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COSTA AZAHAR

for all English speakers

Aug 2009 issue 16



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# EDITORIAL

## MEET BOB THE EDITOR

WELCOME TO THE  
AUGUST ISSUE COVERING  
CATALUNYA AND COSTA  
AZAHAR.

August was named in honor of  
Augustus Caesar. It has 31 days because  
Augustus wanted as many days as Julius  
Caesar's month of July had\*. Previously  
names Sextilis in Latin, it was the sixth  
month of the Roman calendar. \*They took that  
extra day from February, which DID have 29 days  
(30 days during Leap Years)

Birthstone: Peridot

Flower: Glaiolus

◇◇◇◇

No more pencils....

no more books...

No more teacher's dirty looks!

Out for summer!

out till fall,

We might not come back at all

.... school's been blown to pieces.

-Song by Alice Cooper, 1972

◇◇◇◇

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## What's News

In Spain 6

Can it be True? 3 &30

News from California 18

Your Horoscope 11

## Leisure & Entertainment

The Lighter Side 14

Privacy with emailing 32

## Nature & Animals

News Hounds and more 12

## Home & Garden

Challenges of gardening in Spain 28

Property buying quick guide 24

How to heat your pool 21

## Finance

**NEW** Your Q & A's by Black tower 22

## What's On

Benicarlo Patronal 20

Festa de Sant Magi Tarragona 26

## Gourmet

Treat your taste buds 29

Olives & Popcorn 27

Crossword- Spanglish 19

## Health & Well Being

Self help- lower back 33

Yoga for all 16

## Sports Life

Wimbledon ditches rules... 31

Property for Sale by Owner 36

Distribution Points 2

Classifieds 34

Business Card Directory 36

# CONTENTS

Page 20

*Festes Patronals*



Page 22



Page 26



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**F**our Weeks Paternity Leave Following the approval of a measure by the Commission of Equality this week, Spanish men will be entitled to four weeks maternity leave from 2011. This is an increase from the 15 days allowed by the law of 2007, which was to rise progressively to four weeks by 2013.

**T**arifa fire stabilised after destroying 290 hectares 700 tourists evacuated from a nearby hotel were allowed back late on Saturday 18th July. The forest fire affecting the Sierra de la Plata near Tarifa was said to be stable at midday on Sunday after blazing for more than 24 hours and destroying 290 hectares of land. The emergency alert was brought down to Level 0, with no more danger of the flames affecting inhabited areas. The 700 people evacuated from the Hotel Meliá Atlanterra and the Jardines de Atlanterra urbanisation were allowed back late on Saturday after they were evacuated to a local school earlier that day. Saturday's fire-fighting effort was hampered by winds of up to 80 kms an hour and winds in the area were still reaching speeds of up to 45 kms an hour on Sunday. The Junta de Andalucía's environment department however told El Mundo newspaper there was no further risk

of the fire spreading outside its perimeter. Oaks and Eucalyptus trees are among the area of scrub affected by the blaze which could clearly be seen from the beach on Saturday.

Meanwhile there was also a large fire in Agramunt, Lleida on Friday 17th July. It was brought under control by fire crews on Saturday, but not before it had affected 5,100 hectares, 27% of which was forestry land. One person died as a result of the fire which is believed to

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have been started by a falling electricity cable. And one thousand hectares were destroyed by another fire in León, which was reported to be under control on Sunday 19th July.

**2** 4 arrested in operation against counterfeit Euros in Spain The group brought the money into the country onboard low cost flights. 24 people have been arrested in Barcelona, Tarragona, Lleida, Girona and Bilbao, for introducing counterfeit Euro notes into Spain. 60,000 € in false 50 and 20 Euro notes has been recovered in the operation. National Police say



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that the 24 brought the money into the country from several European countries using the network of low cost airlines, and also took part in drug-trafficking activities in Vizcaya, and prostitution in Bilbao. The false money would then be passed on by the group in street markets, bars, restaurants and fairs in the north of the country.

**T**he master of spoof promotes Spanish parody film Leslie Nielsen stars in the promotional trailer for Spanish Movie with the Málaga comedian Chiquito de la Calzada. A new film from Telecinco Cinema is released this autumn, the first film to parody Spanish cinema. Directed by Javier Ruiz Caldera and filmed in Barcelona over 10 weeks, 'Spanish Movie' is a spoof of successful Spanish films including El Orfanato, Alatriste and Volver, and Telecinco have chosen none other than the master of parody movies, Leslie Nielsen, to star in its promotional trailer. He's seen being given a lesson in Spanish humour by the Málaga comedian, Chiquito de la Calzada. Unfortunately, neither appears in the film itself.



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**T**he Government cancels the excess use power surcharge The Ministry for Industry has announced it is to eliminate the controversial charge for excess use of electricity. The Spanish Federation of Numerous Families is among those to welcome the decision, considering that the excess charge which was being levied on a per-property basis took no account on whether the property was occupied by a large family or a single person. The charge had been introduced in July last year. Meanwhile in a separate decision users who suffered an extended power cut in Barcelona in 2007 have been told they can apply for compensation. A judge has fixed payments between 122 and 300 €.

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**P**ay Your Fines by Credit Card The new traffic laws recently approved by the Spanish Congress, contain provision for payment of traffic fines by credit card. Other novelties include fixed amounts for various levels of offence; €100 for light offences, €200 for mid level, and €500 for very serious ones. Discounts for prompt payment will go up from 30% to 50%.



**N**o problems for the nudists of Sitges Nudists and clothed bathers are sharing the beach without problems. A year ago the beaches of Sitges, near Barcelona, which were used traditionally by nudists, saw the local Town Hall erect signs welcoming families. At the time the council said that they did not want to ban nudists, but stop the exclusive nudist character of the beach. The nudists protested at the time and even won a court order for the sign to be removed as it was considered discriminatory. Now, a year on, the story is different as beaches in the town see a mix of both clothed and naked bathers. As one woman told Público, 'If the families with children are prepared for the children to be nudist too, then there is no problem'. A new sign this year simply describes the beach as 'beautiful and clean' and everyone it seems is happy with that.

**T**he lion cub who was top dog in Salou Police saw him being walked on a lead through the town. A six month old lion cub is due to be moved to a specialist animal protection society this Monday, after being confiscated by police who spotted it being walked on a lead through the streets of the popular tourist resort of Salou, in Cataluña. The man who owns Simba was given the animal by a friend who had bought the lion from a circus in Girona, El País reports. The cub's new owner kept his 'pet' in a warehouse, feeding him on three chickens a day and exercising him with walks in the town and even along the beach. Simba has been in an animal rescue centre in El Garrat, Barcelona, since Tuesday, where the manager says he now at least has the company of other animals in the neighbouring cage.

**F**ipping Cops Fine for Flip Flops I have just been informed that the Guardia Civil in Costa Blanca are coming down hard on flip flops, or to be more precise the wearers of flip flops, especially those who wear them whilst driving. Drivers are being stopped at regular Guardia checkpoints and being fined 30 euros for wearing flip flops. At first, I have to admit, that I thought that this may be a money making scheme, thought



up by a strapped for cash police force in the midst of an economic recession. However, the Guardia Civil confirmed that it was indeed an offence to wear flip flops, or as they stated any shoe without a back, whilst driving as it could impede the use of the foot pedal should it slip off. We also checked the Highway Code in the UK, which states: "You should ensure that all clothing and footwear do not prevent you using the controls in the correct manner." So, there you have it flip flop wearers of the Costa Blanca: you have been warned!

**D**runk Briton gives out 52,000 euros at airport A drunk semi-conscious British man was detained by police at Palma de Mallorca airport where he was sharing out 52,000 euros in cash and travellers' cheques among passengers on recently. Police say the man, who is 59 and has been identified only by the initials JBN, had arrived on a flight from Manchester. Officers say his appearance was 'that of a tramp', he was dirty and he smelt foul. Police contacted the British Consulate in Palma de Mallorca and discovered the cash was in fact his own, allegedly obtained via a substantial inheritance. Once he sobered up at the local station, the man was sent back to the UK by plane the following day. .



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NEWS of the World readers have no interest in how the paper gets its celebrity sex stories, as long as it gets them, it was confirmed last night.

As the tabloid faced legal action from celebrities whose phones were tapped and Tory leader David Cameron stood by his beleaguered spin doctor, the paper's readership said its priority would continue to be all the stories about sex.



I wonder whose been doing all the sex this week?"

Margaret Gerving, a retired headmistress from York, said: "I had no idea who Andy Coulson was and I've been reading the paper for 35 years. But now I do know I would just like to say thank you very much for all the sex stories."

