Welcome to our March 2020 issue of Almeria Living - bursting at the seams with features and advise!

Firstly, I would like to wish my very special Mum and all British mums a very Happy Mothering Sunday on March 22nd. I say British because the Spanish celebrate this special day in June. However, on March 19th Spain celebrates Fathers Day!

Last month I told you that I would feature information relating to Brexit. Neither Oficina de Extranjeros or Trafico in Almeria have released details of the procedures they want us to follow so it is a matter of ‘watch this space’ and we will bring you updates when they happen.

C.A.T. Services will have achieved an amazing 10 years in business on 12th April. We will be celebrating throughout the month with a prize draw and special offers so keep an eye on Facebook and next month’s issue for more details.

Our Triathlon is going well - if you haven’t sponsored us yet please spare a few euros - it is all for a very good cause! (See page 5 for details.)

I am very excited to report that Cora has written for us this month (round of applause) and she has lots to tell you (p.24-p.26).

We have 2 new sections within ‘Trades & Services’ this month - ‘Tech, TV, Gadgets & Gizmos’ and ‘A Matter of Finance’ making it easier for you to find the services you need.

I nearly forgot to mention AL - he has been on his travels and you have a chance to win a prize if you can tell us where he was photographed (See page 26).

My thanks as ever to our dedicated scribes who help keep the magazine original and inspiring.

We hope you enjoy your read this month and please don’t forget to continue telling our advertisers that you saw them in the Almeria Living.

Take care and stay healthy. Talk again in April - the magazine will be on the street on Monday 6th.

Karen (Ed)

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International Driving Permits

A client called our office last week, the car hire company he was using in the UK were insisting on an international driving permit because he held a Spanish EU driving licence. Although we are going through the Brexit transition period there are always going to be times when new rules are implemented/acted upon before 31st December. Individual companies will always have the right to ask for whatever documentation they deem necessary and if you shop around there are bound to be different requirements.

It is in our understanding that if you have a UK licence you will be able to drive in Spain for a period of 6 month. After that you will require an international permit or change to a Spanish issued licence. The latter should be obtained anyway if you are a resident in Spain. You will need to carry proof of your arrival in Spain and in many cases the Police will want to see proof of your planned exit to ensure you fall inside the rules.

International permits are easy to obtain in the UK. They are free of charge and issued by main post offices. There are, however, more than one permit and if you are driving from the UK through France you will need two different permits because the same one does not cover France and Spain. The UK Government website has all the information needed to help you obtain the correct permits.

In Spain, one international permit fits all requirements, it has a cost, is valid for one year and is acquired from your local DGT Office (Trafico). For most of our readers that involves a trip to Almeria. You will obviously need to be a holder of a Spanish licence in order to obtain this permit.

You will need to go by appointment, which can be booked online, and take along original and copies of your licence, passport and residency as well as a small photograph and completed application form. The administration tax is currently 10,20€.

To save yourself the trip to Almeria, C.A.T. Services are able to obtain the permit for you so call into our office for help or further advise.

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Spanish Provinces & their Capitals

There are 50 provinces in Spain, each with its own capital city which usually, but not always, carries the same name as the province. Our next of Spain’s provincial Capitals takes us to .........

Melilla

Just like Ceuta, Melilla is an autonomous city, not part of a province. It is Spain’s second enclave on the African continent and it is situated on the Mediterranean coast. Nestled in the heart of the Rif region it is home to over 86,000 inhabitants; it has certain peculiarities due to its geographical position and its history, both as far as its economic activities, its culture and the make-up of its population are concerned.

These are the result of the coexistence of Christians, Muslims and Jews ever since the 19th century. The city also receives a large floating population every day, people who live in Morocco, especially in the province of Nador, and go across the border to work and return home in the evening.

Melilla has a surface of 12 km² and is surrounded by Morocco to the north, west and south. To the east it faces the Alboran Sea.

Melilla enjoys around 2,600 hours of sunshine a year.

One blot on Melilla’s image is the barrier that runs along the border it shares with Morocco. It consists of two parallel 6 m tall chain link fences, topped with razor wire, that stretch for the full 12 km of the border.

It was installed in 1998 to the tune of 5.5b pesetas (about 33 million euro) to keep illegal immigrants out of the territory. There have been runs on the fences with regular intervals over the years, with hundreds, and sometimes thousands, of desperate Africans hoping to make it across and into ‘Europe’. Usually a few immigrants manage to get through, because there are far too many of them for the Guardia Civil agents to catch.

Melilla is accessible from the Iberian Peninsula by air or sea. There are ferries from the cities of Almería and Málaga (the former being on the Mediterranean coast opposite Melilla) and regular flights from several Spanish airports. The flight from Almería takes just 40 minutes.

Melilla is home to one of Spain’s largest walled fortresses. It is 2,000 metres long and contains a myriad of ramparts, stores, wells, caves, mines and hospitals. One of the chapels is Africa’s only Gothic religious building; another important feature of Melilla is the fact that after Barcelona it is one of the cities with the largest representation of modernist architecture in Spain. There are more than 500 modernist buildings in the autonomous city which makes it number one in this architectural style on the African continent.

The climate in Melilla is fairly dry and hot. The annual average temperature is 19ºC; in August, which is the hottest month, the average temperature lies at 26ºC. The annual rainfall is just under 400 mm and most intensive in winter, spring and autumn.

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Sponsored Trimathon

Please spare a few Euros to encourage us to lose Pounds!
For 3 months from February 3rd some of the Almería Living & C.A.T. Services team have united to shed some pounds.
To help us on the way we would like to raise money for charity and ask for your support and contribution.
Our collective starting weight was 53 stone and in 3 weeks we have already lost 13lb.
Sponsor forms are to be found in our office and out with the team. Or send your pledge by email if phone.
Please help us lighten our load!
All monies raised will go to Harmony Community Support.
The Second Punic War erupted in 218 BC after Hannibal had sacked Carthage and had to pay an indemnity to Rome. Carthage was left with its brother Hasdrubal and Mago in command in Spain. The war was crossed the Pyrenees and Alps to harass Rome in Italy leaving his forces to attack both Carthaginian armies within a few days of each other. The Battle of Castulo, now called Linares in Jaén province, and the Battle of Ilerca, now called Lorca, a town in Murcia region, just across the Andalucía—Murcia border, were fought within a few days of each other and are generally considered to be one battle, the Battle of the Upper Baetis. The campaign was a resounding defeat for the Romans who retreated to north of the Ebro river. Both of the Scipio commanders were killed in the engagements.

Publius Cornelius Scipio had a son who was also called Publius Cornelius. The son was also a general in the Roman Army, and it was the 25-year-old son that was sent to Hispania after the Battle of the Upper Baetis. Publius Cornelius Scipio junior was given the sobriquet Africanus after his African victories later in the Second Punic War.

209 BC Scipio defects Hasdrubal Barca at Cartagena.

Scipio was a great tactician. He sailed from Rome and, rather than confront a large Carthaginian force immediately after landing, he chose to land at Cartago Nova, now Cartagena, a port and city in Murcia region, that was, at the time, lightly defended by the Carthaginians. Scipio had 25,000 men and 30 ships. He landed in January 209 BC. The three Carthaginian generals, Hasdrubal Barca, Mago Barca and Habsdrub Gisco were dispersed, Habsdrub Barca was in central Spain, Mago had an encampment near Gadir, present-day Cádiz, and Hasdrubal Gisco was near the Tagus river estuary in what is now central Spain. Mago had an encampment near Gadir, present-day Cádiz, and Hasdrubal Gisco was near the Tagus river estuary in what is today, Portugal.

Within two weeks Scipio had taken Cartagena and effectively had control of the Mediterranean coast of Spain. He spent the rest of the year consolidating his forces and augmenting them with Celtiberian mercenaries. During this period the Roman army abandoned its use of the gladius sword in favour of the shorter Celtiberian sword the Gladius Hispaniensis or Spatha.

208 BC Scipio defeats Hasdrubal Barca at Baecula.

In 208 BC, Scipio was ready to take on the main Carthaginian armies. He marched his forces that consisted of between 40 and 50,000 Romans and Celtiberians, from Cartagena, west and north to Baecula, now Baelo, about 40 kilometres north of Jaén in the province of the same name. At Baecula, in the upper reaches of the river Baetis (Guadalquivir river), Scipio was confronted by a 30,000 strong Carthaginian army led by Hasdrubal Barca. Habsdrub was defeated and retreated north into the interior of Hispania and then left Spain altogether to try to join up with his brother, Hannibal, in Italy. Most of the Spanish tribes in what is now eastern and central Andalucía allied themselves with Rome.

207 BC Scipio defeats Hasdrubal and Mago at Carmona.

Scipio was now firmly established in the upper part of the Guadalquivir river valley. Mago moved eastwards to meet him from his encampment at Cádiz, and Habsdrub Gisco moved his forces south. Carthaginian reinforcements had arrived from Africa in the shape of a Numidian force under a General Masinissa. The four armies met near Carma, now Carmona, a small town in the Guadalquivir valley, 40 kilometres east of Seville. The combined Carthaginian army consisted of 70,000 infantry, 5,000 horse-mounted cavalry and 36 war elephants that Mago had kept in his camp near Cádiz. Scipio had about 20,000 infantry and 1,500 cavalry. The Carthaginians were humiliatingly defeated, losing 15,000 of their men against only 800 Roman casualties.

The remaining Carthaginian forces retreated west towards Cádiz. In his history of wars in Spain, Appian, a Greek historian, writing about three hundred years later, says the Carthaginians holed up in a stronghold, forcing Scipio to lay siege. The fortress could easily have been Carmona. Between 230 and 220 BC, the Carthaginians had built the Puerta de Sevilla and its bastion transforming Carmona into a heavily fortified town. Even Caesar, much later, was awed by the gates and walls of Carmona that are still in good condition today.

Scipio returned to Cartagena leaving his general, Silanus, to carry on the siege until he felt unable to do more, Appian is a little unclear at this point as to how the siege ended. The remaining Carthaginians slipped away to Cádiz to regroup before facing the Romans in the last, epic, battle to be fought in Spain during the Punic Wars.

206 BC Battle of Ilipa.

Following the Carthaginian retreat to Cádiz, and the Roman army withdrawal to Cartagena, the Carthaginian force was augmented by reinforcements from North Africa under general Hann and another influx of Celtiberian mercenaries. The combined forces of Mago and Hann was between 54,000 and 74,000. According to the source, Scipio started the 206 BC campaign season with between 48,000 men (Livy) and 70,000 men (Polybius).

In the spring of 206 BC, the Carthaginians made a last-ditch attempt to retake territory in Hispania that they had lost to the Romans over the previous four years. Mago and Hann marched from Cádiz to Ilipa, now Alcalá del Rio in Seville province, where Habsdrub Gisco and his army joined them.

Continued on page 8 ....
Many years via trade with the Carthaginians, now they could exploit them directly. The fertile strip of land on the coast and up the valleys of the Guadalquivir produced grain, olives for oil, grapes for wine, honey and figs. The area was also known for its horses and mules, its pottery, sea salt and garum, a fish condiment. Altogether a very valuable piece of real estate.

The Roman Republic did not have any standing armies, so they developed quite an enlightened system. Any man, whether Roman born or not, who had served with the legions, was given the status of a Roman.

Scipio’s second priority was to make the colonies and the standing armies, self-sufficient. He did this by collecting food, clothing and other supplies from the local tribes and booty from those tribes that had opposed him. Grain was obtained that was exported to Rome to raise money to pay the army in Spain. The fertile valley of the Baetis (Rio Guadalquivir), became a ‘breadbasket’ for Rome. Not unnaturally this policy was not looked on favourably by the natives who had enjoyed a somewhat more profitable arrangement previously.

Although the Second Punic War dragged on until 201 BC, the action during the last four years took place in Africa, Sicily and Italy. Scipio’s priority was to secure the area he had conquered and establish outlets for trade. Scipio established permanent garrisons at Tarragona (Tarraco), Cartagena (Cartago Nova), and in Andalucia, Cádiz (Gades). Cádiz was already a sophisticated city having been thoroughly ‘Orientalised’ during the Phoenician period, and it became a fully-fledged Colonia in 206 BC. Corduba was taken in 206 BC, as was Carthago Nova, the Carthaginian port on the Bay of Algeciras, near San Roque. Both had to be ignored for the time being because Scipio did not have sufficient numbers of troops to occupy all the towns and cities he had taken.

In the centre of Torremolinos there is a small L-shaped street with an unusual and interesting history. In the late 50’s and throughout the 60’s, it was a coffee corner with at least 60 establishments – family restaurants, flamenco taverns, night and jazz clubs which catered for everybody regardless of their sexual orientation.

While the Franco dictatorship, this small alley, which heaved with transvestites who liked listening to good music and having a great time, became a meeting place for all gays, lesbians and transvestites who liked listening to good music and having a great time.

During the Franco dictatorship, this small alley, which heaved with transvestites who liked listening to good music and having a great time, became a meeting place for all gays, lesbians and transvestites who liked listening to good music and having a great time.
However, Pasaje Begoña’s destiny has taken a U turn and it has become a focal point in the fight against prejudice and for the equal rights of lesbians, gays, bisexuals and transvestites (LGBT). Congress has recently declared it a Historic Memory Site due to its role as the cradle of LGBT rights. It has regained its original name and been remodelled to turn it into a tourist and cultural attraction.

It has been cleaned up, the street paving has been polished, the courtyard replaced and street lights and ornaments have been put up. The walls have been painted with large graffiti which depicts many of the past patrons, there are informative posters, and the aptly named Phoenix association has plans for activities to revitalise and reanimate the street.

Many businesses have taken over premises in Pasaje Begoña and the lively atmosphere of the alley is returning.

As one of the councillors involved in the project said, the area is a ‘symbol of freedom, tolerance, co existence and diversity, a universe in which everybody fits in’. Almost half a century after political bigots sent the area into decline, Pasaje Begoña has been born again.

Many people have heard of antioxidants, however, few really know what they are or how they work. This article tells you everything you need to know about antioxidants. How free radicals function

Free radicals are constantly being formed in your body. Without antioxidants, free radicals would cause serious harm very quickly, eventually resulting in death. However, free radicals also serve important functions that are essential for health. For example, your immune cells use free radicals to fight infections. As a result, your body needs to maintain a certain balance of free radicals and antioxidants.

When free radicals outnumber antioxidants, it can lead to a state called oxidative stress. Prolonged oxidative stress leads to an increased risk of negative health outcomes, such as cardiovascular disease and certain types of cancer.

