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Mourning in Ronda as young lives lost in police chase road crash

The car, driven by a 22-year-old with no licence, crashed off a track, killing him and two passengers, 15 and 16

A-374 road below.

The driver, who lived in Parauta, had reportedly failed to stop for police twice and instead accelerated from the scene. The other two victims were 15 and 16, both students from Ronda.

The car belonged to the mother of the 16-year-old; apparently the parents of one of the teenagers had not even known that he was not at home when the horrific accident occurred.

There was shock and consternation in the town on Wednesday. "I cannot imagine the pain of the families and my heart is with them today. I am so sorry about this irreparable loss," said Ronda's mayor, María de la Paz Fernández. **P4**

Ronda officially declared three days of mourning on Wednesday after three local youngsters were killed in a tragic road accident in the early hours of that morning.

The eldest of the three, 22, who had no licence, was driving the Mercedes 220 down a track in the area known as La Dehesa, fleeing from police, when the car plummeted 10 metres on to the



British Prime Minister Boris Johnson with his Spanish counterpart, Pedro Sánchez, ahead of a meal at Madrid's Prado museum on Wednesday. **EFE**

Discussing the art of self-defence over dinner

Summit. Spain hosted the Nato alliance this week for its first annual meeting since Russia's invasion of Ukraine **P18**

Marbella objects to government plans to knock down and rebuild its Paseo Marítimo on the Golden Mile **P9**

Cudeca cancer-care charity in Benalmádena thanks donors to its One in a Million fundraising campaign **P6**

Multicoloured magic in American-artist Erik Parker's new exhibition at Malaga's CAC gallery **P31**

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Government injects 15bn into the economy with a raft of initiatives to soften the effects of inflation

The anti-crisis measures are to be extended until 31 December, with IVA rate on electricity dropping to 5% and the fuel discount remaining the same

E. MARTÍNEZ / L. PALACIOS

MADRID. Just days before the government's anti-crisis measures to alleviate the effects of the war in Ukraine were due to expire, the Cabinet met to approve an extension to the plan, not for another three months as originally expected but for six, until 31 December this year.

The extension includes new measures to try to inject some oxygen into the economy which is starting to be seriously affected by the endless rise in inflation, which can no longer be considered temporary as it is likely to last at least until the end of this year.

To protect families, industries and companies from the increase in prices, the government will continue with measures such as the discount of 20 céntimos per litre of fuel, a cap on rent and the ban on staff dismissals due to rising energy costs.

It will also now give a cheque for 200 euros to vulnerable families, subsidise the cost of public transport, reduce the rate of IVA, (the Spanish value added tax), on electricity bills and limit the maximum price of a bottle of butane gas, among other measures.

This extension is going to cost the government more than nine

year will be nearly 15 billion euros, which is more than 1% of Spain's GDP, and it is all in an attempt to contain the rise in prices by about 3.5%.

The main measures under this new plan are as follows:

50% National public transport



30% Regional and local public transport



Public transport

This was the subject of a great deal of debate during the week of negotiations, but in the end the Cabinet gave the go-ahead for a reduction of 50% in the price of monthly season tickets for state-owned transport (such as Renfe), and a 30% cut for season tickets for regional or locally run buses and underground train services, which these authorities are free to cut by up to 50% from their own resources.

The measure will apply from 1 September to 31 December and will be funded by an extraordinary credit of 221 million euros, the Ministry of Transport has confirmed.



A reduction of 30% on season tickets on public transport run by regional governments or councils E.P.

the full amount and to be eligible to receive it the beneficiaries must reside in households where the combined income of all occupants was less than 14,000 euros in 2021 and whose assets, without taking their home into account, do not exceed 43,196 euros.

This measure is expected to benefit 2.7 million people.

10%

5%

IVA (value added tax) for small consumers until the end of the year



IVA on electricity, a record low

The value added tax on electricity is to be dropped from 10% to 5%, which will provide a saving of around five euros on an average 100-euro bill. The government estimates that this will lead to a reduction in its income of around 220 million euros every three months.

A year ago, when the price of electricity began to rise and was at 85.73 euros per MWh, the government dropped the rate of IVA from 21% to 10%. Now, and de-

spite the measures it has put into effect, such as the cap on the price of gas, the price per MWh is over 200 euros.

The other related measures are also to continue, such as the extension to the welfare subsidy which is helping nearly two million households, the suspension of the tax on electricity generation (7%) and the reduction from the special tax on electricity from 5.11% to 0.5%.

Cap on the price of butane

The maximum price of a bottle of butane gas will be limited until 31 December and "will contribute to the wellbeing of the most vulnerable", Sánchez explained. "We are going to freeze the price of the bottle of butane again, as we did during the coronavirus crisis," said the deputy prime minister, Yolanda Díaz, and this will be an "important support for many households in this country so that cooking or using hot water will not become even more expensive".

Dismissals prohibited

No company which is receiving assistance from the government may dismiss staff due to the rising cost of energy. At the end of May, 27,380 workers were still furloughed after the pandemic. This system (which is now

Limited redundancy for firms claiming aid such as the ERTE furlough scheme

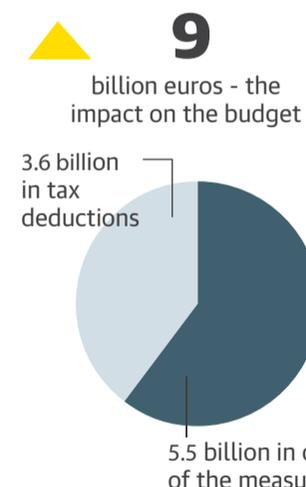


known as Mecanismo RED) is still active but with fewer subsidies than before. In any case, businesses that use it - if they can show that they are being affected by this new crisis - will not be able to dismiss their employees.

Cap on rent for tenants

2%

cap on rent rises until end of the year



For workers, self-employed and unemployed, in households where the total income is less than

14,000 €



Cheque for 200 euros

The government also approved a direct grant of 200 euros for families with low income, and this can be applied for during July.

This will apply to workers, the self-employed and unemployed who earn less than 14,000 euros a year, in other words households whose income is lower than the minimum wage.

It will be a one-off payment for

billion euros, Prime Minister Pedro Sánchez explained at a press conference to announce the new plan, following the ministers' meeting. Of this sum, 5.5 billion euros is the cost of applying the measures and the other 3.6 billion is the drop in income due to tax reductions.

Taking this into account with the cost of the first set of measures, the total cost to the state this

The total cost to the government of the anti-crisis measures in 2022 will represent nearly 1% of GDP

The price of a bottle of butane gas will be frozen and rents will not be able to rise by more than 2% for the rest of this year

The government is continuing to restrict rent increases to 2% on contracts which come up for renewal and are supposed to rise in line with inflation. This was one of the most welcome measures in the first anti-crisis plan because the problem faced by many tenants at that time was that their landlords were insisting that the rent had to increase by the rate of inflation, which could have raised the amount they have to pay each month by 8%.

end of the year. Three months ago this was greatly appreciated but it is not having as much effect now because prices have continued to rise. Last weekend petrol was around 2.13 euros a litre and diesel 2.10 euros.

The constant increases have meant that this subsidy is barely noticeable. Hauliers recently asked for the discount to be raised to 40 céntimos per litre for their sector, but the government did not comply.

Inflation in Spain jumped to 10.2% in June, the highest figure since 1985

SUR

MADRID. Inflation continues to be one of the greatest headaches for the Spanish government. After ending May at 8.7%, four points higher than in April, the Consumer Price Index for June stood at 10.2%, the highest rate since April 1985. The rise in fuel, food and non-alcoholic drinks, and increased charges at hotels, cafés and restaurants are the main cause.

The figure is higher than all market forecasts and places the economy and the government in an awkward position as the measures taken so far to alleviate the rising cost of living appear to have had no impact on the rate of inflation.

Prime Minister Pedro Sánchez said the figures showed the seriousness of the situation for European and Spanish economies, but insisted the measures implemented have helped.



Reductions on fuel costs

The discount of 20 céntimos per litre of fuel will continue till the

20
cents
per
litre



A discount of 15 cents to be applied by the government

Oil companies, 5 cents minimum

4%
IVA
on face masks



Social security and masks

Businesses in the agricultural, transport and fishing industries will still be able to delay making their monthly payments to Social Security, as this measure has also been extended, and the 4% rate of IVA on surgical masks is also to be maintained until the end of the year.

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Young driver who died with two teenagers in horrific Ronda accident did not have licence

The 22-year-old was behind the wheel of a Mercedes that crashed off a track onto the A-374 road in the early hours of Wednesday morning, after fleeing from police

JUAN CANO / VANESSA MELGAR

RONDA. Three days of mourning have been held in Ronda this week following the tragic death of three well-known local young men in a horrific late-night car accident after a police chase.

Sources close to the investigation said that the 22-year-old driver of the Mercedes 220 didn't have a licence to drive a car or even a lower-level moped licence.

The driver lost his life in the accident with two teenagers aged 15 and 16. It appeared the parents of at least one of the victims did not know their son was out of the house at the time.

The tragic incident unfolded when a police patrol car spotted a vehicle driving around the town's industrial estate without lights at around two in the morning on Wednesday. The officers signalled for the driver to stop but the car allegedly accelerated away.

The police team headed in that direction to try to intercept the car and they found it again in the La Dehesa area, on the outskirts



Emergency services at the scene of the accident, after the vehicle plunged some 10 metres onto the A-374. SUR

of the town, but upon seeing the police, the driver fled again along a dirt track by the Descalzos Viejos winery, running close to the main A-374 road towards Seville.

By now, one patrol car had begun pursuing the Mercedes along the track and another along the main road. It was the patrol car on the main road that found the vehicle lying in a ditch after it had apparently plunged some 10-12 metres from the dirt track above

The parents of at least one of the victims apparently did not know their son was out of the house at the time

into a cutting that the main road runs through on a bend. Firefighters took almost four hours to re-

cover the bodies.

Cayetano, the 15-year-old, was still at school locally; Elías, 16, had stopped school and was in a band; and Diego, 22, was from Ronda too but lived in nearby Parauta and had recently started as a builder's mate.

"I cannot imagine the pain of the families and my heart is with them today. I am so sorry about this irreparable loss," said Ronda's mayor, María de la Paz Fernández.

Five arrested after Mijas man found executed in Cadiz

IRENE QUIRANTE

MIJAS. Five people have been arrested by the Guardia Civil in connection with the murder of a Dutch man who lived in Mijas and whose body was found with a gunshot wound to the head in Chiclana de la Frontera (Cadiz province) in January. The position of the body, a few metres from a burning car, suggested that this had been a revenge attack, the authorities said in a statement.

Officers involved in the investigation concluded that the five who have now been arrested had participated in the killing in different ways. They believe it was linked to Dutch mafia.

The victim appeared to have been involved in the trafficking of hashish in the Costa del Sol, the Netherlands and France. The five who have been arrested had travelled from the Netherlands



One of the arrested. GUARDIA CIVIL

to Malaga where they rented the vehicle which they later destroyed.

Searches were carried out and arrests made at premises in Chierry (France), in Benalmádena and in Alhaurín el Grande, and in Guadiaro, San Martín del Tesorillo and Chiclana.

112 REPORTS



The site of the accident. E.C.

NERJA

Woman seriously hurt after seafront fall

EUGENIO CABEZAS. A woman was seriously injured last Sunday afternoon when she fell three metres from a seafront path in Nerja. The accident happened in the area leading down to Playa del Salón, close to the Balcón de Europa in the town centre. The area from which she fell has recently been remodelled by Nerja council as part of the Coastal Path project to create a new viewpoint looking over the Balcón and connect it with the Calahonda beach.

COSTA DEL SOL

Firefighters extinguish two forest blazes

SUR. Firefighters have finally extinguished two wildfires in Malaga province this week. On Sunday they declared that the Sierra Bermeja fire, which had been burning for 20 days, was finally out. The following day the Spanish government declared the area a disaster zone and compensation claims will be considered. In the early hours of Tuesday morning a fire was reported in the Paraje Atalaya area of Mijas which was controlled quickly.

MALAGA

Woman's colleague held on spying charge

I. QUIRANTE. A Malaga man suspected of installing a remote-controlled application on a female colleague's mobile phone to spy on her without her knowledge has been detained by National Police. The accused is thought to have recorded over 1,000 files, including videos and photos taken in the woman's home. The app in question is usually used to locate lost phones by GPS and it also enables mobile phones to be used as an IP surveillance camera.



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Cudeca announces success of One in a Million campaign

The initiative began last November with the aim of raising one million euros to build a children's palliative care unit

TONY BRYANT



BENALMÁDENA. The Cudeca Foundation held a special presentation at its recently inaugurated research and training centre in Benalmádena on Thursday (30

June) to announce the closure of the 'Joan Hunt, One in a Million' fundraising campaign.

The event was hosted by President Ricardo Urdiales and Chief Executive and Medical Director Marisa Martín, and was attended by members of the provincial authority (Diputación), representatives from the La Caixa Foundation and members of Benalmádena town hall.

Talk Radio Europe (TRE) chairman Martin Nathan - the campaign was his brainchild - and the British consul for Andalucía and the Canary Islands, Charmaine Arbouin, were also at the presentation, along with donors



The presentation was attended by members of the Diputación, La Caixa and several donors and trustees. **SUR**

and trustees.

Cudeca launched the campaign last November with the collaboration of TRE in order to raise one million euros to convert the house of the charity's founder, Joan

Hunt, into a children's palliative care unit, the first of its kind in Andalucía.

Joan, who died last June, had left special instructions in her will for the house, situated in the grounds of the hospice in Benalmádena, to be used to enhance the charity's facilities.

Surprising conclusion

Cudeca representative Esther Ráez told SUR in English that the one million target was reached following a surprise announcement from one of the charity's most generous benefactors.

"How we reached our goal was incredible. Our campaign raised 300,000, and we were very proud to have raised this amount. When our benefactor, Dr Yusuf Hamied, heard this, he very kindly announced that he would add the remaining 700,000 euros," Esther explained.

The doctor, who was unable to attend the presentation because he is not currently in Spain, has had a ten-year association with Cudeca. As well as an annual donation of one million euros, the Indian businessman also donated two million euros for the construction of the new research and training centre, which was opened

in April.

Marisa Martín explained how "excited" she was about the idea of finally be able to launch the new paediatric palliative care facility, which she hinted could be ready by the autumn.

"The need for paediatric end-of-life care is real. I am honoured to be able to offer through Cudeca a unique space for children, their families and their pets to help them feel at home. It is very important to us that these families know they are not alone, and I am sure Joan wanted that too. Thank you all very much for helping us to make this possible," she said.

The foundation also announced that the more than 100 donors who gave over 250 euros to the campaign will be honoured with a plaque on the wall of the children's unit, named Room 10.

Esther Ráez gave special praise to the Romero de la Llana family from Malaga, who donated 120,000 euros to the campaign - the highest amount received from a single donor. She described the gesture as "absolutely amazing".

During the event, Cudeca took the opportunity to present the Cudeca Goldies leader, Suzy Rowe, with the charity's silver insignia for ten years of service.



Marisa Martín announces the end of the One in a Million campaign. **SUR**



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Demands for more high-speed trains between Malaga - Madrid as services are fully booked

IGNACIO LILLO

MALAGA. Anyone wanting to travel from Spain's capital Madrid to Malaga and the Costa del Sol this weekend is out of luck if they are planning to travel today (Friday) because all seats on the high-speed trains are fully booked. There are a few available seats on Saturday but they are going fast. The AVE trains from Malaga to Madrid on Sunday are also completely full at the start of the peak holiday season.

The problem is causing great concern in the tourism and business sectors, and to Malaga city council. Users claim the high demand is pushing prices up and this also puts the Costa del Sol at a disadvantage compared with other Mediterranean coastal destinations.

An official report has shown that Malaga is at the bottom of the list in terms of train services to big cities, when the number of services are compared per million travellers.

Airport chaos fears as Ryanair and easyJet strikes coincide

On Thursday some 152 of the Irish low-cost operator's flights were hit by cancellations or delays due to the Spanish cabin crew's action

SUR

MALAGA. Management at Malaga Airport are bracing themselves as two of the largest airlines at the Costa del Sol facility face cancellations and delays due to separate Spanish cabin crew strikes currently hitting Ryanair and easyJet.

The first wave of three-day action at Ryanair Spanish bases last week saw many flights cancelled and others were delayed for several hours. The second phase of three-day industrial action started yesterday (Thursday) and some 152 of the Irish budget airlines flights were hit by cancellations or delays in Spain.

The company has ten bases in Spain: Madrid, Malaga, Barcelona, Alicante, Seville, Palma, Valencia, Girona, Santiago de



A Ryanair aircraft on the tarmac at Malaga Airport. NITO SALAS

Compostela and Ibiza.

Last week the CEO of Ryanair, Eddie Wilson, told SUR the company had been negotiating with the unions about collective working agreements for six years and he accused them of "only seeking confrontation".

Meanwhile easyJet is also facing similar industrial action. Unless last-ditch talks succeed, their Spanish cabin crew are expected to strike today (1 July) as well as on 2, 3, 15, 16, 17, 29, 30

and 31 July at the company's three bases in Spain in Barcelona, Malaga and Palma.

In addition to the cabin crew strikes, many airlines and airports around the world are already short-staffed because they laid workers off during the coronavirus pandemic and are finding it difficult to recruit new personnel in time to cope with the demand for the summer season, now that mobility restrictions have been lifted.

Direct flights from Doha and Bahrain to the Costa start again this summer

PILAR MARTÍNEZ

MALAGA. Another sign that heralds the long-awaited re-activation of tourism in Malaga province is the recovery of direct air connections with key markets for the Costa del Sol, such as the Persian Gulf area for the summer season. Malaga Airport has already recovered non-stop flights with Doha, the Qatari capital, and tomorrow (Saturday) will do so with Bahrain, resuming the activity they had before the Covid pandemic.

Qatar Airways will be flying the route from their international hub in Doha to the Costa del Sol three times a week, confirmed the airline's Iberian Peninsula manager, Marimar Laveda.

Meanwhile, Gulf Air will operate the route to Bahrain on Thursdays and Saturdays until 29 September using their flagship aircraft, the Boeing 787-9 Dreamliner.



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Mayor and Madrid at loggerheads over Golden Mile seafront

The government wants to rebuild the Paseo close to the Puente Romano and Marbella Club which could eat into some of their land

I. LILLO / J. DUEÑAS

MARBELLA. The mayor of Marbella and central government look set for a confrontation over what to do about a popular stretch of Marbella's Paseo Marítimo walkway. The disputed part runs between the Puerto Deportivo marina, in the town centre, and Torre Ancón, just after the Puente Romano hotel on the Golden Mile.

Much of the seafront walk along this stretch is technically illegal as it was put up by controversial ex-mayor Jesús Gil in 1993 on parts of public beach without permission.

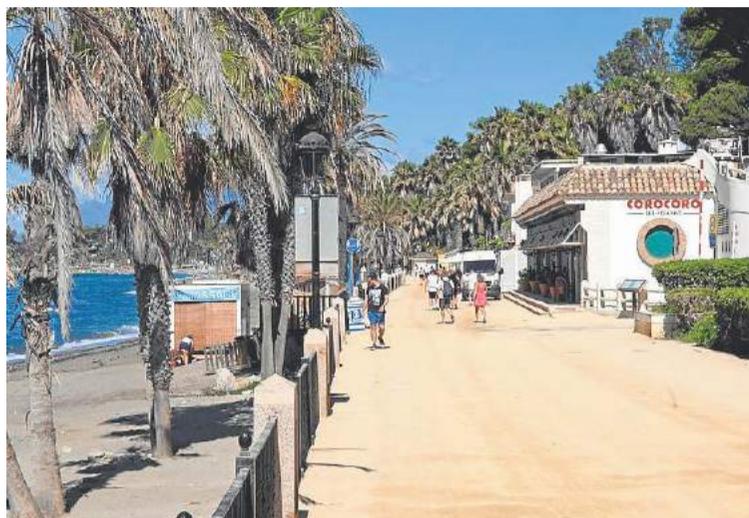
Now the Socialist-controlled central government, which is responsible for maintaining the shoreline, wants to kill two birds with one stone: rebuilding and adjusting the promenade landwards to make it legal; and also moving the sewage pipe that runs under the sand to under the new look promenade. The pipe keeps fracturing in storms.

The mayor of Marbella, Ángeles Muñoz, of the rival PP party, has said that the town hall has no intention of digging up the Paseo Marítimo as it lies on government land not council land and is a key attraction for the resort in a location where much of the beach has been eroded in recent decades.

She says the government should be concentrating on putting back breakwaters - taken away a number of years ago - to help the sand build up again and not be touching the promenade.

The government has already said in its initial report, seen by SUR, that the stretch of the Paseo paved with marble and closest to the town centre cannot be altered as it would be too complicated to remake.