She added: "In a way I do feel rather sorry for those poor journalists. Poring over transcripts of Gwyneth Paltrow

Tom Logan, a reader from Grantham, said: "I think I would have been disappointed, perhaps even a little bit hurt, if they had not been tapping Gwyneth Paltrow's phone on my behalf.

going on and on about AIDS and tofu and Chris Martin crying when he orgasms would have done my frigging nut in."

Publisher Rupert Murdoch said: "I was shocked to discover that I even owned a tabloid newspaper let alone one that uses highly questionable and innovative methods to deliver page after full colour page of stories about celebrity intercourse and all for just £1."

He added: "AH HA HA HA HA HA HA! AH HA HA HA! Ah ha! Ah ha... Ha... "AH HA HA A HA HA HA!"

"To be honest I've never really given much thought to how they get the stories, but I suppose on a sub-conscious level I've always just assumed it involved money and/or breaking the law.

"At least now I know the stories were all true, as if that's ever made the slightest difference. Anyway,

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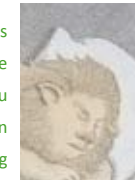
**CAPRICORN** Dec. 22 - Jan. 20  
Much is going on with partnerships, sharing, shared finances, and work this month, dear Capricorn. August is strong for negotiating and ironing out differences with a special someone in your life. Love matters are both demanding and rewarding, particularly towards the last week of the month.



**CANCER** Jun. 23 - Jul. 22 -August is a month in which you are hatching plans, resting more than usual, and experiencing less personal energy, dear Cancer. You are instinctively preparing for a more outgoing phase starting in the last week of the month, when energy returns, particularly when it comes to career matters.



**AQUARIUS** Jan. 21 - Feb. 19  
The delicate balance between your needs for independence and your needs for close personal relationships is a big issue for you in August, dear Aquarius. Balancing can sometimes feel like a tug of war, but keeping alert to the heart of the matter will give you perspective and ease the tension.



**LEO** Jul. 23 - Aug. 23  
The spotlight is on you, your needs, and how you present yourself to others in August, dear Leo. Your mind is focused on security, finances, and practical matters. Matters of the heart touch you deeply, and could involve some personal sacrifices.



**PISCES** Feb. 20 - Mar. 20 -Life might seem a little chaotic in August, dear Pisces, as you feel pulled in many directions. However, if you take extra time for relaxation and reflection, which the cosmos fairly forces you to do from the 1-8, you will find the energy to balance it all.



**VIRGO** Aug. 24 - Sep. 23  
August is often a month of endings and some cocooning for you, dear Virgo, as you instinctively need to assess what needs to go and what to carry forward into your upcoming birthday year. However, this year, it's likely to be more active than usual.



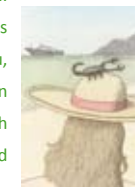
**ARIES** Mar. 21 - Apr. 20 -The focus is on your personal life and goals in August, dear Aries. While much contentment can be found at home, you're also more than willing to enjoy leisure activities and to make new plans for keeping organized and efficient on the job, particularly around the 17th..



**LIBRA** Sept. 24 - Oct. 23  
While others are seeking you out this month, dear Libra, you are not especially communicative when it comes to sharing personal matters, until after the 25th. You are thinking things through and keeping your ideas and plans to yourself.



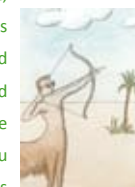
**TAURUS** Apr. 21 - May 21 -August is strong for romance and finances for you, dear Taurus, although impulsiveness is an inclination in both areas. Conversations with others are for the most part healthy and forward-looking.



**SCORPIO** Oct. 24 - Nov. 22 -  
Life isn't especially private for you this summer, dear Scorpio, and August is no exception. Home life requires special consideration from the 1-7, and again on the 17-18, even if work seems more of a priority. You've been expanding your personal circle and home life is sometimes chaotic.



**GEMINI** May 22 - Jun. 22 -In August, the spotlight is on your home and family, as well as necessary errands, paperwork, and learning. You've been quite "me" focused recently, and a restless urge is likely to take hold in the first week of the month. You are reminded of important responsibilities surrounding family and finances mid-August.



**SAGITTARIUS** Nov. 23-Dec. 21  
You are very busy thinking ahead of yourself in August, dear Sagittarius. Next month is strong for career matters, and this month, you are hatching many plans along those lines. Financial matters require special consideration on the 25-26.



## THE SUMMER WARS



It is summertime again, time for those enjoyable outings to hike in the hills or bathe at the beach; beware though, all that glitters may not be gold! While enjoying this warmest time of the year be wary as the time is also wonderful for fleas, ticks, mosquitoes, and biting flies, to name a few ectoparasites, whose life cycles are also in full bloom these days and will continue to do so until the autumn.



These pests not only bother our pets but may also pester us at times as well. If you have not yet instituted flea and tick control it is time to revise and re-evaluate the products that have worked for you in the past, hoping that the fleas did not develop resistance this year to last years products, which with regard to some of the commercial preparations is all to frequent a phenomenon. If this has occurred then the best solution is to find a couple of different products and alternate their use to stay ahead of the defence mechanisms of these interlopers. Remember that it is important to control the environment first and your animals second, otherwise you may find the war lost prior to the first shot being fired.

When we bathe in the ocean or in a pool we rinse the salt or the chlorine off afterwards with fresh water, this is the least we can do for our animals as well. This will help to reduce the all to frequent summer eczemas. Over shampooing, even with the mildest medicated prepared shampoos, rather than resolving skin problems may aggravate them by reducing the natural defences in the skin and it's secretions. When in doubt consult a professional.

The drought we are experiencing has it's effects on our animals as well. The increase in ectoparasites, as discussed above, may be coupled with an increase in diseases or conditions they may cause secondary to their presence. If the water isn't fit for us to drink we ought to be giving our animals the same bottled water we drink.

Make sure in the heat they have abundant water available



as well as a shady spot to take refuge. They should be in a well ventilated area.

Remember, if travelling with your dog and having to leave him in the car for a short while, think twice. Even leaving the windows partially open may not provide sufficient cooling properties as shown in the sad case of the two police dogs in England that died recently although only being left unattended for just a few minutes. Should you be concerned that your dog is overheating or showing signs of distress immediate action can be taken to help him. Firstly, cool his feet by hosing him down or placing his feet in a bowl of cold water and secondly, seek professional advice because heat stroke can be fatal.

Dogs "sweat" or thermoregulate (as we say in the trade) through their feet and by panting and therefore cooling the feet is the fastest way of alleviating their heat distress.

## Happy Holidays

Ronald J. Rosenfeld D.V.M.

Flea allergy dermatitis (FAD) is the most common veterinary dermatologic condition in the world. It begins with the bite of a flea. The saliva of the flea contains amino acids, aromatic compounds, fluorescent materials, polypeptides, and phosphorus. The main thing that dog owners notice is scratching, chewing, licking, biting, and other signs of pruritus. Sixty one percent of flea allergic dogs develop clinical signs between 1 and 3 years of age.



Flea allergy resulting in scratching and severe alopecia.



Graduated from  
the Royal Veterinary College  
Monday - Friday:  
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As animals age, with continued exposure to fleas, the degree of hypersensitivity may wane. FAD is uncommon in dogs less than 6 months of age. Patients usually have papules, crusts, salivary stains, excoriations, and

erythema in a wedge-shaped pattern over the lumbosacral region, caudal thighs, proximal tail, ventral abdomen, and around the umbilicus. With chronic itching the areas become alopecic, lichenified, and hyperpigmented and the dog will develop an odor related to secondary infections with *Staphylococcus intermedius* and *Malassezia pachydermatis*. Some of those patients will have recurrent tapeworm (*Dipylidium caninum*) infestations from ingestion of the fleas.

A. M. P. A. R. E. The society for the protection of animals Ebro region.

Based in Mora La Nova. We desperately need to re-home dogs to

**A.M.P.A.R.E.**  
**PROTECTORA D'ANIMALS**  
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Isabel: 977 404 720 / 657 905 465 Spanish/ Catalan  
www.naturahumana.com/ampare

make room for more! We have over 200 dogs for adoption. Lynn 638 731434 English Isabel 977 404720 Spanish/ Catalan Donations always appreciated.

"HELLO, I AM ENCARNIA THE ANIMAL REFUGE TERRES

i have adopted an abandoned dog. Have you?

Alberg d'Animals de les Terres de l'Ebre

657 18 14 37  
619 84 87 78

www.albergdanimals.com

EBRE, PLEASE HELP ME!!! I HAVE 20 PUPPIES AND 70 DOGS, 40 CATS PLEASE I NEED FOOD FOR DOGS AND CATS....."

