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OF HUMMINGBIRDS. MORE INFO ON
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Sad news. A group of vandals have disturbed one of the four "nests" of peregrine falcons in Barcelona. They climbed up one of the chimney



stacks in Poble Nou where the pair were raising three chicks, and in their panic the chicks flew before they were fully fledged. Two have been rescued but one was found dead in the street.



The two rescued chicks are to be taken to a nest on Montjuic and introduced to the nesting pair there. May the full force of the law fall on these idiots. El Periódico

Expo2008: Rain in Spain causes Zaragoza to complain. Organisers of international water festival find their grand opening hampered by heavy rainfall

- * Graham Keeley in Barcelona
- * guardian.co.uk,
- * Saturday June 7 2008



A giant sculpture representing a splash of water is hung from a building at the Expo2008 in Zaragoza. Photograph: Manu Fernandez/AP

The title of the song could hardly be more appropriate. A Hard Rain's A-Gonna Fall, Bob Dylan's 1963 classic, was donated by the songwriter to Expo2008, an international jamboree devoted to water and sustainable living. But on the eve of the two-month spectacular in Zaragoza, northern Spain, organisers

may feel the song's title is rather too apt.

Heavy rains have caused the Ebro river to overflow, flooding the spectators' area at the opening ceremony and forcing emergency plans into action.

Expo2008, running from today until September 14, was expected to draw 6.5 million visitors. It will boast a series of concerts, including performances by Alanis Morissette, the punk rock veteran Iggy Pop, and the Spanish opera singer Montserrat Caballé.

The exhibition area, which features works by British architect Zaha Hadid among others, is not at risk. The 25-hectare (62-acre) fairgrounds will feature a 35,000-seat concert venue, exhibits from about 100 countries and one of Europe's largest freshwater aquariums with more than 500 species from five major rivers around the world.

After months of the worst drought for 60 years, Spain has experienced the wettest May since 1971; it rained on 18 days of the month. Heavy rains have continued into June, which is rare during the Spanish summer.

In the Basque country, villagers had to be evacuated after rivers burst their banks. In Catalonia, the worst affected area, reservoirs whose levels had been reduced to only 20% are now nearly half full. Last month, Barcelona suffered the embarrassment of having to ship in water from France and other parts of Spain at a cost of €66m (£53m).

On Friday, Spain's government ended a controversial water transfer from the Ebro, Spain's biggest waterway, to Barcelona, which had started in April. The transfer sparked a "water war" between different regions and Madrid's Socialist government. Authorities in Aragón threatened legal action against Madrid to halt the transfer.

After the recent heavy rains, the authorities in Catalonia have lifted emergency measures, including a hose-pipe ban, cutting supplies to beach showers and fines for filling swimming pools.

The restrictions still exist in 49 smaller towns in the region. Angel Rivera, of the Spanish national meteorological institute, said the drought was caused by exceptionally low rainfall between November and April, "but May has been the wettest since 1971".



Two Cross Strait on Inner Tube

Two Moroccan men, aged 30 and 23, have crossed the Strait of Gibraltar on an inflated tyre inner tube. The two men arrived in Marbella port Tuesday night (10th June). They made the crossing in three days with just a bottle of water, a bag of peanuts and flippers on their feet. Initially, three men started out on the journey but one gave up and turned back. The two men now face repatriation to Tangiers.

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Google Creators Wins Prince of Asturias Award

The internet search engine Google has been awarded this year's Prince of Asturias prize for Communication and Humanities. The jury, which announced the win, spoke of Google's "decisive contribution to the progress of peoples, breaking down ideological, economic, linguistic and racial borders." Google is considered the best search engine on the internet, having revolutionised the World Wide Web. Google will officially receive the prize, worth 50,000 euros, from Crown Prince Felipe in October.

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Madrid Bids for 2016 Olympics

After the failed attempt to stage the 2012 Olympics in Madrid the city is now an official candidate for the 2016 games. The other candidates are Tokyo, Chicago, Doha, Baku, Rio de Janeiro and Prague.



i-Phone to Arrive in Spain at Last

An agreement between Telefonica and Apple means that the i-Phone will be available in Spain later this month. The i-Phone de Movistar will be the latest version 2.0 featuring camera, 3G connection and increased memory. It will also be 22% slimmer than previous models and weigh only 135 gms.



Singer Strips off Against Bullfighting

The poster also features the slogan The naked truth bullfighting is cruel.

One of Spain's top recording artists, Alaska, launched

a campaign against bullfighting by presenting a poster of herself posing nude with three swords stuck in her back. "We need to stick some little banderillas (swords used in bullfighting) in the backs of those who think that the bull does not suffer," she said in presenting her campaign "The Naked Truth: Bullfighting is Cruel."

The campaign is the idea of Spain's animal rights association AnimaNaturalis and Britain's People for the Ethical Treatment of Animals (PETA), which has organised numerous protests against bullfighting.