However, the controversial stretch is the unpaved area close to the Marbella Club and Puente Romano hotels. Here any new,



The disputed stretch of promenade is technically still illegal. JOSELE

realigned walkway must be six metres wide by law and some sections may need to go over the gardens of private properties, including the two hotels, in order to keep the minimum distance.

"It is unthinkable that when we ask for breakwaters they talk

to us about demolishing the promenade. They have no idea about the problems in Marbella," Muñoz argued.

The council prefers to find a way out with the government to legalise the existing promenade without making any alterations.

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The all-round city unveiled

Every city has its own logo or brand, and on Monday this week, Malaga said goodbye to its old one, 'Malaga, ciudad genial', and introduced the new 'Malaga, ciudad redonda', (meaning all-round city). The motto was chosen as a reminder that the city, while a popular tourist destination, is now much more than that, as it is also an economic hub of southern Spain and a city of culture. The unveiling was the culmination of a project which began two years ago, when the council invited companies to submit their designs. It received 22 proposals and the winning idea is from Brida and Lizarraga Palau.



ÑITO SALAS

HERE AND THERE

MALAGA

Tax officers quizzed over suspected bribery

J. CANO. Investigators have uncovered a supposed bribery ring involving tax office officials based in Malaga city. In all 31 people have been quizzed, of whom nine work for Hacienda. The inquiry reportedly centres on the employees issuing false documents that certified that a company or individual was up to date with their taxes in order to put in an application for government grants and subsidies. The activity has allegedly been going on for two years.

ESTEPONA

'Staff shortages' to blame for A&E delay

D. LERMA. The new director of Hospital Costa del Sol in Marbella has told a group of local business people that the long-awaited emergency department at the new Estepona local hospital is still not open due to a shortage of qualified staff. Speaking at the CIT Marbella meeting, Antonio Luis Cansino added, "since it [Estepona] opened last year we have invested two to three million euros. The hospital will soon be able to respond [properly]."

MARBELLA

Work to start on El Rosario sewerage

J. DUEÑAS. The green light has been given for the complete overhaul of water supply pipes, sewerage and rain drains on the Rosario, Hacienda Las Chapas and Costabella residential estates to the east of Marbella. Work is expected to be finished by the end of 2023. Marbella council has said that the first stage, on the Urbanización el Rosario could start this month with the work for the remaining areas still waiting to go out to tender.

MIJAS COSTA

Police cycle unit to patrol seafront

T. B. The Local Police cycle unit is resuming patrols along the promenades of Mijas Costa to ensure the safety of tourists and visitors who use the beaches throughout the summer season. The unit will consist of two officers who will patrol the 14km coastline of the municipality every day from 11am to 7pm until the beginning of September. The unit will support the work of the usual police officers on duty over the summer.

28 JUNE PRIDE DAY IN PICTURES



FRANCISCO HINOJOSA

Authorities stand proudly in favour of LGBT rights

The central government representative for Malaga Province, Javier Salas, (3rd left), met with representatives of LGBT groups at the doors of his official office on Tuesday. Salas recalled that it was the current government who first declared 28 June to be the country's National Pride Day in 2018.



SUR

Raising the hope of a prejudice-free society

Before raising the rainbow flag to mark Pride in Fuengirola, the town's mayor, Ana Mula, read an institutional manifesto, during which she stressed her desire to live in a "society free of prejudice" and one in which there is "no discrimination of any kind". The mayor also inaugurated a new bench painted in the colours of the LGBT community to give visibility to the community.



SUR

Rainbow lights on town hall

Under the slogan, 'Love who you love, Almuñécar loves you,' the Costa Tropical town lit up its town hall in the colours of the rainbow flag to celebrate International Pride Day.



SUR

A world of 'absolute tolerance'

Benalmádena marked Pride with flags on several municipal buildings. Mayor, Víctor Navas, said, "LGBT rights are human rights. We must work for a world of absolute tolerance, freedom and equality."



SUR

Mijas holds first ever Pride party

Hundreds of people came together to enjoy the first Pride party to be held in Mijas. The festivities began with the reading of a manifesto, followed by a party in the courtyard of the Las Lagunas Theatre.

LGBT hate crimes increased by 8 per cent in Andalucía last year

IVÁN GELIBTER

MALAGA. A gay man under the age of 30 and from a fairly densely populated town or city. Once again, that is the main profile of a victim of LGBT hate crime in Andalucía, where the number of cases rose again last year. And those are just the cases which are

reported, because the Andalusian Observatory against LGBT-phobia says that up to 70% of victims just keep quiet. In other words, only three out of ten assaults of this type are reported.

In Andalucía last year, 367 cases were reported and 279 people requested assistance, advice, support or wanted help in lodg-

ing an official complaint. This was 8% more than in 2020.

Nearly half of the victims (42%) were under 30 and only 11% were older than 50. For the Observatory, it is "very alarming" that young people are suffering the most violence, including many teenagers. Of all the incidents, nearly 20% (19) occurred in Malaga province, although the figures for Cadiz and Seville were similar. In fact, the study shows that many of the attacks took place in the most densely populated towns and cities.

The report for 2021 also shows that several incidents often occurred at the same time, for example physical aggression is often accompanied by verbal abuse. Men also suffered more hate crime than women, according to the figures: 66% compared with 28%. Nearly 32% of victims were trans, which the Observatory says is "very low" bearing in mind the reality for trans people, who are normally those who suffer from clear discrimination, especially socially and in terms of employment prospects.

This points to the fact that so many cases are going unreported. "In more than half of cases the victims don't dare to report it because they are worried their families and friends will reject them, or out of shame of the fear of being attacked again," says the report.

The Observatory also noted that physical and traditional aggression against the LGBT community is gradually being replaced by a "more symbolic" violence, such as graffiti on LGBT buildings or monuments

BLEVINS FRANKS

“We were ‘Brexit-proof’ long before it was finally implemented”

COSTA DEL SOL

“Our aim is, first and foremost, to help give our clients peace of mind, so they can fully enjoy their retirement here.”

SUR. Blevins Franks are the leading international tax and wealth management advisers to UK nationals living in Europe, with a history dating back to 1975. They have been advising clients in Spain for over 35 years and today have nine offices across Spain as well as in Portugal, France, Cyprus and Malta.

We caught up with their Chief Executive, John Simmonds, recently and asked him about Blevins Franks and what they offer expatriates in Spain.

What do you feel sets Blevins Franks apart when it comes to UK nationals here in Spain?

I always refer back to what clients told me when I first joined Blevins Franks about ten years ago. I attended lots of our seminars and events (and still do so) and took the opportunity, at the time, to ask clients what they felt set us apart, and they typically had three answers:

1. You understand both Spanish and UK taxation in detail and how the two systems interact and impact us
2. Your advisers are based locally here— just like us—and have been for many years
3. You have been providing cross-border advice to expatriates in Spain for a long time

These answers are as relevant

now as they were then and, in fact, I still hear them from clients on a regular basis.

In fact I was on the Costa Del Sol, in early June, attending our seminars and meeting clients at our offices, and it was great to get such positive feedback at the time.

The depth of our local advisers’ experience paired with that of our specialist central support teams is unrivalled. This really helps clients feel confident they are getting the best possible advice and that we’ll be here supporting them for the long term.

We have recently seen UK banks and financial companies writing to clients withdrawing services due to Brexit, but, in our case, we have always been based locally in our markets which helps enormously. We were ‘Brexit-proof’ long before it was finally implemented last year.

Our advisers live locally, in the same areas our clients are based, and we deliberately review advice for clients on a regular basis as clients’ circumstances (and those of their families) can change over time, as can the environment around them.

We don’t agree with giving an initial consultation and then assuming the advice will not need to be revised over time.

At the end of the day, we are here for our clients as we have been for decades now and, unlike others, we are not going anywhere. Our aim is, first and foremost, to help give our clients peace of mind, so they can fully enjoy their retirement here.

How have the last couple of years impacted Blevins Franks?

With Covid, we worked remotely when we needed to - our infrastructure and video conferencing made this easy to



John Simmonds chief executive. SUR

adapt to – but we are now enjoying much more direct contact and embarked on a series of seminars and events this spring.

We have also swiftly adapted to a post-Brexit world and launched a specialist ‘Emigration Advisory Service’ to help people in the UK wanting to move to Spain but needing guidance on the best way to do so.

And while geopolitical events, such as we are seeing in Ukraine, are always unsettling; our client portfolios are very well diversified and, over the longer term, have served clients well in the face of the credit crunch in 2008 and other economic and political

events at various times.

Our clients are used to change and, like us, recognise that wealth preservation and long-term returns are important. What we wrap around that is an in-depth understanding of cross-border taxation to make sure their affairs and long-term plans for their family’s wealth are properly dealt with.

What do you enjoy about being Chief Executive of Blevins Franks?

The people: our staff and our clients.

I think we have a fantastic and experienced team here in Southern Spain, and also in our central specialist support teams. They are nice people and easy to get along with - but they care deeply about our

“Clients feel confident they are getting the best possible advice and that we’ll be here supporting them for the long-term”

clients – and clients recognise this.

In my role I try to get out and meet clients as often as possible and I know a number of clients here in Spain personally and consider them friends. Our local teams focus on ensuring advice is up to date and that regular personal reviews are carried out with a ‘deep dive’ where necessary, but we also make a point of reaching out to clients through golf, dinners, seminars and other events.

One final question – how do you unwind?

I am always thinking about the company and our clients, whether at work or in my spare time, but I like to think that I manage to stay fairly relaxed – I think that’s important to make sound decisions on behalf of our clients and staff. I feel some of the best ideas come when people are thinking laterally at leisure, which in my case is typically cycling, golf and sailing, and watching rugby (I used to play regularly but my knee told me it was time to hang up my boots a few years back!).

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BLEVINS  FRANKS

A bird's eye view from Malaga's new skyscrapers

Development. Construction of the two 29-storey blocks by AQ Acentor on the site where the market used to be held is progressing well and has now reached the 20th floor

JESÚS HINOJOSA



Touching the sky with one's hands has almost seemed possible since the project which will change the Malaga skyline forever came into being. On the site in Martiricos where the market used to be held, there are now two enormous buildings which are not going to stop growing until they are 29 floors high. There will be 450 apartments in these two skyscrapers, which are being built by the development company AQ Acentor, and SUR was invited to take a look this week.

The most advanced of the two blocks at present is the south tower, which will contain 252 apartments. More than 70 per cent have already been reserved, off plan.

"This already seems very high, but many people don't realise that we still have nearly half the block to build," said Iván Gómez, who is the works manager.

Even so, it is very windy at the top, which is normal for a tower that will be 106 metres high, 16 metres taller than Malaga cathedral's belltower. Gómez assured us there was nothing to worry about. Before construction began, they made models of the skyscrapers,



South tower. Views of Malaga city from the 17th floor. ÑITO SALAS

a metre and a half high, with between 200 and 300 sensors, and tested them in a wind tunnel. That showed where the structure needed to be more rigid so the wind doesn't pull it outwards.

Discretion over prices

The construction is proceeding according to schedule; the works should be finished in the first quarter of 2023 and the apartments ready for occupation by the end of next year. However, there is a discreet silence about the prices at the moment. All we know is that a four-bedroom apartment on the 25th floor with a garage and storeroom will cost over 600,000 euros. The penthouses are being kept secret. "We haven't set a price for them, we will do that at the end of the year when they go on sale," says Gómez.

A hotel in the north tower

These tower blocks are costing

THE FIGURES

175

million euros is the cost of the project, which is being built by the developer AC Acentor

450

is the total number of apartments, of which 252 will be sold and 198 are for rent

175 million euros to build. The design includes a two-storey car park under each, with room for 535 vehicles. A new public square is to be built between the south tower and the language school, and AC Acentor is also planning a path for pedestrians and cyclists beside the Guadalmedina river.

Construction of the north tower, which will be slightly taller than the south one at 111 metres, is progressing more slowly, but is also approaching the 20th floor. The first 13 floors of this block will be used as hotel accommodation, and the rest will house 198 rental apartments which AQ Acentor plans to sell to a specialist operator. The tenants of this block will have one advantage if they are football fans they will be able to see all the matches at La Rosaleda, without having to buy a ticket.

Some already love them, some are not so sure, but one thing is certain: the skyscrapers of Martiricos are here to stay.



The towers still have to grow a few storeys more. ÑITO SALAS



The walls are being covered with concrete panels. ÑITO SALAS

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Andalucía



Avocado trees chopped down as Axarquía growers face 'catastrophe'

AXARQUÍA

The regional government has already reduced the irrigation water quota by half and there are fears of further cuts as the area's drought situation worsens

EUGENIO CABEZAS

AXARQUÍA. The Axarquía's tropical fruit association has warned that the outlook could be "catastrophic" if the Junta de Andalucía reduces the irrigation quota even further this summer and if there is no rainfall at the beginning of autumn.

The complicated situation being experienced by the subtropical sector due to the persistent drought in the Axarquía is already forcing dozens of growers to cut down trees.

However, they fear that the next harvest, which will begin in November, could produce only 50 per cent of the current crop if there are further cuts and no rain.

The association's secretary Miguel Gutiérrez said, "We need emergency works so that the water from the treatment plants reaches more farms, and that the work to transfer water from the Chíllar river in Nerja and from Malaga city are, once and for all completed, and that the pending infrastructures that we have been demanding for decades are carried out."

He went on to say, "If they cut back to below 1,500 cubic metres per hectare or leave us at zero and there is no significant rainfall in the autumn, this could be a real catastrophe."



Subtropical fruit growers are being forced to cut down trees. E. CABEZAS

Unesco protected land cleared for tropical fruit

E. C.

VÉLEZ-MÁLAGA. Environmental organisation Gena-Ecologists in Action have reported the clearing of a 20,000 hectare plot of land between Vélez-Málaga and Arenas where they believe sub-

tropical fruit, such as mangoes and avocados, are to be grown, despite the ongoing drought.

In a written complaint that they have sent to the Junta de Andalucía, the environmentalists have denounced the use of "heavy machinery" to remove ancient dry stone walls which they say are protected by Unesco, as well as almond trees.

Gena president, Rafael Yus said, "all traces of plant life have been completely eliminated."

Virtual reality rooms will make Nerja caves accessible to all and show cave art

NERJA

E. CABEZAS. The Nerja Cave Foundation has approved the contracts for two new virtual reality rooms which will allow both people with reduced mobility to see inside the historic site and will show other galleries that cannot be opened up to the public for conservation reasons. According to the Foundation, the cave will become "the first monument in Spain with this technology", which will also offer visitors the opportunity to see its prehistoric cave art.

Three people convicted of keeping 105 dogs in 'deplorable' conditions

R. DE LA VICTORIA

SUR. A court in Malaga has sentenced three people to 15 months in prison each for animal mistreatment offences after they were found to be keeping 105 dogs in a situation of "abandonment" and in a "deplorable" state of health at an animal shelter in Rincón de la Victoria. Only 42 of the animals survived after they were taken to another centre. According to the judge sentencing, the defendants were at the time running the supposed animal shelter in Cortijo Maroto in Rincón.



A Fourth of July event. SUR

Macharaviaya Fourth of July celebrations go live for first time since pandemic

MACHARAVIAYA

JENNIE RHODES. The village of Macharaviaya will, for the first time since the start of the pandemic, be celebrating the Fourth of July with live events.

The normally annual celebration pays tribute to American Independence hero, Bernardo de Gálvez, who was born in the village.

Today, Friday 1 July, in Malaga, a procession will start at the Museo de Málaga at 7pm and head towards Plaza de la Constitución where tribute will be paid to Bernardo de Gálvez.

A recreation of the Battle of Pensacola, which De Gálvez led, will take place on Saturday 2 July in Macharaviaya.

At 8.30pm a 20-minute procession will start in front of the town hall and will walk down to the church, where the reenactment will take place in period costume. The reenactment will be followed by fireworks at around 11pm.

ATLAS

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A worker in Andalucía earns nearly 8,000 euros a year less than in the Basque Country

The gender gap in Andalucía means that women earn on average 5,000 euros less a year than men

ANTONIO JAVIER LÓPEZ



MALAGA. The richer versus poorer regional divide in Spain goes beyond simple prejudice and is supported by a good amount of data. The most recent concerns salaries and it gives a picture which is as enlightening as it is painful, because a worker in Andalucía earns on average 8,000 euros a year less than one in the Basque Country.

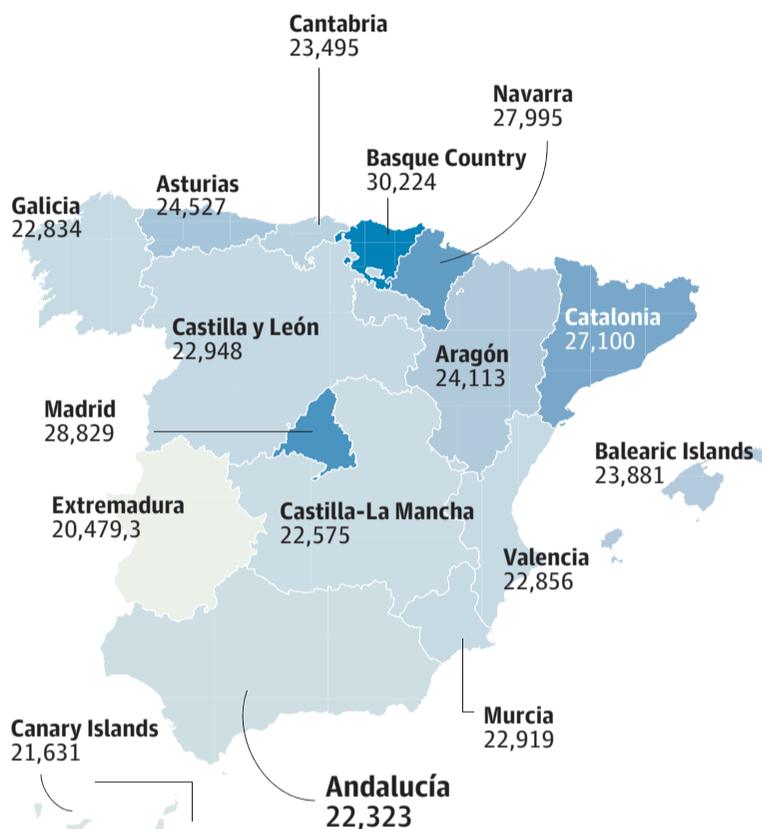
To be specific, the difference in this case is 7,900.31 euros a year. The information is contained in the Annual Wage Structure Survey which has just been published by the National Institute of Statistics (INE) for 2020, and it also shows that the average annual salary in Andalucía is 2,481.66 euros lower than the national average, at 25,165.51 euros, which represents an increase of 3.2 per cent compared with the previous year.

The study also shows the gender gap faced by Andalusian workers: women in this region earn 5,268.30 euros less than men.

That is the difference between the average salary for women in Andalucía (19,517.52) and that of men (24,785.82). The average salary in the region, therefore, is 22,323.85 euros a year.

Salaries in Spain Average per year in all sectors (2020)

In euros



Source: Annual Wage Structure Survey. INE

A.M.C.

This makes Andalusian workers those with the third lowest salaries in the country, behind only those in the Canary Islands (21,631.17 euros) and Extremadura (20,479.30).

The average annual salaries of those in Extremadura are nearly 10,00 euros lower than in

the Basque Country (30,224.16 euros), who are the highest-paid workers in Spain, followed by those who work in Madrid (28,829.06 euros) and Navarra (27,995.96 euros a year).

By sector, the data regarding workers in the services sector is striking. Someone who works in

Workers in Andalucía have the third lowest salaries in Spain, after those in the Canary Islands and Extremadura

The study by the INE shows that workers on a permanent contract earned an average of 26,623.93 euros in 2020

this sector in Andalucía earns 7,150.44 euros less in a year than their counterpart in the Basque Country and 2,744.11 euros less than the national average for this sector.

Lowest v highest earners

Looking more closely at the detail, unqualified employees in the services sector (except transport) had the lowest annual salary, at 13,765.34 euros, while the highest earnings were among directors and managers (58,023.75 euros), the group who received the most income for their work.

By length of working day, the average hourly pay per hour for a full-time job was 16.88 euros, while for part-time work it was 11.60 euros.

In terms of type of contract, the study by the INE shows that employees on a permanent contract had an average salary of 26,623.93 euros in 2020 and those on a temporary contract earned an average of 19,228.47 euros a year.

Social Security contributions for self-employed will be 245 to 500 euros in 2023

LUCÍA PALACIOS

MADRID. Spain's new Social Security contribution system for the self-employed will start to be applied gradually from next year, when the monthly payment for 'autónomos' will range from 245 to 500 euros, and these will then go up in 2024 so that the following year they will reach the amounts the government is about to agree with self-employed workers' associations.