CALL ARCA TODAY TO PROVIDE A HOME TO ONE OF 200

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Hundreds of lovely dogs need homes  
Donations and Volunteers needed  
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Sue (English) 630 791 918, Carmen 655 040 359  
protectora.arca@wanadoo.es  
http://www.protectoraarca.org/

DOGS NEEDING A LOVING HOME or IF YOU CAN VOLUNTEER ANY ASSISTANCE WITH THE DOGS







LIVE PRESS



Say No to Cadbury's merging with Nestle



## THE WEDDING TEST

I was a very happy man. My wonderful girlfriend and I had been dating for over a year, and so we decided to get married. There was only one little thing bothering me...It was her beautiful younger sister.

>

My prospective sister-in-law was twenty-two, wore very tight miniskirts, and generally was bra-less. She would regularly bend down when she was near me, and I always got more than a nice view. It had to be deliberate. Because she never did it when she was near anyone else.

>

One day her 'little' sister called and asked me to come over to check the wedding invitations. She was alone when I arrived, and she whispered to me that she had feelings and desires for me that she couldn't overcome. She told me that she wanted me just once before I got married and committed my life to her sister.

>

Well, I was in total shock, and couldn't say a word.

>

She said, 'I'm going upstairs to my bedroom, and if you want one last wild fling, just come up and get me.'

>

I was stunned and frozen in shock as I watched her go up the stairs. I stood there for a moment, then turned and made a beeline straight to the front door. I opened the door, and headed straight towards my car.

>

Lord... and behold, my entire future family was standing outside, all clapping!

>

With tears in his eyes, my father-in-law hugged me and said, 'We are very happy that you have passed our little test. We couldn't ask for a better man for our daughter. Welcome to the family.'

>

And the moral of this story is:

>

Always keep your condoms in your car.



"And now I just step back and let the grilling process destroy any nutritional value it might have had."



MICROWAVES are also time machines?



The look on this dog's face is priceless..... I'm not smellin' those!

A DARK AND STORMY NIGHT...  
They were together in the House.  
Just the two of them.

It was a cold, dark, stormy night. The storm had come quickly and each time the thunder boomed he watched her jump. She looked across the room and admired his strong appearance...and wished that he would take her in his arms, comfort her and protect her from the storm. Suddenly, with a pop, the power went out... She screamed...

He raced to the sofa where she was cowering. He didn't hesitate to pull her into his arms. He knew this was a forbidden union and

expected her to pull back. He was surprised when she didn't resist but instead clung to him. The storm raged on...



They knew it was wrong... Their families would never understand... So consumed were they in their FEAR that they heard no opening of doors...just the faint click of a camera.....

## Quick Check for Alzheimer's

The following was [allegedly!] developed as a mental age assessment by the School of Psychiatry at Harvard University.

Take your time and see if you can read each line aloud without a mistake. The average person over 40 years of age cannot do it!

1. This is this cat.
2. This is is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is fart cat.
9. This is busy cat.
- 10 This is for cat.
- 11 This is forty cat.
- 12 This is seconds cat.

Now go back and read the third word in each line from the top down.



"Don't forget to check your child's homework" The teacher sent a note home with the student asking about the odd drawing and a note accompanied the child the following day explaining the drawing's meaning>

Dear Mrs. Jones,  
I wish to clarify that I am not now, nor have I ever been, an exotic dancer. I work at Home Depot and I told my daughter how hectic it was last week before the blizzard hit. I told her we sold out of every single shovel we had, and then I found one more in the back room, and that several people were fighting over who would get it. Her picture doesn't show me dancing around a pole. It's supposed to depict me selling the last snow shovel we had at Home Depot.

From now on I will remember to check her homework more thoroughly before she turns it in.

Sincerely,  
Mrs. Smith

AWESOME TOILET  
THE LADY IS GETTING READY TO ENTER!! This is a picture of a public toilet in Houston?

Now that you've seen the outside view, take a look



at the inside view...

Now would you... COULD YOU....???

BATHROOM PAINTED FLOOR!!!  
IMAGINE YOU ARE AT A PARTY

Tenth floor of a hi-rise building.... and then you have to visit the bathroom.... You open the door... NOW, REMEMBER THE FLOOR IS

JUST A PAINTED FLOOR! KINDA TAKES YOUR BREATH AWAY....

DOESN'T IT?

Would this mess up your mind???  
?Would you be able to walk ?in To ?this bathroom???

THIS IS A CEILING MURAL IN A SMOKER'S LOUNGE.





## YOGA FOR ALL

Jennifer Aniston does it. Reports are that Liv Tyler, Halle Berry, Madonna, David Duchovny and supermodel Christy Turlington do it, too. Many professional athletes are said to be

recalling their physical activity (including yoga) and their weight between the ages of 45 and 55. Researchers then analysed

the data, teasing out other factors that could influence weight change - such as diet or other forms of exercise.

doing it in an effort to improve their games. The "it" is yoga, a sophisticated mind-body exercise many believe can do everything from tighten your bottom to change your outlook on life. But can this no-strain, work-at-your-own-level exercise really help you lose weight? It's true most types of yoga don't have anything near the calorie-burning power of aerobic exercise. A 150-pound person will burn 150 calories in an hour of doing regular yoga, compared to 311 calories for an hour of walking at 3 mph. But it is exercise, after all, and many practitioners believe yoga can indeed help people take off extra pounds. "Yoga is a phenomenal way to put you in touch with your body the way nothing else can, and yes, you will lose weight," says instructor Dana Edison, director of Radius Yoga in North Redding, Massachusetts.

Celebrity yoga trainers Ana Brett and Ravi Singh, who have worked with such celebrities as Madonna and Gwyneth Paltrow, also believe in yoga's weight-loss powers. "We have seen it in ourselves, we have seen it in our clients - yoga can give you a real workout even if you are a beginner," says Ana Brett.

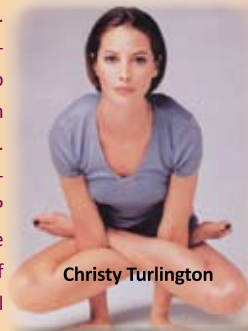
### How Does It Work?

In 2005, medical researcher and practising yogi Alan Kristal, DPH, MPH, set out to do a medical study on the weight-loss effects of yoga. With funding from the National Cancer Institute, Kristal and colleagues at the F H Cancer Research Centre in Seattle led a trial involving 15,500 healthy, middle-aged men and women. All completed a survey

The end result: They found yoga indeed helped people shed pounds, and at the very least save them from gaining weight. "Those practising yoga who were overweight to start with lost about 5 pounds during the same time period those not practising yoga gained 14 pounds," says Kristal. For the study, he says, practising yoga was defined as at least one 1 hr. session per week for one or more years. Kristal says it's not clear just how yoga might help people keep off the pounds, at least from a scientific standpoint. His own opinion is that the effects are subtle, and related to yoga's mind-body aspects. "The buzzword here is **mindfulness** -- the ability to observe what is happening internally in a non-reactive fashion," he says. "That is what helps change the relationship of mind to body, and eventually to food and eating." Yoga makes you more susceptible to influence for change - so if you are thinking you want to change your lifestyle, you want to change the way you think about food, you want to get over destructive eating patterns, yoga will help give you the spiritual connection to your body that can help you make those changes. Another idea is that yoga forges a strong mind-body connection that ultimately helps make you more aware of what you eat and how it feels to be full. Essentially, in yoga you learn your body is not your enemy, and the conscious awareness of the body that you gain translates into better appetite control.

### Making Yoga Work for You

One thing all experts agree on is that yoga can be a terrific introduction to the world of fitness.



Christy Turlington



Christy Turlington



Madonna  
Madonna



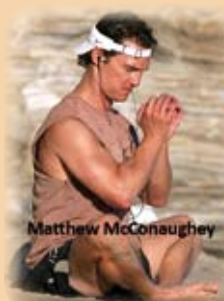
Sting

To help get you started, they offer these tips:

1. Practice in a room without mirrors, and put the emphasis on your internal experience rather than your outer performance.
2. Learn to experience the sensation of movement, down to the tiniest micro movement.
3. Always try to find your "edge" -- the place where your body feels challenged, but not overwhelmed. When you achieve this, keep an open, accepting state of mind and breathe deeply.
4. Give yourself permission to rest when you're tired.
5. Combine your yoga session with positive self-talk. Appreciate your efforts and praise your inner goodness.
6. Go to a class regularly. If you work out at home, set a specific day and time for your yoga session and stick to it.
7. Recognize that you are not only working on your body, but are also working to develop qualities like patience, discipline, wisdom, kindness and gratitude.
8. Look for a teacher (in a class or on a video) who you feel offers a balance between gentleness and firmness, and who inspires you to practice.
9. Recognize that simply buying a yoga DVD or attending the class is a step toward creating a better you. Use it as momentum to keep going.
10. Realize your efforts are not just inspiring you, but also

inspiring others as you become more attuned to who you are, inside and out.

