor, José Antonio Mena. There will be 49 apartments in the first phase with a starting price of 609,000 euros.

THE EURO ZONE
MARK NAYLER

Terms and conditions



Charges of lack of patriotism are suddenly flying around the Spanish parliament, as the country's leading politicians argue about the conditions on which Spain should receive EU grants to help it tackle Covid-19. Which member states receive how much will be decided at a summit of EU leaders next month, but there's one thing that Spanish lawmakers (rightly) broadly agree on -

namely, that the money, if it comes, should be in grants, not repayable loans. Spain's public finances are precarious enough as it is, without further debt being stacked onto a pile that's already in danger of toppling over.

The head of Spain's independent fiscal watchdog, AIREF, recently outlined to congress just how tough the debt-maintenance challenge will be over the coming decade. In her address

last week, Cristina Herrero forecast that for Spain to return its public debt to last year's level of just under 100% of GDP, it will have to balance its budget, which is currently running a deficit of just under 3%, by 2030 and keep it balanced until at least 2040.

No wonder, then, that the Socialist government of Pedro Sánchez has set its sights on as much as €140 billion from the EU, around €74 billion of which could be in the form of grants that don't need to be paid back. But the question of how the money should be used, and to what extent the Spanish government should be allowed to decide that issue, has sparked a row in congress that purports to

be about patriotism, with the PSOE and Popular Party (PP) each accusing the other of insufficient love of country in recent parliamentary debates.

The PP is among those EU countries and parties stipulating that the Spanish government be disallowed from using the money to pursue its own agendas (or for what it calls "ideological" ends) rather than for the task of "promoting structural reforms and innovation". Leaving aside the issue of where ideology stops and innovation starts, the request that there be conditions attached to the use of EU funds, especially for those given as repayable loans, is entirely reasonable. Podemos leader and deputy prime minister Pablo

Iglesias, however, has said that arguing this case makes the PP's EU branch guilty of "treason".

The debate about the terms on which EU members receive funds to help them deal with Covid-19 has nothing to do with patriotism. At its centre is a concern over where exactly the money will be spent, especially in countries like Spain, where an already vulnerable economy has been rendered even more fragile by the pandemic. Employing charged but vague terms such as "patriotism" in this context helps no one; instead, it prevents necessary, detailed discussion of how Spain should use EU grants if it's fortunate enough to receive them.

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LA Cañada
SHOPPING

Morocco cancels huge Strait of Gibraltar summer crossing plan

The Andalusian government said it was "prudent" to halt the special operation to help North Africans return home on holiday by ferry

JOSÉ LUIS PIEDRA

SEVILLE. The Moroccan government has decided to suspend what is known in Spanish as 'Operación Paso del Estrecho' (Operation Crossing the Strait).

It is a huge annual logistics exercise designed to smooth the crossing of some three million people who return to Morocco and other parts of North Africa by ferry from their homes in northern Europe for a summer holiday, before coming back again several weeks later. The postponement has come as a big relief to the Andalusian regional government.

The operation is coordinated by the Moroccan and Spanish authorities each year and the Junta de Andalucía regional government had been worried about the risks of mass road travel to Algeciras, Tarifa and other local ports during the coronavirus crisis.

The risk of contagion and new outbreaks led the Moroccan Foreign minister, Nasser Burita, to say that the extra logistical support won't be put in place. This is



A previous year's operation. EFE.

because there is no time to organise it as normally planning starts in April for what the Moroccans term 'Operation Marhaba'.

He added that Moroccans would be free to return home by land, sea or air, but only when borders were open, and no date has been given for that yet.

"It isn't just a simple crossing, but a series of activities that have to be put in place, so it's clear and natural that the operation as we know it will not take place," he explained.

This will be the first time that

it has been suspended in the 32 years since special planning was put in place to make the mass transit across the Strait of Gibraltar throughout July and August run more smoothly.

Burita also said that strict controls would be put in place for visitors to Morocco, including a nine-day quarantine and a Covid-19 test at the start and end of confinement.

Reaction

The president of the Junta, Juanma Moreno, applauded the Moroccan decision, saying it was "prudent" and "sensible" in the light of the pandemic.

Moreno offered to fully cooperate with the Moroccan authorities as "the priority is protecting everyone's health".

Spain's Ministry of Health had also been worried about the risks of the large-scale travel plans, because of the build-up of people at the ports and on board the ferries, making it hard to observe social distancing.

The government's chief scientific spokesperson, Fernando Simón, explained that many of those travelling across Spain by road to Andalusian ports were from lower income groups and therefore more likely to be living in conditions in their home countries, such as in larger households, that encouraged the spread of the disease.



On the left, the original that the collector gave to the furniture restorer, and on the right, his first and second attempts. R. C.

Upset at latest botched attempt to restore artwork

J. A. GUERRERO

VALENCIA. Eight years ago a work of art, Ecce Homo, was clumsily restored in the Zaragoza village of Borja, leading to outrage, worldwide headlines and a big increase in local tourism.

Another poor restoration has just been unveiled in Valencia, leading experts to wonder what

more Spain can do to stop people destroying works of art with their good intentions.

This time it was a valuable copy of a work by Seville artist Murillo, a well-known 'Inmaculada', that its owner gave to a furniture restorer for a cleaning which then went wrong.

Experts say there is hope and it can be put back to how it was.



Respected Canadian essayist and poet wins prestigious Princesa de Asturias prize

MIGUEL LORENC

MADRID. Anne Carson, the radical Canadian essayist and poet, is to be awarded the distinguished annual Princesa de Asturias award, in the category for Literature. The awards are normally given out at a ceremony in October in the presence of the Royal Family.

Carson is known for merging genres and building bridges between classicism and modernism. The jury said, "Anne Carson has attained levels of intensity and intellectual standing that place her among the most outstanding of present-day writers."



Anne Carson

Chief Minister updates House of Lords committee about Brexit and Gibraltar

Fabian Picardo appeared before the House of Lords EU Committee in a virtual meeting yesterday to discuss the Brexit negotiations and their effect on the Rock

DEBBIE BARTLETT

GIBRALTAR. In a virtual meeting livestreamed by local television, chief minister Fabian Picardo spoke to the House of Lords EU Committee on Thursday about the negotiations for the future relationship between the UK and EU and their implications for Gibraltar. He was accompanied by deputy chief minister Dr Joseph Garcia, Attorney General Michael Llamas and Financial Secretary Albert Mena. The EU Committee was chaired by Lord Kinnoull.

Picardo told the Lords committee that Gibraltar had prepared for a hard Brexit, although he hoped it would not happen as it would be bad for Britain, Gibraltar and the EU. However, he as-

sured them that Gibraltar would thrive even without a trading agreement with the EU. He also stressed that his government is closely involved in all aspects of the negotiations which relate to Gibraltar and that communications with the UK have been "seamless" and did not stop during the coronavirus crisis.

The chief minister brought the Lords EU Committee up to date with the committees established under the Memoranda of Understanding which run alongside the Gibraltar Protocol, saying that the first meeting in Algeciras between representatives from Gibraltar, Spain and the UK was held in a convivial and constructive atmosphere, and the next one will take place in Gibraltar later this month. He also explained that the MoU concerning citizens' rights has been working very well.

He also said he is "pleased and gratified" that the relationship between Spain and Gibraltar has matured and that during the coronavirus crisis he was able to speak directly with Spanish ministers and public health.



The Governor (right) with Health minister Paul Balban. SUR

Gibraltar's new Governor visits the Health Authority

D. BARTLETT

GIBRALTAR. The new Governor, Vice Admiral Sir David Steel, paid a courtesy visit to St Bernard's Hospital and the Primary Care Centre this week.

After meeting the Minister for Health and Care, Paul Balban, Principal Secretary Evelyn Cervan and the Medical Director (Ag) Doctor Krish Rawal and other senior management staff, Sir David was briefed on some of the daily tasks at the Gibraltar Health Authority and how GHA staff had worked on making every possible prepa-

ration for the potential spread of Covid-19 on the Rock during the pandemic.

He said afterwards that he had been delighted to meet members of "Team GHA" and looked forward to seeing more in the future.

The Governor only took up his new post earlier this month and has now embarked upon familiarising himself with Gibraltar, its institutions and its people and business community. He succeeded Lieutenant General Edward Davis, whose term of office ended earlier this year.

IN BRIEF

COVID-19

No new coronavirus cases in over a week

D. B. From Wednesday 15 June there have been no active cases of Covid-19 in Gibraltar, and the number of people in self-isolation had dropped to nine by yesterday, Thursday. Figures issued by the government showed that so far 11,864 people have been tested for the virus and 11,855 results had been received. Since the pandemic began, there have been 176 cases in Gibraltar, all of whom have recovered.

TOURISM

Skywalk to close for repairs next week

D. B. The famous Skywalk is due to be closed from Monday 29 June until 8 July so repairs to the glass platform can be carried out. Douglas Path will also be closed during the same period.

The Skywalk is 340 metres directly above sea level with breathtaking 360° views over three countries and two continents. It has become a major tourist attraction.



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LETTERS
TO THE EDITOR

Lost allowance

Re Peter Stockwell's letter, in SUR in English June 12th, concerning the ending of the Adult Dependency Allowance of £70 p.w. paid to pensioners with dependants under pension age, in addition to the state retirement pension.

Like the writer I am 80. My wife is 48. She is not British so will never be entitled to a UK state retirement pension. We married in 2006 and I have had the allowance since then. In 2007 it was announced the allowance would end.

Those who married in 2010 and since have never had the allowance, but those like Peter and me, at today's rates, we have had £36,000 more than those who married in 2010.

All recipients were sent a letter by DWP, and a couple of reminders, that the allowance was to end this year, for those lucky enough to have enjoyed it. My letter is dated 9 May 2019. We had a year's notice to 'prepare'.

It will be a considerable blow to many. Had we, living in Spain, chosen to live in UK then probably those worst affected would be able to claim some sort of additional allowance.

Fortunately I will survive and be able to continue enjoying the Costa del Sol, for hopefully many years to come. I hope Peter and others will too. **JOHN CARRINGTON**

Abandoned

What type of society abandons the elderly in care homes? In order of priority the order of easing restrictions has been basically: dogs and their walkers, first; then time slots for walkers and runners, the elderly, and children with no parks to play in. Then, some businesses, the bar terraces, the culture and leisure centres,

betting shops and a long list that includes almost everyone. And the care homes where our friends, parents, grandparents, neighbours have been for the last 100 days are still locked. Can't we make a humanitarian corridor so that they can go out for a coffee, buy flowers and see how spring turned into summer?

ROCÍO ELVIRA

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THE MUSIC MAKER
PETER EDGERTON
www.e-peter.com

Jailhouse rock

Things being as uncertain as they are in the hospitality trade these days, I've taken drastic measures to steady the ship - I've got a job. Well, not a job exactly but I have started giving guitar and musical composition classes which is, as our American cousins are wont to say, a lot of fun. It has reminded me of a music course I gave in a high security gaol one long hot summer over twenty-five years ago.

In my innocence, I'd been led to believe I was being contracted by the local education authority to work in an open prison. However, on the first morning, as I was introduced to some heavy duty frisking and a triple door entry system with more lights, levers and buttons than the Starship Enterprise, I realised in an instant that lolling about on the prison lawn with a few jovial shoplifters wasn't to be my remit. No, sir - I was, in fact, about to be introduced to some of the most

dangerous men in the country.

As a deliberate ploy to keep my sanity, I didn't ask what the music students were in prison for but I did overhear a conversation on my last day which involved the words 'acid', 'tabs' and 'axe'. I won't traumatise readers with further details.

We'd been told at our introductory staff briefing that, for security reasons, all equipment must be logged in and out before and after class and that it was especially important that no keyboard cables went missing. After the first session, a man approximately the size of Ben Nevis and with a spider tattooed on his cheek, stood up and headed for the door.

"I'll bring this back next week," he growled, waving a cable in the air.

"Ah, well I'm afraid we have to collect every..." He stepped forward. And leant in.

"I said that I'll bring it in next week."

Thankfully, I managed to en-

gage him in a profound and meaningful conversation about moral responsibility which brought tears to our eyes and ended in an emotional embrace as he handed me back the cable. Only kidding; what really happened was that he took the cable back to his cell as I tried in vain to stop my bottom lip quivering uncontrollably. Luckily, a warden had seen the whole thing and sorted it all out.

Things did get better as the course wore on though and, in fact, on the last day of class this disparate group of hardy criminals stood around the room and sang a tune they'd composed together over the previous weeks. It sounded stunning.