The minister for Social Security, José Luis Escrivá, has taken on board requests from self-employed workers for the increments to be phased in gradually, but it means that the reductions will also be applied over the next three years, even though unions wanted them to start last January.

Self-employed workers who earn less than 670 euros a month will start paying 245 euros a month in 2023 (almost 50 euros less than at present, as the minimum is 294 euros), and in 2025 the amount will be reduced to 230 euros.

Those who earn less than 1,300 euros a month will also be paying less next year, and for those with income of between 1,300 and 1,700 euros a month, the Social Security payment will remain the same at 294 euros for the next three years.

On the other hand, self-employed workers with income of more than 1,700 euros a month will start paying more from next year. The highest monthly payment will be set at 500 euros in 2023, some 530 euros in 2024 and 590 euros in 2025.

THE EURO ZONE MARK NAYLER

Comitology



This week the EU approved another 12 billion euros in "Next Generation" funds for Spain - but as usual, a tangled web of strings connects the puppeteers in Brussels to the bouncing puppets in Madrid.

Spain is only entitled to this lot because it demonstrated compliance with forty "milestones and targets", specified by the EU in the last grant as conditions for receiving any-

more dosh. These cover everything from digitalisation to "effective and sustainable public spending" - a phrase so vague that it could include virtually all state expenditure.

This level of control makes you wonder how many of the Socialist-led coalition's initiatives - including Employment minister Yolanda Díaz's trumpeted labour reforms - started their lives in Brussels or Luxembourg rather than Moncloa.

Spain is still a long way from seeing the 12 billion land in its heavily overdrawn account. The procedure that's just starting provides a wonderful, almost comic example of the EU's self-feeding and endlessly churning bureaucratic mechanisms.

The Commission will now send its preliminary approval of the funds to something called the Economic and Financial Committee (EFC), which has four weeks to deliver its own verdict on whether Spain's met the targets. You'd be forgiven for thinking that was enough. But no: the Commission then makes another decision, based on the EFC's non-binding advice. We're still not done, because it's only then that a mys-

terious-sounding thing called "comitology" enters the process.

I'd never heard of this word before I started writing this column. Indeed, it seems to exist solely in the lexicon of the EU, whose decision-making processes are apparently so complicated that not even standard English has a word or phrase for them (although "EU-wide vote" would suffice in this context). "Comitology" has an aura of alchemy around it, as if it refers to an arcane pseudo-science centred on convening and operating committees, known only to members of a slightly potty cult.

Representatives from all EU member states vote on the Commission's EFC-vetted, second and sort-of final decision.

If a qualified majority is either for or against the proposals, the Commission must abide by the comitology-generated decision. If no qualified majority emerges either way, the Commission can either pass the proposals as they stand or submit new proposals, although it's not clear whether these would then have to start the whole laborious process from scratch.

Basically, satisfying all the Commission's political requests is still not enough to guarantee Spain a second tranche of Next Gen funds. The ultimate decision depends on the outcome of a little-understood Brussels ritual, one presumably accompanied by flickering firelight and hypnotic chanting.

Spain is to discontinue reciprocal healthcare with Gibraltar from July

This was introduced as a bridging measure after the end of the Brexit transition period but the government decided this week not to extend it

DEBBIE BARTLETT

GIBRALTAR. There was disappointment in Gibraltar this week after Spain decided not to extend the reciprocal healthcare agreement which came to an end on 30 June. Officially, these arrangements should have ended on 31 December 2020, when the Brexit transition period terminated, but the full effect was tempered by Spain introducing a bridging measure whereby reciprocal healthcare arrangements would continue until the end of June 2022.

Despite the ongoing negotiations regarding Gibraltar's future relationship with the EU, which by all accounts seemed to be going well, on Monday the Spanish Cabinet decided to let the measure lapse rather than extend it.

This means that from now, Gi-

braltar residents insured under the Group Practice Medical Scheme will no longer be able to access free emergency healthcare in Spain during a temporary stay there.

The government has warned that they should take out travel insurance which includes medical care so they are covered every time they go to Spain, even if it is only for a few hours (such as a shopping trip or a meal) or they will have to pay for any medical care received.

This has been the position in all EU member states except Spain since 31 December 2020.

In a statement on Tuesday, the Gibraltar government explained that because reciprocity is a key element to these arrangements, which cannot work without coordination and provisions for reimbursement of costs etc, it has been left with no option but to discontinue them also in so far as treatment in Gibraltar is concerned.

As a result, the Gibraltar Health Authority will no longer provide free healthcare for visitors who are covered by Spain's social security system.



Fabian Picardo before giving his Budget speech. SUR

Picardo updates parliament on progress in EU negotiations

D. BARTLETT Chief minister Fabian Picardo gave his Budget speech on Tuesday and took the opportunity to provide an update on the negotiations regarding Gibraltar's future relationship with the EU.

He said there has been huge progress in the parties involved understanding each other's positions and he also explained that, although the process is taking longer than anyone wished or expected, it is a negotiation which they have to get right.

At the moment the talks are processing through a deeply

technical stage, looking at some of the details of the parts of the Schengen rules and the relevant parts of the rules on movement of goods.

Despite being "deeply optimistic" that a safe and secure treaty is possible and increasingly probable, Picardo warned that the technical negotiations are very tough and very tricky and they are dealing with difficult areas of policy. He rejected claims that the government has failed to move quickly enough: "There's too much at stake for Gibraltar and for those around us to get things wrong," he said.

IN BRIEF

CULTURE

Mediterranean Studies summer school

D.B. Gibraltar University is organising a summer school, The West Med: Gateways and Convergences Over Time and Space, from 18 to 21 July. It will explore Gibraltar's gatekeeping presence over the strait; focusing on the position of the Western Mediterranean in relation to the wider Mediterranean zone, the Atlantic, and also North Africa. Full details can be found on www.unigib.edu.gi

CAREERS

Would you like to be a Gibraltar police officer?

D.B. The Royal Gibraltar Police are about to hold a recruitment week and anyone who would like an informal chat with one of their Recruitment Officers can do so by dropping in to the Time Out Café between 10am and 2pm on Tuesday 5 July. At New Mole House there will be a Careers Presentation the following day at 6pm, and on Thursday at 6pm an Open Evening for women and girls.

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LEROYMERLIN

Madrid hosts key summit of Nato leaders against the backdrop of war in Ukraine

Thousands of representatives from some 40 delegations have been in the capital this week amid a massive security operation

NEIL HESKETH / SUR

MALAGA / MADRID. The Spanish government hosted the annual summit of Nato leaders in Madrid from Tuesday to Thursday this week.

Large parts of the city centre were at a standstill, roads were cordoned off and 'madrileños' were told to work from home to cope with the thousands of attendees from some 40 delegations including the 30 member states plus associated countries and organisations. The American delegation alone had a reported 1,200 rooms reserved across three luxury hotels.

This was an important opportunity for Spain to showcase to



Leaders listen to Ukraine's president speaking during the summit. EP

the world both its ability to organise large-scale events and the cultural attractions of Madrid.

However the real focus of the leaders was on reaffirming the purpose of the Nato alliance,

which has been reinvigorated since Russia's invasion of Ukraine. Ukraine's President Zelensky joined by video conference on Wednesday.

At a landmark meeting on the

It was announced that America wants to base two more destroyers at the key naval base it has in Spain at Rota, in Cadiz province

sidelines on Tuesday evening, Turkey agreed to drop its objection to Finland and Sweden joining the defence alliance amid fears of what Putin might do next.

Russia's 'retaliation' at the summit was for its space agency to conveniently release a high-definition close-up satellite image of Madrid's huge Ifema conference centre where the leaders were to meet.

For the first time, Nato agreed to mark China down as a threat to its members' interests due to its cybersecurity activity.

The need to spend more on defence, particularly the European nations and Canada, was key to discussions. In preparing what was billed as the biggest joint

statement by the alliance since it was founded in 1949, leaders discussed adjusting to a new world order, stating once again the aim to have each country spending at least two per cent of their economic output on defence.

Biden meets with Sánchez

On Tuesday afternoon, ahead of the opening banquet at the Royal Palace, US President Joe Biden held a one-to-one meeting with Spanish Prime Minister Pedro Sánchez at the PM's official La Moncloa residence.

Afterwards it was announced that America wants to base two more destroyers at the key naval base it has in Spain at Rota, Cadiz Province. The move will need Spanish parliamentary approval and there were signs this week that the more left-wing coalition parties in Sánchez's governing coalition could try to block the idea.

Sánchez has said he hopes to get Spain's defence spending up to 25 billion euros.

First ladies and gentlemen get treated to culture

SUR

MADRID. As at any showpiece summit, wives, husbands and partners of the rulers of the Nato countries had a separate, lighter agenda to show off the best of Spain. On Wednesday, Queen Letizia hosted a trip to the La Granja historic palace near Segovia, including a visit to the royal glassworks. Back in Madrid, the group posed by Picasso's famous Guernica at the Reina Sofia gallery. US First Lady Jill Biden had flown in a day early and had also visited a cancer charity and Ukrainian refugee centre with the queen.



The partners of Nato leaders join Queen Letizia (centre) in front of Picasso's iconic Guernica on Wednesday this week. EFE

Morocco criticised as 'up to 37' die in migrant storming of land border with Spanish Melilla

SUR

MALAGA. International migrant organisations have criticised Moroccan security forces for their actions last Friday when attempting to stop a large-scale assault on the border with Melilla, Spain's exclave on the North African coast.

At least 23 to 37 people, according to different sources, are believed to have died when 2,000, mostly sub-Saharan Africans, tried to climb the border fence. Almost 200 Spanish and Moroccan police were also reported injured.

The Moroccan Association of Human Rights (AMDH) has

claimed that, after the ensuing confrontation, Moroccan police tied up and restrained the migrants in Nador, the nearest town to the border with Melilla. Only a minority of the migrants succeeded in entering Spain.

Spanish police said the assault had been carefully organised and Human Rights groups criticised



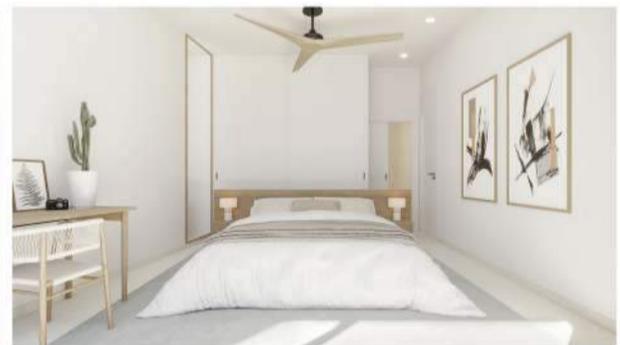
Spanish police intervening. REUTERS

the lack of access for journalists to verify the dead and the injured on the Moroccan side.

Prime Minister Pedro Sánchez has come under criticism for not condemning more forcibly the reported actions of Moroccan forces. "We are the only country in the European Union that has a land border with Africa. The drama of the policy on irregular immigration is complex," he explained. He emphasised the need to work with countries like Sudan, where most of the migrants, he said, came from.

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LETTERS
TO THE EDITOR

Unsafe environment

For the residents around the bus station and Avenida de Andalucía in Malaga it is not new the problem of safety associated with the homeless that roam and spend the night on our streets. I do not judge each one, nor each personal drama, but I denounce this unsafe environment that is generated around them. On June 20 at 5pm, my 84-year-old aunt was brutally attacked in the middle of the street with an iron bar by a homeless man out of his mind. Fortunately, thanks to the help of passers-by and the presence of Daniela, an off-duty policewoman who followed him, he was arrested within minutes. My aunt is recovering from her fracture, several bruises and the terrible fright caused by the attack. If no action is taken, more cases will happen, something that should not be allowed.

FRANCISCO AGUILAR

A step back

The US is on its knees, now unmoveable, over a supreme misjustice. The abortion law has been repealed. The self-proclaimed greatest democracy on earth will have to start once again on the road to social justice, an essential pillar of the system, otherwise we will have conceded to those old moribund ghosts that yearn for a return to the old ways.

FRANCISCO G. CASTRO

When is payback?

I hear that the Government has not yet reimbursed the fuel stations for the discounts they have been giving, so that citizens pay less, and the most affected are here in Andalucía. Many find themselves in a situation of economic emergency. They may soon have to do the same in the hotel industry, travel, food, leisure.... And all of them will end up ruined.

JOSÉ LUIS GARDÓN

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THE MUSIC MAKER
PETER EDGERTONwww.e-peter.com

No pain no game

A scientific study currently being undertaken across a number of city hospitals, including one in Malaga, is looking at how virtual reality can distract children from the pain, stress and discomfort of medical injections. This a wonderful idea. In fact, I can't see any reason not to introduce something similar for adults when they find themselves in painful or distressing situations.

Whenever a visit to the in-laws is unavoidable, despairing wives/husbands can whip out their virtual headset and play tennis against Rafa Nadal or something, distracting them from the passive aggressive remarks emanating from across the table.

Of course, it would be handy if virtual reality headsets weren't the size of a small republic but surely, they'll soon be incorporated into a standard pair of spectacles.

"I didn't know you were

short-sighted, John, and weren't you going to paint that fence?"

"Astigmatism, Mrs Mother-In-Law. Fifteen-love. Your serve, Rafa."

Opening the electricity bill while being virtually distracted would also be a sure-fire winner for any sentient soul these days. You could be tearing open the envelope and staring at a thirty-five-figure sum one minute and, at the flick of a switch, swimming with dolphins the next, although in my case I might find the dolphins more stressful than the bankruptcy. Still, we can each choose our own balm for the soul.

Football fans could go to cup finals and, if things were looking bleak, they could turn on their headsets in order to be able not only to watch an alternative match that they're winning, but also to actually participate in it. While their fellow supporters are weeping tears of desperate sorrow, the savvy fan will be singing Allez Allez

Allez (which seems to be the only song any football supporters sing these days) and celebrating scoring the winner by embracing his favourite spoilt multi-millionaire with tattoos.

More painful situations with a virtual solution? Stubbing your toe on the bedstead. This is universally recognised as one of the most disproportionately painful experiences known to man. But not if you keep a handy virtual headset on the bedside table. Whip it on, and before you know it, your toe is right as rain and you're sipping cocktails on a Caribbean beach with Gal Gadot, or a tattooed dolphin or something.

Anyway, it's quite clear, that are so many distressing and painful situations which can be eased by the application of a little virtual reality. Except having to look at photos of plates of other people's food on social media - because that is virtual reality. Frankly, you're better off at your in-laws.

IDÍGORAS

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P**s up on the AVE

It's been happening for a good few Fridays and unfortunately it's now the norm. 2.35pm, Atocha train station in Madrid.

The AVE high-speed service to Malaga is full, with no spare seats left for at least the past week.

But those aren't tourists or families sitting in the seats. Not even business

people. Instead, there's a man dressed as a banana, another as a female gymnast in a fuchsia leotard and another in there somewhere with I-don't-know-what on.

There are also a couple of women with penises on their heads. And with them a tanked-up army of passengers whipping out little bottles of booze, bags of

ice and plastic cups; as if the carriages were one of those mass gatherings of young drinkers in Malaga's Plaza de la Merced from twenty years ago.

The battle, it seems, has been lost. Malaga has become the latest 'in' place for a stag or hen do.

But nobody is saying we should stop groups of friends having a party at a weekend. The problem lies in the price of the drink and the ecosystem we've created in the city that puts up with these hoards shouting their way through the streets - sometimes even with megaphones - without anybody offering any solution to a pastime that is 'anti-tourist'.

The train from Madrid to Malaga

reaches Ciudad Real station. Here a pair of local police officers board the buffet car to try to calm down the horseplay, without much luck.

The buffet attendant is in the first stages of a nervous breakdown.

"It's because of what's happened today and what I have to look forward to every coming weekend," she explains.

No wonder she feels that way; on the last part of the journey they have got behind the bar and stripped the fridges bare.

Nearby carriages have a trickle of dirty water running into them and a nauseating river begins to wend its way through the train until it reaches Malaga, where it carries on flowing endlessly.

Black Mirror is back on the Costa del Sol

Shoot. Filming of part of the sixth season of the Netflix blockbuster has been taking place in the area, using locations in Marbella, Estepona and an estate between Monda and Ojén, among others

FRANCISCO GRIÑÁN



Film shoots are the new kings of counter-espionage and Netflix productions are the most secretive of all. For at least two weeks the platform was filming a series on the Costa del Sol, of which only the name of the episode has been revealed: Red Book. Now, however, the mystery has been resolved: this marks the return of the popular series Black Mirror.

Red Book is one of the episodes in this sixth season and it is being filmed entirely in Malaga province. On Thursday last week the crew moved from San Pedro Alcántara to the Loasur studios in Coín, where the high walls prevented anyone seeing what was going on.

That was the second week of filming by the British production company Broke and Bones for Netflix, using Marbella, Estepona and an estate between Monda and Ojén for locations.

This is not the first time that part of Black Mirror has been filmed in the province: in 2017 part of the fourth season of the series was shot in the former prison in Cruz de Humilladero in Malaga city.

The creators of Black Mirror, Charlie Brooker and Annabel Jones, are once again at the helm for this sixth season, although there had been doubts that it would ever become reality after they left the House of Tomorrow production company, which retained the rights to the series, and set up Broke and Bones.

Although Netflix didn't cancel the franchise, Brooker said back in 2020 that he thought it might be difficult to continue with it. However, a few weeks ago it was revealed that the American platform had come to an agreement which will enable the series to continue.

Although the first two seasons of the series were broadcast by Channel 4 in the UK, it didn't become a global sensation until it appeared on Netflix. Brooker and Jones have won several Emmy awards for the dark lucidity and magnificent fantasies in episodes such as San Junipero (2017), USS Callister (2018) and Bandersnatch (2019).

Now they are hoping to do the same with the resurrected Black Mirror, and its long-awaited sixth season.



Film crew and their vehicles outside the Loasur studios in Coín last week. **ÑITO SALAS**



TAPAS gala raises 500 euros

The Andalusian Performing Arts Society (TAPAS) raised over 500 euros during a summer gala show held at the Alhaurín el Grande Golf Resort. More than 100 people attended the event for the Fahala centre and Ukraine aid.

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La Cañada
SHOPPING

Setting out to be the man who walked 500 miles for charity

Matt Harrison began his journey on the Camino de Santiago this week, as he aims to raise as much as he can for Cudeca

SHAY CONAGHAN



MALAGA. Marbella-based teacher Matt Harrison has just embarked on a 30-day charity walk on the Camino de Santiago. Even before his first day on the world-renowned pilgrimage route, Harrison had already passed his 1,000-euro goal, with the funds raised to be donated to Cudeca.

The particular route to Santiago de Compostela chosen by the

Welshman began in the French town of Saint-Jean-Pied-de-Port, and it will see his journey surpass 800 kilometres (500 miles) mark.

Even though most walkers on the pilgrimage do it for religious or spiritual reasons, Harrison found an alternative cause to complete the challenge, opting to raise funds for Cudeca, the charity specialised in giving palliative care to patients living in Malaga province.

Close to his heart

Harrison, a teacher at Swans International School in Marbella, had several reasons for doing the gruelling walk. "Mainly I wanted to do it for the adventure and for the personal challenge," he told SUR in English.

"It felt like a good opportunity to do something for charity. I figured the Marbella community had been really good to me since I lived



Matt Harrison at his start point in Saint-Jean-Pied-de-Port on Thursday. SUR

here, so I wanted to do it for something local," he added.

It's no coincidence that Harrison put Cudeca down as his charity of choice. His mother Catherine, who passed away three years ago, received palliative care, so the Welshman knows how important

this type of aid can be, and it's a cause that's "close to my heart".

"Our school does a lot of work with Rifcom and Cudeca, but I chose to do it for Cudeca because of the personal link with my mother," he said.

Harrison's Camino for Cudeca

walk will see his mother play a key role. "In a way, she will always be a key motivation. She always seemed to be bemused by my silly football adventures, but sort of let me get on with it," he said. "I imagine she would have felt the same about this. If I really want to do something I can become pretty stubborn," Harrison admitted.

The Welshman's other main motivation is to "not look like an idiot" by failing to walk it, having broadcast that he would complete the walk on his social media channels.

Malaga CF fan

Matt Harrison has just finished his third year as an English teacher at Swans, in Marbella. Born in the South Wales valleys, he has been teaching for close to a decade and settled in Spain in 2019. He is also a keen football fan, and he soon adopted Malaga as his Spanish team. His love for the club even led him to become a host for the Guiricast, a fan podcast focused on the club.

With lockdown coming into effect in March 2020, Harrison discovered the Camino de Santiago while reading about Spanish football, history and culture.

"It kept getting a mention, which led me to do more research and eventually fall in love with the idea of doing it. It also helped that there was no football tournament to distract me," he joked.



