

SUR

in English

FREE COPY
THE NEWSPAPER FOR
SOUTHERN SPAIN

Official market leader
Audited by PGD/OJD 

February 3rd to 9th 2023
www.surinenglish.com
VOCENTO

News	2
Comment	16
Lifestyle	18
What To Do	26
Food&Drink	29
Health&Beauty	30
Sport	32

**OXO TURNS
MALAGA INTO
A GAMER'S
PARADISE**

The new video game museum has iconic consoles and arcade games as well as the latest technology **P23**



Public transport along the Costa set to get easier as bus scheme plans expansion



Volunteers find a smiling face on their tour of the city. **SALVADOR SALAS**

Soup, blankets and a helping hand

On the streets SUR follows a team of Cruz Roja volunteers on their nighttime rounds of Malaga city, offering food and warmth to the homeless and hope to those in need of assistance to get their lives back on the right track **P10-11**

Marbella, Vélez and Antequera will form the new boundaries of the Malaga bus consortium

So far some 900,000 people resident in 14 municipalities in the province, have the advantage of using a single travel card for local and interurban bus services, with a 30% discount on fares. Now the scheme, known as the Malaga metropolitan area consortium, plans to welcome more

towns to its club, making public transport easier and cheaper. The first stage of the expansion will see Fuengirola, Coín and Antequera, among others, join the existing membership which already includes large towns such as Torremolinos, Benalmádena, Mijas, both Alhaurins and Rincón de la Victoria. Around 80 different bus services will be included in the scheme, as well as the Malaga Metro. A later stage will incorporate Marbella and Vélez-Málaga, drawing a huge triangular densely populated area where bus and Metro services will all be connected. **P2-3**

Caminito del Rey gorge walk reopens complete route after repairs **P7**

Benalmádena's Mississippi steamer must be gone in April, says court **P7**

Currency transfers you can trust - fully authorised to operate in Spain

 Currencies Direct Please see our advert on page 13


Mediterranean Homes
THERE HAS NEVER BEEN A BETTER TIME TO SELL YOUR PROPERTY
Sell Your Property with Us!
We offer professional photos, Drone footage and 3D virtual tours.

PROPERTIES WANTED

For a **FREE** No Obligation Valuation call us:

Office: +34 951 242 157

info@mediterraneanhomes.eu | www.mediterraneanhomes.eu

ALBERTS
CABOPINO
LIVE MUSIC · VALENTINES SPECIALS
RESERVATIONS: 952 836 886

FEBRUARY 14
Valentine's Day

Catching the bus between Costa towns and inland is set to become easier and cheaper

A transport consortium is expanding to include buses within an area which stretches to Marbella, Antequera and Vélez-Málaga

FRANCISCO JIMÉNEZ



MALAGA. While the public transport focus just recently has been on rail services - or the lack of them - there are improvements on the way to make hopping between the main towns in Malaga province by bus a more attractive option.

Take the example of someone living in the inland town of Antequera who works or studies on the coast: they will soon be able to catch a local bus to the station, then another to Malaga and, once there, change to another bus or the city's Metro using the same travel card and save at least 30 per cent of the fare on each stage of the journey.

The scheme is run by the Malaga Consorcio de Transporte del Área Metropolitana, a transport consortium initially formed by towns close to the city to improve mobility, especially for commuters.

Now the consortium is preparing to take another major step forward and progressively expand its scheme to all towns within one hour's journey by road from Malaga, within a triangle formed by Antequera, Marbella and Vélez-Málaga.

Fourteen municipalities already form part of the network (Malaga, Mijas, Torremolinos, Benalmádena, Rincón de la Victoria, Alhaurín de la Torre, Alhaurín el Grande, Cártama, Pízarra, Almogía, Casabermeja, Colmenar, Totalán and Álora) with a joint population of nearly 900,000 people.

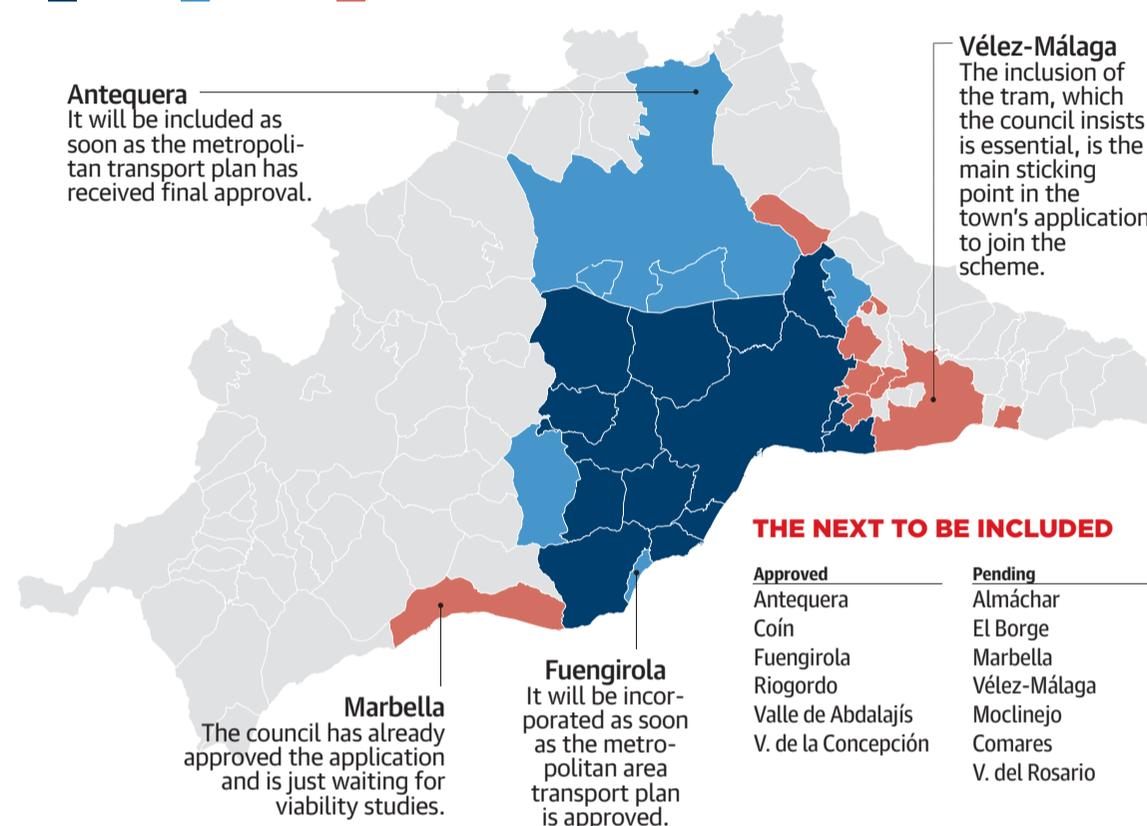
Now, over the next few months Antequera, Fuengirola, Coín, Valle de Abdalajís and Riogordo will also join this beneficial transport club, making the scheme available to another 157,000 people.

Studies have calculated that the expansion could add an extra 2.3 million passenger journeys a year to the scheme, which will include around 80 different interurban bus routes between towns in the area.

The consortium travel card was used for 11.8 million journeys last year, which was 51 per cent more than in 2021, although still below

Area covered by the metropolitan area transport consortium

■ Current ■ Approved ■ Pending



IN FIGURES

11.84

million journeys were made using the consortium travel card in the Malaga area in 2022, which was 51 per cent more than in 2021. During the last year before the pandemic, 2019, there were 13,926,113 journeys.

12.68

million euros is the budget set by the Malaga metropolitan area transport consortium for 2023.

80

interurban lines are currently part of the scheme in 14 municipalities: Malaga, Mijas, Torremolinos, Benalmádena, Rincón, Alhaurín de la Torre, Alhaurín el Grande, Cártama, Pízarra, Almogía, Casabermeja, Colmenar, Totalán and Álora. Local urban bus services in Malaga, Alhaurín de la Torre, Benalmádena, Rincón and Torremolinos, and the Malaga Metro are also included

FARE ZONES UNDER THE PRESENT SYSTEM

Zone A
Malaga

Zone B
Benalmádena, Torremolinos, Alhaurín de la Torre, Almogía, Casabermeja, Totalán, Rincón de la Victoria, part of the municipality of Cártama and part of the municipality of Malaga, such as the districts of Olías and La Araña.

Zone C
Mijas, Alhaurín el Grande, Pízarra, Colmenar and the part of the municipality of Cártama not included in Zone B, which starts at Aljaima

Zone D
Álora

the 13.9 million in 2019, the last year before the pandemic.

Now that different councils have formally applied to join the scheme, and the technical viability and financial reports have been approved, all that is needed is definitive approval of the ambitious metropolitan transport plan. This is a general route map to improve public transport and includes around 20 projects for better connections by train, bus and bicycle, including the integration of more urban transport services. The first phase could begin in the middle of this year.

Further afield

The expansion will not stop there. Initial studies for a second phase have already begun and that will

include Marbella and Vélez-Málaga as well as smaller municipalities in the Axarquía, including El Borge, Comares and Almáchar, and others in the north of the province such as Villanueva del Rosario.

Financial saving

What will it mean for passengers? On one hand, a considerable financial saving and on the other the convenience of being able to travel on public transport in any municipality with the same ticket, which even covers other metropolitan consortia in Andalucía.

At the moment the system covers urban and interurban buses and the city's Metro underground lines. It can be combined, how-



Consortium travel cards. SUR

Antequera, Fuengirola and Coín will join in the first phase, and Marbella and Vélez will be incorporated later

With a travel card, passengers can use urban and interurban buses and the Metro with a discount of at least 30 per cent

ever, with bicycle loan systems and in the future the plan is for local train services to also be included.

The 30 per cent saving at different stages of a journey using the same card is the basic discount, but there are others, too. For example, the Junta offers an extra 25 per cent off for people with the youth travel card and for large families.

The saving made by travellers from the seven municipalities which are to be included in this first phase of the expanded scheme will amount to 641,284 euros a year.

Total integration

"Our role is not just to finance the scheme but also to find a way of integrating all methods of public transport, including the urban transport in each municipality," consortium sources explained. This is because the more towns are incorporated into the network, the more will be in the same fare zone so more travellers will save money by using their travel card.

It also opens the way to creating new interurban bus routes in the whole of the metropolitan area, with special services laid on for

GRAPHIC A.M.C.



The Muelle Heredia bus station in Malaga. MIGUE FERNÁNDEZ

On-demand bus routes, a way of connecting rural communities

F. JIMÉNEZ

MALAGA. On-demand services are becoming a good way for the metropolitan transport consortium to maintain connections between more distant communities where there are fewer passengers, by adjusting the service to the needs of users without having to waste public resources by maintaining a regular route.

Although as a general rule this service has always been provided by taxis or ride-hailing companies, in Malaga there are currently three active on-demand transport routes.

These are covered by buses which use fixed stops but which take variable routes, depending on passengers' requirements: they are the M-159 (Alhaurín el Grande-Villafranco del Guadalhorce-Valle del Guadalhorce hospital), the M-153 (Valle del Guadalhorce hospital-Cártama-Maqueda) and the M-136 (Cártama-Alhaurín de la Torre-Plaza Mayor-Los Álamos).

How does it work? The passenger can book the service by phone or on the consortium website or mobile app, stating which stop they want to catch the bus from and where they will be getting off.

The driver receives the request in real time and the application suggests a variable route to accommodate their requests. With this information to hand, the driver will pick the passengers up from the stops they asked for and then follow the fastest route to their destinations.

the university, at Easter and in the summer, and for major events such as the Malaga fair. New routes may also be introduced, depending on demand.

In Fuengirola (where the local town bus service is currently free for users), people can already benefit from this scheme if they go to nearby Mijas. However joining the consortium in its own right

will improve mobility in general for local residents and tourists.

"It will be possible to buy the travel card in Fuengirola, use the entire network and benefit from lower fares. We hope there will also be new routes to other towns in the area," said town hall sources.

In Marbella, which will be joining the scheme in the medium

term, preparations are already under way. "We are very interested and the Junta is very receptive, although we will have to wait for the first phase to be completed," said Enrique Rodríguez, councillor for transport.

Urban bus travel in Marbella has been free to use for residents since May 2019 as part of the town's commitment to sustain-

able mobility and passenger numbers have increased enormously. The council covers the entire cost of the free bus travel itself and says it will continue to do so.

Vélez-Málaga tram

East of Malaga in Vélez-Málaga the situation is somewhat more complex, because the council wants to bring back its tram serv-

ice, which has been out of use for 11 years, and for this to be part of the scheme. This is part of a plan to completely reorganise public transport in the municipality, which includes Vélez and Torre del Mar, and the local authority has been granted 3.7 million euros of EU funds to repair the infrastructure and get the tram service running again.

24H GP HOME DOCTOR SERVICE



- Helicopteros Sanitarios, is the leading GP Home Doctor and Emergency Service on the coast.
- English speaking professionals.
- No age limit or medical restrictions.
- Fleet of ambulances equipped with the most advanced technology.
- Less than the price of a cup of tea per day.

Established Since **1988**

Always by your side

Become a member now

🌐 www.helicopterossanitarios.com

✉ info@helicopterossanitarios.com

☎ (+34) 952 81 67 67

📍 MARBELLA - FUENGIROLA - MANILVA



HELICOPTEROS SANITARIOS

LET'S GET SOCIAL:    

'Lone wolf' admits deadly jihadist attack in Algeciras

Witness statements suggest the young Moroccan who killed Diego Valencia was radicalised in the last 'month and a half'

MATEO BALIN

ALGECIRAS. A National Court judge, Joaquín Gadea, has ordered the unconditional imprisonment of the Moroccan man Yassine Kanjaa, 25, arrested for the jihadist attack in Algeciras last week in which he assassinated the sacristan Diego Valencia and injured four other people, including the parish priest Antonio Rodríguez. The defendant admitted that he had acted alone, know-

ingly and that he had not sworn allegiance to any terrorist group.

The judge considered that the evidence collected supports that the activity carried out by Kanjaa "can be classified as a jihadist attack", which was directed both against priests who profess the faith of the Catholic Church and against those Muslims whom Kanjaado accused of not following the precepts of the Qur'an. The magistrate has charged the detained man with the crimes of murder and injuring people for terrorist purposes, which could lead to life sentence, serving at least 25 years in prison.

Radicalised

Witness statements indicate that

the "change" of the young Moroccan, from a town near Castillejos, happened "in the last month or month and a half", leading a life that some describe as "normal" until then. In fact, his companions in the shantytown where he lived pointed out that he used to drink alcohol and smoke hashish until he radically changed his habits, regularly listening to the Qur'an audios on his



Yassine Kanjaa

phone.

The court was told Kanjaa did not appear in police intelligence reports as a dangerous individual and had not previously been involved in any type of incident that could have encouraged a closer inspection.

Banknotes rain down on A-7 in Marbella following car crash

JUAN CANO

MALAGA. Around 20,000 in cash was scattered along the busy A-7 in Marbella, earlier this week, resulting in many motorists stopping on the dual carriageway to scoop up some of the banknotes.

The incident happened at 11.30am on Monday at the exit to the La Cañada shopping centre, when four young people who live in Valencia claimed they were heading to buy a car and were carrying the cash - around 20,000 euros - to pay for it. The money was in a backpack in the back of an old Seat Toledo. But the vehicle was struck by a lorry causing the boot to spring open.

The prevailing wind did the rest: the banknotes - mostly 50-euro notes, but also some 500-euro notes - flew out and were scattered all over the road.



Recovered 50-euro notes. SUR



An officer outside the house in La Línea where the bodies were found. EP

Couple found dead with gunshot wounds in La Alcaidesa home

Police are investigating the deaths as a possible case of domestic violence in which the man shot the woman before killing himself

SUR / EP

LA LÍNEA. Police have launched an investigation into the deaths of a couple whose bodies were found at a house in Calle Narcisos in La Alcaidesa residential development in La Línea de la Concepción (Cádiz) on Tuesday afternoon.

The Italian man and Swiss woman, both in their sixties, had gunshot wounds. Officers are treating the deaths as a possible case of domestic violence and are investigating whether the man shot the woman and then committed suicide.

The couple, who were in the process of separation, according to sources, had lived in the area for some time.

Neither the local social services department nor the government's VioGen system had any record of the woman reporting the man for violence in the past.

A minute's silence was observed outside La Línea town hall on Wednesday.

The Guardia Civil are also investigating another possible case of domestic violence after a 72-year-old woman and her husband, 69, were found dead in their home in Villanueva del Arzobispo (Jaén) on Wednesday.

If both cases are confirmed, these would be the third and fourth women murdered by their partners in Andalucía so far this year, and the seventh and eighth in Spain.

112 REPORTS



The injured pair were airlifted by mountain rescue team. GUARDIA CIVIL

GRANADA

Police officers rescued after Sierra Nevada fall

SUR. Two injured members of the Local Police force in Malaga, were rescued by helicopter last Friday after they plunged around 60 metres in Granada's Sierra Nevada. The injured officers, both expe-

rienced mountain climbers, suffered the accident while on the Canuto del Veleta route, at an altitude of 3,000 metres. After being airlifted from the scene by helicopter, the pair were rushed to the Virgen de las Nieves hospital. According to sources, one of them has a fractured pelvis and the other has broken ribs and a punctured lung.

VÉLEZ-MÁLAGA

Two bodies discovered on avocado farm

J.C. National Police officers are investigating the circumstances surrounding the deaths of two men whose bodies were found last Friday morning, at an avocado farm in the Malaga province municipality of Vélez-Málaga.

The investigation, which is at a very early stage, points to a possible murder and the subsequent suicide of the shooter.

TORREMOLINOS

French fire deaths fugitive arrested

R.M. Police officers on the Costa del Sol have arrested a dangerous fugitive in Torremolinos who was wanted by French authorities under a European arrest warrant, in connection to a fire in a residential building in France in which two people died. Four officers were injured during the detention in which they recovered a firearm, 3,410 euros in cash and fake ID.

MALAGA

Large iguana captured in same area as pet snakes

E.M. Local Police officers in Malaga city have captured a one-metre-long iguana in the same area as two exotic snakes were found in recent weeks. Despite being given the appropriate care, it died some days later due to its poor state of health. The force is working to discover who is abandoning the reptiles because, if caught, they could face a fine of between 2,000 and 30,000 euros.



Third reptile caught. SUR

MALAGA

Defendant appears in Costa del Sol fire trial

I.Q. "I never lit a fire." That was the claim of the gardener accused of starting the great fire in which two people died and that kept the Costa del Sol in suspense for days in 2012. The fire started in Barranco Blanco and spread to Mijas, Marbella, Alhaurín el Grande, Ojén and Monda. The trial is expected to last until June, with nearly 350 witnesses summoned to appear before Malaga's provincial court.

MIJAS

Ex-councillor faces prison in 'postman' case

I.G. A former PP councillor could face a prison term after being charged with filing a false crime allegation in 2018 in the name of a fake individual. It happened in the midst of the Andalusian election campaign, with the aim of damaging the Ciudadanos political party, it is claimed. The public prosecutor is calling for an 18-month prison sentence for Juan Carlos González Márquez, for his role in the 'postman' case.



PROUD TO
BE A MEMBER

British Chamber
of Commerce in Spain

— CAR BIKE HOME —
INSURANCE

**MORE
SATISFACTION
THAN THAT
AEROBICS LOOK
YOU EMBRACED
BACK IN THE 80's**



**9^{OUT}
OF 10**
CUSTOMERS
RECOMMEND US*.

- 24/7 CUSTOMER ATTENTION
- FAST AND EFFICIENT SERVICE
- QUICK NO OBLIGATION QUOTE
- EASY PAYMENT OPTIONS
- & MANY MORE SATISFYING FEATURES ...



CUSTOMER SERVICE IN ENGLISH

952 147 834

Phone number valid from anywhere in Spain.



linea directa

*Data extracted from process closure surveys after using our roadside assistance and breakdown services.

People allegedly fishing in the sea off Maro. **GENA**

Malaga environmentalists denounce illegal fishing in Mediterranean off Maro

MARO
EUGENIO CABEZAS

MARO. The environmentalist action group GENA-Ecologistas en Acción has filed a new complaint about the impact of what it describes as illegal fishing in the protected Maro-Cerro Gordo Cliffs on the border of Malaga and Granada provinces.

In a letter addressed to the environment department of Malaga's provincial authority, the Diputación, the environmentalists said

that the activity continues "due to the lack of surveillance" and believe that responsibility "is undoubtedly within the competence" of the provincial authority.

They have previously sent other letters reporting the activity, but on this occasion they have included photographs which, in their opinion, "prove conclusively that these operations are carried out daily with total impunity, taking advantage of the lack of surveillance of the natural area", according to GENA's coordinator, Rafael Yus.

Coastal towns remember victims of Spanish Civil War massacre on 86th anniversary

MALAGA

JENNIE RHODES. Events are taking place from today to mark 86 years since the La Desbandá; the massacre on the Malaga to Almeria road on 8 February 1937 when thousands of civilians were killed by Italian and German forces during Spain's Civil War.

This evening at 7pm in the Centro del Exilio in Vélez-Málaga, there is a tribute to the victims organised by the Axarquía's Foro de la Memoria.

The annual walk from Malaga to Almeria, which started in 2017 and is organised by Malaga's historical association, set off from Mijas on Wednesday and is stopping in Nerja today, Friday, and Salobreña (Granada province) tomorrow, where tributes will also be paid.

The group is due to arrive in Almeria on 10 February. The annual memorial gathering at El Peñón del Cuervo in La Cala del Moral is taking place on 8 February.

Local man arrested following spate of burglaries in rural areas of Nerja

NERJA

E. C. A man has been arrested following a spate of burglaries on farms in the Rio de la Miel area, located to the east of Nerja. Around a dozen houses were broken into while their owners were away in December and January. The suspect is 40 years old and has a criminal record for similar

offences in the Nerja and Frigiliana area.

The police investigation found that the suspect would check houses were empty before forcing the locks and fences in the early hours of the morning.

The owners of the houses reported the incidents to the Guardia Civil and also posted warnings to others on social networks. During a search of the man's home, located in the area, officers found several of the objects that had been reported stolen, some of which had allegedly been sold on the black market. A court in Torrox has released the man on bail pending trial.

Carer arrested after camera captures her abusing elderly German woman

VÉLEZ-MÁLAGA

E. C. National Police officers arrested a woman in Vélez-Málaga last week for allegedly abusing and injuring a 78-year-old German woman in her care. According to the investigation, the suspect mistreated the victim by allegedly shaking, shouting at her and covering her face to block her airways.

It was only after neighbours had installed cameras in the woman's house, in case she was ever left alone and had an accident, that the abuse came to light and was reported to the police.

The complainant explained to the officers how he himself had also been caring for the German septuagenarian, who lived alone after being widowed and who had no children.

However, what had been a collective gesture of help towards the woman began to change when the suspect monopolised the care being given and prevented other people from approaching the victim.

Keep things simple with our Expat Direct to Cremation funeral plan

Some people are moving away from fussy, traditional funerals, in favour of simpler, lower cost alternatives. And that's exactly what Avalon's new **Expat Direct to Cremation** funeral plan could provide.

Offering dual country cover, it includes an unattended cremation in Spain or the UK and costing from €2,495 or £2,195 it's the simple, no fuss way to say goodbye your way.

To find out more call +34 966 799 070 or visit www.avalonfuneralplans.com

From
€2,495
£2,195

 **Avalon**
FUNERAL PLANS

Authorised and Regulated by the Financial Conduct Authority.
Our FCA registration number is 965286.

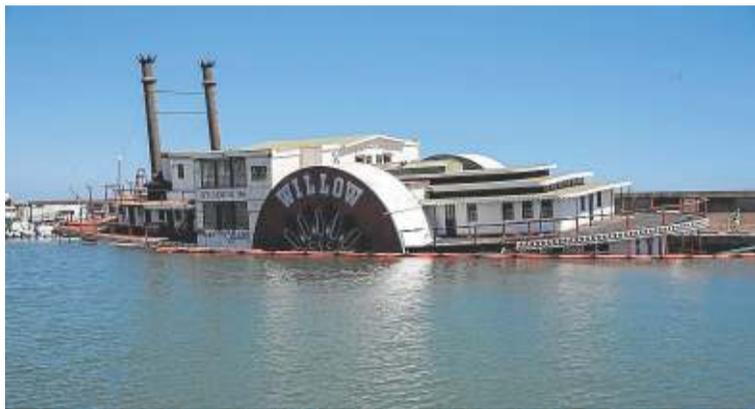
Half-sunken steamer to go from Benalmádena marina in April

The town hall has won an appeal against a sentence that ordered it to pay the owners 400,000 euros; now the Willow has to be removed by 26 April

SUR

MALAGA. The half-sunken Mississippi paddle steamer, the Willow, in Benalmádena marina, has its days numbered, local mayor Victor Navas announced on Wednesday.