As we said our goodbyes, the man with the spider tattoo handed me his keyboard cable, winked conspiratorially and growled something I quite didn't catch.

It may have been 'thank you', I'm not sure.

IDÍGORAS

ERIK EL BELGA, THE WORLD'S MOST FAMOUS ART FORGER, DIES IN MALAGA



SUR in English

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THE BOTTOM LINE
ÁNGEL ESCALERA

The virus is still with us

The state of alarm is over, but the virus is still here. Although most of the restrictive measures that have marked our days for more than three months have now been lifted, the reason why we had to lock ourselves away is still a danger, however much people want to think that it's all over.

Big mistake! The pandemic is more alive than ever; you only have to look at the numbers of dead around the world.

It's true that Spain has managed to

control the coronavirus and that the situation here is much better than in some other countries (especially on the American continent, where SARS-CoV-2 is still at its peak). But that does not justify leaving precaution to one side or forgetting that the rate of infection will increase as soon as we make it easy for the virus to spread.

While we are still waiting anxiously for a vaccine, or for someone to find an effective treatment to overcome Covid-19,

the best way of confronting the infection is in our hands. All we have to do is wash them (our hands) frequently, wear a face mask and keep a physical distance from others, avoiding crowds.

We all know that he who avoids fire, avoids getting burnt. And here, what could burn us is our overconfidence, believing that the coronavirus has gone back the way it came.

Overconfidence kills. So, if we don't want to have regrets once it's too late, let's first build up a defensive wall that protects us and others from contagion.

If we are responsible and behave cautiously, we will have taken an important step forward towards preventing unwanted outbreaks of an illness that makes no distinction and could cost anyone dearly.

It would be a shame if, through the

apathy and carelessness of just a few, the majority had to pay the price and, in the worst case scenario, we all went back into lockdown.

Now we are in what they are calling the "new normal", but let's bear in mind that this normal does not mean going back to living exactly as we did before the appearance of SARS-CoV-2 - because we can't.

Whoever says we can is very much mistaken.

If the best defence is a good attack, let's defend ourselves from the virus with intelligence, attacking it where it hurts most, preventing it from spreading.

That's why wearing a face mask is vital. And masks should be worn covering the nose and mouth. It might seem like I'm stating the obvious, but masks were never meant for protecting elbows.



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The view from the pagoda at sunset. **SUR**

Retreat to wellness

As my breathing slowed, and became deeper, my body sank further into the floor, cushioned by a yoga mat, soft wool blankets and feather-filled bolster cushions. The meditative tones of singing bowls filled the yoga shala, an intimate, light filled space with a wooden floor and beamed ceiling. I had been lying there for over five minutes, the gentle weight of the eye pillow helping to make me feel deeply relaxed.

Restorative yoga

This was my first class at Suryalila Retreat Centre, and it felt great! Kate, the teacher, was guiding us through a calming class of restorative yoga, a technique that uses props like bolster cushions and blankets to support a series of reclining body poses, each of which can be held for maybe five to ten minutes.

The class was a truly calming experience; a precious time to recalibrate my breathing and to unwind. No demanding, acrobatic poses; instead a very gentle introduction to the world of yoga.

Yoga is an increasingly popular worldwide fitness activity, enjoyed among varied walks of life and across generations. Join a gym these days and among the timetable for spinning or cross training, you'll undoubtedly find yoga too. An effective way to bal-

Reboot your year. A wellbeing break without leaving Andalucía is the perfect alternative to international travel this summer, combining yoga, healthy cuisine and breathtaking scenery

ANDREW FORBES



ance modern life, by creating more harmony - by way of exercises and poses that strengthen the body, improve and regulate breathing, and calm the mind.

Little wonder it is an integral part of so many wellbeing holidays.

Seeking wellness

So, if like me, you've not dabbled in yoga, maybe a retreat should be your next break. They are not just for experienced yogis looking to be challenged by talented teachers; but also for novices looking for a modern holiday that combines exercise, relaxation, and nurturing treatments like massage.

After months of confinement it feels like the right time to reboot 2020. So, I prescribed myself a dose of mindfulness, yoga and healthy eating, deep in the Andalusian countryside.

I headed out like a pilgrim on a path to enlightenment, driving two hours west from Malaga to the foothills of the Grazalema mountains. I passed through a patchwork landscape of woodlands, golden cereal crops, and towering sunflowers. Once past the small towns of Prado del Rey and El Bosque, and having taken a dusty farm track, I reached the Suryalila Retreat Centre. Colour-

ful Umbul Umbul flags fluttered in the wind by the entrance of this old olive farmstead, where rural Andalusian architecture has been enlivened with hand-painted wall murals, decorative Asian wood details, and carved stone statues that are evocative of India and Bali.

Eating well

It certainly looked and felt like a retreat, and as soon as I was greeted by Vidya Heisel, Director of Suryalila, I knew it was a friendly place too. We sat in the shade of an old paper mulberry tree and had lunch together, a feast of local organic vegetarian food.

Three meals a day are prepared by the in-house chefs led by Jemma, together with her colleague Kali. Think seasonal goodies many from the retreat's gardens, like plump breva figs with goat's cheese and honey; roasted vegetables, drizzled with the estate's own organic extra virgin olive oil; mushroom quiche with crispy gluten-free pastry; green salads; scarlet heritage tomatoes; local organic cheeses; and homemade breads and nut crackers. Over lunch I learnt that the retreat's permaculture project is expanding the existing orchard of fig, peach, pear, apricot and pomegranate trees with a new 'food forest' which in the coming



▲ Vidya Heisel, Director of Suyalila, has been teaching yoga for decades.

Andalucía is at the forefront of Spain's wellbeing movement with yoga centres, wellness retreats and spas

years will make the estate self-sufficient in many foods.

Vidya, a British resident in Spain, makes you feel at home straight away. We chatted about travel, wellness, yoga, and the trend towards immune boosting breaks.

She told me, "These days I think many people are becoming more health-conscious and looking for intelligent alternative holidays, from which they return home refreshed and with renewed vigour and energy. They no longer want to come back feeling like they need a holiday to recover from their holiday! I think holidays should be about boosting your immune system, not running it down."

Andalusian wellbeing

As international borders begin to reopen, the travel industry is seeing the first signs of recovery. The wellness and wellbeing sectors were among the strongest before the health crisis and might be among the first to take new bookings. Over the past decade or so, the emerging trend in wellbeing has consolidated itself into one of the most valued travel markets, where holidays are all about enhancing mental and physical health, learning new skills, and connecting with a destination.

Andalucía is at the forefront of Spain's wellbeing movement; from the semi-arid landscape of Almería and the brilliance of the Costa de la Luz, to the sparkle of Marbella's coast, there are yoga centres, wellness retreats and wellbeing spas offering day, weekend, and longer retreat getaways.

Short break

I really loved the style of Surya-



◀ Suryalila, in Cadiz province, brings Bali to Andalucía

lila. The centre hosts frequent group retreats throughout the year, and has an open, inclusive atmosphere ideal for retreat newbies like me. A few days or a long weekend might be enough to disconnect, relax and recharge - providing an introduction to yoga and other wellbeing techniques. By the end of my first afternoon at Suryalila, after a massage and the restorative yoga class, I felt I had been away for days!

Vidya has been teaching yoga, and training teachers, for decades; travelling the world, experiencing myriad retreats and yoga centres - all inspiration for her work here at Suryalila. She told me, "I have always loved yoga, delicious nutritious food and creating beautiful spaces, and fortunately I get to joyfully combine and share these passions under one roof."

Each day starts with an early morning yoga class, led by an expert teacher, trained by Vidya. At 8am I took a Vinyasa 'flow' yoga class in the 'Om' hall, a striking geodesic dome that looks out over the rolling countryside. It was the chance to be introduced to a series of postures and breathing exercises that flowed together. Expert teacher Jo was probably more used to working with experienced retreat regulars but was sensitive to that fact I was a novice, and modified the class and

made me feel comfortable.

Wild swimming

Then after a hearty breakfast we

headed to El Bosque, to hike along the river Majaceite, fed by crystalline water, that had filtered through the Grazalema

mountains. As you walk beside the wild river, past mill ruins, one is shaded by aromatic, wild fig trees, and surrounded by the sound of running water and birdsong. There are plenty of opportunities to cool off in the natural pools - it's a paradise.

The day ends with a late afternoon class and an early supper (the organic chocolate pudding was fab), leaving the evening free. Guests could take a cooling swim in the saltwater pool or curl up with a book and mug of lemon verbena tea. Instead I indulged in a glass of chilled Ronda white wine, slumped among decorative Indian mirror cushions, beneath an ornate pagoda - and watched the sunset. Now that's my kind of wellness retreat!



Vegetarian cuisine served during the retreat. **FORBES**



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THE INSIDER GUIDE

Wellness in Andalucía



Santi-Som retreat, Marbella

ANDREW FORBES

Wellbeing travel looks set to become more popular than ever; and you don't need to go far for a relaxing, nurturing, and even enlightening break as Andalucía is home to a wealth of retreat centres, wellness hotels and yoga teachers.

RETREATS

Suryalila Yoga Retreat (Cadiz)

Created by international yoga teacher, Vidya Heisel, Suryalila is an established yoga retreat in the foothills of the Grazalema mountain range, near the historic market town of Prado del Rey.

Suryalila has reopened for 2020 and hosts its own custom designed Yoga Retreats, each with different themes, often combining yoga with other activities, such as hiking, culture, and relaxation, as well permaculture and or-

ganic gardening.
suryalila.com

Molina del Rey - Sierra de las Nieves (Malaga)

Secluded within the Sierra de las Nieves natural park, the luxury Molino del Rey promises yoga, detox, meditation, mindfulness, weight loss and other holistic wellbeing courses and retreats combined with activities in the natural park.
www.molinodelrey.com



Healthouse Las Dunas.

Casa Bhakti (Granada)

About 35 minutes' drive from Granada, Casa Bhakti offers accommodation, healthy food, yoga and meditation classes. Re-opening 5 September 2020.
www.casabhakti.es

Shanti-Som Wellbeing Retreat (Marbella)

A little north of Marbella, set

within woodlands of Mediterranean pines, Shanti-Som Wellbeing Retreat offers retreats, treatments and stylish hotel accommodation with pool and medication garden. There is a restaurant too. Scheduled to re-open in July.
www.shantisom.com

WEIGHT LOSS

Buchinger Wilhelmi (Marbella)

The pioneer of wellness retreats in Marbella, the Buchinger Wilhelmi clinic is a renowned destination for its integrated, holistic therapeutic fasting programme. The Buchinger Wilhelmi Programme is a fasting method developed by the clinic's founder Dr Otto Buchinger. It also incorporates physical therapy, exercise, beauty care, psychotherapy coaching, nutrition, and medicine to "regain and preserve your quality of life, functional capacity and inner harmony". Results are said to boost the immune system too. Guests can book just a day to get an introduction to the clinic and its way of working.
www.buchinger-wilhelmi.com/en/marbella

Healthouse Las Dunas (Estepona)

A member of Small Luxury Hotels of the World, the Healthouse Las Dunas is the flagship hotel of the NaturHouse Group. The place for tailored wellness and weight-loss courses and retreats that are supported by a professionally trained medical team and counsellors. The setting is impressive, with upscale accommodation, giving magnificent sea views across to Gibraltar and North Africa. Dining is healthy and calorie-controlled,

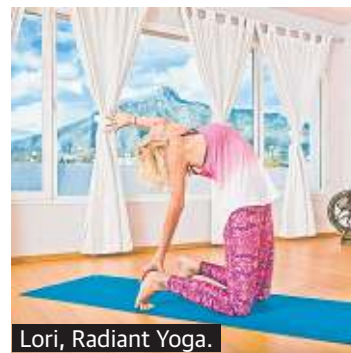
yet truly gourmet. The Ekilum Spa is a luxurious sanctuary.
www.healthouse-naturhouse.com/en/inicio

YOGA TEACHERS

Rafael Ruiz Rodríguez (Malaga)

Qualified yoga teacher and natural therapies expert, Rafa offers a number of private therapies and classes near Malaga, to help clients find greater equilibrium and health in their lives. Focusing on mindfulness, yoga, acupuncture, and massage. Trained in Europe and Asia. English and Spanish spoken.

Rafa is hosting a two-hour Yoga and Healing Sounds workshop on Sunday 5 July from 11am at Casa El Morisco in Benajárfate (Axarquía). Email ruiz.rafael8@gmail.com to reserve a place at 25 euro.
www.facebook.com/pg/ElArteSanoTerapias/services/



Lori, Radiant Yoga.



