

# SUR

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July 24th to 30th 2020  
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SPORT

### JON RAHM ON TOP OF THE WORLD

The Basque golfer is the first Spaniard in 24 years to top the world rankings **P41**



## Spain gets 140bn of EU funds in historic Covid-19 deal

The country will be the second biggest beneficiary of the deal after Italy

After several days of negotiations, EU leaders finally reached an agreement early on Tuesday after a debate on how the recovery fund to deal with the effects of the Covid-19 crisis would be distributed among member states. Spain will

receive the second highest sum, 140 billion euros, of which around half will be grants that will not have to be paid back. The funds will be used to strengthen the health services and programmes designed to help rebuild the economy. **P16**

**Aragón and Catalonia study stricter controls with a focus on young people and night life** **P15**

**The digital divide. Rural areas struggle to keep populations up when fibre is slow to arrive** **P2&3**

**A Hells Angel in Malaga. Outlaw biker George Christie holds auditions for his series** **P20**

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The plants were in three greenhouses where farmers were supposedly growing cucumbers. **SUR**

### Marijuana under Axarquía plastic

Officers stumbled across a massive plantation of more than 10,000 cannabis plants during a routine inspection east of Malaga. **P6**

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# The rural web - when broadband is not so broad

**Digital divide.** Officially, 84 municipalities in Malaga now have fibre optic but not every home has access to it and this is a key factor in the loss of rural population

IGNACIO LILLO



**B**roadband internet is essential for remote working, studying at home, online shopping and digital leisure, but not everywhere in Malaga province has the same access to it.

Officially, 84 municipalities have what is known as FTTH (Fibre To The Home) which means that only 19 are yet to be connected. In reality, however, there are regular complaints from mayors, residents and business owners about the level of cover (where broadband is available, over 70 per cent of the population on average can access it, and nearly 30 per cent can't), and there are continual breaks in connection. The lack of quality internet is considered a key factor in the loss of population from rural villages, and it also limits the possibilities of tempting new residents to move from towns to villages.

The Secretary of State for Telecommunications and Digital Infrastructures (part of the Ministry of Economic Affairs and Digital Transformation) and Telefónica, the biggest operator in the market in Spain, provide the data on internet access. According to these sources, the province isn't doing badly compared with other parts of Spain.

Telefónica is carrying out a plan to install fibre optic in every municipality in Andalucía by 2024. In Malaga province, including the Costa del Sol, nearly 82 per cent now have it, and by the end of this year another eight places will benefit from it as well, raising the coverage to 90 per cent.

The average percentage of access in these places is over 70 per cent (in other words it has been in-

stalled but not every home has access to it and schools, town halls etc. have priority). In many places access is over 80 per cent, or even up to 90 per cent. More than 465,000 properties (homes and businesses) in Malaga province have FTTH cover now, according to Telefónica. Alfarnate is the latest village to have been connected.

On the other hand, there is still a lack of this service in some places and even in Malaga city itself, districts such as Campanillas are experiencing connection problems. This is paradoxical, bearing in mind that the PTA Technology Park is located right beside it.

In the Axarquía, Cútar is one of the villages still without a fibre optic internet connection, while others such as Salares are confident that they will be connected soon.

"Telefónica told us before the pandemic that it planned to install fibre optic here this year," said the mayor, Pablo Crespillo.

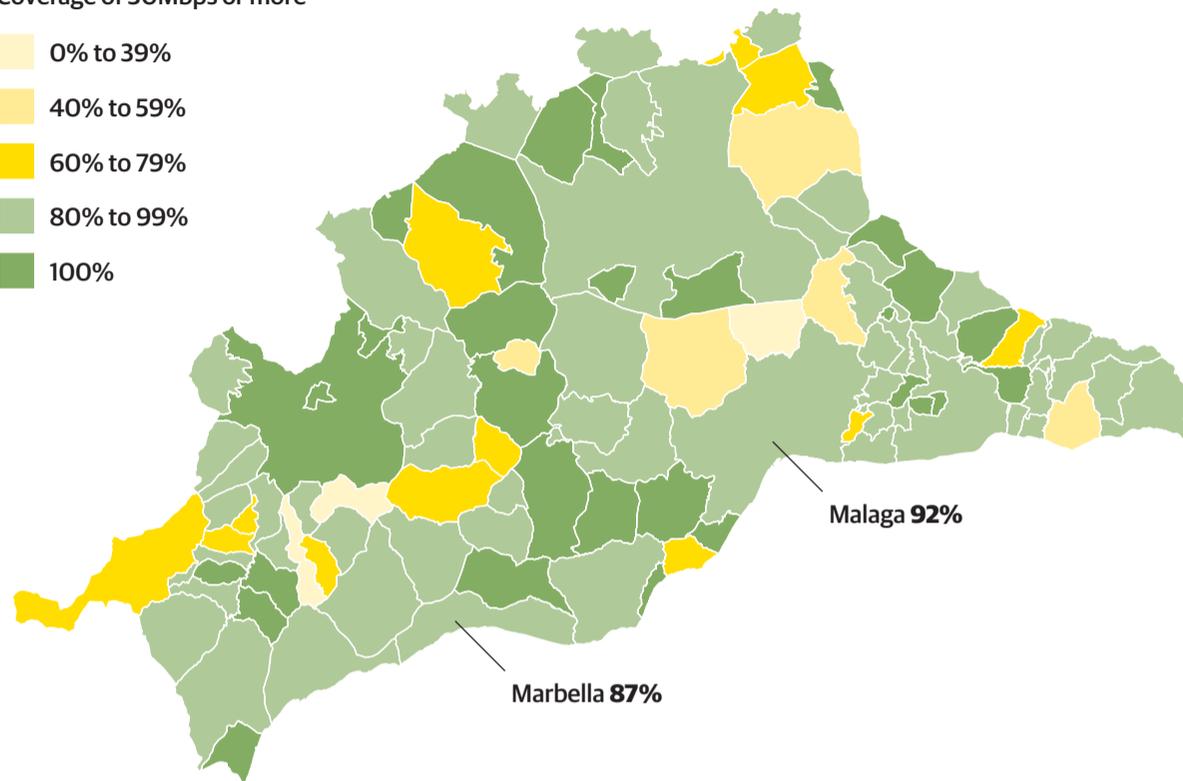
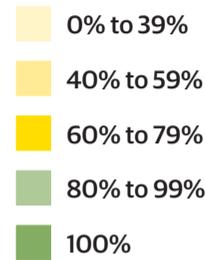
Fibre optic has been installed in Sayalonga, although many homes in the village still don't have access to it. In Comares, on the other hand, the mayor, Manuel Robles, said they are now waiting for 5G. Local companies such as Axartel have announced plans to reach places such as Benamargosa and are already offering it in Benamocarra and Vélez-Málaga.

In the Serranía de Ronda, most municipalities now benefit from fibre optic, some of them only recently. However, there is a general feeling of dissatisfaction with its effectiveness, and mayors are reporting constant problems.

"How are we going to attract tourists if we can't offer them a good quality internet connection?"

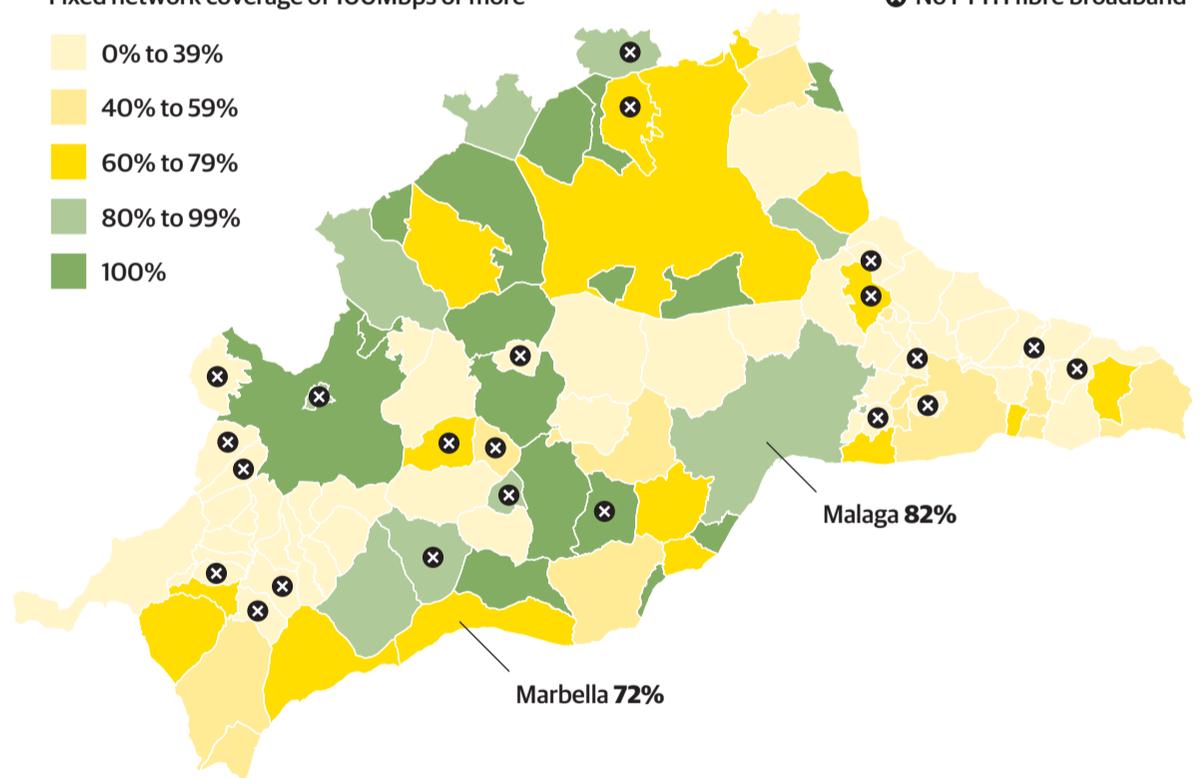
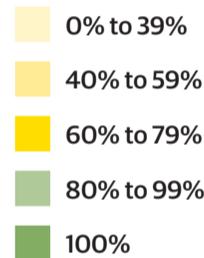
## Network coverage by municipality

Coverage of 30Mbps or more



Source: Secretary of State for Telecommunications and Digital Infrastructure and Telefónica

Fixed network coverage of 100Mbps or more



Where municipal areas are formed by more than one urban centre, the average is quoted

GRAPH E. HINOJOSA

said Pedro Godino, mayor of Gaucín. Auxiliadora Sánchez, mayor of Atajate, said the system there has not been working properly for weeks.

In other parts of the province in places with the biggest populations, broadband coverage is good in the centre, but the speed reduces in outlying dis-

► A move to the country. Swedish businessman Pelle Lundborg has bought a property in Carratraca and produces his own olive oil. sur



tricts. Installation is ongoing in parts of the Guadalhorca Valley, such as Casarabonela; and in some places in the Antequera and Guadalteba areas.

### Rural repopulating

Pelle Lundborg is an example of the potential of rural municipalities to attract new residents and talent. This 42-year-old Swedish businessman works with new technology and video games and recently became involved in ecological agriculture and tourism, after buying a property in Casarabonela.

IN FIGURES

19

municipalities in inland Malaga still do not have access to fibre optic broadband.

70%

is the average percentage of coverage in places where fibre optic has been installed.

This is one of the villages which does not yet have fibre optic and he has to work via a satellite connection, with a capacity of 20 Mbps, which he says is hard.

“If you want to attract foreigners and business, then fibre optic is essential,” he said.

He learned from his native Sweden that a powerful Internet network is vital for the economic development of rural areas. Like him, other professionals are keen to move inland, thanks to the increased popularity of working from home. “But one of the first things people ask is whether there is fibre. It is not the whole answer to rural depopulation, but it is very important,” he said.

Juan Luis Cruz, the head of the College of Telecommunication Technical Engineers, advises the Malaga provincial government, which has a specific department to tackle depopulation.

“In many villages there is not total fibre optic coverage, so thousands of residents are in a difficult situation technologically speaking and the situation is not equal to that in cities.”

He believes this is a key factor in preventing depopulation and

encouraging development.

“If I want to open a small hotel, I need high-speed internet to operate my business. The pipes for the fibre should be installed whenever development projects are being carried out, and that is something that the mayors should organise,” he said.

Natacha Rivas is the fourth vice-president of the Malaga provincial government, and runs the Public Service and Depopulation department: “One of our objectives is for every village to be connected, so we have set up a technological committee to oversee that,” she said. “The Covid crisis has highlighted which rural areas are lacking in this sense,” she explained.

**i** Agustín Peláez, Vanessa Melgar and Andrea Jiménez contributed to this article.



Juan Jesús Arrebola of Bar Belén was the first to get the service. A.P.

## Alfarnate, one month with fibre connection

The first residents to have been connected in this small village in the Axarquía say it is “a major step forward”

**AGUSTÍN PELÁEZ**

ALFARNATE. “Fibre optic has marked a turning point for my business. With the ADSL it used to take ages to do anything,” said Juan Jesús Arrebola, who owns Bar Belén in Alfarnate, where fibre optic was installed about a

month ago. “I sell lottery tickets in my bar and before fibre optic there were days at a time when I couldn’t sell any tickets because the service was so bad,” he said.

The clients of his bar are happy with new broadband, too. “They can sit outside on the terrace in the fresh air and connect to the internet without having to use their mobile data,” he explained.

Alfarnate is a village in inland Axarquía with a population of around 700. Many people do not have internet in their homes, “although during lockdown a lot of them decided they wanted it, especially if they had children, because they needed it for online schooling”, said the mayor, Juan Jesús Gallardo.

He has already begun the process to connect the town hall with fibre broadband, after experiencing problems during the lockdown when staff were unable to work from home some days because of connection problems.

The new broadband has also helped the local Guadalinfo centre, which works to facilitate equality of opportunities in computer access and to promote talent in this and other villages.

“It was chaos before, especially when all our computers were being used at once. Not only was the system very slow, but the connection used to keep cutting off,” said the centre’s manager.

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MARBELLA - FUENGIROLA - MANILVA

# Local virus outbreaks under control with slight rises in cases

There are a handful of outbreaks being investigated, including a hotel booking company, where infections were reported among workers

## SUR

MALAGA. The province of Malaga, including the Costa del Sol, recorded no new localised coronavirus outbreaks in Thursday's daily update from the regional ministry for Health.

However in four of the existing local outbreaks that are still being monitored in the province there was a slight increase in positive PCR tests.

The total daily increase on cases identified locally on Thursday was 21, 11 up on Wednesday's figure. Since the pandemic started, the provincial total of positive PCR tests is now 3,135.

In local hospitals there were eight patients with Covid-19 (one less than the previous day) and none in intensive care.

The most contagious localised outbreak still to be controlled was



Offices by Malaga Nostrum are at the centre of a latest outbreak. NITO SALAS

the one declared last weekend at a tourism reservation company in Malaga. On Thursday there were 31 people infected linked to Ocio Hoteles, based in an office building by the Malaga Nostrum retail park.

The CC OO trade union called

**Unions called for an office building in Malaga to be closed earlier this week after 31 positive tests were related to a company there**

for the offices to be temporarily shut, as one of two floors occupied by the firm in the same building was still open. The union also said that some workers claimed they had been made to go to work, rather than working from home.

Among other clusters still being investigated are cases in the inland area of Antequera, with six positive tests on Thursday, and in the Guadalhorce valley. A further Guadalhorce valley outbreak has already been brought under control, said the Health authority.

Unofficial sources suggested however that a group in Malaga city who had been on a recent trip to Huelva were also now in self isolation on Thursday, after six positive tests.

Meanwhile many of the language students who were isolating at a residence in Malaga after a French girl tested positive were allowed out this week. Reports said that nobody else had so far tested positive from the group.

At a regional level, across the eight provinces of Andalucía, officials said there were 27 localised outbreaks still active, five more than a day earlier. The largest active one was in Cordoba with 101 linked infections.

Young people behind rise in Aragon and Catalonia. **See page 15**

## Junta summons big city mayors to consider restricting night club opening

### MARIA DOLORES TORTOSA

SEVILLE. The president of the Junta de Andalucía, Juanma Moreno, has called a meeting of the mayors of the main towns and cities of each province in the region to discuss more restrictions on nightlife.

Moreno and his team are concerned by the impact of young people partying on the transmission of coronavirus. The largest regional outbreak in Cordoba this week was being attributed to a student party.

The regional president has ruled out closing night spots, as some have requested. He believes that there are too many workers affected. The current proposal of the Junta is to restrict opening times and encourage outdoor events at night, where the contagion rate is 19 times less than indoors.

At the same time he may want to ban the spontaneous nighttime street drinking sessions known as 'botellones'.

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## Education authority outlines Covid-19 measures for schools from September

Pupils over six will need to wear a mask in class and cannot mix with other groups at break time, although teachers are sceptical of the new rules

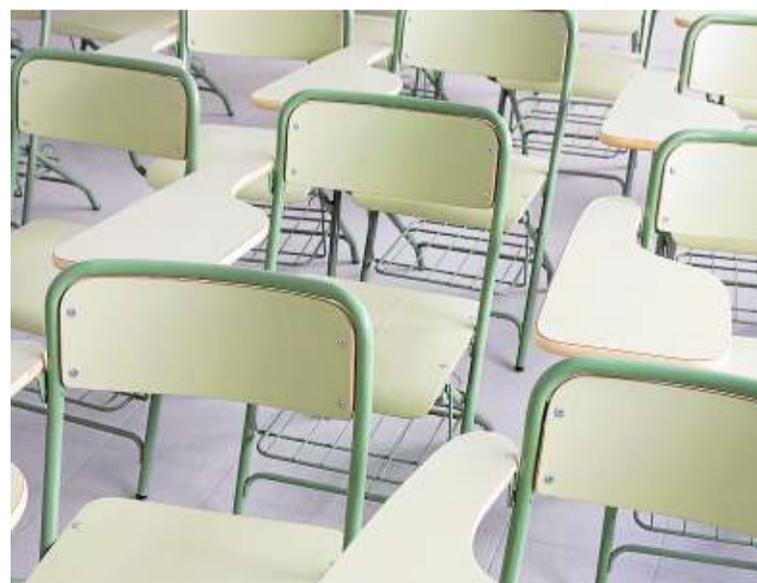
### JUAN SOTO

MALAGA. Teachers will have to make sure that children from one class do not mix with another when schools start to go back in Andalucía from 10 September.

All schools controlled by the Andalusian Education authority will have a designated Covid-19 coordinator overseeing measures and alerting of possible cases. However the headteachers' association has said it is worried that too much responsibility for overseeing rules is being given to teachers.

In the new guidelines from the regional government, schools are free to choose staggered start and end times for classes. Inside classrooms, pupils won't need to socially distance and can work or play freely.

Staff and children over six will need to wear a mask at all times,



Social distancing won't be necessary in classrooms. SUR

unless the activity makes it impossible to do so. Teachers will also be asked to take more subjects with the same group to avoid too many changeovers.

If positive coronavirus cases are found, the education authority can lock down one or more classes, with lessons carrying on remotely via video conference.

The Junta de Andalucía is planning on bringing 8,000 more

staff into schools from next term, including 6,300 teachers, and has stressed that it wants to give schools as much support as possible to adjust to the new normal.

The head of the headteachers' association, Virginia Rodriguez, said that she would have preferred classroom space and the number of teachers to be doubled instead, and reducing occupancy by half.



# Becoming resident in Spain? Don't overlook tax and financial planning

By Chris McCann, Senior Partner, Blevins Franks

With just months to go before the end of the Brexit transition period, many UK nationals are rushing to secure residency in Spain. Those who are lawfully settled before 31st December 2020 can lock in a lifetime of citizens' rights under the UK/EU Withdrawal Agreement.

Most people are focussed on getting into the Spanish system as quickly as possible. However, without careful planning, changing residency can have unexpected financial pitfalls, not least because residence in Spain makes you subject to Spanish tax and succession rules. It is also advisable to review your investments and pensions to ensure they are suitable for this new chapter of your life.

Getting it right from the outset makes things easier, so take professional advice as soon as possible.

## Taxation in Spain

You need to prepare for a completely new tax regime.

First of all, establish when you become liable for Spanish tax on your worldwide income, gains, wealth and estate.

You are considered to be a tax

resident if you spend more than 183 days in Spain during the Spanish tax (calendar) year or your main professional activity or most of your assets are based here. You could also be considered resident if your spouse and/or minor children live in Spain (unless you prove otherwise). There is no split year treatment; you are either resident or non-resident for the whole year.

Spanish taxation can appear complicated and high. But the good news is that, with expert planning, it's possible to structure savings, investments and assets to be tax-efficient – and potentially pay less tax than you did in UK, depending on circumstances.

Besides income taxes, Spain imposes an annual 'wealth tax' calculated on your total assets, though individuals benefit from a €700,000 allowance plus a €300,000 main home deduction for residents. It's worth noting that it is easier to lower this liability on capital investments, using compliant tax planning, than on property.

## Disposing of UK assets

Understanding when to liquidate UK assets could lower tax liabilities. For

example:

- While UK residents can generally take 25% of their pension as a tax-free lump sum, it will be liable to Spanish income tax if you take it after you are resident here.

- Once you leave Britain, UK investment products such as ISAs lose their tax benefits, with interest, dividends and capital gains taxable in Spain. Encashing before you become Spanish resident can allow you to benefit from the UK tax wrapper. Alternative investment vehicles are available to Spanish residents that offer tax-efficiency as well as other benefits.