Along with filmmaker Pedro Almodovar, Alaska is one of the leading figures of the "Movida", a socio-cultural movement that emerged in Spain after the repressive 1939-75 dictatorship of Francisco Franco.

For their part, Spain's bullfighters are planning an exhibition at the European Parliament in Brussels on June 4-5 in an effort to persuade lawmakers that the activity is valid.

Polls show a rising disinterest in bullfighting in Spain, especially among the younger generation, although arenas are regularly filled to capacity for the spectacle, which ends with the death of the bull from a well-placed sword.

Spain Sets New Food Safety Laws

Spain has passed new food safety laws including measures to make food manufacturers explain claims that a certain food can benefit people on diets, the Health Ministry said this week. "The law states that products which claim to complement low-calorie diets should say so on the label but only if companies can show sufficient scientific proof to justify the claim," the Ministry said in a statement.

The law says that any claim on labels must be understandable by the average consumer. The new legislation also includes measures to control the market in powdered baby milk and extensive controls on packaging quality.

Spanish National Energy Plan Approved

The Spanish government has approved the National Energy Plan which involves investment of 19 billion Euros over the next eight years shared between gas transportation and electricity production. This is in addition to the 8 billion announced last week for investment on infrastructure.

WW Congress for Madrid Next Year

Madrid will become the capital of the internet in April 2009 when the International World Wide Web Congress is held there. The polytechnic university is organising the



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References for previous work available

congress for the first time and 2000 experts from all over the world are expected to attend.

New Record for Guinness Book

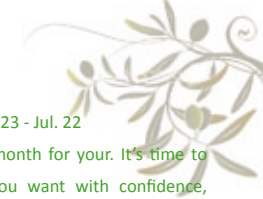
In the event Taste of Spain promoted by the Spanish Tourism organisation 456 Sevillana dancers beat the world record for the highest number of these dancers in action. Regent Street in London was closed for the duration last Sunday afternoon and approximately 100,000 people attended.

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16 years in Spain. References available.



FORTY-TWO GRAND - TO DRIVE A TRUCK!!!

SHELL tanker drivers yesterday won a 14% pay rise which means they will now be paid £42,000 a year just to drive a ****ing truck.

Union officials earlier rejected an offer of £36,000 as it was clearly not enough money for just sitting in a truck all day, driving.

But they reconsidered after an additional



Another graduate of Shell Truck Driving University

£6,000 was put on the table, agreeing this now seemed the correct amount of money for steering and changing gear now and again.

Wayne Hayes, a Shell driver from Leatherhead, said: "I have to remember to take my truck keys

and put my jacket on the right way round.

"I have to open up the cab, get into it, start the truck and then drive off without crashing into anything. Sometimes I have to reverse."

He added: "I then have to not crash into anything for another seven hours, stopping every now and again to drop off some petrol and pick up a Ginster's pastie and some absolutely disgusting porn."

Julian Cook, a £25,000 a year special needs teacher, said: "I've got a degree, and two teaching qualifications and I can't even afford a car. I just wish I'd done a PhD in driving like these guys."

But Nikki Hollis, a junior nurse on £17,500, said: "Yes my job is vital and, at times, unbelievably distressing, but if it wasn't for these truck driving heroes our intensive care unit would grind to a halt."

"They deserve every inch of that new speedboat."

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CAPRICORN Dec. 22 - Jan. 20

Negotiating and one-on-one relationships figure strongly for you in July, dear Capricorn. A love affair may become a little more serious now. Spending time with someone special is a focus. Your intimate life is especially pleasing from the 12th.

AQUARIUS Jan. 21 - Feb. 19

Taking care of business is a focus this month. Practical matters are especially strong on the 6, 14, & 22, when you have opportunities to increase your income or influence on the job. Still, conflicts with a partner over values or personal possessions are more likely to occur this month.



PISCES Feb. 20 - Mar. 20

You are enjoying a pleasure peak in the first few weeks of July. Romantic relationships heat up, and partnering matters become very lively. Conflicts are likely part of the picture, but generally lead to greater mutual understanding--and they certainly make for a lively time!



ARIES Mar. 21 - Apr. 20

Your main focus in July, is work and family. Only towards the end of the month are you feeling more sociable and playful. The New Moon on the 2nd turns your attention to domestic matters. Building your nest figures strongly now, but so does getting organized.



TAURUS Apr. 21 - May 21

Romance has recently become a rather serious matter for you. Responsibility and maturity are themes this year when it comes to your pleasure-seeking and romantic life. This may also be true of relationships with children.



GEMINI May 22 - Jun. 22

Money matters come into focus for you in July, dear Gemini, when discussions and ideas about finances and material security figure strongly. The 6th brings recognition, and a friend may need extra attention around the 10th.

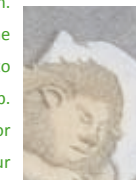


CANCER Jun. 23 - Jul. 22

July is a power month for you. It's time to go after what you want with confidence, although positive situations seem to just fall into your lap regardless. Opportunities to increase your income find you this month, & you are likely to receive gifts & other favors.