Víctor Celdrán.



Suryalila.

Víctor Celdrán Gálvez (Marbella)

Based near Marbella, Víctor is a qualified Yoga and Tai Chi Teacher, with over 10 years' experience. Certified with more than 500 hours in Vinyasa Yoga (Barcelona), Yin Yoga and Qi Gong (Bangkok, Thailand), Traditional Yoga (Rishikesh, India), Ayurveda and Yoga Therapy (Pune and Kerala, India).

Víctor offers private and group classes as well as online courses - each tailored to clients' experience, level, and objectives. English, French and Spanish spoken.

www.facebook.com/yogaby-victorceldran

YOGA CENTRES

Radiant Yoga Studio (Marbella)

Founded by Lori Sjollema, Radiant Yoga Studio has two bamboo-floored practice rooms, with views from Nueva Andalucía towards the La Concha mountain. The studio promises state of the art infra-red panels for hot yoga classes and a relaxing chill-out lounge area to connect after class. There is also a choice of therapies from Thai massage to Ayurveda treatments. Lori also offers residential retreats in collaboration with The Urban Villa Hotel near Marbella (theurbanvilla.com), and The Hacienda Retreat, a private property near Granada (haciendaretreat.com).
<https://yoga-in-marbella.net>

Casa el Morisco (Benajárfate)

Popular with German visitors and German residents, this yoga centre and retreat is also offering more classes and therapies in English.
www.morisco.de

Note: This is intended simply as a short introduction to the wealth of wellness retreats and coaches in Andalucía. Check online for your nearest centre or retreat to check opening times.

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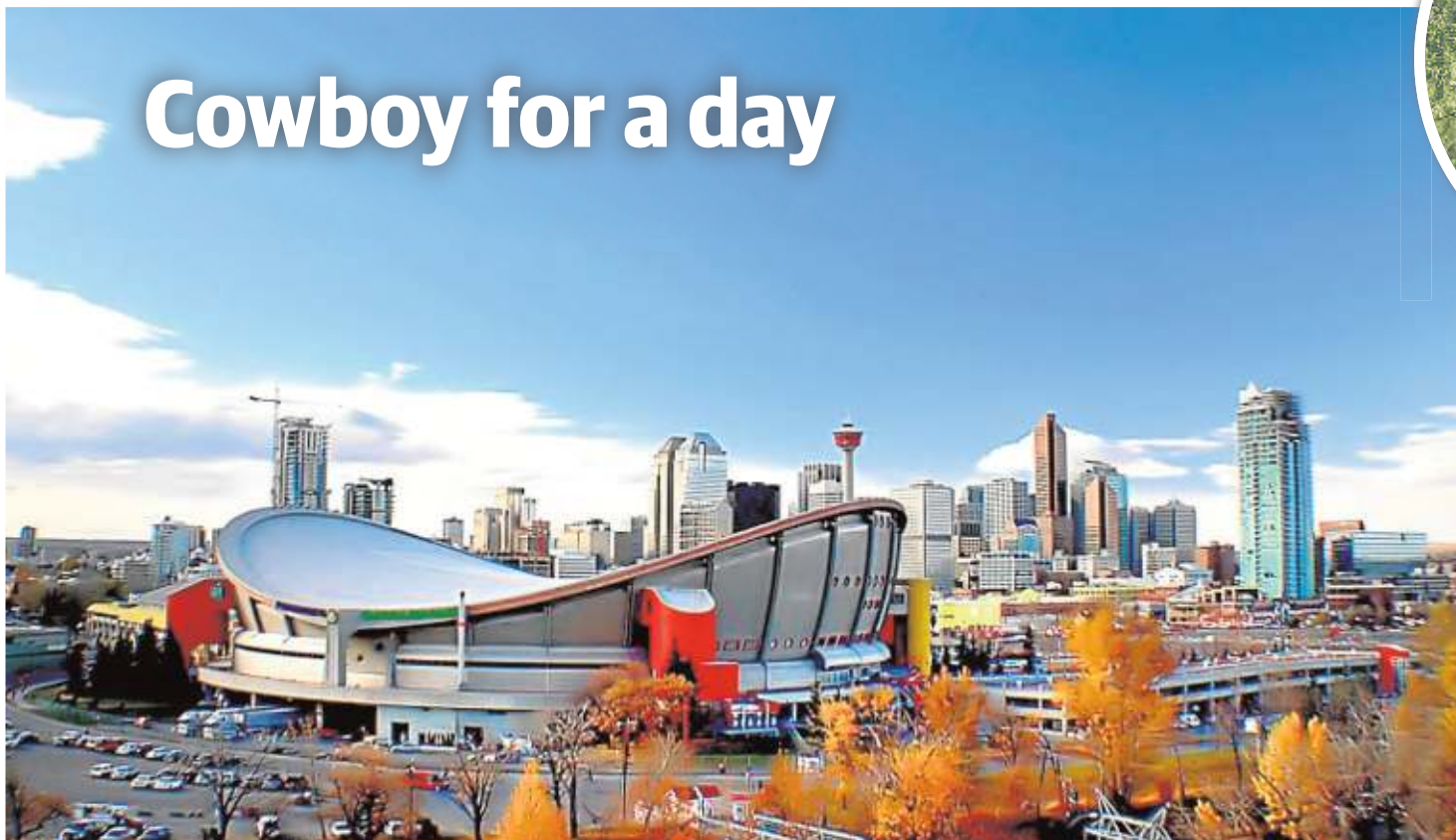


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WHERE IN THE WORLD?

Cowboy for a day



Billed as “The Greatest Outdoor Show on Earth”, in normal times this city welcomes up to a million visitors every July for a

ten-day event when everyone can put on their white hat and become a cowboy or cowgirl for the day.

Attendees are treated to one

of the world’s largest rodeos, a parade, stage shows, concerts, agricultural competitions, chuckwagon racing, and First Nations exhibitions.

Despite increasing international criticism by animal welfare groups, this event, which originated back in 1886, has grown into one of the world’s

richest rodeos, one of the country’s largest festivals and a significant tourist attraction for the city.

If you know where this is, you could win a prize. Send the name of the city and that of the event to english@diariosur.es. Only answers with your name, address and telephone number will be considered.

Congratulations to Leena Virkkumaa in Fuengirola who correctly identified last month’s photo. It was of the Open-Air Museum in Seurasaari (Helsinki, Finland), a popular spot to celebrate Juhannus (Saint John’s Eve). Your prize will be with you soon.

Send your answer to english@diariosur.es



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DEBBIE
BARTLETT



WHAT HAPPENED TODAY?

26 JUNE 1987

Jesús Gil y Gil takes over at Atlético Madrid

The man who became mayor of Marbella was a colourful but corrupt character who loved to shock and saw no reason for laws to apply to him

On 26 June 1987, Jesús Gil y Gil was elected president of Atlético de Madrid football club. In those days his name was not as famous - or notorious, would be a more accurate description - as when he was mayor of Marbella, but his was a character which always caused controversy whatever he did. His lengthy presidency of the football club was no exception.

Jesús Gil was born in 1933. In the 1960s he was a

property developer but was sentenced to five years' imprisonment in 1969 when part of a residential complex he had constructed collapsed, killing 56 people. It was discovered that the building had not complied with safety requirements. Gil only served 18 months in jail, because he was pardoned by General Franco.

His reign at Atlético de Madrid was nothing if not colourful. He got through 39 managers, dissolved the youth academy (of which future star Raúl was a member) because he said there was "no point" in having it, did dubious deals, constantly insulted his own and other teams, punched the director of another football club in the face after an argument and caused shock in a radio interview when Atlético had



Jesús Gil y Gil with the famous football shirt in 1998. EFE

performed badly and he said he hoped their plane would crash on the way home.

In 1991, to the horror of many local businesses and residents and the joy of others, Jesús Gil and his Grupo Independiente Liberal (GIL) won the local election in Marbella. And then the 'fun' began. For Gil and his fam-

ily and friends, anyway. Atlético de Madrid also benefited. In what is known as the 'Caso de las Camisetas' (Football Shirts Case), he organised a sponsorship deal by which the players wore the Marbella logo on their shirts. He was later charged with embezzling £2.3 million of taxpayers' money for that.

LANGUAGE
FOOTNOTE

Presidente	President
Propietario	Owner
Accionista	Shareholder
Empresario	Business owner
Alcalde	Mayor
Camiseta	Shirt
Promotor	Developer
Partido	Party
Malversación	Embezzlement
Corrupción	Corruption
Trato	Deal
Delito	Offence
Inocente	Innocent
Culpable	Guilty
Juicio	Trial
Escándalo	Scandal
Cárcel	Jail
Condenar	To condemn

And there was much, much more. His years in power were marked by continual scandals, he bankrupted Marbella town hall and has gone down in history as Spain's most corrupt mayor ever. He was banned from holding public office in 2002, and died in 2006 with many cases against him and jail sentences still pending.

1 Bilingual crossword inside back page

PET CARE
PETER HARRISON

Summer dangers

The weather is warm but gardens and terraces pose numerous risks for our pets



The fine weather is welcomed by us humans and by our pets as well. The pets, however, face the flip side of the coin as they have to deal with the danger of machinery when owners tackle the grass, weeds and the "rotation" of land.

Pets are curious creatures, find machinery fascinating and are oblivious to the danger. You might leave machinery running as you go to answer the telephone, open the door for a visitor or some other distraction.

You think you will only be a minute but that minute turns out to be five or even ten and that is more than enough for Kitty or Blazer to investigate and sniff the running Rotavator or lawn mower with fatal results.

Weed killer left open is another risk. It may claim to be safe for animals but I take a cynical view of that. It cer-

tainly does the pets no good.

I have written many times about the danger of Leishmaniasis and I make no apology for writing again, for a year is a long time in memory and this fatal disease is a menace in warm weather.

It is carried by a vector in the form of a tiny mosquito not visible to the human eye which flies at dusk.

If a dog is bitten, its immune system is weakened and it loses protection against a variety of diseases and could die as a result.

Owners can keep their dogs safe from this danger by keeping them in at night, only letting them out for a very short time.

The dog should sleep in a room with the window completely covered with fine fly netting.

Pets rely on us as owners to keep them safe from harm. Do not let them down.

LEGAL ADVICE



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REF. M. T. P.

I want to take a large sum of cash to Germany to buy a car. However, I have been told that I cannot take more than 10,000 euros and any more will have to be via a transfer to the car dealer. Obviously, I don't want to make a transfer without having tested the car. Is it true that

there are restrictions as to the amount that you can take out in cash?

There are certain restrictions but it is possible to take out more than 10,000 euros in cash. That is the threshold that you can take out freely, but if you need or simply want to take out more, you can make a declaration at the Tax Office informing them of the movement of the money. This could lead to an inspection if the tax administration finds something that does not match with your previous tax declarations, but if the origin of the money is legal and you can prove it, you have nothing to fear. If on the contrary you do not declare the money and try to take it out of Spain, the authorities can retain the amount exceeding the limit until you justify where it comes from.

REF. R. E. M.

I had an argument with a neighbour because I am fed up with him parking in part of my parking space. There is a column on the other side, and sometimes I cannot park because the space left is too narrow. He insulted me in public and I sued him. Last week we had the hearing, but he did not appear at Court - he lodged a statement of defence instead. Is it legal that he did not appear?

Depending on the kind of proceeding and the defendant's domicile, the law allows the defence to be carried out in writing, without having to defend himself in person against the charges. If this has been allowed, it is because it could be done that way, as otherwise the Court would have rejected the statement of defence.

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DENISE BUSH

GARDENING

Sesbania grandiflora

Commonly called the vegetable hummingbird tree, scarlet wisteria, West India pea and the corkwood tree, *Sesbania grandiflora* is a member of the Fabaceae family and native to south-east Asia and north Australia. It is widely cultivated in other hot and humid countries such as India and Sri Lanka and is grown not only for its decorative value but also as a food.

Sesbania grandiflora is very tender, it does not like cold at all, but it is a very fast grower and can reach two metres tall and flower in its first year from seed. Fully grown it can reach eight metres in height and develops a straight trunk and an

open crown. It has pinnate leaves 15 to 30cm long, consisting of pairs of up to 20 leaflets. The flowers form in small racemes and can be white, red or pink.

After flowering long, slender pods resembling green beans form, each containing around 15 to 20 dark brown seeds.

Sesbania propagates easily from seed or can be grown from cuttings.

