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OLIVE PRESS

CATALUNYA &
COSTA AZAHAR

for all English speakers

Oct 2009 issue 18



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EDITORIAL

MEET BOB THE EDITOR

WELCOME TO THE
OCTOBER ISSUE COVERING
CATALUNYA AND COSTA
AZAHAR.

October's birthstone is the opal.
The opal is thought to have the power
to predict illness. This is because the
opal responds to heat. If you are sick your
temperature increases before signs of illness
appear. The increased body heat causes the
opal to loose its shine, leaving it dull and lacking
color. It is also said that the opal will crack if it is
worn by someone who was not born in October.

* Its birth flower is the calendula.

Autumn Equinox Sept 22nd 21.18h UTC (GMT)

◆◆◆◆

Apple Day is an annual celebration, held on
October 21 each year, of apples and orchards.
It is celebrated mainly in the United Kingdom. An
apple a day keeps the doctor away - Apple in
the morning - Doctor's warning - Roast apple
at night - starves the doctor outright - Eat an
apple going to bed - knock the doctor on the
head - Three each day, seven days a week -
ruddy apple, ruddy cheek ◆◆◆◆

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BY FRENCH ARTIST PAUL RANSON 1864-1909
SURROUNDED BY APPLE STATUTES FROM THE
2004 APPLE FESTE IN NEW YORK**

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Madrid taxi drivers upset at proposed new regulations. Taxi drivers in Madrid are protesting at a new regulation being drawn up in the Madrid City Hall, which allows passengers to choose the taxi they want to get into, as opposed to currently being obliged to take the first one in the rank queue. There are to be only three exceptions; at

airports, and at train and bus stations. The new rules also oblige taxi drivers to replace their vehicles at least every eight years. The drivers association GREMIAL said the new rules would bring 'discrimination between colleagues over the quality of their car'. One told 20minutos.es that there will always be some snobby client who will prefer to get into a Mercedes rather than a Skoda.

Barcelona researchers develop new approach to malaria treatment. A new approach to malaria treatment could save the lives of thousands of children, by treating young babies in Africa with standard anti-malarial drugs before they become infected. Pedro Alonso, from Barcelona University, led a team of researchers using data from 8,000 children in Tanzania, Mozambique, Gabon and Ghana. The researchers discovered that treating children with a well-known low-cost drug already used to combat malaria could save tens of thousands of lives in Africa every year. Malaria kills more than one million children every year, most of them in Africa, and those most at risk are babies less than one year old. Clinical trials carried out by the team of researchers,

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whose results were published in The Lancet this Thursday, showed administering the anti-malarial treatment three times during the first year of life can reduce the risk of malarial infection by 30%. The experts say if the treatment were extended across Africa, it could prevent 6 million cases of the disease every year. Known as 'intermittent preventive treatment of malaria in infants', it helps to increase defences against the disease, and also reduces the possibility of the parasite becoming resistant to the drugs.

Barcelona village votes on Catalan independence on September 13th. By 3.30 on the Sunday afternoon, more than 2,000 people had turned out to vote in Arenys de Munt in the referendum organised in the

village on the independence of Cataluña. Público reports that turnout was higher than in both the last European and the regional elections. The polling station was moved to the Centro Moral civic centre, next to the Town Hall, after a judge ruled that it could not take place in the Town Hall itself. The referendum proposed by a local independents' movement was supported by a Town Hall vote which took place in early June, a vote which led the Spanish government to appeal to the courts against what lawyers saw as a violation of the law which governs the Town Halls in Spain. The poll is non-binding where 6,500



local residents aged 16 and over are asked the question, 'Are you in favour of Cataluña becoming an independent democratic state within the European Union?' Media interest

in the poll has been high ever since the far right Falange Española announced a demonstration in Arenys on the same day as the referendum. The Catalan police force, the Mossos d'Esquadra, were forced to intervene at one point when, after the Falange marched through Arenys, bottles were thrown at the two buses which had brought the demonstrators to the village. It's understood there were

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no injuries and no further incidents. 96% of those who voted, said Yes. El Mundo notes that the poll had no legal value, but another 60 Catalan municipalities say they want to repeat it. La Razón calls the referendum a farce and says that participation was lower than in the Statute vote.

Smocking ban. Tuesday, September 15, 2009. Spain will join countries including Ireland, Britain, France and Italy by banning smoking in bars and restaurants, it was revealed yesterday. Health minister Trinidad Jimenez said new legislation to stop people lighting up will be brought in "as soon as possible". The vast majority of bars and small restaurants in Spain still allow customers to smoke, taking advantage of a loophole in a partial ban implemented three years ago. And they will shortly pick a date for a new smoking ban.



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100 years of motorised flight in Spain. It was one hundred years ago that the first motorised aircraft to have been designed and built in Spain took off in Paterna, Valencia, and, 100 years later,

to celebrate that landmark flight on 5th September 1909, a monument was unveiled in Paterna by the Prince and Princess of Asturias, signalling the start of the centenary celebrations. Juan Olivert, an industrial engineering student from Cullera in Valencia, was just 21 years old when he took off from Paterna in a biplane he had designed with Gaspar Brunet, his professor in Barcelona. The aircraft only flew for some 50 metres, but it marked the start of motorised flight in Spain. Their prototype was built by the Rossell i Vialta workshops in Barcelona, a 200 kilo aircraft powered by a 25 horse power petrol engine which turned a propeller at its rear. The pilot controlled the aircraft with a series of cables and levers. The young aviator's grand-nephew, Santiago Renard, remembers how his family spoke of Olivert's passion for flying and the obsession which led him to invest almost all his inheritance in building his dream machine: around 1 million pesetas, a fortune in those early years of the 20th century. Renard told the Levante newspaper that he remembers as a young boy that the family's anger over Olivert's spending meant it was almost forbidden to speak of his uncle at home and, in fact, none of the relatives were amongst the crowd of 4,000 who witnessed the pilot's first historic flight in Paterna. Two replicas now stand in the Cuatro Vientos Aviation Museum in Madrid and in the Príncipe Felipe Science Museum in Valencia. Another is due to be unveiled in October in the Parque San Antonio in Olivert's home town, Cullera, this October.



Electric cars come to Spain. Three pilot cities have been chosen for a government plan presented by the Industry Minister, Miguel Sebastián, on Tuesday to introduce the electric car into Spain. Funded with 8 million €, including a government subsidy to boost sales, Proyecto Movele will build an infrastructure of 500 charging points in Madrid, Barcelona and Sevilla. The cars will be available in Spain next year, a Japanese model which is able to reach a speed of 130 kph.



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A MAJORITY of Scots are backing a total reliance on fossil fuels in a bid to deliver up to three months of t-shirt weather every year.

According to research by Dundee University, most Scots believe they have been let down by the first phase of global warming and want environmental groups like Greenpeace

to, "shut their holes".

More than 70% would like to see wind farms demolished and replaced by gigantic machines that do nothing but emit carbon dioxide and methane, while 65% are calling for a moratorium on trees.

The survey also found a large majority want the Scottish Executive to stop investing in wave power and instead use the money to buy everyone a Range Rover.

Climatologist Bill McKay said: "It seems most Scots would happily accept rising sea levels, crop failures and forest fires if it meant a summer that lasted for more than 12 hours."

He added: "There are a number of things you can do such as washing your clothes three or four times a day or using 'mute' instead of the 'off' button on your TV.

"You may also want to picket railway stations or throw manure at people who use the bus."