Continued on page 12.....
Several lifestyle, stress, and environmental factors are known to promote excessive free radical formation and oxidative stress, including:

- Air pollution
- Cigarette smoke
- Alcohol intake
- Toxins
- High blood sugar levels
- High intake of polyunsaturated fatty acids
- Radiation, including excessive sunbathing
- Bacterial, fungal, or viral infections
- Excessive intake of iron, magnesium, copper, or zinc
- Too much or too little oxygen in your body
- Intense and prolonged exercise, which causes tissue damage
- An excessive intake of antioxidants, such as vitamins C and E

**Antioxidants in foods**

Antioxidants are essential for the survival of all living things. Your body generates its own antioxidants, such as the cellular antioxidant glutathione. Plants and animals, as well as all other forms of life, have their own defenses against free radicals and oxidative damage. Therefore, antioxidants are found in all whole foods of plant and animal origin.

Adequate antioxidant intake is important. In fact, your life depends on the intake of certain antioxidants — namely, vitamins C and E. However, many other non-essential antioxidants occur in food. While they’re unnecessary for your body, they play an important role in general health.

The health benefits associated with a diet rich in plants is at least partially due to the variety of antioxidants they provide.

Berries, green tea, coffee, and dark chocolate are renowned for being good sources of antioxidants.

Meat products and fish also contain antioxidants, but to a lesser extent than fruits and vegetables.

Antioxidants can increase the shelf life of both natural and processed foods. Therefore, they’re frequently used as food additives.

For instance, vitamin C is often added to processed foods to act as a preservative.

**Types of dietary antioxidants**

Antioxidants can be categorized as either water- or fat-soluble.

- Water-soluble antioxidants perform their actions in the fluid inside and outside cells, whereas fat-soluble ones act primarily in cell membranes.

**Important dietary antioxidants include:**

- Vitamin C. This water-soluble antioxidant is an essential dietary nutrient.
- Vitamin E. This fat-soluble antioxidant plays a critical role in protecting cell membranes against oxidative damage.
- Flavonoids. This group of plant antioxidants has many beneficial health effects.

Many substances that happen to be antioxidants also have other important functions.

Notable examples include curcuminoids in turmeric and oleocanthal in extra virgin olive oil. These substances function as antioxidants but also have potent anti-inflammatory activity.

**Should you take antioxidant supplements?**

Dietary intake of antioxidants is essential for optimal health, but more is not always better.

Excessive intake of isolated antioxidants can have toxic effects and may even promote rather than prevent oxidative damage — a phenomenon termed the “antioxidant paradox.”

Eating plenty of antioxidant-rich whole food is a much better idea than taking a supplement.

The best strategy to ensure adequate antioxidant intake is to follow a diet rich in various vegetables and fruits, alongside other healthy habits.

However, low-dose supplements, such as multivitamins, may be beneficial if you are deficient in certain nutrients or unable to follow a healthy diet.

**The bottom line**

Adequate antioxidant intake is essential to a healthy diet, although some studies suggest that high-dose supplements may be harmful.

The best strategy is to get your daily dose of antioxidants from healthy plant foods, such as fruits and vegetables.
Choosing the best sunglasses for driving

Whatever the season, a great pair of sunglasses for driving is a must. They’ll shield your eyes from glare, while keeping out harmful rays and making the road ahead much clearer.

However, you can’t just grab a cheap pair from the market and expect them to do well. You need to put some time and thought into it. To help, here is our five step plan to choosing the best driving sunglasses.

Step 1: Lens colour

Choosing the right lens colour can make all the difference to how well you see when you’re driving in bright sunshine. Luckily, there’s been lots of research into the subject, so we’re happy to tell you that there are four tint colours you should consider for glasses you intend to use for driving:

Brown/amber – a classic colour and for good reason. The reddish element of amber shades allows for better depth perception and enhances contrast too. And, they’re great for variable weather conditions, so the sunshine/shower combination is taken care of.

Yellow – yellowish hues are often included in sunglasses made specifically for drivers and for good reason. Yellow enhances definition and contrast. (And they’re also great for driving by streetlight at night too.)

Grey – another common colour for sunglasses and another great choice, as grey reduces eye fatigue, which can be a real issue on roads with sun glare. Grey also helps keep glare off water to a minimum too, while keeping true colour perception.

Rose – this is a great weather all-rounder, meaning it improves depth perception and enhances contrast in all conditions. So, they’re great for weather that’s changing from sunny to cloudy and back again. But, make sure they have a ‘safe for driving’ label. And, of course, there’s the benefit of seeing the world through rose tinted specs too!

Step 2: Tint

Now that you’ve chosen which colour of lens you want, next it’s time to think about the level of tint you need. Tints are rated on a scale of 0-4, with 0 being no tint and 4 being very dark.

Continued on page 16 .....
Increased the amount of glare. So, it's best to opt for an anti-scratch coating. If they do get scratched, it'll hinder your vision when driving, often causing you to give yourself blind spots. Whilst this may seem a bit over the top, if you're involved in an accident and it's deemed that the deep arms on your oversized sunglasses may be to blame, you could find yourself in trouble.

**Tip 5: Frame shape**

Finally, the best bit – choosing frames. If you’re thinking you’ll just go for what looks cool, we’d ask that you think again, especially with oversized frames.

The main thing to keep in mind when you’re choosing a pair of frames for your driving sunglasses, is peripheral vision. This is what you see to your left and right, and at the top and bottom of your view, when you’re looking straight ahead. So, when you try on a pair of frames, think about whether you can see adequately from all angles. You do not want to give yourself blind spots.

You may also want to think about adding an anti-reflective coating to the lenses too. This keeps the light you don’t want out, but allows the light you do need in, helping to improve visibility. It also has the added benefit of making the lenses resistant to water and grease, so easier to keep clean.

**Step 4: Lens coating**

The last lens choice is to do with coatings. There’s no point doing all this choosing of the correct lens, if they’re just going to get scratched to pieces every time you put them down. And it’s the added benefit of making the glare quite dramatically, allows you to see the instrument panel much better.

It is also a good idea to choose a graduated tint if you can. This means your view isn’t obscured. Aviators are a good choice because they have thin arms and frames, meaning your view isn’t obscured.

**Step 3: Polarised lenses**

This is another option you can choose which reduces glare quite dramatically, particularly the glare you get off water. So, if you’re off to the beach, having polarised lenses could be ideal. They’re also a great choice for dampening the glare from wet roads.

A good optician will show you the different tint options so you can choose the best for your driving experience.

**Continued from page 15**
Spring in your Steps

By Jacey Canovas

Walking ranks high up the list of accessible and rewarding activities for anyone looking to get fitter.

• Age is no barrier.
• Location possibilities are wide-ranging.
• Costs are minimal.
• Levels can range from beginners to competitive athletes.
• Benefits are well documented.

Walk For Your Health

A study from the British Journal of Sports Medicine associates regular walking with a 24 percent reduction in the risk of dying from cardiovascular disease, while the American Heart Association suggests that just 30 minutes walking 5 days a week can mean a saving of over 2,000 euros per year on health costs.

Feet First

For those thinking of upping their step-count with regular outdoor walks, a good set of footwear is the one aspect we would highlight. I like trekking boots, as they give my ankles support, as well as providing overall protection if I'm navigating through low-lying bushes. Amanda in turn steps out easily & confidently in her trainers.

Both of us look for footwear that provides:
• The correct arch support for our particular foot shape.
• A firm heel to absorb shock.
• A sole that is both thick enough to cushion our steps over varying surfaces and flexible enough to allow for a smooth forward movement.

Dress for the Weather

In Almeria this primarily means being aware of the dangers of overheating, and at the same time protecting your skin against excess sun exposure.

More general safety guidelines include wearing bright colors or reflective tape for daytime visibility, and hi-viz vests if you’re out after dark.

What to Carry

Keep carry gear basic. I find it easiest to use a small lightweight backpack which distributes the weight well. In the pack will be my cellphone, a few euros, a couple of BandAids in case of a blister, a small container of sun cream, some tissues, and of course a bottle of water.

Walk Everywhere

Explore and enjoy.
• Boost the workout as your legs take on the resistance of a sandy beach.
• Follow the flat ramblas or tackle the mountains.
• Hit the tarmac and make those pueblo streets sing.

You could even utilise a trip to the shopping centre. Park the car at a distance from the entrance, and once inside window-shop every store. *We take no responsibility for random purchases made by those following this suggestion.

Walk Together

Walking with a friend or in a group is a great way to have fellowship while being active. We use our walks as a mixture of chat time, philosophical exchanges, and the opportunity to practice conversational Spanish.

For the lone rangers there’s always the option of a podcast to keep you entertained. Or just enjoy the peace of the environment.

Walk Safe

• Hydrate - before, during and after a walk.
• Be aware of your surroundings. Look out for sneaky vines, low-hanging branches and inconsiderate drivers. Watch out for pavement irregularities and curb edges.
• If you do go out alone, let someone know your planned route and the approximate time you should be home.
• There are apps available for smartphones that can be triggered in case of an emergency.

More next month as we look at fitness apps and Nordic poles.

Comments and queries welcome: josnovas@gmail.com Jacey Cánovas is a journalist on a discovery journey about diet and fitness. Amanda Cantle is a qualified trainer, nutritionist and competing athlete. This article is © to them. Information and opinions contained in this article should not be used as a substitute for the advice of a licensed health care professional.
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FIND ME ON

Puzzle Time

Enter digits from 1 to 9 into the blank spaces. Every row of each 9x9 cube must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle solutions on page 98

A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons. To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while ensuring that:
1. No number is repeated in a horizontal row
2. Each number for 1 to 7 are represented in the 7 grey hexagon cells

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Healthy Skin Care Tips For Older Women

Wouldn’t it be great if instead of talking about “younger looking skin,” we could focus on having “healthy skin” at any age?

Here are a few skin care tips for how women over 60 can achieve healthier skin – and feel better!

Don’t Try to Look “Younger”

As women over 60, we need to embrace the power that we have and say goodbye to the old-fashioned notion that all women should constantly try to look “younger.” Instead, let’s embrace the beauty, character and honesty that are embedded in our faces.

We are who we are – 60 and proud!

With that attitude firmly in place, there are some practical things that can be done!

Protect Your Skin from the Sun

Sun damage is one of the leading causes of wrinkled, spotted skin. Try to limit your sun exposure, wear hats and use sunblock. A lot of sun damage doesn’t become fully apparent until later in life – but it’s never “too late” to make a difference in the health of your skin by reducing your sun exposure. Using sunblock and avoiding excessive sun can also reduce your risk of skin cancer.

Wash Your Face Before Sleep

Dry skin is one of the most common challenges for women over 60, because people’s skin tends to become drier as we lose oil glands when we get older.

One of the best ways to reduce dry skin is to wash your face every night before bed - but don’t use soap, as soap will pull away the natural oils from your skin that are needed to keep your skin healthy. Drink lots of water as well!

Use Natural Skin Care Products

Many skin care products are packed with chemicals and heavily processed ingredients. You can often get better results with natural skin care products that contain herbs, or even coconut oil or olive oil.

The same ingredients that can be healthy in the kitchen can also help you achieve healthier skin.

Give Your Skin the Nutrition it Needs

Beyond the usual advice of eating a balanced diet with plenty of vegetables, there are several specific foods that can help you to achieve naturally radiant skin. Some favourites include dark chocolate (over 70% cacao), coconut oil and red bell peppers.

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### Out of Hours Farmacia Time-Table - Mar/Apr

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Hoolaah, it’s mee-heee: Transparent Cora!

Oh my, that was dreadful, letting you all down in February! Do you realize that that was the first time in all the many years that Almería Living has been going that I didn’t have My Diary in it? I have been such a faithful, good girl and always made sure mum wrote down exactly what I told her to and read it back to double check and have it ready to give to Auntie Karen before deadline; but I’m afraid I failed you all.

Well to be fair, it wasn’t actually me that failed you, it was mum! She said that I was not to get stressed with all my appointments and obligations trying to get better, and I didn’t!

All I have to do, at the end of the day, is to sit in the back of My Car and look out the window at the countryside while she chauffeurs me around to see my various Personal Specialists.

That gives me plenty of time to think about My Diary and what I want mum to put in it, so no stress there. But she doesn’t have time to listen to me and do her bit in between work and my appointments, she says, so that was why it didn’t get in. So who’s the stressed one then?

But this month she has no excuse, ’cos she’s been on holiday. And I have to say that that was the first time in all the many years that Almería Living has been going that I didn’t have My Diary in it? I have been sooo close, could feel the rabbit’s tail tickle his nose when it suddenly just magically disappeared.

Me and mum almost cried with laughter! What a performance!

Continued on page 26 ....
Where’s AL

Almeria Living 27Mar ’20

Where did AL go in November, I wonder? The weather was not all that good so there wasn’t much monkeying around. If he had paid more money his room would have had a better view (and all that good so there wasn’t much monkeying around. If he had

And all so that they can see right through me and find out everything that goes on inside of me. I’m not so sure I like the thought of that, do you think they will read all my most secret thoughts? If they do, I’ll just tell them that in that case they can write my diary and save mum a job so that she will have more time to dedicate to me!

And on the other hand, if they can see what causes my problems and fix it, then I’m all for it. So watch this space and keep your fingers crossed.

And next time I’ll tell you all about how it was, what they found and what we can do about it. And whether Brutus has got any luckier with his rabbit hunting!

Oh great! It’s time for my daily tens treatment now, so I’m off for a snooze and I’ll talk to you all next time. Until then, wroof wroof!

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26 Almeria Living

HOMES & GARDENS

K is for Kalanchoe

Kalanchoe belong to the huge succulent family, Crassulaceae and have over one hundred species. Originally from Madagascar, they can now be found all over the world. They are an ideal plant for the hot regions of Spain and can be grown in the ground or in tubs etc. They are characterised by fleshy leaves, which in some species have a fleshy appearance and feel. One thing that marks them as different from thousands of other similar looking Crassulas, is that Kalanchoe flowers only have four petals instead of five. They are drought tolerant and prefer a light soil as opposed to heavier clay. Plants with green leaves are usually happier in some shade as the hot, summer sun here will scorch the leaves. Varieties with thick or greyish leaves can cope with the sun. Some varieties are said to be medicinal and to have cancer healing properties and are used in some countries for these purposes but, as with certain Aloe species, many Kalanchoes are dangerous if eaten so best left to just grow and be admired.

They range in size from a few inches to three or more metres in height like the magnificent Kalanchoe beharensis. Most people are familiar with the popular little houseplant, Kalanchoe blossfeldiana, with its bright green, glossy, scalloped leaves and clusters of small, brightly coloured blooms which flower for weeks on end. It is also toxic to cats and dogs. This variety is also very popular with the Chinese at their New Year and is said to bring wealth and prosperity. Many Kalanchoe have beautifully marked leaves which is one of the many reasons they appeal to collectors. One of the most beautiful is K. thombopilosa. This makes a small plant of about 30cm and quite slow growing. It has beautifully shaped leaves in a soft greenish grey and liberally splashed with purple. K. Tomentosa is a variety with slightly furry, feltlike leaves which are a soft grey/green in colour. The variety “Chocolate Soldier” has brown edges to the tips of the leaves which intensify in depth of colour the hotter the weather! This one can grow to over a metre.