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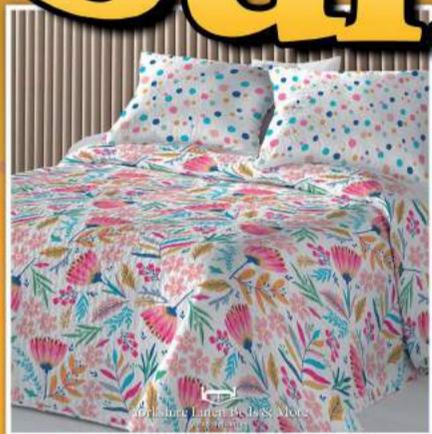
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Storylines

Paula Rego “chez” Picasso in Malaga

REVIEW
GEORGINA OLIVER



Once upon many moons ago, in Portugal - under Salazar's dictatorial regime - a child with an exceptional gift for artistic expression saw the light of day. A future Commander of the Most Excellent Order of the British Empire (such are the mysteries of destiny), this anglo-luso-phone wunderkind was weaned on disquieting folk tales spun by her grandmother.

The success story of recently deceased Dame Paula Rego (Lisbon 1935-London 2022) is as extraordinary as the unsettling narrative thread of her powerful body of work, to be seen at the Museo Picasso Málaga until 21 August. Rego, who considered herself “more of a drawer than a painter” re-defined figurative painting.

Family affairs

Paula's electronics engineer/

businessman father was a key figure in fashioning his beloved daughter's atypical fate. A fervent anglophile and ardent anti-fascist, he sent her to an Anglican school, as a first step towards extracting her from the inquisitional totalitarian atmosphere of her birthplace. In due course he “exported” her to the UK, where she attended a finishing school in Kent (hence her distinguished King's English accent, peppered with Portuguese intonations) - later encouraging her to study art in London.

“It was l'amour fou,” Paula said of fellow artist and future husband Victor Willing, a flighty and flamboyant married man, who was the star attraction at the Slade School of Fine Art. The father of her three children: Caroline aka “Cas”, Victoria and Nick Willing, a filmmaker who has produced docu-



Paula Rego in 2007. SUR

mentaries about his parents, “Vic” died of MS in 1988, leaving an unfinished oeuvre, which set out to depict “inner reality” as a form of reality.

Both Willing and Rego were often referred to as Surrealists. In actual fact, they represented the unconscious purely and simply. Each of them unreeled a stream of consciousness, letting the onlooker into his mind's eye, as opposed to reproducing dreams.

Victor's visions evoked a bal-

let of sculpture-like constructions (placed against bold abstract backgrounds, much as the highly original nudes he was also known for), while the starting point of Paula's pictures was invariably to “tell a story”. In her visual choreographies, she portrayed herself, family members and acquaintances unforgivingly; uncanny characters, bordering on the grotesque, peopled her “goyesque” mindset.

A hint of Lucian Freud? Yes, indeed. Sigmund's grandson taught at the Slade, and young Paula had a word for his approach: “telepathic”. The professor moved almost imperceptibly from one student to the next, neither praising nor criticizing. Just looking.

Female eunuch

Abortion (based on personal experience) is a recurrent Rego topic; in July 1998, in the build-up to a first (unsuccessful) abortion rights referendum, held in her native country... this trailblazing feminist embarked on a series of “Abortion Pastels”; these striking images are said to have contributed to the positive outcome of a second plebiscite, held in 2007.

Wrinkles, sagging features. Clapsed hands, with prominent knuckles and callouses (from gardening). Paula Rego's unflattering depiction of Germaine

Greer, the author of *The Female Eunuch* - seated on a sofa, sporting her favourite (much-worn) red frock, designed by Jean Muir (“my first proper dress, when I had money...”) - is one of the most popular exhibits in the permanent collection of London's National Portrait Gallery. The pose is overtly ungainly, but Greer's vibrant intelligence shines through. “That's the wonderful thing about this picture,” says Greer. “The face flickers all the time and what I feel in it is this intelligence beating away behind the face. That's not a mean achievement... To flatter me by making my skin look good, or my tits look good... would be neither here nor there, but to flatter my intelligence in a portrait is just... Peachy...!”

The London connection

The Paula Rego show at Museo Picasso Málaga has been organised by Tate Britain in collaboration with Kunstmuseum Den Haag. The exhibition, which runs until 12 August, is curated by Elena Crippa, Senior Curator, Modern and Contemporary Art, and Zuzana Flašková, Assistant Curator, at the Tate.

TELLING TALES

PETER EDGERTON

The party piece

A gathering of twelve old university friends in a Scottish Highland castle had sounded great in theory but the reality was, by the third day, things were getting a bit fraught and, although there was plenty of food and wine to go round in the evenings, some bright idea or other was desperately needed to distract from the emerging tensions.

“I know! Why don't we do party pieces?” Noemi did a little jig on the spot. “Come on, everyone. Party Pieces! It'll be fun!”

A murmur of suppressed approval spread across the room and, after something of a hesitant start, everyone gradually got into the swing. Someone recited the entire alphabet backwards and somebody else did something rather grotesque with their double-jointed elbow which left quite a few of the group feeling vaguely queasy, including the man whose elbow it was. A hilarious Paul McCartney

impression, a forty-two-year-old mother-of-three doing the splits and a headstand that lasted twenty-three minutes and eight seconds were some of the other highlights.

“Jenny! Your turn!” Jenny shook her head.

“I can't do anything like that, honestly. Sorry, no.” Some playful booing ensued while her friend Frances whispered into her ear. Jenny sat back, looking shocked.

“No, No! I'm not doing that!”

But it was too late. Frances, as drunk as she was insistent, rallied the troops to her cause until they were all clapping their hands and chanting Jenny's name until she was left with no alternative but to acquiesce.

“Alright, alright. But it doesn't always work, you know. I'll look pretty stupid if it doesn't.” She laughed nervously and cleared her throat.

“Turn the lights down, please. And I need silence, total silence.”

Someone offered a passable drum roll with two spoons and a deathly hush fell over the room, only the crackling of the hearth making any sound at all.

Jenny lay her hands face down on the table before her, closed her eyes and began to breathe in and out, deeply and slowly, her long, dark hair falling forwards over her face as she did so.

After what seemed like an age, somebody whispered “This is taking longer than the head stand”, which caused a ripple of subdued giggles but they subsided as rapidly as they had risen. Suddenly, Jenny opened her eyes wide and covered her mouth.

“No! No! It's not working! No, sorry, no.” She leapt up and sprinted through the old stone archway towards the stairs that led to her room. Frances followed her up immediately but it took some time before her friend would even try to speak. Eventually, she began to mumble something not altogether coherent.

“It.. it wasn't clear. It was...it must be wrong. No, it wasn't, you know, right. Not like the other times.”

“What happened Jenny?” Jenny's voice was barely audible.

“It was a...a man. It was always a woman before, but now...well, it was a man. He said.... he said...no...no..he

said one of you will be involved in a fatal accident returning home. He was laughing, Frances. Laughing. It was horrible.”

Frances felt an icy fear bite into her bones but hid her disquiet.

“No, Jenny, it can't be anything. It was always that friendly woman before.”

“Not this time, Frances.”

They resolved not to say anything to the others and explained it all away the next day as a failed attempt at amateur clairvoyance, joking leadenly about tea leaves and crystal balls and the like.

Thankfully though, nobody seemed to give the incident much further thought after that and soon enough it was time for them all to leave. Frances insisted everyone to message her to say they'd arrived home safely because, well, you know she was a worry wart and a mother hen and all that. By twelve noon the following day they had all done as they were asked. As soon as the last of the messages had been received, Frances picked up her phone to call Jenny as arranged. She couldn't wait to give her the good news. It had all been in her imagination. The phone rang five times. Then on the sixth, a click:

“Hi, this is Jenny. I'm not here. Please leave a message. Byeeee!”

The flying Dutch hairdresser

A business owner from the Netherlands travels to Malaga once every few weeks to cut and style hair at her city centre salon

JUAN SOTO

MALAGA. Ingrid Schlingmann lives and works in Gouda in the south of Holland, however she's more drawn to the beach and sardines than to the canals and tulips of her hometown. A hairdresser by profession, this Dutch entrepreneur travels all the way to Malaga to cut and style her customers' hair at her central salon. She is the city's very own flying hairdresser from Holland.

She was first drawn to the city many years ago. Ingrid lived on the Costa del Sol for more than ten years, although for professional and family reasons she had to go back to Holland. By that time she was already working in her own salon in Malaga, and she decided to find a partner who would take over the everyday running of the business, allowing her to fly over every few weeks to look after her regular customers.

The business she comes back



Ingrid Schlingmann at work at Mooi, the salon she flies in to once every few weeks. FRANCISCO HINOJOSA

to is Mooi (which means pretty in Dutch), in Calle Compañía, 42. Ingrid generally comes every six weeks and stays for between and week and ten days.

"Sometimes it's hard to come back, but when I'm here, it's hard to leave again, as I fall in love with Malaga every time," she admits.

Ingrid, 42, works in a salon as a freelance stylist when she is in Hol-

land, although she also tries her hand at painting, photography and even aerial dance, her real hobby.

"I love travelling and that's why I wanted to keep the Malaga business." In fact her dream would be to open a third salon in another European country to complete the triangle.

Ingrid first came to Spain in 2008. After a short time in Mar-

bella, she moved to Malaga and immediately fell in love with the city, eventually buying premises and opening her own hairdressing salon.

"It wasn't full of tourists as it is now, but back then I thought that [Malaga] could end up like Barcelona," she says.

It was in 2018 that she decided to return to the Netherlands due

to family circumstances and the need for support to care for her son. But while she started to work in her hometown she was already planning her return to Malaga, albeit just for fleeting visits.

After the Covid lockdown (and a short period renting the salon out to other professionals), she contacted Virginia, who had worked with her previously in Malaga, and suggested they run the business together.

Loyal customers

While the current business arrangement has only been up and running for a few months, Ingrid says she is satisfied with the results so far. The salon is functioning well thanks to word of mouth, she explains. With staff speaking English, Spanish and Dutch, the salon is popular among local people as well as customers of different nationalities who come from around the province. Ingrid's regular customers tell her they'd like her to spend more time in the city: "I don't know whether I'll come back to live," she says.

As well as cutting, styling and colouring, Ingrid, Virginia and their staff also specialise in bridal hair and make-up. It's clear her special updos are much in demand, although "we're all very professional", she stresses. After all, not everyone is lucky enough to catch Ingrid on one of her flying visits from Holland.

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DENISE BUSH



GARDENING

Fothergilla major

Fothergilla major is a deciduous shrub native to the South-eastern United States. It is a member of the witch hazel family, Hamamelidaceae, and is commonly called witch alder.

With dark green foliage, sprays of white, scented flowers and bright autumn colour, this shrub gives all-year-round interest in the garden.

Witch alder needs a location where it gets some shade during the hottest months. It will grow and flower in complete shade but the autumn colour of the leaves will not be so vivid. It prefers rich, acidic soil that must be free-draining and will need regular watering, especially until it is fully established.

In perfect climatic conditions it may spread by suckers but this can be controlled by removing them as they appear. Try to break them off as close to the base as possible.

The showy, catkin-like flowers often appear before the leaves in spring. The dense clusters are made up of tiny white blooms, all with long white filaments and yellow anthers.

They have a slight fragrance. The fruits are oval capsules containing two seeds. When ripe, the capsule explodes, jettisoning the seed a fair distance from the plant.

The leaves are deeply veined, dark green on the top and blue-grey underneath. In the autumn they change to shades of yellow, orange and red.

Witch alder is slow growing and may take up to 20 years to reach full height of around two metres. Its rounded shape makes it an attractive addition to a cottage-garden style planting and it can also be used as an informal hedge or screen.

Softwood cuttings or the fresh seed can be used to propagate new plants. If a sucker can be removed from the base of the plant along with a little root, this can also be potted up.

Dr John Fothergill, whom this plant is named in honour of, was an eighteenth century physician and botanist. He created a large botanical garden in what is now West Ham Park in London.



Fothergilla major in autumn and flowers (close up). WIKIMEDIA

READERS' PHOTOS



RICHARD ASFOUR

A bargain bag of bulbs

Richard Asfour sent in this photo and says, "These Gladioli in an east-facing border are the 3rd generation (year) of flowering from bulbs bought locally, more blooms appear every year. The bag of bulbs were only 2.99. What good value."



ALISON GARCIA

Erythrina crista galli

A tropical tree, Erythrina crista galli, is growing in a large pot in Alison García's patio near Antequera. "I've had it now for twelve years and although it's classed as tender, it has survived winters here because I push the pot behind a huge climber, against the stone wall."

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 ([surenglish](https://www.facebook.com/surenglish)) or Twitter ([@SUR_English](https://twitter.com/SUR_English)).



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WHAT HAPPENED TODAY?

1 JULY 2012

Spain win Euro 2012, their third title in a row

The Spanish national football team achieved a third consecutive trophy at a major tournament, an unprecedented feat

The Spanish national football team defeated Italy 4-0 in the Euro 2012 final to complete the unprecedented achievement of winning three consecutive major international tournaments, something no other nation had ever managed to do. However, it was the beginning of the end of the golden era of Spanish football at an international level, after La Roja had won the World Cup in 2010 and Euro 2008.

Despite their win a decade ago, Spain were then already show-

ing signs of what was to come in their eventual downfall at the 2014 World Cup.

Spain kicked off the 2012 tournament with a 1-1 draw against the side who would be their fellow finalists, Italy. Cesc Fàbregas equalised for the Spaniards just several minutes after the Italians opened the scoring, though it was clear that Spain's tiki-taka, flashy style of play was becoming easier to counter, especially for the bigger sides.

But all doubts were shaken off in La Roja's next match, when they thrashed the Republic of Ireland 4-0 thanks to goals from David Silva and Fàbregas and a brace by Fernando Torres. In the final group match against Croatia, a draw would have been enough for Vicente del Bosque's side, but they still left it very late to clinch a win that resurfaced the idea that La Roja's way of play wasn't as ef-



Spain captain Iker Casillas lifting the Euro 2012 trophy. AFP

fective as previous years.

Spain would go on to face France in the quarter-finals, beating them 2-0 with a double by unusual goalscorer Xabi Alonso.

The semi-final against Portugal was further proof, in a game in which the defending champions had eleven attempts on goal in 120 minutes and with no end product, which works out to one chance every ten minutes - not good enough for a side with so much attacking prowess. La Roja eventually beat

their Iberian neighbours on penalties to make it to the final.

And yet, despite having met in their first game of the tournament, Spain wiped the floor with Italy. La Roja's 4-0 thrashing was as impressive as it was surprising, given that Del Bosque's men had already struggled against the better teams. Spain didn't change any of the fundamentals and asserted their dominance over the Italians within the first 40 minutes, only turning up the inten-

LANGUAGE FOOTNOTE

Torneo	Tournament
Logro	Feat
Dorada	Golden
Década	Decade
Europeo	European
Conseguir	To achieve
Empatar	To equalise
Marcador	Scoreboard
Llamativo	Flashy
Inédito	Unprecedented
Empate	Draw
Paliza	Thrashing
Complicar	To exacerbate
Campeones	Champions
Impresionante	Impressive
Dominio	Command
Intensidad	Intensity
Habilidad	Skill

sity in the last five minutes, when they scored their third and fourth goals.

And so, Spain completed their historic achievement which has yet to be matched.

La Roja also gave Spaniards something to smile about during what was then a difficult time in the country due to the financial crisis.

Bilingual crossword inside back page



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HOME DECORATION Summer tips

Bring summer into your home with bright cushions



Boho print cushions.
From a range available online. ETSY

changes can make a difference. Why not try a new colour scheme or update your favourite chair simply by changing cushion covers?

You can play safe and pick a colour that complements what you already have or take a risk with clashing colours which can sometimes pay off rather well, especially with pale, summery tones.

Adding texture can also make a pleasant change but leave chunky knits, velours and damask fabrics for the winter months. Linen and cotton (silk if you can afford it) are the kings of the summer and they can be ruched, buttoned, pleated or just plain and smooth. For an outdoor furniture solution dyed polyester will wear better and will not fade like natural fabrics.

Finding bright, new covers for any cushion that isn't square is not easy and unless you are a proficient seamstress, you will probably have to pack those round, oblong and sausage shaped ones away until autumn and resort to buying new ones for the summer.

CHANGING THE MOOD

Summer is here and it's time to make some changes to the soft furnishings of your home to reflect the change of season. While you may have already stripped the bedding back to the bare minimum in a bid to stay cool, the rest of your home

doesn't have to look quite so minimalist. Adding cushions with some fun prints and bright colours can really change the mood of a room, or an outside space.

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Artist Erik Parker, in front of his painting 'It's Time', which is the introduction to the exhibition. **ÑITO SALAS**

Erik Parker's pop jungle tinges the CAC with fluorescent humour

The American artist is displaying 40 of his colourful works from the last two decades, highlighting the way that his formats have evolved from square paintings to pyramids

FRANCISCO GRIÑÁN



MALAGA. The first image speaks to us. The face of a man splashed with more tones than a rainbow opens his mouth to show us a fluorescent island on his palate and tell us that 'It's Time', while pointing a finger at his temple as if to tell us it's time we thought about things. Or maybe he simply means that we are crazy. Whichever it is, or maybe it's both, this work is a perfect metaphor for Erik Parker's new exhibition Easy Freedom at the CAC Malaga. It offers us the easy freedom to enter, via his infinite palette, the pop jungle of this

American artist of German origin, who takes the tradition of underground and urban culture of his adopted country and accelerates it with multicoloured sensations. It is an exhibition of the past 20 years of his career, full of irony and humour, criticism and messages. "This is the biggest exhibition I have ever done, and it includes landscapes, figurative works, totems and pyramids; it is the first time they have all been on show together," the artist said at the inauguration. His works contain recognisable

references to politics, society, economic power, popular culture, music, sport, the history of art and, of course, war, including the Russian invasion of Ukraine. "While artists like Warhol displayed their messages clearly and directly, Erik Parker hides his ideas in the labyrinth of his pictures," explained Fernando Francés, who has curated the exhibition. Amid the colourful and apparently amusing works, the painter transmits "worry, doubt and hope, in that order," he said. The artist was keen to point out

THE EXHIBITION

- ▶ **Title.** 'Easy Freedom'.
- ▶ **Artist.** Erik Parker.
- ▶ **Curator.** Fernando Francés.
- ▶ **Works.** Forty pieces created with different techniques, which Parker has produced during his long career, from 2000 to the present day.
- ▶ **Where and when.** CAC Malaga, until 28 August.

that he uses so much colour to attract the spectator, not to give him a message but to "show him what is happening; I try to make a record of what is happening without giving an opinion, as there are visual references to war, but there always is some war," he said.

This visual interplay between the fluorescent polychrome and the small hidden icons is especially evident in his most recent works, for example the pyramid shape in pieces such as Feelin' Lucky, in which he categorises what makes him happy from the base to the top.

These are very autobiographical pieces, and one which particularly stands out is called World Class, in which we can see Parker's taste in music, with heavy metal being more senior in the hierarchy to the Rolling Stones, and we discover that he is a huge football fan, with Sergio Ramos near the top of the pyramid. Although if there is one sport he really loves it is basketball, because the very top of this hierarchy is taken by the winged god of the basketball court, Michael Jordan.

"I love basketball; did you see Stephen Curry in the recent NBA final?" the painter asked those attending the presentation, in case anyone had been in any doubt that sport is his other way of loving colours.

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UB40 and Sister Sledge head to Marbella for summer cultural festival

MARBELLA

Marbella Arena will offer a series of shows, family events and a concert in aid of children caught up in the war in Ukraine

TONY BRYANT

Marbella Arena has lined up a varied programme of concerts, gastronomic events and family shows that will take place in the former bullring in Puerto Banús throughout the summer season.

The season which kicked off last weekend with the Undercover tribute festival, will present top international bands, renowned classical musicians and a special concert by one of Ukraine's top rock groups.

The programme continues on Wednesday 20 July, when the orchestra and choir of Maggio Musicale Fiorentino take to the stage to present a performance of Beethoven's 9th Symphony. The orchestra consists of more than 150 musicians led by the world-famous conductor, Zubin Mehta, an Indian musical director famed for his work with the Israel Philharmonic Orchestra and the Los Angeles Philhar-

monic.

On Saturday 30 July, Sister Sledge, one of America's most successful female vocal groups, will offer a night of nostalgia with a show that will present some of the groups most celebrated disco anthems, such as We Are Family and He's the Greatest Dancer.

The sisters, who have sold more than 200 million records during their 50-year career, will be joined by local singer Mr Maph, a gospel singer who has worked alongside acts such as Imagination, Shakatak and Edwin Starr.