The appeal filed by the marina against a previous sentence that ordered it to pay 400,000 euros for the termination of a contract with the company that owns the ship has been accepted by the provincial court of Malaga. "We announce good news for



The Mississippi paddle steamer, the Willow. NITO SALAS

Benalmádena: the Willow has a date for its removal from the marina and its scrapping - 26 April - which will allow us to recover the image and aesthetics of Benalmádena marina," said Navas, at a press conference he

gave with the local councillor responsible for the port, Encarnación Cortés.

The mayor said the initial sentence, which ruled that the town hall had to pay 400,000 euros to terminate the contract with the

boat's owners, "has finally been reduced to only 4,000 euros". The new sentence also orders the owner to pay the costs of removing the old steamer.

"This ruling confirms that the strategy of the town hall and its municipal company Puerto Deportivo was the right one, defending the interests of all the citizens of Benalmádena, and demonstrating that we are a responsible government that works for the town," Navas said.

"The provincial court of Malaga has partially upheld the appeal lodged by the marina, and completely dismisses the appeal lodged by the owner of the Willow," Cortés said.

The Mississippi Willow paddle steamer, which was built at the beginning of the twentieth century, was hit by seasonal storms in March 2019 and, exacerbated by its poor condition and lack of maintenance, partially sank.

It had been a popular nightclub for decades, was used for parties and is purported to have been a clandestine brothel.

Malaga city hall proposes dance and culture centre on old Astoria site

REGINA SOTORRÍO

MALAGA. The new cultural centre to be built on the empty site of the old Astoria-Victoria cinemas in the Plaza de la Merced will have four floors, according to the conditions of the contract for the draft plans put out to tender by the city council this week. The building will have a theatre to seat up to 700 and be the home of a dance and choreography centre.

The plan's approval is subject to a report from the Andalusian ministry of culture, which could modify the height of the building and architects must make allowances for the archaeological remains discovered during excavation and which must be left 'in situ'.

MORE SATISFACTION THAN THAT AEROBICS LOOK YOU EMBRACED BACK IN THE 80's

CAR BIKE HOME INSURANCE

9 OUT OF 10 CUSTOMERS RECOMMEND US*

GET THE BEST PRICE NOW

linea directa

CUSTOMER SERVICE IN ENGLISH
952 147 834
Phone number valid from anywhere in Spain

*Data extracted from process closure surveys after using our roadside assistance and breakdown services.



The repaired section of the walkway. SUR

Caminito del Rey reopens full route after repairs

ANDREA JIMÉNEZ

ÁLORA. Malaga province's famous Caminito del Rey suspended walkway above a gorge will return to its usual route today, 3

February, after the repair of a section damaged by landslides on 12 December.

After a month and a half of repair works, the replacement of 113 metres of the walkway has

been completed.

This will allow the reopening of the northern access point, by Ardales, the President of the Diputación, Malaga's provincial authority, Francisco Salado, said after a site visit on Thursday.

On 16 December 2022, the walkway was partially reopened with an adapted route from the southern access point at El Chorro, in Álora. Since then, 14,000 people have enjoyed a visit to the tourist attraction, Salado said. "It was a temporary solution. I would like to thank all the professionals involved in this repair, which has been completed in record time."

Last December, a storm caused landslides on the opposite slope, which caused damage to the structure in the narrowest part of the gorge. "The latest digital technology has been used to study these slopes and detect their weak points in order to reinforce them," Salado said.

Eight climbers took part in the repairs, together with all the technical staff of the joint venture headed by UTE Sando, the Caminito's manager.

HERE AND THERE



Baños del Carmen. S. SALAS

MALAGA

Protected status for Baños del Carmen

I. LILLO / SUR. The process to list Malaga's Baños del Carmen beach spa, the only remaining historical public beach bathing facility in the city, in the catalogue of Andalusian historical heritage (BIC), has been started and will give the site and surrounding area the highest level of heritage protection.

MARBELLA

Municipal car parks take shape and expand

J. DUEÑAS. An underground car park that will charge just 1 euro for a 12-hour stay in Marbella's Calle Doha, is due to open in May. The project is currently 70 per cent complete and will add 167 to the 2,000 parking places being created by the town hall.

Mayor of Marbella Ángeles Muñoz pointed out that to date around 1,600 parking spaces have been created in locations including Calle Calvario, Palacio de Congresos, Calle Platino, Níquel, Fragua, Guadalmina, Chipre and Doña Juanita.

Another 483 places would be provided in projects still under way.

In Nueva Andalucía, the town hall is working on the development of a 4,500-square-metre plot in Calle Gabriel García Márquez to double the capacity of the existing car park.



PHOENIX COLLEGE MÁLAGA



A GOOD TIME TO CHANGE SCHOOL

MÁLAGA

SUR. All our students changed school to study with us. Phoenix College Málaga specialises in A-levels, the 2-year courses that correspond to the last two years of the British education system, studied by students aged 16-18 (usually), and which allow entry to universities not only in Spain and in the UK, but all over the world.

Reasons for changing are varied and multiple in each case. Many have outgrown a school environment, and / or feel that they will develop further in one that is smaller, gives more freedom, and greater responsibility over their studies. The jump from school to university can be a challenging one – it's a big change from school where every move is supervised, to university where you are left very much to yourself – and Phoenix represents a bridge between the two, helping students to develop skills that they will need to make the very best of their university careers. Small classes (max. 12) help enormously in this process: not only do our teachers really get to know their students, but they are able to give them far more individ-

ual attention. A common reason for changing is looking for the best teaching in their strongest subjects. Our A-level teachers are native English speakers and wholly dedicated to their vocation. Another is that outside lessons, students may leave the College – and sited in the Plaza de Uncibay in the centre of Málaga, we are easy to reach.

Would a new challenge benefit your child? Students come to us from many different education systems, including French, Polish, Russian, Iranian, Latvian, Spanish - studying the equivalent of 1º y 2º de Bachillerato in English is more than possible after studying 4º de ESO, and the benefits of an advanced level of English are enormous. Our teachers are highly experienced, and skilled in grasping the different backgrounds of our new students and making sure that every class is accessible to everyone in it, especially at the beginning of the courses.

The best time to take the decision to change varies, depending upon your child and your circumstances. We recommend reserving places with us before the end of February (to start in September).

This involves meeting us in the weeks or months leading up to Semana Blanca, in person or online, to discuss your child's plans and options, and how to Matriculate. Some students choose to have a 'Taster Day', where they can attend lessons and chat to current students - really experience what it is to be a student here. We are responsible: not only do we assess the level of a prospective student's English well in advance to see if we need to suggest strengthening strategies before starting, but we also help students to understand which subjects might suit them, and whether they have a realistic chance of passing.

MORE INFORMATION

Up to 25th February 2023, our Matriculation Fee is at 60% for students enrolling for this September. To arrange a meeting, please contact us: Tel. 952 22 02 75 Email: info@phoenixcollegemalaga.com Web: phoenixcollegemalaga.com

Costa hotel room rates go up 22% since 2019

The average price for a night has increased to 112.70 euros on the Costa del Sol, higher than in Andalucía or Spain

PILAR MARTÍNEZ

MALAGA. Data from Spain's national statistics institute (INE) shows a huge rise in the price of hotel rooms in Costa del Sol resorts since the coronavirus pandemic.

A recent report shows room rates for 2022 have increased to 112.7 euros on average on the Costa del Sol. This equates to a rise of 22.5% compared to figures from 2019.

This same report notes that the increase is greater than that experienced in Andalucía and Spain, with prices of 98 euros

and 100 euros per room, respectively, after rising by 16.5% and 13% compared to 2019.

At the recent edition of the International Tourism Fair, Fitur, in Madrid, the heads of numerous hotel chains predicted that this year rates will continue to rise to between 10% and 15% above those of 2022.

However, the Costa del Sol hotel association (Aehcos) has pointed out that the profitability of businesses continues to be weighed down by the impact of the health crisis and soaring energy costs, plus high inflation.

"We are still very concerned about the profitability of the establishments, which has been affected by the rise in interest rates, inflation and fluctuations in the prices of energy supplies such as electricity," said Aehcos president José Luque.

Spain's minimum wage to rise by eight per cent to 1,080 euros a month this year

L. PALACIOS. The Spanish government will raise its Minimum Interprofessional Wage (SMI) by 8% in 2023 to 1,080 euros per month, with 14 payments a year.

This was agreed on Tuesday between the Ministry of Labour and Social Economy and the trade unions after a marathon day of negotiations.

The business community's CEOE organisation, for the third year in a row, refused to sign a tripartite agreement or to go to the negotiating table.

The rise of 80 euros per month will benefit some 2.3 million workers - according to estimates made by CCOO union - and will have a retroactive effect from 1 January.

Unicaja Banco almost doubles profits thanks to greater income and reduced costs

C. VALLEJO. Malaga-based Unicaja Banco has reported profits of 260 million euros in 2022, an increase of 88.9% on 2021. The financial institution explained that the increase is due to the rise in ordinary income (the interest margin went up 2.9%, while income from net commissions was up 7.3%). The figures were also influenced by a reduction in costs, which fell 8.2% last year as a result of a restructuring plan which included branch closures (100% complete) and redundancies (81% complete). This week the group announced that 50 million euros of the last quarter's profits would be reserved for a possible "decline in the economy due to continued high inflation".

www.kalakaalua.com

KalaKalua
EMPRESAS Chiringuito

Casual snack bar
for a good time ...
Family Business

www.nuevoreino.es

NuevoReino
EMPRESAS Restaurante

Restaurant with
long experience
since 1,957.

Carrefour

Estepona | Fuengirola | Mijas |
 Torremolinos | Valle del Guadalhorce-Coin



The best, at unbeatable prices

At your Carrefour hypermarkets in Estepona, Torremolinos, Mijas, Fuengirola and Valle del Guadalhorce you get 50% back on your favourite products

A promotion that includes more than 1,000 items by top brands and that you can redeem from 14 to 28 February.

You buy it today, and tomorrow you get half your money back to spend on new products. More and better! That's the latest promotion from Carrefour, your trustworthy brand.

At the Carrefour hypermarkets in Estepona, Mijas, Torremolinos, Fuengirola and Valle del Guadalhorce, as well as the range of your usual products at the best prices, you can now get 50% back on a selection of items by means of a voucher for the amount earned, which you can redeem from 14 to 28 February. More than 1,000 products such as packs of 100 Carrefour Aloe Vera moist toilet tissues; Carrefour Ultra Protect T3, T4 or T5 Premium nappies; Carrefour Extra Greek-style yoghurt; Carrefour mini soft cheese; among many others.

Offers of the week

50% BACK

WE GIVE YOU 50% of what you spend back on more than 1,000 products
 Voucher redeemable at Hypermarkets, Market and carrefour.es from 14 to 28 February, 2023



6.85€

1 cheese

MINI SOFT CHEESE
 Carrefour Extra product, 425 g.

50% BACK and you get 3.43€ back



1.55€

Pack

ALOE VERA MOIST TOILET TISSUE
 Carrefour product. Biodegradable. Pack of 100. Works out at 0.02€ per tissue.

50% BACK and you get 0.78€ back



9.80€

Pack

PREMIUM NAPPIES CARREFOUR ULTRA PROTECT
 Carrefour product.

T3 Pack of 44: Works out at 0.22€, per nappy.
 T4 Pack of 40: Works out at 0.25€, per nappy.
 T5 Pack of 36: Works out at 0.27€, per nappy.

50% BACK and you get 4.90€ back

2.45€

1 tub

GREEK-STYLE NATURAL, NATURAL LIGHT OR NATURAL CANE SUGAR YOGHURT
 Carrefour Extra product, 1 kg.

50% BACK and you get 1.23€ back



*Offers valid at the Carrefour centres in Valle del Guadalhorce, Torremolinos, Mijas, Fuengirola and Estepona until the 13rd of February, 2023.



Carrefour Estepona
 Ctra. Cádiz-Málaga
 Km 156.9



Carrefour Fuengirola
 C.C. Miramar,
 Avda. de la Encarnación s/n.



Carrefour Mijas
 Avenida de
 Los Lirios s/n.



Carrefour Torremolinos
 C.C. Costasol Centro,
 Avda. Circunvalación s/n.



Carrefour Valle del Guadalhorce
 C.C. La Trocha,
 Ctra. Coin-Cártama, Km 1. Coin



Gestures of affection. Friendship is important and the volunteers take time to talk to the people they meet.

SALVADOR SALAS

Food, blankets and a chance to get off the street

Commitment. A team from SUR accompanied Cruz Roja volunteers who go round Malaga offering food and warmth to homeless people, as the initial form of contact in the aim of helping them return to a normal way of life

CRISTINA VALLEJO



If anyone thinks that homeless people do not really exist as far as other people are concerned, that they are invisible, that because they don't count they are not included in the statistics, except maybe as a number with no name, then they are mistaken. In Malaga city the council and organisations coordinated by Puerta Única know them, are aware of their situations, advise them and suggest ways they can escape from exclusion within the narrow margins imposed by their lack of resources.

For example, the most visible thing that Cruz Roja (the Spanish Red Cross) does on Mondays, Wednesdays and Fridays in the city is give out food and blankets to dozens of homeless people and provide them with some warmth on the cold winter nights. But the organisation's real objective is to offer them a 'hook' so they can go back to a more normal life with work, a roof over their head and personal autonomy.

The containers of food are an excuse for the volunteers to make and maintain contact with homeless people. "We assist all types of people who are living rough. We give them information. We go out every week and the volunteers keep in contact to see if between us we can provide them with a 'hook'," says Miguel Ángel Montero, a social worker and Cruz Roja volunteer.

The reality of homelessness is very varied. It goes beyond people having no roof over their head. Elena Ballesteros of Cruz Roja says the concept also includes those who are about to be evicted or who are unable to pay their basic bills.

Joselu and his partner Yomara are examples of this in Malaga.

The difficult path to being self-sufficient

Social workers do not patronise homeless people or treat them like children. The aim for those whose circumstances have left them on the streets and the professionals who are trying to help them, is to work together, because that is the only way that anyone living rough will be able to return to an autonomous life. Although there is not always a happy ending. María Rosa Gutiérrez, of the Caritas charity, says the lack of jobs and cost of renting makes it difficult for many to reintegrate into society. She calculates that only 25 to 30 per cent of those who leave the shelters become fully integrated. Eva Sánchez, of Accem, says the cost of renting is the biggest obstacle and is also why some families and individuals live on the edge, with recurring periods of homelessness.

They live in an apartment that Joselu inherited but Yomara complains that he wants to spend all day in the street, while she would prefer a more normal and ordered life. After spending all day outside they come home to a place where there is no electricity or water. "I don't live on the streets, I have a home, but I live worse than people who are homeless," Joselu says. Their problems go beyond housing and finances; he says he receives a pension of 480 euros "because of my head," and he admits that he has spent 30 years - half of

his life - behind bars.

The lives of this couple are marked by conflict and instability: because of their differences they become angry, they fight, she leaves him, he goes looking for her... but Yomara does not want to go into a refuge: "There are so many rules and people get into fights over any stupid thing," she says. She is hoping to get into a hostel soon, where she believes there is more freedom, although the fact that she has lost her identity document, which she needs, is a problem, and she is taking tablets to combat depression. Mental illness often affects people in the street: sometimes it is a cause of their problems and sometimes an effect. When it comes to sleeping, anything is better than a park, Yomara tells us. The idea of doing that terrifies her.

There have always been fewer women than men in the streets, but the proportion is rising, a symptom of a deteriorating economic situation and the weakening of close social networks. Women are at less risk of having to sleep rough because they tend to have more personal networks and social support, as they are the ones who normally look after their children. But it is also harder for women to return to a normal life once they have become homeless, because there are few facilities to help them.

Child protection

There are also fewer women because under-18s are not permitted to live on the streets, and we didn't meet any on our visit. Although evictions leave entire families with nowhere to live and there are not many resources to help them, there is a protocol to protect children and those who care for them: the council's social emergency service will attend to the family and refer them to Puerta Única, who can arrange for them to stay in a hostel or similar for a few days. In the meantime they look for somewhere else for them to go, which could be in another town or even another province. They also try to involve family and social networks of those who have been evicted, or they fund accommodation for them somewhere for a few months. If the children are well-cared-for, it may be possible to provide further support. These actions prevent youngsters ending up on the streets or the child protection authorities having to intervene.

On our visit, we meet two women who are a couple. That is one of the reasons that they have been homeless "for a number of years," says Tamara, 29. "The family doesn't accept our relationship so that is why we have ended up living like this. Their minds are

► **Excuse.** The volunteers give out food and blankets to the homeless but they use it as a chance to keep in contact and offer advice and help where they can. **SALVADOR SALAS**

completely closed,” she says. “Sometimes they have rung and asked how we were, and we told them what our situation was but they didn’t care”.

The women told us that they receive the Minimum Living Income and would like to rent a room, but apart from the cost, landlords often refuse to accept tenants with animals and they have a dog. At present they are living in a storage room. “The money we receive helps, but it isn’t enough for us to afford what we really need, which is somewhere to live,” Tamara says.

They don’t work, but say it is very difficult when you are living rough. “We look for jobs, but where do you shower, where do you wash your clothes, where do you leave your dog? It’s complicated,” she says. Her partner Lourdes, 40, has tried several times to live with her father, who is ill, but it was difficult and he ended up throwing her out. They have also applied for somewhere to live, but the bureaucracy was too much for them.

They are not the only ones we meet who are living in a storage room. Juan Carlos, 50, is doing the same although in his case the owner knows and he has promised to leave as soon as he is given a place in the hostel. He says his problems are due to an allergy he developed to latex, which meant he couldn’t continue to work in a kitchen. Now he only has 160 euros a month in benefits to live on.

Reluctance to use resources

Benhamed, 35, from Algeria, is another example of LGTB discrimination. He has been homeless for ten years and begs outside a supermarket. “I came here because I like men and also because life is very hard in my country. I have four diplomas, but just don’t know how to get a job. I don’t like the hostel because there are so many people and I feel uncomfortable there,” he tells us.

That made two people who were reluctant to take advantage of the facilities available to the homeless. This seems like a mystery to us, but “a lot of people don’t want to abide by certain rules,” Ballasteros says, and explains also that a lot of homeless people know how to manage.

“You talk to them and they receive some type of benefit, but if you point out that the Minimum Living Income is 565 euros a month and a room in Malaga can be rented for between 400 and 450 euros, they don’t want to pay all that in rent and only have 100 euros left to live on. They don’t see a roof over their head as a priority when that’s all the money they have,” she says.

As our route progresses we come across another situation: it is 10



o’clock at night, and people are already sleeping wrapped in sacks and blankets because they will have to wake up early, before the streets are full of people and the shops in whose doorways they are sleeping open. They reject the food brought by the volunteers, but nicely. Their stomachs are upset, they say. They have probably been living rough for years. This is the most terrible face of homelessness and exclusion.

Recent arrivals

There are also recent arrivals, even in this city. They come to look for work because they think Malaga is booming financially and full of opportunities. They do not want to live on the streets long-term, but it is easy to fall into a vicious circle, says Ballasteros: “You spend two nights on the streets and that makes you dirty. You have nowhere to shower, so if you go for a job interview they are unlikely to want you,” she explains. Jorge is 26 and has come from Albacete. He says

The organisations say some homeless people will never lead a normal life again and all they can do is try to reduce the harm they suffer

Volunteers and people living rough agree that employers are very reluctant to give a job to someone who is living in the streets

he had to leave because he had problems there. He is looking for work in Malaga because he is a waiter, has paid Social Security for seven years and believes that he could have a future here. But he knows that until he finds a place in a hostel he won’t be able to get a job. “I went for an interview and

it went well but when I said I was living like this they said, “oh wait, we’ll try someone else instead”. I know that once I can get into a hostel I’ll find a job. I’m a good worker,” he says. The volunteers confirm that he could well be right.

Antonio, 23, has a similar story. “I left Cadiz because something happened there, but everything has gone wrong. One day after another, if it’s not one bad thing it’s another,” he says. He tells us about arguments with the Guardia Civil and the police, who had demanded to see his documents. “Look, I may not be a saint, like anyone else, but I have had nothing to do with any robberies,” he complains. He is on the waiting list for accommodation, but he fell asleep in the city centre one day and woke up with nothing: everything had been stolen, including his documents. It’s hard, living rough. Now, he is thinking of leaving Malaga and going to Almeria or Cordoba instead. “Maybe I’ll get work in the greenhouses,” he says, hopefully.

IN BRIEF



File image. SUR

MALAGA

Jet2.com launches new UK route

P.M. Two decades ago, the British airline Jet2.com began its journey in Spain with a flight from Leeds that landed in Malaga. Twenty years later, the company continues to expand its operations at the airport with the opening, this summer, of a new route that will link the Costa del Sol with the English city of Bristol - four times a week - the CEO Steve Heapy announced at a celebration to mark the anniversary in Madrid last week.

MALAGA

Qatar Airways summer flights return

P.M. Malaga Airport will once again have direct flights with the Qatari capital Doha starting on 2 June. Qatar Airways will resume the route during the summer, for the fifth time, and will operate it four times a week until 11 September. Flights from Malaga will operate on Mondays, Thursdays, Fridays and Sundays, departing at 3.45pm and arriving in Doha at 11.45 pm (local time). Flights from Doha arrive at Malaga Airport at 2.15pm.

MARBELLA

Five-star hotel offers 150 new jobs

J.D. El Fuerte Marbella is holding a recruitment day to boost its hotel workforce with 150 new employees. The establishment is looking for staff to fill different positions, ready for its reopening in spring as a 5-star hotel following a major refurbishment. The group has organised a recruitment day for Thursday, 9 February, from 9am to 5pm at the Amàre Beach Hotel Marbella, in Avenida Severo Ochoa, 8. More details and registration at: <https://bit.ly/3wNZgUv>

Energy giant Cepsa plans huge solar farm near Ronda, the size of 150 football pitches

It is expected that work will start at the end of 2024 on the plant, which will provide energy to supply 64,000 homes

IGNACIO LILLO

MALAGA. Plans for a solar farm north of the Roman ruins of Acinipo near Ronda were revealed last Friday by energy company Cepsa. This large-scale project in-

volves the construction of a 150-hectare solar power plant, the size of more than 150 football pitches, which would be able to generate 100 megawatts of electricity, capable of powering 64,000 homes.

The project is one of the most advanced of its kind in the area, and has caused controversy with environmental groups and local residents.

The mega-park will be built on non-irrigated farm land (currently used for cereal crops), but it will

not affect the area's thriving wine industry. Between 20 and 30 private owners have been contacted, with a commitment to rent the land for 30 to 35 years, once the project has been approved.

Gerónimo de Angulo, the director of Cepsa's renewable development division revealed that the expected investment would be 62 million euros.

The project will create nearly 200 jobs for one year, and after construction, six positions for

maintenance and security will be created. There will also be indirect employment opportunities. The scheme is still being processed after an initial public consultation from which various improvements have been collated, according to director Angulo. In addition, the plans are awaiting an environmental impact report and another consultation period.

The project is considered to have "urban compatibility" with Ronda's urban master plan

(PGOU).

The director said that getting permission by the end of the year is an "optimistic" scenario, and that the project could be under way at the end of 2024.

The most concerning aspect of the project for locals and organisations is the impact on the landscape. In answer to these concerns, various improvements to the plans have been made; the high-voltage cables will be laid underground, for example, to avoid overhead cables affecting the Grazalema natural park or blocking the view of Ronda's Tajo gorge.

Among measures put in place by Cepsa to mitigate the social impact is the creation of an energy cooperative to reduce electricity bills for Ronda residents.

British grandmother sets gruelling challenge for Ugandan children

Katrina Smith has converted her Land Rover into an overland vehicle in order to drive from Malaga to Cape Town

TONY BRYANT



MALAGA. A 55-year-old grandmother will take on the mammoth challenge of driving from the Costa del Sol to Egypt and on to South Africa to raise money for the Little Angels children's home in Uganda, a charity that is very close to her heart.