LEO Jul. 23 - Aug. 23

Life winds down for you in the first three weeks of the month and you are able to get the rest you need before the power weeks ahead. Although closing projects and withdrawing a little from the busy pace of your life is in order, you are highly motivated to make money



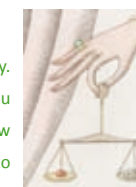
VIRGO Aug. 24 - Sep. 23

Friends and lovers take priority for most of July, dear Virgo. The 18th brings eye-opening experiences in your romantic life. Your energy is seemingly boundless this month, save for some tension around the 10th.



LIBRA Sept. 24 - Oct. 23

Career matters take center stage for most of July, dear Libra. You possess extra charm and verve in your professional life. Behind the scenes projects also capture your interest, even if your life feels very public just now. Strong opportunities for love and fun occur on the 6th and 13-14.



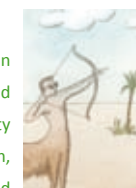
SCORPIO Oct. 24 - Nov. 22

Even if you don't have solid travel plans, dear Scorpio, your mind is certainly focused on "getting away from it all" in July. Social life takes priority in your life. An important conversation with a friend occurs on the 10th.



SAGITTARIUS Nov. 23-Dec. 21

You pour more energy into self-promotion or business activities this month, dear Sagittarius. While you are generally showing patience and developing strategies in most areas of life in July, impatience is likely when it comes to your professional life.





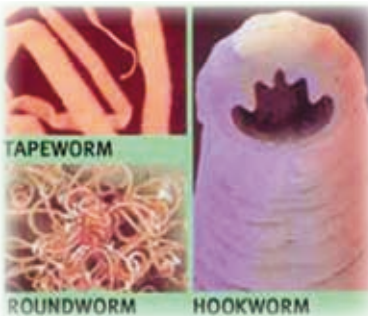
A COMMON MISTAKE

"My dogs must have worms; they are dragging their rear along the ground".

When they do not empty the liquid becomes thicker and the glands can become blocked causing localized allergic type reactions, discomfort, hence the "scooting behaviour", scratching or licking themselves, they may also become restless or agitated.

If left unchecked an infection can arise which may cause impaction of the gland producing pain and could lead to a perianal fistula. This needs to be attended to by a veterinarian as manual emptying of the gland is required.

Anti-biotic and anti-inflammatory therapy is introduced many times at this point.



It's like mother used to say "stay regular" and it is the same for our pets. A regular diet is best and you should not introduce rich food or give "treats" too frequently that are seen as a kindness but like us that "treat" alters our bowel movements which upsets the balance of the intestinal contents.

This is a comment heard all too often in veterinary offices and isn't necessarily true, whereas they may have worms that may not be what is causing the behaviour, which might also be seen with biting or scratching their rear, back or base of the tail area. What they are doing is most likely trying to empty their perianal glands - often referred to simple as anal glands or sacs.

These are glands as the name suggests around the anus and they are present in dogs, cats, ferrets and other mammals the most famous being skunks. The substance produced by these glands is an acrid oily liquid, pale brown in colour with a very strong odour. Fortunately our domestic pets don't have the capacity to project the substance as skunks do.

These glands normally empty at the end of each motion to mark territory giving the animal its identity.



Under no circumstances should bones (cooked or raw) be given as they can seriously constipate or irritate the animal preventing the gland from emptying properly.

Another contributing factor can be the presence of tape worm segments so...Worm regularly (every 3 months minimum in this climate which can also exacerbate the problem) and if in doubt consult your vet before medication is needed. He can't but your pet should thank you for your close attention.

Dr. Ronald Rosenfeld D.V.M.
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Published 17 November, 2007 Business and Industry , Entertainment , Malaga News , Spain News

This service is not available in all areas and cannot be used on all telephones to check if you can use this service in your area and with your phone you must first activate the service. Pick up your receiver and press * 10 # replace your receiver. Your answering machine (if available) should now be activated. To check this pick up your receiver and wait about 5-10 seconds. If the service has been activated you should hear a lady speaking (in Spanish of course) this means that the service is available to you if not ring telefonica on 1004.

TO CHANGE THE LANGUAGE

Pick up the receiver and wait 5-10seconds until the lady stops speaking.....press the number 1 on your phone



When she stops speaking againpress 4
When she stops speaking again.....press 0000

(See * below)