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CAPRICORN Dec. 22 - Jan. 20

Responsibilities and accountability are big themes in your life in October, dear Capricorn. It's a very busy month for career and professional matters, public exposure, and attention to business. What you do and say has significant impact this month.

AQUARIUS Jan. 21 - Feb. 19

October is a mostly happy and energetic month for you, dear Aquarius. The 3-4 is good for promotions or pay increases. Mid-month is a strong time for pushing forward with personal plans, particularly for presenting your ideas and matters related to learning or teaching.

PISCES Feb. 20 - Mar. 20

This month, money matters, particularly regarding money owed or shared, are big themes for you, dear Pisces. Support from others, from friends, and business loans are in focus and possibly a source of stress this month.

ARIES Mar. 21 - Apr. 20

A more sociable month is ahead for you, dear Aries. You're certainly more animated and self-expressive in October, as you leave work worries behind you. In fact, work improves, although there is truly nothing trivial or light with regards to career these days.

TAURUS Apr. 21 - May 21

Work matters are in strong focus for you. You're also more concerned about your health and considering stepping up a fitness routine. There is a building tension, however, surrounding your attention to the more routine matters in your life and your need to move beyond the ordinary and mundane.

GEMINI May 22 - Jun. 22

A very sociable, lighthearted, and playful period in your life begins this month, particularly from the 10th forward. While last month you may have been cocooning a little, you're coming out of your shell in October and determined to have some fun.

CANCER Jun. 23 - Jul. 22

The first two weeks of October remain strong for pushing personal projects ahead, dear Cancer, after which you begin to wind down and efforts to make yourself feel comfortable and secure are emphasized. This month is very active on the home front.

LEO Jul. 23 - Aug. 23

October might be an especially busy and even hectic month for you, dear Leo. You are experiencing a growing awareness that you need to pay attention to building your skills set in order to improve your work output or value, but finding the time to do so is an issue.

VIRGO Aug. 24 - Sep. 23

Changes in your life have been intense recently, dear Virgo, and this month new priorities are emerging as you restructure and begin a new phase in your life. One of these priorities is attention to finances, which are mostly strong.

LIBRA Sept. 24 - Oct. 23

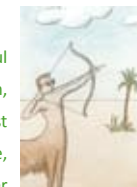
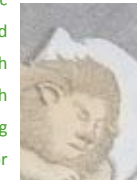
October is a strong month for you in which your own personal needs, desires, and projects assume more importance. As you take a stronger, more assertive, and more independent stance, awareness of responsibilities to family increase.

SCORPIO Oct. 24 - Nov. 22 -

For the most part, October is a time of repose, of tying up loose ends, and perhaps letting go, dear Scorpio. However, career matters are dynamic, busy, and strong from mid-month. You are feeling considerably more ambitious when it comes to professional matters.

SAGITTARIUS Nov. 23-Dec. 21

October is a powerful month for you as your ruler, Jupiter, begins to move direct on the 13th, and taskmaster Saturn is moving out of its challenging position to your Sun. The past months have been anything but light, and you are bound to feel more confidence, energy, and conviction now.





Q. Why does my dog eat grass all the time?

A. There are many common opinions about why dogs eat grass, and unfortunately most of them are ill-founded. For example, most people think dogs eat grass to intentionally make themselves sick. In most cases when a dog eats grass, however, the dog is not sick, nor does he have any underlying symptoms that may lead you to think he would want to be sick. Some dog owners will witness a

specific correlation between eating grass and being sick but unfortunately there just is not enough evidence for this as a primary, common reason.

Studies have been carried out to try and link grass eating with illness, vitamin or mineral deficiencies and lack of roughage in the diet, none of which found any significant evidence. In some cases, you see dogs only eating grass from specific areas, suggesting these might just taste better or have higher mineral deposits. Other ideas include that these are areas where other dogs have scented, or other animals have urinated.

In most cases, routinely eating small amounts of grass will do no harm, and is perfectly normal. The dangers exist where this consumption is excessive. Apart from not being easily digestible, there is a danger where vomiting occurs that pieces of grass are deposited in the nasal cavity, which can lead to infection.

In your case, if this excessive consumption has occurred suddenly, check his stools and urine for any changes. Also monitor his behavior. If you don't notice any other changes in his health or behavior, it is probably safe for you to wait and see if this is a temporary habit, or if it only happens

in a specific place which you can avoid. However, if it continues, is affecting his consumption of his regular diet, or you notice any other minor health problems you should take him for a thorough medical examination.

Q. My five year old daughter wants to know if her dog can watch TV.

A. Many people claim that their dogs watch TV. A lot of these dogs will actually follow the movement of objects moving around the screen and may also bark. However, the dog does not interpret the television the same way we do. The dog cannot determine what any object on the screen actually is. For example, if we can see a video of a dog running around a field, your dog will see a dark object moving around the screen and this may grab his attention and make him "watch".

The sounds of the television are also likely to gain the attention of the dog, and because they can pinpoint the directional origin of any sound they hear, they will naturally look at the TV. Most dogs, however, will differentiate between the sounds of, for example, a dog barking on TV and a real dog barking. Although unapparent to us, there will be a distinct difference which will render the TV version unimportant to your dog. Remember also, that the dog's most important sense, that of smell, is not present in television and may affect his reaction to stimuli such as the TV that is lacking any scent.



Q. My cat loves to lick my bowl after eating mint chocolate chip ice cream.

I just heard that chocolate can kill cats and dogs. Is this true?

A. Even in relatively small amounts chocolate is poison to cats and dogs. Chocolate contains caffeine and theobromine, two different types of stimulants that affect the central nervous system and the heart muscle, as well as increasing the frequency of urination. For a cat or dog to lick the remains of an ice cream from a bowl is unlikely to cause any harm at all unless the animal has a specific medical condition already. However, if the animal was to eat a larger quantity of chocolate he may become very sick indeed and develop vomiting or diarrhea. When the amount of chocolate eaten is excessive, symptoms can include restlessness, hyperactivity, muscle twitching, increased urination and/or excessive panting. White chocolate has the least amount of stimulants and baking chocolate or cocoa beans have the highest. A better idea is to buy chocolate drops which are made specifically for pets, as they will not harm your pets' teeth or their health.

Q. How long will my cat stay in heat?

A. If your female cat does not mate, she will go into oestrus as often as every two to three weeks, for several months each year, until she either mates or is spayed. Cats as young as 4 months old can go into the heat cycle, and they should be spayed as soon as possible unless they are pedigreed and you wish to breed from them. If spaying is not immediately possible then your vet may be able to give her hormones to stop the cycle. After all, the cycle is extremely uncomfortable for her, even if it does not inconvenience you. Your cat will be in heat for one or two days, but won't really come all the way out of it until you have her spayed.



"moral and cultural progress of a country is measured from its treatment of animals" (Mahatma Gandhi)

SHARPIE



URGENT ADOPTION REQUIRED

CALL ARCA TODAY. A.R.C.A. (Association for Refuge and Taking care of the Animals) it is a non-profit association operating since the summer of year 2001.

It is dedicated to protect and to defend the abandoned animals. They are a small number of volunteers who try to protect the well-being of the dogs and look after them until they can find a home for them. They try to make sure that they are adopted and they obtain the best possible home. Also they want to make people more responsible for the animals so that the quantity of abandonments is reduced. They also micro chip the dogs and sterilize them.

At this moment they have 300 abandoned dogs.