Legendary British reggae band UB40, fronted by Ali Campbell, will return to Malaga province again for a concert on Saturday 6 August.

The group, founded in 1978, are currently on the A Real Labour of Love 40th Anniversary tour, and the show will feature the hits from the band's Labour of Love album (along with numerous other classics), which is best known for including the song Red Red Wine.

Ukrainian rock band Okean Elzy will perform at the arena on Sunday 7 as part of their Help for Ukraine tour. The multi-award-winning group is recognised as the country's



Reggae band UB40 will perform in Marbella in August. R. HAUGHTON/EFE

best live rock outfit due to their unique musical style and their incredible on-stage drive and energy. The band is fronted by Slava Vakarchuk, who said his aim was to "raise funds for the Ukrainian children who are suffering during this terrible war".

Other events include the Ronqueo de Atún (19 August), a show hosted by sommelier Joaquín Cortés and chef David

Canca that mixes gastronomy with a live music show; and Teen Power, a family show that presents singing, dancing and rhythmic gymnastics performed by the popular YouTubers Karina and Marina.

The festival will close with two concerts (2/3 September) by Danish composer and singer Thomas Helmig.

Information and tickets: www.marbellaarena.com

events inspired by the artist's imagination and everyday life.

Erik Parker. *Until 28 August.* An exhibition by German artist Erik Parker called Easy Freedom.

MALAGA. *CAC Málaga - La Coracha. Cristóbal Toral, Una Aventura Creativa.* *Until 13 September.* The exhibition consists of 70 pieces including paintings, sculpture and installations.

Carmen Thyssen Museum

MALAGA. *C/ Compañía, 10. 10am - 8pm Tuesday to Sunday.*

Real(ismos). *Until 4 September.* Real(ismos) is the new temporary exhibition at the museum. It consists of over 80 works, paintings, sculptures, etchings, photos and drawings by artists such as Dalí, Miró, Picasso and Mallo.

Letters. *Until 25 September.* The Thyssen museum is exhibiting 34 letters written by artists such as Van Gogh, Frida Kahlo, Pissarro, Degas, Manet and Lucien Freud among others, alongside some of the most important artworks.

www.carmenthyssenmalaga.org

Museum Jorge Rando

MALAGA. *Until 26 September. C/ Cruz del Molinillo. www.museojorgerando.org*

The Jorge Rando museum is celebrating its seventh anniversary this year and has a special exhibition entitled Soldados by Jorge Rando. The new exhibitions at the Jorge Rando are Años jóvenes de un viejo maestro (1st part) and Ein ukrainisches Requiem, the latter painted this year by the artist.

www.jorgerando.org

Casa Gerald Brenan

MALAGA. *Until 28 October C/ Torre-*



Cristóbal Toral, La Coracha

molinos.

The exhibition series Estrellas para Brenan begins with an exhibition entitled Laberinto y locura by Malaga artist Diego Santos. The works are centred on the legendary dancer Josephine Baker who reached the peak of her career in the mid-twentieth century.

Chris Richford

VÉLEZ-MÁLAGA. *From 1 July, 8pm. Pianista del Carmen, C/Pepe Luis Conde.*

Chris Richford is exhibiting a selection of his paintings.

Caroline Krabbe

NERJA. *Until 17 July. Museo de Nerja.* A selection of ceramics and large for-

EXHIBITIONS

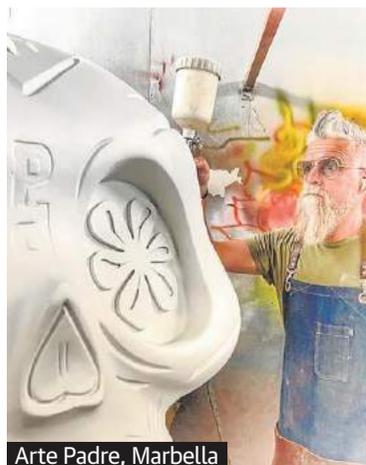
Calavera Padre

MARBELLA. *From 4 July until 30 September. Playa Padre Beach Club.* A total of thirteen contemporary artists will be decorating thirteen giant skulls designed by José Pinero. Each artist will demonstrate their own imagination in the final decoration.

Art for Freedom

MARBELLA. *8-10 July, Wadström Tönnheim Gallery. Polígono Nueva Campana, Local 37.*

An exhibition and sale of work by Ukrainian artists including Valeria Troubina, Daria Alyoshkina and Nazar Bilyk, among others.



Arte Padre, Marbella

Manuel Fernández Jimenez

MIJAS. *Until 18 July. Centro Cultural La Cala de Mijas.* A selection of paintings are on display by this artist.

Vuelvo a Málaga

MALAGA. *Until 22 August. Alfajar, C/Císter 1.*

The artist Encarnación Hernández is exhibiting a selection of her works including sculptures, paintings and jewellery. www.alfajar.es

Malaga Picasso Museum

MALAGA. *Museo Picasso Málaga, Calle San Agustín.*

Picasso Visto por Ortero. A selection of around 60 photographs from the Roberto Otero Foundation. Roberto Otero took photos of Picasso as he went about his everyday life and during his painting. There are some recorded conversations he had with the artist.

Paula Rego. *Until 21 August.* Nearly 90 works make up the exhibition by Portuguese artist Paula Rego. It includes large oil and pastel works as well as smaller formats and collages.

Cara a Cara: Picasso y Los Maestros Antiguos. *Until 26 June.* Works by El Greco, Francisco Pacheco, Giovanni Battista Caracciolo, Cornelius Norbertus Gijsbretsch, Bernardo Lorente

Germán, Diego Bejarano and Zurbarán will be displayed alongside those of Picasso to demonstrate links between his works and those of the old grand masters. www.museopicassomalaga.org.

Museo Picasso Casa Natal

MALAGA. *Until 2 October. Plaza de la Merced.*

The Japanese artist Yukimasa Ida is exhibiting a series of works including sculptures, paintings and drawings dedicated to Pablo Ruiz Picasso.

HM Queen Elizabeth II Platinum Jubilee Exhibition

GIBRALTAR. *Until 22 July. Gustavo Bacarissas Gallery, Casemates. Free.*

To mark the 70th anniversary of the Queen's accession to the throne. Organised by the Gibraltar National Archives. A full programme of events: www.culture.gi

Museo Ruso

MALAGA. *Edificio Tabacalera, Avda Sor Teresa Prat.*

La Razón de los Sueños. Las Formas y las Fronteras. *Until October.* The Russian Museum is hosting an exhibition of paintings, drawings and sculpture by many famous artists.

Centre Pompidou

MALAGA. *Muelle Uno.*

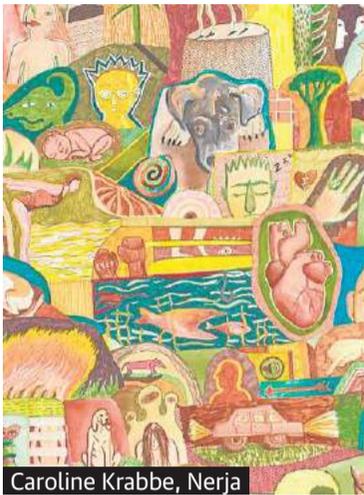
<https://centrepompidou-malaga.eu/>
Un Tiempo Propio. *Until 15 October 2023.* The new semi-permanent exhibition includes over 100 works by various artists such as Picasso's sculpture Girl With A Skipping Rope, sculptures by Philippe Starck and Hans Brockhage as well as works by Braque, Derain, Jean Coctain, Henri Matisse and Picabia among many others.

La Arquitectura Japonesa desde 1950: Espacios Plurales. *Until 19 September.* Since 1950, the Japanese architectural scene has hovered between modernity and tradition, between references to the West and immersion in Japanese culture. Japanese architecture has acquired a remarkable singularity and visibility all over the world.

Centro de Arte Contemporáneo MALAGA.

Charles Sandison. *Until 24 July.* The CAC is presenting a video created by British artist Charles Sandison entitled Rage, Love and Despair (2003). The content of the video reflects the emotions of rage, love and despair through coloured words that float across the screen and collide.

Ben Sledsens. *Until 11 September.* An exhibition by Belgian artist Ben Sledsens. It consists of 16 works in varying formats representing fictitious



Caroline Krabbe, Nerja

mat drawings by artist Caroline Krabbe will be on display.

Leonor Hernández

TORROX COSTA/EL MORCHE. From Until 28 July. Bio Beach Club Restaurant.

The artist from Zamora but based in Torrox, Leonor Hernández, presents her exhibition Collages.

Excellence Art Gallery

JEREZ DE LA FRONTERA. Until 31 July. Palacio del Virrey Laserna.

Attendance to the inauguration of the international collective exhibition Palacio del Virrey Laserna XIII at 9pm by email: info@excellenceartgallery.com or call 642219129. Dress code required. Many of the artists will be at the inauguration which will have TV and media coverage.

Adrian Ensor

GRANADA. Until the end of the summer. Casa Natal Federico García Lorca, Fuente Vaqueros. Free.

Renowned black and white photographic print artist Adrian Enson is exhibiting photos of Lorca.

La Luz de la Alpujarra

ALPUJARRA. Until 31 July. Eco Tourism Centre Alquería de Morayma.

An exhibition of watercolours by Annabel Keatley and Paul Armitage.

MUSIC AND DANCE

La Cochera Cabaret

MALAGA. Avda de los Guindos.

1 July, 10pm. Rafa Romera.

3 July, 9pm. The Four Stations, tribute to Il Divo.

Tickets: www.lacocheraentradas.com/

The Hole X Cabaret

MALAGA. Until 10 July. Recinto Ferial, Malaga.

Wednesdays and Thursdays. 8.30pm.

Fridays and Saturdays. 6pm and 10pm.

Sundays. 6pm.

Tickets: www.theholeshow.com

Museum concerts

MALAGA. Free.

Museo Carmen Thyssen.

1 July, 7pm. Orquesta de Guitarras de Málaga.

1 July, 9.30pm. Themes from James Bond films.

2 July, 9.30pm. Cravat & Liquidisky.

8 July, 9.30pm. Chipi La Canalla & Javier Galiana.

www.carmenthysseomalaga.org/

Malaga Museum.

5 July, 10pm. Maga.

6 July, 10pm. Las Migas.

7 July, 10pm. Rosario la Tremendita.

Tickets: mumu.sacatuentrada.es

www.musicaymuseos.es

Museo Ruso.

1 July, 8pm. Veladas de San Petersburgo.

Rock&Roll and Black Music concerts as well as workshops and exhibition.

MIJAS PUEBLO. Free.

Casa Museo.

1 July, 8pm. Jesús Osuna presents his new release Insignificante.

VÉLEZ-MÁLAGA. Free.

Mvvel (Museo de Vélez-Málaga).

7 July, 8pm. Barroquísimo concert.

Louie Louie Bar

ESTEPONA. Estepona port.

1 July, 11pm. The Rabbit Holes. Indie folk rock with funk and flamenco.

1 July, 1am. Dj Le Fox.

2 July, 1am. We Are Not Djs.

10 July, 9pm. Improlab +UMO

10 July, 12am. Dj LeFox.

www.louielouierockbar.com/

International choirs in concert

TORRE DEL MAR.

1 July, 9pm. San Andrés church. Coro Joven de Stella Maris and Coral Stella Maris.

2 July, 9pm. Salón del Mar. Coral Aida and Coro Averroes.

3 July, 8.30pm. Salón del Mar. Coro Joven Stella Maris, Coral Stella Maris, Coro Averroes and Coro de directores.

International Guitar Festival

VÉLEZ-MÁLAGA. Various venues.

1 July, 9.30pm. Claustro Convento San Francisco. Inaugural concert with Carlos Piñana, José Antonio Chacón, Cristóbal Muñoz and Miguel Ángel Oregón.

2 July, 9.30pm. Patio Mvvel. De Aranjueza a la Alhambra with David Eres Brun and Dedos con Duende with Pedro Navarro and Luis Castany.

3 July, 9.30pm. Palacio de Beniel. Closing concert. Classical guitar concert with Javier García Moreno.

Ojeando festival

OJÉN. 1, 2 July. Escenario Patio, C/Colegio.

The festival returns with a mix of rock, indie and pop music. A full listing of events and how to obtain tickets: www.ojeandofestival.com

Ciudad de Málaga Flamenco Festival

MALAGA. 1, 2 July, 9.30pm. Calle Alcazabilla.

Performances Duquenque, Rancapino



Adrian Ensor, Granada

Hijo, Chato de Vélez and Laura Román among others.

Festival Anfitrión

FUENGIROLA. From 6 July until 25 August. Castillo Sohail.

The festival will include concerts, dance performances, circus and flamenco ballet. More details and tickets: www.juntadeandalucia.es/cultura/festivalanfrion/espacios/castillo-de-sohail-fuengirola and www.marenostrumfuengirola.es

Starlite

MARBELLA. Until 3 September. Auditorium of the Casa de Cultura.

The line-up for this year's edition of Starlite Occidental includes performances by Diana Ross, Sara Baras, Rapahel, Malú, Simple Minds, Christina Aguilera, Ara Malikian, Andrea Bocelli, Plácido Domingo, Jessie J, Ozuna, Myke Towers, Alan Parsons, Chucho Valdés and Vanesa Martín (1 July) among many others. Tickets and a complete programme of events: <http://starlitemarbella.com/es/>

Terral Music Festival

MALAGA. Until 5 July. Teatro Cervantes, C/ Ramos Marín.

The music at the festival spans many different genres from different parts of the world, including bossa nova, flamenco, fado and afro-cuban.

Sophie Festival

TORREMOLINOS. From 3 July until 28 August. Palacio de Congresos de Torremolinos.

Electronic music festival taking place every Sunday for nine weeks. Includes artists such as Paul Kalkbrenner, Apollonia or Jamie Jones. www.sophie.es

FLAMENCO

Noche Flamenca

ZAMBRA. 2 July, 10pm. Recinto Deportivo.

Featuring Manuel Curao. Also Vicente Soto Sordera, Duquende, Antonio Reyes, Argentina and Julián Estrada (vocals); Vicente Santiago, Niño Seve, Paco León, Bolita and Manuel Silveria



La Tremendita, Malaga Museum

(toque) and the Araceli Muñoz dance company.

Flamenco seminary, performances and classes

MALAGA. Until 3 July.

The VIII Seminario Internacional de Flamenco de Málaga will include classes at basic and advanced levels given by Antonio Najarro, La Truco, La Moneta, El Yiyo, La Lupi and Macarena Ramírez. An online flashmob flamenco dance will be shown 3 July on the Escuela de Flamenco de Andalucía (EFA) Facebook page. More info: www.escueladeflamencoandalucia.es

FIESTAS AND FERIAS

Día de la Trilla

SEDELLA. 3 July.

At 11.30am the municipal marching band will be performing followed by a verdiales group. An exhibition will open in La Ermita at 12.30pm and during the day there will be wine tasting as well as a chance to sample the local goat dish, salads and gazpacho. Live music will be provided by the Sol y Mar orchestra and Planeta 80.

Feria de Estepona

ESTEPONA. 5-10 July.

Concerts, flamenco and contemporary dance performances head the varied list of events for the festival. <https://ayuntamiento.estepona.es/>

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CHARITY

ARCH

ALHAURÍN EL GRANDE. *Sundays, 9am-4pm, Viña Borrego.*
The ARCH team at the Rescue Centre for Horses and Donkeys hold popular Sunday open mornings. Children can groom the donkeys and ponies, and volunteers are on hand to explain the charity's work. More information on Facebook: Centro Andalusi de Rescate de Caballos or www.horsescuespain.org

ADANA coffee mornings

SABINILLAS. *First Friday of every month. Luna Nueva, on the seafront.* Home-baked cakes, scones and biscuits, donated items for sale and an occasional raffle.

Golf tournament for Horizonte Proyecto Hombre

MARBELLA. *9 July. Club de Golf Aloha,* Individual Stableford format of play. Various mens and ladies categories, prizes. Email: reservas@clubdegolfaloha.com or call 952907085

MORE IDEAS

Garden Open Day

ALPUJARRA. *3 July, from 11am until 6pm. Jardín Alpujarra, Cortijo Opazo, Pórtugos, Granada. 3.50€* Stroll around the beautiful gardens and enjoy homemade light refreshments. <https://www.jardinalpujarra.com/>

Courses for persons with autism Aspergers or ADHD

TORROX. *1 July. Training Studio, C/Alta 39, Torrox Pueblo.* Small English-speaking groups to take part in creative workshops, prac-

tice wellbeing techniques and a chance to meet and share experiences. The workshops are run by artist Helen Purdie who is herself autistic. Contact helen.purdie@hotmail.com

Family English Cemetery Days

MALAGA. *Saturdays, 10am-2pm.*

Avda de Pries, 1.

Are you looking for a family activity for Saturday mornings, which is fun, educational and in the open air? Book a family visit to the English Cemetery and they will provide a route to follow to discover some fascinating Malaga history, and games to play along the way - all in both English and Spanish. Reserve a time slot on <https://cementerioinglesmalaga.org/en> under the "visits" tab. Language, history and art teachers are also welcome to contact us via the web about this and other activities we can provide.

Night Market with live music

ALCAUCÍN. *Every Friday and Wednesday from 7.30pm. Puente de Don Manuel.*

Live music at Luna Chill ecological and artisan market. Children's area and food and drinks are available. Musicians are invited to join in.

Lux Mundi

TORRE DEL MAR. *Lux Mundi Ecumenical Centre, Avda Moscatel. 952 543 334,*

luxmundi@lux-mundi.org.

St Barnabas IERE Anglican Mass.

Morning prayers on 1st Sunday; Communion on 2nd, 3rd and 4th Sundays, 11am. 657 286 284

Coach trip to Colomares Castle,

Fuengirola and Molina de Inca

Botanical Gardens. *14 July. Bookings: 952543334 or email: luxmundi@lux-mundi.org*



Garden open day, Alpujarra

ORIGINAL VERSION FILMS

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

Yelmo Cines, Plaza Mayor

MALAGA. *Centro de Ocio, Plaza Mayor. Tel: 902902103.*

Top Gun Maverick: 12.50 (Sun), 19.50 (Tues).

Minions: The Rise of Gru: 12.30, 14.30 (Sun); 18.15 (Fri-Sun, Wed); 18.30 (Mon, Tues, Thurs).

Jurassic World Dominion: 12.50 (Sun).

Lightyear: 12.05 (Sun), 18.50 (Tues).

Black Phone: 21.05 (Tues).

Elvis: 18.50 (every day); 20.30 (Tues).

Yelmo Cines, Rincón

RINCÓN DE LA VICTORIA. *C/ Arroyo Totalán. Tel: 902220922. www.yelmocines.es*

Lightyear: 22.20 (Tues).

Minions: The Rise of Gru: 20.30 (Tues).

Top Gun Maverick: 20.10 (Tues).

Black Phone: 21.30 (Tues).

Elvis: 18.50 (Tues).

Yelmo Cines, Vialia

MALAGA. *Centro Comercial Vialia. Tel: 902220922*

Lightyear: 22.20 (Tues).

Elvis: 18.50, 21.55 (Tues).

Top Gun Maverick: 12.05 (Sun); 19.50 (Tues),

Everything, Everywhere, All at Once: 12.40 (Sun).

Minions: The Rise of Gru: 12.20,

15.30 (Sun); 19.30 (Tues), 21.30 (every day).

Cinesur Miramar

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

Minions: The Rise of Gru: 12.00 (Sat, Sun); 16.30, 18.30 (every day).

Elvis: 11.45 (Sat, Sun); 16.30 (every day); 19.30 (Sat-Thurs).

Top Gun Maverick: 21.30 (Fri-Sun, Wed); 20.00, 22.30 (Mon, Tues, Thurs).

Jurassic World Dominion: 22.00 (every day).

Black Phone: 22.30 (every day).

Lightyear: 12.15 (Sat, Sun); 16.20 (every day).

Ballet: The Red Shoes: 21.15 (Mon).

Cinesur Ingenio

VÉLEZ-MÁLAGA. *Avda Juan Carlos, 1. Tel: 667773187.*

Jurassic World Dominion: 11.55 (every day).

Minions: The Rise of Gru: 12.20 16.30 (every day).

Lightyear: 11.45 (Sat, Sun), 16.15 (Sat, Sun).

Elvis: 12.05, 21.00 (every day); 16.25 (Tue).

Black Phone: 18.40 (Tues).

Ballet: The Red Shoes: 21.15 (Mon).

Cine Albéniz

MALAGA. *C/ Alcazaba, 4. Tel: 902360295. www.cinealbeniz.com.*

Elvis: 18.00 (every day except Wed), 22.30 (Wed).

Cinesa

MARBELLA. *La Cañada Commercial Centre.*

Jurassic World Dominion: 15.45 (Mon-Thurs).