Katrina Smith, a former car mechanic from Kent, will set off on Monday, 6 February, and hopes to complete her journey in Cape Town in September or October.

The mother-of-four has had a lifelong passion for Land Rovers, and her choice of vehicle for the trip is a Defender 110 TD5, which she has named The Beast.

Katrina has converted the Land Rover into an off-road vehicle

complete with a shower and a bed for her African mission, although this will not be the first time she has undertaken a gruelling journey for charity.

In 2010, the adventurous expat and a friend rode two quad bikes in memory of her grandmother, who lost her life to lung cancer. They rode the bikes on a 12,000km route from Malaga to Timbuktu to raise money for the Macmillan cancer charity, and a hospice in her hometown in Kent.

"Now is the time to make my next epic journey. I have personally converted my Land Rover into an awesome overland camper, and found myself a fantastic travel companion and fellow fundraiser, my friend, Nicole Taylor. We decided that it would be a great idea to raise as much money as possible for the Little Angels home in Uganda," Katrina told SUR in English.

Katrina, who also worked as a technology teacher, passing her skills on to young offenders, underprivileged children and adolescents with special needs, will stop off in Uganda to deliver the money she raises, plus food, blankets and clothing. Along with her 60-year-old travel companion, Ka-



Katrina and Nicole with the converted Land Rover in which they will attempt the challenging journey. SUR

The 20,000 km route through deserts, forests and mountainous regions will take the couple though at least 16 countries

trina will spend some time helping out at the children's home, before continuing on her journey to South Africa.

The 20,000 km route through deserts, forests and mountainous regions will take Katrina and

Nicole, who will drive for five to six hours each day, through at least 16 countries, and they know that it is not going to be an easy journey.

"Although I have done a lot of preparation, it's not the same as actually doing it. I'm sure we will have some perfect days and probably a few terrible ones," she said.

Leaving her comfort zone

Katrina, who describes herself as a "Land Rover Anorak", has lived in Spain for more than 20 years, and she has now decided to come

out of her "comfort zone" to help children with her momentous challenge.

She has set up a GoFundMe page (www.gofundme.com/f/the-little-angels-orphanage), which currently stands at 335 euros, but she is hoping to raise a lot more money than this by the time she finishes her trip in the autumn.

"If in my life I can put a smile on the face, or have the opportunity to make even a tiny difference to the life and well-being of at least one child on my journey, I will be the happiest person alive," she declared.

Ojén's Eco Reserve forced to close permanently by regional government

ALBERTO FIZ

MARBELLA. The Junta de Andalucía has issued a report which will likely lead to the permanent closure of the Ojén Eco Reserve, near Marbella. Unless there are

objections, it will be given one month to close and relocate the animals.

The report considers that irregularities detected in the inspection that caused its closure to the public in February last

year have still not been resolved.

Rescue centre

The Ojén Eco Reserve is located on public forest land and was granted a permit in May 2016. Since then, the owners have de-

veloped the space for animals like deer and wild goats, and opened it for family and educational visits. It also acts as a rescue centre for injured animals. However, among other things, the Junta's report considers that the enclosures do not meet their requirements, and the animals could come into contact with both workers and visitors.

Despite being closed for a year, the Eco Reserve has managed to

keep going with donations from organisations and individuals and coordinator Antonio Calvo's dedication. He had the help of a number of volunteers, after the 10 members of staff who had worked there while the place had a permit had to be let go.

Most of the animals at the park are native species and the Junta is obliged to take care of them until a solution for their rehoming can be found.



Bank of Spain
registration
No. 6716



Save money when transferring your pension

Send money overseas simply and safely.

If you've retired in Spain and are transferring your pension from the UK, we could help your money go further with our great exchange rates and by avoiding receiving charges when moving money to a Spanish bank account.

You can use our app to make a transfer whenever you need, while our 20+ local branches dotted throughout Spain means we're never far when you need to speak to one of our friendly currency experts.



To find out more pop into your local branch and speak to one of our currency specialists.

Let's talk currency

Marbella

Plaza de las Orquideas, C/ Orquidea
Local 5, Nueva Andalucía
Marbella, 29660, Spain
+34 952 906 581
marbella@currenciesdirect.com

Fuengirola

Avda. Alcalde Clemente Díaz Ruiz s/n
Urb. Pueblo Lucía, Edificio Leo
Local 1, Fuengirola
29640, Spain
+34 952 906 581
fuengirola@currenciesdirect.com

Benalmádena

Avenida Antonio Machado,
Edificio Diana I Local 13,
Benalmádena Costa,
Málaga, 29630, Spain
+34 952 90 65 81
benalmadena@currenciesdirect.com

Nerja

Calle Antonio Ferrandis Chanquete 1
Local 1A, Nerja, Málaga
29780, Spain
+34 952 906 581
nerja@currenciesdirect.com

Estepona

Avda. España, nº 10,
Local 5, 29600,
Estepona, Málaga
+34 952 906 581
estepona@currenciesdirect.com

Find out more at currenciesdirect.es

© Currencies Direct Ltd, One Canada Square, Canary Wharf, London E14 5AA, United Kingdom. Registered in England & Wales, No. 03041197. Currencies Direct Ltd is authorised by the Financial Conduct Authority as an Electronic Money Institution under the Electronic Money Regulations 2011. Our FCA Firm Reference number is 900663.

Our EU services are provided by Currencies Direct Spain.

© Currencies Direct Spain, E.D.E., S.L., Avenida del Mediterráneo, 341, 04638 Mojacar, Almería, Spain. Registered in the Commercial Registry of Almería under the Spanish tax ID number B04897990. Currencies Direct Spain, E.D.E., S.L. is authorised by the Bank of Spain as an Electronic Money Institution under Law 21/2011 of 26 July and Royal Decree 776/2012 of 4 May. Our registration number with the Bank of Spain is 6716.



Socialists to reform controversial 'only yes is yes' sex offence law

The aim is to prevent the reduction in sentences that emerged as a surprising side effect of the new legislation that came into force in October

SUR

MADRID. After weeks of debate, prime minister Pedro Sánchez has ordered a reform of what is known as the "only yes is yes" law, which came into force in October last year.

The law, one of the star projects of the equality ministry controlled by the Socialists' left-wing coalition partners Unidas Podemos, is officially called the law of "integral guarantee of sexual freedom".

It was sparked by the much publicised case of a gang rape of

a young woman at the San Fermín festival in Pamplona in 2016, which caused public outcry when the five defendants were found guilty of sexual abuse (abuso), rather than the more serious sexual assault (agresión) as the court saw no evidence of violence or intimidation.

In response, the ministry set about drafting a new law which did away with the distinction between abuse and assault. As its nickname suggests, the new legislation is based around consent. Rather than victims having to prove that they were attacked with violence or intimidation, with the new law, any sexual act without clear consent is classed as either assault or rape.

However an apparently unexpected side-effect of the unification of abuse and assault is that



Equality minister Irene Montero. EFE

penalties under the new law for certain cases could be lesser than before. Spain's penal code states that new legislation that could benefit a convicted prisoner already serving a sentence can be applied retroactively. This has led to a string of cases being reviewed and sentences reduced. Some prisoners (23 in Spain up to the end of January) with months left on their sentence have been released.

This sparked much debate between the coalition partners, with equality minister Irene Montero defending her law and blaming the reduced sentences on "sex-

ist judges" and "fascists in gowns" who were "applying the law erroneously".

Faced with fierce criticism from the opposition and the anger from judicial authorities at these comments, in December Sánchez called on the ministries involved to propose technical modifications that could be made to the law to prevent this reduction of sentences.

Reform inevitable

Since then some voices on the left of the government (Unidas Podemos is in itself made up of different parties) have spoken in favour of a reform, although Montero's Podemos rejects the Socialists' plan to return to tougher penalties for more serious offences.

This would be a "step backwards" and push aside the central idea of "consent" to go back to a question of a victim having to prove the severity of a sex offence, it says. Accepting that a reform is inevitable, however, the equality ministry has agreed to raising the minimum penalties.

Now the main Socialist arm of the government has confirmed it will take its plan to avoid the "undesired effects" of the law to Spain's Congreso (lower house). Its aim is for both coalition parties to agree on the draft, but if not, the Socialists are prepared to go it alone without their partners.

The main opposition party, the conservative PP, has said it would support a reform.

Junta advises caution as the end of face masks on public transport in Spain nears

EUROPA PRESS

SEVILLE. The Junta de Andalucía's minister of health, Catalina García, has asked people in the region to use common sense and caution and continue to use face masks "in closed, poorly ventilated spaces, especially the most vulnerable and not only to protect against Covid, but also against other respiratory viruses".

She was speaking just one week before the compulsory use of masks on public transport in Spain comes to an end; and three years after the World Health Organization (WHO) declaration of the pandemic.

"We continue to be in a pandemic situation, with a virus that is mutating, and a global situation of uncertainty due to what is happening in China," said the minister.

She then compared face masks to seatbelts to explain the importance of continuing to wear them at certain times to prevent illness. García asked the public to see the mask as "a tool" and to use it when they are in poorly ventilated spaces.

R&R 

Lawyers on the Costa del Sol
since 1999

All Legal Matters: Conveyancing, Inheritance, NIE Number etc.

Katriina Raiskio, lawyer. Native English Speaker.
Tel. + 34 651 603 127 info@rllaw.es / Katriina@rllaw.es
Estefania Rodrigo, lawyer. Tel. + 34 675 672 167
Avda. Del Tivoli, 17. C/ Las Ventas, local 35. 29631 Arroyo de La Miel
BENALMÁDENA

THE EURO ZONE MARK NAYLER

How do I look?



It's that time of year again. Transparency International has just released its annual report on the perception of corruption levels in 180 countries and Spain is ranked 35, with a score of 60 (100 being a model of cleanliness, 0 being - well, 12 points below bottom-ranked Somalia). It's the second consecutive year that Spain has dropped down the Corruption Perception Index (CPI) by one point, which shows "danger of further decline", according to the Berlin-based NGO. The organisation also urged Spain's parliament to enact laws that would ensure greater transparency, something that it said was lacking in Pedro Sánchez's government.

It's no coincidence that, in parallel with this steady fall down the CPI, vows to fight corruption have disappeared from political discourse in Spain. No one, you'll note, is running on

an anti-corruption ticket ahead of this year's general election. Contrast this with 2016, in the early days of Ciudadanos and Podemos, when the former party even got as far as signing an anti-corruption pact with the Partido Popular (which was never heard of again). It's as if those once-crusading forces naïvely had a crack at cleaning up the system before staggering back, daunted by the scale and complexity of their mission. High-profile political fraud, of course, is merely the prominent tip of a gigantic iceberg.

Inspired by a recent trip to Rome, I'm currently reading Tobias Jones's fascinating book *The Dark Heart of Italy*. Italy, by the way, is several points below Spain on the CPI at 41, but has risen steadily over the last decade, roughly starting from when Silvio Berlusconi's last stint as prime minister ended.

The following passage resonated strongly: "Wrongdoing [in Italy] is invariably excused by the fact that political ... leaders are thought to be up to much worse things, and a little tax-dodging or bribery by us lesser beings really isn't that important... [E]veryone's up to something, and you're stupid if you're not too."

Those words also apply perfectly to Spain - another country in which corruption, in different guises and to varying degrees of seriousness, exists at all levels of society. At the lower end are everyday instances that quickly cease to surprise when you live here - landlords insisting that rent be paid in cash, for example, or dole office officials advising you to give English classes "under the table" to boost your benefits (as once happened to my sister).

The systemic back-handedness goes all the way up to elected officials embezzling public money and former monarchs allegedly stashing multi-million-euro kickbacks in offshore accounts.

No wonder Ciudadanos and Podemos gave up fighting corruption in Spain: as Jones put it, "Everyone's up to something."

ELECTRONICS EXPERIENCE
EXP-TV & INTERNET EST 1970

Residents and EX-Pats in SPAIN
INTERNET--- Telephone & TV SERVICES

SERVING THE COAST FOR 50 YEARS
MALAGA TO ALGECIRAS

FIBRE OPTIC & 4/5 G INTERNET

TV ALL NATIONALITIES
WITH 30 DAYS CATCH-UP

REDUCED STANDBY SERVICE CHARGE WHEN NOT HERE

Just ring 952883168 952885379 617403103
or email alanj@exgspain.com
Web site www.internetandalucia.com



E-scooters: police will start issuing fines on 13 February. SUR

New e-scooter regulations are now in force in Gibraltar

DEBBIE BARTLETT. New legislation regarding the use of e-scooters in Gibraltar came into force on 26 January and anyone who fails to comply could face a £300 fine.

Police officers are distributing leaflets in English and Spanish to e-scooter riders who cross the border into Gibraltar, and at different places in the town, to ensure that they are aware of the rules.

The main points of the new regulations are that nobody under the age of 17 may legally ride an e-scooter and all riders must wear a

securely fastened helmet; these personal mobility vehicles can only be used on roads, never on pavements or in pedestrian areas; the e-scooter must have lights front and back and must not have been modified to travel at more than 25 kilometres an hour; and e-scooter riders must not carry a pillion passenger or tow another person.

At present the police are just making riders aware of the rules, but after 13 February they will start issuing Fixed Penalty Notices to anyone who disregards them.

Nature Reserve visits can now be booked online, thanks to new website

D.B. Gibraltar now has its first Nature Reserve website, which will enable people to book online and plan a tailor-made visit, whether they will be going on foot, bicycle or are thinking of taking a private tour.

The website, www.naturereserve.gi, was officially launched on Tuesday by the Minister for the Environment, Professor John Cortes, CEO Dr Liesl Mesilio and Senior Environment Officer Stephen Warr. As well as the online booking facility, it also has a wealth of information about the flora and fauna, history, culture and natural assets of Gibraltar.

It places a strong emphasis on nature conservation, highlighting the extensive work that goes into maintaining the Reserve, its wildlife and sites.

It also embraces corporate social responsibility and offers the chance to help support this maintenance through 'adopt an animal' programmes and corporate sponsorship partnerships.

IN BRIEF



Gibraltar Rock. SUR

NEWS

More EU Treaty talks have taken place

D.B. There has been a sudden spurt of activity in the talks regarding Gibraltar's future relationship with the EU, with discussions taking place in the past week in Madrid, London and then in Malaga. The Gibraltar government has stressed on several occasions that contact between different parties at different levels is ongoing, apart from the formal UK-EU negotiating rounds, and it still appears optimistic that a "safe and secure" Treaty can be agreed.

SPORT

Gibraltar footballer signs with Newcastle United Women's team

D.B. One of Gibraltar's top women footballers, Charlyann Pizarello, has been signed up by the Newcastle United Women team. The 25-year-old midfielder used to play for Lions Gibraltar and Lincoln Red Imps, and went professional in July last year. In September 2021 she joined Women's Championship side Lewes, but has now taken the decision to seek her future with Newcastle.

CRIME

Burglar jailed for assault on police

D.B. A burglar who threw a spanner at police officers during a break-in was sentenced at the Gibraltar Supreme Court to 14 months in prison this week. The incident occurred at 2.30am on 24 September at the Golden Wings bar in Waterport Road. He is said to have left the premises after emptying the till but then returned with a spanner and screwdriver to try to break into the fruit machine, which is when the police arrived and the assault took place.

De CottaLaw

Complete Legal Services

Property-Buying, Selling and Renting

Holiday & Tourist Rental Licences

Personal Injury

Family Law

Litigation

Taxes



www.decottalaw.com

info@decottalaw.net



LETTERS
TO THE EDITORMake hay while the
sun shines

The difference in the price of a product when bought in a small business and in a department store chain is incredible and outrageous at the same time. Contrary to all expectations, it is often cheaper in the small business, no matter the offers these food chains advertise. A packet of biscuits costs roughly the same in two different small businesses, and these still make a profit out of it. However, if you buy it in any food chain, you have to pay 95 cents more for the same packet. It seems contradictory as the latter can afford to have more competitive prices. They make hay while the sun shines. Time is gold, and, unfortunately, most consumers lack the time to be comparing the price at different shops and calculate whether the rate they are being charged for basic products is fair. This immoral and excessive way of pricing items should be denounced by consumer associations and regulated by the government.

PALOMA RAMBLA FORTES

Dog gets head stuck
in wall

(Re. page 12, 27 January). I'd love to see a pic from the other side of the wall with the cat it was chasing just sitting about a metre away filing its nails and grinning.

CHRIS LEE

Carvajal beach access
in Benalmádena can
wait

(Re. page 8, 27 January). They need to finish what they've started in Plaza Olé and Avenida Alay first. It's an absolute mess.

MARY FAHY

We accept letters by email - surinenglish.su@diariosur.es - or ordinary post. They must include identification and a telephone number and be exclusive to SUR in English. We do not publish anonymous letters. Opinions expressed by contributors to this and other pages of SUR in English do not necessarily reflect those of the publishers. No part of this publication may be reproduced without written permission from the publishers.

THE MUSIC MAKER
PETER EDGERTON
www.peteredgerton.com

A word to the wise

The hilariously precocious two-and-a-half-year-old in the local village has taken to finishing everything he says with the word 'hombre'. This is a touch of genius.

The word 'hombre' in Spanish is one of those multi-use tools which often comes in handy to extricate oneself from awkward situations much the same as the phrase 'ya ves' allows you to feign interest in somebody's interminably boring yarn while actually wondering about what Natalie Imbruglia is having for her tea. 'Hombre' brings with it a vague sense of bonhomie, spiked with the implication that you're suggesting what the other person has just said is actually quite beyond the pale to the point of being outrageous. This is no mean feat for a single word. Here are

some examples with their corresponding translations.

"Hi Paco, can you help me with my house removal job at the weekend?"

"Hombre.." ("I would if I could but I can't for reasons as yet unspecified. By the way, I can't believe you had the cheek to ask, my good friend.)

On the train. Man standing to man sitting:

"Why don't you let this pregnant woman have your seat, hombre?" ("Are you blind you self-centred oaf? I'm livid about your lack of basic manners but, you know, I don't want any conflict, so do the right thing for heaven's sake and please ignore the steam emanating from my ears.")

"So that'll be 40 euros for the parts and two gazillion more for the labour. Changing spark plugs is an eight-man job these days."

"Hombre.." ("I don't agree, don't take me for a fool. We both know this is a rip-off and, in a very civilised way, I'm giving you a chance to revise your price before I call the police.")

"My dearest María, will you make me the happiest man alive and agree to marry me?"

"Hombre.." ("Oh, my dear Pepe, it's not really the right time to ask, is it? I'm so sorry." Laced with: "There'll never be a right time. Are you serious? Look at the state of you.")

Back to the village and the toddler. As I left the bar and headed for the bus stop, his last words were ringing in my ears.

"I want an ice cream. A chocolate one, hombre." I'm sure he got his wish. After all, what kind of hardened heart could resist such a perfectly weighted petition?

Like I say, a touch of genius.

IDÍGORAS

UKRAINE



SUR in English

Published by: PRENSA MALAGUEÑA S. A.
Director General: ANTONIO GONZÁLEZEditor-in-Chief
MANUEL CASTILLOEditor
Rachel Haynes
PR, Distribution & Advertising
David AndrewsAccounts Manager
Emma Vera
Commercial Director
Yolanda QuesadaTHE BOTTOM LINE
FERGAL MACERLEAN

Feijóo and the Algeciras attacker

In the wake of the bloody jihadist attack by a lone, machete-wielding Moroccan on two Catholic churches in Algeciras on Wednesday 18 January, Junta President Juanma Moreno appealed for calm.

The PP regional leader expressed his sadness after Diego Valencia Pérez, a sacristan at La Palma church, was killed after being chased into Plaza Alta. The parish priest at the chapel of San Isidro, Father Antonio Rodríguez, also suffered a neck wound and was taken to hospital in a serious condition before being discharged last Friday. And several passers-

by were treated for cuts after trying to stop the attacker, 25-year-old Yassin Kanjaa, who had entered La Palma church shouting "Allah Akbar".

The suspect has not been linked to any terrorist group and is, reportedly, psychologically unstable.

Moreno said this was a "one-off, regrettable, repugnant event, which we all condemn". In an address last Thursday he also stressed that there should be no generalised rejection of Muslims.

His rational, heartfelt, call for calm was echoed by the Islamic Commission of Spain, which expressed "great shock" for

the "abominable, murderous, and heartless criminal action".

And then there were the comments from the PP leader Alberto Nuñez Feijóo who last Thursday drew an incendiary comparison between Islam and Christianity.

"There are people who kill in the name of God, or in the name of a religion," he said. "However, it's been many centuries since we've seen a Catholic or a Christian killing in the name of their religion or their beliefs. But there are other peoples who have citizens who do that."

Either Feijóo was appallingly naïve with his comment or he was calculatedly seeking to woo Islamophobic Vox supporters in this election year. He will certainly fail to garner votes from the 1.2 million Muslims in Spain.

Feijóo is simply wrong not to acknowledge the religious element of the Balkan conflicts of the 1990s, especially the Bosnian War. Thousands of volunteers

from across Europe joined the Orthodox Christian Bosnian Serb Army and the Catholic Bosnian Croat army, which attracted neo-Nazis.

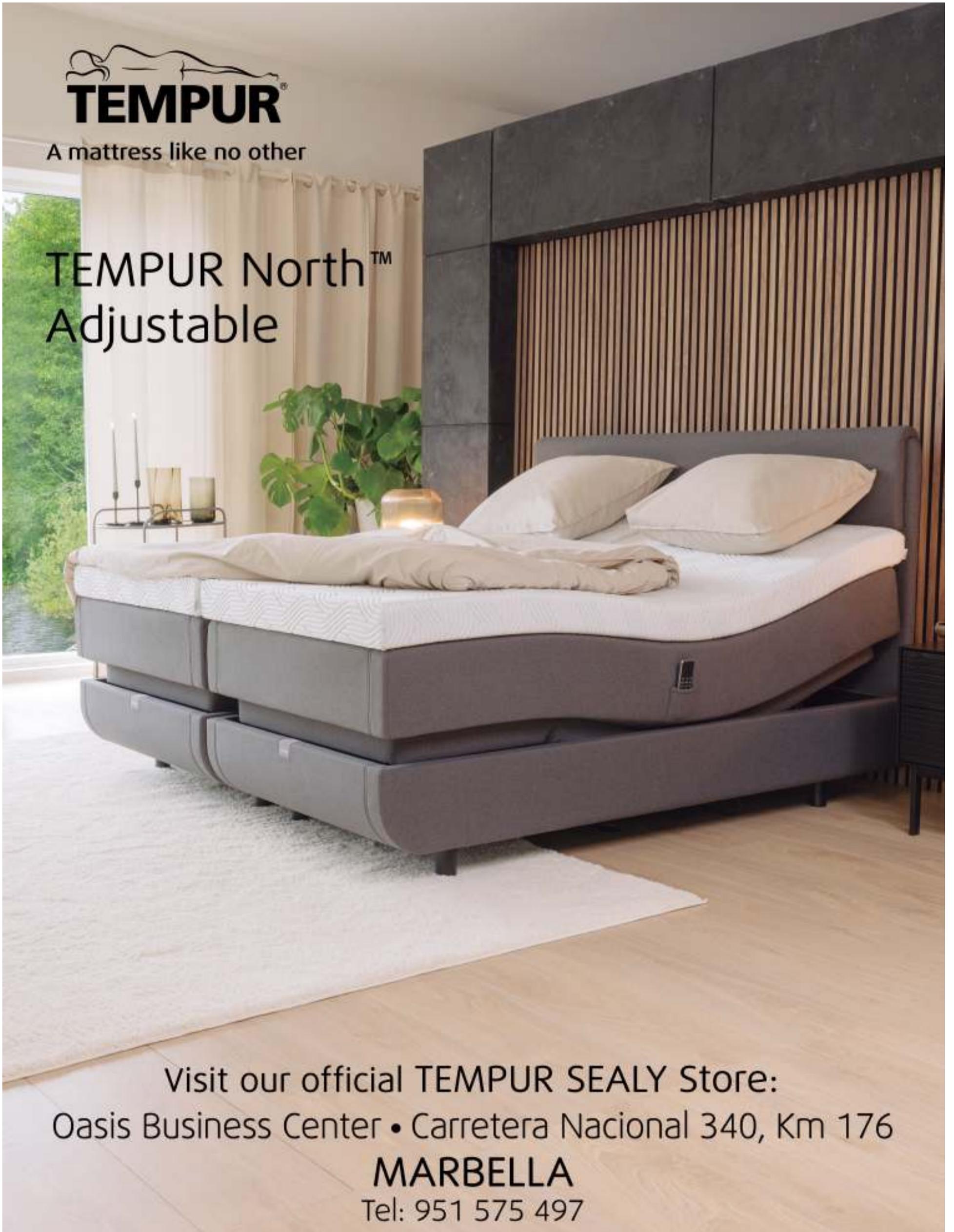
The PP statesman is also presumably unaware that white supremacy groups, such as the Ku Klux Klan, use Christian religious teachings and symbolism to justify committing violent acts. He should read the 2021 European Commission report which warns that "right-wing violence is rising across the EU".