**Sarah Good is a Sivananda trained Yoga teacher offering weekly drop-in classes in Rasquera and L'Ampolla. Private tuition within the comfort of your own home is also available. Please call to discuss your goals on 663 140 297**



Matthew McConaughey



Elle Macpherson



Jennifer Aniston

## EQUESTRIAN CORNER 'BARNEY'S HANDY MONTHLY TIPS'.

**I'M BACK; I'M BACK; IT'S GOOD TO BE BACK.** This month's tip has to do with

horse's feet, (Hooves) to be precise. Many people think that the hoof is quite a way down the general make up of the horse, because it is so strong. Well you are right, it is strong, but problems can occur, for example: - the two bottom hinge joints, pivot like a hinge. Ligaments hold them in place; the joint has rounded edges, so it is easy to move within the joint. The upper hinge joint holding it in place. This upper hinge joint has a small ridge of bone preventing sideways motion, & stops it being dislodged. This is why people bandage them so that there is less damage to these two joints. Although the hoof itself is strong, the two joints above are very fragile.



In this hot climate, Linseed Oil is a very good idea. Apply this once a month. To help lubricate the joints. Put some on an old rag & apply well around the hoof, not forgetting the frog, underneath the hoof. Keep this rag which can be used time & time again.

(Don't let your partner use this rag for checking the oil in the car.) Branches of the suspensory ligaments hold the fetlock pastern & coffin joints in position. So you can see it is a complex joint, although it can withstand some hard knocks.

If you are jumping your horse, to a high standard, it is good practise to bandage these joints. Remember, they can be easily pushed out of their sockets, or fractured, with a fall, or a knock.

When you have finished working your horse, rub Olive Oil in these joints. It helps to keep them supple. Horses can get a form of arthritis in these joints so the oil is good for this as well.

Good practice is also to, once a week, apply Olive Oil with a small brush, on the hoof, top & bottom, especially around the frog of the hoof. This can get very dry & hard, due to this hot climate.



**Barney can be contacted on 605 467 394 or through the Olive Press, with any questions or comments.**

[www.theolivepress.eu](http://www.theolivepress.eu)





I read recently that the current generation of 60-70 year olds are now deemed environmentally unfriendly. This is probably going to come as a great shock to all of those 'baby boomers' conceived in Anderson Shelters during the last 'unpleasantness' with Germany. The theory is this; we are all living longer and a lot fitter than we used to be. We have after all had a reasonable diet. Rickets, scurvy, mad cow disease and consumption are things of the past, except in certain parts of Norfolk. We now fall into one of two basic categories. Either we are sitting around at home using lots of electricity to keep ourselves warm, or cool, using additional megawatts surfing the internet and using all sorts of electronic gadgetry. Conversely we are jetting off around the world to visit all those places we never had the time and money to see before and in the process of doing this we are punching holes in the ozone layer and sucking up fuel. Either way the environment cannot win. We are damaging the planet by living longer!

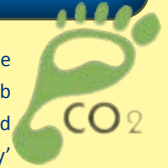
Time was when growing old was a fairly simple affair. Your employer presented you with a cheap clock for all your years of hard slog and experience then kicked you, fairly unceremoniously, out the door to be replaced by some spotty oik who probably couldn't find his own bottom without a map. Then it was round to Marks for a nice warm 'cardie' followed by a sortie round the charity shop for a few ill fitting cast-offs all smelling mysteriously of Vick, then back home to await the arrival of your meals on wheels lady. You were fully equipped for retirement. Highlights of the week would be a visit from the chiropodist, and occasionally, a jolly mystery tour in some battered coach. If you were lucky the latter occasion would be enhanced by the driver getting lost and arguments breaking out amongst the passengers as to which is the best route home. That's the 'mystery' part.



air-raid shelter/table?



Social events would be at the local 'Darby and Joan' club where you would be treated to 'reminiscence therapy' which would lead to riveting topics being discussed such as why we no longer need Ration Books, how nice that Mr Churchill was and how much better he would be at getting rid of all the foreigners, and what a struggle it is to manage decimal currency. A sing-song would be the order of the day running through the Vera Lynn back catalogue. I suppose we might be coming up to a time when this will be replaced by the Sex Pistols greatest hits. When you could no longer cope with all this excitement it was off to the local Council run 'Twilight Home for the Bewildered' for a diet of watery soup, group incontinence and sitting around watching endless re-runs of 'Cash in the Attic'. Eventually clogs would be popped and your 'nearest and dearest' would then fight over what little you left behind. All this might probably happen before you reached your statutory three score and ten. Now it's a very different story. It's 'keep fit' classes, yoga and the University of the Third Age, whatever that is. The leader of my local ramblers group is a sprightly gent of eighty-one whom I struggle to keep up with. The less mobile equip themselves with one of those electric scooter things. A trip to the shopping centre these days is like finding yourself in the midst of a geriatric Grand Prix. Tartan shopper trolleys are so 'last year'. Pensioners, or senior citizens, or whatever they are supposed to be called, take full advantage of the Government backed free bus fare scheme. The Government subsidies barely kept pace with the demand as enterprising seniors worked out how they could get from one end of the Country to another without paying a penny. Often when they get to Lands End, or wherever, they probably forget why they had gone there in the first place. Now local authorities have



HIGHEST SPENDERS ...			... AND THE LOWEST		
1 Nottingham City	£17,028	1 Oxfordshire	£5,182		
2 Knowsley	£16,819	2 Dorset	£5,159		
3 Manchester	£14,999	3 Bedfordshire	£5,262		
4 Tower Hamlets, London	£14,767	4 Cornwall and Isles of Scilly	£5,749		
5 Heart of Birmingham	£14,511	5 Harrow, NW London	£5,889		
6 Salford Teaching	£14,118	6 South Gloucs	£5,982		
7 City and Hackney, London	£13,722	7 Herefordshire	£5,987		
8 Leicester City	£13,217	8 West Sussex Teaching	£6,338		
9 Newham, London	£12,753	9 Northumberland	£6,168		
10 Wakefield	£12,454	10 Yorkshire, East Riding	£6,379		

Spending per patient per year

NHS postcode lottery

had to restrict the scheme or go bust. No pun intended! If you fancy a bit of aquatic exercise there is free pool time at your local sports centre that is if you can manage to find the free transport there and back. This too has had to be cut back because of over-demand. Some pensioners have found a trip down to the local pool saves on running bath water at home, although there have been no reports yet of the washing of smalls in the shallow end.

Medical advances have enabled worn out bodily parts to be replaced. How much longer before we have the totally bionic pensioner outpacing the younger members of society? Viagra and other performance enhancing drugs are available on the NHS and those with a bit of money to spend can look forward to pregnancy in their sixties. Of course all this available at a price and the availability of funds depends on where you live in the UK. The scheme is better known as the Post Code lottery. Life becomes a gamble.

- ACROSS
2. parsley
  6. to leave
  7. aliado (E)
  8. this
  9. disco (E)
  11. shape
  13. rosemary
  14. formado pareja (E)
  16. harassment
  17. agile
  20. siempre (E)
  22. en (E)
  23. aturdir (E)
  24. to plant



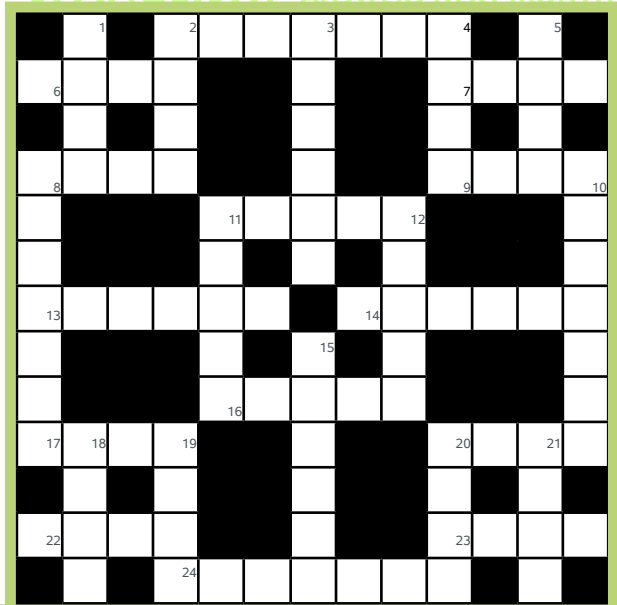
What the GPs admit	
29%	say they haven't had enough training to diagnose and manage dementia.
60%	feel there is a reluctance to diagnose because of lack of support for sufferers.
50%	feel there is a reluctance to diagnose because doctors do not have enough support or training.
10%	feel there is nothing that can be done for those with dementia.
40%	feel hesitant about diagnosing patients because of a lack of access to drug treatments.
72%	feel the lack of support services to patients is the biggest barrier to improving care.