Top Gun Maverick: 19.05 (Tues, Thurs); 22.00 (Mon, Wed).

Minions: The Rise of Gru: 22.20 (Mon-Thurs).

Red Dog

PUERTO BANÚS. *Avda Julio Iglesias. <https://reddogcinemas.com/>*

Jurassic World Dominion: 15.00, 19.45 (Sat, Sun), 19.20 (Mon-Thurs), 17.00, 21.50 (every day).

Elvis: 16.45, 21.20 (Sat, Sun); 17.00, 21.45 (Mon-Thurs).

Lightyear: 12.00 (Sun); 15.00, 17.45 (Sat, Sun); 17.15 (Mon-Thurs), 19.45 (every day).

Black Phone: 22.45 (Sat, Sun); 22.40 (Mon-Thurs).

Sonic the Hedgehog 2: 12.00 (Sun).

The Bad Guys: 12.30 (Sun).

Top Gun: Maverick: 17.30, 20.00, 22.20 (Sat, Sun); 17.00, 19.20, 21.45 (Mon-Thurs).

Minions: The Rise of Gru: 12.00 (Sun); 15.00, 16.45, 18.30, 20.15 (Sat, Sun); 17.00, 18.45, 20.30 (Mon-Thurs).

Autocine Málaga

MALAGA. *Guadalhorce Industrial Estate. www.autocines.com/cine-malaga/*

Minions: 22.00 (every day until 13 July).

Cine Abierto

MALAGA. *From 1 July until 29 August. Various venues.*

A total of 128 projections, 40 in the Cine Albéniz (at 11am), 34 on beaches and 23 in parks (at 10.15pm). Only the Cine Albéniz showings need a ticket, the rest are free. <https://festivalde-malaga.com/cineabierto>

tre talk radio europe

What you up to?

Listening to Viewpoint on TRE it's getting heated ✓

What they talking about?

Ukraine of course, you should join the debate ✓

BTW tune into the Lawyer later – I sent in a question re Spanish Wills

Oh good, I'll listen out for it ✓

Did you hear the Citizens Advice Bureau on Post-Brexit issues last week?

Yes, I did. Thank goodness TRE keeps us in the loop. ✓

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'Weekers' return to Torre del Mar for first festival since 2019

TORRE DEL MAR

The Hives, Third World and Nicky Jam and; just some of the names on the Weekend Beach lineup from 6 to 9 July

JENNIE RHODES

TORRE DEL MAR. From Wednesday 6 to Saturday 9 July, the Poniente beach area of Torre del Mar will be once again humming with the sounds of the Weekend Beach Festival.

Finally back after a three-year hiatus due to the pandemic, 'Weekers' will be hotly anticipating the return of this popular music event, which in the past has seen the likes of Black Eyed Peas, the Prodigy



US singer Nicky Jam. SUR

World will be taking to the stage.

As before, there will be three stages offering different music styles from Spanish rock and pop, reggae to reggaeton and the legendary dance music stage that keeps revellers dancing until the early hours of Thursday, Friday, Saturday and Sunday mornings.

Other highlights include Bastille, Residente and festival veterans such as La Pegatina, Miss Bolivia and Fyahbwoy.

As well as the music, there'll be a wide range of food and drinks stands as well as 'market' style stalls offering everything from festival souvenirs, clothes, tattoos and more.

Tickets are on sale at: www.weekendbeach.es and options include transport, camping and individual day tickets.

and David Guetta.

This year Swedish alternative rock band The Hives will be headlining, along with US reggaeton star Nicky Jam, Spanish popstar Rozalén and Jamaican reggae band Third

What royals eat

ANDREW J. LINN



There is a sector of the public that never tires of seeing photos of celebrities and soccer players. When the glossy magazines appear each week, they read everything they can about their private lives, their cars, their holidays and their way of life. Also what they eat and drink. It is apparent that such people have their favourite wine merchants, green-grocers, butchers and fishmongers. We know for example that Spain's Queen Letizia is a regular at Frutería Vázquez and her meat comes from Grupos Norteños. She is regularly seen

at La Coruñesas fish market, which opened its doors in 2014, and in which she has been seen together with her stylist, Eva Fernández. There Doña Letizia also buys dried fruit, rice, teas and coffees in bulk.

The British royal family don't go shopping. There are about 100 suppliers that are entitled to refer to themselves as Royal Warrant Holders, and the relationship is governed by a contract whose most important condition is confidentiality. Items like garlic, foie gras and shellfish are forbidden. Although such chosen suppliers may use the

royal crest, this cannot be placed on all their produce, only those which they supply to royalty. The list is almost endless and includes purveyors of all the horse riding paraphernalia, umbrellas, tailors, hazelnuts, automobiles (Aston Martin), wine, chocolate, champagne (not Moët et Chandon), Penhaligans cologne, whiskey (Laphroaig), sausages and tonic water.

All this information came to light when Darren McGrady, who worked as a chef at Buckingham Palace for more than 20 years, spilled the beans in a newspaper interview.

WINE OF THE WEEK

Malcorta 2021
Javier Sanz is probably one of the best wine-makers in Rueda and this 2021 vintage, made from Verdejo, is delightfully crisp and refreshing. About €19.



Marina Playa: the best sardines on the Costa del Sol

Restacks. The Marina Playa beach bar won first prize in the V Ruta del Espeto which was organised by SUR

MATÍAS STUBER



The 'espeto', or sardines on a skewer, is a simple dish in appearance but has become an art form associated with the chiringuitos (beach bars) of the Costa del Sol.

The art of the espeto has long been recognised, not only in the cooking but also in the eating. There is a popular story that when King Alfonso XII visited Andalucía in 1885, he stopped (at the end of that trip) in the district of El Palo in Malaga city. It is said that at the La Gran Parada restaurant he was invited to taste the typical Malaga 'espetos de sardinas'. The owner of the chiringuito, Miguel Martínez Soler, instructed the king on how to eat the fish correctly - with his fingers and not with a knife and fork.

The final of the fifth edition of

the Ruta del Espeto, an event organised by SUR, sponsored by Turismo Andaluz and Sabor a Málaga with the support of the Association of Chiringuitos de la Costa del Sol and Cruzcampo, was held last Tuesday at El Balneario restaurant.

The five establishments that had made it through to the final had to cook the delicacy live and then submit it for tasting to a jury headed by SUR's food critic Enrique Bellver. The chiringuitos in the final were: La Batea Churrienera (Malaga), Narval Marisquería (Malaga), Restaurante Las Acacias (Malaga), Chiringuito Royal Beach (Mijas) and Marina Playa (Rincón de la Victoria).

Marina Playa, a family business for over three decades, was awarded first prize by the jury. The



The winners of the competition holding the SUR trophy. SUR

Narval Marisquería chiringuito won the prize for the public vote.

The event was also an opportunity to pay homage to the espeto. Between five or six sardines are carefully threaded onto an aluminum skewer. They are cooked to perfection over the heat of hot embers. The smoke impregnates everything with the characteristic aroma of chiringuitos.

With the crowning of the new 'espetero' kings, tribute was also paid to the tradition of the dish and the best way to prepare it:

"The secret is to put love into it. You need to like what you are doing. And having the fire at just the right point, of course. If the embers are good, three minutes on each side and you have the perfect espeto," explained Miguel Díez de los Ríos, the person behind the coals at Marina Playa.

Miguel speaks with the experience of someone who has grown up in the beach bars of the Costa del Sol. He has been a Paleño, (native to El Palo in Malaga), practicing the noble profession of

espetero since he was 16.

The awards ceremony was preceded by words from the Editor-in-Chief of SUR, Manuel Castillo, who highlighted the commitment of SUR to the guild of the chiringuiteros and the espeto as a culinary speciality.

"Congratulations to all of you who have taken part. For this newspaper it is a great satisfaction to be able to meet you every year and to do our bit to contribute to the promotion of the espeto," he said.

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What medical check-ups should we be having at our age?

A brief guide to the screenings and tests we should all have in order to stay in good health as we get older

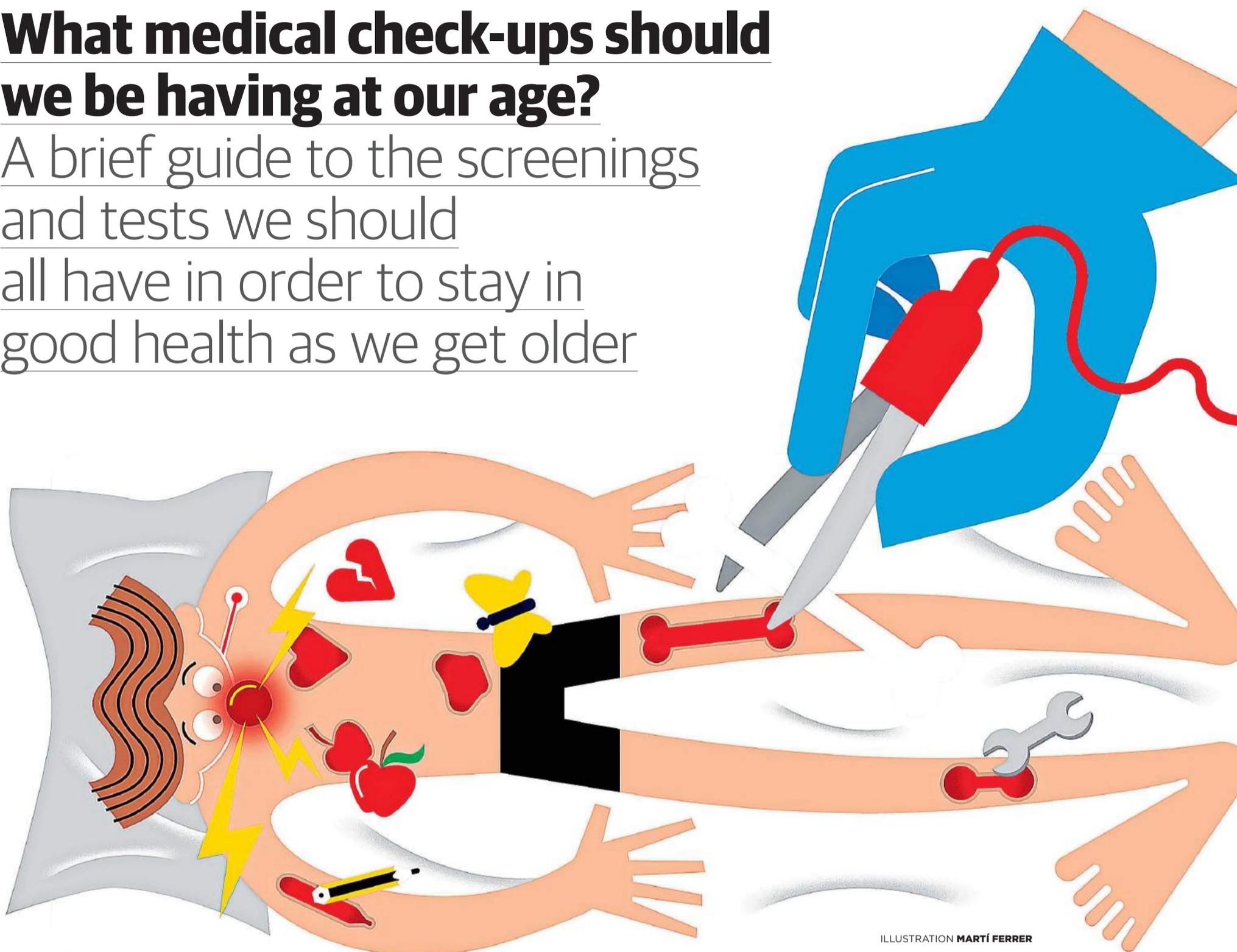


ILLUSTRATION MARTÍ FERRER

SOLANGE VÁZQUEZ



A long time before we realise it, our bodies age inside. We may have no visible signs or symptoms to

show that this is happening, but around the age of 20 the battle begins. Or the decay, to use that awful word, but it does describe the way we evolve physically because once we have lived for a couple of decades the functions of our body begin to diminish.

We will still have a few years of ignorance about what is happening, because the deteriora-

tion is very slow at first, but by the time we realise what is going on the loss of function which began in the prime of life is already 80 per cent complete. In other words, when it can no longer be hidden.

“Although certain important medical indicators in the ageing process, such as hormone levels, start to drop from the age

of 25 after having reached their peak, it isn’t until 40 or 45 that we start to notice the consequences,” says José Serres, president of the Spanish Society of Anti-ageing and Longevity Medicine (SEMAL), who is a renowned expert on the subject in Spain.

What do people normally notice first? Basically things that

aren’t like they used to be, he says: worse digestion, more fatigue after effort, for example. These are normal signs and nothing to be concerned about, but even people who boast that they never have to see a doctor should have check-ups from time to time, to maintain good health and prevent certain ailments.

How often should those check-ups take place? Fidel Fuentes, the head of A&E at the IMQ clinics, says there is a simple way of remembering: “every three years is reasonable for people under 40, every two years for those aged between 40 and 50 and every year from 50 onwards,” he says.

To be more specific, here is a guide to the ‘MOTs’ which are recommended for each age group.

Twenties and thirties

Remember that we are talking about healthy people, so does someone in their twenties or thirties really need check-ups?

“If anyone is worried about

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something, at any age, they should see a doctor but not panic about it," says Dr Fuentes. For those in their twenties, a blood test is a good idea every three or four years to check that the defences (leukocytes) are OK, sugar levels, iron and cholesterol, (which because of our poor diet is occurring at an increasingly earlier age).

Will that be enough? No. At this age, the greatest risks to health are athletic exertion and sexually transmitted diseases. For obvious reasons, the body asks for and allows both. So, sporty types are recommended to do stress tests (once a year if they do high-intensity exercise) and those who are sexually active are advised to check for STDs.

"Of course, we also have to pay attention to early detection of cervical cancer in women aged 25 to 35 with a smear test every three years, and from that age a test for HPV (human papilloma) to the age of 69," says Francisco José Sáez, the head of the Chronicity group at the Spanish Society of General and Family Doctors (SEMG).

Dental check-ups should be

done annually, and eye tests every two or three years as long as no problems have arisen. All these recommendations are for people in their twenties.

Do things change much once we're in our thirties? The frequency of blood tests need not vary if no specific problems are discovered, but it is important to start paying attention to the skin and any moles or marks that start to occur and don't look good.

In our forties

Everything is probably going to go smoothly in this decade, as long as we look after ourselves a little and have no family history of serious illnesses. Of course, the check-ups should continue as before, but the blood tests should be done more frequently, every two years or three at the most.

Women should keep an eye on their menstruation because if it stops it could be an ovarian problem and not an early menopause. Anything else? Yes, eye-sight checks! Men and women normally note a loss of sight around the age of 45: nearly eve-

Detective work

Some groups of people, because of their family or personal medical history, need more check-ups than the population in general

Smokers

Lung cancer is a sword of Damocles hanging over them, so from their thirties onwards they should be checked regularly for this.

Chronic illness

The normal monitoring by the health service should be sufficient in most cases.

High-performance athletes

From the age of 16 athletes who do high-intensity sports should have stress tests every two or three years until they are 35, when the tests should be carried out annually. Anyone who starts practising sport at that age and has never had a stress test should also do so.

People who are obese

The risk of diabetes, high blood pressure or vascular illness needs to be controlled. And they should change their diet and lifestyle habits as soon as possible.

ryone suffers from eyestrain and needs glasses, so annual eye tests are necessary.

In our fifties

This is the turning point, when we should start looking after ourselves better. "The prevalence of tumors increases," says Dr Fuentes, so there is more screening for breast and colon cancer on offer and we should make sure we don't miss it. Smokers need to check for signs of lung cancer, and women still need to continue with cervical smear tests.

High blood pressure, coronary problems and cholesterol must all be controlled because otherwise they can lead to serious cardiovascular problems.

For men, prostate checks from the age of around 55 are a must, especially if they notice changes in erection or urination.

In our fifties, we also start to lose hearing and notice that we can't always make out words if there is noise in the background... so if that is the case, it's best to get it checked.

"At this age many people who have never bothered with check-

ups discover that they have high cholesterol and triglycerides, they are overweight (sometimes they think it's no big deal, but it is starting to be a problem) and their blood pressure is high," says Dr Fuentes.

Well, this is the time to start taking these things seriously.

Sixties upwards

Once we reach our sixties it is advisable to get older with as high a quality of life as possible, so check eyesight, hearing, dental health... all in addition to the check-ups we have been accustomed to having in previous decades.

"There is no need to get obsessed over the check-ups, but if someone is healthy and has one and doctors spot something that isn't quite right then they can do something about it by changing lifestyle habits or re-direct things that aren't being done well," says Dr Fuentes.

And then, of course, if we are taking medication for a chronic condition, we need to check occasionally to make sure that it isn't having any negative effect on any of our body's functions.

If any decade can be described as a turning point at a medical level, it's our fifties



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Malaga's Wimbledon hopeful crashes out on penalty point

Alejandro Davidovich had taken the match to a super tiebreak, but an unnecessary show of anger meant he lost the crucial final point

PEDRO LUIS ALONSO

MALAGA. Alejandro Davidovich's short run at Wimbledon this year has come to an end after the Rincón de la Victoria local lost 3-6, 7-5, 7-6 (2), 3-6 and 6-7 (7) to Jiri Vesely on Wednesday.

The match played out similarly to the clash he won on Monday against Hubert Hurkacz. Vesely (ranked 68) forced a fifth set and Davidovich (37) took the match to a super tiebreak.

But a bizarre and unnecessary show of anger meant that the Spaniard was given a second code violation warning, which is penalised with a point being awarded to the opponent. At that moment, Vesely was 7-9 up in the super tiebreak, in what was the first match point of the afternoon after nearly four hours of play.

Lack of luck

Things hadn't gone Davidovich's way throughout the match against an opponent who was, on paper, easier than Hurkacz, but no less powerful.

The Andalusian used patience to his advantage, got progressively better, overturned a one-set deficit and became the unlikely favourite to make it through to the next round, even though it wasn't the easiest of matches.

When everything seemed to be working well for Davidovich and he was winning 2-1 on sets,



Davidovich chases the ball during his latest Wimbledon match. EFE

his opponent stepped up his game several notches and his fourth set performance was close to being immaculate; it stunned the Andalusian.

The Rincón local's only chance of winning his third set was in the sixth game, when he was 15-40 up, but his opponent's consecutive aces made it difficult to take advantage. Then, Vesely broke Davidovich's serve in the eighth game after the Spaniard cheekily hit an underhand serve, which wasn't necessary, and eventually forced a fifth and final set.

A further break by Vesely seemed to doom Davidovich, but he bounced back as he did in Monday's game against Hurkacz and took the match all the way to the

end. It was his outburst of anger that cost him the potential win.

In points totals, Vesely won 180 compared to Davidovich's 176, which goes to show how tight the clash was.

Harsh on himself

"You learn from this and I'll try and not let this happen again in the future. I committed an error that I need to take responsibility for. Finishing like this isn't cool, though I'm happy with the performance," Davidovich coldly said after the match.

The Andalusian will next play in the Swedish Open, the Hamburg Open and the Swiss Open, which are played on clay, as his hopes to win some silverware continue.

Spanish players find varying degrees of success at the All England Tennis Club

Rafa Nadal, Carlos Alcaraz and Paula Badosa are in the third round, though Garbiñe Muguruza and Roberto Bautista failed to advance

SHAY CONAGHAN

MALAGA. Spanish players Rafa Nadal, Carlos Alcaraz and Paula Badosa are so far doing well at the All England Tennis Club and by Thursday had booked their place in Wimbledon's third round. Others, such as Garbiñe Muguruza and Roberto Bautista, have had a harder time progressing to the tournament's latter rounds.

A month after winning his record-breaking 14th French Open title and 22nd Grand Slam, Rafa Nadal made his return. After struggling to shake off a foot injury, his 2022 Wimbledon debut was far from ideal, as he had a first-round scare against Francisco Cerúndolo; he dropped a set when he was 2-0 up, but ultimately prevailed against his Argentine opponent to win 6-4, 6-3, 3-6 and 6-4.

Nadal played his second-round game on Thursday afternoon against Ricardas Berankis. The Spaniard was winning by two sets to one when rain stopped play at the time of going to press.

Young hopeful

Jan-Lennard Struff had Carlos Alcaraz playing his best tennis in the first round. The Spaniard closed out a complex match whose five sets swung back and forth between the two players,

with Alcaraz eventually winning 4-6, 7-5, 4-6, 6-7 (7) and 6-4.

In the following round, the young Spaniard found less resistance in Tallon Griekspoor, who he steamrolled in straight sets to win 6-4, 7-6 (7) and 6-3. He will face Oscar Otte today, Friday, for his place in the round of 16.