When she stops speaking againpress 1
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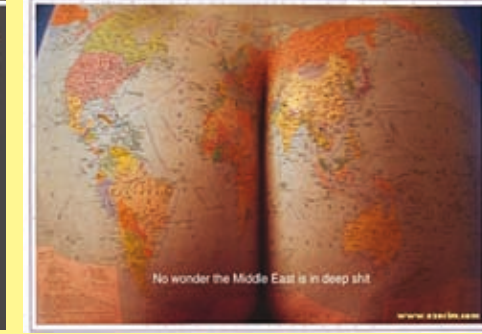
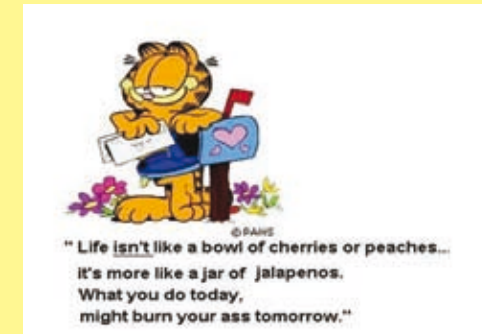
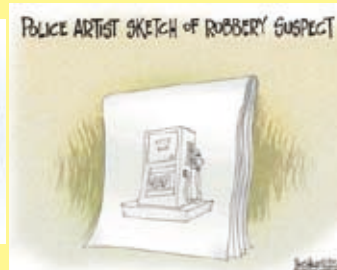
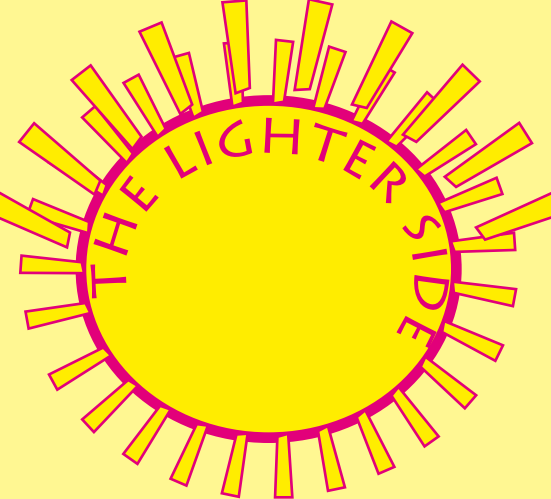
Replace receiver when she finishes talking. To test that you have done all correct just pick up your receiver and wait 5-10 seconds for her to start talking hopefully in chosen language

To de-activate the service pick up the receiver and press #10# to reactivate *10# you can do this as often as you wish.

* Your personal code - this has been installed as 0000 but you can if you wish change this

To pick up messages just lift the receiver and wait for 5-10secs if there are no messages you will be told there are no messages. To hear a message again press 1 press 2 to save the message or 3 to erase the message. Any problems call telefonica on 1004(free phone) for help and advice.

Telefonica's free phone number 1004 (English speakers are available)



IGUALADA EUROPEAN BALLOON FESTIVAL 2ND-6TH JULY 2008

Every year in Catalunya in the town of Igualada, 40 or more hot air balloons from around the world take to the sky during the biggest balloon festival in Spain, and one of the largest in Europe. Around 25,000 spectators come to watch, fascinated as the balloons inflate and eventually fill the sky with an array of colours. The activities don't stop there - market stalls and the opportunity to try some local cuisine plus balloon flights, music and fireworks complete the programme.

The following report comes from last years event by www.ultramagic.com:

This year's Igualada European Balloon Festival, held between the 12th and 15th of July, attracted a record number of entries with pilots from all over the world taking part. Many had travelled long distances to enjoy this special event. The event was a resounding success due to the combination of the hard work of the organisers combined with near perfect weather conditions, thus enabling a 100% flight success record with all 7 flights taking place.

Morning conditions were also ideal for airship flying with DANIEL STUBER from Germany flying his airship and FERNANDO GARCIA ROLDAN from Spain flying the Coca Cola airship.

The event started on the Wednesday evening with a welcome reception given by the town dignitaries for all of the pilots and crew. This was held in the spectacular newly renovated and extended Town Hall in the centre of Igualada. Well over 60 pilots attended the meeting coming from most European countries, the USA as well as the home region of Catalonia and the other regions across the whole of Spain.

The event now has a track record for attracting a large amount of media interest and this year was no exception. The press morning flight, which opened the flying on Thursday morning, had superb coverage with most national and local TV companies present, as well as gaining lots of national and local newspaper coverage.

Weather conditions were ideal for competition for the Thursday morning flight with a Hare and Hounds and Judge Declared Goal both leading from the town centre launch site to the aerodrome where Ultramagic is based. Many balloons reached the targets and were able to land conveniently close to the Ultramagic factory where refuelling later took place.

The Thursday evening flight, whilst being brisker than the gentle morning flight, attracted many pilots to take part in adventurous flights towards the mountains. All balloons landed safely with many of the regular attendees of the meeting having enjoyed a new experience of evening flight conditions due to following the lead of the locally piloted hare balloon.

Friday's weather conditions were very similar to those on Thursday, with gentle,

easy competition conditions in the morning and more challenging conditions in the evening. Views on the morning flight were breathtaking through the broken cloud towards the mountains.

Saturday's conditions again followed true to form with light wind flying conditions in the morning encouraging good competition in the event.

A traditional Paella meal accompanied by live music was held on Saturday afternoon. This was held outside the Ultramagic factory alongside the runway with additional entertainment given by flypasts from local fixed wing and glider pilots!