It has only just dawned on the politicians that are currently running the show, when they are not moving house or spending our money on luxury items, that this population of 'oldies' is increasing at a phenomenal rate and is costing the Country money. In fact it is now predicted that within the next 20 years more than half the population of the UK will be over 50. Saga never had it so good.

Making pensions go further is becoming more of a problem. The UK pension is probably one of the lowest in Europe. Of course you can claim extra allowances, but the forms you have to fill in are so long and take up so much time you could probably drop dead before you have completed the task. Perhaps that was the original idea? Anyway, I was going to end this article on a jolly, upbeat and optimistic note about the joys of getting older. However, I cannot remember what it was...funny that seems to be happening quite a lot lately....

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SPANGLISH? - ANSWERS NEXT MONTH



- DOWN
1. iris
  2. fart
  3. whole
  4. tierra (E)
  5. ventaja (E)
  8. entrance
  10. to tally
  11. forge
  12. down
  15. commotion/rumpus
  18. cat
  19. hilas (E)
  20. emir
  21. east
- BY SARAH (E=translate to english otherwise to spanish)

ACROSS:		ANSWERS TO THE JULY ISSUE OF SPANGLISH		DOWN:	
1. verano	10. zona	19. truco	23. yearned	1. volver	5. solana
3. moscas	12. recap	20. boda	24. storms	2. alto	6. barco
7. tomarse	14. cenar	22. edge	25. estilo	4. soez	9. heredad
8. vaho	15. nivel				13. primo
					18. suegro



## BENICARLÓ FESTES PATRONALS

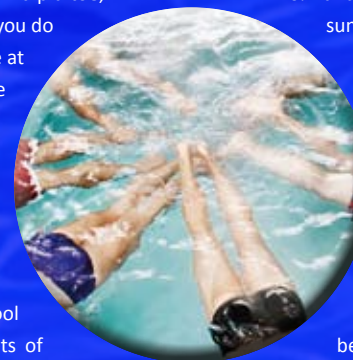
## PUT THE HEAT BACK INTO YOUR POOL AND KEEP IT THERE!

Now that the weather is getting hotter, it's that time of the year when all pool owners are keen to use their pools but what about prolonging that use and keeping your pool warmer for longer. Even when all chemicals have been added and the cleaning process is completed it can be still too cold for many of us to do more than dip a toe, unless the pool is heated. So what can you do to make your pool warm enough to use at any time of day without breaking the bank? Solar Sun Rings, the most cost effective pool solar heating system. They put the heat back into your pool and keep it there.

So what are solar sun rings? They are passive solar swimming pool heating devices made from two sheets of heavyweight UV resistant vinyl. The rings float on the surface of the pool and heat the water by day and act as a blanket at night, thus retaining the heat in the water. Each ring is equipped with six little magnets which hold the rings together in a blanket on the pool. The magnets also help improve the clarity and decrease the hardness of the water. The magnets are strong enough to enable you to pull

one ring off the pool and the other rings follow, but weak enough to allow the rings to separate if a child or animal falls onto them, thus avoiding entrapment. The rings weigh very little and a 3 year old child can remove 12 rings from a pool in a matter of minutes. You only need to cover between 70% and 80% of your pool in order for the solar sun rings to be effective, and during a sunny period the pool temperature will rise by as much as 6°C in 2 or 3 days, meaning that your pool could be in the upper 20s and 'swimmable' whereas your neighbour's pool will barely be in the lower 20s and too cold to use.

In the hotter months of summer when the pool water is as hot as you want it to be, simply turn the rings over and they stop heating the pool by day, but continue to conserve the heat at night. Using the rings this way also greatly reduces the loss of water and chemicals through evaporation. So how much does it cost to heat a pool? Covering 75% of a standard 8m x 4m pool requires 10 solar sun rings each costing €45. So for just €450 you can put the heat back into your pool and keep it there! **Call: 952 59 40 31**



### BENICARLÓ

From: 16-08-2009

Until: 24-08-2009

The 24th is a local holiday.

SAN BARTOLOMÉ, SANTA MARÍA DEL MAR Y SANTOS DE LA PIEDRA

The town gets decked out in its finest in August to celebrate the feast days of its patron saints; St. Bartholomew and the saints Senén and Abdón and Santa María del Mar. The variety of events covers everything from concerts, dances, children's shows, entertainment with bulls and young bulls, and correfocs, and even sports events such as trap-shooting, pigeon racing, to petanca. Music and the noise of fireworks feature widely.

The origin of the celebrations date back to 1523, when Emperor Charles I awarded Benicarló «...the privilege of a fair for Saint Bartholomew», in addition to awarding it the title of Town.

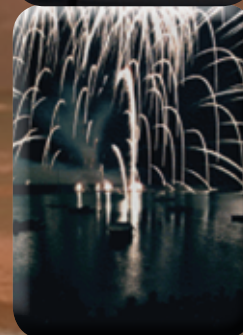
The celebrations held in honour of its patron saints fill Benicarló with light and colour, and a large proportion of the population takes part. The constant activity and variety of acts make the celebrations attractive for people of all ages.

The celebrations begin with the «Cridá», which includes concerts, exhibitions, painting events, firework displays, «mascleaes», and the typical «Bous a la Mar» (bulls on the sea shore), where the sea acts as a refreshing refuge from the bull, although sometimes it is not enough as the bull also ends up plunging into the water.

The nightlife takes on another dimension as the usual range of entertainment is extended to include the noisy «casals» (premises) of the «penyas», or groups of friends who meet to celebrate the festival more intensely.

The party... has just begun.

[www.ajuntamentdebenicarlo.org](http://www.ajuntamentdebenicarlo.org)



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## Blacktower Financial Management Group 'Don't chance with Finance'

This is a new column where readers can send in their financial questions and receive a professional answer.

Please send them directly to Ian Whitby or to the editor of The Olive Press magazine and we will aim to answer as many as we can.

In an increasingly complex world of finance and investments, independent, experienced wealth management advice has never been more important. The market is full of different products and solutions offering a myriad of features and benefits - but finding the right one for you can be a daunting task.

Blacktower Financial Management Group has the knowledge and experience to save you time and money by providing a bespoke service to individual and corporate clients.

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The Chartered Insurance Institute (CII) has awarded the prestigious 'Chartered Financial Planners' title to Blacktower Financial Management Limited. Chartered status is an exclusive title only awarded to firms which meet rigorous criteria to professionalism and capability. All Chartered Financial Planners commit to the CII's Code of Ethics and Conduct reinforcing the highest standards of professional practice in their business dealings.



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Blacktower Financial Management (International) Limited has a team of regulated and qualified advisers covering the regions of Valencia, Alicante, Murcia and Almeria. Our team include Ian Whitby, Dave Wallis-Powell, Lee Hodges, Chris Sidman and Carole Jackson with over 100 years experience between them, Make sure you 'Don't chance with Finance'

Contact Ian Whitby  
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*Remember to send in your questions!*

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Summer is here once more, and the Costa Dorada with its relaxed, easy-going lifestyle seems so much more attractive than back home!

Perhaps you're visiting for the first time, or maybe you have friends and family here and already know the area. Either way, you might be thinking that the time has come for you to buy a property in Spain. With falling prices, an improving exchange rate and good buys to be had, right now is a great time to buy.

So how do you get started? Read on: buying a property here is actually much simpler than you might expect.

### Two things you must have

#### 1) An account with a Spanish bank.

Opening a 'cuenta corriente' —a current account— in Spain is quite simple: you just need your passport. Choose a bank with English speaking staff that can help you with finance, services and money transfers, and make sure it provides easy-

to-use Internet banking in English, so you can easily keep track of your account.

#### 2) An NIE number - the foreigners' fiscal ID number

Non-Spanish buyers must have an NIE number in order to buy a property in Spain, and a non-Spaniard selling a Spanish property needs one too.

For EU citizens, getting an NIE number is easy and the only charge is a small tax — less than 10 euros. See our buyers' guide at <http://www.fincasdirect.com/en/buying-in-spain.html> for more info.

### Finding a property



There are lots of factors to take into account of course, but most importantly (particularly with country properties):

- Is the building legal and registered?
- Will I get planning permission to extend, reform or rebuild?
- Will I be able to resell later if I need to?