They are in Tortosa in the province of Tarragona (Spain). But it does not matter where they come from as the dogs need aid and the best aid is that they have shelter and food. All the material aid comes from the much appreciated donations but with each new arrival more donations are needed. If you want to donate to Arca if only by 5€ each month, minimum, please send an e-mail with your personal data and account number or call or write. Or just become a volunteer to help with the dogs. email: protectora.arca@wanadoo.es



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

A.M.P.A.R.E.
PROTECTORA D'ANIMALS
DE LA RIBERA D'EBRE
Based in MORA LA NOVA

CONTACT | Lynn: 638 731434 English
Isabel: 977 404 720 / 657 905 465 Spanish/ Catalan
www.naturahumana.com/ampare

in Mora La Nova. We desperately need to re-home dogs to make room for more! We have over 200 dogs for adoption. Lynn 638 731434 English Isabel 977 404720 Spanish/ Catalan Donations always appreciated.

I have adopted an abandoned dog. Have you?

Alberg d'Animals de la Ribera de l'Ebre

657 18 14 37
619 84 87 78

www.albergdanimals.com

"Hello, I Am Encarna From The Animal Refuge Terres Ebre, Please Help Me!!! I have 20 puppies and 70 dogs, 40 cats please i need food for dogs and cats....."

Association for the refuge and Care of Animals

Arca

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/>

Call Arca Today To Provide A Home To One Of 200 Dogs Needing A Loving Home Or If You Can Volunteer Any Assistance With The Dogs

ARCA : Post office 496, Tortosa, (Tarragona) or contact: Maeve (English) 678 975 816 Cinta 625 915 605 Carmen 655 040 359

THE LIGHTER SIDE

A CHINESE DETECTIVES REPORT:!

A man suspected his wife of seeing another man; so he hired a famous Chinese detective to watch and report any activities while he was gone.

A few days later he received this report:
Most honorable Sir:

You leave the house. I watch house.
He comes to house. I watch.
He and she leave the house. I follow.
He and she get on train. I follow.
He and she go in hotel.
I climb tree-look in window.
He kiss she. She kiss he.
He strip she. She strip he.
He play with she. She play with he.
I play with Me. Fall out of tree, not see.
NO FEE.



The Spookalyst



An old man goes into a drug store to buy some Viagra.
"Can I have 6 tablets, cut in quarters?"
"I can cut them for you," said Dan the pharmacist. "But a quarter tablet will not give you a full erection."
"I am 96," said the old man. "I don't want an erection. I just want it sticking out far enough so I don't piss on my slippers."

My Duck is Dead

A woman brought a very limp duck into a veterinary surgeon.
As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head sadly and said,

"I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room.

He returned a few minutes later with a black Labrador Retriever..

As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom.

He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room.

A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot.

The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room..

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150!" she cried. "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20. But with the Lab Report and the Cat Scan, it's now \$150.

LIVE PRESS



Self-cleaning toilet paper



CELL PHONE IN THE LOCKER ROOM

Several men are in the locker room of a golf club. A cell phone on a bench rings and a man engages the hands free speaker-function and begins to talk. Everyone else in the room stops to listen.

MAN: "Hello."

WOMAN: "Honey, it's me. Are you at the club?"

MAN: "Yes"

WOMAN: "I am at the mall now and found this beautiful leather coat. It's only \$1,000. Is it OK if I buy it?"

MAN: "Sure, go ahead if you like it."

WOMAN: "I also stopped by the Mercedes dealership and saw the new 2009 models. I saw one I really liked."

MAN: "How much?"

WOMAN: "\$70,000"

MAN: "OK, but for that price I want it with all the options."

WOMAN: "Great! Oh, and one more thing...the house we wanted last year is back on the market. They're asking only \$950,000."

MAN: "Well, then go ahead and give them an offer, but just offer \$900,000."

WOMAN: "OK. I'll see you later! I love you!"

MAN: "Bye, I love you, too."

The man hangs up. The other men in the locker room are looking at him in astonishment.

Then he asks: "Anyone know who this phone belongs to?"



FESTA DEL REMEI AND FIRA DE BANDOLERS ALCOVER

On the second weekend of October Alcover celebrates the festivals Festa del Remei and Fira de Bandolers.

Festa del Remei is celebrated at the hermitage ermita del Remei where there is the Mare de Déu, the virgin venerated in Alcover and all around the town. People attend the mass and offer flowers to the virgin.

Fira de Bandolers is an historical reconstruction of Alcover's past when the village was protected by bandits ("Robin Hood") who defended poor people from rich in a society where persecutions, murders, and popular trials were usual. The activity consisted of two conflicting sides: the Vultures and Morell and this rise of banditry also coincided with a time of economic revival of the town. During two weeks the town changes its appearance so people can see live demonstrations and taste the typical food from the period. There is a fun fair, a treasure hunt for children, a crazy car race, and several music concerts among other cultural activities.

Marxa BTT Vall del Glorieta

On the 12th there is a mountain race, one of the most hard and scenic from Tarragona. It is organized by Club Ciclista Alcover. The race passes through Alcover's forest, along narrow paths with amazing views. Its highest number of participants was 120 in 2006. Weather conditions affect this race, especially the rain because it is celebrated in a period when it normally rains heavily. Despite, the weather, people still come to race.

Castanyada

Castanyada is the Catalan festivity that is celebrated on the same day as Halloween. It is celebrated before All Saints Day. In Alcover volunteer parents from the local nursery school Llar d'Infants Xiu-Xiu sell chestnuts at plaça Nova, and the students from the High School IES Fonts del Glorieta sell chestnuts at plaça el Portal to raise money to pay for their end of year school trip.

More information: www.alcover.cat



THE MORA COLLABORATION RADIO SHOW

"STILL ROCKIN" ON 107.3 FM

Starting in October on a Wednesday evening 8 to 9pm there will be a new program on Radio Mora 107.3 fm * We hope the first Wednesday then every Wednesday same time same place. "The Collaboration Show" Norman Jay and Josep, B, Cardon will have English and Catalan content. Although a pre recorded show, we need content from the expats, Birthday requests and events etc. And to make it work we need to know how many expats are listening. The show will have the following format:-

Local news translated to English and news headlines from the UK | A journey through the 60's (English and American Charts) plus a look at what was happening here in Catalunya, during this period.. | Legal advice. As we hope to have a local Lawyer to answer some questions, a feature on an International Artiste, who is doing a concert in the Area etc. PLUS, Phrase of the DAY.

It's important to have feed back and requests, maybe you want to advertise! It is also possible to listen via the web, www.radiomoralanova.com connect radio. Email please info@radiomoralanova.com or call Norman on 617 162 264.

More feed! A longer show.