This was later followed by a fast Saturday evening flight which was enjoyable but quite short due to windier conditions and the need to be back for the night glow.

The European Balloon festival has an enviable record of 100% success with the night glow and this year was to be no exception. Conditions were perfect and the 20,000 plus public who attended were enthralled by the superb orchestrated glow followed by a spectacular fireworks display. This spectacle even excelled previous year's displays. After this the party then continued into the early hours of the morning with an outdoor concert with live bands.

The meeting ended after flying yet again in perfect conditions on the Sunday morning followed by a prize giving brunch with all of the pilots and organisers in attendance.

First place in the overall competition went to IVÁN AYALA (Balloon Pavia) from the Rioja region of Spain. Second place went to JOHN RUSSON (Balloon Mondial) from the UK. JOSEBA GARCIA (Balloon BBVA) from the Basc Country took third place.

The "Star" system of prizes was again awarded throughout the competition, which resulted in the presentation of large cash prizes to pilots or syndicates of pilots with 5 stars.

Friendship, combined with good flying as always is the theme of the European festival. It continues to attract a growing following of pilots wishing to take part in a fun yet competitive event where everyone gets to know each other. The event was concluded by the organisers thanking all those in attendance for their efforts to make the festival such a great team event. Plans are already under way for next year's festival, hoping that the track of good weather continues into the future.

Photos supplied by <http://www.globuskontiki.com/> & <http://www.ebf.cat/en/>

The schedule of events for this year were not available before going to print but check out the above web sites for updates.

The town is located about 50km (31 miles) inland from Barcelona on the road towards Cervera and Lleida (Autovia Nacional II).



Why do people move to Spain ? Mainly to escape the rat race, enjoy the lovely weather, good food and let's not forget the wine is cheap ! After a while the reality of living here sets in and you also end up being far busier than ever intended. Therefore when it comes down to relaxing you want to make the most of it.

The sun is out, it's a perfect day, but there is a problem ! You're just too hot, flies all over your food and ones even doing the back stroke in your G&T! To add insult to injury you've just been bitten by a mosquito in a place you wish it hadn't !?



Where to use it?

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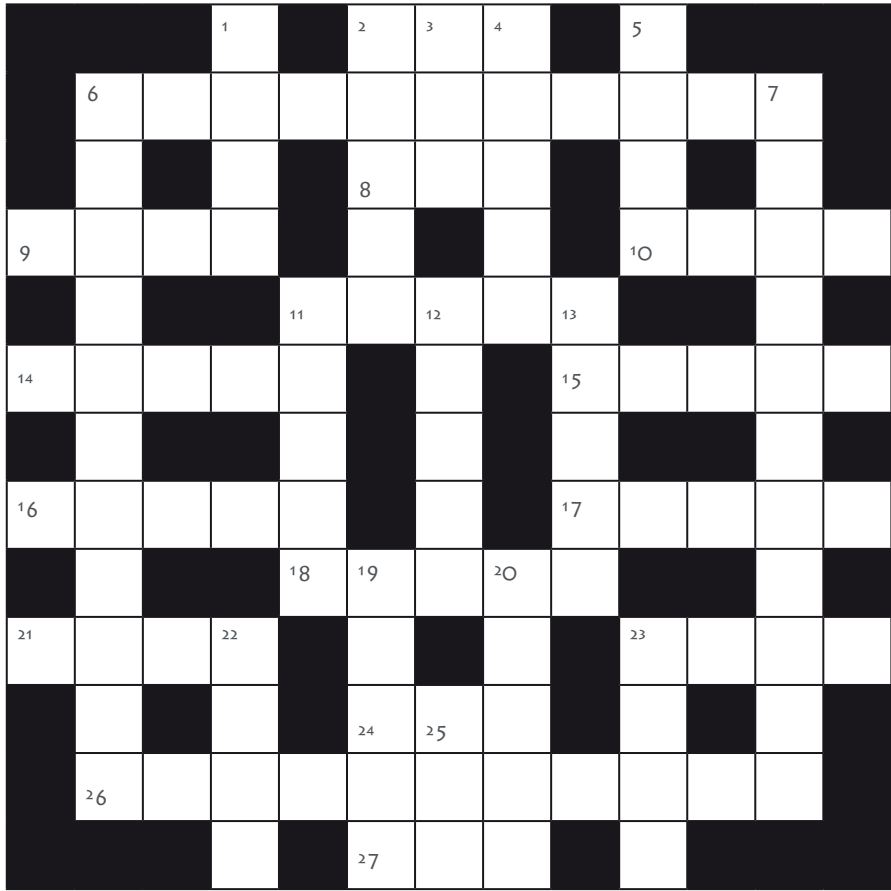
E-mail : perfectcoolspain@yahoo.co.uk

Well there is something you can do to help. We at Perfect Cool sell a range of products designed to keep you cool outside, whilst eliminating those pesky flies and other winged menaces who you didn't invite to the BBQ anyway!