We have good local contacts with town

halls and planning departments, and can help you choose the right property and avoid problems later on.

### Carrying out a survey

Structural surveys are not automatically carried out here as part of the purchase process. Unlike developers of new properties that must have insurance to cover possible problems, sellers of resale properties are not necessarily liable for structural defects.

Surveyors can also advise you about planning issues and the scope and price of any work needed.

### Negotiating the price

Most sellers are now prepared to consider sensible offers, with very few holding out for the full asking price, so feel free to haggle!

At this stage you need to know the costs and expenses involved, which come to roughly 10% of the purchase price (more if you take out a mortgage), and are:

- Notary's fees
- VAT and Stamp Duty
- Land Registry Fees

For detailed info see our buyers' guide at <http://www.fincasdirect.com/en/buying-in-spain.html>.

### Securing the property: the deposit contract

While you can go straight to completion, once a price is agreed it's usual to sign a private contract with the seller — the *contrato de arras*. This details:

- Property to be sold
- Purchase price
- Completion date (usually 2 or 3 months from signing the contract)
- Deposit paid (usually 10%)
- Any special conditions

The 10% deposit is not refundable if the buyer pulls out. But if the seller pulls out or fails to meet the contract conditions, he or she must refund the buyer double the deposit paid.

## WHAT YOU NEED TO KNOW ABOUT BUYING A PROPERTY IN SPAIN: A QUICK GUIDE

This arrangement protects both parties, affords peace of mind, and greatly reduces any risk of 'gazumping'.

### Completion: signing the Escritura

The sale is carried out by a state-approved *Notario* —a Notary Public— who prepares the *Escritura Pública de Compraventa* —the Deed of Transfer— in accordance with Spanish Law.

Before the sale, the Notary checks that the property is registered in the seller's name, and knows if there are mortgages or other charges that must be cleared.

The Notary acts in the interests of the State, and doesn't represent the buyer or the seller. But Spanish notaries are generally very helpful, and can provide detailed information and advice. Some speak English.

### Registering the Deed of Transfer and paying expenses

After the sale the buyer has to pay taxes.

Most notaries can do the tax payment and registration process for you. If you are using an independent lawyer, he or she will often handle it. Either way, you will be asked to make a payment to cover estimated costs.

The Transfer Deed is then recorded in the Land Registry and the property put in the new owner's name. This usually takes around six weeks.

2-3 months later the formal *Escritura* document will be ready for you to collect.

As always I'd be very happy to answer any questions or help you find a property, just email me at [info@fincasdirect.com](mailto:info@fincasdirect.com)!

*The points contained in this article do not constitute legal advice on the part of Fincas Direct or The Olive Press. Prospective property buyers should seek independent legal advice before paying a deposit.*

**Jeff Greensmith runs [www.fincasdirect.com](http://www.fincasdirect.com) and is a registered estate agent and experienced Spanish/Catalan translator and interpreter. He has lived in Catalonia since 1986.**



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Pre-coated carbon	NO	NO	YES	?	YES	YES	YES
Carbon block	NO	NO	YES	?	YES	YES	YES
Ultraviolet radiation	?	YES	?	NO	NO	NO	NO
Distillation	?	YES	YES	?	YES	NO	NO
Reverse Osmosis	NO	NO	YES	?	NO	YES	+

\* ABOVE COMPARISON CHART FOR THE COMPATIBLE REMEDIAL FOR VARIOUS SYSTEMS

? Comparisons are from general information Performance varies widely within categories.  
+ Usually not effective against organic contaminants ordinarily found in drinking water.  
Check manufacturer's claims and test results for specific information.

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### Sant Magí (15-19 August)

The feast day of the city's minor patron saint is marked by four or five days filled with a lively waterfront parade known as the Seguici Popular (literally, "Popular Retinue"), human castles and music for all tastes and ages.



Sant Magí\* himself was probably a III or IV Century hermit who lived in the Sierra de Brufaganya, his hermitage is hidden among cliffs overlooking a delightful secret valley near the headwaters of the Riu Gaià. After the dramatic ravines encountered downstream the landscape beyond the Sierra de Brufaganya opens out to reveal the rolling hill country that separates the Segre basin from the plains of Tarragona. Life must have been hard indeed for the likes of Sant Magí. Nothing is known in detail about his exploits but it appears that from the early XII Century a cult grew up around his tomb, resulting in the establishment of a monastery or 'Sanctuary' alongside. Magí appeared in papal lists of saints in the XVI Century with over 300 miracles accredited to him. By the early XVIII Century the number of pilgrims was such that extra wells had to be dug to cope with the demand for healing waters and it was during alterations to the crypt in 1735 that his remains were found to be uncorrupted and have the 'odour of sanctity'.



The link with Tarragona dates from 1588, when the city's bishop made a pilgrimage to mark the departure of the Spanish Armada. Catalan King Jaume I, the Conqueror, launched his invasion fleet, said to consist of over 500 vessels, from this coast in 1229 and,...

*"We set sail on Wednesday morning with the land wind behind us . . . and when the men of Tarragona and Cambrils saw the fleet getting under way from Salou, they too made sail, and it was a fine thing for both those on land and for us to watch, for all the sea seemed white with sails, so great was our fleet."*

Pilgrimages to the Sanctuary are also recorded from other towns and villages, and that of nearby Santa Coloma de Queralt is known to have been continuous from those days. A feature is that water from the spring at Brufaganya is carried back. This water is noted for curative powers, most notably for venereal diseases, so it's always handy to keep a bottle or two available.

Nowadays the route of the aigüa miraculosa, or miracle water, is followed by a caravan of horses and carts, which carry the water over 2 days. As one of Tarragona's two Festes Majors, the celebrations start well before this, but when the cavalcade finally arrives in the early evening of August the 18th the party really begins. *One notable feature is that the drovers and crew of the carts bring huge amounts of basil, so as to disperse the fleas, flies and other beasties that they might have picked up in the countryside, and to scent the city with its sweet smell.* The water is received in the Plaza de la Fuente, with sincerity and celebration. Then the procession of the Holy Magí tours the mediaeval city centre. When the water has reached the streets of Las Tortas and the Arch of St. Lawrence, it is greeted by groups of human towers, giants and bands. and the celebrations really begin.

*"This water, reminds us of traditional values and miraculous healing."*



## Olives & popcorn

Welcome to Olives & Popcorn, your monthly guide to great Spanish based films that in my opinion should not be ignored.

Any comments are welcome. Also if you want to know more about a particular film and how to get a copy again get in touch via my email below. This month I present for your viewing pleasure a groovy little comedy of errors which upon reflection is very comparable to a Shakespeare play.

Although featuring adult themes it is very light hearted so please enjoy.....

KM.O (Comedy Drama 2000)



*The ambiguous title of this film 'KM.O' (kilometer zero) refers to the central square located in the middle of Madrid which in Spain all distances are measured from. The 'O' is also symbolic of the situation where we find the lives of our fourteen characters who at the start of the film are all strangers. The stories of these fourteen collide together at KM.O in Madrid on a typical humid afternoon in August. As already mentioned akin to a Shakespeare Comedy of Errors the stories are made up of numerous mistaken identities and second chances featuring, among other characters, a horny gay university student, an internet-love seeker flamenco dancer, a macho but lovelorn gigolo, an actress, and a businessman keen for new sexual experiences.*

*The Director Juan Luis Iborra said he got the idea for "Km. 0" while standing in Madrid's Puerta del Sol, watching different combinations of people meet up at the plaza's famous zero-kilometer mark. This engaging, surprising, very funny and sentimental ensemble piece follows more than a dozen such characters of varying ages, professions and sexual orientations as their stories cross and separate over the course of one day.*

### Awards and nominations

Goya Awards Best Original Song - nominated (2001)

Outfest Audience Award for Outstanding Narrative Feature (2002)

plus many others

DVD release

\* Region 1: February 17, 2004

\* Region 2: July 1, 2006



Jason M. Berry

06/07/2009

Contact e-mail:



gatchajay@hotmail.com





**COUNTRYFY YOUR COUNTRY GARDEN** by Clodagh and Dick Handscombe, now enjoying their twenty fifth summer gardening and residing in Spain.

As the temperatures rise we often hear people saying things like:

'Oh isn't it hot after the air conditioning. I've been indoors for three days without going out'

'We don't sit out much in the summer it's boring. There is not much to see except the pool and it's large terrace and the wooden decking is so hot to walk on'.

'Oh I wish we hadn't cut down those trees and replaced them with Australian sails – the shade is not as natural or as deep as it used to be swinging in the hammock between two thick branches of the carob tree'.