He also appears to have forgotten this century's high-profile lone-wolf attacks by white supremacists. Anders Breivik, a self-proclaimed "supporter of a monocultural Christian Europe" murdered 77 people who identified with a liberal Norwegian society, and was virulently anti-Islamic. And in the 2019 mosque attack shootings in Christchurch, New Zealand, 51 people were killed by an extremist who drew inspiration from Crusade-era battlegrounds in Eastern Europe.



A mattress like no other

TEMPUR North™ Adjustable



Visit our official TEMPUR SEALY Store:
Oasis Business Center • Carretera Nacional 340, Km 176
MARBELLA
Tel: 951 575 497

Audrey Hepburn, breakfasting on diamonds in Marbella

It is now 30 years since the death of the legendary actress who brought glamour to the Costa del Sol when she moved into her new home, Santa Catalina

FRANCISCO
GRIÑÁN



MALAGA. Beach picnics at the Marbella Club, partying at La Jacaranda nightclub, evenings spent with a former spy - the Countess of Romanones - and afternoons watching bullfights at La Malagueta: these marked the summers she spent on the Costa del Sol. And in her wardrobe, as well as designs by Givenchy, Dior and Rabanne, there were some fisherman-style trousers. She even made a film during her stays in Malaga, although her face did not appear in front of the camera and her name was not in the credits. But she brought glamour to that exotic Marbella of the 1960s, as Gunilla von Bismarck explained in a recent interview with SUR: "The press came here once they knew that Audrey Hepburn had bought a house," she said.

The house was a strategically located residence beside the iconic Marbella Club hotel run by Prince Alfonso de Hohenlohe, at a time when there were photographers rather than paparazzi. That is why we now have a collection of delicious photos of the legendary Sabrina during her own type of Roman Holiday, except it wasn't in Italy but somewhat further southwest, on the Costa del Sol, where she was able to enjoy life freely and incognito.

These images have now returned to mark 30 years since the early death of the actress at the age of 63, from cancer.

Audrey Hepburn had already played some of her most famous roles in Hollywood when Spain crossed her path. She came here through love, but not for Marbella, which she fell in love with later. No, it was her then husband, fellow actor Mel Ferrer, who she met in a theatre production in 1954 and married the same year. They went on to repeat the same roles on the big screen in *War and Peace* in 1956.

Although Ferrer was born in the USA, his father was Catalan and he spoke perfect Spanish, albeit

with a foreign accent. The couple set up home in Switzerland and travelled from there to wherever they were filming. So while Audrey travelled to Paris with Cary Grant for *Charade*, her husband went to Madrid in 1963 when Samuel Bronston offered him a role in *The Fall of the Roman Empire*, giving him the opportunity to learn more about his roots.

A year later Mel and Audrey spent time in Marbella with their three-year-old son, Sean. The actress could be seen taking him on donkey rides, to the beach for a picnic and was photographed at La Malagueta in Malaga during the August fair. The couple shared a passion for bullfighting.

A winter home

When Prince Alfonso de Hohenlohe showed them a plot of land by the beach next to the Marbella Club hotel, they decided to stay and they built Santa Catalina, a villa they designed themselves with views of the sea, a large lounge with fireplace, a porch so they could spend more time outside than inside and a garden with a pine forest reaching down to the sandy shore. Although Audrey actually preferred the calmer water of the swimming pool.

It was a summer house which ended up becoming something more. Their sunbathing on the Malaga coast convinced the couple that their Swiss home, beside the Alps, was too cold and they wanted to spend more time in the south. A winter in Malaga was much more pleasant and Sean Hepburn remembers spending a warm and sunny Christmas there.

"Santa Catalina was my parents' home until they separated," says the son of the beautiful actress, whose path to Marbella was followed by Deborah Kerr and scriptwriter Peter Viertel, Sean Connery, Stewart Granger and director Jean Negulesco, who was also a neighbour of the Ferrer-Hepburn household.

And while Audrey was filming *My Fair Lady* (1964), which cinema-goers in Spain later saw dubbed into Spanish with different words to 'The rain in Spain falls mainly on the plain', Mel Ferrer's desire to become a director



Mel Ferrer and Audrey Hepburn at La Malagueta bullring, 1964. EFE



The actress and her son Sean on one of the Marbella Club beach trips (1964).



Hepburn and Ferrer (left) at the Rubinsteins' house in Marbella, with Daniel Barenboim among the guests. The snippet is from a 1967 edition of SUR. MARY/SUR



was boosted by producer José María Goyanes proposing that he direct a film featuring the biggest star in

Spanish cinema at the time, Malaga's own child star, Marisol.

It seemed a very surreal confluence of Hollywood and Spanish cinema, and indeed it was. It was the Malaga-born actress' first flop on screen, due to the incompetence of the film-maker and the producer's insistence on prolonging the image of her as a child prodigy even though she no longer

was and had kept asking for a change of on-screen persona.

Nevertheless the audiences still kept coming because Marisol was so famous. More than two million people saw Marisol disguised as a boy to fulfil her dream of becoming a bullfighter. The film, *Cabriola*, ran for five weeks in Malaga.

Audrey Hepburn is also said to have taken part in the film as an 'adviser' and she used to travel around the province with Ferrer to look for suitable locations to film in Marbella and Fuengirola. This enabled the couple to spend the nights at their home on what would become the Golden Mile.

There is nothing to show to what extent the star of *The Nun's Story* was involved in the film, but there is evidence of the advice that she gave to the young actress, whose real name was Pepa Flores, who everyone admired so much. Nobody was more in a position to understand her than Audrey.

"I knew her very well. In fact, she was the person who taught me to do my eye make-up for filming. She was a delightful woman and she even took me to her hairdresser, Alexandre, for a haircut. She was a warm, sensitive, very human person," Pepa Flores said about her, years ago. Her memories of Audrey's husband, who was her director at the time, are rather different.

"We had quite an unusual relationship because he used to demand things that couldn't be done. I had to be on horseback with the bulls, but of course there were shots where I wasn't needed but he used to insist that I was there. Away from filming he was just an actor like anyone else, but I wasn't close to him because he always kept his distance, not like his wife. She was completely the opposite," she said.

Bullfights at Malaga Fair

Audrey and Mel's greatest friends in Marbella were pianist Arthur Rubinstein and his wife Aniela, with whom they would often take tea or organise a musical evening. It was at one of those informal recitals that they first met a very young Daniel Barenboim.

Another of Audrey's great friends was the Countess of Romanones, American-born Aline Griffith, who she used to visit at her home in Los Monteros to plan which day they would go to Malaga Fair to watch a bullfight. The former spy for the CIA had a way of putting people at ease and Hepburn used to say she was straightforward, honest and had a great sense of humour, although she wasn't very sociable. She used to prefer small gatherings to crowds.

Interior designer Pepe Carleton remembers Audrey fitting in with the ambience of Marbella, wearing fisherman-type trousers which she combined with her usual hat, which would be the height of fashion again today. She wore a black pair of those trousers to the bullring in Marbella in August 1967 to see *Mondeño*, *El Viti* and *El Cordobés* in action.

That was one of the last photos taken of the actress in her sunny refuge from the world. By then she had finished filming *Wait in the Dark*, the title of which could also be used to describe her marriage. It was on its last legs.

Audrey left the house to Mel and never went back there. Santa Catalina still exists, but has changed hands now. And changed in style, too. In keeping with the times, it has now swapped the glamour of the film industry for that of the petrodollars of an Arab sheikh.

BURNS NIGHT



Nerja. The Sur Pipes Band founder, Leslie Thomson, and piper Martin Rennie enjoy Burns Night at the RBL in Nerja. **sur**



Mijas. Scottish piper Rhona Scott during the Burns Night dinner at EL Olivo in La Cala de Mijas. **sur**



Mijas. Councillor Bill Anderson and friends at Green Label in El Chaparral Golf. **sur**



Benalmádena. Leslie Thomson offers his services at Sopranos Restaurant. **sur**



Mijas. Danny Piedrabuena from the Sur Pipes Band pipes in the haggis at a party in Johnny's Bar in La Cala de Mijas. **sur**

Piping in the haggis to mark Burns Night

Burns Night suppers took place along the Costa del Sol last week to celebrate the life and poetry of the Scottish poet and lyricist, Robert Burns.

The Costa's only Spanish bagpipe band, Sur Pipes Band, led by Argentine piper, Leslie

Thomson, piped in the haggis at several events, including the Royal British Legion dinner in Nerja and others at restaurants in Mijas Costa and Benalmádena. More than 70 guests attended a dinner held as a tribute to councillor Bill Anderson in Mijas.

THEATRE REVIEW JUNE RENDLE

Sylvia

I had the pleasure of attending the final performance on Sunday at the Salón Varietés of Sylvia. I approached this unusual play, written by A. R. Gurney, with some trepidation, knowing that the main part was played by a dog, and expecting an actor dressed in fur - something like Dick Whittington's cat.

I could not have been more wrong. Sylvia, magnificently played by Violet Wetherall, was a torn-jeans fluffy-haired young girl, but with all of the mannerisms and behaviour of a delightful, young, over-affectionate puppy dog. She was truly amazing, with a bark to scare any postman, and I will always treasure her anger and frustration upon



seeing a cat she could not reach. It was hysterical, and so real. This is a young lady at the beginning of a fantastic career, already able to hold her own on any London stage. Well done, Violet.

Actors are always warned

not to appear with animals, and the rest of the cast, who were each excellent in their roles, struggled to match Violet's performance. Kate, well played by Ruth Norris, was quite right to fear that her husband Greg, performed beautifully by Craig Norris, was becoming more fond of the dog than he was of her. Sheila Mellor, giving an excellent performance as the psychiatrist Leslie, was quite at a loss to solve the situation, as were the friends Tom and Phyllis.

Paul Kloegman, director, was superb. Never did the play become overacted, or turgid, and he successfully held the actors, and the audience, in the palm of his hand. The final scene was unfair, leaving everyone in the audience, even the sternest cynic, in tears.

We are incredibly lucky to have this dedicated team working so hard to entertain us all.

Congratulations to the Salón Varietés yet again.



lawbird
Legal Services

Independent and Reliable



LEGAL 500



**A SAFE LEGAL APPROACH
 TO A BEAUTIFUL COUNTRY**

Lawbird is a firm of Spanish Lawyers specialised in property law, corporate law, litigation and immigration law. Whether you plan to buy a house, start a company or relocate to Spain, we offer a no-nonsense service to assist you. Lawbird your firm of solicitors in Spain, provides an independent and reliable service tailored for individuals and companies who are operating in or moving to Spain.

Take advantage of the great investment opportunities Spain has to offer with the help of a reliable partner

Independent and Reliable
 Lawbird, your firm of solicitors in Spain, provides an independent and reliable service tailored for individuals and companies who are operating in or moving to Spain.

We put the Client First
 Through our ethical methodology and attention to detail, we focus on client satisfaction as our top priority.

Regular Updates
 Clients are updated regularly of progress, and all ground work and research is streamlined using the latest technology ensuring fast and accurate service.

C/ RICARDO SORIANO, 19-4.
 29601 MARBELLA.

TEL. +34 952 861 890
 FAX. +34 952 861 695

info@lawbird.com
 www.lawbird.com

THE STORY BEHIND A PLACE NAME

Vélez-Málaga

A Babylonian god or an Islamic valley?

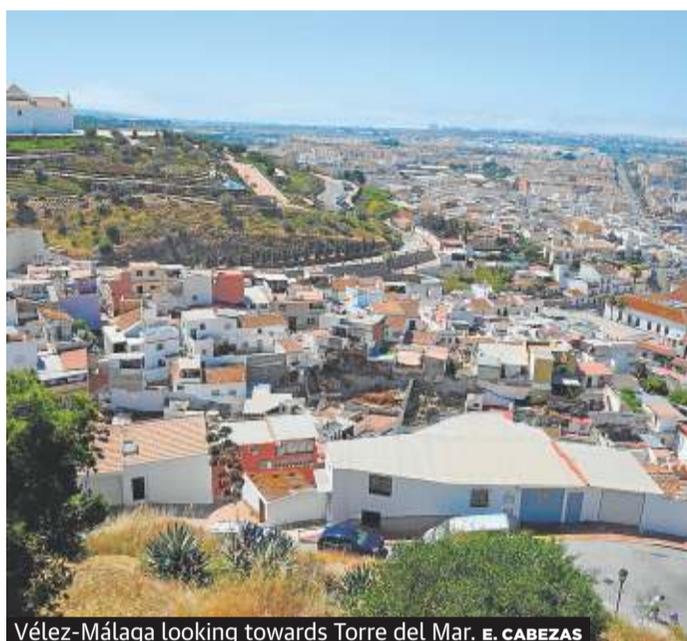
The meaning of the first part of the town's name remains a mystery and could be derived from Spain's Muslim era or go back to Phoenician times

province which stretches from Rincón de la Victoria to the small hamlet of Maro, belonging to Nerja; the last town on the Costa del Sol before Granada province.

The municipality has a population of around 83,000 inhabitants spread throughout Vélez-Málaga itself and other towns, villages and hamlets including Torre del Mar, Benjarafe, Caleta de Vélez, Almayate, Mezquitilla and Triana.

There are a number of other Vélez in Spain, like Vélez de Benaudalla in Granada and Vélez Blanco and Vélez Rubio in Almería. However, for our Vélez, the second half of its double-barrelled name is obvious, so what is the meaning of the word Vélez?

According to Vélez-Málaga



Vélez-Málaga looking towards Torre del Mar. E. CABEZAS

town hall's website, the origin of the name of Vélez is directly related to the word Ballix, meaning valley, which the town received during the Islamic era. The association Sharq-Andalus, who are based in the town and work to promote the town's Andalusí historical and cultural heritage spell it 'Balish'.

Different theories

In his book *La Pequeña Historia*

de Vélez-Málaga, local historian Francisco Montoro Fernández admits, "We do not know exactly the origin of the name". He goes on to say, "The second part is obvious, but 'Vélez' is an unknown. And this makes the question of the origin of the town even more interesting."

Montoro Fernández explains one of the theories is that the original name was 'Belez', because it had a "temple consecrated to Bel or Belus" – a Babylonian god. According to Montoro, there is also a theory that the name may come from 'Beled'; land of dates in Libya.

Montoro, who was born in Vélez-Málaga and taught History and Geography in local schools, also includes the findings of a number of other historians in his book.

These include Antonio de Nebrija, whose dictionary printed in 1631, uses the letter 'B' to name the town 'Bélez', and it is worth pointing out that in Spanish the 'V' and 'B' often sound the same and can sometimes be confused.

Montoro also refers to Francisco Simonet, author of the 'Description of the Kingdom of Granada', published in Madrid in 1860, who confirmed that Vélez, during the Islamic period was known as 'Ballix'.

More recently however, Fernández Ramos, in his 'Historia de la Fortaleza de Vélez-Málaga. La Axarquía' (Madrid, 1980) claims that the name "rather than deriving from the old temple to the Sun, Baal, comes from the Arabic word 'walid', meaning fortified rock".

There have also been studies that suggest the term Vélez goes back to Phoenician times and this is argued by the professor Manuel Laza

LANGUAGE FOOTNOTE

Interesante	Interesting
Población	Population
Habitantes	Inhabitants
Fenicio	Phoenician
Asentamiento	Settlement
Procedencia	Origin
Emparentado	Related
Nombre	Name
Descubrimiento	Discovery
Significado	Meaning
Saber	To know
Valle	Valley
Jubilado	Retired
Soldado	Soldier
Fortaleza	Fortress
Faro	Lighthouse
Tesis	Thesis

Bilingual crossword inside back page



E. CABEZAS / J. RHODES

Vélez-Málaga is the capital of the Axarquía; the eastern part of Malaga

of its double-barrelled name is obvious, so what is the meaning of the word Vélez?

According to Vélez-Málaga

ORO Y HORA



Front of the jewellery shop located at Av. Matías Sáenz de Tejada. SUR

Oro y Hora, 60 years as a temple of jewellery in Fuengirola

FUENGIROLA

SUR. Tradition, quality and trust. These are the pillars that support Oro y Hora, a jewellery shop in Fuengirola with almost 60 years of history that has become a benchmark in the province for its customers' trust.

Mateo and Luis Victoria, the

third generation of this family business, currently manage the jewellery shop, which has continued to maintain the essence it was born with.

Specialising in diamonds and gold pieces, the jewellers focus their activity mainly on jewellery of their own design and manu-

facture. Unique pieces, which become the perfect gift for any event or celebration, from anniversaries to birthdays, weddings or simply as a unique and exclusive gift for a loved one. In a similar fashion, more and more people are deciding to treat themselves to one of these items, aware of the fact that their value will remain intact over time, a safe investment because, as they say, "a jewel is forever".

Nevertheless, more than just the jewellery itself, at Oro y Hora the most important thing is to offer the best service to their customers, with professional and personalised attention and a commitment to quality. "Our goal is always to have a long-term relationship with our customers, and that can only be achieved by gaining their trust and becoming their go-to jewellery shop," says Pérez. Thanks to this dedication to service, the company has achieved customer loyalty over these nearly six decades. "Our first customers' children and grandchildren come to us because they know that they will find what they are looking for, with the best advice and the highest quality," the manager explains. For all these reasons, Oro y Hora has become, on its own merits, the temple of jewellery in Fuengirola.

Palacio.

Montoro explains that Laza Palacio suggested Vélez could have been known as 'En Bahal Sex' and that there are "important Phoenician findings in the area that offer support for this thesis" including a mosaic which was unearthed near to the lighthouse in Torrox.

Sexi

'Sexi' or 'Ex' was a Phoenician colony generally believed to be located on the present-day site of Almuñécar. However, whether 'Sex' or 'Sexi' is a name that Almuñécar claims as its own, or there is also a connection to Vélez-Málaga, is not definitively clear, according to Laza Palacio.

"Although most of the indications tilt the balance in favour of Almuñécar", Laza Palacio adds and points out that interestingly 'Sex' was often pronounced 'Hex'. "It occurs to us, as a hypothesis then, that perhaps, between Sex, Sexi, Hex, Ex and Exi there are two towns and not only one," Montoro writes in his book.

He quotes the historian Antonio Moreno who explains in his book that in the nineteenth century, the mountains behind Vélez-Málaga, now known as the Sierra Tejada, Almijara and Alhama, were known as 'exbalía'; from balía, suggesting they belonged to the Vélez area, with 'balía' being a derivation of Ballix.

While there are several theories behind the word Vélez, Montoro doesn't discuss when the word 'Málaga' was added. Whatever the explanation, Vélez-Málaga; capital of the Axarquía, is undoubtedly an important part of the province of Malaga.

Strand Properties®

EXCEPTIONAL SERVICE FROM US TO YOU.



BENALMÁDENA | 2 BEDS | 2 BATHS | 74 M2
REF: STRANDP5000 | PRICE: 330,000€



MARBELLA | 2 BEDS | 2 BATHS | 99 M2
REF: STRAND9543 | PRICE: 376,000€



FUENGIROLA | 3 BEDS | 2 BATHS | 93 M2
REF: STRANDP2013 | PRICE: 378,000€



ESTEPONA | 2 BEDS | 1 BATH | 64 M2
REF: STRAND1617 | PRICE: 450,000€



FUENGIROLA | 3 BEDS | 2 BATHS | 95 M2
REF: STRANDP2016 | PRICE: 599,000€



MARBELLA | 2 BEDS | 2 BATHS | 352 M2
REF: STRAND2427 | PRICE: 680,000€



MARBELLA | 2 BEDS | 2 BATHS | 167 M2
REF: STRAND3345 | PRICE: 690,000€



MIJAS | 3 BEDS | 3 BATHS | 322 M2
REF: STRANDP1001 | PRICE: 1,400,000€



TORREMOLINOS | 3 BEDS | 2 BATHS | 171 M2
REF: STRANDM5507 | PRICE: 2,100,000€



BENAHAVIS | 4 BEDS | 4 BATHS | 556 M2
REF: STRAND1613 | PRICE: 2,450,000€



BENAHAVIS | 7 BEDS | 7 BATHS | 670 M2
REF: STRAND5071 | PRICE: 3,690,000€



BENAHAVIS | 12 BEDS | 15 BATHS | 2300 M2
REF: STRAND6602 | PRICE: 9,995,000€

You can find more exclusive properties on our website. Are you interested in selling your property and having it advertised on multiple portals and newspapers or are you interested in buying a property?

CONTACT US: +34 676 90 15 19 | INFO@STRAND.ES | STRAND.ES

DENISE BUSH



GARDENING

Ashwagandha

Withania somniflora is native to India, Africa and the Middle East but is successfully grown in many other temperate and not so temperate, countries.

Commonly called Ashwagandha, Indian ginseng and winter cherry, this small, rounded shrub up to one metre tall is a member of the Solanaceae family and is reputed to have amazing medicinal properties.

Because of its therapeutic values (it is said to inhibit tumour growth, slow dementia, reduce memory loss, increase strength and immunity, improve sleep, induce calmness and even lengthen life, among others), it has become well known across the world and is grown as an annual

in cold countries.

Withania somniflora was believed to have been named after Henry Witham, an early 19th century geologist who was particularly interested in fossilised botany. The common name comes from the Sanskrit 'ashua' meaning horse and 'gandha' meaning smell, probably because the plant is quite pungent smelling.

The specific epithet, somniflora, is from the Latin meaning 'sleep inducing'.

The leaves of Ashwagandha are a pale green and covered with a soft velvet. The flowers are insignificant, pale greenish yellow, but loved by bees and butterflies. After pollination, a bright orange berry develops, encased in a papery shell, not unlike its relation, Physalis.

Once established, Withania somniflora is very drought resistant. It needs a free-draining, alkaline soil and a position with lots of sun. It can be propagated easily from seeds. In the winter it can be moved indoors or into a greenhouse.

To develop ripe fruits, Withania needs about nine months of warm weather, however, it is not the fruit or the leaves which are most used medicinally but the roots. These are harvested as soon as the fruits develop or as they ripen, they are washed and dried before being turned into a powder which can be mixed into milk and honey (to mask the bitter taste) or made into a tea.



A Withania somniflora fruit and the flower (insert). WIKIMEDIA

READERS' PHOTOS

Aloe microstigma

This Aloe microstigma, is just one of many Aloes and other succulents in Andrew Sloan's collection. Andrew has a large plot of land in Alhaurín el Grande and a passion for collecting drought-resistant plants. He sends for seeds from all over the world which he grows in a special compost mixture until they are big enough to be planted out.



ANDREW SLOAN



ADRIAN VAN VLIET

Kalanchoe daigremontiana

Not called 'mother of thousands' for nothing, this species of Kalanchoe can, and will, take over your garden if given free rein as Adrian van Vliet, who sent in this photo, can attest. "It is very invasive but nice flowering in the winter," he says.

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 they are out and about. Why not share them with others?

Email your photos to english@diariosur.es with a caption and a few words of explanation and you may get your photos published on this page. Alternatively, you can send them to us via Facebook (surenglish) or Twitter (@SUR_English).

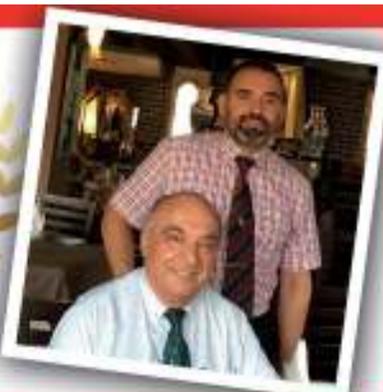


50th
Anniversary

Restaurant Playa Bella



MEJOR .ES
Mejor restaurante mediterráneo de España



Thank you for letting us be part of your family

Playa Bella. Ctra. N-340, Km. 162. 29680 Estepona, Málaga | reservations@restauranteplayabella.com | www.restauranteplayabella.com

Monday to Saturday: 7pm to 11pm. Sunday: 1pm to 3.30pm and 7pm to 11pm. Closed on Wednesdays

952 80 16 45

OXO: the interactive gaming museum transports Malaga to new levels

The city's new video gamer's paradise is a joint venture between the provincial authority and private investors

REGINA SOTORRÍO

MALAGA. The OXO video game museum, a futuristic space with a retro touch, opened its doors to the public last Friday in Malaga's Plaza del Siglo.