ACROSS

1. crosses
4. big
7. mermelada (E)
8. esquí (E)
9. branch
12. disco (E)
14. loutish
16. sun
17. aire (E)
18. to sting
19. tararear (E)
21. triste (E)
23. olive tree
24. challenge
26. frog
27. disputar, rivalizar (E)
29. aunt
30. ring
31. inside

ACROSS:

1. fruta
4. tripa
6. sepia
7. era
9. boa
10. amigo
12. trapo
14. sombra
15. tripon
17. sedan
20. steep
23. nil
24. rub

ANSWERS TO THE SEPT ISSUE OF SPANGLISH

DOWN:

1. fresa
2. asado
3. opinar
4. taint
5. amano
8. asi
9. bra
11. moose
13. prole
16. volado
17. sonar
18. del
19. norma
20. sleep
21. ear
22. pobre

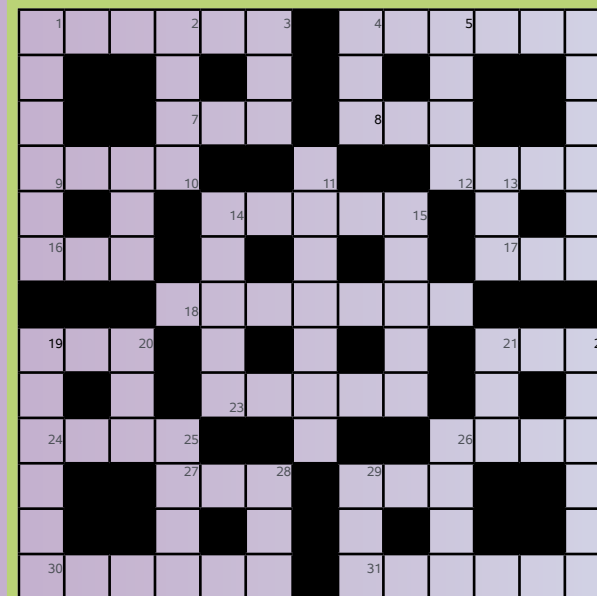
EQUESTRIAN CORNER 'BARNEY'S HANDY MONTHLY TIPS'.

Some Horses have real problems with being in a stable, & I know it can be a problem when you don't have a lot of trees around your land to shade them from the Sun. When you do stable them, kicking the door can also be a problem. They start to weave from side to side, & start eating the door, to the point where some times they can step right over it. WHY! Because your Horse is Bored. ANSWER; A 'salt lick' block attached to the door will help. Plenty of straw & alfalfa will also help. But the real answer is space. If you can build a coral of a decent size outside of the box, & leave the door open between the stable & the coral, your horse will have enough room, not to be bored.

Another tip is 'lungeing' your horse for twenty minutes a day, (longer if you can) - Works wonders. Of course riding your horse out is better, it does make a difference, even if it is for just a short time, also some horses enjoy playing with an old football. Anything to stop them being bored. 'Good Luck'. from Barney, **he can be contacted on 605 467 394 or through the Olive Press, with any questions or comments.**



SPANGLISH?-ANSWERS NEXT MONTH



DOWN

1. goats
2. eyebrow
3. cuenta (E)
4. gas
5. avido (E)
6. to teach
10. bad
11. a trophy
13. outward journey
14. pasture
15. grandson
19. flour
20. tapete (E)
21. mar (E)
22. daily
25. oval
26. lluvia (E)
28. this
29. un poco (E)

BY SARAH (E=translate to english otherwise to spanish)



From a chinese medicine view your **KIDNEYS** are the root source of your creation of power, skill and ability. They are the storehouse of the energy we inherit from those before us which governs our progression through the stages of life like adolescence. The strength from our Kidneys helps make those transitions smooth if we nourish the Kidneys when there are bumps during those times of life, like the menopause, and as we emerge into old age. The kidneys re-assure our feelings and trust of having a place where we came from and can return to, and as such are an antidote to fear. Weak Kidney energy makes people fearful and lacking willpower as that trust in having a place to stand on is undermined.

We all have two Kidneys: they contain the creativity of difference. The Kidneys have both Yin (cool/moist/liquid) & Yang (spark/flame/fire) aspects and just as the oil and flame of an oil lamp together make light, the Kidneys help supply the meaning and depth we need in our lives, illuminating the treasure of who we are and where we need to put our energies. Their capacity to hold the balance of opposites also gives rise to the joy and power of sexuality and reproduction.

They are related to the **WATER** element and govern the deep structures of

the body, the bones, brain, skeleton, sexual & urinary systems, ears, lower back & knees, as well as head hair, strong silky hair suggesting plentiful Kidney energy. Water-related activities or connections can help nourish Kidney energy, like using the colour blue; eating cucumber, watermelon, oysters; swimming or walking by the sea; as well as activities balancing the dual needs for stillness & expression of energy in our life.

The point Kidney 6 (just below the inner ankle) is called 'Illuminated Sea'. We can all imagine the sea when it is so still its depth is reflecting the stars and moon. The stillness and silence can be so strong it goes beyond the quiet of just sitting still, becoming so potent it is almost magical. Sometimes we touch the power of that depth of stillness entering a grove in a forest, or a church or temple - we know instinctively not to interrupt those moments. That stillness, blessing and power in our lives is a gift from the Kidney part of our system. If we are quiet enough to take the time to listen we can see through stillness into the vast mirror of ourselves.

Taru Burstall is a licensed acupuncture & massage therapist & psychotherapist. You are welcome to phone 629 301 509 if you have any queries.

Tonify Acupressure Point Sp 6 (Sanyinjiao or Three Yin Meetings) to strengthen the Spleen and Kidney Energy

Tonify Acupressure point KI 3 (Taixi or Great Stream) to strengthen the Kidney energy

Limescale causes all sorts of problems for homeowners and business people in hard water areas. Not only is it highly destructive to appliances, potentially decreasing the lifespan of boilers, washing machines and dishwashers by several years, but it can also increase their energy consumption dramatically. 1mm of limescale deposited on a heating element can increase the energy consumption of that appliance by around 10%. The "Vortech™ Inside CalciumConverter" is a revolutionary type of catalytic water conditioning media which changes the structure



Highly effective: Testing has shown that the CalciumConverter can prevent 99% of limescale deposits and even reduces limescale that has already been deposited on heating elements and in pipes.

The CalciumConverter is suitable for residential and commercial applications and can be used in all types of electrical appliances from boilers, dishwashers and washing machines.

www.purewaterspain.com
sales@purewaterspain.com

of limescale in the water in order to stop it depositing in pipes and on heating elements. Our installations have proved highly effective, saving customers money, time and effort.

In brief the catalytic media in the system triggers the crystallisation of the dissolved temporary hardness minerals (calcium & magnesium) into nano sized crystals which are held in suspension in the water flow. Once

crystallised these nano particles are unable to deposit on heating elements and pipe work, so preventing the harmful effects of hard water. Since the system does not use salt it avoids the problem which traditional water softeners have that they increase the sodium content of

the water. Furthermore the minerals which are known to be beneficial to health are not removed from the water. Environmentally friendly: *

No Salt. which can save users hundreds if not thousands of euros per year, not to mention the hassle of ordering, carrying, and adding heavy

bags of salt to their systems on a regular basis. Unlike traditional softeners, the CalciumConverter does not require backwashing, which can save users thousands of litres of water per year. As well as the cost saving for those on metered supplies, this water saving combined with the absence of salinated water being flushed into the sewerage system has huge environmental benefits. Call Purewater Spain for more information 977 059 364

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Make well, river & irrigation water pure and safe to drink

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Purewater Spain Seagull X6 Purification	YES	YES	YES	YES	YES	YES	YES
Charcoal Filter	NO	NO	NO	YES	YES	?	?
Pre-coated carbon	NO	NO	YES	YES	YES	YES	YES
Carbon block	NO	NO?	YES	YES	YES	YES	YES
Ultraviolet radiation	?	YES	NOT	NO	NO	NO	NO
Distillation	?	YES	YES	?	YES	NO?	NO
Reverse Osmosis	NO	NO	YES	?	YES	YES	NO

* ABOVE COMPARISON CHART FOR THE CONTAMINANT REMOVAL FOR VARIOUS SYSTEMS

? Comparators 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.