'I spend all my time watering the plants but the garden is not as colourful as it was in Britain'.

'Oh I can't stand another barbecued dinner and it's only June'

Luckily there are answers to all such comments to ensure that you achieve what you came to Spain for – a more outdoor life than in northern Europe.

Firstly getting used to the Spanish climate needs gradual acclimatisation. Go out into the sun early in the day and go into the shade when it gets too hot and then go back into the sun in the early evening and turn the air conditioning off or set it at a higher temperature. We don't have it but we keep the house cool in the summer by closing the windows and keeping the persianas down and on the hottest days the wooden shutters shut.

Any urban looking pool can be converted into a natural pool surrounding by oxygenating bog plants and some of the flowers are exotic. An interesting book 'Converting your conventional pool' can be obtained via [www.ecodesignscape.co.uk](http://www.ecodesignscape.co.uk).



If you plan a long stay in Spain plant some more trees this autumn. There are plenty to chose from in Part Four of our book 'Your Garden in Spain'. This section also lists hundreds of flowering plants and most importantly indicating their drought resistances. These are the plants that require little or no watering once they are established. Plant more of these to reduce watering needs.

There are many interesting types of natural rocks old bricks and terracotta tiles that look more natural than timber cladding. See chapter 2.4 of 'Your garden in Spain'.

If you want more interesting foods than barbecued consider a Mexican oven, Moroccan tagines or a solar cooker. The latter are becoming very popular and the Andalucian Government is currently offering grants to stimulate their use...do you have a friend living down there? Even without the twenty percent grant they are not expensive and don't use electricity gas or charcoal.

Initially only a 1.4 metre diameter model was available but a one metre model will be available this month. We have already placed an order. Have a look at the website [www.alsol.es](http://www.alsol.es).

Our trilogy of books are available from high street and internet bookshops including [www.santanabooks.com](http://www.santanabooks.com). If you want to read full descriptions first have a look at [www.gardeningspain.com](http://www.gardeningspain.com) first and the click through to the Santana shop at the end of each description. If you have no internet in Spain you can telephone 952-485838 to place an order.

© Clodagh and Dick Handscombe July 2009.



Sangria is the most famous Spanish drink made with red wine, fruit juice, sparkling soft drinks, sugar and fruit chunks. Sometimes liqueurs are added, as well as cinnamon. It is hard to find two sangrias that taste the same, since there is no one-single recipe for it. For sangria to be good, it is necessary to use good wine (bad wine makes bad sangria), to serve it fresh, and to achieve a fruity flavour that is not overdone (the best fruits for it are citruses and peach). It is important to remember that sangria is an alcoholic beverage, and although is very easy on the palate, it should be drank moderately.

## Sangria 1

- 1 bottle dry full-bodied red wine
- 1 can fizzy orange, chilled
- 1 can fizzy lemon, chilled
- Spanish brandy - or any which is quite light
- Banana liqueur
- Cointreau
- 1 apple, chopped
- 1 pear, chopped
- 1 lemon, thinly sliced
- 1 orange, thinly sliced
- 1 teaspoon sugar
- 1 cinnamon stick
- Ice cubes

Put all the fruit pieces into a large jug, then pour over a generous amount of the banana liqueur, cointreau and brandy. Pour in the bottle of wine, and leave in the fridge to chill. Once this is really cold, pour in the fizzy drinks and add the cinnamon and sugar. Mix in some ice cubes and it's ready to serve.



## Sangria 2

- 1 bottle red wine (Burgundy preferred)
- 1 can frozen pink lemonade concentrate, do not add water
- 1 lemon, sliced; 1 lime, sliced
- 1 orange, sliced
- 1/2 cup Bing cherries (if available)
- 1/2 cup brandy
- 4 cups carbonated lemon-lime beverage (7 Up or Sprite)
- Mix wine, lemonade concentrate and brandy together in large glass pitcher. Squeeze juice from each slice of fruit into wine mixture before dropping fruit in. Toss in cherries and chill. Just before serving, add 7up. Pour into chilled glasses and enjoy. Don't forget to eat the fruit- especially the cherries- yum.

## Sangria 3

- 2 bottles full bodied Spanish dry red wine
- 1/3 cup fresh squeezed orange juice
- 1/4 cup Grand Marnier (or any orange-flavoured liquor)
- 2 tablespoons sugar
- 2 cups club soda
- Ice cube
- To garnish:
- orange slice; lemon slices
- tart green apple, sliced
- peaches or nectarines, sliced
- In a large pitcher, mix together the first 4 ingredients. Cover and refrigerate for several hours or overnight. Just before serving, add the club soda and plenty of ice cubes. Serve very cold garnished with a slice of fruit. Note: if using a punch bowl, float the various fruit on top.



THE number of cases of swine flu could catch up with the number of cases of hiccups and diarrhoea, given 10-12 years, doctors have claimed.

As the department of health turned the panic knob back up to seven, GPs said there was a danger that runny tummies and spasmodic diaphragms could eventually be outnumbered if the RAF carpet-bombed all of Britain's major towns and cities with water balloons filled with swine flu round-the-clock, for a fortnight.

A spokesman for the British Medical Association said: "There are currently about three million cases of hiccups, some of them very nasty indeed.

"Meanwhile there are about four million cases of diarrhoea, all of them very nasty indeed.

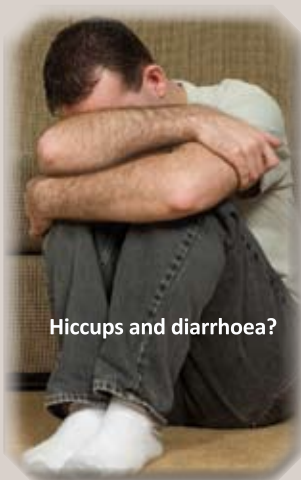
"There is even a handful of people who have diarrhoea and hiccups, and that's one of the worst combinations you can get. Probably even worse than toothache and plague.

"But where is their leaflet? Where is their TV advert? Where is their desperate, pathetic front page of the Daily Mail?"

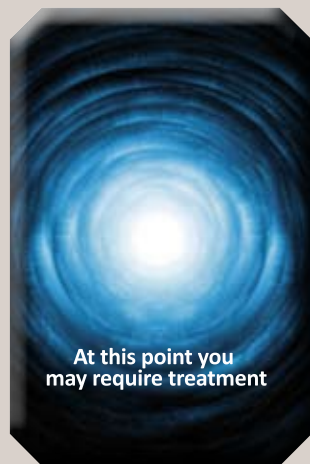
The BMA is proposing three large digital counters at Piccadilly Circus in the centre of London to display a running total of Britain's swine flu, diarrhoea and hiccup victims.

The spokesman added: "If at any point the swine flu total overtakes one of the other two you will either shit yourself or be so frightened it will cure your hiccups.

"As for all the swine flu, there's a good chance that I have contracted it and then recovered from it at some point between the beginning and the end of this sentence."



Hiccups and diarrhoea?



At this point you may require treatment

THE department of health last night unveiled a non-emergency alternative to 999 for the thousands of people who call in everyday to say their leg feels funny.

The 111 number, chosen to match the numeracy level of its most likely users, will be manned by professional operatives who will use small words to explain why no-one is going to come to your house because your knee is making that weird clicky noise again.

Martin Bishop, an ambulance dispatcher from Knutsford, said: "It's very simple. If you're well enough to list your symptoms, you don't need an ambulance.

"Call back when you're unconscious, or can see a bright light at the end of a long tunnel."

Officials stress the 111 service is not designed to replace NHS Direct and its key function of keeping you on hold for an hour before telling you to go to your GP.

However the new service will offer a range of ringtones, hangover cures and will even advise on the nearest cock and fanny clinic to your postcode.

If successful, GP provision could be similarly overhauled, with surgeries replaced by a vending machine dispensing tamiflu, anti-depressants and contraceptive pills and a mechanical arm that pats patients on the head while saying 'there, there, that must be awful' in a soothingly robotic voice.

Holly Turnbull, 23, from Carlisle said: "I really hurt my finger yesterday. I would have called an ambulance but I couldn't dial because, like I say, I really hurt my finger."



Maria Sharapova is the world number whatever

THE All-England Tennis Club has scrapped its traditional rules in a bid to preserve centre court for pretty Russian girls with pert buttocks, instead of the ox-like munters who win most of the time.

In the new version of tennis, sylph-like maidens will have a playful knockabout for an hour or so and make soft moaning noises when striking the ball.

Between sets they will rub oil into each others thighs and at the end of the match will congratulate each other with a wet, lingering, tongue-filled kiss.