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The little shop that OFFERS ALOT

... Continued from page 25

However, I’m not the observer from choice, but from necessity. And it’s not only the walking and running I struggle with, I also get quite bad pains in my back, especially in the cold mornings after not moving much during the night (except on a good fox barking night); mum and all My Personal Specialists have now decided to try to pinpoint the problem and find the best course of action.

And guess what they’ve come up with? A CAT scan!!! That’s the most ridiculous thing I’ve ever heard of! Surely I need a DOG scan, wouldn’t you say? I’m quite confused, but mum assures me that they know what they are doing, and seeing as Uncle Javier (My Personal Physician) is closely involved and has recommended this, I have decided to go along with it, ‘cos I do trust him.

So went to see him on Saturday for a check-up, he said to make sure I’m fit enough for the scan. Apparently I’m going to be sleeping through it, so I won’t even get to see the CAT. And furthermore, it means that I’ll have to starve from the night before and not even have a drink or anything.

And all so that they can see right through me and find out everything that goes on inside of me. I’m not so sure I like the thought of that, do you think they will read all my most secret thoughts? If they do, I’ll just tell them that in that case they can write my diary and save mum a job so that she will have more time to dedicate to me!

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... Continued from page 25

Where’s AL

Almeria Living 27Mar ’20

Where did AL go in November, I wonder? The weather was not all that good so there wasn’t much monkeying around. If he had paid more money his room would have had a better view (and given away his whereabouts?). If you know where he is email: al@almerialiving.net - there is a prize for the lucky winner picked at random from the correct answers.

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Another cultivar probably well known to many is the Mexican Hat Plant or Mother of Thousands properly known as Kalanchoe daigremontiana. This variety reproduces easily by growing hundreds of baby plantlets along the margins of its glossy leaves. Some people hate it because these little plants drop off and seem to turn up all over the garden, but they are easy to pull up. The blooms are very pretty and form multihued panicles of brightly coloured violet or pink flowers. There is also a variety of daigremontiana which produces hundreds of plantlets along the leaf edges, but which are bright pink instead of green which makes for a stunning addition to the garden. The good thing about the pink form, known as Pink Butterflies, is that the myriad of bright pink plantlets are sterile so won’t grow to colonise your garden! As with many plants…..all parts are toxic!

One of the most dramatic species to grow is K. Beharensis, also known as Felt Bush or Elephant Ears. It forms a large bush or small tree if the growing conditions are right and can reach over three metres in height. Its fuzzy, grey/green leaves are huge and as they gradually mature and fall they leave a distinct, horseshoe shaped scar on the trunk. K. Beharensis is another species that is often confused with a similar looking species, K. thyrsiflora, which has sea green coloured leaves and no red colouring. Another popular Kalanchoe is K. Luciae which is commonly called Paddle Plant owing to its large, flat, paddle shaped leaves that are tinged with red. This species is best grown in full sun as it may just show green leaves if kept in the shade. The leaves can show varying degrees of red, pink and orange, depending on how stressed the plant is i.e. too hot, too cold, too dry etc. Like beharensis, the flowers are nothing to shout about and the plant dies after flowering but usually leaves lots of fresh young paddles behind. It is sometimes confused with a similar looking species, K. thyrsiflora, which has sea green coloured leaves and no red colouring.

The interesting thing about this species is that new plants form at the tips of the older leaves and are easy to remove once the little red roots appear and pot on to make new plants. As with many plants, it is often difficult to get the more unusual species at your local garden centre and you usually have to find specialist growers online to procure something that is a bit different and Kalanchoe are no different. www.cactusinspain.com

Fang and the underside of the leaves are covered in fuzzy, toothy bumps. Another one to watch out for is K. Chocolate Chip with reddish coloured leaves. I have this in my garden but noticed that the reddish leaves have now converted to grey! However, the leaf shape is also different so I don’t really mind. Perhaps it’s the new leaves that are redder.

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Three years ago, having sold our house and packed most of our belongings into storage, we set off in our fully loaded Skoda Yeti in order to drive to Spain to start a new life.

We eventually settled in Arboleas and having bought a house set about making some alterations, one of which was a new kitchen. We tried to sell the old kitchen and were about to scrap it, when the lady who was helping us design the kitchen layout suggested she could sell it for us on behalf of Vera and District Lions (of which she is a member). The Lions would then use the money to support local causes. She also mentioned that the Lions would be happy for us (as they are for any guest) to come to meetings to see if it was something we wanted to join.

Busy getting the house the way we wanted and settling into our new environment, it was a few months before we went to our first meeting. Our working lives had kept us busy, me as a teacher and hubby as a motorsport professional. We had talked about doing something to keep our brains active and help others at the same time. This looked like something we could do, whilst allowing Chris to travel with work at times as he is semi-retired. After a few visits to meetings we eventually decided to join and are now active members (and press officers) of the Vera and District Lions Club.

The Vera and District Lions Club was formed in 2011 and received its charter in November 2012. There are Lions clubs throughout Spain and in over 200 countries all over the world. Whilst the Lions Clubs International reaches out across the globe with offers of help, it is the role of Vera and District Lions Club to help local charities and other deserving causes. No member of the Vera and District Lions Club receives payment, we are all volunteers.

Our next big fundraising event will be Party in the Park on Sunday 26th April at El Palmeral Park in Vera. Please see our Facebook page for more details.

We meet on the first Wednesday of the month at 6pm in Hotel Terraza Carmona, Vera. We have a Facebook page and Website where you can find more information on what we do, how you can help as volunteers or join as members. You can also ask about our Sponsorship packages.

For further information contact our secretary via email veralionssecretary@gmail.com

For further information for the media please contact the Press Officers;

Chris & Ceri Norman, email chris.norman0808@gmail.com or call them on +34 634 311 638.
As the winter cold subsides and spring comes it is time to be on the alert for the processionary caterpillar and make sure our kids, cats and dogs don’t approach, let alone lick, them. And avoid touching them yourself too, as they can cause urticaria (hives) and allergic reactions in animals and people. Unfortunately the processionary caterpillar, the pine processionary, or the thaumetopoea pityocampa, seems to come earlier every year and in ever increasing numbers. We have already received reports of the first sightings.

The official description sounds like something out of a horror film: ‘Along its body each caterpillar has some 500,000 poisonous hairs, or trichomes, shaped like little darts or arrows. Their small size and also the fact that they break off easily mean that they constitute an important risk of urticaria, not only through physical contact, they also travel on the wind. People and animals that come into contact with the trichomes usually suffer skin reactions and sometimes eye and bronchial affection and even severe anaphylaxis.’

The caterpillars start their lives in nests in pine trees. They descend from their nests in spring in a one line procession (hence their name) usually led by a female, and after a while they transform into moths. At the caterpillar stage they are extremely dangerous. And the risk comes not only from touching them. Just getting too near and making them feel threatened can cause them to launch some of their hundreds of thousands of little arrows, so it’s important to keep our animals, children and ourselves at a safe distance from them.

If your dog does come into contact with one, take it straight to the vet. Children, and sometimes even adults, should go straight to A&E.

In the advent your animal tries to scratch its mouth or shakes its head excessively because it hurts, or seems nervous and restless this can be symptoms of it having been poisoned by processionary caterpillars. The most visible symptoms are inflammation of the tongue, lips and even the whole head. It may get a temperature and sometimes problems closing its mouth. In case of poisoning you can try to gently wash its mouth with tepid water, but the most important thing is to get it directly to your vet, who can give it rapid action cortisone treatment.

Your dog may lose part of its tongue, but the important thing is to get it treatment before its larynx is affected as this can cause death from asphyxia.

If you see one or more nests in your pine trees, burn them straight away (the nests!), that is the only safe way of disposing of them. If the caterpillars have reached the ground before you spot them, spray them vigorously with cockroach spray which will kill them. But always beware of the risk of the ‘arrows’ and wear goggles and a mask before embarking on your caterpillar terminator quest.

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I saw what looked like a bundle of rags, lying in a heap on the floor.

I knelt down to see what it was and it moved, t’was an old, homeless lady and poor.

I reached out to calm her, gently grasping her arm, bony and thin to the touch.

She turned her face to me, her eyes full of fear, moved away, afraid I would clutches her meagre possesions, a carrier bag, full to bursting with nothing of worth.

Her whole life contained in one simple bag, like she’d had it since the day of her birth.

I spoke to her calmly, as one would a child, asked her the last time she’d eaten.

She said in a weak voice, “it was some days ago, but don’t worry, I will not be beaten.

My mother will be here in a short while, I’ve been a little lost you know”.

I smiled and helped her to her feet, “Come on, I think its time we should go....”

I held her gently as we made our way, not too long ’til we reached my car.

* Where are we going?* she asked as we drove, ‘to my house, its not very far’

I settled her down, gave her food and hot drink, took her upstairs for a bath.

I stood outside the bathroom door, listening and heard a laugh.

The water was splashing, she started to sing, an aria from nothing I knew.

Her voice was so sweet, not like an old lady's, the notes so clear and true.

I sorted some clothes for her to wear, my mother’s, who passed long ago.

For some reason I’d kept them, and now I knew why, to help someone desperate and low.

------------------------------------------------------------------------------------------------------

We sat in the lounge and she told me her tale, so tragic I almost did weep,

A famous singer she once was, feted by all but success she was unable to keep.

She married a man, who unknown to her, was addicted to drugs and to drink,

He took all her money and was cruel and abusive, until no more could she think.

When she fell pregnant her husband was angry, told it must not be born

But she was determind, her baby to keep, so she left him amid abuse and scorn.

A baby boy was born to her, beautiful in every way,

But he did not live more than just a few weeks as the Angels took him away.

The years of abuse had taken their toll and the infant could not survive,

Her life was now empty, no money, no home no reason to be alive.

------------------------------------------------------------------------------------------------------

So she took to living as best as she could, in shelters and out on the streets

Begging for money, for food, even singing, in subways until the Police

Moved her on but with nowhere to go, she gave up and was quite ready to die

Until today when I came along and was unable to pass her by.

She was not much older than my mother would be and I know she would approve

So I’ll take this dear soul into my home, no more living a life on the move

From pillar to post, subway to street in the cold and the heat and the rain

A part of my family she will become no more hunger or loneliness again.

------------------------------------------------------------------------------------------------------

By Vic Davey
They were joined by another bird calling at the top of his voice for a friend!

Whilst enjoying a cuppa and contemplating articles for this month’s magazine I was listening to the happy chatter of a group of sparrows.

It is usually a sign that Spring is in the air when the hoopoes return from migration. They are very early this year, I caught a couple on camera on New Year’s Day but right now this chap was certainly letting the neighbourhood know he was back.

The Upupa epops, known as an Abubilla in Spanish, is a very beautiful and exotic looking bird, coming from the same group of birds as kingfishers, bee-eaters, and rollers.

About 25–29cm long, with a 44–48cm wingspan, the hoopoe is similar in size to a mistle thrush. It has a pinkish-brown body, striking black and white wings, a long black downcurved bill, and a long pinkish-brown crest, tipped with black and white, which it raises when excited – looking like the headdress of a Red Indian. They have broad, rounded wings capable of strong flight and it walks on the ground like a sturdling.

Hoopoes are widespread in Europe, Asia and North Africa, as well as Sub-Saharan Africa and Madagascar. They migrate from all but the southernmost part of their range to the tropics in winter. Their habitat is open cultivated ground with short grass or bare patches. They spend much time on the ground hunting insects and worms. This makes our local ramblas and scrubland perfect homing grounds.

The nest is usually built in a hole in a tree or wall and they have developed a very effective anti-predator defense. Like those of its relatives the kingfishers, the nest tends to contain a great deal of faeces and therefore smells very foul – need I say more. Nesting hoopoes are also capable of squirting fecal matter at intruders.

As well as their unmistakable appearance they can be easily recognised by their ‘song’. The melody is a very distinctive trisyllabic “oop-oop-oop”, which gives rise to its English and scientific names. The ones that live near me get lazy and after 3 triple ‘oops’ they finish with only a double ‘oop’!
Letizia Ortiz Roca­solano – Queen Letizia of Spain

Letizia, Queen of Spain, was born on September 15th 1972 in Oviedo, Asturias, the daughter of a nurse, Paloma Rocasolano, and a journalist, Jesús Ortiz. She was the first of three daughters.

She started school in Oviedo and took ballet classes three times a week. When she was 15 the family moved to Madrid due to her father’s work commitments, and she finished secondary school and Baccalaureate in Madrid.

When at high school she fell in love with her literature teacher, Alonso Guerrero Pérez, with whom she was to have a ten-year-long affair before marrying him in 1998, only to divorce him a year later.

When she was 18, Letizia enrolled in the Complutense University in Madrid where she studied journalism. While studying she started working for the ABC newspaper and the EFE news agency. After finishing her degree she worked as a trainee at the La Nueva España newspaper in Oviedo and she covered the areas of finance, TV and entertainment. She took a Master’s degree in audiovisual information and went to Guadalajara in Mexico for a year to do a doctorate. She completed the study but never presented her thesis.

Letizia returned to Spain where she started working in television. Her first job was with CNN+ News where she soon became one of the most well known faces presenting the morning show starting at 5 am.

In 2000 she transferred to Televisión Española, the Spanish state television network. She presented a weekly documentary programme over the summer before being moved to the nine o’clock news in September, where her face soon became familiar to the 4 million regular viewers.

She also covered special events at home and abroad, thus she reported from Ground Zero after 9/11, from the war in Iraq, and on home ground from Galicia in the wake of the Prestige disaster.

In 2002 she met the then heir to the Spanish throne, Felipe, at a dinner in the home of a mutual friend. Apparently the crown prince was immediately smitten by the reporter, and they started seeing each other in secret. In the spring of 2003 they both spent a few days abroad on holiday, and after that they managed to meet in the homes of some of Felipe’s intimate friends.

Continued on page 42 ….
2020 has started off with a bang and the diary for this month and April is filling up rapidly with clients coming to view property in the area. Our marketing platforms mean that we are attracting buyers not just from the UK but from France, Germany, Belgium etc.

We urgently require new property listings in Arboleas, Albox, Zurgena, La Alfoquia and surrounding areas, so if you are looking to sell or are already on the market and looking for a fresh approach get in touch to see how we can help you get moving.

Felipe’s choice of Letizia as his wife was well received by the Spanish people and the press was bursting with special reports by her fellow reporters, who played a determining role in keeping the story within the realms of normality, and also steered the public opinion in the direction of seeing the union as a symbol of the maturity of the Spanish democracy and the monarch’s wish to stay in close contact with the people. The engagement also served to consolidate the role of the Spanish monarchy in a future that looked uncertain for many other European royalties.

After the wedding the new crown princess started sharing her husband’s busy schedule both at home and abroad. The newlyweds’ first official trip took them to México in July 2004. Since then Letizia has accompanied her husband on extensive travels all over the world.