Blacktower Financial Management Group

'Save Tax in Spain'

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 the present economic climate, people are finding it even more important to manage and reduce their tax liability. Over the centuries, whether in the UK or Spain, this has always been the case. 'Why pay more than you need to?'

You can reduce your tax liability and increase the 'money in your pocket' if you have money invested in any of the following:-

- UK Bank - currently taxed at 20% at source
- Spanish Bank - currently taxed at 18% at source

- Offshore Bank - currently taxed at 20% rising to 35% in 2011

Indeed, it is worth checking any investments you hold are in the most efficient tax environment.

There are now several companies who offer **Spanish approved investment bonds** that are extremely tax efficient for your savings and investments.

Case Study

Mr Jones invests 50,000€ which grows by 5% to 52,500€ after 1 year. He decides to take this 2,500€ to supplement his income.

If we look at the tax to be paid on the options above and the **Spanish approved investment bond** the difference is startling.

UK Bank	Tax 500€/£ equivalent
Spanish Bank	Tax 450€
Offshore Bank	Tax 500 increasing to 875 from 2011 €/£
Spanish approved investment bond	Tax 21.42€



JIGSAW OVERSEAS

The owners of Jigsaw Overseas want to collate all the best and most reliable services you need after moving abroad into one place, eg. furniture, rental companies, lawyers, insurance brokers, pool cleaners, landscape gardeners etc etc. - we have over 25 different regions worldwide. Just choose your country, region and the Overseas Property Service that you need, it's that simple!!!!

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- Free market updates
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Under the **Spanish approved investment bond** the withdrawal is split between return of capital and gain for tax purposes.. Tax is only payable on the gain element, the majority of the withdrawal is classed as return of capital, hence a **saving of over 420€**. There would be no liability to tax if a withdrawal was not made.

The **Spanish approved investment bond** can hold a variety of investments including capital guaranteed products.

A particular favourite is an investment that, up to the end of July 09 has delivered the following performance:-

- 1 Year 10.75%
- 2 Year 22.24%

In addition it has delivered **44 consecutive months of growth** and importantly is not reliant or connected to stock markets.

If you would like more information

please contact **The Olive Press** or **Ian Whitby** at **Blacktower Financial Management** on **968 959 331** or email him at ian.whitby@blacktowerfm.com web site: www.blacktowerfm.com

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Remember to send in your questions!



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QROPS

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Costa Dorada - Chris Sidman

tel: 689 276 854



YOGA FOR ALL

Health, harmony, endorphins-rich happiness—We practice yoga for all of these reasons and can extend these feelings into our daily lives. Perhaps this autumn you'd like to take better care of your body, help others, or reduce your impact on the planet. Whatever your intention, when you make positive changes grounded in self-awareness, you can connect with the truth of who you are and why you do what you do. Here are five small acts that can help you understand yourself, connect with the world around you, and live happily through the cooler months.

1. Shift Your Perspective

To radically shift your outlook, break out of your regular routine. Go a different way to work, try a new food, take a class with a yoga teacher. Then notice how one seemingly simple change affects the way everything else appears to you. Our whole world is basically what we perceive. The opening verse of the Dharmapada—an anthology of quotes attributed to the Buddha—says, 'We create the world with our thoughts and our perceptions.' This means that the only thing we know about this world we are living in is how we perceive it.

2. Waste Not

Commit to a single day free of disposable products. Bring your lunch to work in a reusable container, use a cloth napkin, and bring your own water bottle to yoga class. Carry a reusable bag for everything you buy, not just groceries. Notice what you're obliged to throw away, whether it's the plastic wrap around your sandwich or the cotton in a new bottle of vitamins. And don't be discouraged if achieving a waste-free day proves harder than you think. Just becoming aware of what you're discarding is likely to usher in other changes that will eventually have an

even greater effect on the environment. People say they're throwing stuff away, but 'away' is a euphemism. There is no 'away'.

3. Experience Silence

Spend some time in silence. Silence can be one of the best ways of cultivating self-awareness.

Practicing silence can also be a way of conserving prana, or "life force." When you speak a lot, you are using up prana. So unplug your iPod, hide your mobile phone, and commit to a period of silence—as short as a 10-minute tea break or as luxurious as a whole day. Initially, being quiet can feel agitating, but simply notice your urge to speak or to take in other people's words or ideas. See if you can appreciate all the ambient noises: the sounds of birds, wind in the trees, the movements of other people, even traffic. Soon, you'll likely find the respite from speech to

be deeply restful.

4. Be a Creator

Bake bread, knit a cap, build a birdhouse, design your own thank-you notes. Creating something may feel like a small way of enriching the world, but making something with your hands can be an

active meditation, an opportunity to take a break from conscious thought and allow yourself to freely engage with your creative side. Like the practice of yoga, creative acts are about the process, not the result; your sense of satisfaction when you pull on a warm hat you made yourself, mail a beautiful card to a friend, or bite into a sandwich on homemade bread is just an added benefit.

5. Make an Offering

Commit to one selfless act each week. Bring a meal to a busy friend; babysit your neighbours kids; give a few hours to a community garden. These moments are a chance to share someone else's experience of the world and see the richness of your own existence. "All yoga begins with karma yoga, which is action done as a service to others and as a form of worship of the divine," writes David Frawley in *Yoga: The Greater Tradition*.

Sarah Good is a Sivananda trained Yoga teacher offering local drop – in classes and also private tuition within the comfort of your home.

Sarah can be contacted on

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On contacting Tor FX (who in December 2008 were ranked the UK's 2nd fastest growing company in the prestigious 'Sunday Times Fast Track 100') you will be allocated a personal Euro account manager who can help you effectively manage your exposure and develop a strategy to ensure that you plan the timing of your purchase to your benefit. A major benefit of dealing with an independent broker is the ability to talk to currency experts throughout the course of your transaction. The banks simply do not offer this service.

Opening a private trading account couldn't be simpler through our website, and usually takes a couple of minutes. Tor FX is a regulated company and we are bound by law to identify every client that trades with us as part of our anti-money laundering regulations.

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For more information and/or advice on your currency transfers then please contact the New Business

Development Team at Tor FX and they will get in direct contact with you. Email currency@torfx.com and they will ring you back or when dialing from Spain call 00 44 1736 335292 – Always quote The 'Olive Press Magazine in Spain' so they'll have an indication of your requirements.

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"SPANISH NATIONAL DAY & VIRGEN DEL PILAR 12TH OCT"



1955 Procession-Virgen del Pilar



12th October is a national holiday in Spain. It is also Saint Day for anyone called Pilar (many Spaniards, especially the older generations, celebrate their saint day more than their birthday). Pilar is the Patron Saint of Zaragoza.

Spain's National Day (Día de la Hispanidad) is celebrated on 12 October. With the advent of democracy in Spain, 12 October, a date that commemorates the discovery of America by Cristobal Colon in 1492, became the National Day of Spain.

LA FIESTA VIRGEN DEL PILAR

Every year, on the 12th of October, the capital of the region of Aragon in Spain, Zaragoza, becomes a place of celebration and homage for the Virgin of Pilar, the patron saint of this historic and diverse region, located in the Pyrenees mountains, and surrounded to the north by Navarra, to the east by Catalunya, and to the south and west by Castilla León.

Centuries of history, faith and devotion surround the Virgin of Pilar, and serve as the foundation for the festivities practiced in modern times. Today, an abundance of music, dance, theater, parades, flowers and ambiance make the Fiesta del Pilar a fine example of the spirit of Spanish history and culture, as well as an internationally recognized event.