- In the UK, you do not pay capital gains tax when selling your main home, providing you meet the 'principal private relief' conditions. Other property is liable to tax, even for non-residents. Spanish residents are exempt from capital gains tax on a main home if you are over 65 years or reinvest the proceeds into a new main home.

## Estate planning

Good estate planning should be a key part of your strategy to become Spanish resident.

Spanish succession law and taxes differ greatly from the UK's. Under Spain's 'forced heirship' rules, children are entitled to receive two thirds of an estate's assets. You can elect for your relevant UK law to apply to your estate instead but take advice first.

Succession and gift tax is paid by each recipient, with rates varying and based on the relationship between the donor and beneficiary. There is no blanket spouse to spouse exemption.

## Your savings and pensions

Whenever there is a big change in your life, like moving to a new country, you should review your investments to check they are suitable for you now. Are you holding the right spread of assets to meet your objectives, time horizon and risk tolerance? Do you need to hold more assets in Euros?

Retirees should review their pension funds and the options now available to them. Can you maximise your funds without unnecessary risk? Should you move your pension out of the UK? If you are considering a QROPS, remember the UK could start imposing a 25% 'overseas

transfer charge' once it sheds its EU obligations.

## Strategic financial planning for Spain

Although the Brexit countdown is on to secure Spanish residency, take the time to ensure your finances are in the best position for your life in Spain. All the various aspects should work cohesively together to create an overall wealth management plan that provides long-term financial security for yourself and achieves your wishes for your heirs. Take professional advice from a cross-border specialist who is experienced at helping UK nationals settle in Spain and make the most of the opportunities here.

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

*Keep up to date on the financial issues that may affect you on the Blevins Franks news page at [www.blevinsfranks.com](http://www.blevinsfranks.com)*

# Are you Brexit-ready?

With only a few months left for the Brexit transition period, time is running out to lock in today's residence, healthcare and pensions rights in Spain. There are currently no guarantees for UK nationals arriving from 2021, so take action now if necessary.

Now is the time to review your tax planning, investment and pension strategies. Note that UK pensions transferred to a QROPS could become liable to the 25% 'overseas transfer charge' if the UK decides to extend this tax to the EU/EEA after Brexit.

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# Ten thousand marijuana plants discovered in three greenhouses in the Axarquía

The crop, which weighed 4,500 kilos, was discovered by the Guardia Civil during a routine work inspection

JUAN CANO

MALAGA. A routine patrol looking for illegal workers has led to the discovery of one of the largest marijuana plantations ever found in Malaga province: almost 10,000 plants, some of which were five feet tall, distributed across three greenhouses.

The discovery took place on the morning of 10 June in an area called La Coronada, located between Algarrobo and Vélez-Málaga. Attracted by the strong smell emanating from the greenhouses, the Guardia Civil officers decided to inspect the property. There they found two greenhouses full of marijuana and a third which contained cucumbers, plus more stalks of cannabis sativa.

Upon entering, the officers saw five men, all of whom tried to run away. One succeeded, escaping on a moped, but the others were arrested on suspicion of crimes against public health and membership of a criminal organisation. Among those arrested was



One-third of one of the greenhouses contained cucumbers, but the rest had marijuana plants. SUR

the owner of the farm, a resident of the Axarquía, who admitted that the marijuana plantation was his.

The officers were quickly able to ascertain that the other three men were carrying out cultivation and security work and were sleeping in the water motor hut just 20 metres away. In that building, 21 sacks containing 155 kilos of marijuana ready for processing were found, as well as a mattress with a pillow and a blanket, several mobiles and a walkie-talkie.

The three greenhouses covered an area of between 10,500 and

10,900 square metres. In the first there were 1,640 plants between 40 and 80 centimetres tall. In the second they found another 6,340 plants, half of which were about 1.5 metres high. In the third, the mixed one, they found another 1,810 plants up to 90 centimetres.

The plants, once cut, weighed 4,480 kilos. They had to use a scale for heavy vehicles and make four trips with a truck to transport them because of their size. Samples were taken so that their composition and concentration could be analysed and the market value calculated. However, even if only as a

guide, the price per gramme of marijuana in Spain is between five and six euros.

The Guardia Civil also carried out a search of the farm owner's home where they found a shotgun loaded with five cartridges and an airgun.

This is the second time that marijuana has been found hidden in greenhouses apparently dedicated to fruit and vegetable growing in the Axarquía. A month ago, the National Police located another 18,000 plants distributed in five greenhouses, hidden among cherry tomatoes.

## 200 Guardia Civil officers deployed in multiple drugs raids across the Axarquía

F. TORRES / J. CANO

MALAGA. Fourteen people were arrested in a series of drugs raids which took place across the Axarquía on Monday.

The Guardia Civil deployed over 200 officers to carry out around 10 raids at addresses in a number of towns and villages in the area.

According to police sources, most of the raids took place in Vélez-Málaga, although there were further operations in Totlán and Rincón de la Victoria, as well as Algarrobo and Nerja. Officers also entered properties in Malaga city.

Another operation, named 'Jerto' took place on a boat moored on Almayate beach.

Sources have not ruled out further arrests being made. As well as drugs, officers also seized at least 600,000 euros in cash.



A Guardia Civil vehicle. SUR

## Beachgoers in Marbella witness luxury yacht being seized on drugs charges

J. CANO / F. TORRES

MALAGA. A Guardia Civil patrol boat intercepted a luxury yacht loaded with more than 3,000 kilos of hashish in a spectacular operation which was witnessed by numerous beachgoers at El Cable beach in Marbella on Sunday.

The operation took place at a busy time, around 6.30pm, during which the modern yacht, more than 20 metres in length, was escorted to La Bajadilla port.

During the summer, boats of this type are often used to move drugs around Marbella and Puerto Banús. Investigators suspected this boat and were not wrong.

The three crew members were arrested and the drugs, ready for market, were seized.



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Flames inside the entrance. SUR

## Man arrested for setting fire to a shop after being denied entry for not wearing a mask

EUGENIO CABEZAS

TORROX. Local Police in Torrox arrested a 36-year-old man in the early hours of Saturday morning in connection with a fire at a Chinese bazaar on Calle Baja. The local man is alleged to have returned to the establishment to start the fire after being denied entry on Friday afternoon for not wearing a mask.

Police are also investigating whether the individual is responsible for damage to windows and bodywork on 11 vehicles parked in El Pontil car park on the same evening.

# Street hawkers help in rescue of girl on busy week for beach incidents

Two men drowned during a week when several red flags went ignored and strong winds made conditions difficult for bathers

FERNANDO TORRES / JUAN CANO

MALAGA. Red flags on practically the entirety of the Malaga coast due to strong winds on Tuesday didn't perturb some beach users from risking their own lives as well as those of the individuals who tried to rescue them.

The most dramatic incident occurred on La Venus beach in Marbella at 9pm after the lifeguard service had ended. Two Senegalese street hawkers jumped into the water to save a girl from drowning after her boyfriend unsuccessfully tried to rescue her, as well as several other people on the beach at the time.

José Lacalle, a federated water polo player and youth champion in sea rescue, was one of those who answered the call for help. He swam out to where the



The young woman is brought back onto the shore in Marbella. SUR

girl was, around 200 metres from the shore, and was able to stabilise her and calm her down. However, even for an expert swimmer, it proved "very hard" to get her out of the water. It was at this point that Fallou Mbalo and one of his friends jumped in and completed the rescue.

Once on the shore and after several chest compressions, the girl quickly started to recover.

A 50-year-old man in Torremolinos wasn't so lucky. He was rescued from the water on Carhuela beach at around 2pm but despite carrying out CPR, he was pronounced dead at the scene.

Elsewhere, in Malaga a beach monitor saved a six-year-old boy and his mother from a whirlpool while, in Marbella, a young woman was in an accident while driving a jet ski, about two miles off the coast. Other riders were able to bring her back to the pier where she fainted and required medical attention.

The following day was also eventful but ended in tragedy for one man on La Rada beach in Estepona. The 57-year-old came into trouble and was rescued by a lifeguard and a family member. However, they could do nothing to save his life.

## 112 REPORTS

MALAGA

### 16-year-old arrested for pushing over pensioner

F. TORRES. A 16-year-old was arrested last Friday in connection with an attack on a man in his seventies which resulted in a fractured hip.

According to witnesses, the minor pushed the pensioner over after he asked him to put on a face mask in the Malaga district of La Paz on 12 July.

The victim required an operation which went well.

VÉLEZ-MÁLAGA

### Vélez serial car arsonist is identified

E. CABEZA. The individual suspected of setting fire to six vehicles in Vélez-Málaga municipality has been identified.

The alleged perpetrator is accused of causing bodywork damage to several cars, as well as the burning of half a dozen vehicles in two public car parks and a rubbish container on a town centre street.

Mayor Antonio Moreno Ferrer has insisted that police patrols will be stepped up.

## HOSPITAL

# Helicópteros Sanitarios has an outpatient department for heart failure

MARBELLA

SUR. Hospital Helicópteros Sanitarios in Puerto Banús (Marbella) has a Heart Failure Outpatient Department, led by cardiologist Dr Torres Calvo, who is undoubtedly one of the greatest specialists in the field of heart failure and is a representative of the Spanish and European Cardiology Society's Heart Failure Section and Director of the Heart Failure Unit. This unit at the Hospital Helicópteros Sanitarias treats outpatients who suffer heart failure and require close and regular monitoring.

### What is heart failure?

Heart failure is a condition, the final stage of many cardiopathies, due to which the heart is no longer able to pump oxygen-rich blood to the rest of the body in an efficient manner. It is the top cause of hospitalisation in people aged over 65. It is associated with a high death rate, much higher for example than that presented by many types of cancer.

### What is a Heart Failure Outpatient



Cardiologist Dr. Torres Calvo, Helicópteros Sanitarios.



### Department?

It's a structure formed by a group of medical specialists, the backbone of which consists of cardiologists and nurses specialising in heart failure.

Their goal is to create individual, personalised heart failure patient monitoring programmes for those at the greatest risk of having to be hospitalised again, the main bases of which are therapy optimisation,

early detection of possible decompensations and comorbidities, and teaching patients and relatives about the illness.

The ultimate goal is to reduce hospitalisation and improve the prognosis and quality of life of patients with chronic heart failure.

### Who is on the team?

The clinical attention at the Heart Failure Outpatient Department is coordinated by Dr Francisco Torres

Calvo, with the support of the rest of the specialists in Cardiology at the Hospital Helicópteros Sanitarios, as well as Internal Medicine and other specialities.

### Which patients does it provide attention to?

Mainly patients who have recently been hospitalised for heart failure, are at greater risk of being hospitalised again or those who require special treatments.

### What are the goals?

To adjust and optimise treatment, educate in self-care measures, quickly detect complications or decompensations and administer special treatments: intravenous diuretics, intravenous iron, periodic outpatient perfusions of levosimendan, etc.

### For how long?

The monitoring programme is created individually following an initial visit to analyse the patient's history and current clinical condition and carry out a full evaluation with blood tests, ECG and echocardiogram. An action plan is created to achieve clinical stability, find the optimal treatment tolerated by each patient and ensure their full knowledge of the illness and necessary self-care.

After reaching these goals (which generally takes from 3 to 6 months), monitoring continues through the Heart Failure clinic, although there is always a possibility of returning to the outpatient department in case of decompensation.

# Costa estate agencies join forces to call for a code of ethics and regulation of the sector

## MARBELLA

A lobby has been created for the first time to act as an intermediary with the authorities and it is hoped about 100 local agencies will join

### HÉCTOR BARBOTTA



The main property agents in Marbella and the surrounding area are calling for their profession to be regulated to ensure good practice, and for a code of ethics to be drawn up to protect consumers.

This was explained on Tuesday at the official launch in Marbella of the sector's first association on the Costa del Sol, the Leading Property Agents of Spain (LPA), attended by the mayor, Ángeles Muñoz.

Members include some of the longest-established property agencies and developers in the area. The president of the LPA is José Carlos León, who owns NGOVA, and the board includes representatives from Panorama, FM Consulting, Lucía Pou



Board members with the mayor of Marbella, Ángeles Muñoz. JOSELE

Properties, Gilmar, Diana Morales, Nevado Realty, Banús Property, Casa Marbella, Drumelia and Villa Marketing.

### Regulation

The professionals behind the initiative say the aim is to act as a lobby to defend the sector and protect its clients. The first positive move it wants to see is for the Andalusian government to develop the decree which was announced to regulate the registration and operation of all estate agencies in the region.

José Carlos León said the Junta de Andalucía is already keen for there to be an obligatory Register of Property Mediators to ensure good practice in the sector, and this was included in the special decree announced in 2018.

The proposal to regulate the sector in this way was put on public display in 2019 but is still waiting for approval, so the association will be working to ensure that it is put into effect as soon as possible.

"The situation of the professional property sector in Spain

### LEADING PROPERTY AGENTS

► **Honorary president.** Christopher Clover (Panorama).

► **President.** José Carlos León (NVOGA).

► **Vice-presidents.** Fausto Martínez (FM Consulting); Lucía Pou (Lucía Pou Properties); Setareh Mohregi (Gilmar).

► **Board members.** Christopher Clover; Mariano Beristain (Diana Morales), Ginés García (Nevado Realty); Jesús García (Banús Properties), Wolfgang Schlesier (Casa Marbella); Sergey Sinichkin (Drumelia); Miguel Tobar (Villa Marketing).

needs urgent change. Our industry has experienced difficult times with a great many ups and downs, and in Marbella specifically we have suffered a period which we would all prefer to forget, so we need to look at other countries where this profession is regulated and operates in a more orderly and transparent manner," said León.

He also explained that the companies that form part of the association have decided to set up "a work platform that will act as an interlocutor with the

authorities and other associations with the aim of seeking excellence in our industry".

The LPA also wants to draw up a code of ethics to defend and protect the rights of consumers, and is calling for a special committee to be created to resolve conflicts.

Another aspect of interest to the association is training, especially because the measures put into effect due to the pandemic obliged property agents to change the way they worked and their business models, explained Fausto Martínez, the founder of FM Consulting and one of the vice-presidents of the organisation.

"Training is essential for companies in periods of change, and we have a golden opportunity for the LPA to help its associates to centralise training efforts and enhance new skills and knowledge among their teams, as well as helping people who have more responsibility to manage and lead the change towards business models that are much more in line with the 'new normal'," he said.

The LPA also aims to help to promote the Costa del Sol as a highly qualified destination for residential tourism, and to re-value the role of property agencies in the implementation and develop of this sector.

## Marbella's new PGOU will go easier on illegal homes built under old town plan

The mayor has said that most irregular properties in urban areas should escape having to pay compensation

### H. BARBOTTA

MARBELLA. The new updated master town plan for Marbella, known as the PGOU (Plan General de Ordenación Urbana), won't penalise property built illegally during the years when Jesús Gil and his GIL party ran the town around twenty years ago.

Unlike the last PGOU in 2010, which had a system of compensation payments to normalise the status of irregular homes that was later declared null and void by the courts, the new document will start from how the

town looks now.

In other words, all property classed as on consolidated urban land will be validated as such, irrespective of whether it was built with licences based on other rules valid at that time.

According to the town's mayor, Ángeles Muñoz, this will bring peace of mind to the majority of those property owners with homes so far without legal protection.

She clarified, however, that this doesn't mean all the irregular homes will be validated in the new PGOU. Councillors aren't

sure as yet quite how many will remain unauthorised, however it is expected to be the minority.

Muñoz and the councillor for Planning, Kika Caracuel, unveiled a preview of the new PGOU plan on Monday. This will be presented to opposition parties in the coming days and put before a special meeting of the full council on 29 July.

"What we want to have is a plan that is actionable," Muñoz explained, following the experience of the overturned 2010 planning blueprint for the resort.

Among its features, the new PGOU will allow more flexible land use, emphasise the town's green credentials and help protect the historic centres of Marbella and San Pedro. There will also be provision to expand the harbours at Puerto Banús and La Bajadilla fishing port.



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**The new PGOU will allow more flexible land use, emphasise the town's green credentials and help protect the historic centres**

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Tourists arrive for their holidays in Marbella this week. JOSELE

# All but one hotel in Marbella will be open for business in August

## MARBELLA

The Hotel Don Carlos will remain closed in the town where occupancy rates are predicted to be around 50 per cent

### HÉCTOR BARBOTTA

MARBELLA. Every hotel in Marbella, with the exception of the Don Carlos, will be operational from 1 August, SUR understands. However, their occupancy rate is expected to average 50 per cent, an extremely low figure for this time of year. Nonetheless, this is still higher than the figure predicted at the beginning

of the summer, when there was still uncertainty over whether many would open at all after their forced closure during the state of alarm.

The last hotel to reopen will be the five-star Guadalpín Banús, which is scheduled to open on 1 August. Since the beginning of the crisis, management had insisted that it would only reopen once there were sufficient profitability guarantees.

Its reopening means that from the start of next month, seven of the eight five-star hotels in Marbella will be in operation, with more than 2,200 beds on offer. However, the hotel with the most beds in this category, the Don Carlos (718), will remain closed

amid a dispute with its workers over a redundancy package for 94 members of staff.

According to forecasts, occupancy across five-star hotels will average 55 per cent.

### Four stars and below

All four-star hotels in Marbella are also open, with 21 establishments offering more than 8,300 beds. In this category, the average occupation forecast for August is 48 per cent.

In the categories of one to three stars, the town has 23 establishments offering more than 3,800 beds. All of them are also open to the public with an estimated occupancy rate of 47 per cent for August.

## Queues return between San Pedro and Puerto Banús

The state of alarm brought with it quiet on the area's highways. However, it wasn't to last. Last weekend, the habitual tailbacks on the A-7 between San Pedro Alcántara and Puerto Banús returned, with queues in both directions from the tunnel. Deputy mayor for San Pedro Javier García has insisted he will keep pushing central government to put the long-awaited congestion-easing project out to tender.



JOSELE

# UN and Malaga university sign agreement in bid protect local grape

Experts fear that climate change and a move towards growing subtropical fruit is endangering the future of the Axarquía grape

**EUGENIO CABEZAS.**

AXARQUÍA. The Food and Agriculture Organization of the United Nations (FAO) has signed an agreement with the University of Malaga to write a technical report which will look into the vulnerability and resilience of the grape variety grown in the Axarquía.

The grape, which is traditionally dried to become muscatel raisins and used to produce local wine, was given the FAO's Globally Important Agricultural Heritage Systems (GIAHS) distinction in 2017 in recognition of the tradi-



FAO visit to El Borge in 2017. SUR

ditional and sustainable way in which it is grown. However, researchers fear that a combination of climate and demographic change as well as the growth in the subtropical fruit sector in the Axarquía could be putting the variety at risk.

Josef Damián Ruiz Sinoga, lead researcher for the project from the University of Malaga, said that the numerous factors "could seriously endanger the survival of this traditional system, leading to a drastic loss of a native species, erosion and desertification."

Around 2,000 families in the Axarquía depend on the sector for their livelihoods. However, many growers are turning to mangoes and avocados instead.

who have reported symptoms instructed to go to the location in their car. Swabs are taken by professionals through the car window and patients are sent home to wait for the results.

There are nine testing sites in the Axarquía, including one on the grounds of the Axarquía hospital in Vélez-Málaga.

# 1,443 in-car Covid tests carried out in Axarquía area to date

**A. PELÁEZ**

AXARQUÍA. The east of Malaga-Axarquía district health authority released statistics on Monday on the number of 'auto-Covid' tests it has carried out since the start of the pandemic.

It said that 1,443 tests had been done to date with patients

day on the number of 'auto-Covid' tests it has carried out since the start of the pandemic.

## HERE AND THERE

### AXARQUÍA

#### Interactive guide to the local sugar cane industry is launched

E. C. The Mancomunidad de la Axarquía, an umbrella organisation for the 31 towns and villages that make up the area, has published an illustrated guide to the history of sugar cane.

The interactive book includes QR codes that allow the reader to watch videos about the largely now defunct 'azucareras' or 'ingenios' (sugar cane factories) in the Axarquía.

The Mancomunidad's culture spokesperson and mayor of Macharaviaya, Antonio Campos, said that the initiative started af-



Torre del Mar's factory. SUR

ter an exhibition in the El Ingenio shopping centre in 2016. Some 800 copies are to be distributed to town halls, libraries and schools in the area. "We want it to be accessible to school children, residents and visitors," Campos said.

### NERJA

#### Solar farm to be up and running by end of year

E. C. Catalan energy company Conecta2 has announced plans to build a solar farm in Nerja.

The Nerja site forms part of a wider project to extend the production of photovoltaic energy across Spain, with a further four farms being built in Palamós (Girona), Riudoms (Tarragona), El

Prat de Llobregat (Barcelona), and Guadix (Granada). The five farms will create 10,000 square metres of solar energy panels.

In a press release the company said that it had already started construction of some of the farms and that it expects all five of the new installations to be up and running by the end of the year.

Conecta2 said it has invested 2.5 million euros in renewable energy to date.



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HERE AND THERE

## Benalmádena honours Virgen del Carmen

A two-kilometre stretch of the Paseo Marítimo in Benalmádena, along which the annual procession of La Virgen del Carmen usually passes, has been renamed in honour of the iconic image, known as the Protector of the Seas. Mayor of Benalmádena Víctor Navas inaugurated the Paseo Virgen del Carmen last Thursday, the day on which the town usually celebrates the eagerly awaited festivities, when the Virgin is paraded along the Benalmádena coastline. This year's festivities were cancelled, as were those in other towns along the coast, due to restrictions enforced to prevent the possibility of a resurgence of the coronavirus.