Once established, *Sesbania grandiflora* is drought resistant. It needs full sun to flower well but will tolerate some shade. The branches are quite brittle and therefore need to be protected from strong winds.

In Asia the white flowers are eaten as a vegetable, after the bitter centre part is removed. The young leaves, which are high in proteins, vitamins and minerals, and the tender seed pods are often cooked in curries and are sold in local markets as agati. The seeds are fermented to make tempeh (similar to tofu). The leaves, roots and bark are also said to have many medicinal properties.

Sesbania grandiflora is a valuable crop in Asia as it gives shade, protects other crops and also supplies food for humans and fodder for cattle. It is also used in reforestation projects and, like all members of the Fabaceae family, helps to improve soil fertility at the same time by fixing nitrogen.



A red *S. grandiflora* in flower and a white variety (inset). WIKIMEDIA

READERS' PHOTOS



DEBBIE ELLIOT

Cyclamen confusion

Debbie Elliot sent in this photo of a cyclamen and says, "It didn't flower all winter and is in bloom now summer is here. Shouldn't it be dormant as the plant doesn't like hot weather?" Do any readers have the answer, or perhaps have noticed their plants do the same?



LESLIE CARROLL

Candelabra cactus

This towering plant is reminiscent of a thorny cactus in an old Western film but it isn't actually a cactus at all but *Euphorbia*. This photo of a four-metre-high specimen was sent in by Leslie Carroll.

PHOTOS

Calling all gardeners

We know many of our readers have lovely gardens, or enjoy growing plants on their terraces or balconies and some like to take photos of plants they see when out and about. Why not share them with others? Email

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

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EXHIBITIONS

Irene Grant

EL MORCHE. Until 8 July. Bio Beach Club, Paseo Marítimo El Morche. An exhibition of paintings by Irene Grant, a British artist resident in the Axarquía.

Francisco Martín Molina

NERJA. Monday to Saturday 10.30am - 2.30pm. C/Pintada 27. The exhibition of art by Francisco Martín Molina has re opened to the public. More information on Facebook: Exposición Francisco Martín Calle Pintada.

Diálogos con Picasso

MÁLAGA. Museo Picasso Málaga. The exhibition Diálogos con Picasso. Colección 2020-2023 includes 120 works by the artist among which is the cubism sculpture Copa de absenta (1914) and the painting Susana y Los Ancianos (1955). www.museopicassomalaga.org.



Silent movies, Museo Ruso.

The Russian Museum

MÁLAGA. Edificio Tabacalera, Avda Sor Teresa Prat. The two temporary exhibitions currently held at the museum are Rompiendo el silencio. El cine mudo en Rusia and Andréi Tarkovsky. Maestro del Espacio. The cinema has for decades been a way for attracting audiences, either indoctrination or for recreational purposes. Russian silent films have become universal icons over time. The second exhibition is about Andréi Tarkovsky, one of the most influential Russian artists of the 20th century. He was the forerunner of innovative techniques in the cinema of the time, refining editing to make films more dynamic. In conjunction with this exhibition will be a series of silent movies, with some of the most iconic Russian, Italian and American films available until 4 April 2021.

Centre Pompidou

MÁLAGA. Muelle Uno. The semi-permanent exhibition is entitled De Miró a Barceló. Un siglo de arte español. Pablo Picasso, Joan Miró, Salvador Dalí and Luis Buñuel were precursors of new ways of seeing and creating and their legacy still lives on. This chronological journey through a century of Spanish art shows that the generation of contemporary artists has kept alive the

spirit of the avant-garde with extraordinary energy.

Gustav Klimt

MÁLAGA. Until 30 June, 11am - 10pm every day. Muelle Uno. An immersive multimedia experience which demonstrates the works of the Austrian artist through modern technology. Tickets: info@elorodek-limt.es Find them on Facebook.

Centro de Arte Contemporáneo

MÁLAGA. Until 23 August. C / Alemania. The CAC Málaga reopened with an exhibition called Opus Nigrum by the Mallorca artist Pep Girbent. The display includes drawings and paintings inspired by film clips. The CAC also has an exhibition by Seville artist Juan Lacomba entitled Aquí A Lo Lejos consisting of 175 works on display until 30 August.

Cela - Picasso

MÁLAGA. Until 4 October. Museo Casa Natal Picasso. The exhibition entitled Trozo de Piel demonstrates the relationship between two geniuses, Pablo Picasso and Camilo José Cela. It consists of documents and photos symbolising the shared affinities and passions of the two friends.

Thyssen Museum

MÁLAGA. Until 13 September 9.30 - 2.30pm. 7 - 9pm Tuesday to Friday. 9.30am - 9pm Saturday and Sunday. During a brief stay in a sanatorium, Henri Toulouse-Lautrec created 39 drawings in crayon about the circus. These works were conserved after his death by his friend Maurice Joyant and reproduced in two stages using a photographic technique in 1905 and 1931. The reproductions were bound in two folders entitled Au Cirque. Thirty-nine prints of these drawings are on display in the museum until 13 September. The museum also has a permanent exhibition entitled Maestros Antiguos with works by artists from the 12th and 17th centuries as well as many other collections up to the beginning of the twentieth century.

Gallery Art Club

FUENGIROLA. Until 24 July. Calle Quemada. Monday, Wednesday, Friday, 11am - 2pm. Exhibition of art works by Lars Hedin and Edom Alemu as well as Magga Nancy and Klas B. www.galleryart-club.com also on Facebook.

José María Córdoba

FUENGIROLA. Until 20 September. Weekdays 6-10pm except Mondays. Museo de la Ciudad, C/María Josefa Larrucea. The exhibition Odiseo consists of paintings and drawings created by José María Córdoba and influenced by James Joyce's books.

Abrazo de Oso

ALHAURÍN DE LA TORRE. Until mid-September. Weekdays 6-10pm except Mondays. Finca El Portón. More than 20 artists from different countries have participated in the project Abrazo de Oso to create an exhibition presenting a diversity of

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styles with a theme of someone or something hugging an animal of their choice. The art is for sale and half the money raised will be donated to the Patitas Andaluzas and Equinac associations.

18X2. Coleccionismo Institucional de Málaga

ANTEQUERA. Until 30 September. Tues - Sun 10am - 2pm and 7pm - 9.30pm. MAD, C/Diego Ponce 12. The exhibition unites 36 works from the Diputación de Málaga and the Fundación Unicaja collections.

MUSEUMS

Museo del Patrimonio Municipal

MÁLAGA. Tuesdays to Sundays 10am - 8pm. Avda de Cervantes 4. With art collections from the fifteenth to the nineteenth century as well as artifacts, documents etc. relating to the economical, social and cultural development of the city of Málaga through the centuries.

Museo de Málaga

MÁLAGA. Tuesdays to Sundays, 9am - 3pm. Palacio de la Aduana. The museum has an eclectic collection which includes art, sculpture and artefacts dating from prehistory up to the nineteenth century. Entry to the permanent collection is free to residents of the European Union but only in the morning.

Museo Interactivo de la Música

MÁLAGA. Tuesdays to Sundays, 10.30am - 2.30pm. C/Beatas, 15. The museum holds workshops and has a varied display of instruments which recently included an exhibition of Aztec death whistles. <https://www.musicaenaccion.com/>

Museo Arqueológico

ESTEPONA. Tuesdays to Fridays, 8am - 3pm. The old town hall. The archeology museum of Estepona has reopened in the old Casa Consistorial (town hall).

LIVE CONCERTS AND MUSIC

Chamber music

MÁLAGA. Museo Picasso Málaga. 10€. 27 June, 8pm, 9.15pm. A piano concert by Javier Perianes playing works by Manuel de Falla, Claude Debussy and Isaac Albéniz. 4 July, 8pm, 9.15pm. A piano concert by Claudio Constantini playing works by Astor Piazzolla and George Gershwin.

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LIVE CONCERTS AND MUSIC

Jazz

MÁLAGA. Museo Picasso Málaga. 10€. **3 July, 8pm, 9.15pm.** The Ernesto Aurignac Quartet.

Flamenco

MÁLAGA. Museo Picasso Málaga. 10€. **11 July, 8pm, 9.15pm.** Virginia Gámez, a young Malaga flamenco singer accompanied by Andres Cansino on the guitar.

Noche de Blues Festival

MIJAS. 11 July, from 9pm. Auditorio Municipal de Mijas. The Noche de Blues Festival has become a popular annual event attracting national and international bands. www.mijas.es

Malaga Philharmonic Orchestra

MÁLAGA. **9 July, 10pm.** Castillo de Gibralfaro. Members of the orchestra will play pieces by D. Shostakovich, A Borodin, Tchaikovsky, and Mussorgsky.

Marenostrum

FUENGIROLA. From 11 July until 5 September. Castillo Sohail. The Marenostrum 'Edición Limitada' festival offers more than 35 musical, cabaret and comedy performances. Find more information at <https://marenostrumfuenjirola.com/>

CHARITY

ARCH

ALHAURÍN EL GRANDE. Open every Sunday 9am - 2pm. The ARCH team at the Rescue Centre for Horses and Donkeys has resumed its popular Sunday open mornings. Visitors can come and

meet the volunteers and the current residents. More information on Facebook: Centro Andalusi de Rescate de Caballos or www.horserescuespain.org

The Lions Charter Night Dinner

LA CALA DE MIJAS. 27 June, 7.30pm. Restaurante El Olivo. 40€. The Lions Club Charter Night Dinner to celebrate the foundation of the Lions International on 7 June 1917 will include a four-course meal and a half bottle of wine / soft drink /beer and a coffee per person. Dress code: smart. Tickets available from the Lions shop. Call 637185533.

MORE IDEAS

Online choir

FIND YOUR VOICE One hour singing sessions every Wednesday at 5pm. Local opera singer Clarice Williams runs the Find Your Voice Vocal Studio which raises money for charities as well as allows people to get together for a chat and sing songs from a varied repertoire. Participants do not have to be competent singers. registration 5 euros. Facebook Find Your Voice Vocal Studio.

Free Spanish courses

NERJA. Nerja Cultural Centre, Calle Granada, 45. Free Spanish courses for beginners, basic and conversation levels. Limited spaces. To enrol call 671567105. Classes run from mid September 2020 to June 2021.

Free Photography workshops

MIJAS. From 29 June, 6 - 8pm. Online. The workshops are online using Skype on 29 June, 1, 2, 3 July, and will introduce Photoshop and RAW (in Spanish). Participants need to



Selwo Marina, Benalmádena.

have the Photoshop programme installed and a camera that uses the RAW format. The instructor is photographer Jerónimo Alba. Registration: talleres@jeronimoalba.com

Ice cream tour

TORRE DEL MAR. Until 28 June. Participating ice cream vendors. Vote for the best ice cream while sampling some special home made creations produced by a selection of ice cream vendors in the town. Passports and information can be collected from the Tourist Office. Completed passports are entered into a draw to win 300 euros.

VISITS / ATTRACTIONS

El Caminito Del Rey

ARDALES. Fridays, Saturdays and

Sundays only.

Tickets are available now for June and July. <https://reservas.caminitodelrey.info/>

Alcazaba and Gibralfaro

MÁLAGA. Open from 9am -8pm. Last admittance at 7.15pm. Now open.

The Dolmens

ANTEQUERA. Open from 24 June. The World Heritage site, the prehistoric Dolmens of Antequera is now open to the public.

Nerja Caves

NERJA. 9.30am - 7pm. Entry is restricted and family units must retain five metres between them. A thermal camera measures the temperature of every visitor and gloves and hand sanitiser is made available. <http://www.cuevadenerja.es/>

Selwo Marina

BENALMÁDENA. From 1 July. Masks must be worn throughout the route and limited numbers allowed in some of the spaces and activities.

The cable car

BENALMÁDENA. From 1 July. The lift travels from the coast of Benalmádena up to the peak of Monte Calamorro, a 3km trip taking around 15 minutes.

Ornithological park Loro Sexi

ALMUÑECAR. From 10.30am - 2pm, 6-9pm. C/Bikini, 1. Just 100 metres from the Castillo San Miguel, the Loro Sexi park has held an important collection of exotic birds for over thirty years.

O. V. FILMS

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

Yelmo Cines, Plaza Mayor

MÁLAGA. Centro de Ocio, Plaza Mayor, Avda Alfonso Ponce León. Tel: 902902103. www.yelmocines.es
The Gentlemen: 18.20 (every day).
Mary: 21.20 (Tues).
The High Note: 17.30 (Tues)

Yelmo Cines, Rincón

RINCÓN DE LA VICTORIA. C/ Arroyo Totalán. Tel: 902220922. www.yelmocines.es
The High Note: 17.30 (Tues).
The Gentlemen: 20.30 (Tues).