The history of the Fiesta del Pilar begins in the year 40 A.D., when the apostle Saint James the Greater enters Spain with the task of converting the still largely pagan country to Christianity. In Aragonese territory, while traveling on the eve of January 2, the Virgin

appears to him, and asks him to build a church on the very spot where he stood at that moment. Saint James delivered the wishes of the Virgin, and the result still stands today, and is known as the Basilica del Pilar.

12 October 1492 marks the emergence of a large Spanish speaking community of more than 350 million people who share language, values, and traditions.

The origins of 12th October celebrations go back to the beginning of last century. In 1913 Faustino Rodriguez San Pedro (a wealthy and influential Spanish business man and lawyer and at that time Chairman of an organization called the Iberoamerican Union) proposed that 12th October (which was already a festival in many South American countries and in Zaragoza in honour of the Virgin Pilar) be called Fiesta de la Raza - literally Festival of the Race, i.e. the Spanish race - and be celebrated throughout Spain and Latin America. La Fiesta de la Raza duly became an official national holiday in 1918 in Spain and some American countries, where the 12th October was already a national holiday, started calling their national day Fiesta de la Raza too.

In 1926 a Spanish priest, Zacarias de Vizcarra, displaying a little more sensitivity and respect for the diversity and wealth of Central and South American culture and race, wrote an article in which he said that the word "Hispanidad" ought to substitute the word "Race" in the official description of the 12th October festivals. The idea started to catch on, and in 1935 the national holiday in Spain was officially renamed Fiesta de la Hispanidad.



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 being the month of October and Halloween I felt it only appropriate to present a classic creepy tale perfect for the season.....

Although it is a Mexican film not Spanish I feel that this should still stand tall along with any Del Toro Ghost Story. Once again find that cosy place behind the sofa and enjoy.....KM31



Kilometre 31 (2006) *After the tragic death of their mother when they were children, twin sisters Agata and Catalina Hameran developed a special skill, a way of communicating without speaking, a link between them. After a mysterious accident on Kilometer 31, featuring a small child very similar to the little boy in the Japanese horror series 'The Grudge' Agata falls into a coma. Catalina, thanks to their link, feels the pain and tragedy that her sister is going through at the time of the accident. Following a series of supernatural events, Catalina realizes that their link is stronger than ever and that her sister Agata is screaming for help from her unconscious state.*

Catalina is now determined to find out what really happened to her sister in order to help her wake up. Nuño, Catalina's long time friend, and Omar, Agata's boyfriend, agree to help her. But they soon find out that not only is Agata in a coma, but she is also trapped between reality and an ancient legend, the legend of La Llorona.

Kilometre 31 (Kilómetro 31 or km 31) is a 2007 Mexican horror film, written and directed by Rigoberto Castañeda. The film is inspired by the Crying Woman legend (La Llorona) and legends about highway ghosts (very popular in México). The KM 31 picture aims to combine the drama and the horror genre, a psychological horror film that is clearly influenced by the great classics such as *The Shining*, *The Exorcist*, as well as recent movies such as *The Ring* and as already mentioned *The Grudge*.

Jason.M.Berry 17/09/2009

Contact e-mail: gatchajay@hotmail.com



CHALLENGES OF GARDENING IN CATALUNYA

NATURAL GARDENS by Clodagh and Dick Handscombe, Gardening in Spain for 25 years.

Gecko Harness
Time For Walkies!



Leuzea conifera

Driving through Catalunya the other weekend there are really some nice situations for purchasing inland dwellings with a good piece of land. However this is strictly for those who don't mind cold winters. We came for a bit of sun and therefore stick to ten kilometres from the beach although living 400 metres up. When we walked for 52 days ten years ago from the Bay of Biscay coast west of Irun to the Mediterranean coast at Llanca just south of Port Bou we were amazed that the real Mediterranean landscape was only a half days walking thick. But the other weekend we realised the gems that a wild piece of uncultivated garden can bring.

First the land is already covered with natural herbs and trees that like the local microclimate.

Seasonal flowers from spring bulbs and daisy type plants that fill abandoned orchards to summer leuzea coniferas which if placed in a cloth bag in a trouser or skirt pocket are a traditional cure for haemorrhoids and autumn setas – wild mushrooms – prompt one to frequently walk the plot to see what's out and around.

Re the latter a patch of sand will soon attract sunbathing lizards and a pond in the quietest corner of the garden could well attract wild boar and deer plus resident and migratory birds.

Herbs will include rosemary, lavenders, thymes, rue, sage etc. Each being useful in the kitchen and in the natural medicine chest. Maybe you have the entrepreneurial spirit to collect and perhaps distil essential oils for your own collection or to supply a local herb based business.

Old wizened trees from years of surviving freezing winter gales add character and should not be felled. Dead branches are often the roosting place of buzzards and other hawks. And off course a cork oak with some of it's bark stripped to reveal the orange trunk for a few months look great.

The quickest and most attractive way to turn a wild area into a garden is to clear a network of paths and terraces and leave the rest intact except for trimming back the most evasive plants.

'Your Garden in Spain – From planning to planting and maintenance' includes chapters on the possibilities for gardens in a wide range of situations and styles including wild and natural gardens. It can be conveniently obtained via www.santanabooks.com or by their telephone 952-485838. If you want autographed copies for special presents they can be obtained by an email to yourgardeninspain@hotmail.com. © Clodagh and Dick Handscombe August 2009.

TREAT YOUR TASTE BUDS.

The essence of Catalan food lies in its sauces for meat and fish. There are five main types:

Sofregit Sauce

1/3 cup extra-virgin olive oil
1 cup onion chopped
1 teaspoon garlic minced,
1 cup plum tomatoes, peeled, seeded and chopped, 1 teaspoon flat-leaf parsley & 1 teaspoon sage, minced, Salt and pepper, to taste

Heat a heavy saute pan and pour in the olive oil. When the oil is hot, add the onions and cook over low heat until they turn soft and golden brown, about 20 minutes. Stir in the garlic and cook until it begins to colour slightly, about 5 minutes. Add the tomatoes and cook slowly until they begin to blend with the onions, about 20 minutes. Add the parsley and sage and cook for another 10 minutes. Add salt and pepper to taste.

Samfaina Sauce

1 cup extra-virgin olive oil
2 1/2 cups medium aubergines, diced
2 1/2 cups medium diced courgettes,
3 cups fresh tomatoes, peeled, seeded and chopped, 3 medium red bell peppers, roasted, peeled and thinly sliced
5 cups onions, thinly sliced
2 tablespoons chopped garlic cloves
Salt & Black pepper, freshly ground

Heat oil in large pot. When the oil is hot, add the onions. Season with salt and pepper. Saute until soft, about 6 minutes. Add the garlic and aubergines. Season with salt and pepper. Saute until soft, about 4 to 6 minutes. Add the courgettes, tomatoes, and peppers. Season with salt and pepper. Bring to a simmer and cook until the liquid has evaporated and the vegetables are very soft, about 30 minutes. Taste and season if necessary.



chicken with samfaina sauce

CATALAN SAUCES

Picada Sauce

2 cloves garlic, peeled and minced
1/4 cup blanched almonds, roasted
1/4 cup blanched hazelnuts, roasted
1 slice fried bread
1 tablespoon finely chopped fresh parsley
Olive oil, Salt and pepper

Using a mortar and pestle or a spice mill or a food processor, grind the garlic, nuts and bread together. Add the parsley and mash until incorporated. Add in enough oil to the mixture to form a thick paste. Season with salt and pepper.