She made her first official public speech in 2005 and in October that year she gave birth to the couple’s first daughter, Leonor, heiress to the Spanish throne. Their second daughter arrived 18 months later and was named after her paternal grandmother, Sofia. Monarchists who had been despairing over Crown Prince Felipe’s prolonged bachelorhood could breathe a sigh of relief.

Ever since 2006 Letizia has had a solo agenda separate from that of her husband. Letizia has performed a couple of audiences and her work focuses on social issues such as children’s rights, culture, and education.

In late 2007, her solo agenda started to grow in the quantity of events she performed by herself and Felipe’s and Letizia’s agendas became more distinct and separate. Letizia supported Spanish designers, from couturiers such as Felipe Varela and Lorenzo Caprile to Zara and Mango.

In 2014, after a few years’ speculation about King Juan Carlos’s health combined with recurring scandals surrounding him, the king abdicated in favour of his son and heir, Felipe. On 19th June 2014 Crown Prince Felipe became King Felipe VI of Spain and his wife Letizia became queen consort.
Spanish Airports - part 5b

By Mike Woolnough

Last month we began looking at the airports in The Canaries, starting with Gran Canaria. Unfortunately, a shortage of space meant that the rest of the article had to be held over to this month!

Meanwhile over on Tenerife – there are two airports. The original one was Los Rodeos, situated at the north of the island. In 1929 a landing strip was hastily prepared for the first (unofficial) flight. The aircraft was an Arado VI aircraft which had been used as a manufacturer’s demonstrator. It was sold to Deutsche Luft Hansa who flew it from Berlin to Tenerife on 12th December 1929 on a proving flight. It was a great success and the plane was named “Tenerife” in recognition of the achievement. Unfortunately, on the 19th it crashed during the return flight, killing both pilots. The mechanic, however, survived.

No further aircraft of this type were built! The first official flight was in May the following year when an aircraft built by the Ford Motor Company flew from Madrid via Casablanca, Cape Juby and Gando. The airport was not used for passengers during the Civil War and it was not until 1941 that flights started in earnest. The infrastructure slowly developed and by 1963 the runway was 2,400m long and was equipped with necessary lights to enable night flying. It was then planned to fly Boeing 747’s into the island and so the runway was reinforced and further extended to over 3,000m and an instrument landing system installed.

There was, however, a small problem. The airport is 633m (2,077ft) above sea level and is often enveloped in fog/cloud which had the potential to disrupt flights. It was decided to build a new airport in the south of the island at an elevation of 64m (209ft). The airport is 633m (2,077ft) above sea level and is often enveloped in fog/cloud which had the potential to disrupt flights. It was decided to build a new airport in the south of the island at an elevation of 64m (209ft).

Los Rodeos, including a number of Jumbo Jets on transatlantic flights. The weather was not good, visibility was severely restricted. Space Rodeos, including a number of Jumbo Jets on transatlantic flights. The weather was not good, visibility was severely restricted. Space was made to totally close the airport while a thorough search was undertaken to find the cause of the fog. A number of Jumbo Jets on transatlantic flights. The weather was not good, visibility was severely restricted. Space was made to totally close the airport while a thorough search was undertaken to find the cause of the fog.

Let’s look at two flights in particular. The first of these was KLM flight 4805, a charter flight from Amsterdam bound for Gran Canaria carrying 14 crew and 235 passengers (inc 53 children). Its captain was KLM’s chief pilot instructor with over 11,000 hours of flying time. After landing, the passengers were transported to the terminal whilst refuelling took place. One young lady, who lived on the island elected to remain there rather than fly on to Gran Canaria and then fly back!

The second aircraft, also a 747, was Pan Am flight 1736 from Los Angeles. It stopped off at New York where its crew was changed and 14 passengers joined. When it landed at Los Rodeos it had 380 passengers (inc 2 children) and 17 crew.

This particular aircraft had flown the inaugural 747 flight and had the dubious distinction of being the first 747 to be hijacked! Its skipper had over 21,000 hours of flying time. The Pan Am’s skipper was reluctant to divert and asked for permission to go into a holding pattern. There was concern that whilst he was holding Los Rodeos might fill up and leave the Pan Am flight with insufficient fuel to go elsewhere so permission was denied.

After the bomb scare emergency was declared clear aircraft prepared to leave Los Rodeos. The Pan Am flight was ready to leave as it did not need to refuel but was unable to access the runway as the KLM flight and refuelling tanker were blocking its way. The KLM flight then had to re-board its passengers, which took longer than expected owing to a family of four getting lost. Eventually, it moved to the end of the runway. The Pan Am flight was partially blocking the runway and was told to taxi down the runway and exit at the third taxiway. However, owing to worsening visibility, it missed the exit and had to continue to the next exit. This exit was facing backwards, requiring a 150-degree turn for which the aircraft had to virtually stop.

Meanwhile, the captain of the KLM flight was having a “non-standard” conversation with the control tower. This involved the tower giving instructions along the lines of, “after take-off follow this flight path…” The captain interpreted this as clearance for take-off. This was queried by the engineer but he was over-ruled by the captain and they proceeded to roll down the runway.

Shortly afterwards both captains got sight of each other. The Pan Am captain opened the throttles to full in an attempt to get clear of the runway. The KLM captain pulled the stick back, although they were not yet at take-off speed. It is a credit to the 747’s design that he managed to get it off the ground. Unfortunately, he could not gain height quickly enough and although its nose wheel cleared the Pan Am jet the left-hand engines, lower fuselage and left-hand landing gear sliced through the top of the Pan Am flight just above the wing.

The KLM flight crashed 150m beyond and then slid a further 300m down the runway. It exploded into a fireball, an inferno that would take several hours to contain. All 248 people on board died.

The Pan Am aircraft was effectively sliced in half, the 61 people in the front half survive whilst the 335 in the rear perished in the fire which engulfed that section. The pilot found he was unable to turn the engines off, all controls having been severed. Eventually, they ran out of fuel.

The survivors waited on a wing to be rescued. Unfortunately, the rescue services, who were dealing with the KLM plane, were unaware that a second aircraft was involved such was the low visibility caused by a mixture of thick fog and dense smoke. Most of them made their own way to safety! A total of 583 people died in the disaster, making it the worst aviation disaster in history.

Continued on page 46......
interesting facts about the spanish language

Over the years, Spanish has been called a feeling-based language that comes first from the heart. Here are a few reasons why it has gained such a reputation.

Spanish is a Romance Language

Spanish, also called Castilian or castellano is an Indo-European language and has derived directly from vulgar Latin. Thus, it classifies as one of the so-called Romance languages and is closely related to other tongues of the same family tree in terms of grammatical structures and vocabulary. Effectively, this means that speakers of languages like Italian, Catalan, French, Portuguese – and even those of the more remotely located Romanian – would have little trouble communicating with each other. Its Spanish name originates from the region it was originally from: Castilla (Castile).

You might speak Spanish without knowing it

As an English speaker, you might be able to understand quite a lot of Spanish vocabulary, as over 3000 words are shared by both languages. Words like “attention” or “sensation” – basically every word that ends in the suffix “-ción” – tends to have a Spanish counterpart, terminating in the respective ending “-ción”, like atención and sensación. But things do not stop there; many words that have by now been fully absorbed in the English vocabulary had their birthplace on Spanish soil. Brought there by conquistadors and Iberian settlers, innocent sounding words like cafeteria, canyon, crusade, hurricane, patio, ranch or rodeo, have by now been fully integrated into the anglo-saxon language.

Spanish was once considered a divine language

Spanish was in former times closely associated to Christian doctrine and the Catholic religion. Perhaps it is due to its closeness to Latin in pronunciation and intonation, maybe because of the widely-known Spanish Inquisition, or simply because the famous king Charles I (Charles V of Habsburg) declared himself: “I speak Spanish to God, Italian to women, French to men, and German to my horse.”

This is, at least, what he is supposed to have uttered on various occasions, mocking his Germanic ancestry. Nevertheless, the fact remains that to him melodious Castilian seemed the most adequate and worthy language to address God.

Continued on page 48...
Spanish does not stand alone in the peninsula

Spanish might be the official language of Spain, but there are six other co-official languages in the Iberian peninsula to count in. Next to Catalan, spoken in the eastern shores and cities like Barcelona, there is Galician, spoken in the northwestern corner of Spain, adjoining the neighboring Asturian, Aragonese and Occitan to the east. To boot, we can find the awe-inspiring Basque language around the Pyrenees, a language standing alone as a remote language system in the sea of Indo-European languages.

Spanish is a frontrunner in grammatical invention

Spanish is a wonderfully creative language, possessing grammatical tools to transform almost any noun or adjective and extend its meaning. What sounds complicated is actually a combination of words and suffixes. Take the Spanish word for hand, mano, for example. Just by adding one simple ending “-itas” it will be transfigured into a gratifying description of a dexterous and skilled person: un manitas. Replacing this ending with another, however, will transform the pleasantry into an outspoken indignity – for nobody would like to be called un manazo; that is, a very clumsy fellow.

Spanish is the fourth most spoken language in the world

The Spanish language has the second largest number of native speakers worldwide, to date an estimate of around 436 million people. However, by total speakers it is fourth (527 million). Mandarin (1.1 billion), English (983 million) & Hindustani (544 million) top the table.

There are 21 countries in four continents where Spanish is spoken as an official language. Astonishingly, although having undergone changes by influences of many local languages, the once European Spanish has managed to remain mostly grammatically intact.

The first text in Spanish was written over a 1000 years ago

The first written testimony of Spanish is said to be the so-called Glosas Emilianenses, annotations to a biblical text, presumably jotted down by a monk around the year 977. The RAE (Royal Academy of Spanish Language), however, as the highest authority, has now proclaimed that the earliest forms of Castilian can be pinpointed to an even earlier date. These can be detected in a volume of medieval legal manuscripts called “Cartularies of Valpuesta,” containing scripts that date back to the 9th century.

Spanish was greatly influenced by Arabic

Large parts of the Iberian peninsula were under Arabic rule for almost 800 years. The Arabic occupation in the 8th century enabled a rich foundation of vocabulary to find its way into Castilian, many of whose influences remain mostly unnoticed by native speakers today. Commonly used words in the past have been particularly prone to be replaced by the arabic term, for example aceite (oil), alfombra (rug), almohadas (pillows), azúcar (sugar) or zanahoria (carrot), in order to facilitate economic trade and every day life.

Spanish was a diplomatic language

Spanish had been one of the most important diplomatic languages in countries like France, Italy or Great Britain up until the 18th century. Due to its great empire and its rich colonies, which ultimately lead to Spain’s enormous economic and military strength, Castilian was used all over the globe, particularly in regions of high trade, like harbour towns and merchant cities where it was often employed as an operating language.
“Our Sunbrella Range at Home with Chris & Candy”

“Inspired’s service was excellent and the staff very helpful & friendly. The quality of the furniture is superb and the styles quite different to other stores - we look forward to many years of enjoyment in the sun! Huge thanks to the Inspired Team for all they did for us!”

Our aim is to always offer you the best service in quality garden and terrace furniture at the best price possible. Look out for our special promotions on our FB page!

"BETTER STILL, POP IN AND SEE US!"

“As promised our new ranges are starting to come into the store. Here are a couple of examples of what’s available just now. Others will be arriving over the coming weeks so please remember to check our “Inspired” Facebook page for news of their arrival. Until then feast your eyes on these beauties!!

As always we promise you quality garden furniture, at affordable prices and unbeatable service - come along be Inspired with us!!"
What is Happening in the Local Property Market?

By Voss Homes Estate Agents - Huércal Overa

Firstly, thank you to the readers who are telling us how they enjoy our editorial. They hear so much negative news in the press or from their estate agent about the property market so it is nice to hear that properties are actually selling.

Jan and Feb were our most successful ever and buyers are coming from all countries. 2020 will continue to be a great year. However, we don’t know what will happen towards the end of the year. If you want to sell your property then it would be a very good idea to get on with it now.

More great news is that we are seeing buyers with bigger budgets. Property owners please DO NOT reach for the phone telling your agent to increase your price. This DOES NOT mean prices are going up. It just means buyers with more money expecting WOW properties are now coming to buy.

Properties with a price tag of €220,000 and above are getting more viewings and selling quicker, but only if they are worth it.

This leads me on again to “Over Pricing”. If your property is overpriced either by you or estate agent, you are just putting barriers in the way of potential buyers actually even knowing your property exists.

Buyers do their internet property search in price order....Lowest First. This leads me on again to “Over Pricing”. If your property is overpriced either by you or estate agent, you are just putting barriers in the way of potential buyers actually even knowing your property exists.

If you have overpriced yours well above that of similar properties you will put yourself right at the bottom of that search instead of being on page 1, 2 or 3 where you need to be.

Serious, hardworking estate agents like ourselves want to sell your properties for the highest possible price and asap. So, imagine how soul destroying it is when we come to value a property and another agent who is not so serious or strong in that particular area have massively over valued just to impress the sellers and get the property on their books. The very frustrating end results are either.....

1. The serious agent who would have sold your property misses out on the listing.... But then, 6 months later the vendor contacts us again asking us to list the property. “We have not heard a thing from the other agent”. Is what we usually are told. The property is then advertised at the right price and we sell it.

2. The serious agent is asked to list the property, but the vendor asks us to advertise it at the other agent’s higher price. NO! This is like putting a noose around your serious estate agents’ neck. Even though they are going to do everything it is going to be very difficult to find a buyer.

Sooner or later vendors realise the other agent had overpriced the property so why waste time? Choose the agent who is actually SELLING all the properties in your area, not just listing them.

THANK YOU TO VENDORS WHO ARE GETTING IT RIGHT.

VENDORS WHO ARE GETTING IT RIGHT.

THANK YOU TO VENDORS WHO ARE GETTING IT RIGHT.

IF YOU REALLY WANT TO SELL YOUR PROPERTY, THEN IT WOULD BE A VERY GOOD IDEA TO GET ON WITH IT NOW.

However, we don’t know what will happen towards the end of the year. If you want to sell your property then it would be a very good idea to get on with it now.
The Adventures of Neila
14. Explanations

I looked back, expecting K to come rushing out of the Post Office with his…

‘Not safe for whom?’

‘You.’

‘Don’t be silly, Post Offices aren’t dangerous for me. We should go back in there and apologise.’

‘No, no. It’s not the Post Office that is dangerous, it’s K.’

‘He seemed quite normal to me.’

‘Yes, he’s human, but he’s been mentally adjusted.’

I could see further explanation was necessary. ‘Did you notice a flash?’

‘Yes, but.’

‘That was a Memory Replacer. If you looked at the flash you wouldn’t remember what actually happened, you would remember instead whatever K told you to remember.’

She was still staring at me very hard.

‘You do remember, don’t you?’ I pleaded. ‘Please say you remember who I am.’