Women's tournament

Paula Badosa also breezed through the first couple of rounds. The highest-ranked female Spanish player had no problems beating Louisa Chirico 6-2 and 6-1, giving her American opponent almost no chance at countering her.

Badosa also showed Irina Bara no mercy in the following round on Thursday, the Spaniard once again winning in straight sets (6-3 and 6-2), though the Romanian didn't totally give in. Badosa will play her third-round match against Petra Kvitová on Saturday.

Unsuccessful runs

Spain's Roberto Bautista had high hopes going into Wimbledon after making it to the final at the Mallorca Open. He got his run off to a good start by breezing past Attila Balázs 6-1, 6-0 and 6-3, but a positive Covid test meant that the veteran Spaniard had to pull out from his second-round appearance against Daniel Galán.

Garbiñe Muguruza, who has had a bad 2022 with just eight wins (only one at a Grand Slam) and eleven defeats, crashed out of Wimbledon in the first round. Muguruza, who won Wimbledon in 2017, seemed to be no match for Greet Minnen and lost 6-4 and 6-0.

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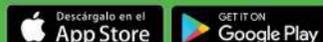
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Nerja successfully host the Spanish National Athletics Championships

Isidro Leyva and the Nerja athletics club took home medals at the event, but other local athletes missed out on a chance to step on the podium

MARINA RIVAS

MALAGA. The best athletes from across the country were in Nerja last weekend, as the Spanish National Championships were held for the first time in the town. Despite the home advantage, pole vaulter Isidro Leyva was the only local medalist in individual events, with the Nerja club athletics team taking gold in the 4x100m relay.

Competitors also had the opportunity to set a minimum time in their respective disciplines that would allow for them to qualify for August's European Championships.

Limited success

Nerja pole vaulter Isidro Leyva finished third in his competition and picked up a bronze medal on Saturday, thanks to his 5.35 metre jump, which was enough for him to secure his place on the podium. He easily cleared the benchmark that had been set with a five and 5.25 metre jump, before going on to set his bronze-winning score of 5.35 metres. Knowing that he had



Isidro Leyva was the only local medalist at the championships. M. RIVAS

secured at least third place, the Nerja local even tried to beat his season-best score of 5.5 metres, but it proved to be too much.

After suffering a hamstring injury six months ago, this latest feat comes just a month after Leyva became the Spanish University champion.

Host club Nerja Atletismo picked up a gold medal in the 4x100m relay on Sunday. It was the first time the club had finished first in this discipline, thanks to the four sprinters' combined time of 39.88 seconds.

Intense competition

Even though there were no local gold medalists, the weekend-long competition saw multiple personal bests, several records bro-

ken and a lot of local talent on display, particularly two of the best in Leyva and Ouassim Oumaiz, though the latter's weekend didn't go to plan.

Oumaiz, a long-distance runner who had already set his minimum time to qualify for the world championships, decided to give his all to try and win gold in the 5,000-metre race. However, the runner was in fifth place when he pulled out with barely 150 metres left because of an injury.

Another local, Alejandro Romero, booked his place in Sunday's 110-metre hurdles final, following an impressive semi-final performance where he finished second in his heat and broke his personal record, but he placed last in the final.



The 100-metres final at the Malaga meeting. MIGUE FERNÁNDEZ

Malaga city club put on first athletics meeting, attracting 400 athletes from 15 different countries

MARINA RIVAS

MALAGA. Malaga Club de Atletismo hosted their inaugural international meeting on Tuesday at the city's athletics stadium. Over 400 athletes from 15 different countries took part, as the club hope that the event can grow and become a staple on the international athletics scene.

The date of the meeting was

an easy decision for organisers, who chose to host the event in the days following the National Athletics Championships in Nerja. That allowed for many athletes to take advantage of their presence in the area.

Such was the case for Javier Cienfuegos, Spain's most successful hammer thrower, who also broke his personal best at the event; shot-putter José Antonio Pinedo; sprinter Lara Gómez; and Maialen Axpe, pole vaulter.

It was a much more relaxed atmosphere than a typical international meeting, as athletes didn't have the usual amount of pressure on them to perform, focusing more on improving their own scores and breaking their records. In the end, it was a good trial run for future events in the city.



Granada CC win regional league

Granada Cricket Club won the Southern T20 League, hosted at the Cartama Oval. The six-match tournament, which began in May, saw Granada win five and lose one, finishing ahead of Costa del Sol CC, Malaga CC and Seville CC.



CP Mijas Voley pose with members of La Cala Lions. SUR

Success for Mijas volleyball team with local support

SHAY CONAGHAN

MALAGA. CP Mijas Voley's under-16s female team have brought an end to a fantastic season, winning their league, the Andalusian championships and finishing third in

the Spanish championships.

The team, which is part of CP La Cala de Mijas volleyball club, recently visited one of their main sponsors, La Cala Lions, where they posed together for a photo with the two trophies they won during the

season.

CP Mijas Voley under-16s' journey to success began with their impressive form in the league and they would end up winning the province's top tier Liga Oro undefeated.

Journey to the top

That ensured their place in the Andalusian championships. CP Mijas Voley continued to impress in the first phase, winning their group and making it to the tournament finals in Seville.

The team defied all odds and took gold in the final against Tomares, and in turn sealed their spot in the Spanish championships, which was partly funded by La Cala Lions Club.

CP Mijas Voley continued their impressive form in the national event, which was held in the Murcia region, topping their group by beating their three opponents.

But their run finally came to an end in the semi-final, though the Andalusian side still picked up a bronze medal as they won the third place play-off.



Malaga head coach Pablo Guede talks with his assistant, Francisco Bravo. **MARIANO POZO**

Malaga make more moves ahead of the new season

The Blue and Whites continue preparations for the upcoming campaign with new signings and pre-season plans to bring players up to speed

A. GÓNGORA / S. CONAGHAN

MALAGA. Malaga's preparations for the upcoming league season are well and truly under way, with a ten-day pre-season training camp planned in Estepona as well as a 1.5-million-euro investment from Malaga city hall to help with further summer signings.

The club have already brought in four players in Manolo Reina, Juanfran Moreno, Fran Sol and Unai Bustinza, though the latter two have yet to be officially announced.

Moreover, the Blue and Whites

have given 18-year-old Andrés Caro a three-year deal.

Extra investment

Malaga city hall announced this week that it will invest 1.5 million euros in the club so that it has more funds to sign players or offer higher salaries in a bid to make their promotion hopes easier to achieve.

This is a notable increase from the 350,000 euros that the city hall invested last year, and brings Malaga's total sponsorship income to three million euros. If Malaga do get promoted next season, the city hall would slash that investment to 750,000 euros.

Pre-season plans

Head coach Pablo Guede has insisted on extensive pre-season preparations as a way to get players up to speed and into shape for the upcoming season. The Argentinian

had a good trial run in his first couple of months in charge and he will now take full control of the squad, with the first training sessions taking place at the start of last week.

Malaga's final stretch of the pre-season will come in the last ten days of July, where they will stay at the Atalaya Park hotel, in Estepona. There, the Blue and Whites will be put through double training sessions on two consecutive days and then play a friendly, before repeating the same process and then resting on the seventh day; they will continue that routine for the final three days.

Following that intense pre-season stay in Estepona, Guede and his team will still have a fortnight to perfect their plans, with their first second division league game set to take place on 14 August against Burgos at La Rosaleda.



A LOOK AT LA LIGA
ROB PALMER Commentator, ESPN

Bizarre summer dealings

De Jong is off to England, while Bale jets to Hollywood



The moneymen at Barcelona will be finding it hard to hide their glee as they negotiate with their Manchester United counterparts for Frenkie de Jong's potential transfer.

The English club's new Dutch coach, Erik ten Hag, has expressed a desire to be reunited with the creative influence behind their success together at Ajax. Reaching the Champions League semi-final in 2019 prompted Barcelona to bring the talented young midfielder to La Liga for 75 million euros. Three years later, he's done very little to justify the large investment. It's reported that United are prepared to pay 60 million plus add-ons.

It will be hard to disguise the fact that - for several reasons - Barça will be ready to bite their gold-encrusted hands off.

Firstly, Barça are desperate for income so they can refresh the team. Sixty million is a very generous offer. There is probably a premium, given the relationship between coach and player.

Secondly, De Jong hasn't got close to the expectations of a player who drove the Ajax midfield, where he really made things happen. At Barça, most games have passed him by. He's recorded just eight goals and nine assists in three La Liga seasons. When Xavi firmly established himself as the coach, it should be observed

that he started to substitute the Dutchman in most games - nine in a row between February and April.

De Jong was apparently reticent about not enjoying Champions League football at Old Trafford. He didn't appear to enjoy the elite European competition last season as he didn't manage a single goal or assist. But Barça will take the money to the bank to pay off debts and invest in fresh talent.

Meanwhile, in Madrid, Gareth Bale has said goodbye to Spain and is jetting off to America. It appeared to be a tough choice between heading home to Cardiff or a Hollywood ending to his career in Los Angeles. His motivation is to keep ticking over until the World Cup starts in November. Cardiff City have midweek and weekend games leading up to the winter break, which isn't what he wants for his fragile frame.

At LAFC he can train in the sunshine, MLS matches are far less frequent and he will also be greeted as a marquee player. He'll play alongside Giorgio Chiellini and Carlos Vela, who set themselves exceptionally high standards. There is also the fact that Pebble Beach and Torrey Pines are more playable golf courses than Celtic Manor in the autumn! Maybe Málaga should have made a cheeky bid; I'd have welcomed him as a playing partner at Santana and Miraflores golf clubs.

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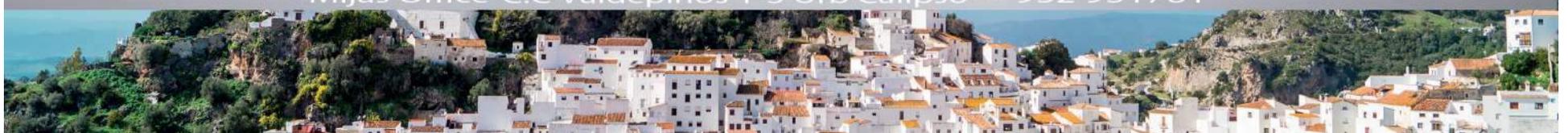
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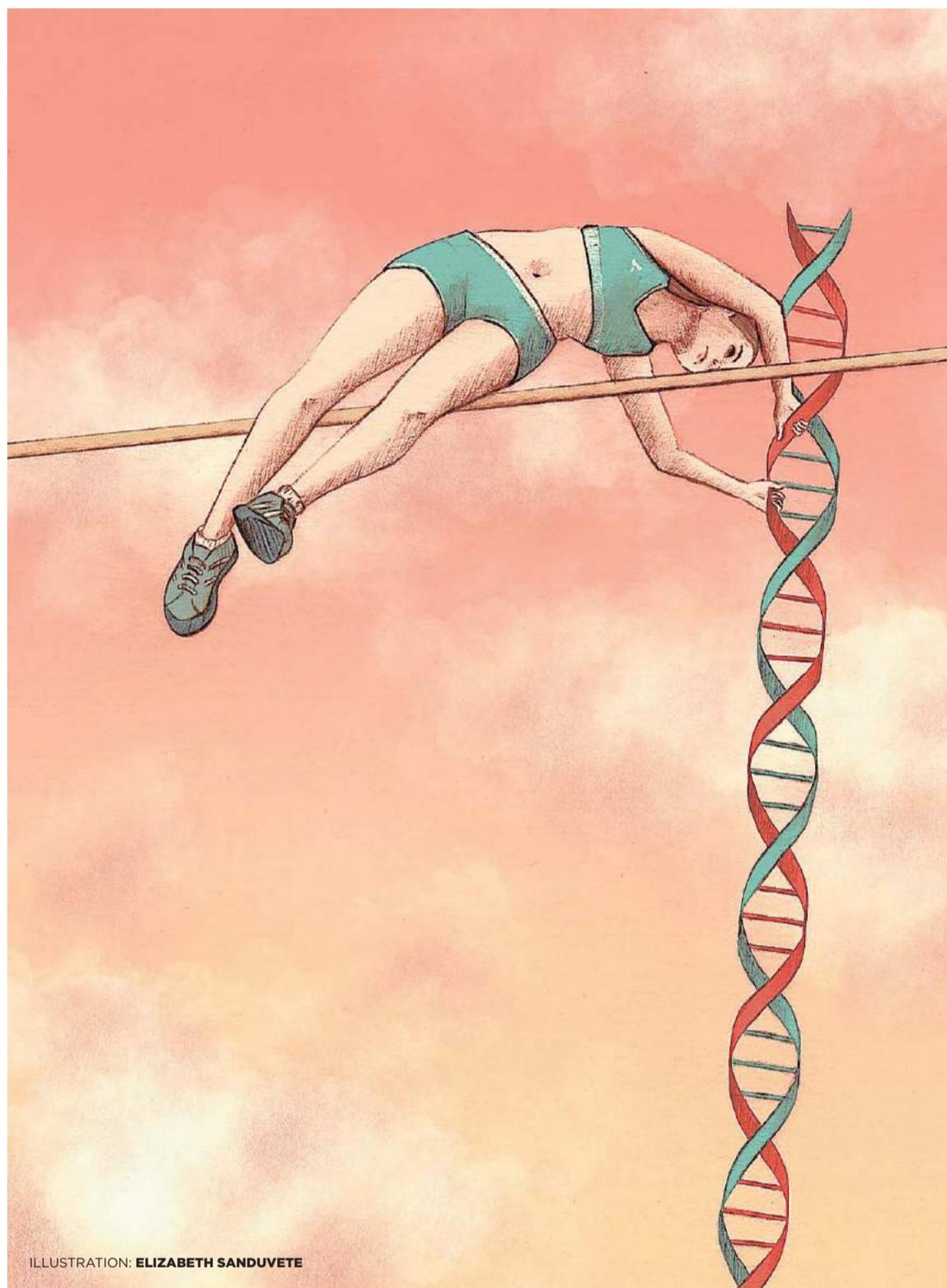


ILLUSTRATION: ELIZABETH SANDUVETE

Cyclist or swimmer - it's all in the genes

Study. Whether or not we are an elite athlete is written in our DNA, say researchers

ISAAC ASENJO



There is some truth in the saying that an athlete is made of different stuff, so much so that recent studies have shown that the performance of the greatest champions in sport is determined by their genes.

For decades, scientists have been asking to what extent our lives and abilities are determined

by heredity, or whether they are adjustable and influenced by our environment.

David Varillas, who is the head of the research support unit in the Faculty of Medicine at the Francisco de Vitoria University, has analysed the use of genetic tests to detect sporting talent, optimise training levels and prevent

exercise-related injury. The work could be key to talent-spotting youngsters in sports schools and it has recently been published in the European Journal of Applied Physiology.

The article is called Genetics and Sports Performance: the Present and Future in the Identification of Talent for Sports Based

It is crucial for an athlete to know the parameters that determine optimum performance

Genetics account for about 25% of an athlete; numerous other factors also come into play

on DNA Testing.

Diet and training

Would we be able to find out through DNA samples who will be the next Nadal, Alejandro Valverde or Ana Peleteiro, then?

“What we can do is find someone who genetically matches these athletes, but then there are other conditioning factors that surround them in order for them to reach those levels. Genetics would account for about 25 per cent of what that person is,” said Varillas.

The other 75 per cent comprises diet, rest, commitment, dedication, access to the best facilities, optimum equipment and the determination to be better every day.

However, if someone knows they belong to this privileged genetic group, that could be an extra motivation for them to adapt their training in some way and try to reach the very top of their sport.

Speed or strength

All the same, wanting to do so something doesn't mean being able to. The study reveals some of the keys that help someone to choose their type of sport, depending on the person and also on their genes.

“There are markers that are specific to an endurance sport and others that are more focused on sprinters in athletics or swimming, depending on the distance (50 metres, 800 metres or 1,500 metres),” said Varillas.

“This predisposition conditions the muscular physiology of the athletes and can be known beforehand. Working on it with training and a suitable diet could improve the chances of that person becoming another Usain Bolt, Kipchoge or Bekele in the future,” he said.

“Based on their genetics, we advise athletes how to avoid problems like anaemia or injury, and how to adapt their diet in order to optimise their recovery and strength, depending on their sport and the number of matches or competitions that they are able to do, and that depends on their genes,” he said.

For a professional athlete, it is

crucial for them to discover which parameters determine their optimum performance in any field, in training as well as when competing.

As Varillas explained, during the research project the scientists analysed the genetic profiles of some of the greatest stars of the sporting world and, compared with the population in general, they showed what he calls “an incredible selection”.

Differences

What are the differences? As well as the characteristics that influence biomechanical performance, such as the capacity of the body to transport oxygen or construct muscles in a certain way, other genes can also favour someone's ability to train with greater intensity and more concentration.

In the genetic analyses carried out by the researchers at the university, several key markers were detected such as the muscle fibre gene, called ACTN3, which relates to speed; HFE, which helps with the absorption of iron to improve strength; the EPO gene - a hormone responsible for the production of red blood cells - which in the case of athletes mean they carry more oxygen; the CK-MM, localised in skeletal muscles and the heart; and the IGF1, which can be modified through ‘genetic doping’ to improve sporting performance.

The research clearly differentiates between endurance sports (which include marathon running, cycling etc) and power or resistance sports (100-metre sprinting, football etc).

“Having these genes in your body helps you to become an elite athlete more easily than other people. We are talking about predisposition more than predestination,” Varillas explained.

Non-exclusive tool

The results of the genetic tests must not be taken as exclusive proof of how an athlete will perform. On the contrary, they should serve as a tool for advising and optimising sports training and be treated as a source of knowledge in order to improve.

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MIJAS COSTA. Lisa 633 587 586
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Tourist Office	952802002
Town Hall	952801100
Foreign Residents Dept.	952809031

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Taxi Service	952471000
Tourist Office	952467625
Town Hall	952589300
Foreign Residents Dept.	952589440

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Railway Station	902240202
Taxi Service	952345693
Tourist Office	951926020

MARBELLA

Bus Station	955038665
Taxi Service	952774488
Tourist Office	952768760
Town Hall	952761100
Foreign Residents Dept.	952768760

MIJAS

Town Hall	952485900
Town Hall Las Lagunas	952473125
Taxi	952478288
Tourism Office	952589034
Foreign Resident Dept.	952589010

NERJA

Bus Station	902422242
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Taxi Service	952520537
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MALAGA PORT INFORMATION

CRUISE SHIP MOVEMENTS (SOURCE: MALAGA PORT AUTHORITY)

Ship	Date	From	Next port	Docks	Sails
Silver Dawn	30/06-01/07	Cartagena	Cadiz	08.00	18.00
Marella Discovery	02//07	Cadiz	Cartagena	08.00	17.00
MSC Virtuosa	06/07	Cadiz	Alicante	07.00	16.00
Valiant Lady	06/07	Palma	Gibraltar	07.00	20.00
Marella Discovery2	07/07	Gibraltar	Cartagena	08.00	17.00
MSC Orchestra	10/07	Marseille	Cadiz	08.00	19.00



CONSULATES

Great Britain	C/. Mauricio Moro Pareto 2- 2. Málaga	952352300	France	Calle Salvago, 2, Malaga	954293200
USA	Av. Juan Gómez 8. Ed. Lucía 1-C. Fuengirola	952474891	Italy	Alameda Principal, 35, Malaga	902502512
Belgium	Avda Ricardo Soriano 20-3C, Marbella	951516019	Austria	Alameda de Colón 26, Malaga	646060972
Denmark	Calle Córdoba 6 404, Malaga	952211797	Finland	Calle Córdoba, 6, Malaga	952212435
Norway	Avda Los Boliches, 60, Edf Rosenkranz, Fuengirola	952667955	Saudi Arabia	Mauricio M. Pareto 2 bloque Sur 2º, Malaga	952310358
Canada	C/Cervantes, Edif. Horizonte, Malaga	952223346	Greece	Dr Manuel Perez Bryan, Malaga	95225689
Germany	Mauricio Moro Pareto 2, Malaga	952363591	Iceland	Calle Marín García, Malaga	952661200
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Ireland	Avda. Los Boliches, Fuengirola	952475108	Hungary	Av. de Velásquez, (Crce aeropuerto) Malaga	952236966

THE STARS

- 

Aquarius
January 21st - February 19th
If plans have been on hold, Mars's presence can stir things up and get them moving. You'll also benefit from flexing your organisational muscles.
- 

Pisces
February 20th - March 20th
impression. If you recently started a business or enjoy social media, you'll be on fire with enthusiasm and could easily attract more followers.
- 

Aries
March 21st - April 20th
As chatty Mercury enters your domestic zone, this is an excellent time to get organised, but also to snap up deals and make life easier.
- 

Taurus
April 21st - May 21st
You'll hit the ground running as assertive Mars moves into your sign for six weeks, giving you extra vitality and enhancing your motivation.
- 

Gemini
May 22nd - June 21st
Dreams may become vivid as the red planet moves into your psychological sector. The coming weeks are excellent for tying up loose ends and exploring possibilities.
- 

Cancer
June 22nd - July 23rd
This is a time for making new friends and attracting opportunities. There's also potential for romance, whether you're entangled or solo.
- 

Leo
July 24th - August 23rd
As Mars powers into Taurus and a highflying zone, your commitment to success can help you move mountains. Someone has your best interests at heart next weekend.
- 

Virgo
August 24th - September 23rd
As powerhouse Mars moves into your sector of travel and new experiences, you'll be on the lookout for the next big project. Connecting with old friends will be a positive experience.
- 

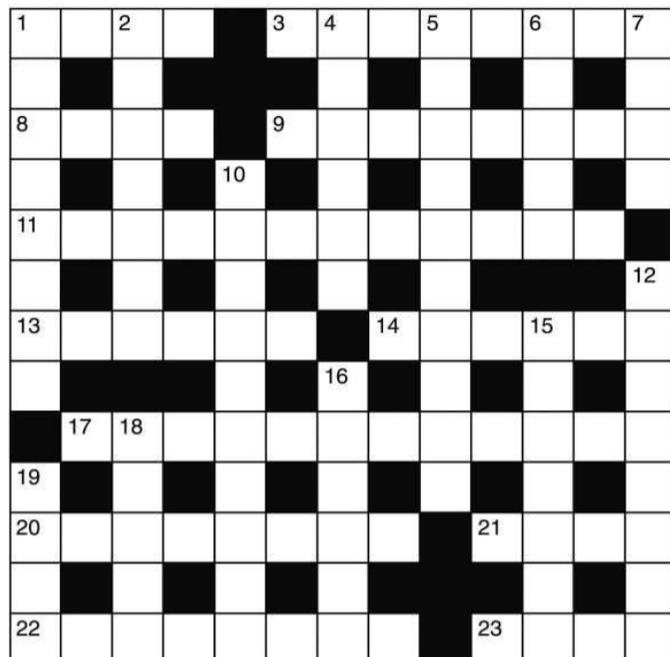
Libra
September 24th - October 23rd
As Mars plunges into an emotional zone, your eyes may be opened and you'll see what's really going on. You'll be ready to look beneath the surface rather than take things for granted.
- 

Scorpio
October 24th - November 22nd
The coming six weeks can bring lively social events, as well as a few challenges. At the same time this sassy influence could be helpful for clearing the air.
- 

Sagittarius
November 23rd - December 21st
With Mars entering Taurus, you'll have more stamina, enabling you to stick with your responsibilities and meet your deadlines. If you have a good idea, someone could give you confidence.
- 

Capricorn
December 22nd - January 20th
Mars's move into Taurus encourages you to express yourself, but also to make time for pleasure and relaxing activities. Ready to close that deal? You'll have just the right words.