Yelmo Cines, Vialia

MÁLAGA. Centro Comercial Vialia. Tel: 902220922
The Invisible Man: 21.00 (Tues).
The Gentlemen: 20.50 (Tues).
The High Note: 17.30 (Tues).

Cinesur Miramar

FUENGIROLA. Avda de la Encarnación. Tel: 952198600.
Bladerunner: 22.00 (Fri, Mon, Wed).

Torremolinos welcomes summer with a weekend of music

The Amber Plaza Club will kick off its summer series of live music events with a two-day legends festival and 80s pool party

TONY BRYANT

TORREMOLINOS. The Amber Plaza Club in La Carihuela, Torremolinos, will host The Festival of Legends on Saturday 4 and Sunday 5 July. The live music and celebration venue – situated opposite the Hotel Pez Espada - will kick off its summer series of live music events with a two-day festival dedicated to the music of the 1950s through to the 1980s. The main event takes place on Saturday from 9pm, when vocalist Mark Connors presents his tribute to two grand legends: Frank Sinatra and Elvis.

Music of the rock and roll era will be supplied by a video DJ, while Costa favourite Chris King will offer a mixture of swing, pop and rhythm and blues.



The Skafienados will perform at the Festival of Legends in July. SUR

On Sunday, fans of ska and reggae can enjoy the 80s Pool Party, which the organisers hope to make a weekly event. The party will get going at 5.30pm, when the Skafienados will perform classic hits of 80s ska bands like Madness, The Specials and Selector. The Fuengirola-based group will also perform songs of reggae legends Bob Marley, UB40 and Toots and the Maytals.

The afternoon will be hosted by Chris King, who will be spin-

ning a non-stop flow of hits from the 1980s between acts.

In order to adhere to the current health and safety legislations seating will be limited, so advance booking is advisable.

Entrance for each day is ten euros and tickets can be purchased from the venue on 951 136 519, or from Rubens Exchange.

For more information, see The Festival of Legends Facebook page.

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Covid-19 Regular Updates

People smoked considerably more during the lockdown period

Around 40 per cent admit to having smoked more cigarettes every day when they were stuck at home because of the pandemic

ÁNGEL ESCALERA



MALAGA. Tobacco is like a very effective spider's web: it traps those who fall into its net and doesn't let them go. It is the addictive power of nicotine that makes it so hard to stop smoking, especially in exceptional situations such as the one we have just experienced with the coronavirus lockdown.

Smokers consulted by this newspaper have said that while they were stuck indoors, the number of cigarettes they

smoked daily went up. This is especially noteworthy as 31 May is World No Tobacco Day each year, an event which highlights the dangers of smoking on people's health and tries to raise awareness of those dangers among young people.

A survey into tobacco consumption which was carried out by the online platform Top Doctors, which provides information about the best medical specialists in the private health sector, shows that as many as 40 per cent of those who took part said they had smoked more since the pandemic began and the state of alarm came into force and obliged them to stay at home. Those who admit to being habitual smokers said they had been smoking twice as much as usual.

The head of the tobacco addiction unit at the provincial branch of the Spanish Association against Cancer (AECC), Salvador de Oña, explains that, although there has been no specific study into tobacco consumption during lockdown, it

has been shown that when people have to convalesce and be immobilised in their homes for long periods after surgery, they tend to smoke more. These smokers use tobacco as a sedative and to combat the boredom of not being able to leave their homes.

Dr de Oña believes something similar occurred during the weeks of confinement. "Being shut in has a negative repercussion, because it causes feelings of anxiety, stress and anguish. To combat those sensations, people increase the amount of cigarettes they smoke," says this doctor, who specialises in treatments to help people overcome their dependence on tobacco.

Dr de Oña says that former smokers who have had support from their families during the lockdown have found it easier to resist the temptation to start smoking again. Many of those without that social and family support have gone back to their old ways.

Dr de Oña also refutes the claim that smoking can have a

May 31st was World No Tobacco Day, which tries to persuade young people not to take up the habit

Experts warn that smokers who catch the coronavirus are at greater risk of developing serious complications

protective effect against the coronavirus. On the contrary, he says, it has been confirmed that people who smoke are at greater risk of developing serious complications and even dying.

With regard to whether exhaled tobacco smoke could be a source of infection because the droplets could contain SARS-CoV-2, he doesn't believe this is the case and says that studies carried out into flu viruses have found no causal relationship between exhaled smoke and the

spread of the illness.

Smokers in Malaga

In Malaga province 31.4 per cent of men and 24.6 per cent of women smoke, says Dr de Oña. The age range of 45 to 54 has the highest concentration of smokers. To reduce the numbers, he says more policies are needed to increase smoke-free zones. He also points out that there are some bar terraces where people should not be allowed to smoke, because they are not complying with the conditions set down by law.

"To cut the problem off at the root, the price of packs of cigarettes and loose tobacco needs to be increased. That is the most effective way of ensuring that young people don't fall into the dangerous habit of smoking," he insists. "Raising the price of tobacco would be the most important method of stopping them getting into the habit of smoking as part of their daily routine."

With regard to the popular belief that loose tobacco is healthier because it contains fewer additives, this expert says that is completely incorrect because it actually accumulates more nicotine, tar and carbon monoxide.

"Under equal conditions, rolling tobacco is actually more dangerous than the manufactured version," he says. "No tobacco in existence is good for the health."

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If you're one of the people who have always thought that if you cut your hair it will make it grow faster, you're mistaken. "That's just one of many myths there are about hair. Like if you wash it every day more of it falls out, or if you shave your head the hair grows back stronger," says dermatologist Dr Ángela Hermosa, who is a member of the Trichology Group at the Spanish Academy of Dermatology and Venereology (AEDV). Hair may be blonde, dark, smooth, wavy, long, short, straight, curly, dry, greasy, brittle, plentiful, scarce and sometimes non-existent... there is no doubt that it is one of our signs of identity, but most of us know very little about it.

If you cut it, it will grow faster and thicker. FALSE.

Hair growth occurs at the root, not the ends and that is what determines how it grows, by multiplying its cells. "In other words, it is going to grow at the same rate, whether we have just had it cut or we never cut it. What happens is that hair becomes finer at the ends and if we cut it we have the false sensation of it being thicker, but it isn't. As it grows, it becomes finer again," says David Saceda, who is also a dermatologist.

In fact, many people shave their heads because they believe it will make the hair grow back stronger. "It only gives that impression as it starts to grow, but exactly the same thing happens with beards," says Ángela Hermosa.

Cutting our hair is purely cosmetic. It is not going to grow faster or any thicker afterwards. "Now, it's true that if we never use scissors on our hair and we attack it with hairdryers, tongs and very strong products, the

The many myths about hair and how to care for it

False beliefs. Cutting hair doesn't make it grow faster and washing it every day does it no harm, say experts who clear up some old wives' tales here

CARMEN BARREIRO



cuticle of the hair - the outside layer - is going to lose its shine and can break more easily. If shaving your head resulted in faster-growing and stronger hair, we would have a solution for alopecia," jokes David Saceda.

With regard to how fast hair grows, it doesn't matter what time of year you go to the hairdresser, because it always grows at the rate of about one centimetre a month, whether it's March, June or December. Nor does the colour or type of hair make any difference.

"Everyone's hair grows at the same speed, but what happens is that curly hair always seems slower precisely because it curls up as it grows and looks shorter," says Ángela Hermosa. The only factor which can slow down

growth is age.

"As we get older, the metabolism of the cells in the root of the hair gets slower, so it is normal for older people to only have to colour their hair every two or even three months instead of monthly," says Ángela, who is also a member of the AEDV's Healthy Skin Foundation.

Variables such as genetics and our general state of health obviously affect hair growth, but in general it always grows between 12 and 15 centimetres a year. What happens is that it grows at different rates in different parts of the head. For example, the hair at the sides grow a bit more slowly than on the crown.

Other false beliefs about hair say that if you shave a newborn



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baby's head, it will have more hair and this will be thicker. Well, no. It's exactly the same as with adults. It may seem stronger but that is because the roots are cut and the shaft is wider than the ends.

It's bad for hair to be washed every day. FALSE.

"Hair needs to be washed when it is dirty. Full stop. If you do sport every day and your head perspires you will have to wash your hair every day, and nothing untoward happens. It's not going to fall out because of that," says Ángela Hermosa. We lose between 50 and 100 hairs a day, whether or not we have a shower. So what happens, then? If we wash our hair once a week, the amount of hair we see on the brush or in the plughole will be much more than if we wash it every day, but not because more of it falls out when we wash it, but because we remove what has been loosening in the days beforehand. Every hair on our head has its own life cycle. They go through a phase of growth which lasts for years and are genetically determined, then they go into a resting phase and finally

"Hair is finer at the ends, and if we cut it we get the false sensation that it is thicker"

"When hair is wet it is more fragile because it is swollen and it breaks more easily. It is best to let it dry naturally in the air"

fall out.

"Every hair is where it is meant to be in its life cycle and that's why although we lose hair every day we don't end up bald," says Ángela.

It is important, however, to use the right sort of shampoo for each hair type. "Men's hair, for example, tends to be greasier because the masculine hormones are the ones that stimulate the sebaceous glands. In women with curly hair, on the other hand, it tends to be drier and more brittle, precisely because that sebum that is produced on the scalp has more difficulty in travelling the length of the hair because of its spiral shape".

We lose more hair in the autumn. TRUE.

This one is correct. There is a seasonal type of hair loss and it

tends to coincide with the autumn. Experts believe this is because, as in the summer there is a great deal of sunlight, hair grows at a slower rate. And as hair starts to fall a couple of months after being allowed to grow, it could be that this is why we notice "a little more hair loss" in the months of October and November. It is also normal to lose hair after having a very high fever.

"We have been seeing a number of patients who were infected with coronavirus a couple of months ago, and now their hair is falling out massively. The same thing happens after giving birth," says Ángela, who also says we should not rub our hair with a towel to dry it, because it causes damage.

"A lot of people comb their hair when it's wet because it seems easier, too, but that is when the hair is most fragile because it is swollen and it breaks easily. The best thing is to let hair dry naturally in the air or with a hairdryer that isn't too hot and from a certain distance. And if you have long hair, you should start at the ends and work your way up," she says.

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Anyone for tapas?

ANDREW J. LINN



Tapas as we know them today have only been around for about 50 years... and the way of serving and charging for them varies considerably.

The traditional version of how they got their name springs from the probable myth that King Ferdinand was invited to have a drink at a bar in Cadiz, but, as would have been the case everywhere, the place was buzzing with flies. The conscientious barmen, to protect the sovereign's drink, placed a small piece of cured ham on top of the glass – and voilà – the tapa got its name.

The rule is that tapas come free, and if you get one with the first drink you never know what happens with the second. Usually it comes without, and it is not polite to ask for a repeat. You will get it, but with a sour face, as even if you offer to pay for it, you will not be able to.

'Tapas' are different everywhere. In the Basque country they are known as pintxos, spiked through with a toothpick. The bill is arrived at by counting the number of 'palillos' on the plate.

Granada is a tapa-lover's paradise, and the generosity of

the portions is legendary. It is not unusual to be served a large slice of tortilla or a Russian salad with every drink at no cost.

The economics are baffling, but of course your free tapas will never feature jamón or queso curado.

Although everyone has their own favourite tapas bar, Malaga province is not renowned for the quality or the generosity of its tapas, and we need to go to Seville or Jaén to appreciate that.

WINE OF THE WEEK

Muruve

This is a rather good crianza from Toro at a favourable price. Very well made, but like many of the region's wine, rather heavy on the alcohol side, 14.5°. Intense ruby colour and needs drinking with red meat or cured cheese. Around €8.50.



The darker skinned the cherry, the richer in anthocyanins, powerful antioxidants. **DANIEL MALDONADO**

Tempting in the fruit bowl, cherries are a colourful addition to many dishes

This fruit from the Caucasus region conquered the world and opens up a realm of possibilities in the kitchen

ESPERANZA PELÁEZ

MALAGA. Attractive, sweet and juicy, as well as being the perfect size to pop in your mouth, cherries have been in fruit bowls in the Mediterranean and Asia for millennia.

The cherry tree (Prunus

avium, which provides the sweet fruit, and Prunus cerasium, which is the sour cherry used in industry) has been cultivated to provide shade, food and wood for over 3,000 years.

The tree originated in the Caucasus, the mountainous strip of land between the Black and the Caspian Seas and it was there that it was first cultivated.