OXO was officially inaugurated by Juanma Moreno, the president of the Junta de Andalucía, who was accompanied by the mayor of Malaga, Francisco de la Torre; the president of the provincial authority, Francisco Salado; and the delegate of the Andalusian government in Malaga, Patricia Navarro.

The 2,000-square-metre space offers visitors a 360-degree view of the gaming world, with exhibits featuring both early entertain-

ment systems and the latest trends.

As well as offering an insight into one of the most lucrative industries in the world, which currently makes more money than the film and music industries combined, the museum is also a space for having fun, providing an immersive experience for video game enthusiasts.

The educational and interactive museum has four floors, with a rooftop restaurant. Visitors are greeted with a 3D immersive experience when they go in, the only one of its kind in Andalucía.

The other floors are packed with information about the evolution of the industry, from the pioneering software from the fifties, to the most up-to-date technology of today. A unique feature of the museum is the invitation not only to read about the history of the industry, but also to experience it first hand. Visitors are encouraged to play the games them-



The museum is a space for having fun and providing an immersive experience. MIGUE FERNÁNDEZ

selves, with working examples of some of the oldest machines from the seventies and eighties.

There are high hopes for the new museum and its national and continental impact. "The objective is to make Malaga and Andalucía the top destinations for gamers in Europe," Moreno said. "Andalucía will be among the leaders of video gaming in Spain and Europe," he added.

Tickets are available to purchase for a specific time slot of 90 minutes. Adults 15 euros and children aged five to thirteen 12 euros.



Politicians and officials at the opening. MIGUE FERNÁNDEZ

HS Group

COMMITMENT, QUALITY AND INNOVATION

UrSpring BeWell
Our filter solution for your household. UrSpring BeWell impedes bacteria, viruses, cloudiness and rust entering your home from the central water supply and stops the growth of pathogens in pipes and in the water heater.

Råyn shower filter
Råyn filters your shower water and significantly reduces bacteria such as legionella, parasites, micro-organisms and sediments in tap water.

Reverse osmosis for the home

Official dealers of Seccua, a brand of Mann+Hummel
www.hsgroup.es - Tel: 664 354 718

ISO 9001
ISO 14001
BUREAU VERITAS
Certification
1828





Frank Weiss



SMARTPV
PHOTOVOLTAIC SYSTEMS

The smartest way to save energy!

... WE CONNECT YOU TO THE SUN

- Tailor-made installations
- Investment returns within 4 to 6 years
- 25 years guarantee
- Solutions for your home and your business

Ask us for a free cost estimate, we are looking forward to hearing from you.

Pasaje de los Camioneros, 83, Polígono Industrial - 29130, Alhaurín de la Torre

+34 657 123 513 contacto@smartpv.es www.smartpv.es




HEATING Optimise your home

Tips to keeping your house warm during cold snaps

KEEPING IN THE HEAT.

With electricity prices so high at the moment, if you have to resort to using electrical appliances to heat your home then you will want to get the most out of them.

Do this too when it is warmer outside than in. However, as soon as the sun starts to dip, it's time to draw the curtains and close the blinds to prevent the heat escaping through the glass.

Keep an eye on the weather

On a lovely, sunny day open the blinds and the curtains to let the natural warmth of the sun into your rooms.

Stop cold draughts

Seal any gaps you can with foam adhesive strips or push material into gaps. Stuffed material 'sausages' laid across the base of doors will stop



draughts from seeping under. You can also hang curtains over doorways and a transparent shower curtain hung in front of windows will stop draughts but let the sun through.

Minimise living space

Minimise your living space by firmly closing the doors on any rooms you are not using, this will concentrate any warm air in the rooms that you do use.

Clear space around heaters

Whatever type of heater you have, make sure that there is nothing placed near it that absorbs the heat or stops it circulating in the room. This includes sofas, tables, stools etc. For safety, heaters should be kept at least a metre from any furniture.

MALAGA REMOVALS
Relax, your move is in safe hands



REMOVALS

- Weekly full or part load removal service to & from UK, Costa Del Sol & the Algarve
- Full or part packing service
- One box to full load removals
- Villa to villa moves within Costa Del Sol

SHOP ONLINE

- Shop at any main high street store or online and have items delivered the following week in Spain

STORAGE

- Secure warehouses in both the UK and Malaga



UK Depot
Tel: 0044 (0)1621 850070
Mob: 0044 (0)7711 179842

Malaga Depot
Tel: + 34 951 121 857
Mob: +34 647 698 465

Email: sales@malagaremovals.com
www.malagaremovals.com



WANT TO ADVERTISE IN MY HOME?
We have an agent in your area

MALAGA, HEAD OFFICE.
Emma
952 649 669 / 683 298 897

TORREMOLINOS / BENALMADENA.
Emma 683 298 897

FUENGIROLA / MIJAS.
Carrefour Mijas.
952 580 726 / 670 643 488

MIJAS COSTA.
Lisa 633 587 586

MARBELLA.
Lisa
633 587 586 / 696 929 745

SAN PEDRO DE ALCANTARA.
Traducciones San Pedro
952 789 204 / 654 613 094

ESTEPONA.
Carmen
696 929 745 / 952 806 408

NERJA.
David 644 179 712

SUR
in English



MURRAY HARPER
EUROPEAN RELOCATION SERVICES



REMOVAL - STORAGE
General Transport - Express Service
SPAIN - UK - FRANCE SERVICE

- 1 cubic metre to full trailer loads
- Dedicated Express loads
- Warehouse drop off service
- Single box / part load specialist
- Professional export packing service

For a **FREE QUOTATION** call or visit our website:
+34 952 79 34 22 (Monday-Friday: 09:00-18:00)
www.murrayharper.com · info@murrayharper.com



Relocating from Spain?

To anywhere across the globe!

REMOVALS

STORAGE

PACKING

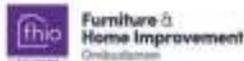
SHIPPING

AIR FREIGHT



SPAIN 931 845 494 www.matthewjamesremovals.com UK +44 1322 251 000

The standards that actually matter!



MATTHEW JAMES

GLOBAL RELOCATIONS



IDEAterrazas®

Your Terrace Specialist



QUALITY | RELIABILITY | GUARANTEE



GLASS CURTAINS - PERGOLAS - MOBILE ROOFS - AWNINGS - PVC & ALUMINIUM WINDOWS

☎ (+34) 952 461 174 | 📞 (+34) 672 097 248 | ✉ info@ideaterrazas.com

www.ideaterrazas.com

EXHIBITIONS

**Manuel Morcillo Luna
photography exhibition**

MIJAS COSTA. Until 13 February.
Centro Cultural La Cala.
Photography exhibition by Manuel
Morcillo Luna.

Open air photography exhibition

FUENGIROLA. Until 26 February.
Plaza de España.
El Museo del Prado en Las Calles is an
exhibition of 50 of the Prado
Museum's most important works.

Yendo Viniendo

MARBELLA. Until 18 February. Gal-



Manuel Morcillo Luna, Mijas

ería Yusto Giner, C/Madera.

A generational review of the possi-
bilities of figuration today with works
by multiple artists.

Collective exhibition

LAS LAGUNAS. Until 6 February.
Casa de la Cultura.

The Círculo de Pintores Solidarios,
group which is open to all lovers of
art and culture, support charities
such as the Spanish Red Cross and
the Philippe Cousteau Foundation.
www.pintoresolidarios.org

**Centro de Arte Contemporáneo
MALAGA.**

Eduardo Sarabia. Until 12 February.
'Tú eres otro yo' is Sarabia's first indi-
vidual exhibition in a European gal-
lery. It consists of a mural and thirty
acrylic paintings by the artist.
Gonzalo Lebrija. Until 30 April.
Golden Hours is the title of the latest
exhibition at the CAC.

Malaga Theatre Festival

MALAGA. Until 8 February. C/ Alcaz-
abilla.

Running parallel with the first phase
of the Malaga Theatre Festival is an
exhibition called 40 Años Unidos Al
Mejor Teatro consisting of around
200 photographs of productions,
stages, producers and cast etc from
over the 40 years of the festival.



Ana Sáenz, Malaga

Ania Sáenz de Buruaga

MALAGA. Until 5 February. Casa
Amarilla, C/Santos.

The new exhibition at the Casa Amar-
illa is called De Norte a Sur by Ana
Sáenz de Buruaga.

Pedrita Parker

VÉLEZ-MÁLAGA. Until 12 February.

Centro del Arte Contemporáneo .
The exhibition consists of 34 illu-
strations entitled El Espacio Entre Nos-
otros created by Pedrita Parker (Estefi
Martínez).

**Escuela de Arte San Telmo
architecture**

VÉLEZ-MÁLAGA. Until 12 February.

Centro del Arte Contemporáneo .

Poéticas del Espacio is the name of
this exhibition of photographs of the
San Telmo School of Art. The photo-
graphs concentrate on the architec-
ture and style of the building.

MUSIC AND DANCE

El Oído al Cubo

MALAGA. 11, 18 February 8pm, 26
February, 12pm. El Centro de Artes y
Música Moderna, C/Flauta Mágica
El Oído al Cubo chamber music con-
cert to mark the 50th anniversary of
the death of Picasso with perform-
ances from the Karelia trio, Cuarteto
Granada and Malaga Camerata
ensemble. Book tickets online at
www.entradas.tureservaonline.es

Da Bruno

MARBELLA. Da Bruno Sul
Mare.Paseo Marítimo.

Thursdays piano music with Nikki
and Sundays Sax and piano with
Diarío and Nikki.

3 February, 8.30pm. Thierry Luce.

4 February, 8.30pm. Pilar and Carlos.

5 February, 8.30pm. Darío Saxo.

8 February, 8.30pm. Queen of Magic
tribute act.

10 February, 8.30pm. Iris Oboe.

To book a table call 95290 3318 or
make a reservation online:
www.dabruno.com/es-sul-mare

Pasión Vega

MALAGA. 4 February, 8pm. Teatro
Cervantes, C/Ramos Marín .
Concert by celebrated Malaga singer
Pasión Vega with songs and poems
based on the work of Federico García
Lorca. Tickets: www.unientradas.es/

La Cochera Cabaret

MALAGA. Avda de los Guindos.

3 February, 10pm. Alba Reche con-
cert. Tickets 18 euros.

4 February, 9.30pm. Ainoa Buitrago.
Pop and folk influenced by Lewis
Capaldi and Julia Michaels.

10 February, 10pm. Marmi-Divina.
Pop.

11 February, 12.30pm. Pablo Und
Destrucción Monteavaro.

11 February, 9pm. Tabletom. 40 Años
de Rock

Tickets: [www.lacocheraentra-
das.com/](http://www.lacocheraentra-
das.com/)

Clarence Jazz Club

TORREMOLINOS. Calle Danza Invisi-
ble, 8.

3 February, 10pm. Blues with Beiz-
tegui & The Hammond Lovers.

4 February, 10pm. T Big Band. Bos-
sanova, funk jazz and big band
music.

5 February, 6pm. Piano Jazz ses-
sion.

9 February, 10pm. Jazz jam session.
10 February, 10pm. Vince Benedetti
Quintet. Jazz.

11 February, 10pm. Tete Leal Quar-
tet. Jazz.

Tickets: www.clarencejazzclub.com

Velvet Club

MALAGA. C/Convalecientes, 11.

3 February, 10pm. Rolenzos.

4 February, 10pm. The Chapel, Mur
and special guest.

9 February, 9pm. Largato.

10 February, 8pm. Mal Viaje and
Corpsemafia.

www.velvetclub.es

Tickets: www.wegow.com

Sala Trinchera

MALAGA. C/ Parauta.

3 February, 8pm. Mayo 214. From
Madrid to Malaga, rap.

4 February, 10pm. Tribute to Ameri-
can Rock Punk. Tickets: wegow.com

10 February, 9pm. Kevin Johansen
Tu'Ve Tour. Tickets: proticketing.com

Cazbah Live Lounge

LA CALA DE MIJAS. Torrenueva,
Avenida de Jerez.

3 February. Coyote Ugly night, Kar-
aoke and the Money Makers Band.

4 February. Old Skool and reggae, DJ
Mikey B, Larry Jazzz and Major D.

9 February. Queen of Magic tribute
band.

Info: the Cazbah Live Lounge Face-
book page. Tickets: [www.event-
brite.es](http://www.event-
brite.es)

**The Malaga Philharmonic
Orchestra**

MALAGA.

3 February 8pm, Teatro Cervantes.
Concert directed by Pawel Przytock.

Tickets: www.unientradas.es
[http://orquestafilarmonicade-
malaga.com](http://orquestafilarmonicade-
malaga.com)

Louie Louie Bar

ESTEPONA. 10 February, 10pm.
Estepona port.

Thousands of rock and roll fans gather in Torremolinos for Rockin' Race Jamboree

TORREMOLINOS

The four-day retro music
extravaganza will be
held at different
locations in the town
until Sunday 5 February

TONY BRYANT

Torremolinos is gearing up for the
coveted Rockin' Race Jam-
boree being held at different
locations in the town until
Sunday 5 February.

The four-day retro music
festival, which kicked off last
night (Thursday) with a
launch party at the Hotel Bar-
racuda, returns in its full for-
mat for the first time in three
years, and to celebrate, organ-
isers have introduced some
new elements this year.

One of these is a huge retro
dance floor located outside
the municipal auditorium.
The dance floor is located in
a marquee imported from
Holland especially for the
event, and can hold up to 800
people.

Another novelty is the in-
troduction of the festival's
own beer, which is available
at the concert venues.

The concerts are staged at
the Principe de Asturias audi-
torium, the Hotel Barracuda

and Plaza del Remo. Several
bars and live music venues
are also participating, includ-
ing JC's Bar in Montemar, and
the Cerveceria Twister in the
town centre.

The retro extravaganza is
the most important American
roots music festival in Europe.
Nominated 'best music festi-
val' by the Ameripolitan Music
Awards in Memphis, the event
offers performances by some
of the genres most celebrated
musicians.

The festival, which this year,
will present more than 40
rockabilly, blues, surf, and
boogie-woogie bands, has
gained momentum over the
years because it presents mu-
sicians from all over Europe,
the USA and Latin America.

Fans of rock and roll travel
from all over Europe and
Spain to enjoy the gathering,
many of whom are dressed in
classic 50s-style attire.

Among this year's line-up
are The Delta Bombers, a Las
Vegas rockabilly band
founded in 2008; The Cash
Box Kings, famed for their
1920s Delta Blues style; The
Slink Moss Explosion, a high-
energy rock and roll quartet
from Chicago's south side
that meld various influences
from the 1950s and new



The Cash Box Kings bring their 1920s Delta Blues to Torremolinos. SUR.

wave; and Bobby Brookes
Wilson, son of the legendary
soul singer Jackie Wilson.

The festival also includes
some of the coast's top per-
formers including Bobby B
and the Crickets, a tribute to
the music of the great Buddy
Holly; and The Blue
Stompers Jump Review, a
foot-stomping blues band
known for their personal
style of West Coast rhythm

and blues and boogie. Both
bands are performing at the
recently opened JC's venue
on Saturday and Sunday
(5pm) respectively.

The event will include a pa-
rade of vintage American cars
that takes place along the sea-
front in La Carihuella on Satur-
day afternoon.

Tickets and concert infor-
mation is available from
www.rockinrace.com

Rob Sas and The Wasps in concert.
www.louielouierockbar.com/

Iris Oboe duet

MALAGA. 4 February, 7pm. Oxford 2.0, C/Beethoven.

Oboe player Iris Nieto is in concert.
www.irisoboe.es

Rob Sas

SABINILLAS. 18 February, 9pm.

O'Callaghan's.

ESTEPONA. 24 February, 11.45pm.
Louie Louie.

Rob Sas is a veteran musician of British Rock of the 80s and has played alongside the John Coghlan Band (ex Status Quo); Nick Simper (Deep Purple) and Lindsay Bridgewater (Ozzy Osbourne) among others.

Salon Varietés

FUENGIROLA. 7.30pm daily, 7pm Sunday. The Salon Varietés Theatre, Calle Emancipation

Boogie Wonderland show. 3 February 70s extravaganza.

The Momentous Music Hall show.

From 10 until 14 February.

Music Hall music and performances.

Cueva del Tesoro Festival

RINCÓN DE LA VICTORIA. From 10

until 28 February, Cueva del Tesoro.

The Festival de Música de la Cueva del Tesoro includes rock, tango and themes from famous films. Tickets 10€.

10 February, 8.30pm. Enrique Ramil Señoras de la canción.



Alba Reche, Cochera Cabaret.

Meat Loaf tribute night at Cazbah Live Lounge in Mijas



Deadringer perform a tribute to Meat Loaf in Mijas. sur

TONY BRYANT

MIJAS. Fans of American rock singer Meat Loaf will enjoy a special tribute night performed by the Spanish rock band, Deadringer, at the Cazbah live lounge in La Cala de Mijas on Friday 24 February.

Famed for his powerful, wide-ranging voice and his theatrical live shows, Meat Loaf was one of the best selling recording artists of all time. His Bat Out of Hell trilogy sold more than 100 million records world-

wide, and the tribute show includes many of the greatest hits that these albums produced. These include You Took the Words Right Out of My Mouth, Two Out of Three Ain't Bad, and Dead Ringer for Love, among others.

Deadringer also perform the hits of bands such as Thin Lizzy, Pink Floyd, Rainbow and Deep Purple.

Tickets for the show, which begins at 9.30pm, cost five euros in advance or eight euros at the door.

www.evenbrite.es

Kenichiro Kojima

MARBELLA. 18 February, 6pm. Casa Las Mariposas.

A piano recital by Kenichiro Kojima. Tickets call: 654 013 232 or email: reservas@musicaconencanto.org

Around the world through dance

MALAGA. 11 February, 7pm. Sala Unicaja de Conciertos, María Cristina. The Promúsica de Málaga orchestra

with dance by the students of the Conservatorio Sup Danza Ángel Pericet. Tickets: www.unientradas.es

FLAMENCO

Flamenco in the Soho theatre

MALAGA. 9 February - 29 June. The Soho theatre, C/Córdoba.

Sergio Bernal's 'Ser', a flamenco, ballet and contemporary fusion dance show. Tickets: www.elcorteingles.es

El Carrete de Málaga

TORREMOLINOS. 12 February, 7pm. Municipal auditorium.

The show is a tribute to José Losada, El Carrete, also known as the Gypsy Fred Astaire, whose career spans over 60 years. There will be special guest appearances from many established flamenco stars.

El Turry

ALMUÑÉCAR. 18 February, 7pm.

Casa de la Cultura.

Flamenco singer 'El Turry' (Antonio Gómez) presents 'Plaza de las Aljibes' show. Tickets 12€ euros or 10€ if purchased in advance. Tickets: www.bravoentradas.es/ or in Casa de la Cultura, Viajes Eroski and Librería Contreras.

THEATRE

Malaga Theatre Festival

MALAGA. Until 5 February.

The Festival is held at various venues in Malaga including the Cervantes and EchegarayTheatres as well as Hotel Malaga Palacio. Running parallel is an exhibition of photographs, 40 Years of Theatre, in the Alcazaba. Information and tickets: www.unientradas.es and www.teatrocervantes.com/

LECTURES AND TOURS

The Arts Society De La Frontera

SOTOGRANDE. 15 February, 11pm.

San Roque Club, A7, km 127.

The Glasgow Girls - an illustrated talk given by Elaine Hansen. Visitors 12€. www.theartssocietydelafrontera.com

CHARITY

La Cala de Mijas Lions club

MIJAS. 15 February, 12.30pm. La

Sierra Restaurante, Cerrado Del Aguila Golf, Avda Maria Civiero.

The Cala de Mijas Lions club is hosting a charity lunch for children's cancer awareness day. Entertainment will be provided by Mark Connor singing hits by Neil Diamond and Elvis. Tickets are €35 and can be purchased from La Cala Lions shops.



Mark Connor, La Cala Lions

Rastrillo Horizonte Proyecto Hombre

MARBELLA. First Sunday of every month. 10am-6pm. Parque La Alameda.

Clothing, footwear, electronics, books, household goods and much more. The vent helps to raise funds for the continuation of projects aimed at helping people struggling with addictions and emotional problems. https://horizonteproyec-tohombremarbella.org

FIESTAS AND FERIAS

Malaga Carnaval - Fiesta del Invierno Cálido

MALAGA CITY. From 11 until 19 February.

Annual carnival taking place in Malaga's city centre. To mark the end of the fiesta the burning of the Boquerón boat will take place on Malagueta beach on 19 February, 5pm. www.carnavaldemalaga.es/

Carnaval

VÉLEZ-MÁLAGA. 10, 11 February.

With performances by various Comparsa bands. More info: cultura@velezmalaga.es

LA HERRADURA. From 17 until 19 February. Centro Cívico

Processions, fancy dress competition, live music and other activities.

MALAGA. From 5 until 10 February, 8pm. Teatro Cervantes.

Comparsas, battle of the bands semi finals and final (10 February).

BILLBOARD

TÁR

THE OFFERING

THE WHALE

PATHAAN

BUY YOUR TICKETS

RED DOG CINEMAS

PUERTO BANÚS MARBELLA

reddogcinemas.com

And much more

3

HOUR FREE PARKING

saba®

FIESTAS AND FERIAS

Virgen de la Candelaria

BENAGALBÓN. Until 5 February. Benagalbón's annual feria, celebrating their patron saint, will include a series of events for the whole family, including concerts, children's entertainment and comedy. On Friday 2 and Sunday 5 February, there will be traditional processions at 7pm. Everyone is invited to enjoy paella on 4 February at 1.30pm, accompanied by music and entertainment.

MORE IDEAS

Malaga Jam Weekend

MALAGA. From 3 to 5 February. *Polo Nacional de Contenidos Digitales, Tabacalera.*

The annual videogame conference and show will take place again this year with competitors from all over Spain and Holland. Tickets and more info: www.malagajam.com

Lux Mundi

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

Trip to Rute and Iznajar. 23 February. Various departure points. 26€ with Friends of Lux Mundi card or 28€. Bookings: 952543334 or email: luxmundi@lux-mundi.org

Lux Mundi

FUENGIROLA. Mondays to Fridays, 10am - 1pm. *Lux Mundi Ecumenical Centre, C/Nueva 3.*



El Turry, Almuñécar

Taizé Prayer. 24 February, 6pm at San José church. Send an email to be included in prayers: luxmundif@gmail.com.

Coach trip to Frigiliana. 23 February. Visit the market and stroll through the pretty streets. After lunch, the coach will then go to Torrox Costa. Tickets: 14€ or 12€ with a Friend of Lux Mundi card. Call: 952 474 840 or email: luxmundif@gmail.com

O. V. FILMS

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

Yelmo Cines, Plaza Mayor

MALAGA. *Centro de Ocio, Plaza Mayor, Avda Alfonso Ponce León. Tel: 902902103. www.yelmocines.es.*

The Whale: 19.15 (Tues).
Tár: 21.00 (Tues).

Babylon: 17.00 (Tues).

Avatar The Way of Water: 18.45 (Tues).

The Banshees of Inisherin: 12.40 (Sun); 17.20 (every day except Tues); 20.00 (Tues).

Knock At The Cabin: 13.15 (Sun); 20.20 (Tues).

Titanic 3D: 17.30 (14 Feb).

Yelmo Cines, Rincón

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

The Whale: 17.10 (Tues).

Tár: 21.10 (Tues).

Babylon: 19.45 (Tues).

The Banshees of Inisherin: 19.30 (Tues).

Knock At The Cabin: 20.00 (Tues).

Titanic 3D: 17.30 (14 Feb).

Yelmo Cines, Vialia

MALAGA. *Centro Comercial Vialia. Tel: 902220922*

Babylon: 16.05 (Sat, Sun); 20.45 (Tues).

Avatar The Way of Water 3D: 20.45 (Tue), 21.30 (every day except Sat).

Avatar The Way of Water: 21.40 (Sat, Sun)

Tár: 12.45(Sun); 19.40 (Tues).

The Whale: 19.45 (Tues).

The Banshees of Inisherin: 12.25 (Sun); 19.35 (every day).