‘You are a very odd young lady, Neila.’ She put the key in the ignition and switched Ermentrude’s engine on. ‘But I suppose, you are an alien, so it’s only to be expected.’

As we drove out of the car park I looked back and saw K standing in the Post Office doorway scratching his head. He had a very small flashlight in his hand.

‘We are going back to my house. We are going to have a cup of tea and a jam sandwich. Everything looks better after a cup of tea and a jam sandwich.’

I felt my colour returning, and I began to relax. It was then that I remembered the slip of paper that K had given me. I’d been holding it so tight that it was rather crumpled, but as I flattened it out I felt that the Species Recognition coating was undamaged.

I was wondering what Mrs Worsley’s house would be like, and what tea and jam sandwiches tasted like when she broke into my thoughts.

‘What’s that piece of paper?’

She glanced across at it. ‘It’s blank. Why did he give you a blank piece of paper?’

‘No, it’s not blank. It’s got a Species Recognition coating.’

‘A sp…a what?’

‘A Species Recognition coating.’

‘Well, I hope that means something to you, young lady.’ She sounded so cross. ‘Because I won’t be very pleased to have driven all the way out here, caused an embarrassing scene in the Post Office, which won’t be forgotten for some time, and all for a blank piece of paper.’

As she was speaking I felt myself beginning to pixelate, a sure sign of exhaustion.

‘Are you all right? Neila, speak to me!’

‘I…I..’ I was too weak to say any more.

‘Neila, Neila, are you dying? No, don’t die! Please don’t die!’

‘Neila…’ Mrs Worsley began again.

‘Please, we’ve got to get out of here. Please.’

‘Why?’

‘Because it’s not safe.’

She raised one eyebrow and stared at me very hard.
The season for asparagus is spring, i.e. March to June. During this relatively short season, have as many asparagus as you can! They are full of dietary fibre, fat free and very low in calories. If your urine smells strong and unpleasant after eating asparagus, don’t worry, it’s quite natural. Asparagus contain asparagusic acid, an organosulphur compound. Soon after eating asparagus our body starts breaking down the compound and gets rid of it through our urine. Hence the smell.

Like with all fresh fruits and vegetables in their season, there’s no end to the benefits we can gain from eating asparagus. They are diuretic and help against liquid retention, oedemas and kidney problems, and encourage the production of urine. They help the other way too, due to their richness in dietary fibre. Dietary fibre helps the digestion, makes the gut strong and resistant and it takes the used cholesterol and hormones in hand and transport them out of our body. It also helps decompose the sugar in our blood.

Asparagus are also full of antioxidants which eliminate free radicals, and their high content of folic acid is good for the brain and can help prevent dementia. They also give us a good shot of vitamin K, which is very good for our bones. As we grow older, our bones get weaker and we are more prone to fractures, osteoporosis and osteoarthritis. Asparagus help us keep our bones strong and healthy.

Asparagus originated in the Mediterranean basin and were used by the antique Egyptians and Greeks both as food and as gifts to the Gods. Later on the asparagus became a popular medicinal plant with the Romans, and with them it was spread out all over Europe. With the decline of the Roman Empire came the decline of the asparagus, until the 12th century when its culinary value was rediscovered, and by the 17th century it was one of the most consumed vegetables by the upper classes.

Until the 19th century only the green variety existed, but thanks to a new way of growing asparagus (underground) the white variety emerged and gained popularity all over the world. However, in our corner of Spain we mainly see the conserved variety of white asparagus, whereas green asparagus is available fresh in markets and on supermarket shelves throughout the season, and sometimes beyond.

When you buy green asparagus, inspect the tips thoroughly; that is the first part that starts showing signs of the vegetable not being completely fresh. Also look at the cut surface at the bottom, if it is still damp they are VERY fresh, and it does not want to be too dry and woody.

To prepare the asparagus, gently bend the stem starting close to the bottom trying to snap it, and making your way up towards the tip until you succeed.

They are lovely steamed or fried in extra virgin olive oil and sprinkled with grated lemon peel and pepper. You can also incorporate them in a sauce; make sure not to overcook them. If you are not using them on the same day as you bought them, stick your green asparagus in a jar of water about 1 inch deep, cover loosely with a plastic bag and keep them in the fridge for up to a week.

¡Buen provecho!
What’s On March 2020

Saturday 7th March – MARILYN SHIPLEY - 3pm onwards
Sunday 8th March – DUSTY - 3pm onwards
Saturday 14th March – REES - 3pm onwards
Saturday 15th March – STEVE FISHER (aka Rod Stewart) - 3pm onwards
Sunday 22nd March – CAROL GEORGE - 3pm onwards
Sunday 29th March – MARTIN THE CROONER - 3pm onwards

* Outdoor events weather permitting *

See our Facebook page for more details of all future entertainment

Quantity v Quality

The biggest wine producing country in the world by volume in 2019 was Italy who produced a staggering 47 mhl (million hectolitres). France came second with 42 mhl and Spain third with 34 mhl. However, when you look at exports by value, France comes top with 14.3 billion euros, Italy second with 9.5 billion euros and Spain a distant third with 3.5 billion euros.

This can largely be explained by the high quality and high value of French regions such as Bordeaux, Burgundy and Champagne where prices have soared in recent years thanks to demand from growing economies in, for example, the far east. But the huge gap in export values of French and Spanish wines is growing and one wonders if it is time that Spain concentrated more on quality and less on quantity.

Back in the 1970s, I visited a large, modern winery near Valencia. The managing director proudly showed me his state-of-the-art production facilities – all stainless steel and hi-tech. He spoke of the efficiency of the fermentation process, the speed of the bottling lines, the automated packing and palletising equipment and the huge numbers the winery was capable of producing.

I waited, in vain, for him to extol the quality of his wines. Later, in the tasting room, I found the wines dull, boring and totally lacking in character. But…they were cheap and you get what you pay for. That winery went out of business in the 1990s as better quality, yet still inexpensive, wines from “new” producing countries entered the global market.

Part of the problem, in my opinion, was the reliance on uninteresting producing countries entered the global market. The true flavours of the grape. The wine is inexpensive yet thoroughly enjoyable. Importantly, it demonstrates the need for producers to accept the need to include non-indigenous varieties in their portfolios if they are to satisfy the demands of ever more knowledgeable customers.

“Consigna” Chardonnay is widely available at around four to six euros in many retailers including Consum supermarkets.

© Bill Riley

Bar Limaria cheese and wine evening
Bar Limaria wijn en kaasavond

Dessert: coupe grand marnier
9.50€ p/p wine included

Various types of cheese and a selection of delicious cheeses to accompany.

Avenida Limaria, 01 - LIMARIA (Arboleas)
Plaza Constitucion 4, ARBOLEAS
Tel: 061 266 587
Cooking with Nina

Chicken Fillet with Green Esparagus

Ingredients for four:
- 800g chicken breast cut into fine fillets
- 1 onion, halved and thinly sliced
- 100g bacon pieces
- 50ml brandy
- 1 bunch green asparagus, woody bit discarded, the rest broken into inch pieces
- 2 cloves garlic, grated or finely chopped
- Salt and pepper
- 2 carrots, peeled, halved lengthwise and sliced
- 150g celeriac, peeled and cubed

Delicious and quick, this dish tastes of a lot more work than it is!

Gently fry the onion in olive oil until transparent. Add the garlic and bacon and let the bacon brown. Pour in the brandy over the lot, light it and let it burn out.

Gently fry the onion in olive oil until transparent. Add the garlic and bacon and let the bacon brown. Pour in the brandy over the lot, light it and let it burn out.

Season the chicken fillets with salt and pepper and set aside.

Push the vegetables out to the sides of the pan and brown the chicken fillets in the middle over fierce heat, just a moment until they start going brown. Pour the brandy over the lot, light it and let it burn out. Serve the chicken with the asparagus-bacon mix and sautéed potatoes.

A little miracle!

Holidays!

My sister Pia has just been on a far too short visit (only 9 days!!!) from Copenhagen. And as always when she’s here, I had time off work.

People always very kindly ask me what we’ll be doing while we’re together – and in the question you find the answer: Be together!

We both have a true passion for cooking and eating, so a lot of time is spent in the kitchen – in or outdoors, and in markets and supermarkets buying ingredients.

We do also go on nice outings, but that is not relevant here…

All you want to know is what we cooked, and here is some of the stuff we made, ate and enjoyed!

More Pigs’ Cheeks.
(or Pigs’ Cheeks with Prunes)

Ingredients for four:
- 1 onion, chopped
- 1 clove garlic, chopped
- 12 prunes
- 3 tbsp plain flour
- 200 ml white wine
- 25g butter
- 400 ml stock or water
- 1 tbsp olive oil
- 2 bay leaves
- 2 carrots, peeled, halved lengthwise and sliced
- 1 tsp whole grain mustard
- Salt and pepper
- 100g bacon pieces
- 1 kilo potatoes, peeled and thinly sliced
- 1-2 pots Greek yoghurt

Garlic Mash
- 10 cloves garlic, peeled
- Salt and white pepper

Karen (ed) has pointed out that I did pigs’ cheeks last month. I know, but this is a different recipe, so please let me! And not only is it different, it’s out of this world!!

And I did the most wonderful, creamy garlic mash with it which I will also share with you.

For the pigs’ cheeks, mix the flour with salt and pepper and turn the meat in the flour.

Heat the oil and butter in a casserole dish and brown the meat on all sides. Take out the meat and reserve.

Pour the vegetables into the casserole and let them simmer in the same fat until the onion is transparent, then return the meat together with the prunes.

Pour in the wine and let it bubble fiercely until the alcohol has evaporated. Pour in about half the stock, add the spices, bring to the boil and cover.

Let the dish simmer lidded for 1½ hours checking from time to time whether you need to add a bit more of the stock.

When the meat slides easily off the bone and is completely tender, take out the bay leaves and herb sprigs and discard them.

Let the sauce bubble on to reduce it to your liking, then season it to taste with salt, pepper and mustard.

Adjust the seasoning and serve the mash with the pigs’ cheeks or any other main dish of your choice.
Yet another German ‘Eintopf’ recipe; I’m sorry, but I just can’t resist them!
My (German) man always looks disappointed when I say we’re having Eintopf, which is ‘one pot’ and refers to either stew or soup, and when I asked him why, he said because there’s no meat in them! Don’t know where he’s had his Eintopfs, because there’s lots of recipes with meat. Like this one, for example.
But never mind, I just tell him that we’re having ‘guiso’ (Spanish for stew) and then he’s quite happy!

Ingredients for four:
1 small chicken 1 leek, halved lengthwise and finely sliced
1 onion Salt and pepper
2 bay leaves
4 carrots, sliced 1 tbsp chicken stock granules
2 sticks celery, finely sliced

Cut the onion in half without peeling it and toast the cut sides in a frying pan. Quarter the chicken and place it in a large pan with the onion, bay leaves, salt and pepper. Cover with water and bring to the boil. Reduce the heat, cover and let it boil for an hour, removing any foam from the surface.

When the hour has passed, take out the chicken pieces and reserve them. Slice the stock, return it to the pan and boil it fiercely for 5 minutes to reduce it a little.

In the meantime, pick the meat off the chicken pieces discarding skin, gristle and bones. Pick the meat into bite size pieces. Add the stock granules to the stock, stir to dissolve; throw in the vegetables. Let them cook for 8-10 minutes before adding the meat and letting it simmer for another 5 minutes.

Adjust the seasoning and serve your tasty Eintopf with fresh crusty bread! Yummm!

Lamb Tagine
There’s nothing like having your tagine bubbling away in your outdoor kitchen on a sunny winter’s afternoon; it provides the perfect excuse for sitting down on your terrace with a glass of cool wine.

After all, somebody has to keep an eye on the thing, don’t they?!

Ingredients for four:
750g lamb chops
1-2 tsp ras el hanout spice mix (buy readymade or make your own)

Olive oil
1 onion, chopped
1 clove garlic, chopped
2 tbsp tomato purée
300 ml lamb or beef stock
½ small cauliflower broken into florets
½ small butternut squash, peeled and cubed
4 spring onions, cut into 4 cm lengths
1 jar chickpeas, drained and rinsed
Salt and pepper

Heat the oil up in the bottom part of the tagine. Rub the lamb chops with the ras el hanout and brown them on both sides in the oil then take them out and reserve.

In the same oil, fry the onion and garlic until it is transparent then add the tomato purée, stir, and then the stock. Put the chops into the sauce and put on the lid.

Leave the chops to bubble on top of the cooker for about ten minutes, then arrange the cauliflower butternut squash and spring onion on top to steam. Replace the lid and cook on another 15 minutes until the vegetables are nearly done. Add the chickpeas, heat everything through and serve with couscous, flat bread or rice.

Simple and delicious.
Saffron is the world’s most expensive spice. It is derived from the flower of Crocus Sativus, commonly known as the saffron crocus. The history of Saffron is swathed in the mists of the past, but it is believed that the saffron crocus is a mutation of the crocus cartwrightianus, a wild species originating in Greece, which was selected and cultivated in Crete during the final part of the Bronze Age.

The Ancient Greeks used saffron for its flavour and for dyeing. Most Greeks at the time had dark hair, but blond hair was considered more attractive, so saffron was mixed with potassium water and used for dyeing dark hair yellow.

Also, the Ancient Egyptians used saffron. The Pharaohs used it both for flavouring and as an aphrodisiac, and also for perfumes for baths and temples. Also Cleopatra is known to have used saffron in her baths to create more pleasurable sensations during love making.

In Persia at around the 20th century BC the cultivating of saffron grew rapidly. It was grown in Derbana and Isfahan, and the saffron threads were woven into Persian rugs and funeral shrouds.

At around 500 BC Darius the Great instructed his governors to plant saffron crocuses all over the far northern regions of the Persian Empire (Caucasia).

Alexander the Great used large quantities of saffron, and he gave it to his armies during the Asian campaigns. The soldiers used it to flavour their tea and they made rice with saffron. Personally, Alexander the Great used it in his bath water as he believed it helped cure his wounds.

Towards 400 BC Persia had started exporting saffron to China along with cucumbers, onions, jasmine and vine raps. And they also exported saffron in large quantities to the Roman Empire.

With the decline of the Roman Empire and the advent of the Moors in Spain, the cultivation of saffron crocuses started in Spain, France and the south of Italy.

In the 14th century the Black Death in Europe led to a sharp rise in the demand for saffron. It was thought to cure the disease; however, many of the saffron farmers fell victim to the disease as well, and the red gold had to be imported from the Mediterranean area.

As the Black Death slowly subsided, Nurnberg in Germany became the centre for the saffron trade, and the Safranschou Code was introduced to try to curb the increasing problem of tampering and falsifying the valuable product. Breaking the code could lead to imprisonment and even execution.

England also became a saffron crocus cultivating country. It started in 1350 when some bulbs were smuggled in from the Middle East and were given to a monastery. The cultivation started in the monastery and the saffron was used for medicinal purposes.