CRYPTIC CROSSWORD N° 11521



Across

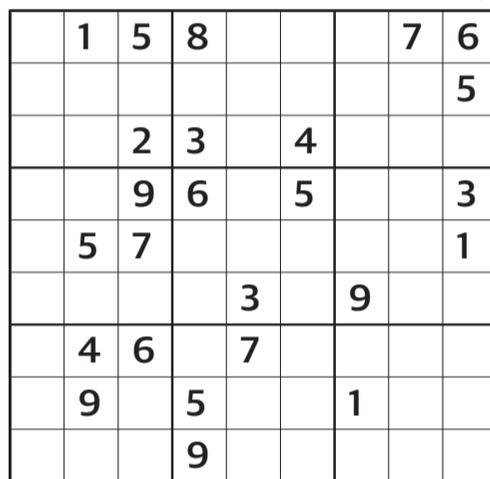
- 1 Observed in close encounters (4)
- 3 Capt. Dale could be appeased (8)
- 8 A thought I cherished, by the sound of it (4)
- 9 The Marines diverted to the south not far from the target (4,4)
- 11 Pride can stem from these awkward situations (12)
- 13 Rang a second time, we hear, and repeated the story (6)
- 14 Well-informed by a particular time to carry out modernisation (6)
- 17 Time to say yes? (3,2,7)
- 20 Wisecrack that is likely to get a roasting (8)
- 21 Causes damage to the planet (4)
- 22 So retain unusual foreign title (8)
- 23 See 18 Dn.

Down

- 1 Captains cured fish in the ship (8)
- 2 Fundamental substance supplying heat (7)
- 4 Shelter on the road that may need to be made up (6)
- 5 Send a letter to show agreement (10)
- 6 Colloquially speaking, it isn't a blemish (5)
- 7 Part of a meal from Ireland is here (4)
- 10 One who sticks at his job (10)
- 12 It's bad in depressions - they look down in the mouth (8)
- 15 Mean to make a statement a long time afterwards (7)
- 16 Law about who in France is to clear someone's name (6)
- 18 & 23Ac Membership payments to the Ecology Party? (5,4)
- 19 Individual performances in the New Testament (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



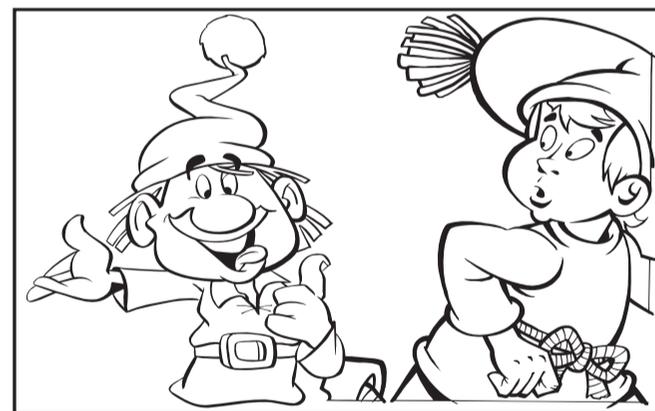
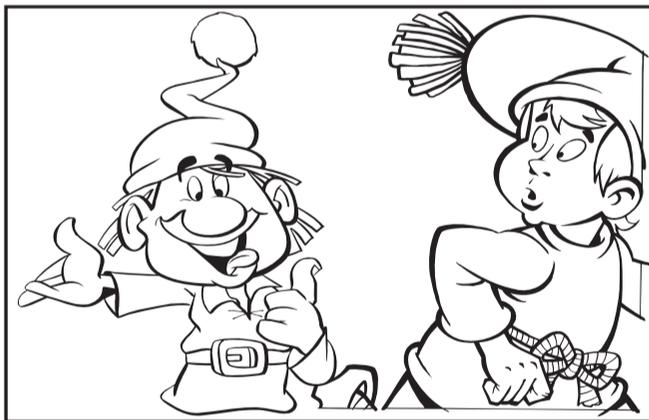
THE WORDPUZZLER



Can you identify the first names of the scientists listed below?

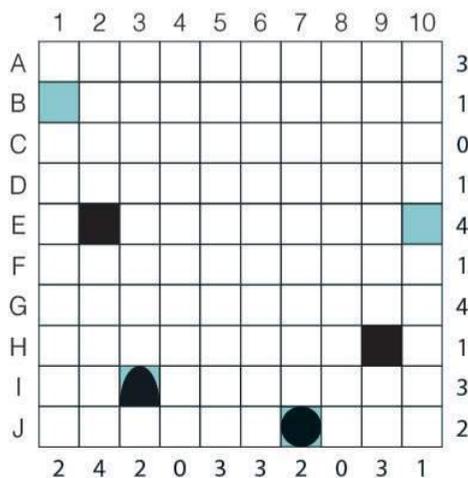
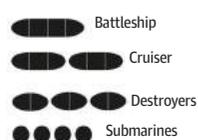
- 1. Pasteur
- 2. Watt
- 3. Edison
- 4. Jung
- 5. Priestley
- 6. Halley
- 7. Wallis
- 8. Bohr
- 9. Einstein
- 10. Newton

THE SEVEN DIFFERENCES

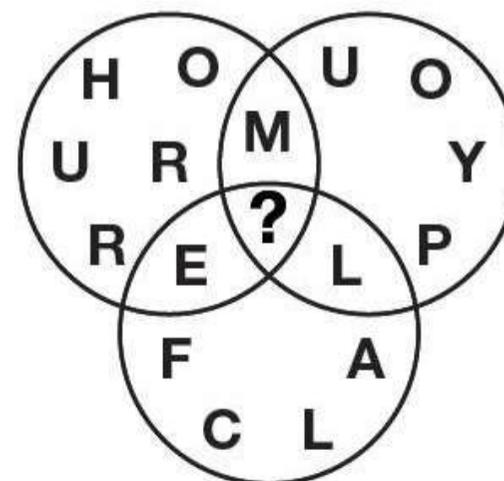


BATTLESHIPS

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.

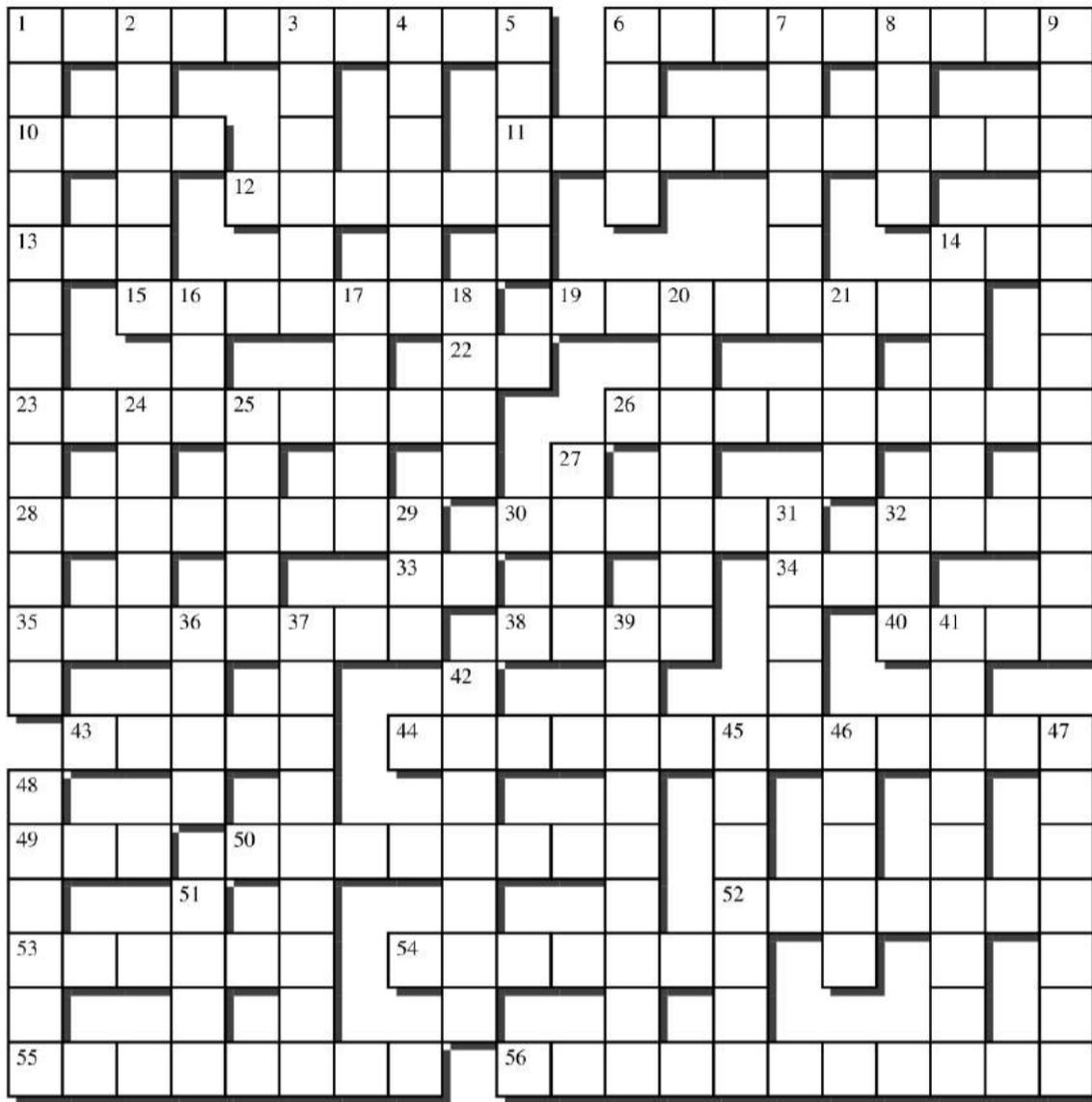


CIRCLEGRAM



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) Intensity (10)
- 6) Champions (9)
- 10) Shot (4)
- 11) To transplant (11)
- 12) Decade (6)
- 13) She laughs (3)
- 14) For (3)
- 15) Waves (7)
- 19) Jet (8)
- 22) It's (2)
- 23) To achieve (9)
- 26) Skill (9)
- 28) Something obvious (8)
- 30) Football (6)
- 32) They were (4)
- 33) To go (2)
- 34) You hear (pl) (3)
- 35) Yellow (m) (8)
- 38) She brings (4)
- 40) I threw (4)
- 43) Bleach (5)
- 44) Impressive (13)
- 49) South (3)
- 50) Scoreboard (8)
- 52) Unprecedented (m) (7)
- 53) I dared (6)
- 54) Heads (7)
- 55) Friendly (8)
- 56) Consecutive (m) (11)

Down

- 1) International (13)
- 2) Tournament (6)
- 3) Southern (f) (6)
- 4) Golden (f) (6)
- 5) To date from (5)
- 6) Which? (4)
- 7) Thrashing (6)
- 8) UFO (4)
- 9) Surprising (12)
- 14) To lose (6)
- 16) The (m,pl) (3)
- 17) Debt (5)
- 18) It will be (4)
- 20) Wire (7)
- 21) Bay (4)
- 24) Bride (5)
- 25) I chose (5)
- 27) To flee (4)
- 29) He gave (3)
- 31) Feat (5)
- 32) That (3)
- 36) Red (f) (4)
- 37) Flashy (m) (9)
- 39) They land (9)
- 41) I contributed (9)
- 42) To draw (7)
- 45) He insists (7)
- 46) Clouds (5)
- 47) European (m) (7)
- 48) Spain (6)
- 51) Ugly (m,pl) (4)

QUIZ

What is the name for a baby porcupine?

- 1. piglet 2. porcupette
- 3. kitten 4. shoat



Which is Canada's largest rodent?

- 1. woodchuck 2. beaver
- 3. capybara 4. woolly rat

What is another name for a skunk bear

- 1. Tasmanian devil 2. skunk
- 3. wolverine 4. grizzly

THE SUR IN ENGLISH COLUMN

Grab our summer magazine today

Summer is officially here and to mark the start of the season we have produced a useful summer magazine. Packed inside this special edition are plenty of interesting things to do, great places to visit and helpful tips for surviving the hottest months of the year. It's a 'must have' to help you enjoy the best the summer has to offer here on the Costa del Sol. The summer magazine is available from today, Friday, from main distribution points alongside the weekly edition of SUR in English, so make sure you get your copy. If you find it difficult to get a print version of the paper, it is also available to peruse online at www.surinenglish.com, where you can download it in pdf form and even print it off if you wish. The main news can also be found on our Twitter page at @SUR_English and on Facebook. If you would like to contact us, send an email to: surinenglish.su@diariosur.es.

ANSWERS

Quiz answers

Answer: Porcupette
Of interest: Baby porcupines are known as porcupettes and are born with black and white quills, however the quills are very soft when in the womb so as not to harm the mother.
Answer: Beaver
Of interest: The beaver (Castor canadensis) is a herbivorous mammal. It is Canada's largest rodent and the second-largest rodent in the world (after the capybara).
Answer: Wolverine
Of interest: The wolverine (Gulo gulo) is a heavily built short-legged carnivorous mammal, native to northern tundra and forests in Eurasia and North America. It is also called a skunk bear, quitchkatch, carajou and glutton.
Circlegram
 The letter represented by the question mark is S.
 Rushmore, Olympus, Scafell, all mountains.
Cryptic Crossword
Solutions: Across: 1 Seen; 3 Placated; 8 Idea; 9 Near miss; 11 Predicaments; 13 Retold; 14 Update; 17 Age of consent; 20 Chestnut; 21 Mars; 22 Senator; 23 Fees. Down: 1 Skippers; 2 Element; 4 Leeway; 5 Correspond; 6 Taint; 7 Dish; 10 Billposter; 12 Dentists; 15 Average; 16 Acquit; 18 Green; 19 Acts.

Wordpuzzler solution

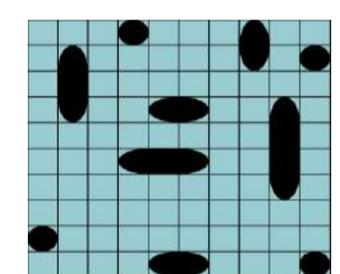


Language Crossword

ACROSS:
 1 INTENSIDAD 6 CAMPONES 10 TIRO
 11 TRASPANTAR 12 DECADA 13 RIE 14 POR
 15OLEADAS 19 AZABACHE 22 ES
 30 FUTOBOL 32 ERAN 33 R 34 OIS
 35 AMARILLO 38 TRAE 40 ECHE 43 ELIA
 44 IMPRESIONANTE 49 SUR 50 MARCADOR
 52 INEDITO 53 TRAVEI 54 BEZAS
 55 AMISTOSO 56 CONSECUTIVO

DOWN:
 1 INTERNACIONAL 2 TORNEO 3 SUREÑA
 4 DORADA 5 DATAR 6 CUAL 7 PALZA 8 OVNI
 9 SORPRENDETE 14 PORDER 16 LOS
 17 DUDA 18 SERA 20 ALAMBRE 21 CALA
 24 NOVIA 25 LEGI 27 HUR 29 DIO 31 LOGRO
 32 SE 36 ROJA 37 LAMATIVO
 39 ATERRIZAN 41 CONTRIBU 42 EMPAR
 45 INSISTE 46 NUBES 47 EUROPEO 48 ESPAÑA
 51 FEOS

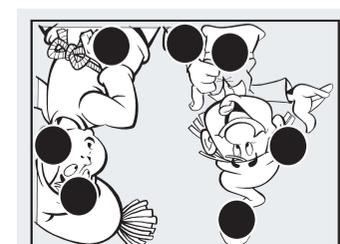
Battleships



Sudoku solution

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

The seven differences





◀ Friends and now business partners. Antonio Banderas, left, with Andrew Lloyd Webber

Friends forever

Actor Antonio Banderas, who is from Malaga and runs the Soho theatre in the city, has joined forces with British composer Andrew Lloyd Webber to set up a company called Amigos Para Siempre (APS), which will produce Lloyd Webber's musicals for Spanish-speaking audiences.

The idea was proposed by Andrew Lloyd Webber when the two met for dinner while Antonio Banderas was in London, filming the fifth Indiana Jones movie. Lloyd Webber rang the actor and suggested getting together for a meal, which came as no surprise as they have been good friends since Banderas played a role in Evita.

What did come as a surprise, though, was that there was another reason for that meeting. Lloyd Webber said his company, Really

Antonio Banderas and Andrew Lloyd Webber. The Malaga-born actor and British composer have set up a company to produce adapted versions of the latter's shows for Spanish-speaking audiences around the world

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Useful Group, would cede all the stage rights of Spanish versions of his classic shows, including Phantom of the Opera, Sunset Boulevard, Starlight Express, Jesus Christ Superstar, Evita, Cinderella and School of Rock, to a new company formed with Banderas. Unsurprisingly, the actor jumped at the chance.

The aim is for APS, which is also the name of the song that Lloyd Webber composed for the Olympic Games in Barcelona, to produce shows in Spain and in other Spanish-speaking countries, and possibly in parts of the USA where there are large communities of Spanish speakers. The shows would be performed in quality venues such as those in the West End of London or New York's Broadway.

The company will use new translations and adaptations of

The new company will take translated versions of Lloyd Webber's hit shows to Spanish-speaking countries

Lloyd Webber's works, the new business partners explained at the presentation of their new project. "I have come across some that aren't very good and we want to look at the possibility of re-translating some of the old works and giving writers the opportunity of doing a good translation from the script of the new works," Lloyd Webber said.

Banderas also stressed that the texts will be adapted to the accents and types of Spanish spoken in different countries, so that the shows reach the audiences in an emotional sense.

The two will meet again during the summer to discuss putting on one or two of the shows and what type of theatres would be suitable for them. Banderas is not ruling out the possibility of playing a part in some of the shows, "although I look a bit older now," he laughed, and would like to direct them.

They are also considering the possibility of taking not only Lloyd Webber's shows in Spanish around the world, but also productions by other composers, including Spanish ones, who are finding it difficult in other countries.

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