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Our highly efficient and low energy systems use high pressure water which is nebulized into a fine mist. On contact with air it instantly evaporates producing a 10 degree drop in temperature. This keeps you cool and dry ,with the added benefit of eliminating flies, mosquitoes, pollen and dust!

Why not really enjoy your outside space this summer !



ACROSS:

2, burro (E)

6, pork butcher

8, intento (E)

9, grey

10, grano (E)

11, believe

14, place

15, order

16, father

17, lynx

18, encuesta (E)

21, wine

23, hand

24, use

26, ruiseñor (E)

27, fin (E)

DOWN:

1, country

2, actor

3, south

4, estilo (E)

5, three

6, circulation

7, adolescent

11, arrastrarse (E)

12, anger

13, oak

19, ruta (E)

20, rubio (E)

22, orgia (E)

23, to pee

25, pecado (E)

BY SARAH (E=translate to english)

otherwise translate to spanish

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See: horse riding with the SAN JUAN EXPERIENCE in the business card section

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Are you imagining how much you would like to enjoy the sunshine and crystal clear waters of a hidden cove somewhere? How would you like to enjoy all this on your own boat or a rented vessel? In Spain you can sail all year round, on a catamaran, sailing boat, motor launch... Come on! Head out onto

the open sea or try sports like windsurfing, scuba diving and water skiing. Sailing is pure pleasure. Enjoy!

With Nature and Adventure you will be able to combine sports with nature, they are in San Carlos de la Rápita and their activities are based in the Ebro and the Ports of Tortosa-Besòs and the Montsià. Activity Centre. Activities include:

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Center for the Rehabilitation of Marine Animal (CRAM)

The History of CRAM

In 1991, a viral epidemic provoked the death of hundreds of striped dolphins. The animals ended up beached, either dead or seriously injured. One of the animals was treated by Ferran Alegre, veterinarian and technical specialist at the Environment Department for the town of Premià de Mar.

That epidemic shed light on many deficiencies, among them, the lack of knowledge and infrastructure to assist marine animals, especially because the animals were endangered species. The experience affected the veterinarian in such a way that he offered his services as a volunteer for the Catalan government to provide veterinary treatment to protected marine animals that

were found alive on Catalan beaches.

After two years of rescues and outreach along the entire Catalan coast, Ferran Alegre recognized the need for an adequate facility with at least some basic resources to treat the animals. He was aware of a house in Premià de Mar that was owned by the town government and in very poor condition, yet it was located in a lot next to the sea. He obtained authorization from Mr. Leopold Barreras, who was at the time head of the Environment Department, to conduct rehabilitation of marine fauna in that building. That situation permitted the rehabilitation, with the help of friends at city hall and volunteers, of the installations that eventually made it possible to present a project for a Rehabilitation Center for Marine Animals to the Catalan government.

The guided visits to the Center for the Rehabilitation of Marine Animals are geared towards all ages and take

place in Premià de Mar, where the Center is situated.

Guests will be taken throughout the Center where we will explain the history of CRAM and the actions that it carries out as the only rehabilitation center for marine animals in Catalunya. Also, visitors will see the ambulances, isolation pool for the dolphins, the operating room and the area dedicated to the recuperation of patients. During the length of the tour, the reasons for decline of animals in danger of extinction in our seas are contemplated.

The second part of the visit takes place inside the Center with visual support/aid. A slideshow helps in getting to know the rescue, clinical and rehabilitation activities taking place at CRAM.

<http://www.cram.org/>



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HOW TO GET GRANTS FOR REFORMING OLDER PROPERTIES

Every year the Generalitat—Catalonia's autonomous government—makes a limited number of grants available for reforming older properties. The application deadline for 2008 expired on May 30th, but if you have a property to reform or are thinking of buying one you may qualify for 2009.

Which properties are eligible?

Legal, registered dwellings built before 1980 (exceptions below, marked with an *), when renovated for:

- own use as a primary, year-round residence (not a second home)
 - resale as registered, protected housing
 - renting out as registered, protected rental
- Town houses, apartments, villas and some (but not all) legal country properties should be eligible.
- ### What kind of work qualifies?
- Work to ensure compliance with minimum habitation standards. Up to 40% of quoted price, maximum grant of 8.400 euros
 - Work to ensure compliance with water, gas, electricity and sanitary standards. Up to 25% of quoted price, maximum grant of 700 euros
 - *Work carried out to facilitate mobility for handicapped

persons. Up to 40% of quoted price, maximum grant of 7.200 euros

- *Improving acoustic/thermal insulation. 35% of quoted price, maximum grant of 1.400 euros.

Owners can apply for more than one subsidy.

Who can apply?

Spanish citizens and residents of Spain. The latter must have an NIE number and a residency letter or card.

For some types of grant you may need to provide proof that your income for the previous year is below 3.5 times the minimum IPREM salary. The number of family members and the property area also have a bearing on this.

Owners may have to prove they have lived or worked in the village or town for at least 5 years.