The seeds were carried, by birds or by humans, from Turkey, Georgia, Azerbaijan and southern Russia, to places like China and Greece.

The Greeks founded the town of Cerasunte on the shores of

the Black Sea which fell under Roman rule in 67 BC. The Romans renamed the town Cerasus taking with it the cherries, calling them by the same name.

The Romans took the cherry to all corners of their empire, including France, Germany, Hungary and Great Britain although, as Heidi Strawn in her A History of Cherries (www.hobbyfarms.com) explains, cherry growing did not become widespread until the 15th century.

An ornamental tree

However, a hundred years later, French colonists planted the first

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cherry trees in the US, initially as an ornamental tree and to provide fruit for their estates. As the tree acclimatised in different locations, new varieties emerged.

Nowadays there are thousands, including the famous sakura cherry tree where by horticultural selection the fruit has been sacrificed to give priority to the beauty of the flower.

Today the US is the second largest producer of cherries after Turkey, especially of the tart varieties which are widely used in the food industry for making syrups, ice cream flavours, dried fruit and pickled cherries.

Interestingly glace cherries are also made from tart cherries. The lower sugar content of the tart cherries make them more resistant to attacks by pests and birds and the flesh is less watery. As for the colour, it is artificial.

Harold McGee, in his book On Food and Cooking, says that the origins of this confectionery decoration is along the Adriatic coast shared by Italy, Slovenia and Croatia, where the custom of preserving the native Marasca cherry variety in a cherry-based liqueur was observed.

The name of the variety comes from the Latin word 'amarus', and the liqueur in which they were preserved is called Maraschino.

The authentic Maraschino cherries are expensive but their fame gave rise to imitations. In confectionery this is achieved by subjecting tart cherries to a complex process: whitening with sulphur dioxide, preserving in brine, infusing in syrup

The low winter temperatures and altitude make Alfarnate an ideal location for the production of high-quality cherries

and finally artificial colouring. As McGee says, all that is left is "the skeleton, the cell walls and the skin".

Spain produces some very good sweet cherries to eat fresh and many varieties, although only five of the hundred or more varieties cultivated in the Valle del Jerte (Cáceres) are protected by the Denominación de Origen as 'picotas' (thick, fleshy cherries without a stem).

There is another DO in Spain, Cerezas de la Montaña de Alicante, which recognises seven varieties, among which are two types of picota.

Alfarnate in Malaga is also recognised for its high-quality cherries. It started growing them thirty years ago, the low winter temperatures and altitude being ideal for their production.

Another unique and delicious product from Malaga cherry trees is the Moscatel Guinda from Bodegas Antigua Casa de Guardia (DO Malaga), where the cherry aroma is provided by the wood of cherry branches that is introduced into the cask during aging.

A healthy fruit

The cherry is a very healthy fruit

because the anthocyanins that give the sweet cherry its intense red, almost black colour are powerful antioxidants.

Cherries are quite often cooked in many countries although not so much in Spain although chef Dani García does have a recipe for a gazpacho with cherries.

European treats

However from the Caucasus to Central Europe, cherries in a light syrup are found in most larders and are used to make desserts or cakes.

In Turkey they are used to stuff vine leaves with rice for meat or fish dishes and in Hungary for a summer soup.

Cherries are the protagonist of the famous Black Forest gâteau whose invention is attributed to the Café Schaefer in Triberg in the Black Forest, Germany. The sweet, dark fruits are nestled on fresh cream between layers of chocolate sponge cake and served with a glass of cherry brandy.

In Hungary cherries are used for pastries and crepes and alcoholic fruit drinks.

In France the most famous cherry-based dessert is the clafoutis, a batter cake similar to a thick crepe, which is made with whole, sour cherries.

The cherry stones, when heated, release the aroma of the benzoaldehyde contained within.

Another recognisable aroma in cherries is linalool which is also found in cloves, a spice with which it combines very well.

RECIPE 1

Cherry and beetroot soup

A lovely refreshing chilled soup, ideal for lunch on a hot day.

Ingredients

300g pitted cherries, 300g cooked beetroot, 300ml chicken or vegetable stock, 300ml natural yoghurt, 200ml sour cream, 5g ground cumin, fresh dill, salt and pepper.

Method

Blanch the pitted cherries in the boiling stock for five minutes setting 6 or 7 aside for decoration, and allow to cool. Transfer the blanched cherries and the stock to a liquidiser along with the cooked, peeled beetroot and yoghurt. Liquidise until smooth. The liquid can be passed through a sieve if desired. Adjust the seasoning to taste. A little sugar can be added if necessary. Refrigerate for a few hours and serve very cold, garnished with a spoonful of sour cream and a sprinkling of fresh dill.



RECIPE 2

Koftas with cherries

Koftas are small meatballs often eaten with pitta bread or rice.

Ingredients

500g minced lamb, 250g pitted cherries, 1 small finely chopped onion, salt and pepper. Olive oil, 1 onion, 6 cloves garlic, 1 tablespoon tomato puree, 1 tsp harissa paste, 1 cinnamon stick, 2 cloves.

Method

Mix the minced lamb with the finely chopped onion and add salt and pepper. To make the kof-



tas, make the mince into small balls. Heat the olive oil in a pan and gently fry the koftas until browned all over. Remove and place to one side. In the same pan fry the chopped garlic and onion until soft. Add the harissa and tomato paste, the spices and the cherries. Cook for five minutes. Liquidise this mixture and return to the pan with the stock and the koftas. Cook for 10 minutes.

Malaga still waiting for their first win following the restart

Three draws on the bounce. The Blue and Whites remain in relegation trouble after picking up just three points from their four games since Segunda action returned

SEGUNDA DIVISIÓN

Match day 36

Deportivo-Ponferradina	Saturday, 17.00
Cádiz-Tenerife	Saturday, 19.30
Las Palmas-Elche	Saturday, 19.30
Racing-Albacete	Saturday, 21.45
Mirandés-Almería	Sunday, 17.00
Sporting-Lugo	Sunday, 17.00
Malaga-Girona	Sunday, 19.30
Numancia-Oviedo	Sunday, 19.30
Fuenlabrada-Extremadura	Sunday, 21.45
Alcorcón-Rayo	Monday, 19.30
Zaragoza-Huesca	Monday, 21.45

Table

Team	P	W	D	L	GF	GA	PT
1.Cádiz	35	17	11	7	46	33	62
2.Zaragoza	35	17	10	8	51	37	61
3.Almería	34	15	11	8	54	33	56
4.Huesca	35	16	7	12	46	38	55
5.Girona	35	14	10	11	42	36	52
6.Elche	35	13	11	11	44	37	50
7.Ponferradina	35	11	15	9	41	37	48
8.Rayo	34	10	18	6	44	36	48
9.Mirandés	35	11	15	9	48	51	48
10. Tenerife	35	12	10	13	42	39	46
11. Las Palmas	35	11	13	11	36	39	46
12. Alcorcón	34	10	15	9	42	41	45
13. Sporting	34	12	9	13	34	31	45
14. Fuenlabrada	34	11	12	11	35	34	45
15. Malaga	35	8	17	10	29	31	41
16. Deportivo	35	9	14	12	34	51	41
17. Oviedo	34	9	13	12	40	45	40
18. Albacete	35	10	10	15	27	40	40
19. Numancia	35	9	11	15	37	43	38
20. Lugo	35	8	14	13	31	45	38
21. Extremadura	35	7	12	16	33	48	33
22. Racing	35	4	18	13	34	45	30

Table correct at time of going to press.



The Malaga players celebrate the opening goal. SALVADOR SALAS



Goalkeeper Munir put in another good performance. SALVADOR SALAS

1-1

MALAGA-EXTREMADURA

Malaga: Munir; Ismael, Lombán, Diego González, Juankar; Luis Muñoz (Bou-lahroud, 59'), Adrián; Hicham (Renato, 89'), Juanpi (Luis Hernández, 86'), Tete; Sadiku (Buenacasa, 73'). Unused substitutes: Gonzalo, Cifu, Juande, Mikel, Quintana, Rolón, Iván Jaime, Juan Cruz.

Extremadura: Casto; Ale Díez, Granero, Pardo, Bastos; Zarfino, Lomotey (David Rocha, 68'); Cristian Rodríguez (Kike Márquez, 61'), Olabe (Pinchi, 46'), Nono; Álex Alegrí. Unused substitutes: Collao, Sergio Gil, Pastrana, Airam Cabrera, Gabi Car-dozo, Kike Carrasco, Lele, Mosquera, Sabit.

Goals: 1-0 Sadiku (28'); 1-1 Zarfino (64').

Referee: Díaz de Mera Escuderos. Yellow cards for Hicham, Diego González and Kike Márquez.

Ground: La Rosaleda.

Sadiku's first-half goal not enough to earn a win against the side second from bottom

HENRY FLYNN

Armando Sadiku's twelfth goal of the season was not enough to earn all three points against lowly Extremadura at La Rosaleda in their first match of two this week, on Saturday night.

The Albanian put his team ahead in the 28th minute but the Blue and Whites were unable to extend their lead and were pegged back midway through the second half when Extremadura captain Giovanni Zarfino headed home to steal a draw.

Malaga showed their attacking intent early on and Hicham Boussefiane – in the starting eleven for the first time since the

season restart - had two early chances but fired over both times after being released down the right wing.

Juanpi was as ever a danger from free kicks, delivering one to Sadiku who headed wide, and then striking another which arced towards the top corner but was well stopped by veteran goalkeeper Casto.

Malaga found the goal they deserved after a terrific team move. Tete Morente, Luis Muñoz and Juankar exchanged passes before Tete's low cross from the left found Sadiku who finished off emphatically at the near post to put his team in front.

Sergio Pellicer's side, more fluent in attack than against Tenerife, looked more likely to score and almost did again, but Juanpi missed narrowly after a nice run at the Extremadura defence.

The visitors created their first real opportunity at the end of the first half, when Nono punted a clever shot on goal which Munir saved acrobatically just before half time.

Malaga looked unlikely to grab another goal until almost an hour played, when Juanpi followed up one of his corners with a low shot, which was well saved.

Substitute Renato Santos also went close, but Casto saved once again at his near post.

The team's inability to follow up with another goal was punished in the 64th minute when Zarfino floated a header into the top corner from Álex Díez's free kick.

Extremadura, second from bottom in the Segunda table, were more commanding in possession during the second half but needed Casto again to stop a powerful shot from full-back Ismael Casas.

At the other end, Zarfino could have put his side ahead with yet another header, but this time Munir was there to deny him and the points were shared.

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LUGO-MALAGA

Lugo: Ander; Leuko (Iriome, 79'), Marcelo, Malagón, Kravets; Hugo Rama (Álex López, 69'), Fernando Seoane (Pita, 57'), El Hacen; Gerard (Lass, 57'), Carrillo, Rahmani (Herrera, 79'). Unused substitutes: Varo, José Carlos, Jaume Grau, Canella, Castro, Álex López, Barreiro, Álex Rey.

Malaga: Munir; Cifu, Juande, Lombán, Diego González; Juanpi (Iván Jaime, 88'), Keidi, Boulahroud (Adrián, 46'), Juankar; Hicham (Renato, 23'), Sadiku (Buenacasa, 79'). Unused substitutes: Gonzalo, Rolón, Mikel, Benkhemassa, Cristo, Ismael, Ramón, Juan Cruz.

Goals: None.

Referee: Ortiz Arias. Yellow cards for Juande, Malagón, and Álex López.

Ground: Anxo Carro.

Pellicer's side put in their most rounded performance so far but still lacked a cutting edge

H. FLYNN

Malaga's poor run continued on Tuesday evening as they picked up a point for the third game running after a goalless draw with Lugo in Galicia.

With games arriving thick and fast, head coach Sergio Pellicer made numerous changes to his starting eleven, notably bringing in young defender Juande into a new-look back line which at times operated as a back five, with Cifu and Juankar as wing-backs.

In a quiet opening, Malaga escaped an early setback when the

referee dismissed calls for a penalty after Lugo forward Yanis Rahmani fell to the ground under Juande's challenge.

But Malaga ended the half the strongest; David Lombán's free kick forced a stop by Lugo goalkeeper Ander Cantero, before striker Sadiku nearly reached a Juankar cross which was well cleared by defender Josete.

After half time, Malaga substitute Renato - on for the injured Hicham in the 23rd minute - shot straight at Cantero, before Cifu forced another save after a nice run forward.