Several decades later its cultivation became commercialised and it was centred in eastern England. By the 16th century Essex was an important saffron producer, and Saffron Walden in Essex owes its name to the many saffron plantations that existed around it back then. Its original name was Cheppinge Walden.

Saffron was introduced in America when immigrants from the Schwenkfelder Church took a load of bulbs with them to the New World. Soon saffron crocuses were being grown in eastern Dutch Pennsylvania.

Throughout the millennia saffron has been a very valuable product. Breaking the code could lead to imprisonment and even execution.

Many people are not sure how to bring out the best in their saffron and add it to their dishes with little or no effect. There are various ways of using it, some cooks recommend putting it in alu foil and toasting it, or leave it to soak in a drop of boiling water to bring out the flavour and colour.

As an easy way of using it was elaborated by the Spanish restaurateur Manuel Seller who came up with this recipe for saffron essence: Place 100g white wine together with 3 or 4 grams of saffron in a pan and heat the liquid to 40ºC. Put it in a blender and buzz it for a few seconds until it is uniform.

Put the condiment in a jar and keep it in the fridge. It will keep for weeks and provides an easy and tasty way of using saffron to add colour and flavour to your dishes.
Know your Flours!

By Nina

I have recently been asked again about the different flours that are available in Spain. It is 2 years since I last wrote about them. This is not an advertisement for Mercadona, however, seeing as we’ve all got access to a Mercadona supermarket it seems logical to use their selection as a starting point. And it is a comprehensive selection indeed.

In the old days we had to make do with ‘harina de trigo’, wheat flour. And that was that. Ordinary ‘harina de trigo’ is what we would call plain or all-purpose flour. So I suppose that should be sufficient. However, the 21st century has arrived in Spain, and we can now choose exactly the right flour for the job:

Harina de fuerza is truly Godsend if you like making bread. It contains lots of gluten, which makes it rise easier than ordinary flour. Apart from good for bread it is also ideal for pizza bases and pasta.

Preparado para elaborar pizzas is, as the name suggests, a special blend for making pizza bases. The mix already contains raising agents, and the only things you need to add are water, oil and salt.

Harina integral de trigo is wholemeal flour. If you like making wholemeal bread or pizza bases, I recommend that you use maximum 50% wholemeal and mix it with strong flour, as wholemeal is not overly good at rising.

Preparado para rebozar is a blend for making batter. It contains egg already and needs only water adding to the consistency you prefer.

And as if that wasn’t enough, we’ve now got a special flour for the more delicate coating of vegetables: Harina de tempura.

Preparado para elaborar bizcochos is the Spanish equivalent to the British self-raising flour. A bizcocho is a soft cake or biscuit in general, but also a sponge cake. Use it as you would self-raising flour. Thank you Helen Sharp for pointing me in the right direction on this one!

Of course there are other types of flour apart from wheat flour. These are not all available in Mercadona and you may need a specialized shop for some of them. Here’s a quick list:

Harina de centeno – Rye flour
Harina de arroz – Rice flour
Harina de espelta – spelt flour (in fact a kind of wheat as well)
Harina de maíz – corn flour
Harina de avena – oatmeal
Harina de garbanzos – chickpea flour
Harina de quinoa – Quinoa flour
Harina de almendras – Almond flour

There are in fact even more kinds of flour available now, but I would get into unchartered waters, so let this suffice for now.

Make Your Fruit and Veg Last!

We are privileged here with the many markets where we can buy no end of fresh fruit and vegetables, and if you’re anything like me, you often end up giving in to the temptation of buying something that was neither on your list nor in your cooking plans.

But don’t despair, if you treat them right, they will keep until you need them.

For a start, keep ripe bananas, apples and tomatoes apart from other fruit and veg as they emit ethylene, which is a substance which speeds up the ripening process.

Do not put your bananas in the fridge, they lose flavour and get spotty. Keep them on the work top, and wrap the stem tightly in plastic if you want them to keep longer.

Keep your apples outdoors, e.g. in a polystyrene box. They don’t like high temperatures but are a hazard to your other fruit and veg in the fridge, so they should be banned.

Tomatoes lose flavour in the fridge and should be kept on the work top – well away from other fruit and veg. If they ripen too fast, do put them in the fridge, but at your own peril. Tomatoes that are just about to go off can be chopped and frozen to be used for cooking instead of tinned tomatoes.

If you buy fresh carrots, trim off the tops and discard them. They go gooey and affect your carrots adversely. Put the carrots in a plastic bag and keep them in the fridge.

Celery keeps for up to 10 days in a jar of water on the worktop. Do however change the water regularly.

Onions and potatoes want to be kept in a dark and cool place, but not in the fridge. Keep them in a dark place in a newspaper lined box.

If your lettuce goes limp, put it in a bowl of cold water for a while to liven it up – and in fact the same goes for radishes!

To keep your mushrooms as fresh as the day you bought them, cut off the root and wipe them as soon as you bring them home, or at least the same day. Then roll rows of three or four in a tea towel so that they don’t have too much contact. Keep them in the fridge, and after a week they still feel completely fresh and unslimy!
Puzzle Time

Reverse Word Search

Under new management

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Homemade Toppers (POT PIES)
Traditional Favourites
Kids Menu

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(Whilst we are getting our feet under the table we will have a reduced menu – look out for new editions)

Puzzle solutions on page 98

Each of these circled letters is the first letter of one or more of the words on the given word list.

Your task is to fill in the grid completely using only the given words. No word will repeat itself. Words can be positioned the same as in a regular word search horizontally, vertically or diagonally, reading frontwards or backwards.

Remember, any starting letter may be used by more than one word at the same time!

Allied Headrest Roomed
Barks Hover Rooting
Blood Hundreds Satin
Braiding Inane Scene
Canals Lander Shear
Caters Meditate Shift
Dirty Oldest Smart
Drabber Organ Smote
Drops Pecan Stewed
Elbow Piano Tawny
Epoch Privies Teams
Evenly Regrets Tools
Fining Resist Wharves
Frothing Rodeo
Glows Roles

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Running of the Wine Horses

On this day, locals recreate the legend in which the Knights Templar braved the Moorish armies besieging the castle to bring wine to the thirsty inhabitants, barricaded within. Horses dressed in spectacular embroidered mantels parade during the morning and then run up the hill to the Sanctuary in a race against the clock.

There is also a splendid Moors & Christians Parade

Comfortable flat shoes and a packed lunch are highly recommended

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Thursday 30th April
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La Zenia
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2nd May

Caravaca
14€ per person

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Our exclusively arranged mini break proposal for 2020 include:-

Granada - May
Cuénca - June
Salamanca - September
Route of Don Quixote - October
Valencia - November

Contact us for more details

Tell us where you would like to go?
Individuals or Groups
Are you part of an organisation that is planning a trip in the future - we can help you too.

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We look forward to hearing from you soon

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We look forward to hearing from you soon
Happy Father’s Day

In Spain every day has its own saint’s name, and the name of March 19th is San José – Saint Joseph.

Día de San José is a holiday in certain regions of Spain, but it is not a national holiday. It is also Father’s Day all over Spain.

And that is actually quite logical, because San José was, of course, Jesus’s father and the head of the Sacred Family.

After Santa María (Saint Mary) he is considered the most important of all saints by the Catholic Church because God chose him to protect His most valued treasure.

Numerous towns and cities all over the world have been named after San José, the most famous one probably being San José in California.

Also here in our little corner of Spain do we have a town by that name. It is a very attractive little fishing village turned tourist destination, which is a very popular place to visit; people from all over the world go there to enjoy its beautiful beaches and its many charms.

Father’s Day is celebrated in Spain much the same as in other countries. The tradition was started back in 1946 when the school mistress of a girls’ school took heed of her pupils’ fathers’ wish that their daughters had a day to honour them, just like they had one for the mothers.

She instigated Father’s Day on Día de San José because San José was considered a model father and family head. The idea spread slowly to other places, and by 1953 it had become a national phenomenon.

If you fancy a day out on March 19th, do go down to our local San José, it is well worth a visit, especially on its saints day.

19th MARCH – DÍA DE SAN JOSÉ

Concrete block paving or pattern imprinted concrete for your driveway?

As one of the first things that people often notice about a property, a well-maintained concrete driveway can add significant kerb appeal – and value – to your home. In fact, it can add as much as 10 per cent to the value of your home.

But you don’t just need to be thinking about moving house to reap the benefits of a brand-new driveway. The average car spends around 80% of its life parked at home, according to a report – and a tired or worn-out driveway with weeds or potholes can risk damaging yours.

Not only that, of course. A new driveway helps your home make a striking first impression with passers-by and visitors alike. So, has the time come to think about upgrading yours?

Upgrading your driveway – your options

A concrete driveway can often provide the best value for money when upgrading. Not only does it tend to last longer compared to other materials such as tarmac, concrete is strong and simple to maintain. Once you’ve decided concrete is right for your new driveway, you’ll have the choice of Concrete Block Paving (CBP) or Pattern Imprinted Concrete (PIC) to make.

But which one is right for your driveway?

Concrete block paving first became popular during the late 70s/early 80s. It was a time when customer choice was limited when it came to styles and colours – a few simple designs and a handful of colours was about as exciting as it got.

Concrete Block Paving?

Concrete block paving or pattern imprinted concrete – or stamped concrete – driveways are a relative newcomer to the scene. Instead of using individual blocks to create your finished surface, a layer of concrete is poured on a suitable sub-base. A colour is then applied, as well as a colour hardener.

To create the desired finished effect, the wet concrete has a patterned matt applied to it. You’ll have a choice of designs – from Ashlar Stone to Brickwork and Textured Stone. The idea of PIC is to replicate another material, giving the concrete – and your drive – a more appealing finish.

Concrete Block Paving or Pattern Imprinted Concrete?

To help you decide if CBP or PIC is the right option for your driveway, we’ve taken a look at the advantages and disadvantages of each. This way, you’ll be able to make a fully informed choice.

Continued on page 74 ....
What are the disadvantages of Concrete Block Paving?

- **Degradation**: The pointing between the blocks can degrade and erode, causing individual blocks to spread apart or become loose.

- **Cracking**: Concrete block paving can crack, especially if there are cracks in the sub-base. This can happen due to movement or settling.

- **Sinking/movement**: Concrete block paving can cause part(s) of a CBP drive to start sinking or moving – particularly under the weight of a car. It's not unusual to see uneven paving over time.

- **Poor installation or not using an appropriate sub-base**: When laying CBP, it's important to have a solid sub-base to prevent movement or sinking. Poor installation can lead to issues.

- **Adaptable/Adjustable**: While CBP is adaptable, it's important to use the right products and techniques to ensure a long-lasting, durable surface.

- **Long-Lasting**: Concrete block paving can last for many years with the right maintenance.

- **Attractive**: The wide range of styles, colours, and textures available with CBP means there are attractive, visually appealing options to suit every driveway.

- **Safety concerns**: CBP driveways can be slippery, especially after rain. It's important to use anti-slip materials and ensure proper drainage.

- **Resealing**: Pattern Imprinted Concrete (PIC) driveways require regular resealing to maintain the finish and protect the colour.

- **Drainage**: Without a proper drainage solution in place, water can accumulate and cause damage to the driveway.

- **Cracking**: Cracks can form in PIC driveways if the base is not properly prepared or if there are changes in the ground level.

- **Degradation**: The sealant used on PIC driveways can be very slippery, requiring regular reapplication to maintain safety.

- **Weed and moss**: Unlike CBP, Pic driveways can become an issue if weeds and moss grow in the gaps.

For all of us living or planning to start a life here in the southern parts of Spain, the al fresco lifestyle is one of the big draws. It's not unusual to see gardens with fruit trees and a pond or fountain. While it's important to ensure the garden is safe and legal, it's equally important to choose local plant species that are adapted to the climate and require minimal maintenance. This will not only make the garden easier to maintain but also contribute to the local environment.

The trick with keeping a beautiful, healthy, Mediterranean dream is to ensure that your outside space is a huge asset for your family. It’s particularly popular to have fruit trees where your visitors can go and pick oranges, lemons and limes off their own tree, as it feels like they are really living the Mediterranean dream.

Making the most of your Spanish garden - The trick with keeping a beautiful, healthy, Mediterranean dream is to ensure that your outside space is a huge asset for your family. It’s particularly popular to have fruit trees where your visitors can go and pick oranges, lemons and limes off their own tree, as it feels like they are really living the Mediterranean dream.

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On a more positive note, we are currently waiting on goose eggs. This is the time of years when the goose lay and we can’t wait! It is a brief period and unlike chickens which lay virtually all year round, the goose lay around 20 eggs and that is it until the following year. As our male goose are Greylag and the females are Pilgrim, they probably will not be fertile, but they certainly will not get wasted. If you have never tried a goose egg, but love eggs, and get the opportunity to buy them, give them a try. The yolk is enormous and creamy, and they are around 3-4 times the size of a chicken egg. Totally delicious!

Whilst we wait for the arrival of the goose eggs, it is the veg patch which has been getting the attention. Although we no longer plant on the scale we did a few years ago, we still have a nice array of veg on the grow. The first sowing of broad beans are now in flower, with another 3 or 4 lots all at different stages. The sprouts are green and leafy, with no sign as yet of sprouts showing. so fingers crossed they get a move on before the cabbage white caterpillars make a meal of them first! The garlic is looking strong and the carrots and parsnips are on their way. Soon it will be tomato planting, which is always one of our biggest successes. We always go down into the rambla and cut down bamboo to make the frames for the tomatoes, and we buy the plants from either the local farm shop or the local market. When you see any of these plants for sale, you know that is the time to plant them, so keep a regular eye on what seems to be in season and you can’t go wrong. That is about it for this month, thank you reading!

You can follow the progress of the family and farm on our Face Book page https://www.facebook.com/OliveTreeFarmSpain/

To contact us regarding restoration of your swimming pool, find Olive Tree Farm Pool Services on Face Book https://www.facebook.com/OliveTree-Farm-Pool-Services-297410080711334/ or contact us by email … olivetreefarmalmeria@outlook.com
The problem is that the bad guys will always be one step ahead, as that will never end. Good versus Evil, if you will.

Going on between the Virus Creators and the Guardians of our In truth though, there appears to be much dodging and weaving. They cannot, however, protect you from yourself. It is possible to introduce the virus by opening an infected email or memory stick. They have (or should if it has been updated) a list of all known viruses and will query anything data. They have (or should if it has been updated) monitor the comings and goings of your computer. These programs are basically gatekeepers and A VG but not overly bothered about what they do.

A computer virus is one type of “Malware” – a computer program, designed to adversely-effect a computing device. “Malware” encompasses computer viruses along with many other forms of malicious software, such as computer “worms”, ransomware, spyware, adware, trojan horses, keyloggers, rootkits, bootkits, malicious Browser Helper Object (BHOs), and other malicious software.