Knock At The Cabin: 12.00 (Sun); 20.10 (Tues).

Everything, Everywhere, All At Once: 12.15 (Sun); 20.20 (Tues).

Titanic 3D: 17.30 (14 Feb).

Cinesur Miramar

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

Avatar The Way of Water 3D: 11.45, 16.20 (Sat, Sun); 17.30 (Fri, Mon-Thurs).

Babylon: 17.45 (Fri, Mon-Thurs); 16.30 (Sat, Sun).

Devotion: 22.00 (Fri, Mon-Wed); 22.10 (Sat, Sun).

Knock At The Cabin: 18.00, 20.05 (Sat, Sun), 19.50 (Fri, Mon, Wed).

The Banshees of Inisherin: 12.15, 17.00 (Sat, Sun); 17.30 (Mon-Thurs).

Puss in Boots: The last wish: 12.15, 16.00 (Sat, Sun); 17.45 (Mon-Thurs).

The Killing: 20.00 (Tues).

Fight Club: 20.30 (Thurs).

Cinesur Ingenio

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

Babylon: 17.45 (every day).

Knock At The Cabin: 12.00, 15.50, 17.45, 17.55 (every day).

The Killing: 20.00 (Tues).

Fight Club: 20.30 (Thurs).

Red Dog

PUERTO BANÚS. *Avda Julio Iglesias. <https://reddogcinemas.com/> 20 to 26 Jan.*

Avatar The Way of Water 3D: 11.30, 15.00, 18.30 (Sat, Sun); 17.00 (Fri, Mon-Thurs).

Avatar The Way of Water: 19.50 (Fri, Mon-Thurs); 18.00 (Sat, Sun)

Babylon: 19.15 (Fri, Mon-Thurs); 17.00, 20.30 (Sat, Sun)

Knock at the Cabin: 19.20 (every day), 15.15 (Sat, Sun); 17.17 (Fri, Mon-

Thurs).

Operation Fortune: Ruse de Guerre: 19.15 (everyday).

The Amazing Maurice: 17.15 (Fri, Mon-Thurs), 12.00, 15.00 (Sat, Sun)

The Estate: 15.15 (Sat, Sun)

The Offering: 21.20 (Fri, Mon-Thurs), 21.30 (Sat, Sun)

The Whale: 19.00 (every day), 21.20 (Sat, Sun).

Puss In Boots, The Last Wish: 12.00, 15.15 (Sat, Sun); 17.15 (every day).

Tár: 15.00 (every day); 17.00 (Fri, Mon-Thurs).

Autocine Málaga

MALAGA. *Guadalhorce Industrial Estate. Ctra. de la Azucarera Intelhorce. www.autocines.com/cine-malaga/*

Knock At The Cabin: 21.30 (Until 9 Feb).

Cine Albéniz

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

Living: 19.40 (Sat-Thurs), 21.40 (Fri)

Aftersun: 16.30 (Fri), 18.30 (Sat-Thurs).

The Whale: 16.45, 19.00, 21.15 (Fri-Wed), 21.30 (Thurs).

Romeo and Juliette opera from Vienna: 19.00 (14 February).

Hamlet

MALAGA. *7 February, 8pm. Teatro Cánovas, Plaza de el Ejido.*

The film production of Hamlet with Kenneth Branagh. <https://www.junta-deandalucia.es/cultura/teatros/teatro-canovas/hamlet>

MUMBY'S LIVE-IN CARE



Mumby's Live-in Care, the satisfaction of caring for those who need it most

MÁLAGA

SUR. Mumby's Live-in Care is an Oxfordshire-based family-run business with over 20 years of experience in providing outstanding elderly care. As a rapidly growing live-in care agency, we are in constant need of amazing live-in carers to join our team.

We pride ourselves with an inclusive and diverse team, composed of employees from 27 different countries and nationalities.

Why work in care in the UK?

- Caring for someone and improving their quality of life is probably one of the most rewarding jobs, offering you an immense job satisfaction.

- You benefit from flexible working hours and rotas, based on your preferences and your availability.

- You can receive additional training and development opportunities (Care Certificates and NVQ in Health and Social Care).

- You will have free accommodation (at your client's house) and a weekly food allowance, which will help you reduce your cost of living.

We are working with both employed and self-employed carers and we look forward to offer-

We pride ourselves with an inclusive and diverse team, composed of employees from 27 different countries and nationalities

ing you more information regarding the difference between the two types of jobs we are providing.

Although professional experience is desirable, we believe that personal care experience is also extremely valuable. If you have good English skills (both written and spoken), Right to work in the UK, and a true desire to help and support others, please send us your CVs at recruitment@mumbys.com

MORE INFORMATION

For more information, please visit our website: www.mumbys.com. Alternatively, you can contact us via WhatsApp at +44 7399 286572.

Too many faiths spoil the broth

ANDREW J. LINN



We cannot ignore the increasing consumption of food made in the laboratory or factory.

These meat substitutes that simulate almost any animal, and which will eventually lead to the end of factory farming and the daily mass slaughter of tens of millions of animals, are to be universally welcomed. Or not.

It's logical to believe that producing a meat substitute that tastes exactly like the real thing is a money-spinner. But it's not because religion gets in the way.

For example, the global kosher food market was valued at \$21.88 billion in 2021 and is projected to reach \$26.21 billion by 2028.

The total kosher and halal meat market is worth \$1.3 trillion annually.

In both procedures the sacrifice of the ill-fated animal is a ritual overseen by a religious functionary who is paid for

saying prayers while it bleeds to death.

But what has kosher or halal to do with factory meat?

Perhaps sensing the diminishing income to temple coffers that factory meat may cause if allowed to go un-blessed, they are now insisting it should also be sanctified.

They argue that if the 'meat' was made using hormones from animals, as it usually is, religious law must therefore override all other considerations.

It really is hard to swallow (ahem!) but this has given rise to a situation whereby religious factions from Judaism to

Some religious factions are now insisting that factory produced meat must also be sanctified

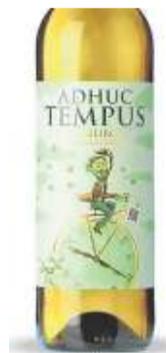
Muslim insist artificial meat made in a factory that has never been near a living animal, cannot be sold without the traditional consecration.

If this is denied, the factory meat will be difficult to sell to the faithful. What a broth.

WINE OF THE WEEK

Adhuc Tempus Ribeiro 2021

The Ribeiro region of north-west Spain (not to be confused with Ribera del Duero) has never been noteworthy for great wines in spite of its proximity to Rías Baixas. However this blend of local grapes with Jerez's Palomino is interesting and positive. Around €7



Marbella chef Javier Ruiz, wins two awards at Madrid Fusión

MADRID

ESPERANZA PELÁEZ. Malaga-born Javier Ruiz, executive chef at El Parque de la Milla in Marbella, won two competitions at the Madrid Fusión Alimentos de España last week.

On Monday, he took the best fish dish in the Cocinando el Mar competition and then on Wednesday, he followed through with an innovative sandwich made with slices of marinated partridge, in the Bocadillos de Autor championship.

This latter contest is one of the classics at Madrid Fusión which, this year, is celebrating its tenth anniversary.

His winning fish dish consisted of chunks of a Mediterranean species of fish, speared with one of its own spines to a small piece of toasted bread which had been soaked with gazpachuelo and seasoned with smoked sardines.

The winning sandwich, which is now available from the Marbella restaurant, contained slices of marinated and cured partridge and partridge pate with an emulsion of vegetables and wafer thin slices of radish to give a fresh crisp note. This sumptuous combination was presented between slices of pan de cerveza (beer bread).

TIPI TAPA RESTAURANT



Tipi Tapa, more than 20 years serving the best meats

This restaurant in Fuengirola offers a selection of top-quality cuts that are grilled to bring out their flavour and qualities

MÁLAGA

SUR. Located in Fuengirola, Tipi Tapa has become a true temple of good food. This restaurant specialises in grilled meats and has been serving the best national and international cuts for more

than 20 years. To select the national meats they work with many distributors throughout Spain, acquiring the best batches for their clients, from 8-month-old calves to yearlings, 3-year-old fattened calves or cows and oxen



CHARACTERISTICS OF TIPI TAPA MEATS

The breed: Affects infiltration or marbling, colour and tenderness.

The diet: Livestock's diet and nutrition are essential for good health and meat production. Grass and forage-fed cattle produce meat with a more intense flavour, texture, aroma and colour than grain-fed animals.

The denomination: It is very important that the animals are raised in countries with abundant pasture, which is why Tipi Tapa meats are mainly from Spain, Ireland, Scotland, the United Kingdom and Finland.

The infiltration: Hence the selection of the pieces one by one. Even if the animals are from the same breed, eat the same diet and have the same denomination, they are completely different genetically. That is why the best selection is piece by piece.

of more than 8 years of age.

With regards to international meats, Tipi Tapa has a reliable supplier, the largest importer of this product in Europe and the United Kingdom.

"All the cuts we select on the international market come with their identity card," explains Juan García, the restaurant's chef. A traceability that always guarantees the best flavour and maximum quality.

Furthermore, the restaurant offers a wide range of popular tapas, exquisite stews and hearty dishes, salads, fish and seafood.

All this in a pleasant atmosphere and with the possibility of enjoying genuine flamenco shows on Tuesdays, Thursdays, Fridays and Saturdays at 7.30 pm. The show is performed by five top-level artists, with guitar, singing and dancing by Manuel Alcaide and his company, one of the most renowned on the Costa del Sol.

I've got the hiccups, should I be worried?

Short lived. This is normally a benign symptom which disappears in a few minutes but it is best to see a doctor if it lasts more than a couple of days

CARMEN BARREIRO

Everyone will have had hiccups at some time in their life, maybe even before they were born, while still in their mother's womb.

That annoying 'hic-hic-hic' that can happen unexpectedly anywhere and in any situation and which we are often unable to control despite a thousand supposed remedies from all over the world, "disappears within a few minutes and it is not medically important, just uncomfortable and sometimes embarrassing," says Dr Fidel Fuentes, who is the head of the Emergency Department at the Igualatorio Médico Quirúrgico (IMQ).

An attack of hiccups can be defined as "a repeated, involuntary and spasmodic contraction of the inspiratory muscles, followed by a sudden closure of the glottis, which causes that characteristic sound when the air is pushed with force from the lungs.

No known function

The curious thing is that in reality hiccups have no known physiological function and in seven out of ten cases the reason they occur is digestive," explains Dr José Tomás Gómez Sáenz, the national coordinator of Semergen, the Respiratory Working Group of the Spanish Society of General Practitioners.

Experts say that the majority of cases of hiccups, which are

more common in children than adults, are benign and are generally triggered by gastric distension after eating too much, drinking fizzy drinks or eating spicy foods.

They can also be caused by aerophagia problems, sudden changes of food temperatures, alcohol consumption, smoking and even by stressful situations.

"However, they do respect our sleep," Dr Gómez points out.

Hic, hic, hic... between 4 and 60 times a minute

Have you ever noticed, any time you have had an attack of hiccups, that there is a certain rhythm to them?

"Hiccups usually occur between four and 60 times a minute and the rhythm is normally always the same in each person. In more than 80 per cent of cases it depends on an isolated contraction of the left hemidiaphragm followed by an arch reflex in which several nerves participate with a final stimulus that ends in the nerves that contract the diaphragm and glottis," says Dr Gómez Sáenz.

When should we see a doctor about hiccups?

"If hiccups are affecting the quality of a patient's life or they last for more than two days it is best to see a doctor to check what is happening," Dr Fuentes recommends.

In fact, the length of the attack is a determining factor when it comes to evaluating how serious this common symptom is.

"If the hiccups last less than two days, there are no other complications and they stop on their own, they are transitory.

If they last for more than 48 hours they are considered persistent and should be checked out.

It can also happen that the attacks come and go but they occur more frequently, last longer or even continue for more than a month.

If that is



The curious thing is that in reality, hiccups have no known physiological function

The length of an attack is a determining factor in evaluating how serious this common symptom is

Common remedies are breathing into a paper bag, holding your breath or a cold key down the back

Practice
Dr. Gabriel Grabowski
Specialist for lung diseases
& Internal Medicine

Languages:
English, German, Spanish, French

Appointments Available Now
Clínica La Cala de Mijas.
Butibamba 3-4. Paseo Costa del Sol, 10. 29649 Mijas Costa (Málaga).
Tel: (+34) 952 49 30 35. E-Mail: drg.grabowski2@gmail.com
Web: www.deutsches-aerztezentrum-mijas.com

Start Your Journey to Better Hearing

FREE HEARING TEST
FREE CONSULTATIONS
ALL TYPES OF HEARING AIDS
SWIMMING PLUGS

CENTRO AUDITIVO FUTURA
HEARING CENTRE

BENALMADENA
C/Flores 3. Arroyo de la Miel.
952 574 075
FUENGIROLA
Av. Conde San Isidro 1
952 472 783
MARBELLA
Esquina C/ Pedraza y
C/ Fortaleza
952 859 925
www.futurahearing.com

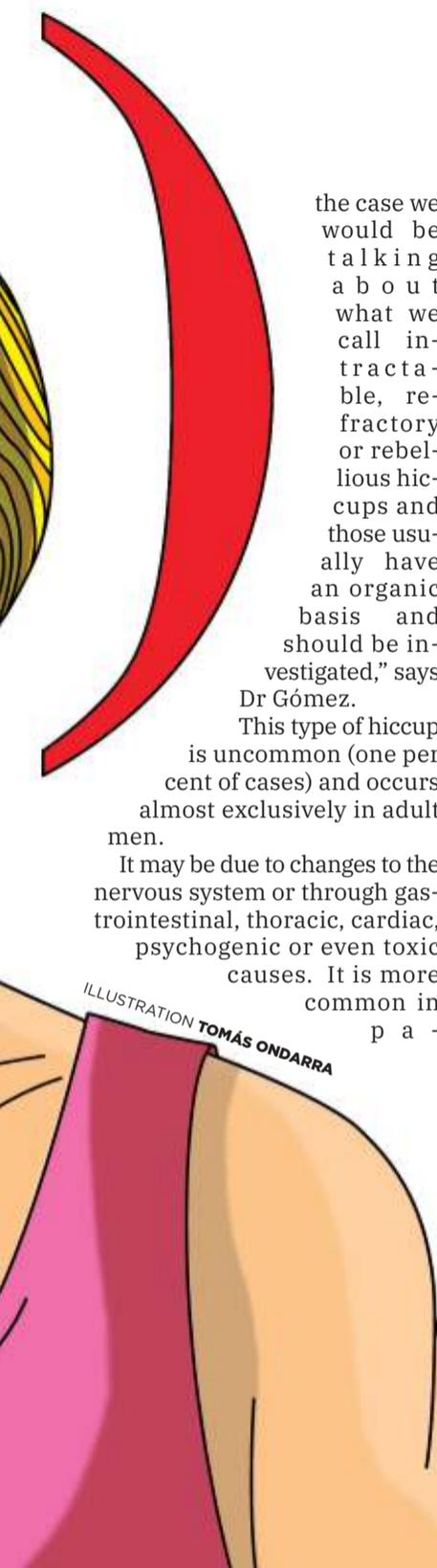
because hearing better makes life easier!

ALCOHOLICS ANONYMOUS

AA is located along the entire Costa del Sol and there is a meeting with friendly people who will understand your problems somewhere near you every day.

Call our HELpline 600 379 110

www.aacostadelSol.com



the case we would be talking about what we call intractable, refractory or rebellious hiccups and those usually have an organic basis and should be investigated," says Dr Gómez.

This type of hiccup is uncommon (one per cent of cases) and occurs almost exclusively in adult men.

It may be due to changes to the nervous system or through gastrointestinal, thoracic, cardiac, psychogenic or even toxic causes. It is more common in p a -

tients with Parkinson's (20 per cent) or gastric reflux (10 per cent).

It also occurs in about four per cent of patients with advanced tumours.

Breathing into a bag or sipping water... do they work?

Dr Gómez says there are more than one hundred supposed remedies for hiccups, "although it is doubtful that many of them are of any use".

The suggested ways to stop hiccups range from sipping water to eating sugar lumps or sneezing.

"They don't do any harm. Most are innocuous, but often you don't know whether the hiccups stop because of the remedy or because they were going to anyway," says Dr Fidel Fuentes.

Most of these tricks have something in common, which is that they intervene in some way in the muscles which trigger the uncomfortable hic-hic-hic.

The most common 'remedies' are breathing into a paper bag, straining as if you were on the toilet, pressing your ears and closing your eyes, holding your breath for a few seconds or putting a cold key on your bare back.

In the case of hiccups which are caused by alcohol consumption, drinking something bitter is often recommended.

However, if the hiccups don't stop after a short time and can be considered persistent, "the treatment will probably be medication," both the experts agree.

The blue of Malaga inspires designer's collection at Paris Fashion Week

Juana Martín spent her holidays in Nerja and her collection showed off her Andalusian roots

ISABEL MÉNDEZ

MALAGA. The colour blue reminds her of the holidays she spent in Nerja and so it became the colour of Juana Martín's new spring-summer collection which was presented on the catwalks of the fashion capital of the world, Paris.

The Paris Haute Couture Week took place from 23 to 26 January in the American Cathedral in the city, a venue where designer Juana Martín showed off her Andalusian roots (she is originally from Cordoba) with her Origins collection. Inspired by the blue skies of summers on the Costa and flamenco, the clothing was both traditional and innovative.

Predominate were the tie-dyed blue and white frills and pleats, voluminous sleeves and skirts and even blue Cordobes hats. Denim was a recurring theme throughout the show. The blue and white garments were accompanied by the more traditional black high-waisted trousers and jackets synonymous with flamenco.

This is only the second time that Juana has had a show at the prestigious Paris Haute Couture Week, last year she made history by being the first Spanish woman and a gypsy, to present her collection on the runway there.



Juana Martín (3rd left) and her catwalk models in Paris. EFE



Voluminous tie-dyed frills and Cordobes style hats. EFE



CONSULTANT ORTHOPAEDIC SURGEON
Dr. Alf Neuhaus
Back/ Neck/ Joint pain
Arthritis
Joint Replacements
Sports Injuries
Hand Surgery

OPHTHALMOLOGIST
Dr. Mariano Salvatierra
Glaucoma
Cataract
Laser Treatment
Multifocal Lenses

UROLOGIST
Dr. Erik Schulten
Prostate
Urin Tract Infection
Sexual Diseases
Sexual Disorders
Laser Surgery

PHYSIOTHERAPISTS
David Peromingo, Oona Nikkanen
Back/ Neck Pain
Sports Injuries
Joint Pain
Customized Exercise Program
Post Op Rehabilitation

OSTEOPATH
Christie Nicholas, Luis Illueca
Spine Realignment
Joint Mobilization
Headaches

MASSAGE THERAPIST
Tamara Abramovich
Soft Tissue Mobilization
Sports Massage
Lymph Drainage

COUNSELING
Christie Nicholas
Anxieties
Relationship Problems
Grief
Confidence

+34 952 57 77 66

DIGITAL X-RAYS | BONE DENSITY | ULTRASOUND SCAN

Malaga's sporting director departs after disappointing end to the transfer window

Manolo Gaspar oversaw an underwhelming January in which only three players came in and a late deal for Tete Morente collapsed

ANTONIO GÓNGORA
BORJA GUTIÉRREZ

MALAGA. Manolo Gaspar, Malaga's under-fire sporting director, will leave his post after a disappointing end to the January transfer window.

Gaspar announced the news himself during a press conference this Wednesday afternoon, 1 February - a day after a deadline day during which the club ended up conducting no business, despite sitting in the relegation zone, four points from safety.

Malaga and Gaspar got their business done early on, with the arrivals of wingers Arvin Appiah and Lago Junior (from Almeria and Mallorca, respectively) strengthening the attack, plus the signing of Julián Delmás (from Cartagena) to cover the departure of Juanfran (to Oviedo) in the right-back position.

Winger Pablo Hervías also left



Gaspar wept as he read out his good-bye letter at a press conference on Wednesday. SALVADOR SALAS

the club (joining Bolivian side Club Bolívar), meaning it was just three in and two out.

That said, despite it appearing that the club was satisfied with its dealings, things changed after the sacking of Pepe Mel and the re-appointment of Sergio Pellicer and, on deadline day, the club attempted to make moves

but were ultimately thwarted.

A complex operation

Elche expressed a late interest in midfielder Alfred N'Diaye but were unwilling to stump up 300,000 euros for him. As a result, a swap deal involving former Malaga winger Tete Morente was mooted.

A return for Morente would have been a popular signing among the fans but, ultimately, Gaspar and his team couldn't get the deal done in time.

This is because to do so would have involved also allowing winger Álex Gallar to complete a move to Albacete in order for the club to comply with financial re-

strictions and the wage cap.

However, all of the pieces wouldn't fall into place in time and Malaga were left disappointed.

An emotional farewell

Gaspar informed reporters of his departure by reading a statement, stopping multiple times to let out visible displays of emotion.

He thanked the club and its fans for the support he received during his more than three years in the role and acknowledged that he fell short of expectations during that time.

"When you're in a position where you have to take big decisions, you'll make mistakes. That's normal. And I know I made a lot of mistakes, but they were never on purpose," said Gaspar.

"During times of crisis the face and the voice of the institution is very important. The problem has been the results, the bad results [...] and that brought a lot of heat on me, because I was that voice, the one making the signings," he continued, conceding that his departure may be for the best.

"I think my leaving is going to improve the atmosphere a lot. It's for the best that I'm not there. [...] I know the club will stay up - 100 per cent."

The club will aim to appoint Gaspar's replacement within two months, during which time Francisco Capote (Gaspar's number two) will fill the void as interim sporting director.

Spoils shared in eventful goalless draw on Sergio Pellicer's return to the dugout

The recently reappointed Malaga head coach took "some very positive things" from his team's trip to Gijón



DARYL FINCH

MALAGA. It was an eventful return to the dugout for Sergio Pellicer on Sunday evening after he was reappointed head coach for a second spell as a replacement for the sacked Pepe Mel. His Malaga side came away with a point after a 0-0 draw in Gijón, away to Sporting.

Pellicer was content with what he considered "a fair result", given that "there were chances for both teams". Indeed, Sporting's Pedro Díaz had his shooting boots on. His early long-range piledriver swerved at the last minute to



Alfred N'Diaye battles for the ball in midfield. AGENCIA LOF

bring a good reaction save out of Rubén Yáñez, who was powerless to stop the same man from hitting the outside of the post a quarter of an hour later.

Malaga's own number 8, Luis Muñoz, created the visitors' best chance of the half just five minutes before the break when his poked cross-cum-shot was narrowly missed by Fran Sol on the stretch.

In the second half, Luis Muñoz tried his luck from even further than Pedro Díaz but the result was the same as his opponent's first effort: a sprawling save from a nearly wrong footed Iván Cuéllar.

Moments after coming on as a 60th-minute substitute, Malaga striker Rubén Castro showed just what a threat he continues to be,

even at 41 years of age, when he brought out an excellent reflex save from fellow veteran Cuéllar, 38, on the half-volley. Minutes later he dragged an effort wide from a tight angle, too.

In the final ten minutes, it looked like anyone's game. So, when substitute José Gragera flashed his header wide of the post, it seemed that Malaga were left off the hook until they themselves passed up the chance to grab a late winner through Lago Junior's misplaced header.

With this draw, the Blue and Whites remain four points from safety, ahead of the visit of Real Oviedo tonight, Friday (9pm kick-off). Despite this, Pellicer took "positive things" from the result. "We have to focus on those and give the players the tools to get the results we need."

Goal fest gets Femenino back to winning ways

There were goals galore in Rincón de la Victoria as Malaga returned to winning ways in an eight-goal thriller against Pozoalbense (5-3). Goals from María Farfán, Silvia Mérida (two), Monterroso and Carmen Gómez were enough to overpower their opponents despite them equalising twice.