SUR

## Extension to wet fish market at Fuengirola port is officially opened

These works are the first phase of the project to modernise the port and turn it into a tourist attraction



Moreno (c) and Mula (2r) are shown the facilities on Thursday. EFE

SUR

FUENGIROLA. The extension to Fuengirola port's wholesale fish market was officially opened on Thursday afternoon by the president of the Andalusian government, Juanma Moreno, and the town's mayor, Ana Mula.

Following an investment of nearly one million euros, its area has been doubled and has incorporated new technologies

which will allow it to serve both the needs of the workers and to become a tourist attraction.

These works are the first

phase of a plan to modernise Fuengirola port and to convert it into a place to be enjoyed by everyone.

TORREMOLINOS

### Free masks for the needy and vulnerable to continue

**T. BRYANT.** The Social Welfare department of Torremolinos town hall has distributed 5,000 face masks to underprivileged families and those in vulnerable situations.

The scheme was introduced in response to the latest decrees set out by the Junta de Andalucía regarding the wearing of masks in all public spaces.

The first round of the initiative, which began last week and will continue throughout August, is aimed at families benefiting from social welfare and families with dependent children. The town hall pointed out that it intends to increase the number of masks available for distribution, while the number of beneficiaries will also be expanded over the next few weeks.

Mayor of Torremolinos José Ortiz said, "The initiative is aimed at those people most in need and most at risk: our aim is to ensure they will have masks to protect themselves and their families."



Ortiz with the masks. SUR

TORREMOLINOS

### New plaque dedicated to tourism pioneer Margaret Horn Taylor

**T. B.** Mayor of Torremolinos José Ortiz and councillor for Culture David Tejeiro attended the unveiling of a new plaque at the Hotel Castillo Santa Clara in honour of Margaret Horn Taylor.

A pioneer of tourism on the Costa del Sol, Mrs Beutell, as she was known among the local community, leased the property in La Carihuela to George Langworthy ('El Inglés de la peseta') and she is credited with initiating what is considered the first hotel on the Costa del Sol.

Born into a military family in England in 1885, Margaret was described as a 'kind and generous lady'.

She lived in Tenerife and then Madrid with her four children, before heading to Torremolinos during the 1920s.

TORREMOLINOS

### Foreign Residents office closed and moved to new location

**T. B.** Torremolinos town hall has announced the closure of its Foreign Residents office which until now was in Plaza de Andalucía.

The office, which also housed the Tourism and Culture departments, closed on Thursday and has been relocated to the ground floor of the town hall building in Plaza Blas Infante.

The office is open from Monday to Friday between 9am and 1.30pm, although an appointment must be made in advance by calling 951954395.

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## COMMUNITY SPIRIT

# Swedish residents thanked for supporting vulnerable families

## ALMUÑÉCAR

**JENNIE RHODES.** Three Swedish residents living in Almuñécar were thanked last week by the town's councillor for Social Services, María del Carmen Reinoso, for raising over 4,300 euros to help vulnerable families during the coronavirus lockdown.

The initiative started in March when translator Felicia Sánchez Hermansson offered her services to the town hall as informa-

tion was published in Spanish. "Many of the foreign residents didn't understand what the rules were or what was going on, so I translated what the town hall published into Swedish and English and made sure it went onto local social media," she told SUR in English.

From there, Felicia, who recently took over the Almuncar.se website, which has local information in English and Swedish, came up with the idea of asking fellow Swedes to raise

money to help vulnerable families in Almuñécar and La Heradura.

Bosse Essen and Ann-Marie Bönström came on board and between them raised 4,370 euros with donations from 236 Scandinavian residents living in the two towns.

The money helped 54 families, providing clothes, food and school resources.

### Supporting local businesses

"We bought everything from local shops, so we supported the local community that way too," Felicia confirmed. "In fact the owner of the clothes shop is a single mother with three children and was struggling due to the coronavirus crisis."

Thanking Felicia, Bosse and Ann-Marie last week, Reinoso said, "Having lived in Almuñécar for a number of years all three have been getting more and more involved in local life. They have also been involved in other activities such as beach and river cleanups. They keep their website, almuncar.se, and the Facebook page up to date, offering tourist, cultural and other information about the towns in several languages."



Ann-Marie Bönström, Felicia Sánchez Hermansson and Bosse Essen. F.S.H.



Mayor Víctor Navas (c) with members of Age Concern. SUR

# Mayor offers support to Age Concern

## AGE CONCERN

**A. JIMÉNEZ / T. BRYANT.** The mayor and councillor for Foreign Residents in Benalmádena, Víctor Navas, met with the local Age Concern association on Monday to address the current situation following the coronavirus crisis.

According to the mayor, Age Concern Fuengirola/Mijas/Benalmádena is one of the most important British resident associations in the area.

The meeting, held in Age Concern's new drop-in centre in Benalmádena, was attended by the charity's president

David Long and secretary Steven Marshall. The mayor explained that the meeting had been arranged to help the town hall understand the worries and concerns of the expat community.

"There are four associations of this type in Benalmádena. They do a very important job offering support to facilitate social relations between citizens," the mayor said.

Steve Marshall added, "We invited the mayor to join us as he has always been very supportive of the charity and the work we do. The foreign residents department has always offered help without hesitation."

# Costa cat charity sends out appeal for volunteers to help with neutering programme

## GATOS Y AMIGOS

**SUR IN ENGLISH.** The association Gatos y Amigos, which covers the area from Estepona to Sotogrande, has sent out an appeal for volunteers and cat fosterers.

The aim of the association is to help control numbers of street cats through a trapping, neutering and returning programme. Since 2013, 4,600 cats have been neutered by the group and nearly a thousand have been adopted by families.

The expanding association, whose members are of different nationalities, meets on the first Monday of the month from 11am to 1pm at Del y Mar restaurant in Estepona port.



The Knit and Natter volunteers with their twiddle muffs. SUR.

# Relief for dementia patients

## KNIT AND NATTER

**T. BRYANT.** The Knit and Natter fundraising group has donated dozens of handmade twiddle muffs and twiddle blankets to Age Concern.

The crocheted items, which are designed for dementia and Alzheimer's patients, have strands of textured ribbons, beads, and various fabrics attached. They

are designed to trigger memories, stimulate senses and the brain while keeping restless hands busy.

Age Concern Fuengirola/Mijas/Benalmádena secretary Steve Marshall said, "If you are part of an organisation helping people with Alzheimer's or dementia and would be interested in receiving some of these items, please contact us." Helpline 652 53 76 15.



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# Efforts to curb outbreaks in north focus on young people

Parts of Barcelona and Zaragoza have Covid-19 community transmission and the authorities are looking at stricter measures

M. SÁIZ-PARDO / C. REINO

MADRID / BARCELONA. Spain continued to see a surge in local outbreaks this week, with the focus on Aragón and Catalonia. Here, in these two northern regions with over 50 active outbreaks, local authorities were increasingly looking for ways to try to stem the spread of infection.

Just as last week, the Aragón region headed the list of new cases this week. While outbreaks among the agricultural workers of the Aragonese province of Huesca appeared to be under control, in the regional capital, Zaragoza, the spread appeared out of control in the latter part of this week.

In Catalonia, with outbreaks in the inland province of Lleida in farming areas seemingly subsiding, the spread in and around Barcelona was of particular concern.

Both national and regional governments said this week that there had been a shift from new infections in the workplace to people catching Covid-19 in their free time, such as at family gatherings or young people meeting

up in the evening in groups.

The president of Catalonia, Quim Torra, said on Wednesday that his government was considering closing all nightlife and introducing measures to stop young people gathering to drink in streets and squares.

## Pleas go ignored

In contrast to Lleida, people in and around Barcelona are ignoring pleas from their regional government to stay indoors and limit groups to 10. The city was faced with 30 localised outbreaks, especially in the southern part of the metropolitan area.

“We cannot close the country,” said Torra, while stressing the situation was significantly more controlled compared to March, with far fewer hospital admissions.

However, ministers and officials in Catalonia were increasingly admitting this week that if residents did not voluntarily isolate, there was little more in their power to do other than ask central government to take “extraor-

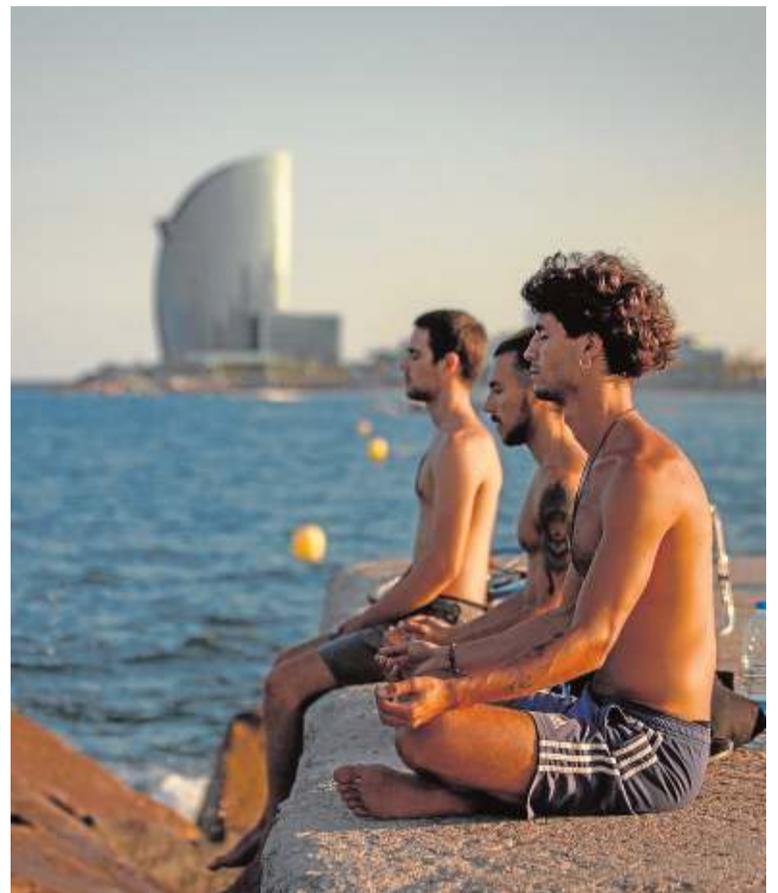
**The president of Catalonia said on Wednesday that his government was considering closing all nightlife**

inary measures”, akin to returning to a state of alarm.

Barcelona council reduced the capacity of the city’s beaches this week by a further 15 per cent.

The northern region of Navarra also showed worrying signs this week, moving into second place in new daily cases nationally on Wednesday after Aragón. The local government there has restricted opening times on night bars. One area of Navarra was also moved back to the equivalent of Phase Two of lockdown and tests on local youngsters between 17 and 28 increased.

The Madrid region, despite fewer cases since the easing of lockdown, moved into third place in the number of new reported cases by midweek, after Navarra and ahead of Catalonia.



Young people on the seafront in Barcelona as measures get tougher. EFE

## Latest Spain data shows highest daily cases since early May, before lockdown was eased

The Health ministry said on Thursday that there were 971 new positive tests in the day with Aragón making up 415

MELCHOR SÁIZ-PARDO

MADRID. A daily rise in infections in Spain of a third was announced on Thursday afternoon, a rate of percentage increase not seen since the start of the pandemic in March.

On Thursday there were 971 new cases on the previous day through positive PCR test results, up 33 per cent on Wednesday’s figure of 730. This was the highest total daily increase since early May, before lockdown was eased.

Once again, the northern region of Aragón headed the list,

with 415 fresh cases. Catalonia, another area of worry for the authorities, was in second place on Thursday with 182 cases.

## Phase One again in Murcia

The town of Totana in Murcia has been forced to take the drastic step back to Phase One of lockdown easing, it was announced on Thursday. The measure came from the regional Health department after a sudden surge in cases, up to 55 so far recorded, linked to local night life. The regional minister of Health made a special plea for local Latin Americans to observe social distancing, after 60 per cent of the new infections came from that community.

The national Health ministry reported 57 new localised outbreaks across Spain on the day,



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Merkel (r), Macron (c) and Sánchez (l) study documents during the crunch meeting in Brussels this week. AFP

## Spain to get 140bn euros of EU funds in historic Covid-19 deal

Almost 73 billion will be in grants to rebuild the economy, focussing on health, environment and digital technology, and the rest will be loans

EDURNE MARTÍNEZ

MADRID. The EU reached an agreement at last early on Tuesday morning over funds to help member countries in the wake of coronavirus. Some richer countries, led by the Netherlands, had been trying to get more controls attached to the allocation of the funds.

Spain will be the second biggest beneficiary after Italy. The country will receive a total of 140 billion euros, equivalent to about

11 per cent of its GDP. This will be divided into 72.7 billion of direct grants from 2021-2024 to help the economy recover and the rest in loans that will need to be paid back.

The grant amount is significant as it is almost ten times more than Spain has received from the EU's standard Cohesion Fund from 2014-2020. Unlike the financial crisis a decade ago, this money will not be subject to strict ongoing supervision from Brussels nor dependent on implementing austerity measures.

"One of the most brilliant pages in the history of the European Union has been written," said prime minister Pedro Sánchez from Brussels after the deal had been signed with the other 26 countries.

He stressed that Spain was getting almost the full amount it had asked for at the start of the negotiations.

The European Union has urged Spain to use the funds for public spending that will invest in the healthcare system and speed up the transition to a green economy and a digital economy. It added that the new funds were "not free reign for indefinite spending".

Spain "must implement fiscal policies aimed at reaching sensible fiscal positions in the medium term and safeguard the sustainability of debt", the EU explained.

On Thursday the PM launched a España Digital 25 plan to channel public and private investment into new technology.

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## Strings attached



Early this week, when it emerged that Spain will receive the second largest amount of Covid recovery funds in the EU (after Italy), there was cause only for a mini celebration. Firstly, in the role of grateful recipient, the country's Socialist government will have to tolerate much more external scrutiny of its financial affairs over the coming years than it would have liked. And secondly, €67 billion of the €140 billion package it's due to receive will need to be paid back, which begs the question of where, ultimately, that money will come from. In other words, Spain's recovery funds are attached to a number of tightly held strings.

Pedro Sánchez's minority government is becoming excessively comfortable with operating behind closed doors. Increasingly, it goes about its business with a concerning opacity, making deals with opposition parties in exchange for parliamentary votes, refusing to answer journalists' questions about newly announced legislation and pushing through "emergency" laws by Royal Decree without consulting Congreso.

It's therefore crucial that external bodies monitor its deployment of the recovery funds over the coming years. For being aligned with the "Frugal Five" (the Netherlands, Austria, Denmark, Finland and Sweden) in pushing for such monitoring, the EU arm of the Spanish Conservatives has been branded as "unpatriotic" by Pedro Sánchez, whereas the opposite is the case: if these funds are to have maxi-

mum benefit for Spain, the Spanish government, especially not the one that's currently in power, shouldn't have "carte blanche" in using them.

The accountability to Brussels and potential restrictions imposed by acceptance of the funds may set the government back in achieving one of its key aims - repealing some or all of the labour market reforms introduced by Mariano Rajoy in 2012. This is unlikely to sit well with Sánchez, but it's just one example of how the Socialist leader and his deputy, Podemos leader Pablo Iglesias, will have to adjust priorities for the rest of their term, pushing more ideological projects to the background in order to concentrate on post-Covid recovery. In any case, there's still no consensus between the two on exactly what aspects of the 2012 reform should be reversed.

It's also important to remember that, in accepting the €67 billion that comes in the form of loans, Spain is taking on more debt at a time when its economy is exceptionally vulnerable. None of this is to say that the Spanish government is mistaken in welcoming the emergency package from Brussels - clearly it was in need of outside help, which was only ever going to come from the EU. But whether these funds benefit the Spanish economy in a sustainable manner depends entirely on how they are used, and how Sánchez responds to external scrutiny. There might have been qualified cause for celebration earlier this week, but all the hard work remains to be done.

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# Gibraltar reports active Covid-19 cases again after none for days

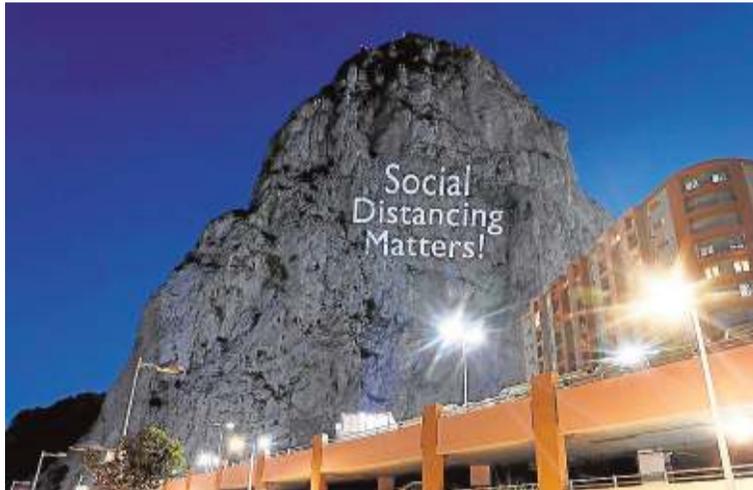
The numbers are small and two of the present cases are crew members who had flown in to join their ship and were tested as a precaution

DEBBIE BARTLETT

GIBRALTAR. On two occasions in recent weeks the Gibraltar authorities have reported no active Covid-19 cases for several days running, but once again the virus has been detected on the Rock albeit in very small numbers.

So far three recent cases have been crew members who had flown into Gibraltar to join their ships. They were tested before being permitted to do so, and found to be positive despite being asymptomatic. Two of these cases, which are registered as 'visitor cases' on the official records, were notified on Wednesday. Each time this happens, the people concerned are placed into immediate isolation.

Yesterday, the number of active cases in Gibraltar had risen to



Gibraltar is not dropping its guard against coronavirus. INFOGIB

four, with two cases among residents for the first time in a while, and 75 people were self-isolating, which was 58 more than the previous day.

Gibraltar is carrying out numerous tests for the virus, with some tests as part of the scheduled programme and others being carried out randomly on, for example, cross-frontier workers. By Thursday 18,869 tests had been carried out and there had been 184 confirmed cases since

the pandemic began, and no deaths. Gibraltar also has its own track and trace app, which has been operative for several weeks.

The fact that the virus has been detected again comes as no surprise to the Gibraltar authorities, who continue to stress the need for responsible behaviour and caution, saying the virus "is still with us". Precautions are being made for a possible second wave in the winter, although everyone hopes that can be avoided.

## IN BRIEF

### NEWS

#### New governor gets out and about on the Rock

D. BARTLETT. The new Governor of Gibraltar, Vice Admiral Sir David Steel, has been busy getting to know the local facilities and meeting residents in the few weeks since taking up his post.

This week he made an official visit to the air terminal as part of his familiarisation programme, where he was greeted by the director, Terence Lopez, and members of the management team. He was taken on a guided tour of the different areas of the building and being briefed on how the different



Alameda Gardens visit. SUR

airport systems worked.

The next visit was to the Alameda Gardens, where he met some of the staff and, as a keen gardener, picked up some tips for the gardens at his new home, the Convent.

### COVID-19

#### Gibraltar Finance to partner Hackathon

D. B. Gibraltar Finance, the government's business development arm, is to be an official partner in the Post-Covid Hackathon, a global online initiative to bring together a number of teams and create new open-source solutions to overcome the health, economic, social and other challenges of the post-Covid19 era.

The Hackathon will be launched on 10 August, with the first events the same month. Hundreds of participants from all over the world are expected, with insights from over 200 industry experts.

The Hackathon is being organised by Indorse, a tech skills-matching platform, and Coinsilium, a Gibraltar-based investor and advisor supporting early-stage blockchain technology companies and the digital token economy.

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Málaga: a Picasso. Einzigartig. Paul Haas. 1950

LETTERS  
TO THE EDITOR

## Slavery and statues

I am getting a little tired of racial prejudice in the UK. Not for the 14% of the population who are non-white but for the English. The way it seems to be presented on television, the English are responsible for every transgression over the last 400 years. A few relevant facts; Dublin, 9th to 12th century was the biggest slave market in Europe. Later the North Africans took over, taking slaves from coastal villages all over Europe.

I am not denying that the Brits ran slavers to the southern states but the people who sold them were other Africans. If you owned ships then you loaded the most profitable cargo - basic economics.

The Normans banned slavery in their territory and later William Wilberforce started the movement to do the same thing.

Instead of pulling down statues, do some thing about the sub-Saharan countries where slavery is still prac-

tised, or the Eastern European women who are sold as sex slaves.

MIKE LINCE

## Someone else's shoes

We act as though we didn't care about others' lives. We must focus on being ourselves and on what is happening around us.

Slavery of the black race existed and so did the near extermination of the Jews. According to those in power then they were inferior. And people still act like that! No one owns anyone, we have no owner. They want to change the course of history; the past and the present of our lives, such as that of George Floyd and many more like him. The powers that be are trying to divide us and we know that the truth is not negotiable.

"No one is born hating another person because of the colour of his skin, or his background, or his religion." (Nelson Mandela).

ISABEL LAISECA

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● **Correction** : In the article on page 23 of last week's SUR in English (July 17th to 23rd), writer Henry Murphy was erroneously referred to as a "former British barrister". He is, of course, Irish. We apologise for any confusion caused.