Conditions

A property renovated for own use cannot be sold within 5 years of receiving a grant (or the grant has to be returned with interest)

Buildings renovated for protected sale must qualify as a PREU official protection dwelling. A sale contract must be provided.

Dwellings renovated for protected rental must qualify under the PREU official protected rental scheme. Minimum rental period is ten years, contract must be provided.

Any work carried out must be legal of course, and owners have to submit documentation, including an architect's

project, municipal building licence, and three quotes from registered builders.

Possible extra 10% if the dwelling is:

- Uninhabited and is to be reformed for protected sale or rental
- Located in one of the Generalitat's designated mountain areas or de-populated zones
- Considered to be of national cultural interest by the Generalitat (listed building)
- In a council-designated special interest area, for example an old quarter.

An extra 10% may also be given if the applicant is under 35

When are grants paid?

According to the Generalitat's website, grants are paid after an end-of-works certificate and relevant invoices have been presented.

Summing up

As you can see, these subsidies are mainly relevant to long-term residents and developers of sale/rental protected housing. Like so many things in Spain, they will involve a lot of complex bureaucratic procedures and paperwork.

But they could make all the difference to the viability of a renovation project, so if you are planning to reform, now is the time to see if you qualify and to start gathering information ready for next year.

Funds available in any year are limited, so it's vital to get your application in as soon as possible in 2009.

For more information, call the Generalitat's 012 information helpline and ask to speak to the 'habitatge' department. English-speaking agents are available.

Information online (for 2008, in Catalan): http://mediambient.gencat.net/cat/ciudadans/habitatge/Rehabilitacio_habitatges.jsp

While this information is true to the best of our knowledge, Fincas Direct/Jeff Greensmith cannot be held responsible for any inaccuracies and translation errors or their consequences.

A room with a view... Views are so often a key feature when you're looking for a property. Here are some of the best we have right now.

-> View 1

Lovely three bed house with a garden, on the outskirts of a beautiful village in the heart of the Priorat wine region.

Fully legal, all services, 35 minutes to beach, railway station 5 minutes.

-> View 2

Pool, garden and superb views over the sea and delta, about a mile from El Perelló and 10 minutes' from the beach. Legal, good access, mains electricity.

-> View 3



Super character house in Catalonia's best known riverside village... Absolutely outstanding location and views. Possibility of use as bar and terrace.

Jeff Greensmith runs 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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LA MÓRA MORISCA A MÓRA D'EBRE

12 i 13 / 07 / 2008

More information: Ajuntament de Móra d'Ebre -
Tel: 977-40-00-12

A MÓRA MORISCA A MÓRA D'EBRE

LA is a historical fair with its own identity. It is a mixture of cultures, religions and in short an example of historical communal life. In the 15th century in Móra there lived 34 Jewish families, 51 Saracens and 130 Christians- taken from the census ordered by the church, mosque and synagogue.

The smells and the perfumes will introduce you to the traditional ambience of the Jewish, Christian & Moorish neighbourhoods. Between VII and XI centuries the Muslims occupied the Ebre Valley, which provoked a very important increase of agricultural development: vegetables, fruit trees, vineyards and olive trees.

During this festival, Móra D'ebre, relives its past proudly under the Arab domination, where Muslims, Christians and Jews lived together.

All the population of the town transforms and adorn themselves to offer, a window to the Arab culture, a door to the gastronomy, a window to the shows, to the music, to the dances and to the theatre, just like a window back in history.

The Party starts on Friday with a succulent Moorish dinner in the castle (it is necessary to contact the Town Council 977400012 to reserve tickets), with jesters and a Moorish



MORA CASTELL 1915

show, where dishes of Arab gastronomy will be served.

During Saturday and Sunday, the streets and squares of the ancient centre of Móra D'ebre, will become the natural stage full of historical demonstrations.

In the Market Place, artisans will make us relive ancient professions and ways of work: the smith, the ceramist, the basket maker, the spinner, the weaver, the baker, the saddler, the stonemason and many others will demonstrate their profession and bring it to life

Schedule of events:

Friday 11 July:

Medieval dinner combining the three cultures with music, entertainment, fire and medieval shows

Saturday 12 and Sunday 13 July:

All day long. Entry: Free

-Demonstrations and exhibitions: antiques, craft activities, antique arts and medieval

professions: Illumination of parchments, Smiths, Spinners, Basket Makers, Ceramists, Shoemakers, Saddlers...

-Mediaeval market of home-made products: natural cheeses, heraldic shields, wooden toys, mythology, floors and medicine herbs, works of leather, pottery, crystal, candies, natural soaps, enamels, icons, fig loaf, perfumes, silver engraving, bread and cakes, games, honey, nougats and chocolate, goldsmiths...

-A Falconry Exhibition and demonstration with the presence of several species: Harris, shielded eagle, royal owl, pilgrim hawk, sacral hawk, wool hawk owl of Bengala, pilgrim hawk/girfalc, kestrel, owl capensis, African owl.

Shows : trapeze & puppets

-Itinerant shows, parodies, characters of markets, ...