Midway through the second period, Sadiku - the only Malaga player to score since the season restart (two in four games) - went close with a powerful shot and then a header which glanced past the post following Renato's accurate delivery.

For Lugo, their best chance came when Mauritanian Moctar Sidi El Hacen swept narrowly wide from a cross.

Curro Torres' side mustered their first shot on target in injury time when José Ángel Carrillo's low attempt from the edge of the box was well held by Munir and the match ended honours even.

In many ways, the match typified Malaga's season so far. The team have one of the least potent strike forces in the division, scoring only 29 times, yet boast an excellent defensive record with only 13 goals conceded on the road.

Pellicer reflected after the game: "I'm frustrated because I think we did everything to win."

With so few points between teams in the bottom half of the table, Malaga need a victory if they are to avoid tumbling into the relegation positions.

Demichelis: "I dream about coaching Malaga one day"

The current coach of the Bayern under-19s has also revealed that there is an investment group seriously interested in buying the club

BORJA GUTIÉRREZ

MALAGA. The paths of Malaga CF and Martín Demichelis have crossed on several occasions: first during a two-and-a-half-year spell as a key part of the defence during the Pellegrini era; he then returned during the final stages of his playing career in January 2017, before retiring to become a part of Michel's coaching staff.

Currently enjoying success as Bayern Munich's under-19s coach, the Argentinian told SUR that he had his sights set on an ambitious goal: "Nowadays I'm dreaming of a third chapter with Malaga. This time a coach."

Demichelis, who is still in close contract with the city, says that he models his coaching on that of the most successful manager in Malaga's history, Manuel Pellegrini. "In some ways, during my



Martín Demichelis. NITO SALAS

time with him [six years in total], I was an extension of him on the field," he said.

"If someday Malaga want to take the risk and go with that philosophy and methodology again, they should look no further than me. I have a lot of faith and I'm preparing myself for when that time comes," he explained.

Interested buyers

The former defender also revealed details about an investment group interested in buying Malaga. "Last year, just before the team played in the play-offs, because of the contacts I have in the football world I approached an investment

Al-Thani ordered to pay a bond as legal fees are questioned

Malaga's judicial administrator José María Muñoz has reported further alleged irregularities on the part of the Al-Thani family to the courts for investigation. He believes that the Al-Thani used 124,000 euros of club funds on personal legal fees. Meanwhile, a court has ruled that the family must pay a 5.4-million-euro bond to cover potential financial liabilities as investigations progress.

group that wanted to buy Malaga. I told [then club lawyer] Joaquín Jofre, but I think he didn't believe me and they only had their minds on promotion so the interest wasn't considered. But that investment group is still there and they are still interested," he says.

Whether that interest materialises - and sees Demichelis installed as coach - remains to be seen.



Defender Juande slides in for the ball. AGENCIA LOF

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A LOOK AT LA LIGA
ROB PALMER
Commentator, Sky Sports

The Z factor

Real Madrid appear to have the advantage in the battle for the title as serial winner Zinedine Zidane proves his worth once again



It's looking increasingly likely that La Liga's run-in will be decided by the club that has the "X Factor". Or, to be more accurate, the "Z factor".

A whole season ago, Zinedine Zidane returned to Real Madrid with 11 games remaining and discovered a team that had no cohesion or direction. Spin forward a year and he's guiding a group of players through an 11-game post-lockdown mini-season which could lead to the title.

In another historic battle with Barcelona, Real Madrid have the edge on the head-to-head meetings... but the real advantage may turn out to be the coach.

Zidane inherited a tired and dishevelled set of players, unrecognisable from the team that had claimed a third successive Champions League title under



Zidane gives instructions to his players. EFE

his leadership. He's kept the spine of the side - Thibaut Courtois, Sergio Ramos, Raphaël Varane, Dani Carvajal, Casemiro and Karim Benzema - and

boosted it with verve and passion. Fede Valverde has fully graduated as an energetic midfielder, Ferland Mendy is challenging Marcelo, and Vinícius

Júnior has emerged as an incredible talent.

The latter is a bonus for Real. Still only 19, he arrived from Brazil with the usual fanfare that accompanies "the next big thing" yet took time to settle. There were even stories that his time was up earlier this season. It was feared he could be the new Robinho who never fully realised his potential.

There was a sign when he scored in El Clásico and then, during the enforced break, he decided to take a leaf out of fellow countryman Neymar's book. That can often be a dangerous and ill-advised thing to do. But, on this occasion, it was wise to copy the chapter where Neymar employs his own chef and personal trainer. He's emerged with the body of an

Olympic athlete and the attitude of a gold medallist.

Coupled with Marco Asensio's return from a long injury and Eden Hazard finding full fitness, Real Madrid look to have undergone a complete reboot. It has taken the pressure off Luka Modrić who looks re-energised now he's no longer expected to lead the midfield at the age of 34.

Over at Barcelona, there doesn't appear to be quite the same unity. Their style was based on blitzing the opposition into submission early in the game and finishing business before the last thirty minutes. Now, they are just edging matches and relying on Lionel Messi to drag himself out for every yard of the end-of-season marathon.

At the Camp Nou, Quике Setién has grasped the opportunity of a lifetime to coach the Catalans but he realises that he's just holding the throne until the future of the kingdom is decided.

The advantage for Real Madrid is that they have a winner as a coach who is progressing with his project. It is, and will be, neck-and-neck and who claims the title will come down to a fine margin. Zidane's pedigree may just edge it.

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Tentative plans in place for the return of the World Padel Tour

Dates for the tour's resumption have not yet been announced but two special behind-closed-doors tournaments have been organised in Madrid. The first starts this Sunday

MARINA RIVAS

MALAGA. The World Padel Tour has announced that action will resume with two special behind closed doors tournaments at the Madrid Arena. The first, under the name Estrella Damm Open, will be held from this Sunday, 28 June, to Sunday 5 July, and the second, which will be called the Ayuntamiento de Madrid Open, will run from 12 to 19 July.

This is good news especially for Spanish players or those who live in Spain as it will give them an edge in their preparations for when the official season calendar restarts for the first time since the Marbella Masters.

Although that final schedule remains unclear, players now have something to aim and train for after a stoppage of 114 days.



Navarro, González, Moreno and Ruiz in Mijas in 2018. NITO SALAS

Many of the most outstanding players on the world ranking are expected to be present at the Madrid Arena, where five courts will host all rounds from the qualifying stages to the final.

Many players from the Costa del Sol have confirmed their participation, two of whom who won't have to travel: Carolina Navarro (partnered with Ceci Reiter) and Alex Ruiz (with Martin Sanchez Piñero), both residents of the capital city. The latter, however, did spend lockdown in his native

Alhaurin de la Torre.

Bea González (her partner is number one Marta Ortega), Mari Carmen Villalba (with Verónica Virseda), Momo González (with Adrián Allemendi) and Ernesto Moreno will all have to travel to Madrid.

Moreno, from Torremolinos, will return to action with partner, José Rico after having to bow out of the Marbella Master with a bout of tachycardia. In the end, he had an operation at the end of April to solve his cardiac arrhythmias.

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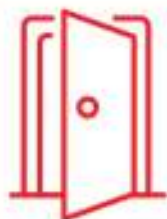
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THE STARS



Aquarius

January 21st - February 19th


Sudden changes take you by surprise, but in a good way. It will take a few days to get your mind around the possibilities though.



Pisces

February 20th - March 20th


We are all feeling our way around a new reality. Feeling obliged to someone who has been helpful? Don't overreact. Take time to think.



Aries

March 21st - April 20th


For too long it has been two steps forward and one step back. As you now feel the support of others around you, seek out someone special. Who has, time after time, been there for you?



Taurus

April 21st - May 21st


As much as you want to forget any negative times recently, think also of the good. What has changed in your approach to others?



Gemini

May 22nd - June 21st


As you turn the corner to better days, be aware of the part others have played in the experience. Some friendships may be stronger and others have disappointed.



Cancer

June 22nd - July 23rd


A much more positive week in which you see a sense of balance come back into the everyday. It may have been necessary to tiptoe around folk who you would normally avoid.



Leo

July 24th - August 23rd


During the last few months it is possible that you have garnered some strange companions. Pick and choose those who will now be a part of your life going forward.



Virgo

August 24th - September 23rd


There seems to be an epidemic of lack of confidence at the moment. So if you are feeling a bit shaky and inadequate, you are not alone. Be prepared to imagine what is around the corner.



Libra

September 24th - October 23rd


Face up to any changes that are happening and try to mould them to your needs. Taking control brings relief from any stress or uncertainty you have been feeling.



Scorpio

October 24th - November 22nd

Realise that this is not a week to criticise your performance. Rather more it is a time to count your blessings. Realising that you are stronger than you thought is a great boost.



Sagittarius

November 23rd - December 21st

Your strength is in your ability to keep going when others lose hope. Some may think it foolish and others admire you for it. Who is right?

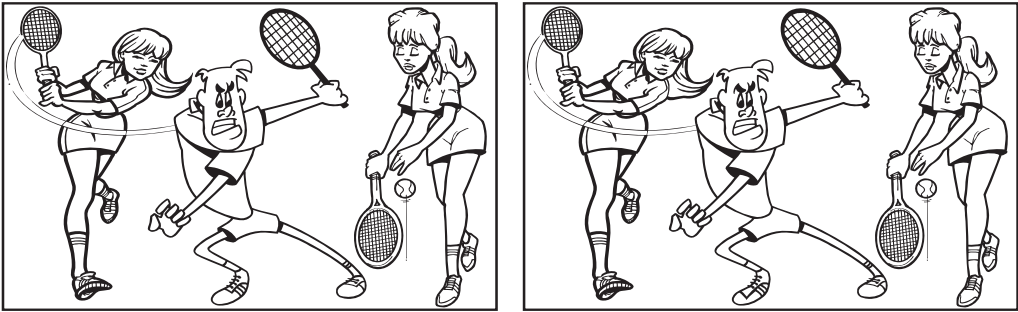


Capricorn

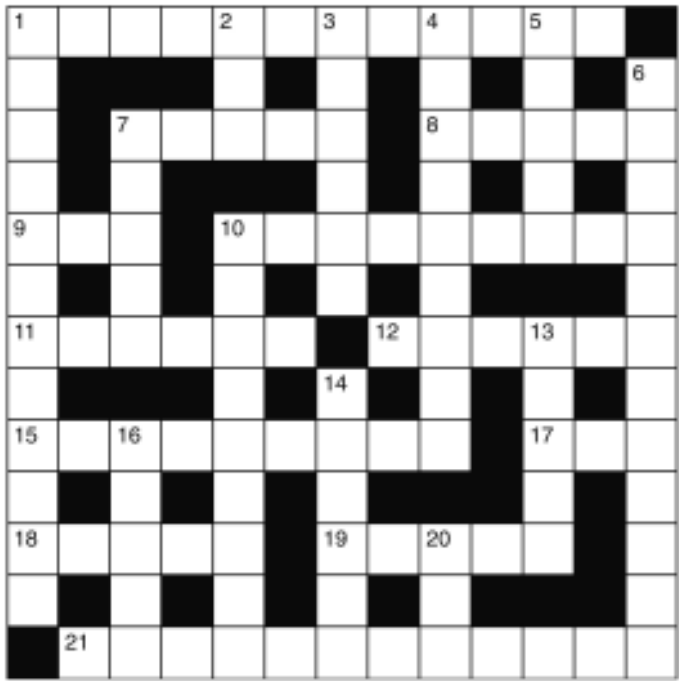
December 22nd - January 20th

What has changed in your attitude to others? Are you more or less patient? As the dust settles on some pretty raw emotions, matters become clear.

THE SEVEN DIFFERENCES



CRYPTIC CROSSWORD N° 11415



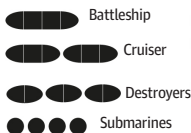
SUDOKU BY HANZO

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

				3	9	4	8	
	7		6				1	
	3	9						
	9	6		8	7			3
	1				5			
						2	4	
5					8		9	
	8			5	4		2	
		2						

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.



	1	2	3	4	5	6	7	8	9	10
A								●		
B										
C										
D				●						
E										
F	●									
G										
H										
I										
J				●						●
	2	1	1	4	2	4	0	1	4	1

QUIZ

Which is the only animal whose full scientific name is also its common name?

1. Boa constrictor 2. lynx
gorilla 3. chinchilla 4. bison

Which is the most populous island in the world ?