**SUR** in English

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THE BOTTOM LINE  
HÉCTOR BARBOTA

A lesson and  
an opportunity

The claim that an opportunity comes out of every crisis might work as a pretext for a self-help book, but it appears to be a terrible fallacy if the books we're looking at are history ones.

The crises that humanity has been through since records began have been for the majority of people no more than scenes of losses and collective dramas. The current crisis, which affects the entire planet, will be no different.

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## Filling groovy

If someone had told me forty years ago that one day I'd be standing in my house in Malaga with a digital camera in my mouth I would have taken a long, slow sip of my pint of mild, popped another pork scratching in my mouth and questioned their sanity in no uncertain terms.

Back then, I didn't even know where Malaga was, digital cameras hadn't been invented and it had never occurred to me that taking a photo of one's own teeth might one day become an actual thing.

Tomorrow, I'm going to see José, my outstanding dentist because during lockdown, one of my many fillings decided that it would be a perfect moment to cling to a Rolo I was chewing and desert its post without so much as a 'by your leave'. José's secretary answered the phone.

"Hello."

"Hi - a Rolo's run off with one

of my fillings."

"Ok, we'll need a photo of the damage. Can you take one on your phone so we can assess the urgency."

Uh-oh. I never use my phone for anything but, well, phoning people actually. Awkward.

"Sorry, I don't know if it's got a camera and, even if it has, I don't know how to use it."

I think she whispered something involving the words 'old' and 'codger' under her breath at this point but I may have been mistaken.

"Don't worry," I said, "I can send you a photo."

It dawned on me that in a drawer somewhere, I had an actual camera. Phones for phoning, cameras for photos - those were the days. I dug it out, changed the congealed batteries, got distracted by some old pictures of, among other weird things, my right foot, and got down to business.

Taking a photo of your own molars isn't easy, let me tell you - lens angle, distance and lighting all need to be considered.

Anyway a good while later, having amassed a plethora of entirely useless tongue, gum and lip shots, I managed to take a definitive snap.

It just looked like a load of teeth and fillings to me but José's secretary said it was good and gave me an appointment for non-urgent dental shenanigans.

I can't arrive too early or too late apparently in order to avoid other patients. "11.40 on the dot," she said in a voice that reminded me of Mrs Battersby, the sternest of all my school teachers.

It'll be good to see José, although I must remember not to complain too much about this mask-wearing business. After all, he's had one of the pesky blighters on eight hours a day, five days a week for the last thirty-five years.

## IDÍGORAS

It's possible that some people don't wear face masks because they don't know how they work. Here's a diagram to help.

Link the numbers



Another thing entirely is whether the months that have just gone and the ones to come make us aware of the need for change, not just to adapt to the new scenario - which no one can say yet what it will be like - but also, above all, to teach us lessons that will allow us to look at the future in a different way.

The previous crisis, still fresh in our memories, had elements we could learn from - which doesn't mean to say we have done. It ought to have taught us that uncontrolled economic growth based on bricks and mortar and disproportionate debt amounts to a feast today and famine tomorrow. The current situation, which has affected all sectors but very especially tourism, has shown the risks of "single-crop" economies.

But the pandemic has also had another effect: the changes that were already affecting humanity in terms of people being able to work remotely have accelerated to create a new scenario that is not provisional, but irreversible.

For towns and cities well-known for their high quality of living, as is the case of Marbella, this new scenario offers an opportunity to forge a niche, not just among leading destinations for tourism or even residential tourism, where it already is, but also as a place of residence in a world where working anywhere but the office will be more and more common.

An opportunity arising does not necessarily mean that it will be seized. That will need a strategy that someone ought to be already working on.

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◀ George Christie, who told of his experiences in his book *Marked* in a break from the auditions at the Teatro del Soho CaixaBank. **ÑITO SALAS**

## From California Hells Angels to the Costa del Sol

**International production.** George Christie, a former leader of the bikers' group, has been selecting the cast for a series about his life which will be filmed in Malaga, his "new home"

REGINA SOTORRÍO



He arrived in Malaga in October last year, looking for locations for the series that is to tell the story of his life in the Hells Angels. Several months and a lockdown later, George Christie is still here and has no intention of leaving. "Malaga is my new home," he says.

Christie, who is also a writer and actor, held auditions this week for the Hollywood production, which will be filmed in early August in different places in Malaga and Almeria provinces.

It is a thriller called *Marked-The Unforgiven* (based on his novel *Marked*) and it will follow closely one of these biker groups from California, from the experiences of someone who has spent a great deal of time on a Harley-Davidson. "And reality makes the best fiction," says the man who was the leader of that organisation in Los Angeles and Ventura.

Around 2,000 people answered the call from the production company, Wanda-Halcyon Television International, for men and women aged between 25 and 45, who are "attractive, lively, interesting, intelligent, enthusiastic and athletic". Having tattoos also gained them points.

Only 38 candidates passed the online filter and were invited to audition live and show off their abilities on stage at the Soho CaixaBank theatre, which had been chosen as the base of operations because of the good relationship between the American team from the series and theatre-owner and actor Antonio Banderas.

And, as this is the 'Covid era', it was not a normal casting session. There were no queues, appointments were given in advance and safety was a priority: the soles of people's shoes were cleaned as they entered, their temperature

was taken, a new face mask was provided by the theatre and there was sanitising gel for their hands. Once inside, they could only take their mask off when reading from the script with actress Stephanie Peregrina, a member of the cast.

In front of them, George Christie watched attentively and couldn't hide his smile.

"Every piece of dialogue takes me back to the years when those things happened in my life," he admitted. That was the time when, as the leader of the club's chapter in Ventura (California, northwest of Los Angeles), George became one of the most powerful voices of the Hells Angels and lived an existence which seemed like something from a film.

He spent three decades living on the edge of the law, dealing with his rivals and members of his own group. He had several problems with the law, and even spent a year in a federal prison for a crime for which he was later acquitted.

He became so well-known that he even carried the Olympic torch at the Los Angeles games in 1984.

Years later, he starred in a series on the History Channel, *Outlaw Chronicles*, about his time in the Hells Angels.

"I don't regret my past," he said this week, during a break in casting. "Without my past I wouldn't be here now. I'm happy with what I'm doing."

Transferred to fiction, *Marked-The Unforgiven* tells of Jack Crest's return home. He is a former American army sniper who has served in Afghanistan.

Together with Big John (played by George Christie), another veteran who was also in the Vietnam War, he creates a bikers club which only former soldiers can join. But

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◀ One of the candidates during the auditions this week. **NITO SALAS**

despite having the option of flying to Los Angeles. And he says he won't be leaving even when the production is finished.

"I've told my family that. My daughter, who is my lawyer and my manager, also loves coming here because she felt the same as I did the first time I came," he says.

Along with Sutish Sharma, of The Newstreet Pictures in London, and Pat Andrew of Wanda, George Christie was searching in Malaga for a man and a woman who embody the lifestyle of Hells Angels. Their roles may be secondary, but well worth having. It means being seen in a Hollywood series with international distribution.

The cost of each episode will be about 3,000,000 euros, like the first seasons of Game of Thrones. That's why actors who have also been in well known series such as Spain's La Que Se Avecina and Elite, as well as The Crown and Velvet, were also auditioning for a part this week.

They all want their moment on a Harley-Davidson.

as well as being a support for this group, Big John has a shady relationship with criminal gangs in Chicago, with whom he manages illegal gambling and loans in Ventura county. A monopoly which will be placed under threat by a new Mexican cartel.

The Malaga city coastline, with the line of palm trees at La Malagueta beach, the Plaza de la Constitución and the Plaza de la Marina will be converted into the city of Ventura, years ago. The Almeria desert will be the base for the Mexican cartel.

"Malaga reminds me of California in the 1970s," says George. That's why he felt at home as soon as he stepped off the plane, and decided to spend lockdown here

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#### REF. E. S. A.

**I have a property in Spain, and two children, who live in the UK. My relationship with the youngest is not good and the last time that I spoke to him was two years ago. Recently, I have been thinking about signing a will to bequeath my property here,**

which is my only asset, but I have been told that according to Spanish law, each child will receive part of the property. Does this mean that I have to leave the property to them in equal shares? Not at all. It means that, in Spain, part of the inheritance ("la legítima") must be reserved for the children and must be divided up between them in equal shares. The rest can be divided up as the testator likes. In Spain, the law guarantees each child a minimum amount of the inheritance, but the testator can dispose freely of the rest. However in your case what the Spanish law establishes is irrelevant, since if you sign your will according to your national law, as you are British you could exclude any of your children or divide up the inheritance as you wish.

#### REF. C. L. I.

**In the community of owners where I live, there are many Scandinavians, and in the last meeting, it was approved to install a communal television aerial to receive Scandinavian channels. Some of the owners (including me) voted against and do not want this service. Could we be obliged to pay for the aerial?**

No, you can't. The cost of the installation and maintenance of the aerial must be paid by the owners who voted in favour, and they cannot oblige those who voted against to contribute to the expenses. Moreover, if those who have now refused wanted to have the service later, they could as long as they paid the amount that had corresponded, duly updated.

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## IN THE FRAME

# "I have no intentions of going anywhere else whatsoever. I think I've travelled enough!"

**Marie-Andr  Gleeson. Age Concern Estepona and Manilva's new president talks about how she ended up living in Estepona**

## SUR IN ENGLISH

She's lived and worked in the UK, Hong Kong and the Canary Islands. But it was Estepona that British expat Marie-Andr  Gleeson finally decided to put her roots down after falling in love with the Costa del Sol town in 2002.

Born in Liverpool in 1965 to a marine pilot dad and a housewife mum, Marie-Andr  was privately educated at Notre Dame School in Woolton Village. Although she studied graphic design at Liverpool Hope Street College, it was a part time job five nights a week at a restaurant that sparked her interest in becoming a bar tender.

So after landing a job at Mulligan's Bar at the Four Seasons Hotel next to Manchester Airport, a 22-year-old Marie-Andr  was suddenly given the opportunity to work in Hong Kong, at a trendy bar called The Jump.

She then spent the next 13 years of her life in the former British territory and met Hollywood stars such as Robert De Nero, Bruce Willis and Jean Claude Van Damme.

Marie-Andr , 55, told SUR

in English: "The Hong Kong Chinese are amazing. They taught me a new work ethic and they work very hard, a lot of people there have two or three jobs. It's an amazing place and everyone should go. It's so diverse and the people are so lovely and friendly."

Marie-Andr  explained how she decided to leave in 1997 as she was worried about how things would change when the former British territory was handed back to China.

"Overnight there was a massive change in Hong Kong," she said.

"Beforehand you would hear Cantonese being spoken on the streets, and then overnight everyone seemed to be speaking Mandarin. And they were totally different languages, like Spanish and Portuguese. But you could see the change coming, and what's going on in Hong Kong now breaks my heart."

So in 1997 Marie-Andr  moved back to the UK at the age of 35 and worked for a number of years as the manager of Cafe Rouge - but she didn't feel settled.



Marie-Andr  Gleeson with her partner, Jacinto G mez. SUR

In 2000 she jettied off to Anfi del Mar on Gran Canaria, which was a huge timeshare resort, where she worked as a graphic designer.

She said: "It was an absolutely stunning place. But it didn't feel like Spain, it felt like a little Cuba."

Once again in 2002 Marie-Andr  decided to up sticks and move to the Costa del Sol, where her father had bought a property in Torreblanca, near Fuenigirola, in 1958.

Shortly after arriving she decided to get a bus to Estepona to visit a friend for a week.

"I fell in love with the town instantly, I don't know why, I just did," she said.

And that wasn't all that she fell in love with.

In the same week she met the love of her life, Jacinto G mez Guarinos, who was working in Estepona's port at the time.

She added: "He asked me out for a drink and then turned up in a suit with flowers, as he thought it was the polite thing to do!"

As for how Estepona has changed in the last 18 years, she explained: "It's much better than it used to be; it's a cleaner, nicer place to be and really safe."

Around 11 years ago Marie-Andr  started volunteering at the Age Concern charity shop in Estepona town centre.

She said: "I thought it was good fun and slowly started climbing the ranks, until I became president four weeks ago."

"I really enjoy it. I've been taking care of the shop and the welfare element of the charity, as there is so much going on in the community. During the lockdown we were delivering food three times a week to people in the local community."

"It's pretty much a full time

job and none of us get paid, we are all 100 per cent volunteers."

Marie-Andr  added that the charity is currently looking for volunteers to help them deliver shopping and other items to people in the community. She added that they are particularly after male volunteers who can drive, as most of their staff are female.

As for what the future holds, Marie-Andr  currently lives with her partner Jacinto and her 90-year-old mother, who moved over to live with them in Estepona two years ago.

She added: "Estepona is my home now, I have no intentions of going anywhere else whatsoever. I think I've travelled enough!"

For more information on volunteering at Age Concern, email Marie-Andr  at [ageconcernestepona@gmail.com](mailto:ageconcernestepona@gmail.com) or visit their Facebook page.

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Two passengers enjoy the views of the Antequera area during the flight. A.J.

# An uplifting experience over rural Malaga

**Balloon flights.** Antequera is the first place in Malaga chosen by the Globotur company for trips in their hot air balloons

ANDREA JIMÉNEZ



The team prepares the balloon for take off. A. JIMÉNEZ



“So, these are the views from my office,” says Jesús, the pilot, after reaching a suitable height with amazing views over Antequera. Today’s flight has 11 passengers, all wearing a face mask, the symbol of the ‘new normality’. We are taking a balloon flight over the town and surrounding countryside, the first place in Malaga province the Globotur company from Seville chose to add to its schedule.

The experience of flying in a balloon begins at 6.30am. Javier Benítez, the CEO of Globotur, meets the passengers at a local hotel accompanied by his two assistants and today’s pilot. Once everyone has gathered together, we are taken to the place where the balloon will take off. This is never the same, because it depends on the wind. Today, it is an expanse of land facing Lovers’ Rock. The passengers, many of whom are from other provinces in Andalucía, start chatting and getting to know each other. They have come for different reasons: to try a new experience, even a Christmas gift which could not be used before now. The cost of the flight and breakfast is 160 euros per person.

The team starts to put the balloon up: they stretch it out and start inflating it with two big ventilators and gas bottles. Meanwhile, the passengers gaze expectantly at the scenery and film the process with their mobile phones. If help is needed, they are all willing to provide it.

Once the balloon is ready, the pilot, Jesús, starts to explain the journey. “We know where we are going to take off from, but we never know where we are going to land,” he says. When taking off, all the passengers have to crouch down

inside the basket and hold onto the handles until the balloon has stopped moving completely. “The basket can overturn, it all depends on the pilot’s expertise,” he says.

It is gone 7.30 and we all start to get into the basket, which is divided into three sections. The pilot travels in one of the corners, and a small wall at hip height separates the section for the passengers on each side of the basket. The gas burner starts to make a noise and the balloon begins to rise.

The balloon’s gentle movement doesn’t seem to match the speed at which it travels or its height: 400 metres above the ground and 33 kilometres an hour, says the pilot. The views from up here are incredible, and it is a perfect sunny day. “Is that the Fuente de Piedra lagoon?” asks one passenger. “Yes, and over there you can see my village, Sierra de Yeguas,” says another.

We start to reduce height, although the views are still spectacular. Seeing an ultralight flying at the same height as you are travelling is an unusual experience. “The balloon is the only form of transport you can’t control completely. Some things you can, but not everything,” says the pilot. After an hour, we have to land but the olive groves don’t make it easy. Instead, we carry on, followed by three cars on the road, which will pick us up once we have landed. When Jesús spots a large flat area, we start to descend and everyone crouches down. “Look out, impact!” he calls. The balloon touches the ground a few times before stopping, and then everyone claps. While the team packs the balloon, we are taken for a traditional breakfast at a hotel. It has, everyone agrees, been an amazing experience.

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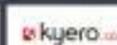
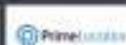
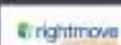
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DENISE BUSH



GARDENING

# Smooth darling pea

The smooth darling pea, swan flower or winter sweet pea, is a showy perennial shrub native to Australia. Its botanical name is Swainsona galegifolia and it is a member of the Fabaceae family (pea), a family noted for their nitrogen-fixing properties.

In its native habitat it grows in grassy woodland and is both drought and cold tolerant. It

needs a position with full sun or light shade and with free-draining soil; it is not fussy about soil Ph and will adapt to both acidic and lime soils.

The smooth darling pea is easy to cultivate and will form a

small shrub about one metre tall by about 1.5 metres. The multiple stems rise from a central crown and are clothed with light-green, pinnate leaves up to 10cm long.

The flowers form in long sprays around 15cm long and the blooms, which are about the same size as a sweet pea, come in shades of purple and red. There is also a white cultivar, Swainsona galegifolia UCSC white.

The stems are slightly spreading so may need staking in exposed situations.

In very cold winters the top growth may die back to the ground but in temperate areas the smooth darling pea may continue to flower all year round.

Propagation is by seed and Swainsona may self-seed although it is not classed as invasive. It is however well-known in Australia for causing locoism, swainsonine poisoning in live stock. All parts of the plant are toxic and the poison affects the central nervous system and liver, eventually causing death.

The alkaloid swainsonine is a potential chemotherapy drug and when combined with some cancer chemotherapeutics it minimises the toxic effect of the drugs and even protects the bone-marrow cells from damage. It can also enhance the effect of drugs on drug resistant cells.



S. galegifolia and a white cultivar (inset). WIKIMEDIA / RSSING.COM

READERS' PHOTOS

## Farmer Hook's succulents

'Farmer Hook' as he is known by his friends, switched from growing vegetables to growing succulents a couple of years ago when he and his wife downsized. Now Kenneth Hook from La Cala has a selection which he says "have given us an abundance of exotic flowers".



KENNETH HOOK



VALERIE MOLYNEUX

## Allotment sunshine

This photo of a row of stunning sunflowers was sent in by Valerie Molyneux who says she has grown them on her allotment in La Viñuela.

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) or Twitter (@SUR\_English).

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## WHAT HAPPENED TODAY?

24 JULY 2013

# 79 killed in Spain's worst train crash in 40 years

The train from Madrid to Ferrol, with 218 passengers and four crew on board, derailed on a bend a few kilometres outside Santiago de Compostela

**W**ednesday 24 July 2013 had been a perfectly normal day until 8.41pm, when a passenger train from Madrid Chamartín to Ferrol, in Galicia, derailed a few kilometres outside Santiago de Compostela.

The entire train, consisting of eight carriages, one dining car, two generator cars and a locomotive at each end, left the track as it rounded the A Grandeira bend, and four of

the carriages overturned completely. One carriage and the rear generator car caught fire.

The train was carrying 218 passengers and four crew when the accident happened. Seventy-nine people were killed and 139 were injured, dozens of them seriously. This was the country's worst rail accident in 40 years.

Although this service was one of Spain's Alvia high-speed trains, it derailed on a stretch of conventional track with a speed limit of 80 kilometres an hour. However, eye witnesses reported that

the train had been travelling at a high speed when it reached that point, and the subsequent investigation revealed that its 'black box' showed a speed of 195 kph when the train was 250 metres before the bend, and 179 kph four seconds later as it de-



The accident took place just outside Santiago de Compostela. EFE

railed. The conventional tracks only have signs to warn of speed limits, so there was no automatic slowing system.

The driver, Francisco José Garzón Amo, told investigators that he had momentarily lost concentration as he approached the bend, and didn't realise he was travelling so fast. Court investi-

gators were told that shortly beforehand he had been on the phone to staff at the Renfe railway operator with a query about the route, and had been checking a map or other document. He did apply the brakes, but it was not enough to slow the train sufficiently. Four days after the crash, he was charged with causing 79

## LANGUAGE FOOTNOTE

Tren	Train
Ferrovionario	Railway (adj.)
Viajar	To travel
Descarrillar	To derail
Curva	Bend
Estación	Station
Fallecido	Deceased
Herido	Injured
Maquinista	Train driver
Interventor	Ticket inspector
Velocidad	Speed
Frenar	To brake
Frenos	Brakes
Seguridad	Safety
Vagón	Carriage
Señalización	Signage
Vía	Track
Accidente	Accident
Emergencia	Emergency

deaths and numerous injuries through professional recklessness and was later sentenced to four years in jail.

On 25 July the government announced three days of national mourning, and safety measures were improved to ensure that trains cannot travel at excessive speeds on that track.

**Bilingual crossword inside back page**

## WILD LIFE PETER HARRISON

### Out and about



**T**he strong sunshine, the lifting of restrictions after the pandemic, even the noise of aircraft landing at Malaga Airport all are welcome. Slowly things are returning back to normal and those of us who love the countryside can get out and make the most of the summer which most of us came here to enjoy, away from the grim weather of Northern Europe.

The Spanish countryside has so much to offer, with low population density the landscape is outstanding and varies dramatically within a few kilometres.

Never forget to take a camera and a pair of binoculars. They need not be expensive, there are some fine Russian ones available, and you will be amazed at what you can spot. But you do have to have some patience; wildlife doesn't hang about to be photographed.

Riding home one evening I came across a herd of deer grazing. Luckily the wind was gently blowing towards us so the deer did not catch my scent

and were oblivious to the sound of my horse. What a sight and one of so many occasions I regretted not having a camera with me.

It is a human trait to seek out the rarer, more elusive animals and birds when out in the countryside and ignore the more common creatures, but those common lives are nonetheless beautiful.

Fortunate enough to have plenty of land around our house, I have just come back from a stroll and have seen many beautiful creatures.