SEGUNDA DIVISIÓN

Matchday 25 results

Racing-Tenerife	1-1
Granada-Andorra	2-0
Eibar-Leganés	0-0
Oviedo-Villarreal B	0-1
Las Palmas-Huesca	1-0
Mirandés-Alavés	1-3
Levante-Burgos	1-0
Albacete-Lugo	2-0
Sporting-Malaga	0-0
Ibiza-Cartagena	2-2
Zaragoza-Ponferradina	0-0

Table

Team	P	W	D	L	GF	GA	PT
1. Las Palmas	25	13	9	3	30	15	48
2. Eibar	25	13	8	4	28	18	47
3. Levante	25	11	11	3	29	17	44
4. Alavés	25	12	7	6	29	22	43
5. Albacete	25	11	9	5	32	26	42
6. Granada	25	12	5	8	30	18	41
7. Burgos	25	10	9	6	22	15	39
8. Leganés	25	9	8	8	25	23	35
9. Cartagena	25	9	7	9	25	25	34
10. Villarreal B	25	9	7	9	29	31	34
11. Andorra	25	9	5	11	26	23	32
12. Sporting	25	7	11	7	24	25	32
13. Tenerife	25	7	10	8	25	26	31
14. Huesca	25	7	10	8	19	21	31
15. Oviedo	25	8	7	10	16	20	31
16. Mirandés	25	7	9	9	29	32	30
17. Zaragoza	25	7	8	9	21	22	30
18. Racing	25	6	8	11	17	22	26
19. Ponferradina	25	6	8	11	22	31	26
20. Malaga	25	4	10	11	19	29	22
21. Lugo	25	5	6	14	19	33	21
22. Ibiza	25	4	5	16	17	39	17

WE NEED YOU
**GET BEHIND
YOUR TEAM**

**50% OFF TICKET PRICES FOR
FIELES MALAGUISTAS MEMBERS**



VS



**FRIDAY 3 FEBRUARY 21:00
LA ROSALEDA STADIUM**

*WHILE STOCKS LAST



Marketing needed

Javier Tebas, president of La Liga, should work on bringing the Spanish league into the modern world



It's a little bit rich of La Liga's top brass to claim Premier League clubs are 'doping' the transfer market when they have spent years breaking the transfer limits.

Yes, the amounts of money spent in the market by English clubs is terrifying. Chelsea alone invested three times as much on new players during the winter market than the whole of the other top four leagues combined.

Javier Tebas is the president of a league where €100-million deals have been negotiated on eight occasions, and then there's the ridiculous €222 million pocketed by Barcelona when Neymar moved to Paris Saint Germain.

What disturbs Señor Tebas is the fact that lowly Nottingham Forest can these days afford to do business with PSG whilst the Spanish giants can no longer compete for top-shelf signings.

When the window closed, Premier League clubs had concluded €930 million worth of business compared to just €30 million worth of trades involving Liga clubs.

"The British market is a doped market," said President Tebas. "You can see it clearly in this winter market, where Chelsea have made almost half of the signings in the Premier League."

His accusation is that English clubs are using inventive methods to find the cash for new signings. It could be a training



Javier Tebas. SUR

ground sponsorship with a holding company that nobody has ever heard of or a so-called sports-washing arrangement from a far-off land.

He does have a very good point. The buzz word in modern football is amortisation. Basically, you spread the transfer fee over a long number of years. Chelsea are leading the market by offering eight-year contracts to their new signings. It's like buying a new car on HP, if you can't afford to pay cash up front, you make a deposit and pay the rest in time.

He's right, it does inflate the market by allowing clubs with smart accountants to negotiate the transfer of the hottest young talent and the market does become inflated.

La Liga does employ its fair share of creative money men too. Nobody had heard of 'financial levers' until Barcelona started pulling them last summer. It has allowed the club to crawl out of a financial black

hole by borrowing against future income.

My feeling is that Tebas is correct in many respects. English clubs need to be scrutinised regarding the UEFA Financial Fair Play rules. Spanish clubs are adhering to the guidelines, and it will make them fiscally healthier in the long-term.

He also needs to look at how exceptionally organised the EPL is compared to Spain. Supporters of English clubs can make plans around fixtures until the end of March. This helps with travel and television deals. Fans of Spanish clubs can't plan more than sixteen days ahead at the time of writing. A trip to watch Barcelona or Madrid could mean a kick-off on any one of four days!

The EPL is watched live in virtually every country around the world. I'm a Spanish football expert and have absolutely no idea how I can watch the league games, or the excellent La Liga TV channel when I'm in the UK. There's no deal in place for Copa del Rey matches, mind you the dates haven't yet been confirmed. A 'Google search' is inconclusive.

President Tebas is doing a fine job in getting his clubs onto the financial straight and narrow, but instead of baiting other bodies, he needs to work on completely organising the marketing of La Liga. It's an exceptional product - get out there and bring it into the modern world.

Antequera extend their lead at the top as El Palo win the big derby

All the lower-league action from around Malaga province at the weekend

POLIDEPORTIVO EJIDO 0
ANTEQUERA 2

Lanzini bagged both goals to help runaway leaders Antequera maintain their impressive run and win 2-0 away at Polideportivo Ejido. With Recre and Sanluqueño both losing, Antequera are now 12 points clear.

SUR

Segunda RFEF

VÉLEZ 1
MANCHA REAL 0

Vélez are in their best form of the season and have now moved fourth courtesy of their third consecutive win. Gonzalo grabbed the winner in the 69th minute of a game the hosts dominated from start to finish.

Tercera RFEF

TORREPEROGIL 0
AT. MALAGUEÑO 0

Malaga's reserves' recovery continues with a style of play based on keeping clean sheets. Another goalless draw against a direct rival, Torreperogil, keeps them in fifth after eight unbeaten.

GIMNÁSTICA SEGOVIANA 0
ESTEPONA 0

Estepona took a point from their visit to La Albuera, one of the most difficult grounds in the group, hanging on until the last for a 0-0 draw against Gimnástica Segoviana. Keeper Razak kept the visitors in the game, with two superb stops, but his heroics couldn't stop his side dropping out of the play-off places after just one point from nine.

EL PALO 2
MARBELLA 1

El Palo prevailed in the big derby, beating Marbella 2-1 to move second. The game started frantically with two goals in 10 minutes: Acosta gave the hosts the lead from the spot but Agus Alonso took advantage of poor defending to level the match soon after. However, the Paleños retook the lead early in second half as Destiny profited from yet more bad defending, this time giving his side a definitive lead.

UTRERA 1
JUVENTUD TORREMOLINOS 2

A comeback away win made it a good end to a turbulent week for struggling Torremolinos. Despite financial uncertainties, goals from Naranjo in the 22nd and 27th minute cancelled out the hosts' early strike.

TORRE DEL MAR 1
MOTRIL 0

Torre del Mar sealed their sixth consecutive home win, beating a defensive Motril side. The hosts hit the goal frame four times before breaking the deadlock in the 82nd minute through Cervera from distance.



Djokovic celebrates with his team, including Gómez Herrera, in red. REUTERS

The Malaga man who helped Novak Djokovic to Australian Open success

Carlos Gómez Herrera from Marbella is now a key part of the new world number one's coaching team

PEDRO LUIS ALONSO

MALAGA. Though Spain's stars struggled to shine at the Australian Open, there was one Spaniard who was at the centre of attention as Novak Djokovic equalled Rafa Nadal's Grand Slam record of 22 on Sunday.

Carlos Gómez Herrera, from

Marbella, was seen congratulating the Serbian from the box after his 6-3, 7-6 (7-4), 7-6 (7-5) final win over the Greek Stefanos Tsitsipas.

Gómez Herrera, who has been very close to Djokovic for many years, is now part of the new world number one's coaching team, along with the player's brother, Marko, and former star tennis player, the Croatian Goran Ivanisevic.

Having been his doubles partner and sparring partner in numerous training sessions in Marbella, where Novak has his sec-

ond home (in the famous Sierra Blanca residential development), his influence has now grown and he has become part of the volatile Serbian's inner circle.

Gomez Herrera, 32, has himself been a regular on the ATP Challenger tour in recent years. That said, he has never come higher than the top 200 in the singles rankings and he hasn't competed since October.

His relationship with Djokovic began at a Masters 1000 in Madrid and both are regulars at the Puente Romano Tennis Club in Marbella.



Paula Ruiz poses for SUR at Muelle Uno, with the Alcazaba in the background. SALVADOR SALAS

Local Olympic swimmer calls it a day at the age of just 23

Paula Ruiz competed at the Tokyo Games but has decided to retire due to what she sees as a lack of institutional support

**PEDRO LUIS ALONSO
MARINA RIVAS**

MALAGA. After months away from high-level competition, Malaga Olympic swimmer Paula Ruiz has announced her retirement at just 23 years of age.

The long-distance and open-water swimmer competed at the Tokyo Games, after which she decided to take a sabbatical. During that time, she concluded it was time to call it a day.

"I would like to inform you that I am starting a new path away from top-level sport," she wrote in a

press release, published on Saturday morning, in which she thanked all those who have helped her in her career: clubs, coaches, dieticians, psychologists, her family, institutions and the media.

"After trying to train outside Spain and failing to find the necessary support from the Royal Spanish Swimming Federation, I thought long and hard and eventually came to this conclusion," she wrote.

"I just hope that one day this sport of mine, and its athletes, will have their place within the Federation," she added, suggesting that open-water swimmers don't have a voice like those in other sports and hinted at a disconnect between pool swimmers and open-water swimmers in the eyes of the Federation.

Ruiz says she has been left "with

a bitter taste" in her mouth, "and I don't deserve that".

The local swimmer has an impressive list of achievements despite being so young. She won gold medals at the World Junior Open Water Swimming Championships in 2016 and 2018 and was sixteenth in the 10 kilometres at the Tokyo 2020 Olympic Games, fourth at the Budapest European Championships (in 10 kilometres) in 2021, as well as racking up numerous victories in national and Andalusian competitions, including some in the pool.

In an interview with SUR, Ruiz said she was looking forward to "living a normal life". She plans to pass her driving test, take up studying again and get a job related to sport or sports science, so she can share her experiences of top-level competition with others.

Damián Quintero claims gold in Premier League in Cairo

The Torremolinos-born karateka is now focused on the upcoming European Championships in Guadalajara

P. L. ALONSO

MALAGA. Local karateka Damián Quintero won gold on Sunday in the Premier League kata event held in Cairo (Egypt) - his first appearance on the tour in ten months.

The Torremolinos-born athlete, who claimed silver at the To-

kyo Olympics, faced local karateka Mostafa Elghobashy, Ho Wai Hung from Hong Kong and the Japanese Sakichi Abe in the group stage.

He then eliminated Japan's Kakeru Nishiyama in the quarter-finals and Turkey's Enes Ozdemir in the semi-finals, before going on to beat USA's Gakuji Tozaki in the final.

"I'm very happy with the result and that I did well in the final. I had a good feeling," said Quintero, whose objective now is to prepare for the European Championships to be held in Guadala-



Quintero, with his gold medal. SUR

jara from 22 to 26 March.

María Torres, also from Malaga, was competing too. However, she missed out on a podium finish in the women's +68kg kumite.

Oferplan

SUR

THE BEST DISCOUNTS
FROM OFERPLAN



TICKETS FOR
BIOPARC
FUENGIROLA

12€

SPECIAL
PRICE

UNTIL 28 FEBRUARY

Bioparc
C/ Camilo José Cela, 6.
29640. Málaga

It's very easy to
obtain these offers at
oferplan.diariosur.es

Offers available at www.oferplan.diariosur.es / Ofertor Prensa Malagueña S.A. with corporate address Avenida Doctor Marañón, 48, 29009, Málaga. Conditions of use and data protection available at www.oferplan.diariosur.es. To advertise or request further information, contact us by email at info-oferplan@diariosur.es / Follow us on our facebook Oferplan SUR

SUR in English

Head Office:
Avda. Dr. Marañón, 48, Malaga,
10 am to 1 pm

General advertising enquiries:
952 649 638
952 649 669

evera@diariosur.es
dandrews@diariosur.es

SUR offices:

Mijas Costa / Fuengirola:
C. C. Carrefour.
Avda. Los Lirios s/n
Monday to Thursday 9.30 am to 2.00 pm; Friday 9.30 am to 1.30 pm. Telephones
952 580 726
952 583 850
670 643 488
605 022 121
www.surinenglishads.com
ads@surinenglishads.com

Estepona:
Calle Pilar de Farinós 23, 1 B
Estepona 29680
Tel. 952806408
Movil 696929745
estepona@publicidadsur.com

How much does a CLASSIFIED advertisement cost?
58 cents per word + 21% IVA.
Minimum 10 words
Deadline TUESDAY 12 noon

Notice to readers:

SUR in English accepts **NO RESPONSIBILITY** for the content of advertisements, nor for any claims made by advertisers. Thorough checks should be carried out before completing any transaction.

Notice to advertisers:

SUR in English reserves the right to make grammatical and spell-

ing corrections to advertisements as and when deemed necessary, and to classify correctly any advertisement. Although every care is taken to ensure the correct publication of advertisements, regrettably mistakes do sometimes occur. If there is an error in your advertisement, notify your agency or agent at once as SUR in English can only accept responsibility for ONE insertion published incorrectly. We would like to advise advertisers that no free insertions will be

given when the advertisement/material received is not suitable for print media.

Website / Email address:
Please be advised that it may not be possible for your website or email address to be printed on one line. If it will not fit, advertisers and readers alike should bear in mind that a hyphen will be inserted at the end of the first line to indicate that the email address continues on the line below.

PROPERTY FOR SALE

Inland

WWW.INMOANDALUZ.COM Are always looking for inland and Mi-jas properties to sell to our interested buyers. Tel 952491609/667067269

WWW.INMOANDALUZ.COM Bargain inland properties for all budgets, fincas, village homes, apartments and villas. Legal building plots. Tel 952491609/667067269

PROPERTY TO LET

Fuengirola

OFFICE opposite bus and train station, 80 sqm, 3 offices, large reception, toilet, filer room, parking, 830€. 670607636

Inland

COIN Lovely country house, two bedrooms, garden, views, 490€/month. 621318425

Marbella

BANÚS area: 2 bedrooms apartment, terrace, pool, wifi, quiet area, short term. 660354069

Commercial Properties/Offices to rent

FANTASTIC opportunity - Harrys Bar Calahonda available to lease. Established bar situated in central location above Mercadona Calahonda, close to Dona Lola. Inside/outside seating and kitchen facilities. Contact Harrysbarcalahonda@gmail.com for further information

SWIMMING POOLS AND GARDEN

Swimming Pools1

POOL Maintenance/ Repairs. Malaga/Marbella.
678791495/951536389 sparklenripple@hotmail.com www.sparklenripple.net

CALOREX Inverter Pool Heat Pumps. World leaders (www.calorex.com) 8x4 pool 4,749€ fully inclusive. Acair (www.acair.com). Established 1986. 952486287

Garden

THE GARDENER SPECIALIST
Tall Trees & Palms
TREE PRUNING, GARDENS MAINTENANCE. COMPETITIVE RATES.
Specialist Tree Jobs
+ 34 637203528

SPAIN TREE: ARBOLISTA Tree Surgery. Nº1 for Trees/Palms/Garden & Pool Maintenance. Since 1988. www.spaintree.com +3471101097 arbolista@spaintree.com

SPAIN TREE - ARBOLISTA
arbolista@spaintree.com
www.spaintree.com
+34 711 010 971
Nº1 for Trees & Palms on the Costa del Sol since 1998.
Interested in Garden & Pool Maintenance: garden@spaintree.com

SERVICES

Builders

MASTER builder, 40 years experience, trusted, reliable, reforms, kitchens, all trades, all jobs. David www.inversioneswinches-terls.com 693051543

PLASTERING rendering, artexing & coving specialist, 20yrs on the Coast, 1st class job. Phone Robbie. 679646185

KITCHEN bathroom, tiling, waterproofing, painting, counter top & floor epoxy. Fix maintenance price services. Ramin +34635204123 info@hawksmdb.com

COSTADIGGERS & CONSTRUCTION: Building Projects, Home & Garden. Tel/Whatsapp 678450051 costadiggers@hotmail.com/ www.costadiggers.com

Electricians

DC ELECTRICAL Services. 35yrs experience. Professional/reliable service. Quality merchandise. No job too small!! 24/7 - 365 days a year. 952565514/ 608864683

DC ELECTRICAL SERVICES
Available 24/7 - 365 days a year
Prompt, efficient service
Quality merchandise, honest pricing
Backed by 35 years experience
In domestic, commercial and industrial
Professional and friendly advice
Tel: 952 56 55 14 / +34 608 864 683

Decorators

THE BEST painter/decorator on the Coast. Call Nick 678889933 www.no1decor.com

ONE CONSTRUCTION
Alan Lloyd
We have Full Insurance to provide you with peace of mind.
City & Guilds trained craftsmen.
All aspects of building work.
References available.

SPECIALISTS:
CONVERSIONS - ELECTRICS
- PLUMBING - BATHROOMS
CARPENTRY - DECORATING
- KITCHEN REFURBISHMENT

alan.lloyd.builders@gmail.com
605 238 220

ATD DECOR British painter. 30 years' experience. Punctual. Great rates. Call for free quote. 603132783 Facebook: @ATDDecorMalaga

RAINBOW Pinturas. English painters & decorators. All aspects. Interior/exterior, private residential, commercial & communities. Spraying: Doors/kitchens & furniture. Light construction. Call/Whatsapp: 628066308 www.rainbowpinturas.com Daniel

PAINTING and decorating, Internal/ External Jobs. Chalets, houses, flats Cancelada to Fuengirola. Free quote 607112513

Carpenters

ANYTHING in wood... kitchens, closets, furniture... No Job to small!! Reliable Canadian Craftsman. Call Tony 744709034. Free estimate.

Gates

ELECTRIC gate automation and garage doors motors. Servicing or Repairs. expertgates.com Call Colin 636394641

ELECTRIC Gates & Garage Doors. Intercoms and access control systems. New installations and repairs, for all your gate and garage door requirements call The Garage Door Company & 2 Way Gates. tgdc@hotmail.co.uk www.2way-gates.com 952786178/605356469

Pest Control

COCKROACHES, all insects, fleas, wasps, rats, termite specialists. Bars, houses, apartments. Sanitary department registered. Serving the Coast and Inland since 1985. NPS Pest Control. Phone Paul 676700370. Credit cards accepted

Repairs

WASHING machines, dishwashers, refrigerators, boilers, cookers, hobs, microwaves, pumps, aircond., Professionally repaired. Christian 608337497

Awnings-Blinds

ROLLER shutter repairs 7 days a week. Conversion from manual to motorised. New installations. Also blinds, awnings, mosquito screens. All areas covered Coast and Inland. 655825931

Upholstery

UPHOLSTERY including leather cleaned as well as all carpets. 685524921

ADVANCED Cleaning Services. Professional carpet and upholstery cleaning, 27yrs experience, wet or dry clean. Honest, reliable service. 678808837/953669701 Email acservs@outlook.com

CLEANSOL Established 19yrs. Family run. Carpets, sofas and mattresses cleaned. Reliable fast service. 7 days. All areas. 952930861/607610578 www.cleansol.business

Floors

MARBLE POLISHING, CRYSTAL-LIZING, LASTING, HIGH SHINE. REGRINDING, RESTORATION OF SALTY DEAD FLOORS. CYRIL 645840199

CLEANSOL: Established 19yrs. Family business. Marble floors polished. Fast service. 7 days. All areas. 952930861/ 607610578 www.cleansol.business

CLEANSOL: Established 19yrs. Family business. Terracota cleaned and sealed. No job too small. 7days. All areas. 952930861/ 607610578 www.cleansol.business

Windows and Glass Curtains

VENTANAS Arcoplan Nº1 in UPVC windows & glass curtains. Tel: 952667559 info@arcoplan.net

UPVC and Aluminium windows and doors direct from our factory. We measure! We make! We fit! genevawindows@gmail.com 952587482/678768454

UPVC & ALUMINIUM WINDOWS & DOORS
Direct from our factory
Tel. 952 587 482
678 768 454
genevawindows@gmail.com

REPLACEMENT of discoloured, plastic jointing, strips between the glass curtains. Also repairs. 655825931

Locksmiths

LOCKSMITH Services. Security and shade experts. Shutters/gates/toldos. Free Surveys. English. www.securityofspain.com 636770865.

LOCKSMITH 24/7 Emergency/Appointment. Doors opened without damage, locks changed, patio doors, windows secured. Simon 657466803

Air Conditioning / Heating

FUJITSU Inverter 1000€ fully inclusive. www.acair.com Established 1986. 952486287

SUPPLIERS of refrigeration equipment, glass door refrigerators, ice makers, bottle coolers, dishwashers. Fantastic value and reliability after sales service. Williams Refrigeration SL. 952596404/679284959

group PROTEC

Windows and Doors

Manufacturing, distribution and integral refurbishment

+34 952 58 75 73



Cool & Cosy
AIR-CONDITIONING AND HEATING SPECIALIST

We Service & Repair any Make of Air-conditioning.
The Family Company That Cares.
On the Coast since 1993.

Maintenance contracts available.

Tel. 952 935 513
coolandcosy@hotmail.com
www.coolandcosy.es

AIRCONDITIONING installation. Service & repair to any make or model, also repair fridge/freezers, bottle coolers, car A/C & A/C on boats. All work guaranteed. All areas covered including campo. Contact Williams Refrigeration 952596404/679284959

Cleaning Services

RUGS, fitted carpet and upholstery including leather cleaned on site. 685524921

ADVANCED Cleaning Services. Professional carpet and upholstery cleaning, 27yrs experience, wet or dry clean. Honest, reliable service. 678808837/953669701 Email acservs@outlook.com

CHIMNEY sweep, clean, reliable, economical, all types of fireplaces. Chris 608337497

PROFESSIONAL SERVICES

Insurance

Good Insurance starts with a good Insurance Adviser Insuring expats in Spain for over **20** years

Right Way INSURANCE

Multi - Policy Discounts | Free Hire Car up to 45 days | Medical Insurance for Residencia | Policies in English | 36% Discount on Medical Insurance.

Tel. **952 934 963**
insure@rightwayinsure.com
www.rightwayinsure.com

MALAGA REMOVALS
Weekly removal service to & from UK, Costa Del Sol & Portugal

sales@malagaremovals.com | UK: +44 (0)1621 850070
Málaga: +34 951 121 857 | Algarve: +351 289443202

Depots & Storage in UK, Málaga and Algarve

Lawyers

SANCHEZ Romero Lawyers Criminal Law Marbella Málaga +34682501029

Translators

www.proz.com/translator/572634 Native English Professional Translator/Intepreter. 20 years' experience. Spanish & French. +34603132783

Mortgages

MISLAID your payslips/P60 or other paperwork? Recovery document service available, fast confidential, reliable. alan1l@yahoo.co.uk Tf:617910147

Business Opportunities

CLASSIC car business for sale; international clientele; mainly online sales; proven turnover; high profit margin; training provided by owner; unique opportunity; 250.000 euros; info@diff-estates.com

REMOVALS AND STORAGE

2 MEN & Van. 30€/hr. Always on time. 651081610

MAN & large van. Removals, deliveries, clearances. 25€ hour + fuel. Steve 602637242

MOVING locally? Call 952426463/660563131. Fully legal British Removal Company

BRITISH Removal Company SL. Regular transport services with custom clearance. Spain, UK including Scotland. 952426463 www.brcspain.com

BUY / SELL MISCELLANEOUS

WANTED QUALITY BRIC-A-BRAC FOR GOOD PRICES. 661402134

CASH for your unwanted furniture, bric-a-brac, antiques. House/garage/ bar clearances. Steve 602637242

WANTED all furniture and household items. Best prices. 697511071

FURNITURE wanted same day collection. Cash waiting. 697511071

MOTORS

Buy / Sell Cars

BEST PRICE guaranteed for your car, van, home, motorhome, 678808837

WE Will not be BEATEN on price! Cars, vans, bikes. Wanted today. 685524921

WANTED all cars, vans, bikes, quads, campervans, caravans, anything consider. Call/Whatsapp now 687049592

PHONE ME FIRST OR LAST!! I PAY MORE!! CARS/ CARAVANS/ MOTORBIKES OR COMMERCIAL. 660366033

ALL CARS Commercials wanted any age, any condition. CASH. Buyer collects. Transfer included. 605109796

WANTED, wanted, wanted!! All cars, all years, all models... from exotic to classic. Spanish/ English/ Dutch plated. Call 951977329/606647597

CONVERTIBLE Opel Astra, good clean car, bodywork. 641475508

BARGAIN Renault Captur 2017, only 22k KMS, immaculate condition, keyless go, returning to UK only E11995, 687474407

Repairs

ENGLISH Bodyshop, fully equipped. No job too small!! Mijas Costa. 952667074

CARAVANS

Storage

PARKING storage & sales. Caravans, motorhomes, cars and boats, etc. Short/long term. Safe & secure. Excellent rates. 5mins from Fuengirola. info@eurodog.es 679786669/606101807

RECRUITMENT

Situations Vacant

LOOKING for qualified English teachers for Fuengirola and Málaga. lynesacademycv@gmail.com Send resumes

LANGUAGE School is looking for teachers of different languages. Applicants please send C.V. to gualminaidiomas@gmail.com

FULLTIME Admin assistant required for leading Events company. Must have native British language but also be fluent in Spanish. Good knowledge of Microsoft Outlook and Excel essential, plus excellent written communication skills. Please send your CV to susie@sunshineweddings.com

Situations Wanted

EXPERIENCED housekeeper*, gardener* (single or couple) for Germany (near Frankfurt am Main) from March 2023. Housing opportunity by arrangement. Brief introduction requested at avagnir@gmail.com

HEALTH & BEAUTY

Massage

www.asiandreams.es Asian Dreams Massage Salon in Fuengirola. 611273978/ 951438272

KOREAN relieving massages that release tension and other stresses. Qualified masseuse working independently in Nueva Andalucia. 656350401

MESSAGE Tantric, full body natural relaxing. Professional masseur Daniel Tel/ Whatsapp 646898339. Torremolinos

THAI Benalmadena Costa. Full body massages. Visits. Whatsapp. 689387448, 632092619.