1. Taiwan 2. Java 3. Sri Lanka
4. Great Britain

Across

- 1 Examine infant born on the underground? (4-4,4)
- 7 Sick of being drilled? (5)
- 8 Serious accent (5)
- 9 Avail oneself of some famous expert's advice (3)
- 10 Unblemished and never doing wrong without thanks (9)
- 11 Rush as cavalryman appears (6)
- 12 Stay again with the chief (6)
- 15 Post dealing with kingly armour? (5,4)
- 17 He's a bit of a loafer (3)
- 18 'I am so old' says the idol (5)
- 19 Keep away from a vacuum (5)
- 21 In which speakers battle against certain elements? (6,6)

Down

- 1 There are no changes in such transport till the end (7,5)
- 2 Rodent caught up in sticky stuff (3)
- 3 Ambled round a madhouse (6)
- 4 Make a good start with e.g. new bill, perhaps (5,4)
- 5 Two in support (5)
- 6 Not a nobody - a musician perhaps? (6,2,4)
- 7 Feel gratitude for Elizabeth when about fifty (5)
- 10 Something trivial, like a short drink? (5,4)
- 13 Not silently permitted, say (5)
- 14 What a female graduate suffers from? (6)
- 16 Yet as likely to produce a rising (5)
- 20 Nothing you and I should pay (3)

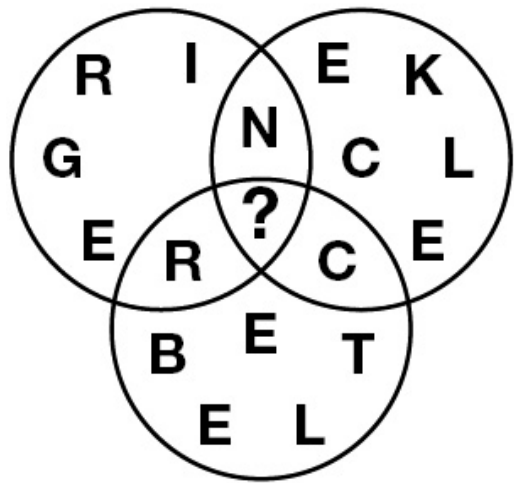
THE WORDPUZZLER

A	R	A	N	G	A	R	C	O	N
R	U	R	L	A	R	C	E	N	Y
C	S	C	A	R	C	E	L	A	R
E	T	A	R	C	H	E	S	T	O
P	A	R	C	H	E	D	E	A	P
A	R	C	H	I	R	O	A	R	A
R	C	L	E	M	A	A	R	C	R
C	H	O	E	A	R	C	T	I	C
S	P	I	A	R	C	O	L	T	E
U	F	A	R	C	E	A	R	E	L

Can you identify the words that contain 'arc' from the clues listed below?

1. Thirsty
2. Ocean
3. Bowman
4. Stiffening agent
5. Fiasco
6. Tree
7. Package
8. French waiter
9. Rarely encountered
10. Brandy

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
- Down
- 1) Independent (13)

7) Jails (8)

11) I (2)

12) He diverts (6)

13) Nights (6)

14) Column (7)

15) Tower (5)

16) Offence (6)

18) He drinks (4)

19) Place (5)

20) River (3)

22) Mayor (7)

23) I exported (7)

25) She goes out (4)

28) Strange (f) (4)

29) Himself (2)

31) Enormous (6)

33) Shareholder (10)

35) To cover (5)

38) Party (7)

40) Advisor (6)

41) Stadium (7)

43) Collapse (7)

44) President (10)

45) Air (4)

46) If (2)

48) Opposition (9)

49) Embezzlement (12)
- 1) Innocent (8)

2) Duels (6)

3) Developer (m) (8)

4) Swimmers (9)

5) Insults (8)

6) Deals (6)

7) Corruption (10)

8) Rum (3)

9) Undercover (f) (10)

10) Suspicions (9)

17) Golfer (8)

21) To the (2)

24) Owner (m) (11)

26) Ostentatious (m.pl) (10)

27) He hides (7)

30) Business owner (m) (10)

31) Scandal (9)

32) Eternal (m.pl) (7)

34) You (pl) (2)

36) Mermaid (8)

37) They condemn (8)

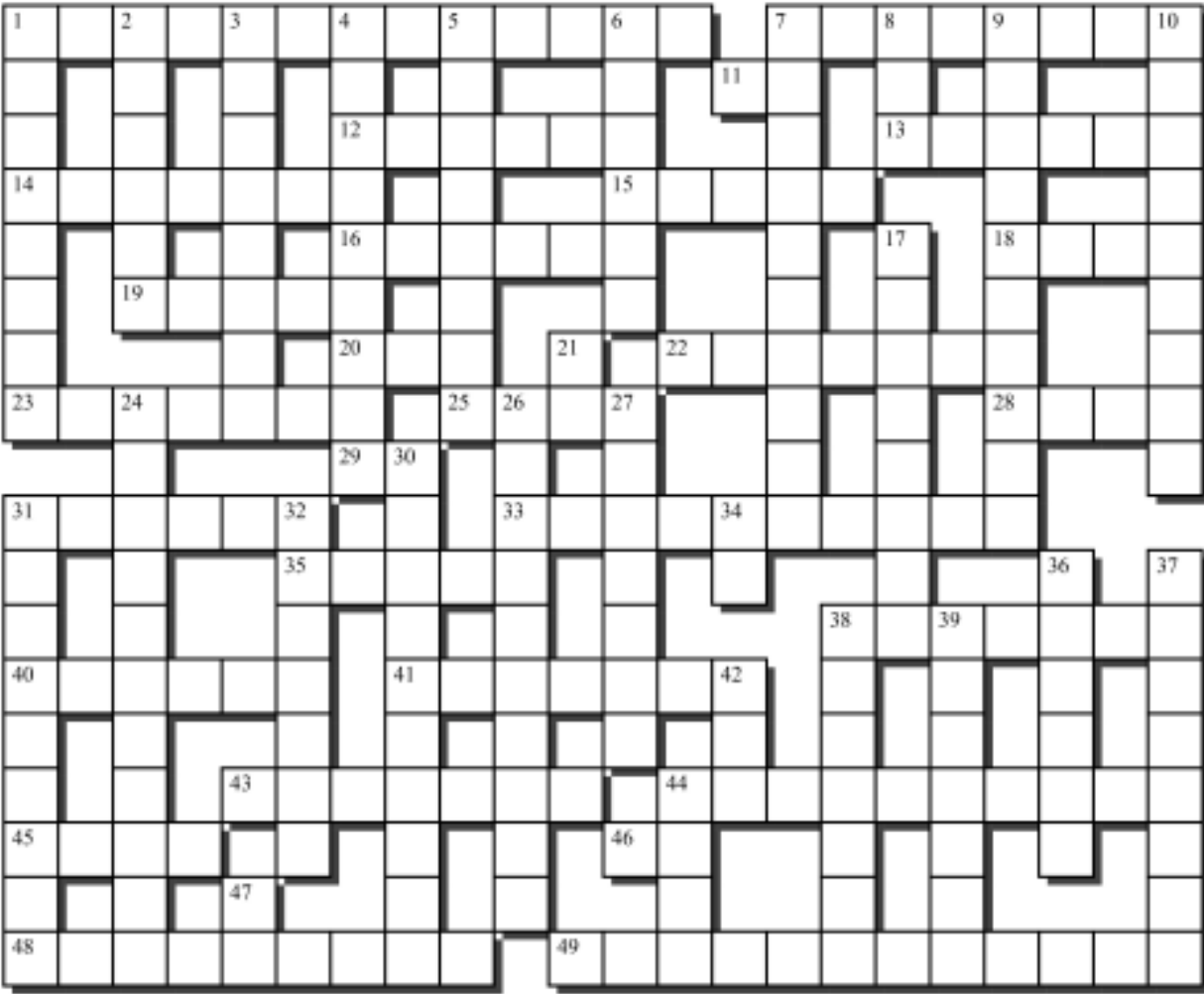
38) To lend (7)

39) Noisy (f) (7)

42) To hear (3)

44) Skin (4)

47) My (2)



ANSWERS

Quiz answers

Answer: Boa constrictor
Of interest: While the other options are also the scientific names for animals they are shortened versions. The Gorilla's scientific name for example is Gorilla gorilla and the western lowland subspecies is named Gorilla gorilla gorilla.
Answer: Java
Of interest: The Indonesian island of Java has an estimated population of 141 million, around 56-7 per cent of the Indonesian people and is the world's most populous island.

Language Crossword



Cryptic Crossword

Solutions: Across: 1 Test-tube baby; 7 Bond; 8 Grave; 9 Use; 10 Stain; 11 Hussy; 12 Remains; 15 Royal Mail; 17 Oak; 18 Image; 19 Avoid; 21 Stormy debate; Down: 1 Through train; 2 Tar; 3 Badlam; 4 Begun well; 5 Brace; 6 Person of note; 7 Bless; 10 Small beer; 13 Abode; 14 Malady; 16 Wast; 20 Owe.

Wordpuzzler solution

1. Parched
2. Arctic
3. Archer
4. Starch
5. Farce
6. Larch
7. Parcel
8. Garçon
9. Scarce
10. Marc

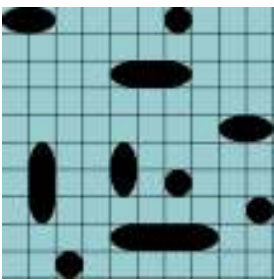
Sudoku solution

6	2	1	5	3	9	4	8	7
8	7	5	6	4	2	3	1	9
4	3	9	8	7	1	5	6	2
2	9	6	4	8	7	1	5	3
3	1	4	2	6	5	9	7	8
7	5	8	9	1	3	2	4	6
5	6	3	1	2	8	7	9	4
9	8	7	3	5	4	6	2	1
1	4	2	7	9	6	8	3	5

Circlegram

The letter represented by the question mark is A. Earring, necklace, bracelet, all items of jewellery.

Battleships



WHERE IS THIS?



Last week: Casares

Plaza de Antonio Galiano in Casares is the location of this decorative drinking fountain.



THE SUR IN ENGLISH CORNER

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plete with our advertisers' message inside, is picked up by readers, many as part of their Friday morning routine they haven't changed in years.
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Marbella's pandemic past is uncovered

Discoveries.
Restoration work carried out on La Fonda hotel has uncovered a necropolis which could shed extra light on the town's history

HÉCTOR BARBOTA



Work on the foundations of the old La Fonda hotel and restaurant in Marbella Old Town, which is being restored, has uncovered remains which may provide previously unknown information about the town's history.

These include the walls of the old San Sebastián church, which was demolished in the 16th century, 18th century paintings and a necropolis with common graves dating back to the time of a pandemic during which bodies had to be buried urgently.

Archaeologists say this would have been in the late 16th and early 17th century. They have also found signs of conventional burials with remains of ceramics from the same period and associated with the church.

Work on La Fonda, which is in Calle Ancha, began in February. The establishment was very popular in the early days of tourism in Marbella but has been abandoned for years. Now, however, a fo-



Tests may provide more information about the epidemic that hit the town between the late 16th and early 17th century. **SUR**

reign investor has acquired the building and wants to convert it into a boutique hotel. The remains which have come to light are from three buildings below La Fonda, opening onto Calle Santo Cristo and Calle Bermeja. The archaeologists believe the necropolis extends quite a way beyond this site. The remains of at least 20 people have been found so far and there will probably be others.

The same family

Seven of the skeletons were found in the same place: three adults and four children. Tests will be carried out to see if they were

members of the same family, which is the most probable hypothesis, and whether they died from the illness (if it has left traces in their bones), says archaeologist Miguel Vila, who is directing the works. This would confirm what type of epidemic affected Marbella between the late 16th and early 17th century. Historian Catalina Urbaneja has already collated information to indicate that there was bubonic plague in the town between 1600 and 1602.

The remains of a building found in the Calle Bermeja area are known to be the 16th-century

San Sebastián church. Miguel Vila says it was a simple building which began to be restored early on but didn't survive for long. Experts were aware of the church's existence after studies carried out in 2016 showed the presence of several structures.

The paintings which have been found, from the late 17th to the early 19th century, also reflect the historical relevance of this location. Calle Ancha, which runs north of the Old Town, was an important street with numerous large houses and heraldic shields on their façades. The paintings are to be restored and will be in-

tegrated into the new hotel.

Vila says these three elements - the walls of the San Sebastián church, the human remains which prove the existence of a necropolis in the upper part of the town and the paintings - are very important because they will help to explain a large part of Marbella's history.

However, he also stresses that the works have only just begun to be carried out and it is possible that there will be other discoveries as well, including another necropolis which is thought to have existed in the times of the Moors.

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