Rock buntings are quite common around here and are fascinating and the common cabbage white butterflies are in abundance, however a clouded yellow butterfly, not so common, put in an appearance. All are of equal interest and fascination. I suggest you enjoy them all.

As you drive through the countryside do take care, wild animals are not traffic wise. You do not want to cause a death resulting from a moment's distraction.



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## HISTORY

# The Livermore girls, six daughters who shaped society



▲ Above, José de Salamanca y Mayol, Marquis of Salamanca. Below, Manuel Agustín Heredia. SUR ARCHIVE



FERNANDO ALONSO



## The 'livermoradas'

Sebastián Souvirón says the Livermore sisters were more than a little eccentric and their manias became known as 'livermoradas'. Some of these were passed on to their descendents, who were very nice, refined people.

Tolita Livermore, who had to move to Madrid with her husband, the Marquis of Salamanca, didn't know what to do with the hens she had at the house in the Alameda so she just took them with her and they lived a fine life, roaming around on the wooden floors of the Castellana Palace.

Another Livermore said her backside was as delicate as glass, like the 'Lawyer of Glass' by Cervantes, and she never went anywhere without a servant carrying a huge feather cushion so she could sit down without it breaking. "I have to avoid the risk of a fracture because it would be incurable. After all, it can't be replaced," she used to say.

A third Livermore used to insist on doing everything three times: breakfasting three times, getting dressed and undressed three times, and going up and down the stairs three times. "Things are really done much better the third time," apparently.

### ◀ The family home.

The Livermore house on Calle Álamos, as it is today. F. A.

Our story begins when Thomas Livermore Page, who was originally from Ireland but was living in Halstead (Essex, UK), decided to move to Spain. He settled first in Seville and then Carmona, where he met Petronila Silas, his partner's daughter. Thomas was as cheerful and talkative as she was quiet and withdrawn. Petronila, known in the family as Mamá Tolón, was quite fastidious and wouldn't touch the banister rail of a staircase or a door bell without using a handkerchief to protect her hands. Thomas ended up marrying her in 1792 in the Santiago church in Malaga, the city where he would spend the rest of his life. By then, he owned an important tannery in the Capuchinos district and his financial circumstances were pretty comfortable.

The couple set up home in a beautiful building at number 38, Calle Álamos. The house had been built in around 1770 and,

as Víctor Heredia explained, it was owned by the Congregation of San Felipe Neri, to whom it had been left in somebody's will. It was rented to the couple for a high rent. The building still exists today and is one of the oldest in the street. It has two courtyards and in the main one there is a large doric column and a marble fountain with a grotesque head as the spout. The house is due to be completely remodelled and turned into apartments.

Thomas and Petronila had six daughters, the Livermore girls, and they married the cream of the Malaga bourgeoisie. These marriages were the seeds and the roots of some very well-known Malaga family trees. Let us take a closer look at them.

The eldest daughter, Ana María, married a merchant of British origin, Miguel Bryan Villanueva, the forefather of the many Bryans to be found in Malaga.

The second, Isabel, married Manuel Agustín Heredia, who was born into this world with nothing but ended up with a great deal. It must have been around the end of 1812 when Heredia was at the Livermore house one evening, chatting "with the old people", but never taking his eyes off the younger ones, who were dancing. It was then that Isabel offered to teach him to dance, too.

Within a few days, Manuel Agustín asked Thomas for his daughter's hand in marriage, and the wedding took place at the Santiago church on 12 April 1813. Manuel Agustín was not yet 27 years of age, and Isabel was 18. They moved into a house opposite her parents' home in Calle Álamos.

María Dolores, who was known to her family as Mariquita, married José de la Cámara on 26 November 1820 in the Santiago church. The two witnesses who signed the reg-

ister were Manuel Domingo Larios and Manuel Agustín Heredia. José de la Cámara must have been a very good businessman, because in 1819 he joined forces with his father-in-law and created the Livermore y Cía company. The marriage was very happy and they had 12 children, just like their Heredia relatives.

The fourth daughter, Josefa, married Martín Heredia Escobar, who was Manuel Agustín's step-brother. They lived in the palatial house at number 11 in La Alameda, with a lovely heraldic shield on the façade.

Matilde took the well-known romantic writer Serafín Estébanez Calderón as her husband. He was the uncle and protector of Cánovas del Castillo. Her grand-daughter says the author used to like fried anchovies and very cold gazpacho in the summer, when it was very hot, and he used to sweat a great deal and often put one of his wife's loose blouses on when receiving visi-

tors in his house.

Finally, Petronila married José de Salamanca y Mayol, the future Marquis of Salamanca, who built the district of Madrid which bears his name. Her brother-in-law Manuel Agustín Heredia lent him the money with which he started to make his fortune. He was one of the richest and most influential men of the time, but was ruined and made money again several times.

This couple had two sons: Tomás, who died while still a child, and John, who died while travelling to England to study. His father, upon hearing the news, "became very strange indeed and lost all his vivacity and joviality".

Thomas Livermore died suddenly of an apoplexy of the brain in Calle Victoria on 1 November 1849, aged 83. He was on his way to the San Miguel cemetery to place flowers on his sons' grave. His wife Petronila died two years later, from pneumonia.

EXHIBITIONS

**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.



Pepa Caballero, Malaga.

**Gustav Klimt**

**MALAGA.** Until 31 July, 11am - 10pm every day. Muelle Uno. An immersive multimedia experience which demonstrates the works of the Austrian artist through modern technology. Tickets: info@eloroдек-limt.es Find them on Facebook.

**Carmen Thyssen Museum**

**MALAGA.** 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. 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 with works by Spanish artists from the 12th to the 20th centuries.

**Pepa Caballero**

**MALAGA.** Until 12 September. Estudio de Ignacio del Río, C/Lorenzo 29. The exhibition consists of colourful paintings by the late Granada artist Pepa Caballero.

**Tierra de Sueños**

**MALAGA.** Until 3 August. C/Alcazabilla, 8. Photographer Cristina García is exhibiting 40 photos she took during a trip to rural Anantapur. The images are mostly of women, children and the disabled who live in some of the poorest communities and are displayed on large screens next to the Alcazabilla in Malaga.

**Sueños Etiópes**

**MALAGA.** Until 4 September, Cultural Exhibition Space, Malaga City Hall. Twenty photographs taken by Cristina Muñoz Gaspar, a volunteer for Fundación Harena, capture the youth

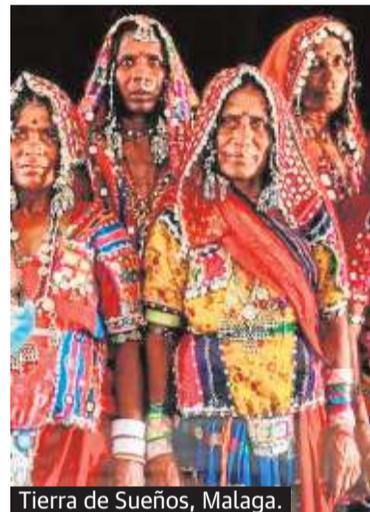
of Muketuri, a small town in Ethiopia.

**Studio Exhibition**

**GAUCÍN.** From 25 July until end of summer. Sat and Sun, 11am - 2pm only. La Huerta, C/Convento. Jennifer Waterhouse, Christine Spencer Green, Silvia Franco and Chris Klees show their work in their studios. The exhibition includes painting, sculpture, ceramic and photography.

**Art Marbella**

**MARBELLA.** From 24 September until 3 October. Palacio de Ferias y Congresos. Art Marbella will be holding its sixth international modern and contemporary art fair. This year it will coordinating with Marbella Design for the first time.



Tierra de Sueños, Malaga.

**Galeria Justo / Giner**

**MARBELLA.** Until 10 September. La Ermita industrial estate, C/Madera, 9. Before 1881 is an exhibition by Julio Anaya Cabanding. Open in August only by prior appointment. Email: galeria@yusto-giner.com Call: 951507053.

**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.

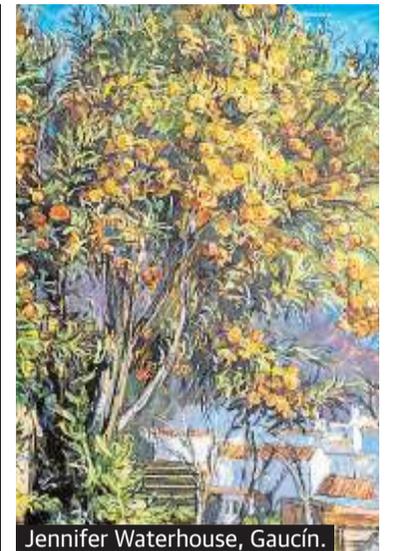
**David Sancho**

**ALHAURÍN EL GRANDE.** Until September. Sala de Exposiciones, in the Municipal library. Antequera artist David Sancho has travelled widely and has captured the colours of some of the countries he has visited on canvas. The exhibition includes works he completed after visits to Istanbul, Morocco and India as well as some of the Jardín Botánico La Concepción in Malaga and of his home town, Antequera.

LIVE CONCERTS AND MUSIC

**Jueves del Verano**

**MALAGA.** July, August. 30 July, 9pm. Centre Pompidou, Muelle Uno. A concert by Malaga singer Julia Martín. 6 August, 9pm. Museo Ruso, Tabacalera, Avenida Sor Teresa Prat.



Jennifer Waterhouse, Gaucín.

Proyecto Dasein with Miguel Ángel S Mirando (harp), Pablo Valero (flute) and Francisco Ruiz (viola) will play pieces by composers Borodin, Glinka, Dubois and Debussy. 13 August, 8pm. Centro Pompidou. Proyecto Dasein accompanied by soprano Elena Garrido.

**Moraga Sound**

**MALAGA.** Until 30 August. Auditorio Playa Virginia, Auditorio Parque Héroes de la Batalla de Teatinos, Skate Park Rubén Alcántara, Auditorio Eduardo Ocón. A series of concerts and dance performances including flamenco, funk, rock, jazz, Indie and reggae organised by Malaga town hall. http://www.malaga.eu/

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<b>VOSE</b> <b>JOHN WICK 3</b> MONDAY 27TH JULY 22:30H	<b>VOSE</b> <b>KNIVES OUT</b> TUESDAY 28TH JULY 22:30H	<b>VOSE</b> <b>MIA Y EL LEÓN BLANCO</b> WEDNESDAY 29TH JULY 22:30H
		<b>VOSE</b> <b>THE GREATEST SHOWMAN</b> THURSDAY 30TH JULY 22:30H

## LIVE CONCERTS AND MUSIC

## Chamber music

**MÁLAGA.** Garden of the Museo Picasso Málaga. 10€.

**25 July, 8pm, 9.15pm.** Cuarteto con Fuoco play works by Astor Piazzola, Edith Piaf, The Beatles, Chick Corea and Maurice Ravel.

**8 August, 8pm, 11am, 12.15pm.** The wind quintet of the OFM will be in concert.

## Jazz

**MÁLAGA.** Museo Picasso Málaga. 10€.

**24 July, 8pm, 9.15pm.** The Nacho Loring Trío.

## Conciertos en la Cuarto Fase

**GRANADA.** Plaza de las Culturas, Centro Cultural Caja Granada.

**24 July, 9.30pm.** Antonio Aras and Fernando Alfaro.



Cecilia Krull, Granada.

**25 July, 9.30pm.** Cecilia Krull.

**31 July, 9.30pm.** Neuman.

**7 August, 9.30pm.** Fon Román.

**8 August, 9.30pm.** Arco.

Tickets: <http://www.entradascajagranada.es/>

## The Hall

**MÁLAGA.** Calle Héroe de Sostoa.

**1 August, 10pm.** The Spanish Bee Gees tribute band reproduce the look, sound and vibe of the Gibb brothers. Tickets must be reserved in advance, 10 euros.

<https://www.elcorteingles.es/>

## Acoustic July

**VILLANUEVA DEL TRABUCO.** 24,

31 July, 10.45pm. Plaza del Prado.

Every Friday evening from 17 July there will be a live concert taking place in the Plaza del Prado (main square) in the village.

<http://www.villanuevadeltrabuco.es/> or Facebook.

## Malaga Philharmonic Orchestra

**MÁLAGA.**

**24 July, 9.30pm.** Patio of the Museo de Málaga.

Members of the orchestra will play pieces by Mozart, Grieg and Dvorak.

**31 July, 9.30pm.** Plaza del Santuario de la Victoria.

Arturo Díez Boscovich will conduct the orchestra playing popular classics and symphonies by Mozart and Beethoven.

**6 August, 9.30pm.** Patio of the Museo de Málaga.

Members of the orchestra will play

pieces by Schubert and Beethoven.

## Málaga Gira

**MÁLAGA.** From 25 July. Cortijo de Torres municipal auditorium.

A series of rock, pop and flamenco concerts will take place from July to September. Information and tickets: [www.malagadeporteyeventos.com/instalaciones/auditorio-municipal-cortijo-de-torres](http://www.malagadeporteyeventos.com/instalaciones/auditorio-municipal-cortijo-de-torres)

## Noches de Gibralfaro

**MÁLAGA.** Castillo de Gibralfaro. 13€

**24 July, 10pm.** La Insostenible Big Band.

**25 July, 10pm.** Camerata Malagaharmonia. The string orchestra will play music by Elgar, Barber and Dvorak. Information and tickets:



La Insostenible Big Band, Malaga.

<https://www.nochesdegibralfaro.com>

## Starlite Festival

**MARBELLA.** From 30 July until 29 August. Nagüeles quarry.

A shortened version of the festival will include David Bisbal, Melendi, El Arrebato and Pablo López, flamenco performers Diego El Cigala, Miguel Poveda and Sara Baras, as well as Spanish comedy duo Los Morancos. Many of the original stars booked such as Tom Jones, Lionel Richie and Bonnie Tyler have been re-scheduled for 2021. Tickets and information: Ticketmaster and El Corte Inglés.

## Marenostrum

**FUENGIROLA.** 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/>

## Tango Malaga 2020

**MÁLAGA.** 18, 19 September. Teatro Echegaray. 15€.

Osvaldo Jiménez and Proyecto Tamgú perform classic tango music and dance. [www.teatroechegaray.es](http://www.teatroechegaray.es) or [www.unientradas.es](http://www.unientradas.es) Call: 952 076262.

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The dancers of ¡Viva!. ©MARCOSGPUNTO

## ¡Viva! Transvestite flamenco in the Generalife gardens

The idea for this award-winning flamenco show by Granada dancer Manuel Liñán, came from a childhood memory

**GRANADA.** Winner of the 2020 Max audience award, the flamenco show ¡Viva! created by Granada choreographer and dancer Manuel Liñán can be seen from 3 until 12 August in the Generalife gardens, Granada.

The idea for ¡Viva! came from a childhood memory; as a child, Liñán would lock himself in his room and dress

in his mother's green skirt, adorn his hair with flowers, put on make-up and dance in secret.

"That dance was unthinkable outside of those four walls," he said this week when the prize, which will be presented at the Max awards ceremony in Malaga on 7 September, was announced.

"¡Viva! seeks to convey transvestism, treat it with honesty and formality, because it became hidden for fear of social and artistic reprisals. Socially, it is a cry for freedom, what we demand is to make it public and, for

this, I wanted certain companions who I intuited and knew could have lived similar experiences to mine," the dancer explained.

The show includes six other performers: Manuel Betanzos, Jonatán Miro, Hugo López, Miguel Heredia, Víctor Martín and Daniel Ramos, the latter on loan from the Ballet Nacional de España.

¡Viva! is part of the Lorca y Granada series of performances taking place in the Generalife this summer.

Visit <https://www.junta-deandalucia.es/cultura/lorcaygranada/es/entradas>

**Jazz en la Costa**

**ALMUÑÉCAR.** Until 25 July. Parque El Majuelo.

The 33rd edition of the international jazz festival held in Almuñécar. The full line-up of acts, start times and tickets: <http://www.jazzgranada.es/> or [www.ticketmaster.es](http://www.ticketmaster.es)

**La Costa de la Música**

**MARBELLA.** Saturdays 10pm until 29 August. Auditorio del Parque de la Constitución. 5€.

The series of concerts include performances by África G.Project, Marcos Grimaldi & E-Gipsy, Pilar Estaban

'LaPili', Eneko Alberdi and la No Solo Blues Band, La Negra Mayté and Delola. Tickets:[www.entradas.com/](http://www.entradas.com/), at the box office (Tues-Sat 7-10pm) or call: 902646289

**Tribute to the Three Tenors**

**ALMUÑÉCAR.** 30 July, 10pm. Parque El Majuelo.

The group Il Divo pay tribute to the Three Tenors.

**Habana Vieja**

**ALMUÑÉCAR.** 31 July, 10pm. Parque El Majuelo.

La Cochera Producciones present this

concert with the Cuban band Habana Vieja.

**Festival Tendencias**

**SALOBREÑA.** 5, 6, 7 August. Auditorio Villa de Salobreña.

Tickets are on sale now for concerts by Kiko Veneno, the Solé Giménez Trío and Los Kikes. [www.tendencias-festival.com](http://www.tendencias-festival.com)

**Alhautor Festival**

**ALHAURÍN DE LA TORRE.** 25, 30, 31 July 1, 14, 15, 21 August and 11 September. Finca El Portón.

Eight concerts by well-known Spanish musicians including El Kanka, Arco and Annie B will take place during the summer. Places are limited. Tickets on the webpages Oh Salvaje and King Ocio as well as from post offices. <https://ohsalvaje.com/conciertos/>

**Antequera Suen a Blues**

**ANTEQUERA.** From 30 July until 1 August. Patio Municipal Town Hall.

The Lito Blues Band, The Blues Stompers, Richard Ray Farrell and the Kid Carlos Band are just four of the bands scheduled to perform at the festival. Free entry but very limited places. To book: 952702233 / 674045174 Mon - Fri 11am - 1pm. [www.cambaya.com](http://www.cambaya.com)



Habana Vieja, Almuñécar.

# Benalmádena to host Festival of Legends in aid of Red Cross

The festival will include eight tribute acts that will salute some of the greatest musicians and bands of the last 60 years

**TONY BRYANT**

**BENALMÁDENA.** The municipal auditorium in Benalmádena will host a spectacular charity concert in aid of the Red Cross on Saturday 29 August. Organised by Benalmádena town hall, the Festival of Legends presents eight of Spain's top tribute acts who will salute some of the greatest musicians and bands of the last 60 years.

The show will include tributes to Frank Sinatra, Tina Turner and Neil Diamond, while fans of Elvis's Las Vegas era will enjoy the show by amazing soundalike Mark T. Connor.

The festival will cater for all tastes of rock and pop music, with sets performed by Bon Jovi tribute band Blaze, The Spanish Bee Gees, and Queen of Magic, whose show reproduces the incredible sound of Freddie Mercury and Queen to perfection.

Also on the bill are the



The Silver Beats are due to perform at the Festival Of Legends. SUR

Malaga-based band The Silver Beats, hailed as Spain's finest Beatles tribute band. Their live performance is sure to remind fans of the era of Beatlemania. The show, complete with replica outfits, haircuts and instruments, is based on the band's early career and will present timeless hits like Twist and Shout, A Hard Day's Night and I Want to Hold Your Hand.

Tickets for the festival,

which starts at 7pm, cost 20 euros plus booking fee (2.41 euros) and must be reserved in advance online. The town hall has stressed that crowd capacity restrictions will be enforced, so early booking is advised.

Strict health and safety regulations will also be employed, although there will be a bar where food and drinks will be available.

Tickets: [www.eventbrite.es](http://www.eventbrite.es)



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Prima Ballerina with the Spanish National Company in Madrid and training in Paris under a Russian Professor. She has also worked on TV with renowned artists such as Pavarotti, Monserrat Caballé and Julio Iglesias. She has even danced at La Scala in Milan.

After obtaining a range of international teaching qualifications, Eloisa opened her first dance school 10 years ago. She now runs Dance with Freedom from a spacious studio in the El Zoco centre in Calahonda, with pupils aged from 2.5 to 73 and

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## Flamenco

**MÁLAGA.** Museo Picasso Málaga. 10€.

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**8 August, 8pm, 9.15pm.** Kiko Peña and David Arahal.



Jardín Botánico La Concepción

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**MIJAS.** 25 July, 10pm. Plaza del Bulevar, La Cala de Mijas. Free.

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## Teatro Cervantes

**MÁLAGA.** September.

**4 September, 8pm.** Plaza de la Merced. El Espejo negro is a show with singing, dancing and acrobatics.

**5 September, 10pm.** Facade of the theatre. Æthêr. De la oscuridad a la luz is performed by the REA Dance company high off the ground against the facade of the theatre.

**6 September, 8pm.** Plaza de la Marina. The Rolabola Circus Company combines circus characters, acrobatics, theatre and rock. [www.teatrocervantes.com](http://www.teatrocervantes.com)

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## CHARITY

## Mike Sterling concert for ARCH

**ALHAURÍN EL GRANDE.** 7 August, 8.30pm. Hacienda Moreno. 15€.

Mike Sterling is well known for his West End performances in the musicals The Phantom of the Opera, Les Miserables and Evita. Ticket price includes glass of cava and tapa.