MASSAGE! Outcalls everywhere in Costa del Sol! Professional masseuse, relieve muscle tension. 604256336

BENALMADENA Costa by the windmill roundabout, relive body tension, massage done by Sabrina, 50% off seniors, pensioners, retired 658189191.

MEN'S Beautician, hair removal and massages. Appointment only whatsapp. 613773856

MASSAGE sensitive. Satisfaction guaranteed. Daniel 643101739

Therapists

ITEC Diploma courses in holistic massage, sport, reflexology and others. 951311216. www.natura-class.net

Others

MALE/Female Viagra, kamagra jellys, cialis, mixed trial packs. viagra4you19@gmail.com. 672883025

SILDENAFIL (Viagra) & Tadalafil (Cialis) Various Strengths. 10 pack. From 22 Euros per/pack of 10. gadgetman3b53@gmail.com

TV / SATELLITE

Satellite Installation

BBC SYSTEM iptv full sky Tv all coast coverage Jose Sotto Since 1973 Telf. 670443838, 952443838. Also available sound systems color Tv. mail Internet provider same day fitted no contract no cables josesottoamselem77@gmail.com

COMPUTERS / INTERNET / PHONES

Repairs

COMPUTER & LAPTOP: Problems solved! Error messages fixed, viruses removed. Replacement screens/ hard disks/ upgrades/ repairs. Experienced, reliable service. Collection and Return available. Paul 630652338

COMPUTER, Wi-Fi, or UK TV Issues? PC's and Laptops supplied, repaired and upgraded. Malware/ Virus Removal. 19yrs helping people. info@soltecspain.com Neil: 662379899

Phones-Mobile

INTERNET Internet 4G available / Tv servicing / lptv available / BBC same day fitted. Best deals on smart. No contract all coast coverage Jose Sotto Since 1973 Telf. 670443838, josesottoamselem77@gmail.com

PETS

Buy / Sell

WELL established and thriving pet transport business for sale For more info, please contact info@petchauffeur.eu

Kennels / Cattery

LAGUNA Kennels & cosy cattery. Your pets lovingly cared for by English mother & daughter. Coin. lagunakennels@hotmail.com Tel or Whatsapp 646066351

EURODOG Boarding Kennels & Cattery, fully licensed & sanitary approved, safe, secure and loving environment. Large kennels & play areas. Fully refurbished, inspections welcome. www.eurodog.es 952464947/679786669

Please mention SUR in English when you contact advertisers.



WORK AS A SELF-EMPLOYED LIVE-IN CARER IN THE UK

Mumby's Live-in Introductory Service is a leading live-in care agency in Oxfordshire, providing care across the South of England.

- Set your own rates
- Choose your work pattern with an Outstanding Rated Care Agency
- Initial training or update available.

Register your interest by sending your CV to recruitment@mumbys.com www.mumbys.com

I CARE WITH CUDECA HOSPICE Do you?

Every year many people need our professional care. Free of charge.

FOUNDATION cudeca CANCER CARE HOSPICE

HELP US BECOME A MEMBER
www.cudeca.org - 952 564 910

ROY TREVOR WEEKLY GROUPAGE SERVICE BETWEEN UK - SPAIN - PORTUGAL

THE PROFESSIONAL MOVERS

- Available storage in the UK - Spain - Portugal
- Professional experienced courteous crews, all English speaking
- From single baggage items, motorbikes to full house moves we can move anything

Tel. +44 1925 630441 - 951 311 118 - info@movingmatters.net - www.roy-trevor.com

THE STARS



Aquarius
January 21st - February 19th
The Sun in your sign encourages you to focus on your best dreams. These are the ones that resonate at a deep level and give your life meaning.



Pisces
February 20th - March 20th
A conversation could be instrumental in bringing about a change of heart as someone shares insights that make all the difference.



Aries
March 21st - April 20th
This week expect the unexpected as an offer could show up out of the blue. It may enhance your income by giving you some extra cash.



Taurus
April 21st - May 21st
If you get an intuitive nudge to follow up information or to call someone, then do so. Plus, Mercury's merger with Pluto can help you see the truth about something important.



Gemini
May 22nd - June 21st
Looking out for information or opportunities that can expand your horizons? This week's lively line-up encourages you to take on board ideas that you might want to explore later.



Cancer
June 22nd - July 23rd
There are a lot of reasons to feel good about life. If you've been holding yourself back, you'll realize the folly of your ways and be ready to take a risk.



Leo
July 24th - August 23rd
You're in the mood to embrace a challenge or opportunity. If you do, it will make you better known and get your name in all the right places.



Virgo
August 24th - September 23rd
You're going through a phase of clearing out junk. You'll also want to let go of emotional baggage that is preventing you from succeeding at your wildest dreams.



Libra
September 24th - October 23rd
This week, an encounter at work could enhance your cash-flow situation. It may be something you've never tried, but your partner and friends will be the first to encourage you to have a go.



Scorpio
October 24th - November 22nd
Someone you connect with may be just the person to assist with a creative project. It's also possible that a romance could spring up out of the blue.

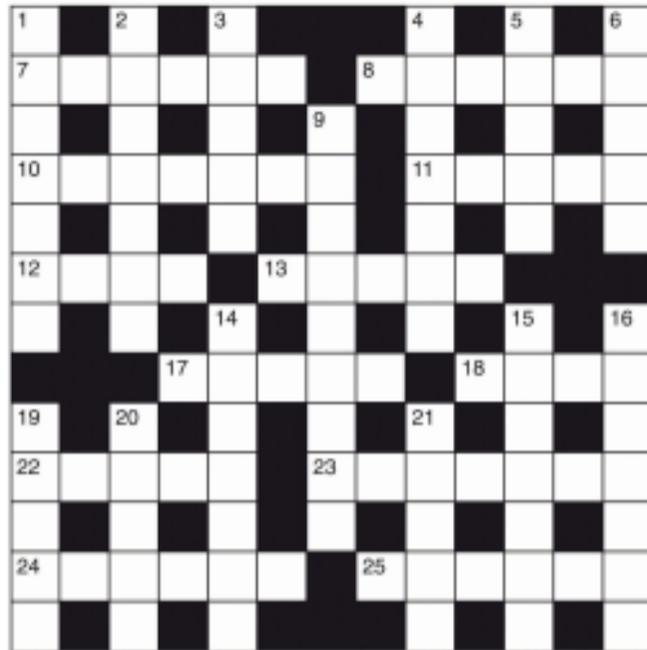


Sagittarius
November 23rd - December 21st
This week can find you trying out another new option that promises the earth. Give it time Archer, and avoid jumping onto the next big thing too soon.



Capricorn
December 22nd - January 20th
The idea of brightening up your home could become a reality, as you'll be ready to translate your vision into action. Once you make a start, you'll wonder why it took you so long.

CRYPTIC CROSSWORD N° 11553



Across

- 7 Band of colour made by a priest.. (6)
- 8 ...and what he may turn into (6)
- 10 Disciple takes beer round station (7)
- 11 Grows weary of wheel coverings, one hears (5)
- 12 Fair and flat (4)
- 13 Tries to form levels (5)
- 17 Magistrates sat on? (5)
- 18 Mature but not saintly 7 (4)
- 22 Ceremonies for the reform of 13 (5)
- 23 Gym exercise for reporters once they're out of bed (5-2)
- 24 He's ordained to be one in Government.. (6)
- 25 ...and the spirit he shows (6)

Down

- 1 Remains of fire made strangely embarrassed (7)
- 2 Dishonest, like a bishop carrying his staff? (7)
- 3 Malice upsets 24 outright (5)
- 4 Directed higher to begin with, he assumes arrogant tone (7)
- 5 Lords, it's said, pointing out to sea (5)
- 6 Poetry from overseas (5)
- 9 What's up with submarine apparatus (9)
- 14 Persevere with the reformed priests (7)
- 15 Sea trip re-routed for Middle Eastern currency (7)
- 16 Concerning 3 giving temporary relief (7)
- 19 Rubbishy food? (5)
- 20 Take off a narrow band (5)
- 21 A marvellous meal in a cafe, as they claim (5)

SUDOKU BY HANZO

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

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

THE WORDPUZZLER

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

Can you identify the adopted surnames of the people listed below, all of whom retained their first name?

1. Mel Kaminsky
2. Dora Broadbent
3. Nicolas Coppola
4. David Jones
5. Fanny Borsch
6. Fred Austerlitz
7. Lionel Ogus
8. Richard Jenkins
9. Maria Kalogeropoulos
10. Charles Buchinski

THE SEVEN DIFFERENCES



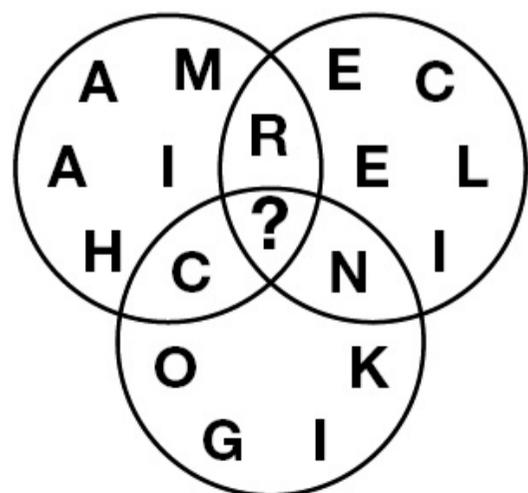
BATTLESHIPS

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.

- Battleship
- Cruiser
- Destroyers
- Submarines

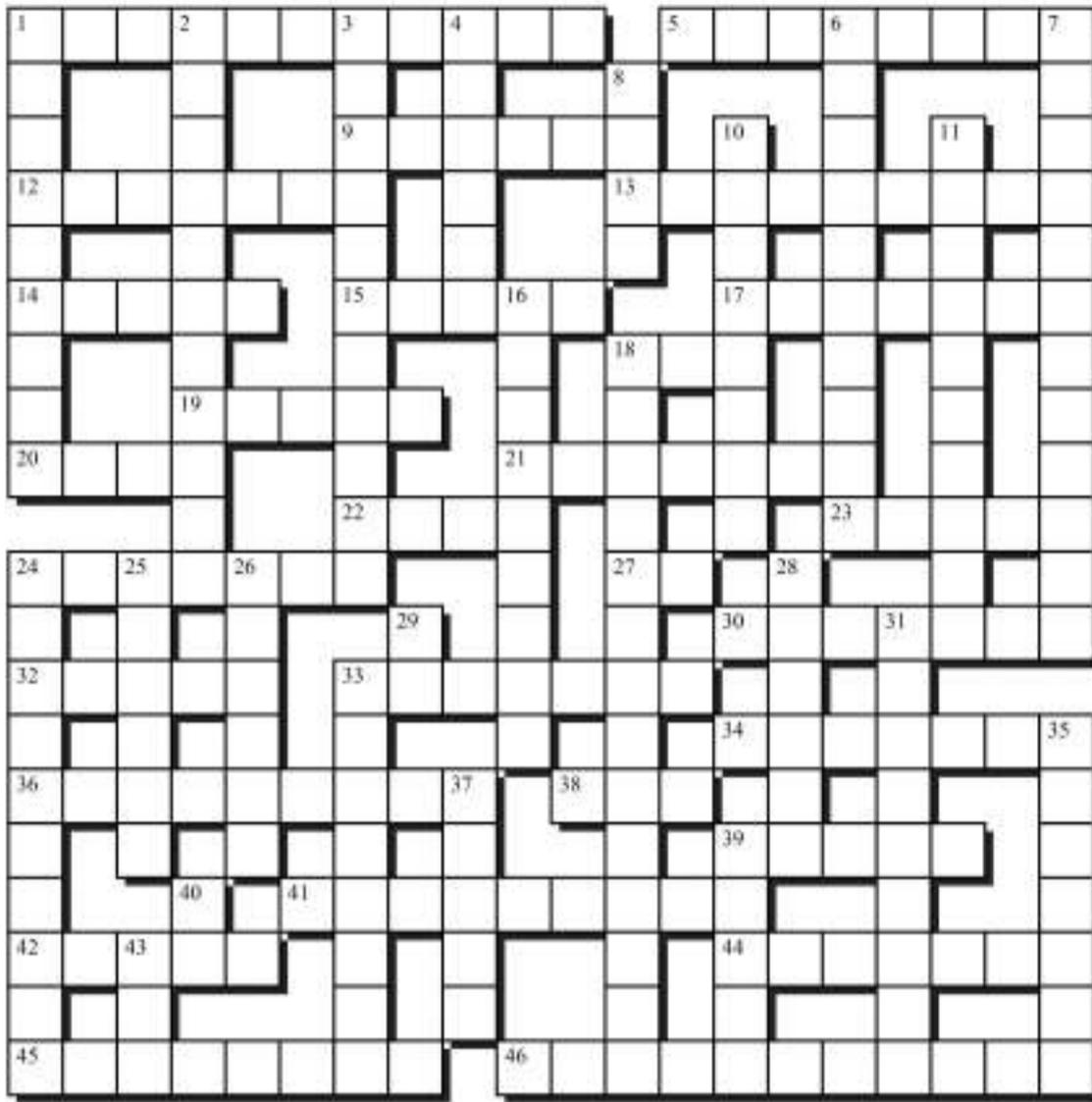
	1	2	3	4	5	6	7	8	9	10	
A											0
B											3
C											2
D											4
E											1
F											3
G											3
H											1
I											1
J											2
	2	2	2	2	2	3	0	1	3	3	

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) Interesting (11)
- 5) Retired (f) (8)
- 9) Twin (f) (6)
- 12) They hated (7)
- 13) Expression (9)
- 14) Clouds (5)
- 15) Strawberry (5)
- 17) Phoenician (f) (7)
- 18) Day (3)
- 19) Trick (5)
- 20) Dawn (4)
- 21) Mosaic (7)
- 22) Doubt (4)
- 23) They know (5)
- 24) Heroic (m) (7)
- 27) Wow! (2)
- 30) Respect (7)
- 32) Good (m) (5)
- 33) He exonerates (7)
- 34) I fought (7)
- 36) Translated (m) (9)
- 38) She loves (3)
- 39) To fly (5)
- 41) Fortress (9)
- 42) Thesis (5)
- 44) Readable (7)
- 45) Soldiers (8)
- 46) Origin (11)

Down

- 1) Unknown (9)
- 2) Related (m) (11)
- 3) Meaning (11)
- 4) Name (6)
- 6) Boarding schools (10)
- 7) Settlement (12)
- 8) To fall (4)
- 10) Epiphany (8)
- 11) Debatable (10)
- 16) Submarine (9)
- 18) Discovery (14)
- 24) Inhabitants (10)
- 25) Wheels (6)
- 26) Harmless (f) (6)
- 28) Treasure (6)
- 29) Former (2)
- 31) Population (9)
- 33) Episode (8)
- 35) Printed (f) (7)
- 37) Oyster (5)
- 39) Valley (5)
- 40) My (2)
- 43) Sun (3)

QUIZ

People who collect sand as a hobby are called what?

- 1. Clinophiles 2. Arenophiles
- 3. Numismatists 4. Ailurophiles



What is the main constituent of sand?

- 1. Silica 2. Granite
- 3. Basalt 4. Pyrite

What colour is the rarest sand in the world?

- 1. black 2. green
- 3. red 4. blue

THE SUR IN ENGLISH COLUMN

Buying a house: all you need to know

Deciding to buy a new home is both thrilling and daunting. On one hand, there's the excitement of visiting new developments or seeking out the perfect older property, imagining you and your family living, relaxing, eating, sleeping and working inside the walls that you could call your own.

And when you have found the ideal property, the more daunting questions start. Is this really the right time to buy? Is this the best location? What type of mortgage is right for us? What paperwork do we need to deal with?

At SUR in English we can't answer these questions for you, but we do know some people who can - from real estate experts to local authorities - and we'll be bringing them together later this month for an informative seminar.

If you are a professional in the industry or a home-buyer and would like to attend or take part in the event, please email David Andrews at dandrews@diario.sures or call 952 649 638.

ANSWERS

Quiz answers

Of interest: Green sand (created by a certain type of volcanic eruption) is very rare. Papakōlea in Hawaii is one of only four green sand beaches in the world. The others are Hornindalsvatnet in Norway, Punta Cormorant in the Galapagos Islands and Talofoto Beach in Guam.

Of interest: Silica is an oxide also known as silica, is an oxide of silicon with the chemical formula SiO₂, most commonly found in nature as quartz.

Of interest: Green sand

Of interest: Arenophile

Circlegram

The letter represented by the question mark is R. Armchair, Recliner, Rocking, all types of chair.

Cryptic Crossword

Solutions: Across: 7 Strip; 8 Sprite; 10 Apostle; 11 Tans; 12 Even; 13 Tiers; 17 Bench; 18 Pipe; 22 Rises; 23 Press-up; 24 Press; 25 Espit; Down: 1 Ashamed; 2 Crooked; 3 Split; 4 Lipst; 5 Piers; 6 Vers; 9 Perscope; 14 Pears; 15 Pliers; 16 Hoop; 19 Pipe; 20 Strip; 21 Feet.

Wordpuzler solution

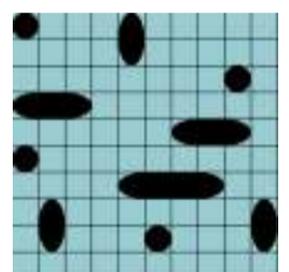
1. BROODBABY
2. BRYAN
3. CAGE
4. BOWIE
5. BRICE
6. ASTAIRE
7. BLAIR
8. BURTON
9. CALLAS
10. BRONSON

Language Crossword

ACROSS:
1. INTERESANTE 5. JUBILADA 9. GAMBELA
12. OMARON 13. EXPRESION 14. NUBES
15. FRESA 17. ENCUA 18. DIA 19. TRUCO
20. ALBA 21. MOSAICO 22. XIDA 23. ABEEN
24. HEBRICO 27. UV 30. RESPETO
32. BIENO 33. EXONERA 34. COMBATI
36. TRADICION 38. ANA 39. VOLAR
41. FORTALEZA 42. TESIS 44. LEONEL
45. SOLDADOS 46. PROCEDENCIA

DOWN:
1. INCOGNITA 2. ENRIQUETADO
3. SANGRADO 4. NOMBRE 6. INTERVADOS
7. ASIGNADO 8. CAER 10. ENANA
11. ESCUTIBLE 16. SUBMARINO
18. ESCURRIDOR 24. HABITANTES
25. RUEDAS 26. NOCTA 28. TESORO 29. EX
31. MOJACION 33. EMPUDO 35. BRISA
37. OSTIA 39. VALLE 40. AB 43. SOL

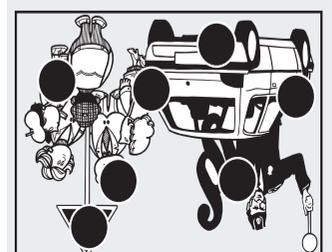
Battleships



Sudoku solution

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

The seven differences



The 91-year-old influencer who stands up to Parkinson's online

Unafraid. "Life is about overcoming everything," says Sara, who lives in Marbella and encourages the elderly to "go out into the street and take part in life"

JOAQUINA DUEÑAS

Every morning Sara Blanco gets up and looks through the papers on her tablet to keep up to date with the latest news. Then she has a look at her Instagram account to see how it's going.

This perhaps sounds like the normal routine of any influencer on digital media; but Sara is 91 years old and has lived with Parkinson's for years.

Sara's life, which has taken her from Cogeces de Íscar, the small village in Valladolid where she was born, to her current home in Marbella, has been full of adventures that she has faced "without fear".

"I've had essential tremor disorder in my hands for 40 years or more but I was diagnosed with Parkinson's around ten years ago," she tells SUR.

She has even been the face of a US Parkinson's Association, which put her photograph in its offices in Los Angeles.

It all started in the pandemic. Sara moved to LA with two of her daughters.

"There I was not fully understanding the language and they were working and so I read, but that was not enough," she recalls.

Then, a close friend of her daughters suggested they open an Instagram account. "And

that's how it all started," she says.

"We started off cooking," she explains, which is where the name of the account came from: Sara_is_in_the_Kitchen.

"I posted what I was cooking every day. In the morning it was lunch and in the afternoon, fashion," she continues. "Stew, paella, croquettes and all types of casseroles," she explains. Surprisingly, what was most popular among her American audience was her garlic soup, which was even sampled by the former president of 20th Century Fox, Lawrence Gordon. And in all the videos she appeared exactly as she is, without hiding her shaking hands.

And so, what started as a bit of fun has become a life project which serves as inspiration for young and old, from whom she receives affectionate messages. She has even had one or two suitors.

At more than 90 years old she feels she is flourishing.

"I had something inside that needed to explode and I feel comfortable with all this. I feel as if I've been doing it all my life," she states. "Nothing surprises me and I'm looking forward to more," she says.

After a lifetime devoted to caring for her seven children (she



Sara Blanco has even been the face of Parkinson's in the US. **sur**

had eight, but the first died prematurely of sudden death syndrome) and looking after the family businesses with her husband, now is when she is living her life.

"I have always been creative and I knew this moment would come," she explains.

Mother of pop stars

Her daughters Beatriz, Belén and Sara were members of the nineties pop group Greta y los Garbo. This took her into the world of show business, as she

accompanied them and supported them in their career.

Now they are supporting her in her new facet as an influencer. Sara says that everything that is happening is "a very positive experience", and even a "healing" one, according to her daughter Beatriz.

Living with her disease is not easy for her, nor is it for her family. There are regular visits to the neurologist and her medication is quite strong.

Nevertheless, Sara keeps going: "Make plans even though

they'll never happen. That keeps you alive," she advises. And she practises what she preaches. Among her new ideas is the creation of a line of oils and white wine to export to the United States, publish a recipe book or make a film. But she is well aware that "I don't have so much time" and encourages her family to hurry things along.

Sara's eyes have witnessed almost a century of history packed with innovation.

"I'll adapt to anything and I want the future. I love everything new. I like the future, not the past," she says, although she stresses that her life path has been a good one.

And so she tries to encourage disheartened young people who are living in a changing world: "The first thing they have to do is study, prepare for life and not be afraid."

"They are living through a bad time but they have to be strong, keep going and face up to all the difficulties that affect all our lives, young, middle-aged and old, as the elderly also have all types of problems

"I talk like this so that you can understand that life involves overcoming everything," she adds.

"I know my illness is there, but it doesn't interrupt my life. I just tell it: slowly, slowly, give me time," she says. After all, she still has a lot to do.

She extends this message to the rest of her generation: "Go out and enjoy life. I get my walking frame and go out by myself. I go for a coffee, for a walk, do the shopping... They can do the same. Illness or no illness."

"The situation of elderly people today is a shame," she continues. "There are a lot of old people who look out from their balconies but don't go out into the street and it's such a pity. We have to get more walking frames out there. You have to go out and take part in life," she concludes.

CARAVANING 2023
30th Edition
ALICANTE
10th-12th & 17th-19th
February

Two weekends

IFA INSTITUCIÓN PERAL ALCANTRA
Certamen Caravaning
www.caravaning-alicante.es

LIMITED STOCK

Buy online your discounted ticket in advance