In days of old, when phone lines were still used to make calls (early to mid-eighties), the bad guys were mostly amateur hobbyists. They wrote pieces of computer code that were used to ‘cheat’ in computer games. Some progressed to writing malicious code, targeting business users. This period of “development” could be regarded as the learning phase. The early viruses were limited to self-reproduction only, as their method of problemmaking. The fledgling programmers had yet to realise their potential.

Early viruses were spread by Floppy Disc and local networks (generally limited to office buildings, industry and Universities) and were comparatively easy to detect and eradicate. They were also system-specific, written to attack a particular brand of computer. Their function was also mostly limited to denial of service attacks but as computer systems improved, so did the viruses.

Motives for creating viruses can include seeking profit (e.g. with ransomware), desire to send a political message, personal amusement, to demonstrate that a vulnerability exists in software, for sabotage and denial of service, or simply because they wish to explore Cybersecurity issues. The archetypal teenager sitting, surrounded by screens and empty pizza boxes in his parent’s cellar is now much more likely to be a victim than a hacker. Strangely enough, the virus “Stuxner” was created by The American & Israeli Governments (allegedly) in order to attack the Iranian Nuclear Industry. Disturbing.

Computer viruses are now much more complex in their construction and application. Rather than raging against “The Man”, most modern virus creators are much more interested in making money, disrupting institutions for financial or political gain, large-scale data gathering or straightforward theft. It is big business. After all, there are more than 4 billion users of the internet, Worldwide.

Common viruses are used to spread advertising or gain access to personal/financial information. Now that companies like Google have effectively commodified the advertising market, viruses have been developed that could be spread by Social Media, bombarding users with pop-up ads. Incidentally, there is a new Web Browser called ‘Brave’ that is focused on removing advertising and allows the user to choose what is thrust in front of them. More on that soon.

However, protecting your technology from viruses is not a dark art, taught at Hogwarts. The most valuable tools are common sense and vigilance. Not taking a Facebook quiz that asks for the month and year of your birth is one example. It might seem innocuous but four quizzes later and you could have given over enough personal information to clone your identity. It’s worth thinking about what information you are giving away. Being especially careful of opening unsolicited emails. Not opening unknown attachments. All are good practice.

When browsing the web, look at the web address for “https” at the start. This means that the website has a secured connection. And, before you click on a link (after searching Google for cheese, for example) you can hover the cursor over the web link without clicking. At the bottom of the screen you will see the real web address. If they don’t match, don’t click.

Update your software (Windows and Antivirus etc) on a regular basis and always use a brand-name antivirus program. Also, scheduling time to run a regular virus scan is good practice. And regularly update and back it up to a secure location.

There are several mainstream Antivirus products available, some for free and some not. I will be posting links to the major players on my Facebook page. Incidentally, most offer a product for smartphones and tablets and can cover more than one device.

Stay Safe!
Most people have faith in the intelligence of mankind, but if you read our article featuring some of the funniest help desk tickets as told by IT pros, your trust in humanity might have faltered a bit.

Unfortunately for the IT pros who have to fix computer problems, there’s seemingly no end to human error when using tech. But fortunately for everyone reading this many of these stories are pure comedy gold.

• I had a user come up to me and ask why their computer would not turn on. I go over to the desk and notice a pool of water so I immediately unplugged the computer and lifted it up. Water came pouring out of the side vents so the user says “oh, I spilled water on my desk, could that be the problem?”

• Person entering data on a floppy disk was told that she had to make a copy at the end of every day to provide a backup. About 6 months later, the disk became corrupt; so the technician asked if she had the copies. She opened a filing cabinet drawer and pulled out a stack of paper; on every sheet was a photocopy of the disk.

• I was walking through an office one day and a user said to me, “At last! It’s taken you long enough. I pressed F1 (help button) over 2 hours ago!”

• I got a call about a monitor not working. When going through the standard debugging steps, user said there were no lights, he could not find the power button, etc, etc. Then I ask, “Is there actually a monitor on the desk”, and answer was “no.” Someone had moved it.

• Once upon a time I had a user receive an email that our anti-virus software promptly quarantined. The user was frantic, “I must have that email!” I said, “I’m sorry, it has a virus. You’ll have to contact the guy who sent it, have him clean his computer of viruses, and resend.” He replied, “Can’t you just turn off anti-virus long enough for me to get this email?”

• One of my favourite repeating requests is, “I can’t remember my email password. Please email me a new password.”

• User calls saying mouse “isn’t working.” No problem says me… I grabbed a new one & headed over.

Upon arrival, user says, “And there’s that annoying red light shining in my eyes too!” I turned the mouse right-side-up and walked quickly out of earshot, promptly losing it with laughter!!!

• One day a user calls because her computer wouldn’t power on. OK, so I take the trip upstairs and sure enough no power to the CPU or monitor. I follow the power cords to a power strip, but I couldn’t see the power switch.

A head of lettuce in a grocery bag had fallen from her desk onto the switch and turned it off. We still laugh about the ‘Death by Vegetable’ ticket…”

• I had a user at my last job, who when it came time to reboot her computer would crawl under her desk, unplug every single cable, plug in every single cable, and come back up and tell me she rebooted. Even better when I had her log off and log on she did the same thing.

• Call from user: “my PC is screaming at me.” Found out the computer was beeping because the keyboard tray was holding several buttons down.

• I got a ticket stating “user is requesting to be changed back to Google from Chrome”

• Support Ticket #144: “myspacebarwillnotwork” – Description: “iwouldreallylikesomespacesoicanwork!”

• It’s a big problem when users start mistaking a can of WD-40 for canned air… that keyboard was never the same. “It’s sooo oily!!”

We hope you enjoyed our funny tech stories. We know that life can get rough in IT in the face of so much user error, but at least we’ve developed a great sense of humour to deal with it… right?
Last month, I wrote about Gordon Welchman. Unsung, and who was instrumental for some of the most incredible code breaking work at Bletchley Park during WW2. Judging by the queues of people lining up outside the shop wanting a signed copy, I thought I would remember another brilliant chap; Tommy Flowers. Tommy was responsible for the creation of the first programmable computer, which was key in the electronic communication decryption of German Teleprinter traffic toward the end of the war.

After his apprenticeship and obtaining a Degree in Electrical Engineering, Tommy went to work for the GPO’s (General Post Office) cutting edge research centre at Dollis Hill in North London. He worked on the idea of creating an all-electronic telephone exchange that could be programmed. Up until then, the stronger exchanges were electro-mechanical, slow, high maintenance and space hungry. By 39 Flowers had put forward plans for the modern exchange.

Alan Turing, working at Bletchley Park, had been responsible for creating the mechanical “Bombe” deciphering machine. He had heard about Flowers working with electronic switching and asked his boss at Dollis Hill if he could come up with a system to help decode some of the data produced by the Bombe. Tommy put forward his ideas. However, the project never took off. Instead, Turing, being so impressed by Tommy's work, asked him to set about designing a machine to decipher the German Lorenz code. This cryptographic system was much more complex than Enigma and was used in conjunction with the teleprinter system. The magical solution put forward was a piece of electronics containing something in the order of 1500 valves! This actually frightened staff at Bletchley, including Gordon Welchman, who said it would be unreliable due to the large number of valves. Gordon favoured a mechanical version. This however, would only work at a tenth of the speed. Flowers’ view was that valves were reliable if they were never switched off, which of course is spot on.

With the blessing of his boss and team at Bletchley Park, the system was developed and produced. Tommy later said, “This immediately started to produce Colossus. They gave him a brown envelope with a Grand in it. Great Alf! In fact, it was nowhere near what had been spent and he shared it with staff that had stuck by him. He wanted to create a computing system for commercial use, but could not get funding by the bank as they couldn’t see how such a machine would work. Ironically, he couldn’t say “look mate, I have made loads of these” as he was governed by the Official Secrets Act. How ironic? He continued his work at the GPO research establishment and put in place the first electronic telephone exchange installed at Highgate Wood in the early ’50s. Latterly, he worked for Standard Telephones and Cables where he headed a team working on modulation techniques for sending voice calls around the world.

His work on Colossus and related equipment, set the rules for modern day computing. It was all driven with a common clock signal for accurate synchronization of all different parts, the backbone of any computer today. He was never fully recognised for this, as he was governed by the Official Secrets Act. So, if you wouldn’t mind, sit up, a quick salute to Tommy Flowers. His work on Colossus and related equipment, set the rules for modern day computing. It was all driven with a common clock signal for accurate synchronization of all different parts, the backbone of any computer today. He was never fully recognised for this, as he was governed by the Official Secrets Act. So, if you wouldn’t mind, sit up, a quick salute to Tommy Flowers.

Seth. Zeta Services

By the end of the war, 10 Colossus were in service at Bletchley. As a lover of all things valves, this must have been a great sight! Just working out the power required to feed this hungry lot, would give rise to losing huge amounts of heat alone, on the basis that each valve would dissipate a couple of Watts! By ’45, the 11th machine was moved to GCHQ. It was put to use in cold War activities, monitoring electronic communication traffic from those naughty Ruskies. It was switched off in ’60.

Post war, the government recognised his personal investment in creating Colossus. They gave him a brown envelope with a Grand in it. Great Alf! In fact, it was nowhere near what had been spent and he shared it with staff that had stuck by him. He wanted to create a computing system for commercial use, but could not get funding by the bank as they couldn’t see how such a machine would work. Ironically, he couldn’t say “look mate, I have made loads of these” as he was governed by the Official Secrets Act. How ironic? He continued his work at the GPO research establishment and put in place the first electronic telephone exchange installed at Highgate Wood in the early ’50s. Latterly, he worked for Standard Telephones and Cables where he headed a team working on modulation techniques for sending voice calls around the world.

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Bletchley Park The Heroes - 3 part series - Pt.2

REPAIR & SERVICE OF ALL ELECTRONIC EQUIPMENT
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Martin Lewis, Citizens Advice and Facebook launch major initiatives to fight scam ads

Two major initiatives to combat online scam adverts have launched as a direct result of a campaigning defamation lawsuit by Martin Lewis.

After issuing High Court proceedings against Facebook, Martin agreed to settle his case out of court, in return for Facebook making a binding commitment to donate £3 million to set up the Citizens Advice Scams Action (CASA) service, to provide one-to-one support. Facebook also agreed to create a scam ads reporting tool, unique to Facebook in the UK.

These initiatives are crucial, as scam ads can have devastating consequences. Placed by criminals, the adverts often use fake celebrity images or endorsements to dupe people into investing in fake ‘get rich quick’ schemes, buying diet pills, and more.

They can lead to many people being conned out of cash – in a recent case a man in his 80s lost almost £50,000 – and have a serious impact on people’s mental health and self-esteem.

More than 1,000 scam and misleading ads were taken down as a result of Martin's complaint.

Here’s how the initiatives will work:

The Citizens Advice Scams Action project has launched – providing one-on-one help for consumers.

Shelly White

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This new, dedicated online scams service, funded by Facebook’s £3 million donation, will give specialist one-on-one help to those worried they’re being scammed and those who have already lost money. It will also do scams prevention work to identify, tackle and raise awareness of online scams in the UK. People who think they have, or are being, scammed online by ads or other methods can now get help through Citizens Advice Scams Action by calling 0300 330 3003 for one-on-one help.

In England, Scotland and Wales, they’ll also be able to get a face-to-face appointment with Citizens Advice. The service is expected to help at least 20,000 people in the first year. Facebook has launched a new unique-to-the-UK scam ads reporting tool, supported by a dedicated team. All UK users can flag ads they believe to be scams or misleading by clicking the three dots in the top right corner of every ad on Facebook, pressing ‘Report ad’, then choosing ‘Misleading or scam ad’ and then ‘Send a detailed scam report’.

This will alert a specially trained internal operations team who will handle these reports, and review and take down violating ads. That team will also investigate trends to help enforcement, and drive improvements. The tool and team are unique to the UK, as a result of the lawsuit.

MoneySavingExpert.com founder and chair Martin Lewis said: “The UK faces an epidemic of online scam ads – they’re everywhere. Yet disgracefully there’s little effective law or regulation to prevent them, and official enforcement is poor to non-existent, as these criminals are usually based outside of the EU.” That’s why I sued for defamation, bizarrely the only law I could find to try to make big tech firms understand the damage their negligent behaviour has caused.

Today should be the start of real improvement. The aim is to tap the power of what I’m dubbing ‘social policing’ to fight these scams. Millions of people know a scam when they see it, and millions of others don’t. So now, I’d ask all who recognise them to use the new Facebook reporting tool, to help protect those who don’t – which includes many who are vulnerable. Facebook’s new dedicated team will then hopefully respond quickly to ditch the scammers.

Sadly, we have to accept zero tolerance won’t mean zero occurrence. But my hope is it’ll squash the numbers of scam ads and the time those that do get through are live. This is only happening in the UK, on the back of the lawsuit, yet I suspect Facebook will see its success and soon roll it out to the rest of the world.

The irony is, with these new tools, Facebook should pull ahead of the pack. Many big tech players don’t make it anywhere near as easy for consumers to report scam ads, and they must step up. During the lawsuit negotiations I approached Citizens Advice and asked if it’d be willing to help in the fight against scam ads. I was delighted that it was so eager to do it, and that it’d have a couple of years of resources to try to tackle and repair the damage caused by the scourge of scams.

This is the first time there has been an online scam service, so it may be busy at first. Though it’ll soon become a firm fixture in the fight against scam ads.

“However, the resources won’t last for ever and I’d call on the other big players, to follow Facebook’s lead and put their hands in their pockets to fund CASA, and those who have been victims of scams served on their sites too.”
El Greco was a painter, architect, and sculptor who worked during the Spanish Renaissance in the middle ages. He was born on October 1, 1541, on the island of Crete, in the city of Candia (present-day Greece) born into a prosperous merchant family. He was known as one of the best painters in Toledo by the late 1570s.

In 1577, Greco arrived in Spain, which was the actual beginning of his life. He was commissioned to paint and to make statues for many artists of the entire country and created some of the best works of this period. He was also a music lover and employed many musicians, over the years, for his household.

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Caravaca De la Cruz & the Wine Horses

From the 1st to 5th May, Caravaca De la Cruz dresses up to enjoy its festival in honour of the Santísima y Vera Cruz de Caravaca. A main part of this festivity is the outstanding celebration of Wine Horses that takes place during the two first days. This has been declared of International Tourist Interest.

As well as the horses there are parades, battles of Moors and Christians and religious events, such as the Bathing of the Cross. The history of this unique fiesta centres around the extraordinary story of the Vera Cruz (True Cross). This fragment of wood is said to have been part of the cross upon which Jesus was crucified and it has protected the city since the 13th century.

The presence of the Vera Cruz in Caravaca is the reason for its status as a Holy City, one of only 5 in the world, on par with Rome, Jerusalem and Santiago de Compostela.