The umpire will be replaced by a 1970s comedy smut actor such as Robin Askwith, who will abandon the traditional scoring and instead say 'cor blimey' every time a player bends over to touch some balls.

A spokesman said: "Basing women's tennis on skill and points has allowed it to become overrun with lesbians. And by lesbians I mean the snorting, big-armed sort that like KD Lang, not the excellent ones you get in pornography."

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He added: "Some of them are competent sports persons, but shouldn't they really be in the TA or delivering furniture?"

Tennis fan Wayne Hayes, from Hitchin, said: "I bought a ticket last year and was horrified when this pair of man-hating heffers lumbered on and started belting the ball around like it was a testicle."

He added: "This new plan sounds very good. Maybe they could just go straight to the showers, which could be moved onto the pitch or whatever they call it. Then they could close the new roof so the CIA satellites can't see me touching myself."

Stocky, unattractive female players will still be allowed to participate in the tournament though their matches will be moved to a designated area of the carpark marked out with coats and nicknamed 'Monster Island'.

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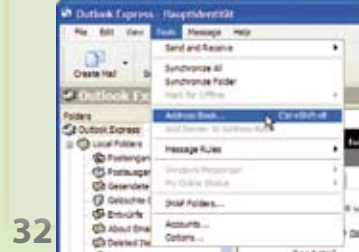


**Mary and Her Friends** Meet Mary. Mary has friends, many friends — friends all over the world. And Mary has stories, ideas, impressions, jokes and adventures to share. She shares eagerly, and she does it via email. Now, not every friend of Mary is also a friend of Mary's other friends. Most do not know half of their second-degree acquaintances. One thing people like about Mary is her considerate nature. Mary would never share the private email addresses of her friends, for example, not even with other friends. Then how does she send her emails to any group of her friends in one go?

It's easy. In her Windows Mail, Mary uses Bcc: recipients and cleverly puts herself in as the main recipient to send her emails to "undisclosed recipients" — a bumpy title for sure, but it works well. Create an Address Book Entry for "Undisclosed recipients"

**First, we'll create a convenient address book entry that makes sending emails to undisclosed recipients a lot easier: Windows Mail:**

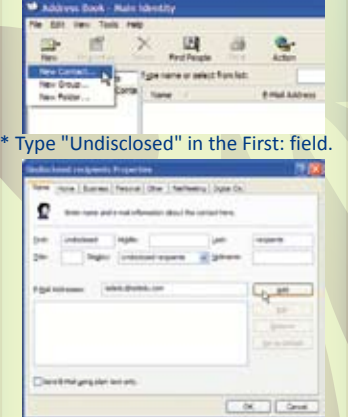
- \* Select Tools | Windows Contacts... from the menu in Windows Mail.
- \* Click New Contact.
- \* Type "Undisclosed" in the First: field.
- \* Type "recipients" under Last:.
- \* Enter your email address under E-mail:.
- \* Click OK.



## HOW TO SEND AN EMAIL TO UNDISCLOSED RECIPIENTS IN WINDOWS MAIL, OUTLOOK EXPRESS

### Outlook Express:

- \* Select Tools | Address Book... from the menu.
- \* Click the New button in the toolbar and select New Contact....

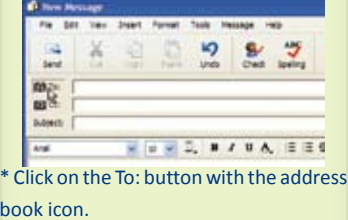


- \* Type "recipients" under Last:.
- \* Type your email address under E-Mail Addresses:.
- \* Click Add.
- \* Now click OK.



**Send an Email to Undisclosed Recipients in Windows Mail or Outlook Express**

To compose and deliver an email message to a group of undisclosed recipients in Windows Mail or Outlook Express: \* Start with a new message.



- \* Click on the To: button with the address book icon.
- \* Highlight your "Undisclosed recipients" entry.
- \* Click To: ->.



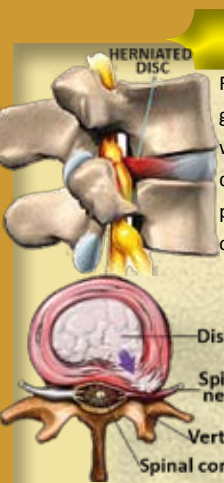
- \* Highlight all other desired recipients.
- \* Click Bcc: ->.
- \* Click OK.
- \* Now you can add any additional recipients in the Bcc: field.
- \* Make sure you separate recipients by semicolons.



- \* If you do not see the Bcc: field, select View | All Headers from the menu.
- \* Compose and eventually send your message.



Remember also to delete any addresses already listed in the email if you are forwarding it on. This will not only keep peoples emails addresses private but also shorten the email! Tell all your friends



Sometimes lower back pain seems to arise from nowhere; at other times it's clearly related to a fall, accident, over-lifting or digging, for example. Back pain can be caused by many conditions, the most common of which are the following four:

**(1) LIGAMENT strain** – a general term applied when there is no other clear problem seen for chronic recurrent lower back pain, where the back muscles are weak or overworked and fail to protect the ligaments (which attach to bone) so they get overstrained. This type of back pain is usually better with rest & worse with exercise. From the traditional Chinese medicine view (TCM) boosting the Liver & Spleen to help ligaments and muscles respectively helps, alongside treating the back itself.

**(2) Problems of the JOINTS where vertebrae meet (spondylosis)**– Here a disease (usually ankylosis) causes hardening, or ossification, of the joints between vertebra. Movement over the troubled joint(s) is restricted and causes pain, and the muscles along the spine are stiff and spasm. In TCM, boosting the Liver to support ligaments and cartilage helps this condition along with treating localised pain points with massage or acupuncture.

**(3) Problems with the SPINE's BONES/VERTEBRAE themselves (spinal osteoarthritis)**– Osteoarthritis mainly affects the cartilage (protective tissue at the end of bones) which becomes worn away so that there is no cushioning between bone surfaces, &/or little bony spurs develop like bird-beaks which can put pressure on nerves travelling away from the spinal cord, causing pain in the back & sometimes the areas the nerves relate to as well. In TCM helping the Kidneys strengthens the bones plus there are special points to boost the bones themselves bordering the spine which you can massage or treat with acupuncture. We can also see if there is Cold or Damp to clear, which can accumulate

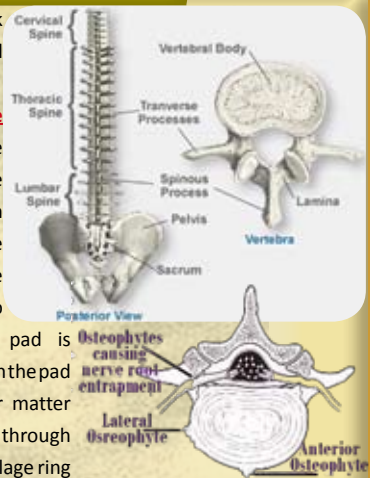
## HEALTH SELF-HELP TOOLKIT: UNDERSTANDING LOWER BACK PAIN & SCIATICA

causing lower back pain, or general Kidney weakness.

**(4)Prolapse of the lumbar DISC**– The discs are cartilage pads between 2 vertebrae which allow the spinal column to move when the pad is compressed. Within the pad is a sac of fluid-er matter which can burst through (prolapse) the cartilage ring holding it in if the cartilage is weak or over-pressured. This condition is often referred to as a slipped disc, but actually the disc doesn't move, just the sac inside bulges out. As the disc's outer ring hardens with age, prolapse/bulge becomes less easy & this mostly happens to people in their 30s/early 40s. The bulge can interfere with the nerve roots leaving the spinal column as above in (3), and will often come on as a sudden shooting pain in the back, often down the leg (sciatica), and sometimes numbness.

A person with a disc prolapse pressing on a nerve root will find it hard to lift one straight leg up when lying down, when flexing from the hip; the pain on trying to do so is on the side where the nerve root is compressed. When acute it can be hard to get any comfortable position at all. However the outer ring of the disc can heal and the torn (herniated) inner sac can be reabsorbed; complete bed-rest is needed to allow this to happen. With TCM we boost the Liver to support cartilage in order to speed up healing of the disc, along with local back points to reduce pain, compression & spasm.

Back pain responds well to acupuncture, and unlike many other conditions treatment is less related to the length of time the problem has been there, and cases of very chronic backache can sometimes be cleared in a few sessions. Treating and relaxing muscles & ligaments allows the spine to realign itself properly. Lack of regular exercise is one of the main causes of back pain, so even regular walking is a good way of preventing back pain from re-occurring, along with gentle stretching and twisting exercise. Caution lifting weights is essential if you are prone to back strain – easier said than done, if you're living in the campo!







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