Tickets available from the ARCH Centre, ARCH Charity Shop and Papelería Cristina in Alhaurín el Grande, and the SOS Charity Shop in Coín. Reservations call: 656935613. Various coach pick up points from Marbella to Fuengirola, contact 616835000. [www.horserescue-spain.org](http://www.horserescue-spain.org)

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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](http://www.yelmocines.es)

**Scooby:** 19.30 (Tues).

**Interstellar:** 20.30 (Tues).

**The Wretched:** 20.20 (Tues).

## Yelmo Cines, Rincón

**RINCÓN DE LA VICTORIA.** C/ Arroyo Totalán. Tel: 902220922. [www.yelmocines.es](http://www.yelmocines.es)

**Scooby:** 18.00 (Tues).

**Interstellar:** 20.30 (Tues).

**The Wretched:** 20.00 (Tues).

## Yelmo Cines, Vialia

**MÁLAGA.** Centro Comercial Vialia. Tel: 902220922

**Scooby:** 18.30(Tues).

**Interstellar:** 20.30(Tues).

**The Wretched:** 20.05(Tues).

## Cine Albéniz

**MÁLAGA.** C/ Alcazaba, 4. Tel: 902360295. [www.cinealbeniz.com](http://www.cinealbeniz.com)

**Under The Skin:** 17.15, 19.30, 21.45.

**Lucky:** 22.00 (Tues).

**Midnight:** 22.00 (Thurs).

**The Peanut Butter Falcon:** 17.30, 21.45.

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**FUENGIROLA.** Avda de la Encarnación. Tel: 952198600.

**Scooby:** 18.30.

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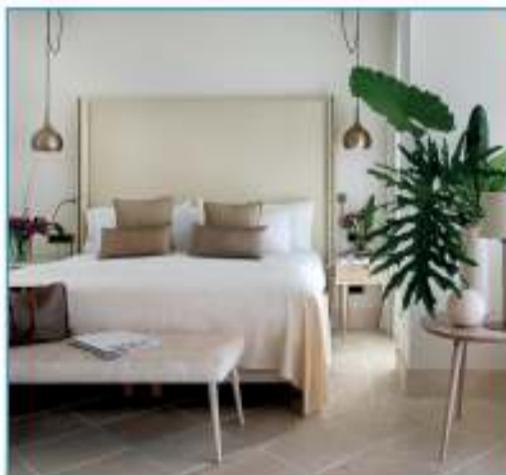
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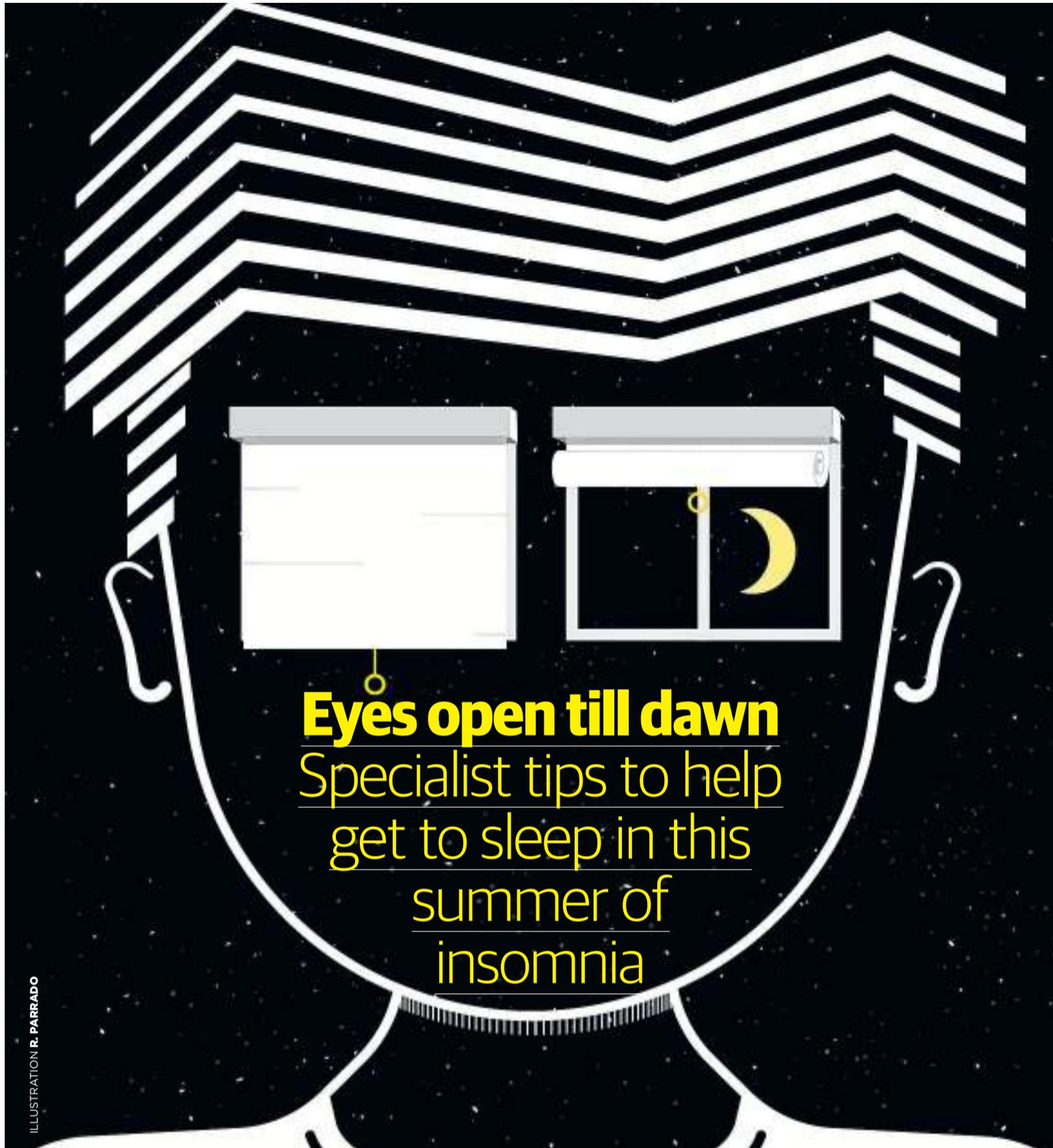


ILLUSTRATION R. PARRADO

ROCÍO MENDOZA



**S**taying awake is a voluntary act, but sleeping isn't. Our brain is in charge of our body and it decides when we can close our eyes and rest. In fact, most people realise that the more we try to force ourselves into 'sleep mode', the more our 'boss' rebels and uses a wide range of resources to keep us awake and not let us get our own way. There might be an itch somewhere... or we start thinking about what we have to do the next day ...or a memory suddenly springs to mind for no apparent reason... and did we remember to lock the front door?

This struggle creates a kind of vicious circle that makes it impossible to sleep and sleep well. It is insomnia, something which the Spanish Neurology Society (Sociedad Española de Neurología) says affects between 20 and 48 per cent of the adult population at some time in their life.

This high percentage is an average over the year, but the problem is worse in summer. This is not just due to the heat. It is caused more by the lack of social routines (work, school etc.), afternoon siestas that last longer than recommended, alcohol consumption and raised noise levels at night in cities, towns and villages.

This year, however, the problem seems worse than ever. These difficulties may be normal every summer, but 2020 is breaking all records. Specialists say they are seeing considerably more patients who are experiencing prolonged problems with sleeping this year.

Once again, coronavirus is to blame. During the lockdown, it was one of the pillars of health which was worst affected, to-

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gether with diet and exercise, and now “the uncertainty has not gone away”, says Javier Puertas, vice-president of the Spanish Sleep Society and a specialist in the sleep unit at the Alzira hospital in Valencia.

“Many people are suffering a type of post-traumatic stress because of their own experiences, such as family or financial problems,” he adds.

Children are also being more

affected by sleep disorders. Gonzalo Pin, a specialist pediatrician at the Quirón Hospital in Valencia, quotes a survey carried out recently among around 13,000 families.

#### Worse this year

“Before coronavirus about three per cent of children were affected by nightmares or other disorders which affected the quality of their sleep, but now the figure has

risen to 13 per cent,” he says.

“There is a problem with stress which can’t be overcome so quickly. Fear and insecurity are still having an effect.”

With this scenario, there will be more people suffering from insomnia than ever this summer and it means those of us who are affected will have to make more effort than just putting a fan on to keep the bedroom cool (although that helps, too).

We need ways of helping our brains to disconnect from everything that could stop them resting. Some habits have a direct effect, but there are others which affect us indirectly without us realising. For example, it is surprising how the amount of time we are exposed to natural light during the day affects how we sleep later on, when there is none.

A lack of sleep over a long period increases the risk of becoming

overweight or obese, suffering from hypertension and other illnesses such as cardiac problems, as well as affecting our well-being in general.

Now is the time to work on keeping insomnia at bay and here, six specialists from the Spanish Sleep Society (Sociedad Española del Sueño) tell us what they do in order to have sweet dreams instead of lying awake, tossing and turning.

**“A warm shower, not a cold one, before going to bed.” Irene Cano. Lung specialist at the Ramón y Cajal hospital in Madrid**

Dr Cano admits that she feels satisfied that she always sleeps well, and says it is because “I don’t take my worries to bed with me”. She does, however, say that her patients tend to have two habits which make them sleep badly, although they think they are doing the right thing. The first is taking a cold shower. The aim before going to bed should be to lower your body temperature but also the room temperature (which should be 18°C), and as well as ventilating the bedroom. A shower can help, “But not a cold one; the water must be warm. If it’s cold, the body overreacts by raising your temperature and the result is worse,” she says. She also advises against physical exercise at night. “Don’t go for a run or to the gym or even take a walk after the sun goes down,” she warns.

**“I cycle to work and in the evening we use warm lighting.” Gonzalo Pin. Sleep Unit of the Quirón hospital in Valencia**

What you do during the morning has a major effect on what happens at night. This specialist takes physical exercise during the day and is careful about lighting. Light regulates the production of melatonin, and that directly affects sleep. Dr Pin chooses to cycle to work every day, and that gives him the exercise he needs and enough natural light for his body to regulate itself. “At home, in the evening, we use warm lighting, the type that reminds you of bonfires at night and sunsets,” he says. It may seem obvious, but it is also best to avoid looking at computer and other screens with their white light, because they reactivate the brain again. He also has some advice about children. “They need a moment of affection, a cuddle, before going to bed, so they feel secure when they fall asleep,” he says.

**“I meditate in silence at sunset.” Juan Antonio Madrid. Professor of Physiology at the University of Murcia**

Professor Madrid keeps to a strict timetable and uses physical exercise to maintain the quality of his sleep. He doesn’t have an alarm clock and sleeps with the blinds open, so the daylight wakes him up. He says these two factors, natural light and physical exercise, are essential and, due to his profession, he has developed ways of measuring them and using them to help him sleep well. However, he has another helpful tip: he meditates in silence at sunset on the terrace of his home. “At first it was a bit of an effort, but now I look forward to it,” he says. He just needs a little silence in order to breathe and relax. “It helps to relativise everything that is happening and puts it in context. In that moment you disconnect and unload the emotions of the day,” he explains.

**“Reading in bed works for me.” Javier Puertas. Vice-president of the SES Sleep Unit at the Alzira hospital.**

Dr Puertas believes everyone needs to know themselves well to find out what helps them to disconnect from the rest of the day. Temperature, ventilation, the importance of eating two or three hours before going to bed and avoiding fatty foods and alcohol late at night are important. However, entertainment is also a factor. He says it should be something light and enjoyable. If it is the TV, the emotional load from the film or series should not play on your mind during the night. He says he likes to read in bed, but never anything to do with his work. Music helps him, too. “Everything that gives you a feeling of wellbeing and helps you to unwind is beneficial,” he says. Finally, he advises spending as little time as possible in bed, to prevent nervousness about whether or not you are going to be able to sleep.

**“I keep the bedroom tidy.” Milagros Merino. Neurological Sleep Disorders unit. La Paz children’s hospital in Madrid.**

The brain is a very sensitive organ and it is activated by numerous stimulants. Have you heard of visual noise? It refers to an excess of objects in the bedroom, especially if they are untidy, because they alter the sensation of stability and wellbeing. “Order relaxes and brings wellbeing,” says Dr Merino. She also recommends good, dark curtains to block out the light pollution which is so common in towns and cities, and says sheets and pyjamas should be pure cotton to help keep cool and avoid perspiration. All this aims to provide a calm and comfortable environment. She also says we should never start an important conversation which could end up with an argument, and warns against becoming obsessed with sleeping for eight hours. “Everyone needs different amounts of sleep,” she says.

**“I don’t get angry when I can’t sleep.” Francesca Cañellas. Son Espases university hospital (Palma de Mallorca)**

For many people with insomnia, just going to bed makes them anxious. With this disorder, there is a vicious circle where people stress about not being able to sleep, which then makes sleep impossible. “It happens to me too sometimes, there are days when I can’t sleep but I don’t worry about it. If you get angry, it’s worse. You have to just accept it and, of course, keep to your normal routine,” says Dr Cañellas. By that, she means going to bed at the usual time even if you haven’t slept a wink the night before. “It’s tempting to get up late during holidays if you’re tired,” she admits, but says it is actually counterproductive in the days afterwards. “I always give myself a time limit and stick to it,” she says. Finally, she says people should be aware that drinking alcohol makes your sleep quality worse.

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# When specs meet face masks

Opticians offer tips on how to wear both essentials avoiding the discomfort of slipping or steamed up lenses

**SUR IN ENGLISH**

MALAGA. When the need to prevent the spread of Covid-19 forced everyone to cover their faces with masks outside their homes, glasses-wearers soon discovered uncomfortable side effects.

Glasses slipping and steaming up are challenges shared by many. In fact, between March and May, there was a 640% increase in online searches in Spain for how to tackle the problem of glasses steaming up.

This was pointed out this week by Giles Edmonds, Specsavers clinical services director, who has offered some simple advice to keep vision clear while staying safe and complying with the regulations currently in force in Andalucía.

"There are a few difficulties people face when it comes to wearing a face mask while also wearing glasses. One of the most common complaints is that glasses can get steamed up, making it more difficult to see.

"Wherever possible, particularly for healthcare staff and other key workers, our advice is to wear contact lenses. But we appreciate this is not the best option for



Face masks are compulsory in public all over Andalucía. SUR

**TIPS**

Experts at Specsavers Ópticas have offered readers three tips on how to make glasses and a face mask work as a team.

► **Slipping.** Stop slipping by wrapping the string of the face mask around the sides of your glasses, rather than your ears – just make sure you're careful when taking off your glasses as your mask will be attached.

► **Glasses on top.** If you can (and it's comfortable), pull your mask further up your nose and place glasses on top. This will help seal the mask around your nose, stopping the warm air from your breath escaping and steaming up your lenses.

► **Extra grip.** Try using a piece of surgical tape to hold your mask in place on the bridge of your nose and give your specs additional grip.

everyone," Edmonds said.

"If that isn't an option, you need to make sure that the face mask fits tightly around your

nose and cheeks as this reduces the amount of breath escaping and causing condensation on the lenses," the expert added.

## Nearly half of people in Spain put weight on during coronavirus lockdown, says study

A lack of exercise, increased alcohol intake and more snacking due to boredom and anxiety are behind the excess weight many admit to gaining during the state of alarm

**EFE**

MADRID. Forty-four per cent of people in Spain gained between one and three kilos in weight during the months of lockdown imposed to curb the spread of coronavirus, a survey has revealed.

The Spanish Obesity Society

(SEEDO) asked a thousand people about how confinement had affected their weight.

A large proportion of those who admitted to gaining kilos said they had eaten more unhealthy foods during that period, due to the change in routine.

Intake of alcoholic drinks and processed cakes and biscuits increased by 50 per cent said the study. The lockdown caused anxiety in some people as well as boredom, which can lead to an increase in the feeling of hunger, explained Francisco Tinahones, the president of SEEDO.

This was accompanied by a reduction in physical activity. Of those surveyed, 56 per cent said they did less exercise than usual and a third said they had spent five hours a day in front of the television.

The problem was greater among lower-income families who said they had got less exercise during lockdown, especially those with smaller homes.

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One of the meetings of the psychological and social care team. SUR

## Cudeca expands its programme for psychological and social care

### BENALMÁDENA

During the health crisis, this service was adapted so assistance could be provided by phone, in person and online

### ANDREA JIMÉNEZ

The coronavirus crisis has changed everything, and that includes palliative care. Faced with an increase in the demand for assistance from patients and their families, the Cudeca hospice foundation has adapted its

psychological and social care programme so it can continue its work not only in person and by telephone, but also via a new format: online.

“There has been a huge social impact with this pandemic and it has affected the whole health-care system. In our case, we had

few resources and demand was increasing, and although we were working at full capacity, the programme was built at an amazing speed. It’s quite astonishing,” said Virginia Peralta, one of the four psychologists on the team, which also includes two social workers.

The psychology and social programme is based on finding and providing solutions in the emotional or social context for patients and their relatives and on offering support to staff and volunteers. Everybody who is receiving support from Cudeca can access the service and receive help from a psychologist and social worker.

“We have been involved from the very beginning, which was 28 years ago now, and thanks to the integral attention programme, the team was expanded ten years ago,” said Virginia.

From the start of the state of alarm and the coronavirus crisis, this team has been dealing with new situations.

“We have increased our help for health professionals who have been impacted and we have also expanded our assistance with dealing with grief. Many of the needs which have emerged are psychological and social, and there has been greater awareness of the need for self-care and care from others, along with the fear of becoming infected,”

she explained.

This completely new situation has also meant reinventing the assistance for patients, said Virginia. “Some things have been difficult for them to take on board, for example not being able to attend wakes, because people associate those with a dignified death.

The Cudeca team also has online training and audiovisual material for support in the community, and they provide personal attention throughout the province.

“This pandemic has meant that we have rediscovered ourselves, and learned lessons in life about what is really important. We have become more aware of the reality of death, and that has led to more relevant conversations,” said Virginia.

### Lifestyle

She also said the lockdown helped some patients to adopt a healthier lifestyle. “A lot of initiatives began to emerge, encouraging people to look after themselves in general, and some patients’ symptoms have improved. Some say they feel better now than they did before the lockdown,” said Virginia, who is grateful for the support from institutions and companies.

“This is a time when providing help to others is essential,” she said.

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# Entertaining a coeliac

**Guide.** How to avoid mistakes, when buying, cooking and serving gluten-free food

ELENA MARTÍN



**G**luten, the protein contained in cereals such as wheat, barley and rye, can be present in products that a person who is not familiar with a gluten-free diet would never imagine: spices, stocks, sauces, juices, liqueurs... that is why, if we want to invite a coeliac to dinner, we need to be very careful about the ingredients we use in the meal, not only when deciding what to buy but also in the way we prepare and serve them.

If we don't exercise this caution, the dishes could contain traces of gluten or cause cross-contamination (which is when gluten-free products come into contact with foods, utensils, containers or surfaces where gluten is present). If that happens, they are no longer suitable for someone who is coeliac and if they consume them, their immune system will react and their organism will be affected, whether or not any symptoms occur.

To prevent a ruined evening, it is best to obtain information beforehand, but not from just anywhere. The Federación de Asociaciones de Celiacos

de España (FACE) and local associations will have plenty of useful information about different aspects of this illness on their websites. Another option is to seek professional advice.

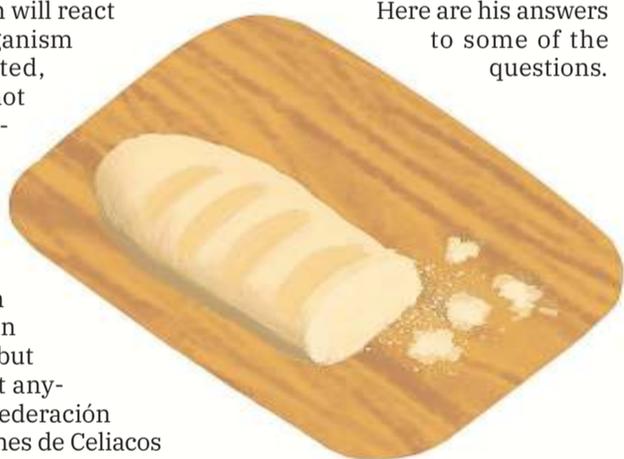
We contacted Dr Sergio Farras, a specialist in the digestive system and coeliac disease, and asked him some of the most common questions which are raised by the 99 per cent of the Spanish population who are not diagnosed coeliacs. He says

if you are going to entertain someone with coeliac disease, "it is best if all the food you serve is gluten-free, because that prevents any risks and the coeliac will feel more comfortable. If that is not possible, or you don't want to, then clean the kitchen really well, prepare their food and keep it separate, and then cook the products which do contain gluten".

Here are his answers to some of the questions.



Dr Sergio Farras



## Can I serve bread containing gluten and gluten-free bread at the same table?

"You should use different knives and boards to cut the breads which do and don't contain gluten. If you only have one board, start by cleaning it with soap and water and cutting the gluten-free bread first. Serve the breads in different baskets. Never pass the basket containing bread with gluten over the plates of food, because if crumbs fall they will contaminate them. It's best to serve each person with their own bread."

## Will I need to buy new cooking utensils?

"No. If they are metal, plastic or silicone, wash them beforehand and there will be no problem. It is best not to use wooden ones because they are very porous and the gluten could impregnate them, even if they are very well washed."

## In the supermarket, what should I buy?

"As many as 80 per cent of processed products contain gluten (it is used as a thickener or stabiliser), so it is best to buy foods that are naturally gluten-free, such as meat, fish, vegetables and fruit. If that isn't possible, read the labels very carefully and look for the Espiga Barrada, or crossed grain, symbol. If you are in any doubt, don't buy it, or ring your guest, because they will know which products and brands they can eat and will be happy to advise you."