The legend dates back to the days of the Knights Templar, who had to seek refuge in the castle with the townsfolk because they were besieged by the Muslim armies. At one point the water supply became contaminated, people were becoming sick and dying of thirst, so the Knights were forced to leave the castle to look for fresh supplies. They couldn’t find any water, but they did find flagons of wine! These were tied onto their horses and without delay raced back to the battle site to give the Moors what was happening, bringing the precious liquid to the townspeople.

The wine was first blessed in the presence of the Vera Cruz, which was then bathed in the wine and when this was given to the people miraculously the sick and wounded were healed, and the contaminated water became drinkable!

On 2nd May each year, to commemorate this happening, 60 horses have to run together with each horse without ever releasing their hold so as not to be disqualified.

It can be extremely exciting and dangerous, as the streets are packed with onlookers who part to allow the horses to rush past just centimetres away!

Prizes are awarded for both the fastest horses and those with the most exceptional embroidered outfits.

The cloaks and hoods have all been embroidered by hand, often using gold thread, by members of the Peña (a group of family/friends), who work tirelessly all year to prepare for this special occasion.
1. Check your tyres.

Driving on worn tyres or with an incorrect inflation pressure on wet, snowy or icy roads causes a significant loss of adhesion. A loss that

2. Without lights!

The headlights not only illuminate, they also place the vehicle on the road. Driving without lights when these are necessary, or with

damaged or low lights, makes it difficult for other drivers to calculate the width and position of your vehicle.

3. Moderate your speed!

When we approach pedestrian crossings without traffic lights, residential areas, schools and buses that are at their stops we must

4. Use your indicator!

You will surely know from your own experience that there are

5. Stay in the correct lane!

On motorways and highways it is common to see drivers occupying

6. Stopping on a bus stop.

Stopping and parking on bus stops is disrespectful to other road

7. Give way or Stop?

Mandatory stop signs are usually located at crossroads where

8. Insecure cargo

Vehicles with poorly held loads can lead to risky situations for the

9. Opening the car door.

After parking, we take off our belts and get out ... Be careful! Before


When you park, occupying part or all of the pavement for whatever

other users is considered a serious infraction and a fine of €260.

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Driving on worn tyres or with an incorrect inflation pressure on wet, snowy or icy roads causes a significant loss of adhesion. A loss that

is accentuated when the depth of the main grooves of the tread is less

than 4 millimeters (remember, the minimum legal depth required

for passenger cars is 1.6 millimeters). Driving with a vehicle whose
tyres do not have a tread or do not meet the minimum conditions of
use is a serious infraction carrying a fine of €200 per tyre.

2. Without lights!

The headlights not only illuminate, they also place the vehicle on the road. Driving without lights when these are necessary, or with
damaged or low lights, makes it difficult for other drivers to calculate the width and position of your vehicle.

Before getting into your car, check the lighting of your vehicle: driving

without adequate lighting at times of poor visibility (sunset and

sunrise, at night, with fog ...) is a risk that can be avoided and is

considered a serious violation with a penalty of €200.

3. Moderate your speed!

When we approach pedestrian crossings without traffic lights,

residential areas, schools and buses that are at their stops we must

moderate the speed, or even stop the vehicle if necessary, to avoid

accidents. Violations of this rule for driving without caution or even

negligently are considered serious when they cause danger and are

sanctioned with up to a €200 fine.

4. Use your indicator!

You will surely know from your own experience that there are

manoeuvres (a lane change, for example) that are signalled at short

notice or not signalled at all, these can cause sudden and unexpected

shocks and risks. Warning your manoeuvres to other users is

mandatory and not doing so is a serious infraction with a penalty

of €200.

5. Stay in the correct lane!

On motorways and highways it is common to see drivers occupying

the centre and left lanes while the right is free. According to the

regulations, on interurban roads with more than one lane per

direction, cars must always drive on the right. Failure to do so,

hindering the driving of other drivers, is a serious infraction with a

€200 fine.

6. Stopping on a bus stop.

Stopping and parking on bus stops is disrespectful to other road

users and dangerous particularly to the pedestrians who may have to

walk into the road to get on the bus. That is why these are considered

serious infractions and incur a €200 fine.

7. Give way or Stop?

Mandatory stop signs are usually located at crossroads where

visibility is poor or zero. For this reason, you have to completely stop

the vehicle to observe that there is no risk. The law establishes that to

make another driver who has the right of way break or manoeuvre,

or not stopping at a regulated intersection with the mandatory stop

signal, is a serious infraction and is sanctioned with a fine of €200

and the loss of 4 points.

8. Insecure cargo

Vehicles with poorly held loads can lead to risky situations for the

vehicles behind, especially on high speed roads. Driving a vehicle

whose cargo has fallen onto the road due to poor strapping, creating
danger for other users is a very serious infraction with a €300 fine.

9. Opening the car door.

After parking, we take off our belts and get out ... Be careful! Before

opening the door, look in the rear view mirror, it can cause serious
damage to a cyclist who passes by your vehicle at that precise

moment. This type of negligent behaviour that causes danger to

other users is considered a serious infraction and a fine of €260.


When you park, occupying part or all of the pavement for whatever

reason, you ‘steal’ a vital space from pedestrians, possibly ‘pushing’

them to dangerous situations when they walk on the road to get past

the badly parked vehicle. Parking on pedestrian areas is a serious

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Puzzle Time

Puzzle solutions on page 98

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Regular Sudoku

Every Sudoku has a unique solution that can be reached logically.
Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9.

Easy

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## 2020 F1 calendar

1. **Australian Grand Prix**  
   Albert Park  
   Mar 13-15

2. **Bahrain Grand Prix**  
   Bahrain International Circuit  
   Mar 20-22

3. **Vietnam Grand Prix**  
   Hanoi  
   Apr 3-5

4. **Dutch Grand Prix**  
   Zandvoort  
   May 1-3

5. **Spanish Grand Prix**  
   Circuit de Catalunya  
   May 8-10

6. **Monaco Grand Prix**  
   Monaco  
   May 21-24

7. **Azerbaijan Grand Prix**  
   Baku City Circuit  
   Jun 5-7

8. **Canadian Grand Prix**  
   Circuit Gilles Villeneuve  
   Jun 12-14

9. **French Grand Prix**  
   Paul Ricard  
   Jun 26-28

10. **Austrian Grand Prix**  
    Red Bull Ring  
    Jul 3-5

11. **British Grand Prix**  
    Silverstone  
    Jul 17-19

12. **Hungarian Grand Prix**  
    Hungaroring  
    Jul 31-Aug 2

13. **Belgian Grand Prix**  
    Spa-Francorchamps  
    Aug 28-30

14. **Italian Grand Prix**  
    Monza  
    Sep 4-6

15. **Russian Grand Prix**  
    Sochi Autodrom  
    Sep 25-27

16. **Japanese Grand Prix**  
    Suzuka  
    Oct 9-11

17. **US Grand Prix**  
    Circuit of the Americas  
    Oct 23-25

18. **Mexican Grand Prix**  
    Autodromo Hermanos Rodriguez  
    Oct 30-Nov 1

19. **Brazilian Grand Prix**  
    Interlagos  
    Nov 13-15

20. **Abu Dhabi Grand Prix**  
    Yas Marina  
    Nov 27-29

## F1 Update

Races expected on this year’s calendar

There are 22 events on the schedule for the 2020 F1 season. They include the new Vietnam Grand Prix, which will be held at a street circuit in Hanoi during April, and the Dutch Grand Prix, which is returning to the schedule following a 35-year absence.

The Albert Park circuit in Melbourne will hold the first round of the championship as it has done every year since 1996, with two exceptions. The season will end at the Yas Marina Circuit in Abu Dhabi, which has been the season-closing race since 2014.

While the majority of races take place on permanent road courses, Hanoi will be the fourth street track on the calendar, joining Monaco, Singapore and Baku.

The Chinese Grand Prix, which was originally scheduled to take place from April 17th-19th at Shanghai International Circuit, has been postponed due to the Covid-19 Coronavirus outbreak. The race has not yet been rescheduled.

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## AlphaTauri reveal striking 2020 livery after Toro Rosso rebrand

Toro Rosso’s name change to AlphaTauri for 2020 has brought with it a stunning new livery, which was unveiled to the public at Red Bull’s impressive Hangar-7 facility in Salzburg, Austria.

The team’s new colours, which were shown off in a lavish launch ceremony-come-fashion show hosted by David Coulthard, were revealed by AlphaTauri’s retained driver pairing of Daniil Kvyat and Pierre Gasly, who also sported some eye-catching new teamwear.

This season will see AlphaTauri looking to build on the success of Toro Rosso’s most successful ever campaign in F1 last year, which saw both Kvyat and Gasly net podiums for the team, in Germany and Brazil respectively. The first time a Toro Rosso driver has appeared more than once on the rostrum in a season. That led to the team taking sixth in the constructors’ championship, equalling their best ever finish from 2008.

“It’s a big thing going on here,” said Kvyat at the launch. “New name for the team, new livery. Of course technically, the team is going to continue the evolution from last year. I would say it was a strong year in terms of the team’s performance last year.”

“Obviously the highlight was the podium for me in Germany and other strong races, so we just want to continue in this way for this year as well. There’s a lot of hard work behind the scenes and we’re hopeful for a good year.”

“We finished the [2019] season really well with the podium in Brazil,” added Gasly. “We had a good couple of races, so we need to keep the momentum. The team has a great energy, everybody is super motivated so we just need to get on track now.”

AlphaTauri, meanwhile, will continue to benefit from the close working relationship with their Red Bull sister team through the Red Bull Technology synergy, while the Faenza, Italy-based squad – who began life as Minardi back in 1988 – will also share the same Honda power units as Red Bull.

After the AT01’s on-track debut at Misano, the team headed off to the Circuit de Barcelona-Catalunya, where official pre-season testing was held on February 19.
Tips for Fuel-Efficient Driving

Here are some tips on fuel-efficient driving that will not only reduce greenhouse gas emissions and other pollutants, but could save you hundreds of euros a year in fuel costs.

Avoid Aggressive Driving

“Jack-rabbit” starts and hard braking can increase fuel consumption by as much as 40% and tests show that this reduces travel time by only four percent, while toxic emissions were more than five times higher. The proper way is to accelerate slowly and smoothly, then get into high gear as quickly as possible. In city driving, nearly 50% of the energy needed to power your car goes to acceleration.

Deceleration also affects fuel efficiency. Instead of breaking to stop your car, anticipate traffic flow as much as possible and coast to decelerate. In fuel-injection vehicles, removing your foot from the accelerator automatically stops the flow of fuel to the engine until the engine speed drops to idle—when it starts again to ensure your car doesn’t stall. Coasting to decelerate also saves wear and tear on your brakes.

Drive Steadily at Posted Speed Limits

Maintaining a steady speed helps your engine perform efficiently. In one study conducted in Japan, small variations in speed were shown to increase fuel consumption by as much as 20-48%. Instead of allowing small dips in speed followed by bursts of acceleration, maintain a steady speed.

When traveling in hilly terrain and where traffic permits, allow your car to slow down naturally when traveling uphill and to speed up again when going downhill.

Avoid Idling Your Vehicle in Both Summer and Winter

Idling wastes fuel, gets you nowhere, and produces unnecessary greenhouse gases. If you’re going to stop for more than 30 seconds, except in traffic, turn off the engine. In winter, don’t idle a cold engine for more than 30 seconds before driving away. Older vehicles, however, may need more idling time when first started. In cold, wintry conditions, all vehicles may need more idling time to warm up and ensure the windshield is fully defogged.

Make Sure Your Tyres Are Properly Inflated to Prevent Rolling Resistance

Under-inflated tyres can cause fuel consumption to increase by as much as 6%. Check tyre pressure at least once a month, when the tyres are ‘cold’ (i.e. when the vehicle has not been driven for at least three hours or for more than 2km).

To determine the correct tyre inflation for your car, consult the car’s operator manual or ask your tyre dealer. Do not inflate your tyres to the ‘maximum allowed’ pressure which is marked on the side of your tyres.

Select the Right Gear

Change up through the gears and into top gear as soon as possible without accelerating harder than necessary. Driving in a gear lower than you need wastes fuel; so does letting the engine labour in top gear on hills and corners. Automatic transmissions will shift up more quickly and smoothly if you ease back slightly on the accelerator once the car gathers momentum.

Use Your Air Conditioner Sparingly on Older Cars

Using a vehicle’s air conditioner on a hot summer day can increase fuel consumption as much as 10% in city driving. If it’s cool enough, use the flow-through ventilation on your car instead of the air conditioner. At low speeds, opening the window will also reduce A/C use.

At higher speeds, however, using the A/C may be more efficient than the wind resistance from open windows and sunroof. Later model cars have more efficient air conditioning units, and the fuel saved by shutting down the A/C is not significant. In newer vehicles, roll up the windows and enjoy the A/C during hot weather.

Use the Cruise Control

On long stretches of highway driving, cruise control can save fuel by helping your car maintain a steady speed. However, this efficiency is lost on steep hills where the cruise control tries to maintain even speeds. In hilly terrain, it is best to turn off the cruise control.
Vista Azul: Front line 2 bed, 1 bath apartment with amazing sea views from the private terrace. Easy parking, communal solarium & close to amenities. Huge potential.
A1395 89.000€

Harbour Lights: Stunning top floor apartment with stunning views over the harbour. This 2 bed, 2 bath apartment is modern, well maintained with a parking space and communal pool.
A1398 160.000€

Oasis del Mar: A fabulous soon to be 3 bed front line apartment on this prestigious development. 100% wheelchair friendly. Modern & well maintained, 33m² terrace with great sea views. Communal pool & parking space.
A1395 240.000€

Pueblo Dorado: Stylish 3 bed, 2 bath apartment with enormous terrace, sea views, underground parking space and a separate storage room. There is also air conditioning throughout. Communal swimming pool.
A1396 175.000€

Paseo del Mediterráneo: 3 bed, 2 bath property with direct access to the beach. All on one level with a gated entrance and a fully walled plot. Very special outside space where you can sit and enjoy the sound of the sea, BBQ and entertain.
DV1496 649.000€

La Mata: 3 Bed, 2 Bath, Penthouse apartment with views over the large communal pool & gardens, to the sea. Parking available, private terrace & solarium. A/C and property to be sold fully furnished.
A1387 199.950€

Playa y Golf: Superb golf penthouse with solarium + golf, mountain & sea views. 3 beds, 2 baths, A/C. Underground parking & storage room. Community pool.
A1378 235.000€

Diego Egea: A beautifully modernised 2 bed, 1 bath, ground floor apartment in an excellent location for shops, restaurants, bars & beaches. Part furnished.
A1379 108.000€

Calle Jaen: Spacious 4 bed, 3 bath detached villa situated on a corner plot with a double integral garage, private terrace & solarium. Sensational sea views & close to amenities.
DV1494 369.000€

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