Aïoli Sauce

8 garlic cloves,
1 cup extra-virgin olive oil, Salt
In a blender, add the garlic. With the blender running, slowly drizzle in enough oil until the mixture is thick and emulsified. Season with salt. Egg yolk can be added to make more of a mayonnaise

Romesco Sauce

3 dried ancho peppers, soaked, seeded and minced. 1 small fresh serrano or jalapeno pepper, split in half. 3 whole garlic cloves
2 slices fried white bread, crust removed
1 cup tomatoes, peeled, seeded and chopped.
1/2 cup blanched almonds, roasted
1/2 cup hazelnuts, roasted
4 tablespoons extra-virgin olive oil
2 teaspoons red wine vinegar
1 tablespoon finely chopped fresh parsley
Salt, to taste

In a large saute pan, over medium heat, heat the oil and saute the peppers for 1 minute, remove from the pan. Keep the oil. In a food processor, combine the peppers and garlic to a paste. Add the fried bread, tomatoes & nuts. Process until smooth. Add the vinegar, 2 to 3 tablespoons of the reserved oil and season with salt. Process for 15 seconds. Add the parsley and process for 5 seconds. Remove and store in an airtight container under refrigeration until ready to use. Use as a vinegar sauce or as a salad dressing

www.theolivepress.eu

FAT GIRLS HAVING BEST DAY EVER

FAT girls are having the best day ever after a scientist said all the skinny girls were going to die first.

Across Britain big women cracked opened fresh tubs of ice cream as new research found that people with giant thighs are somehow healthier than people without giant thighs.

Emma Bradford, 18-stone of girlmeat from Doncaster, said: "You may have skinny little legs Nikki Hollis, but in 20 years time you'll be dead and I'll be the one bouncing up and down on your boyfriend until he bursts.

"I'll be thinking of you as my giant thighs almost smother his grinning face. Then I'll put on my massive pants and make him a big, sexy breakfast of sausages and pies."

Emma warned that acquiring a



healthy set of thighs takes a lot of hard work and would not happen overnight, but advised would-be thigh perfectionists to start with a box-set of One Tree Hill and an enormous amount of Pringles.

The thigh boost comes just 24 hours after a magazine published a naked photograph of an attractive woman with at least two chins and a belly.

Dr Margaret Gerving, director of the Simply Be Foundation, said: "We have been saying for years that big girls offer much better value for money.

"They live longer, they have stronger personalities, they clean their plate and they can take several days to explore."

She added: "Now then, who's up for a chocolate sandwich?"



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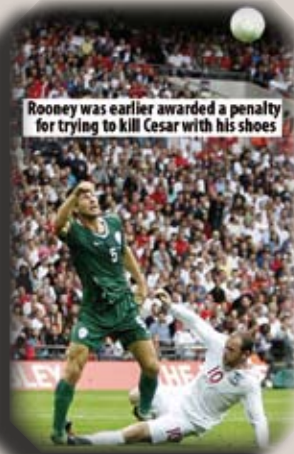
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SLOVENIAN BANNED FOR LIFE AFTER BEING STABBED BY WAYNE ROONEY

SLOVENIA'S Bostjan Cesar has been banned for life from football after allowing himself to be stabbed by Wayne Rooney.



The England striker knifed Cesar after he reached past him in the players' lounge for some peanuts. CCTV footage shows him nearly nudging Rooney, prompting the Utd player to go to his car for a Stanley knife.

Rooney said last night: "I'm dead honest, me, so if I say he needed stabbing you'd berra believe me, right?"

"I know the police do a dead difficult job so I was made up when they arrested him for coming anywhere near me."

The England team were celebrating their meaningless win in the meaningless match of their meaningless sport

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when the stabbing occurred.

UEFA president Michel Platini said: "This is entirely consistent with our arbitrary decision making process. Tomorrow we may decide Cesar has to play six games wearing a top hat. It's all just one big adventure."

But the celebrations were tempered by news that Emile Heskey had been humanely destroyed. The striker struggled to make his way around the pitch before being shot by a qualified marksman and turned into Whiskas.

England fan Charlie Reeves, said: "Watching him stumble about the place, getting in people's way, it was horrible. Even the Slovenians thought it was cruel and they throw dogs off bridges and stuff, don't they?"

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PC TIPS: CLEAN OUT AND CLEAN UP FILES

Remove Temporary Files

Temporary or junk files are left over by programs and are usually no longer needed. They waste space and that may eventually slow your PC down.

Internet Explorer stores many of the files used on the web pages you [visit](#) so that next [time](#) you go to a site it doesn't have to download the same files again. However, this can build up over time and take up a lot of disk space.

In **Internet Explorer 6** click on **Tools** then **Internet Options**. Under the section Temporary Internet Files on the **General** tab, click **Delete Files**. Tick **Delete all offline content** and click **OK**. When finished, click **OK** to exit the Internet Options window.

In **Internet Explorer 7** click on **Tools** then **Internet Options** and look for the section Browsing History and click the **Delete** button underneath. Next Click the **Delete Files** button next to Temporary Internet Files.

The **System Restore** facility is a useful safety feature but it can also use up a lot of space, so occasionally it is worth clearing out the old restore points.

To do this, go to **Control Panel**, click on **System** then on the **System Restore** tab. Tick to turn off System Restore and click **Apply**, this will clear out all old restore points. Now un-tick to turn System Restore back on and use the slider to specify the amount of disk space you want it to use for future restore points.

Disk Cleanup

The **Disk Cleanup** system [tool](#) allows you to clean out Windows components and programs you no longer need, and remove temporary files.

From the Start menu, click on **Programs** > **Accessories** > **SystemTools** > **Disk**

Cleanup.

The main Disk Cleanup window shows two tabs - Disk Cleanup and More Options. In the Disk Cleanup tab window, put a tick in the following boxes if you wish to clean out these unnecessary files:

- * - Downloaded program files
- * - Temporary internet files
- * - Recycle bin
- * - Temporary files

Click on the **More Options** tab and you can choose to get rid of unwanted Windows components, remove installed programs you no longer use, and remove all but the most recent System restore point.

When you have selected everything you want to clean up, click on **OK** then **Yes** to confirm you want to begin the Disk Cleanup process.

Defragmenting Your Hard Disk

Disk Defragmenter helps Windows arrange files on your Hard Disk in a way that makes it easier and faster for it to find your programs.

From the **Start menu**, click on **Programs** > **Accessories** > **SystemTools** > **Disk Defragmenter**.

It is recommended that you [read](#) the Defragmenter [Help](#) manual before beginning the defragmentation process. Click on Help from the menu at the top of the Disk Defragmenter window.

Defragmenting can take anything from a few minutes to several hours depending how fragmented the disk is, during which time you should not run any other programs.

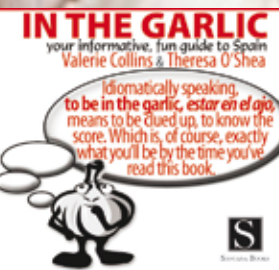
Disk Defragmenter requires 15% of free space on your hard disk to work with. If you do not have enough space you will need to delete some files. To start the defragmentation process, click the volume that you want to defragment, and then click **Defragment**.