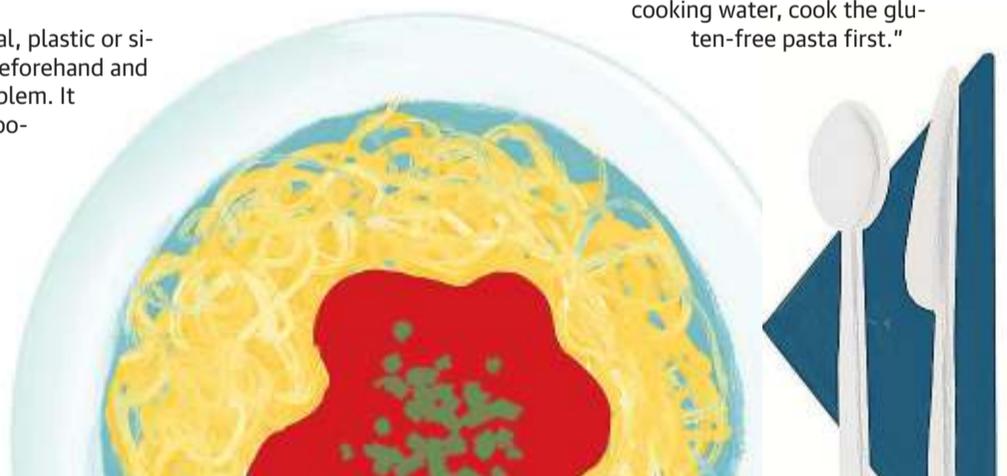
## If gluten gets onto their plate, will it matter?

"Yes. If any gluten gets onto a plate it will contaminate it and then it will be no good for your coeliac guest. Keep it for another day and don't let them eat it. Even if they have no symptoms when they eat it (some coeliacs are asymptomatic), the gluten will activate their immune system. If they do get symptoms, these will be intestinal (swelling, diarrhea, vomiting) and/or extra-intestinal (headache, fatigue) and can occur immediately or several hours or days afterwards."



## Can I use the same pan to cook pasta with and without gluten?

"Yes as long as you clean it out well. If you want to use the same cooking water, cook the gluten-free pasta first."



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### Can I use the same oil to fry gluten-free croquettes and those with gluten?

"No. Gluten-free products must always be cooked in clean oil that has not been used to fry anything containing gluten, otherwise they will be contaminated (traces of gluten will remain). It would be best to serve everybody gluten-free croquettes, then there will be no risk of mistakes occurring at the table. If that isn't possible, fry the gluten-free ones first and mark them (on a different colour plate, or with cocktail sticks). Then fry the rest and serve on a different plate."

### I have bought some loose nuts. Can they eat those?

"No. Nuts are naturally gluten-free, but those you select yourself are not guaranteed (with a few exceptions) to be free from cross-contamination during the handling or packaging process. The same thing can happen if you use the same utensils for all the products, or put gluten-free items in contaminated containers without washing them first, among other reasons."

### We're going to have pizza, can I cook it in my oven?

"There's no problem at all as long as the oven is clean and you don't use the fan system because, if there are remains of food with gluten in the oven, they can move about and contaminate the gluten-free pizza. If you're going to cook pizzas with and without gluten, do the gluten-free ones first to reduce the risk of cross-contamination. Another option is to use baking paper or special packets that can be used in the oven, which enable the pizza to be isolated from its surroundings and are sold in some specialist shops."

### The restaurant I've chosen isn't 100% gluten-free. Is it OK to take my guest there?

"If they can prepare gluten-free meals with no cross-contamination, a coeliac can eat there with no problem. But when you arrive, tell them that he or she is coeliac and check that they can guarantee a completely gluten-free dish. If not, I would advise going somewhere else. Under EU law, restaurants have had to have menus for those with allergies since 2011."

### If I take them to a gluten-free restaurant, will the food be better for me as well?

"If you're not coeliac, there is no reason for gluten to make you feel ill. A gluten-free diet isn't necessarily easier to digest and it is not advisable for people to follow a gluten-free diet if they don't have coeliac disease," warns Dr Ferrais. If you want to find a 100% gluten-free restaurant, it's best to check the websites of the Federación de Asociaciones de Celiacos or local associations, as they provide details of the agreements they have with lots of restaurants to guarantee food which is safe for sufferers. Coeliacs also discover places via the internet and social media."

### If I make crepes with oat flour, will he be able to eat them?

"It depends. Although oats don't contain gluten, they have a protein very similar to gliadin, which is one of the wheat gluten proteins. That can activate the immune system and cause reactions in around five per cent of coeliacs. You would have to ask your guest if he eats that, and if so buy oats which are certified gluten-free (with the Espiga Barrada symbol). If not, it may be contaminated by unsuitable cereal grains. Another alternative is to use cornflour, rice flour or saracen wheat flour, which have no gluten despite the name."

### Can I give a coeliac guest beer to drink?

"You can, but only brands which are certified gluten-free. Beer is made with barley, which is not suitable for coeliacs because it contains gluten, but this can be removed during fermentation thanks to an enzymatic process. Coeliacs can consume other types of alcohol in moderation, like everyone else. While a lot of alcoholic drinks such as tequila, whisky, vodka and gin contain gluten, they lose it in the distilling process. However, be very careful with liqueurs, flavoured gins and combined drinks, sangria and 'tinto de verano', because they may contain gluten, depending on the ingredients used to make them. You should read the list of ingredients very carefully or contact the manufacturer to ask for confirmation."

## Myths and legends

ANDREW J. LINN



Tiresomely there are some myths about eating in Spain that never seem to go away. A social media post by an Austrian asked recently if Spanish food was safe to eat! Where have these people been? Certainly they have never visited Spain, where cleanliness is almost a cult.

It has to be admitted though that many decades ago there was a traveller's complaint known as 'Spanish tummy', roughly equivalent to Mexico's 'Montezuma's revenge', brought on without the shadow of a doubt by unwashed fruit, salads, and dicey water. Cooked food, obviously, was never a problem. These days you may stand more chance of getting food poisoning in Paris than in Barcelona.

Another recurring theme on social media that still persists is, 'Why are Spanish waiters so rude?' Well, there are undoubtedly some waiters who occasionally fly off the handle when faced with a stupid or arrogant customer, but they are no ruder than an irate policeman, and are certainly not restricted to Spain.

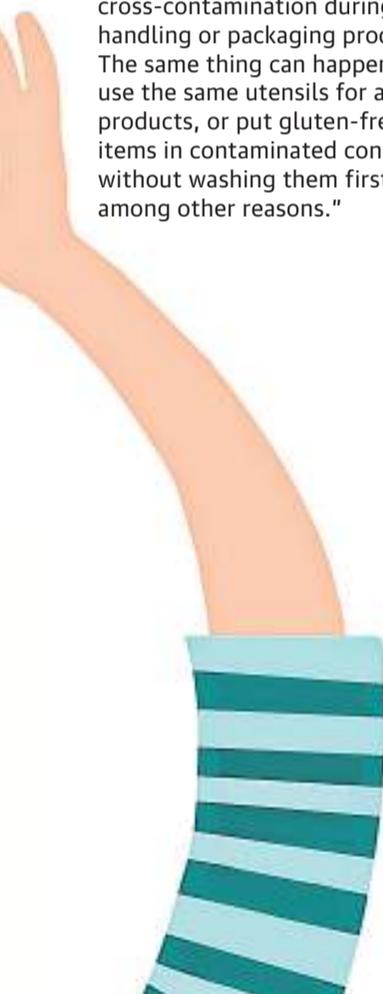
In such cases misunderstandings arise because here

we tend to speak in louder tones than other Europeans to make ourselves heard above the clatter of plates, and, in many places, other customers. The Irish, though, appear to have no problem with this. Once in a Dublin restaurant with an Andaluz friend, as the octaves rose to bellowing proportions, the Spaniard remarked that it made him feel quite at home. And, of course, waiters speak loudly to guirris in the mistaken belief they will understand more readily. Don't mistake loud tones for rudeness.

### WINE OF THE WEEK

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# Safety secured for Malaga in emphatic fashion

**The Blue and Whites kept their Segunda status with a big win at home against Alcorcón, followed by a draw away to promotion contenders Almeria**



The Malaga players and staff celebrate another year in Segunda. SALVADOR SALAS

## SEGUNDA DIVISIÓN

### Match day 41 results

Las Palmas - Extremadura	5-1
Alcorcón - Girona	2-0
<b>Almeria - Malaga</b>	<b>0-0</b>
Cádiz - Albacete	0-1
Deportivo - Fuenlabrada	Postponed
Elche - Oviedo	2-1
Lugo - Mirandés	2-1
Numancia - Tenerife	2-1
Racing - Rayo	1-2
Zaragoza - Ponferradina	2-1
Sporting - Huesca	0-1

### Table

Team	P	W	D	L	GF	GA	PT
1.Huesca	42	21	7	14	55	42	70
2.Cádiz	42	19	12	11	50	39	69
3.Zaragoza	42	18	11	13	59	53	65
4.Almeria	42	17	13	12	62	43	64
5.Girona	42	17	12	13	48	43	63
6.Elche	42	16	13	13	52	44	61
7.Rayo	42	13	21	8	60	50	60
8.Fuenlabrada	41	15	15	11	46	38	60
9.Las Palmas	42	14	15	13	49	46	57
10. Alcorcón	42	13	18	11	52	50	57
11. Mirandés	42	13	17	12	55	59	56
12. Tenerife	42	14	13	15	50	46	55
13. Sporting	42	14	12	16	40	38	54
<b>14. Malaga</b>	<b>42</b>	<b>11</b>	<b>20</b>	<b>11</b>	<b>35</b>	<b>33</b>	<b>53</b>
15. Oviedo	42	13	14	15	49	53	53
16. Lugo	42	12	16	14	43	54	52
17. Albacete	42	13	13	16	36	46	52
18. Ponferradina	42	12	15	15	45	50	51
19. Numancia	42	13	11	18	45	53	50
20. Deportivo	41	11	15	15	41	59	48
21. Extremadura	42	10	13	19	43	59	43
22. Racing	42	5	18	19	39	56	33



Juanpi opened the scoring last Friday night. S. SALAS

## Spectacular goals from Juanpi and Tete save Malaga from the drop

HENRY FLYNN

**MALAGA.** Malaga will be playing Segunda División football next season after excellent goals from Juanpi and Tete Morente gave them a deserved victory over Alcorcón at La Rosaleda last Friday night.

After a crushing defeat in their last game put them back into relegation trouble, Malaga entered the match with nerves jangling but kept their cool against the division's second-best away team, whose promotion hopes were ended.

Unsurprisingly, the game got off to a tense start, with the best openings coming from free kicks. For Malaga, Juanpi's dangerous delivery flashed narrowly

# 2-0

## MALAGA-ALCORCÓN

**Malaga:** Munir; Cifu, Luis Muñoz (Hicham, 78'), Lombán, Juande, Juankar; Juanpi (Diego González, 78'), Keidi, Adrián (Benkemassa, 92'), Tete (Renato, 92'), Sadiku (Buenacasa, 64'). Unused substitutes: Gonzalo, Luis Hernández, Rolón, Mikel, Cristo, Ismael, Iván Jaime.

**Alcorcón:** Jiménez; Laure (Sosa, 61'), David Fernández, Diéguez, Bellvis; Ernesto (Miakushko, 71'), Boateng (Dorca, 61'), Luis Perea (Rui Costa, 82'), Arribas; Romera (Sandaza, 61'), Stoichkov. Unused substitutes: Casado, Pomares, Aguilera, Elgezabal, París Adat, Reko, Castro.

**Goals:** 1-0 Juanpi (22'), 2-0 Tete (79').

**Referee:** Varón Aceitón. Yellow cards for Bellvis, Stoichkov, Diéguez and Sandaza.

**Venue:** La Rosaleda.

wide after four minutes with nobody there to apply the finishing touch.

Soon after, Alcorcón striker Juan Martínez – or Stoichkov as he's known – couldn't quite replicate his namesake's finesse with a free-kick that drifted just wide of Munir's goal.

Malaga probed the Alcorcón defence, and goalkeeper Dani Jiménez did well to collect Juankar's low cross following nice play down the left-hand side. Otherwise, Malaga struggled to create any clear chances.

That was until Juanpi rose to the challenge midway through the first half, dribbling marvelously through Alcorcón's hapless defence before scoring low past Jiménez.

The visitors nearly responded through Stoichkov but he fired twice off target from close-range before half-time.

After the interval, Malaga kept the visitors quiet but didn't create many opportunities themselves. It took until 77 minutes for Alcorcón to threaten an equaliser, as André Sousa stung the hands of Munir with a powerful effort from outside the box.

Moments later, Malaga added a second goal. Substitute Hicham crossed to Tete who received the ball, swivelled brilliantly, and finished into the bottom corner past Jiménez to crown an excellent evening for manager Sergio Pellicer and his team.

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Ismael carries the ball with Almería's Barbero in pursuit on Monday night. **AGENCIA LOF**

## Satisfying point from season finale seals 14th-place finish

H. FLYNN

MALAGA. Malaga cemented a 14th-place finish as they ended their Segunda campaign with a hard-fought draw away at Almería in what was a goalless but full-blooded Andalusian derby on Monday night.

With safety already in the bag, coach Sergio Pellicer fielded a much-changed eleven this time around with starts for goalkeeper Gonzalo Crettaz, Renato Santos, Esteban Rolón, Cristo Romero and Sergio Buenacasa.

The visitors to the Estadio de los Juegos Mediterráneos started well and central defender David Lombán had his side's first chance, thumping a header wide from a corner on ten minutes.

Three minutes later, captain Adrián had a better opportunity but goalkeeper Antonio Sivera barely had to move to save his attempt in the six-yard box.

In the second half, fourth-placed Almería took the ascendancy, as midfielder Enzo Zidane shot narrowly wide of the post on two occasions.

The home team found the net twice too, but fortunately for Malaga, both of forward Iván Romero's finishes were flagged for offside.

On 67 minutes, Malaga sprung an attack themselves, but Cifu - charging through the Almería defence and in a great position to score - inexplicably passed to substitute Armando Sadiku who couldn't finish the chance.

After narrowly avoiding a freak

## 0-0 ALMERIA-MALAGA

**Almería:** Sivera; Romera (Corpas, 85'), David Costas, Juan Ibiza, Francis; Callejón (De la Hoz, 66'); Appiah, Enzo, Coric (Balliu, 66'), Lazo (Fran Villalba, 66'), Barbero. Unused substitutes: Jero Lario, Iván Martos, Juan Muñoz, Maras, Ozorn-wafor, Dani Albiar, Enri.

**Malaga:** Gonzalo; Cifu, Ismael (Iván Jaime, 86'), Lombán, Diego González, Cristo (Juankar, 67'); Renato, Rolón (Keidi, 67'), Adrián, Tete (Juanpi, 59'), Buenacasa (Sadiku, 59'). Unused substitutes: Munir, Aarón, Juande, Ramón, Luis Muñoz, Juan Cruz, David Larrubia.

**Referee:** Ais Reig. Yellow cards for Callejón, Cifu and Ismael.

**Venue:** Estadio de los Juegos Mediterráneos.

goal, which deflected just over Gonzalo's crossbar, Malaga nearly stole the points before injury time but Juankar's effort was clawed away by Sivera at his near post.

The 0-0 result was a fitting end to Malaga's season - one low on goals but full of defensive solidity and determination, which has ultimately won keeper Munir the Zamora trophy for the fewest goals conceded.

"I'm very happy because from day one the players have always shown willing despite everything that has happened," Pellicer said following the game. "I'm proud of them because our objective has been achieved."

## Huesca crowned champions, Numancia and Dépor go down

DARYL FINCH

MALAGA. Malaga's game in Almería was one of only ten final Segunda matches to be played on the final night, after Deportivo couldn't play their last game at Fuenlabrada due a coronavirus outbreak in the Madrid team's squad.

Results elsewhere, however, meant the side from A Coruña were ultimately relegated without kicking a ball. Joining them next year in Segunda B are Numancia, despite their win over Tenerife.

A point for Fuenlabrada in the rescheduled game would see them finish in the top six which has wider implications. The play-off matches, therefore, must be put on hold until the result of the Deportivo-Fuenlabrada match is known.

At the top, Huesca, who beat Sporting 1-0, have leapfrogged Cadiz to be crowned champions after the Andalusians lost at home to Albacete (1-0).

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A LOOK AT LA LIGA  
ROB PALMER  
Commentator, Sky Sports

## Desperate Dépor

The side from A Coruña's fall from grace is as spectacular as it is farcical



I've always likened Deportivo de La Coruña to Blackburn Rovers, a club that crashed the elite football market as disruptors, bringing a new brash way to securing success.

The business dictionary definition of disruptor is "a way of doing things which displaces the existing market leaders and eventually replaces them at the helm of the sector".

As the Lancastrians were outbidding the big clubs to sign Alan Shearer, the Galicians were recruiting Brazilians Bebeto, Mauro Silva and Djalminha.

They became known as 'Super Dépor' as they gatecrashed La Liga and Europe. Now they are generating headlines for being 'Disastrous Dépor' as they have tumbled into regional



Fans welcomed the side for Monday's game which wasn't played. EFE

third tier football.

The demise is as miserable as the rise was magnificent.

Deportivo were effectively relegated when their crucial Segunda game with Fuenlabrada

was cancelled because the opponents reported a dozen cases of the coronavirus in their camp on the day of the game. The fixture will be rescheduled after a fortnight's recuperation period, but it will be all too late as the other relegation-threatened clubs, Lugo and Albacete, managed the wins they needed to stay up.

Cast your mind back to the nineties when local entrepreneur Augusto César Lendoiro was mirroring the ambitions of Jack Walker... Both brought their clubs back to the top league after notable spells in the shadows. Both wielded a chequebook (how nineties is that phrase?)

As Deportivo narrowly failed to win the league by missing a penalty on the final day of the 1993/4 season, Rovers were Premier League runners-up the same season. Kenny Dalglish guided them to the English title in 1995 and the League Cup was won in 2002.

Javier Irureta won the Spanish version in 2000 and added the Copa del Rey in 2002.

The cup triumph was particularly sweet as they ruined the dual centenary celebration of the competition and Real Madrid. The final had been scheduled to specially capture both events simultaneously; Dépor were the ultimate party poopers.

They also made a major impression in European competition, twice making the Cham-

pions League quarter-finals and then reaching the semi-final against Porto in 2004. Their style and brash approach drew admirers all around the world.

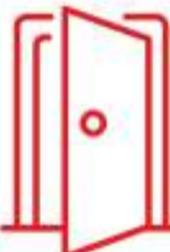
But alas, the dream has become a nightmare. The final day shenanigans were farcical. The current president is bleating about unfairness. "It's a total adulteration of the competition," said Fernando Vidal, adding "the whole matchday has to be repeated". Now he knows how the Real Madrid leader felt two decades ago.

To make things worse, the game will be rescheduled as Fuenlabrada need to win to reach the play-offs. Dépor, who once went toe-to-toe with champions, are merely sparring partners.

As they prepare for third-tier football for the first time since 1981, it's a sorry state of affairs. They have regressed from travelling around the continent to playing regional football.

The second smallest city to win La Liga will be one of the giants of a league of town teams and academy players from the big guns.

Maybe they should arrange a pre-season friendly with Blackburn, just so they could recount their days of disruption.



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## Promotion dream ends in heartache for Marbella

# 0-2

### MARBELLA-PEÑA DEPORTIVA

**Marbella:** Wilfred; Dani Pérez (José Cruz, 76'), Lolo Pavón, Redru (Añón, 60'), Saúl González (Samu Delgado, 46'), Elías Pérez, Granero, Juergen (Álex Bernal, 46'), Paulo Vitor (Juanmi Callejón, 60'), Óscar García, Manel Martínez.

**Peña Deportiva:** F. Torres; Copete, Abel, Ramón, Andrada (J. Mena, 93'), Marc Fraile, Pepe Bernal, Fall, Pipo (Nacho, 66'), Higor (Loren, 85'), Fran.

**Goals:** 1-0 Fran Núñez (2'), 0-2 Dani Pérez (own goal, 55')

**Venue:** Marbella Football Center.



Redru tries to make inroads against a stubborn defence. J. RODRÍGUEZ

Peña Deportiva upset the odds to pull off a surprise win over Marbella who were eliminated in the first round of the play-offs for Segunda

**JULIO RODRÍGUEZ**

MALAGA. It's all over for Marbella. After a sterling campaign, they will not be going up this season after being eliminated from the first round of the Segunda B play-offs

by Peña Deportiva last Saturday.

The side from Santa Eulalia del Río (Ibiza) set the tone early on at the Marbella Football Centre, capitalising on an error by Paulo Vitor in the middle of the park before breaking in a two-on-two. The final pass set Fran Núñez through on goal and his accomplished finish put the underdogs in the lead after just two minutes.

Peña Deportiva ensured that Marbella remained uncomfortable for the remainder of the half, forc-

ing coach David Cubillo into a double change and the introduction of Álex Bernal and Samu Delgado.

However, just as Marbella started to make incursions into their opponents' half, they were hit on the counterattack ten minutes into the second half and an unfortunate deflection off Dani Pérez doubled the deficit.

From then on, Marbella pushed for a way back into the game which never came, resulting in their most painful defeat of the season.