A TASTE OF GARLIC
VALERIE COLLINS & THERESA O'SHEA

Drogueria Not where you buy drugs of any description, not even an aspirin, but rather where you stock up on anything from shampoo, make-up and cockroach-killer, to light bulbs, perfume and bleach. Very much old-fashioned one-off shops. There are no super-slick, Superdrug-style chains offering own-brand products and state-of-the-art sales ploys. There's usually just the one checkout counter, and any more than three customers in the shop and there's a rush on.

Estanco Tobacconist's, and so much more. The word *estanco* originally meant a tax (*impuesto*) levied to establish a crown monopoly. Our local *estancos* sell fags, designer lighters, ashtrays, newspapers and magazines, multi-ride transport tickets, postcards, Chupa Chups, batteries, lottery tickets, basic office supplies, phone cards and stamps. They also offer a choice of four dog-eared birthday cards (not big on card-sending, the Spanish). An *estanco* is the ONLY place you can buy stamps apart from the Post Office, and since it acts as a kind of Government stationer's it is also the place you will be sent to buy *timbres de estado*, 19th-century-looking revenue stamps needed to complete strange bureaucratic transactions. Not to be confused with *estanque* (pond).

Farmacia Pharmacy, identified by a flashing green cross. This, of course, is where you buy prescription and over-the-counter drugs. Here, too, you can hire baby scales and crutches, weigh yourself, order Scholls sandals, check your blood pressure, and buy pregnancy kits and nicotine patches. The *farmacias* have fought tooth and nail to maintain their monopolies — and horrendous prices — on such things as baby food and tampons, and once upon a time were the only places you could buy these things. It used to be dead easy to get prescription drugs without a prescription from your friendly local *farmacéutico/a*, but now they're tightening up. But still, in Theresa's village, although there are no shops and no bars, there is a doctor's surgery and a *farmacia* in someone's hall. If the pharmacist's



THIS MONTH:
SHOPS OLD AND NEW

not there, no problem. You simply knock on the door and her elderly mother appears, urging you to "just help yourself to what you need off the shelf".

Ferretería A *ferretería* sells everything from nuts and bolts to chainsaws and liquidisers to *paella* pans and mosquito netting. In other words, it's an old-fashioned, family-owned hardware store-cum-ironmonger's. Seemingly resistant to new-fangled retail techniques, like shopping baskets, navigable aisles (or even aisles), jolly uniforms and check-out desks, most remain cluttered and poky, with personal counter service from

knowledgeable *caballeros* in brown overalls. It takes years to master the vocabulary of DIY in Spanish, so until you know what *tornillos*, *alcayates*, *cáncomos* and *tacos* are, you'd better take along a sample when you ask for five of each.

Zara Since we decided to include Zara in this book, just about everyone in Barcelona seems to be carrying their stuff around in a Zara carrier bag. Zara, as hype-loving journalists have been quick to note, is today's Spanish Empire Upon Which the Sun Never Sets, and its emperor is Amancio Ortega, president of the Inditex group (Zara, Pull and Bear, Bershka, Massimo Dutti, Stradivarius, Oysho, Zara Home, Kiddy's Class). From a tiny family workshop in Arteixo, near A Coruña, since 1975 Zara has grown to over 1,600 shops in 40 countries, 254 of them in Spain. Customers visit Zara on average 17 times a year (four times a year more than the competition), a great marketing success. One of the great achievements of the company is to have become famous without any advertising. Well, have you ever seen a Zara advert?

© Valerie Collins & Theresa O'Shea

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I say, they seem to be letting
ALL KINDS of riff-raff onto the
internet these days!

Introduction

The more you use your PC, the more it will collect junk files that you no longer need, taking up unnecessary disk space. It is therefore a good idea to regularly clean out your system, getting rid of the files you no longer need to make space for new ones. You can also run maintenance programs which can 'defrag' your files – in other words clean up and arrange them in a way which makes it easier for your PC to find. By doing this, you can improve the speed at which Windows runs programs.

The Recycle Bin

When you delete a file, usually this just means it has been moved to the **Recycle Bin**. If you do not regularly empty your Bin, the files inside may take up valuable disk space.

Double [click](#) the Recycle Bin icon on your desktop to see which files are currently stored in there. If there are any files in the Bin that you want to keep and put back in the original place you deleted them from, right-click on the files and select **Restore**. If you are happy you no longer require any of the files in the Recycle Bin, you can remove them from your computer [completely](#) by right-clicking the Recycle Bin icon and selecting **Empty recycle bin**.

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WANTED | solar panels any size/condition Tel : 628 596 985

WANTED | Cages from around broken cubos. T. Sarah 646935770

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WHAT'S ON | Autumn is coming again with THE

READING CLUB where an English spoken person reads a short English story- members consist of Spanish, Irish and English. Next meeting 5th october, 19,30pm at the library Marcel.Li Domingo, Tortosa. Our reader will be Matthew Pou. He will read the last chapter of the Daydreamer, by Ian McEwan. **NEWLY FORMED BADMINTON GROUP** | New Daytime Badminton Session starting in El Perello on Tuesday 6th October from 11.30 to 1pm. If you want to get back into playing, dust off your racket and come and join in! Details from Marian on 697353914.

CAR BOOT | 1st Sunday of every month 10am. stalls 5€. Refreshments, Camping St Jordi, Platje Ayellanes, L'Ampolla Tel 679 115 247 •**CAR BOOT SALE** | 2nd Sunday of very month. Situated Hipaca Escornalbou, Vilanova D'Escornalbou. Arrive 9am starts 10am. Bar & restaurant- **no fresh produce allowed!**

Contacts: Cosme on 620215772 or Silvia 665159781 •**CLASSIC CAR MEETING** 1st FRIDAY of every month 6PM Call for more details and new location: 678 718 446 •**EL PERELLO FREESIA GROUP** (working for cancer charities) Book Sale 10th October at the Homogenik. Boot Sale 25th October Proxims

Car Park Sellers 9.30. Pitches 5 euros. Christmas Fair at the School of Music on the 14th November. Phone Liz 619905609

•**FRIENDSHIP CLUB** | for all nationalities meeting 2nd, Sunday of each month near Tortosa free stalls for those that have wares to sell, food & drinks available. Call Brian Parkin at 660990422 or 977059911 •**CAR BOOT SALE** | first sunday every month C/ Garcia Restaurant Braseria Can Palomo MORA LA NOVA.

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MONTHLY | Are you or have you been a free mason, if so you and your partner are invited are to join us for our monthly social gatherings. with a view to forming an english speaking lodge. for more information please phone Les Beech on 678 357 713 or email: lesbeech@hotmail.co.uk. • C of E CHURCH SERVICE | 4th Wednesday of every month at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The Anglican Congregation of St Christopher's, in 5, Plaza Primero De Mayo, Vinaros - Services will be at 10 a.m. every Sunday. During the week, also other activities i.e. Thursdays, a "Drop In" morning from 11 a.m. to 1.00 p.m. when friends can meet for a coffee & a chat. Paul Needle can be contacted on 964761641 or mobile 662482944 or e-mail paulneedle@aol.com for any pastoral needs. The Decibels Choir will be singing at the Ampolla Church Harvest Festival Celebration on Friday the 2nd October at 7.00 pm immediately prior to the mass and then later the same evening at the Perochial Rooms in Ampolla at about 8.30/9.00pm. The Decibels are a choir group of singers from Ampolla, El-Perello, Moira and L'Ametlla area. They are multi-nationality and they sing for fun in the hope of spreading some joy among mixed audiences. All are welcome to come and listen and be entertained. Tickets for the Harvest Supper from Christine 977059324

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