# Jon Rahm tops the world rankings for the first time

Spain's 24-year wait for a world number one is over after the Basque held on for victory in the Memorial Tournament, replacing Rory McIlroy at the top

COLPISA / AFP

MADRID. Basque golfer Jon Rahm is the world number one after claiming victory at the Memorial Tournament in Ohio, becoming the first Spaniard to top the standings since his idol Seve Ballesteros in 1986.

The Memorial Tournament was golf's sixth PGA Tour event since the pandemic wreaked havoc on the season, with competitive action previously banned for over three months.

Despite scoring three-over-par in the final round, the 25-year-old's overall finish of nine-under was enough to take the title and replace Northern Ireland's Rory McIlroy in top spot.

It was tough going, however, as Rahm's initial eight-shot lead became just three as he approached the 16th hole on the last day, before which he had received a two-shot penalty because his ball moved slightly.

It didn't knock him off tilt, however, as his 75-shot round left him three ahead of second-placed Ryan Palmer (USA).

Rahm is no stranger to competitive golf on US soil, having earned a scholarship at Arizona State University in 2011 where he played his way to become the USA's number one amateur for two years running. He's lived in the USA ever since.

Rahm's next challenge will be to hang onto his number one position, something Ballesteros managed for 61 weeks during his playing days.

Although Rahm is yet to add a Major to his honours list, he has won four PGA Tour tournaments, three international events and was



Rahm celebrates his most recent PGA Tour victory on Sunday. REUTERS

named Europe's best golfer on the 2019 Tour.

Third place in the 2019 US Open and fourth place at Augusta in 2018 is the closest he has come to a Major so far, but on the back of victory at the Memorial Tournament, there should be many more opportunities to come.

## Following in big footsteps

Rahm's meteoric rise is in many ways down to Ballesteros, one of the sport's finest characters who racked up five major championships between 1979 and 1988 in a stellar career.

"I can't speak about my life, my career, or my country without mentioning Seve," said Rahm last April in the Players Tribune.

An important moment arrived for Rahm in 1997, when his father Edorta saw Ballesteros play live at the Ryder Cup in Valderrama, Cadiz, a memorable experience he shared with his son by taking him to a golf course for the first time

on his return.

Rahm tried his hand at a number of sports including football and even rafting when he was younger, but finally settled on the more serene discipline thanks to Ballesteros, who inspired many other fellow countrymen to take up the game.

"Golf throws up so many reasons to give in," Rahm told the Players Tribune. "It's about self-improvement and pushing yourself. It doesn't matter how much you change; the game never does."

Rahm fits the golf mentality well, which he credits to his Basque upbringing: "Spaniards, and people from the Basque country where I hail from, are very stubborn. I know you have already seen it in my game, but it's also how I am as a person."

And if his latest win is anything to go by, earned by his Basque single-mindedness, Rahm is set to achieve many more special things in the coming years.

## IN BRIEF

### PADEL

## Local padel player makes history with Open win

**M. RIVAS.** Local padel player Bea González has rewritten the history books again. This 18-year-old from Malaga, who at 14 was the youngest ever player to feature on the World Padel Tour (WPT), has now become the all-time youngest player to win an Open at the highest level.

González has broken the record of Ari Sánchez, who had set the record at 19 years and eight months. She did it with partner Marta Ortega, 23, with whom she forms the youngest pairing on the tour this season.

This promising pairing shone in the behind-closed-doors final of the Madrid Open, over-



González celebrates her win. WPT

whelming one of the most experienced pairs in the world, Elisabet Amatriaín and Patricia Llaguno (5-7, 6-1, 6-1).



JOSELE

### LOCAL SPORTS

## Benahavís extends sponsorship deals

**SUR.** Benahavís town hall has extended its sponsorship agreement with the three leading

clubs in Malaga: the Malaga football team, the Unicaja basketball team and the Trops handball team. Representatives from all three clubs joined mayor José Antonio Mena and Sports councillor Alonso Mena at a presentation on Wednesday.

### MOTOGP

## Marc Márquez goes under the knife

**B. GONZÁLEZ.** Reigning MotoGP champion Marc Márquez's defence of his crown suffered a setback in Jerez on Sunday after a fall resulted in a broken arm.

Márquez had surgery in Barcelona to repair the damage. He will miss his first race since moving up to MotoGP.

### ATHLETICS

## Oumaiz smashes Spanish 5km record

**M. RIVAS.** Nerja athlete Ouassim Oumaiz smashed the Spanish 5km record as he won the Seven Hills Run in Nijmegen (Netherlands) with a time of 13:19. That was 28 seconds faster than the time set by Chema Martínez in 2007 and just one second short of the European record.



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**THE STARS**

**Aquarius**  
January 21st - February 19th  
Getting finances in hand is a good start when going into a project. Negotiate if there is something you want that is almost out of reach.

**Pisces**  
February 20th - March 20th  
A crop of coincidences this week lead you in a different direction. This could come just as a decision is needed, which is helpful.

**Aries**  
March 21st - April 20th  
Your patience is running thin with some younger members of the family. Have any necessary chats rather than keep quiet and get upset.

**Taurus**  
April 21st - May 21st  
Being an easy-going character this week means that others confide in you. Any bad luck stories are likely to be a bit depressing for you to hear.

**Gemini**  
May 22nd - June 21st  
Listen to your body and health. Ignoring any different sensations here can be harmful. Keeping yourself healthy is more important to your family.

**Cancer**  
June 22nd - July 23rd  
Acute feelings of loss come and go through the first part of this week. These ease once you have shared your concerns with another.

**Leo**  
July 24th - August 23rd  
Some people who you drew into your life recently now seem superfluous. Don't be too hasty, it is said that the people you meet on the way up are also the people you meet on the way down.

**Virgo**  
August 24th - September 23rd  
Never afraid to put in some hard work, it is often your key to success. Someone who has left your sphere of influence is on your mind. Remember that regrets should always be kept in the past.

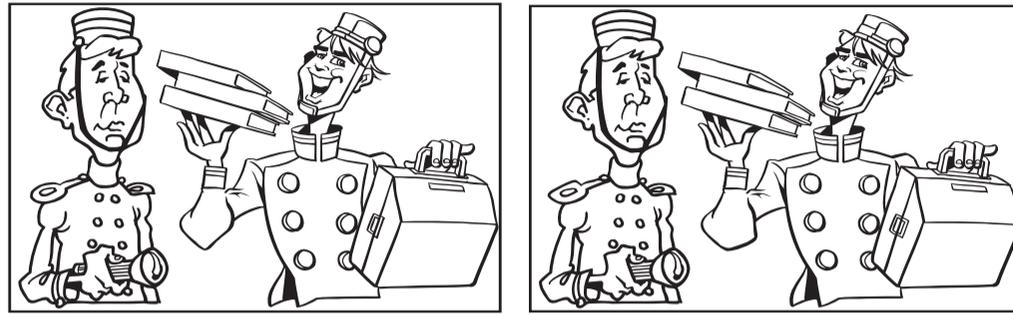
**Libra**  
September 24th - October 23rd  
Something that was worrying you seems to be passing without much incident. It is amazing how a little time can make all the difference. Steer clear from going down that same road again.

**Scorpio**  
October 24th - November 22nd  
Give encouragement to your partner even if you don't agree with their point of view. Much as you want to protect everyone, sometimes others have to do things on their own.

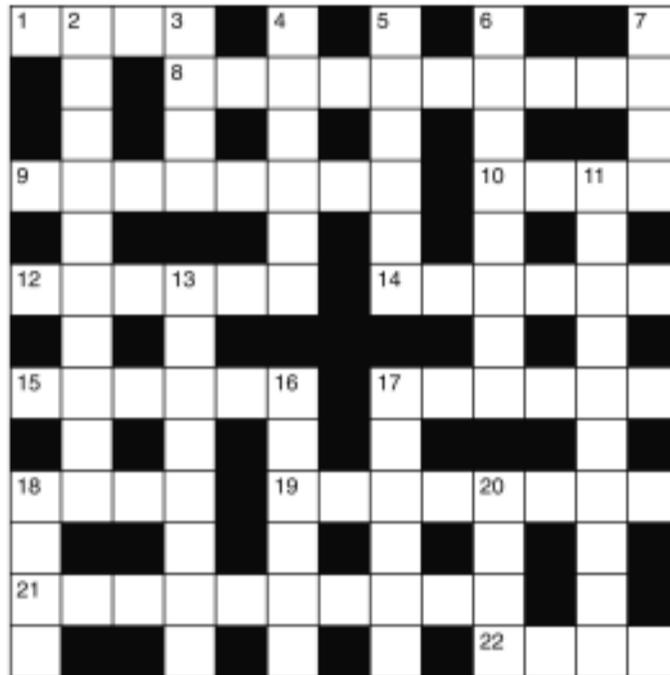
**Sagittarius**  
November 23rd - December 21st  
Have you lost touch with the sensitive and sensual? That is not surprising in view of recent events. Even so, try to relax and remember the good times. They will be coming back very soon.

**Capricorn**  
December 22nd - January 20th  
With your confidence returning and your talents again on show it is time to step up to the demand. Are your competitors still in the doldrums? Be the first off the mark then.

**THE SEVEN DIFFERENCES**



**CRYPTIC CROSSWORD N° 11419**



**Across**

- 1 This means more to a mathematician (4)
- 8 Key worker who attends to the pitch (5,5)
- 9 Study before examinations - they're competitive (8)
- 10 A device that causes inflation (4)
- 12 This transports freight to the Spanish group of companies (6)
- 14 Declines to goad the horse with two points (6)
- 15 Thus accustomed to begin drunk (6)
- 17 Start to show to the best advantage (3,3)
- 18 A certain amount of force from Andy Newton (4)
- 19 Blocks up a piece inside the fortifications (8)
- 21 It's the secretary's responsibility to make a reservation after a short time (5,4)
- 22 Broadcasts distress call about the first of the wrecks (4)

**Down**

- 2 Where people experiment with Socialist rhetoric (10)
- 3 Some of the poisonous poisons produce a bit of a rash (4)
- 4 Sam led the girl astray (6)
- 5 Wishes long life to a school head surrounded by small children! (6)
- 6 Just the garment for a boulder! (8)
- 7 Stumble but release the catch (4)
- 11 The gleaner is a person of no substance (3,2,5)
- 13 It detects the flavour of dates, but in a strange way (5,3)
- 16 Make less fair (6)
- 17 His weakness came from being distressed! (6)
- 18 It's twice as valuable as nickel (4)
- 20 Predatory gull upset these birds (4)

**SUDOKU BY HANZO**

**Instructions**  
Complete the square making sure that every row of nine numbers includes all digits from 1 to 9, every column includes all digits from 1 to 9 and every 3 by 3 subsection includes all digits from 1 to 9

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

**THE WORDPUZZLER**

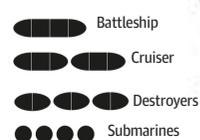
E	J	I	C	U	M	B	S	U	R
M	U	X	A	N	U	S	K	L	E
U	R	A	L	S	T	E	E	P	O
N	A	W	P	L	C	O	N	T	Y
U	B	O	S	N	O	W	Y	D	E
V	A	R	E	S	O	C	A	I	L
E	T	N	A	C	K	I	M	B	O
R	L	I	R	H	O	B	L	U	E
H	A	N	D	E	S	P	O	N	D
O	S	N	A	M	T	I	B	I	O

Can you identify the mountains or mountain ranges from the anagrams listed below?

- 1. Koco
- 2. Rasul
- 3. Yeank
- 4. Neat
- 5. Lube
- 6. Slap
- 7. Danes
- 8. Yowns
- 9. Ruja
- 10. Salta

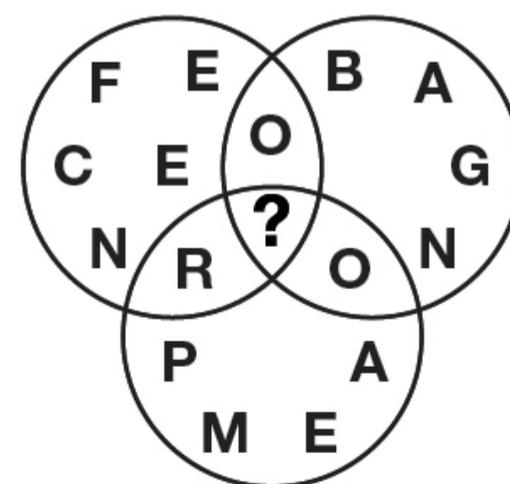
**BATTLESHIPS**

**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	■										2
B									■		5
C											0
D											2
E		●									2
F							■				2
G											1
H											1
I											2
J									■		3
	2	1	3	2	2	1	1	4	2	2	

**CIRCLEGRAM**



**Instructions**  
Replace the question mark with a letter so that the letters in each circle can be arranged to form words, names or terms on a common theme. What are the three words, and the letter represented by the question mark?

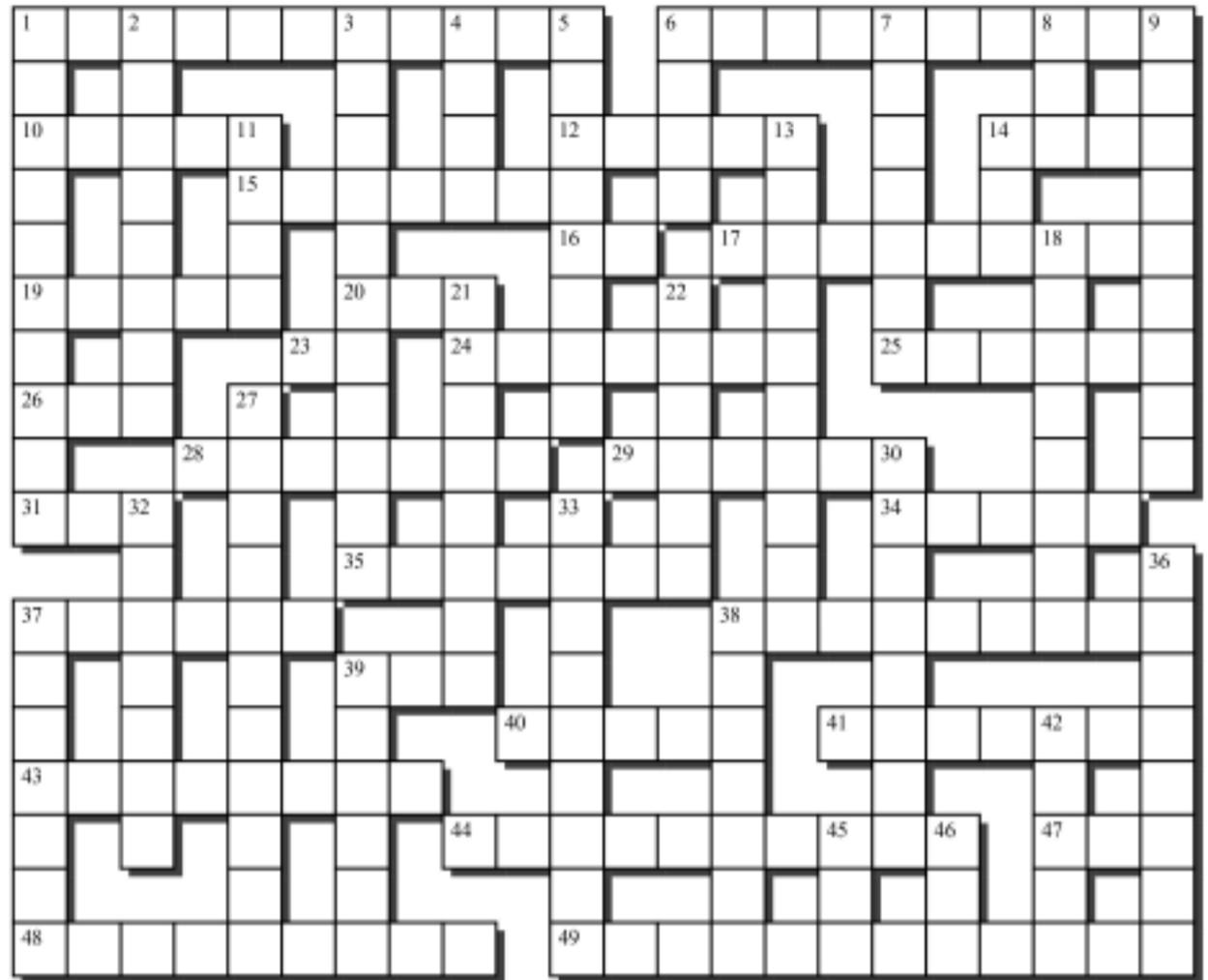
LANGUAGE CROSSWORD FILL IN THE SPANISH WORD

Across

- 1) Railway (11)
- 6) Train driver (10)
- 10) Lights (5)
- 12) Green (5)
- 14) Click (4)
- 15) I obeyed (7)
- 16) I gave (2)
- 17) Speed (9)
- 19) Bend (5)
- 20) Track (3)
- 23) Faith (2)
- 24) Car park (7)
- 25) They occupy (6)
- 26) To give (3)
- 28) Witness (7)
- 29) To brake (6)
- 31) To be (3)
- 34) Era (5)
- 35) I breathe (7)
- 37) To travel (6)
- 38) Passengers (9)
- 39) It joins (3)
- 40) Harassment (5)
- 41) Lawyer (f) (7)
- 43) Hole (8)
- 44) Kilometres (10)
- 47) Like that (3)
- 48) Safety (9)
- 49) Signage (12)

Down

- 1) Deceased (m.pl) (10)
- 2) To appeal (8)
- 3) Ticket inspector (11)
- 4) Graze (4)
- 5) I'll forget (8)
- 6) Wall (4)
- 7) Toilet (7)
- 8) Salt (3)
- 9) Accident (9)
- 11) Alone (f) (4)
- 13) Emergency (10)
- 14) I fell (3)
- 18) To double (8)
- 21) You switched off (8)
- 22) Daily (6)
- 27) To derail (11)
- 30) Spare part (8)
- 32) To reopen (7)
- 33) Wednesday (9)
- 36) Station (8)
- 37) Carriages (7)
- 38) Promise (7)
- 39) Unit (6)
- 42) I added (5)
- 45) I laughed (3)
- 46) Be (3)



ANSWERS

Quiz answers

**Answer:** A swimsuit  
**Of interest:** Annette Kellerman was an 'underwater ballerina' who performed inside a glass tank. She marketed her own style of swimsuits which were close-fitting and which became known as 'the Annette Kellerman'.  
**Of interest:** Although heels have been worn throughout history photographic evidence of slim, high heels exist from the 1940s. Emerging technology in the 1950s meant shoes could be produced with very slim metal heels which quickly became fashionable.

Language Crossword



Cryptic Crossword

**Solutions:** Across: 1 Plus; 8 Piano tuner; 9 Contest; 10 Pump; 12 Gate; 14 Spurns; 15 Soused; 17 Set off; 18 Dime; 19 Ramparts; 21 Minute book; 22 Sows; Down: 2 Laboratory; 3 Spot; 4 Darnest; 5 Toasts; 6 Jumpsuit; 7 Trip; 11 Man of straw; 13 Taste bud; 16 Darker; 17 Samson; 18 Dime; 20 Auke.

Wordpuzzler solution

1. Cook  
 2. Urals  
 3. Kenya  
 4. Etna  
 5. Blue  
 6. Alps  
 7. Andes  
 8. Snowy  
 9. Ural  
 10. Atlas

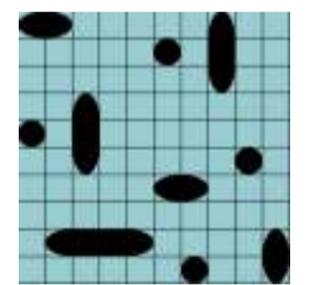
Sudoku solution

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

Circlegram

The letter represented by the question mark is L. Florence, Bologna, Palermo, all Italian cities.

Battleships



WHERE IS THIS?



The church square

Last week: Ronda

This magnificent tree is in the centre of the roundabout in the Plaza Concepción García Redondo in Ronda.



CORONAVIRUS ADVICE

To notify symptoms of coronavirus

With symptoms and/or contact with persons with coronavirus or who come from an area of risk



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Coronavirus information

955 545 060

# Famous faces flock back to Marbella

**A sign of the times.**  
The number of celebrities per square metre in the town shows that some normality has returned

**CHARO MÁRQUEZ  
HÉCTOR BARBOTA**

If there was ever an indicator that Marbella had returned to normal, or at least a new normal, it would be the number of famous faces seen around the town. There may not be the same galas or concerts as in previous summers, but celebrities haven't turned their back on the resort.

Two-time heavyweight champion boxer Anthony Joshua topped the billing in Puerto Banús. The Brit was there to support a friend as he opened The Concept, a luxury sportswear shop.

World tennis number one Novak Djokovic, having recovered from the virus, was seen on the beach at Marbella Club where he posed, without a mask, for selfies with fans.

World Cup-winning footballer Fernando Torres has also been spending time with his family at Hotel Marbella Club, while former prime minister José María Aznar has been regularly spotted on Guadalmina beach with his wife and grandchildren.

Meanwhile in Ojén, singer Julio Iglesias has been staying at his residence where his twin girls, 19, have been seen horseriding.



**Boxing champion.**

Anthony Joshua in Puerto Banús. JOSELE

**Back from the beach.**

The former PM (right) with his wife. JOSELE

**Walk on the seafront.**

Fernando Torres with his wife. JOSELE



**Without a mask.**

Novak Djokovic on the seafront. JOSELE

**Twins on horseback.**

Cristina and Victoria Iglesias in Ojén. JOSELE



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