-Spectacular theatrical representations with fire, light and colour.

-Medieval demonstrations

-Tournament games

-Giant live Chess games

-Historical recreations

-Theatrical representation in the castle by the theatrical group of Móra D' Ebre

-Traditional dances performed by the children of the School of Santa Teresa, Móra D'ebre

The shows that are set in this historical period will invade the streets and squares right through into the night.



FESTA DEL RENAIXEMENT DEL 24 AL 27 JULIOL DE 2008



LA FESTA DEL RENAIXEMENT The Splendour of a 16th Century Town TORTOSA. Over 500 actors, 60 shows, 3000 townspeople dressed in traditional costume, merchants and taverns fill the town's streets and squares with festivities, music, joy and colour.

The walls of the town's oldest districts are the chosen venue for Tortosa's Renaissance Festival, held during the last two weeks of July. Subtitled The Splendour of a 16th Century Town, the festival takes us back through a whole host of entertaining and cultural activities to the 16th century, one of the most interesting times in our town's long history.

Tortosa is right in the heart of an extensive region and shows its pride, vibrancy and everyday hustle and bustle through the revival of the old town government, trade, customs, gallantry, gastronomy and the festival's most diverse activities. The banners of the town guards who patrol the streets bearing the regional flag of Tortosa, take us back in time to the splendour of a 16th century town. A

open to the world through water.

Splendour shines brightly in the narrow, winding streets of the town's historical centre, showing all its magnificence in the Show of Arms and Parade, in honour of the flags of the Tortosa region and town. The town council, the defence militias, representatives from the town's districts and trades, merchants and traders, the townspeople of Tortosa as well as comedians and actors from all around take part in this parade.

The Renaissance Festival was first held in 1996. The idea behind the festival sprang from a project that was being carried out by Baix Ebre Regional Council. In an effort to design a coat of arms to appropriately represent our region, historical researchers found



a small notebook dating back to 1544, which described and named the defence forces of the town of Tortosa in the times of King Charles V. A thorough description of the confraries, or confraternities, with their colours, the names of distinguished captains and towns in the region evoked the image of a powerful, organised town that was proud of its symbols.

Experiences in other towns clearly showed that recovering the past with entertaining activities had enabled tourism and the economy to develop. The rich and descriptive historical information provided in that document and the certainty that many other similar writings had also survived, gave birth to a project known today as the Renaissance Festival. The 16th century was regarded as a very important time in our history. The architectural complex of the Reials Col·legis and the literary work of Cristòfor Despuig bear witness to this.

The schedule of the events can be found on www.theolivepress.eu as it was too long to publish or visit <http://www.festadelrenaiement.org/eng/> for more information



town with a history marked by its links to the Mediterranean Sea down the nearby Ebro river. A multicultural town





Top 10 tips for a Healthy Liver and Lymph

Your liver has many functions; stores certain vitamins, minerals and sugars for use as fuel, cleanses/filters the toxins out of your blood and controls the production/excretion of cholesterol. Your overall health and vitality, to a great extent, depends upon the health of your liver. The thousands of enzyme systems that control virtually every body activity are created there. If your liver fails to create even one of these enzymes, overall body function is impaired, creating greater metabolic stress on your body. THE LYMPH composed of

Lymph fluid consists of; The 'tissue fluid' in which all of our cells are bathed, and the fluid within the 'lymph vessels'. These are 'blood vessel' like tubes, which connect the lymph glands of the body. The Lymphatic System is also called the Immune System.

Modern lifestyles can overstress your liver. Alcohol, tobacco, environmental pollutants, food additives, agricultural pesticides, popular cosmetic ingredients, common household products, stress, pharmaceutical and OTC (over-the-counter) drugs (including oral contraceptives and caffeine), gallstones, home repair materials, artist materials, garden chemicals and building materials can all kill liver cells.

Symptoms of liver imbalance include headaches, bruising easily, anxiety, depression, confusion, fatigue, jaundice, impaired libido (sex drive) and mental function, food allergies, multiple chemical sensitivities and PMS, as well as conditions like Alzheimer's and Parkinson's Disease. When your liver is damaged it cannot remove toxins, which then build up in your blood and eventually, your brain.

Try the following tips for a healthy liver and lymph:

1•Avoid any foods of which you suspect you may be intolerant:

They will produce toxins in the gut that can cause



stress to the detoxification mechanisms. Bacteria, viruses, too much alcohol, coffee and other caffeine-containing drinks, smoking and the medicines that have powerful effects on the liver, stomach and other parts of the body can prove toxic. Chew your food well to help release the enzymes that aid digestion.

2•Consume plenty of foods containing:

Consume plenty of foods containing folate, flavonoids, **magnesium, iron, sulphate** and **selenium** and **B-vitamins** 2,3,6 and 12, since toxicity in the body can be caused by deficiency of the nutrients that the liver needs for detoxification as much as by exposure to toxins. Think along the lines of salads, beans, fresh juices, stir-fries cooked in a little good-quality olive oil, nuts, seeds, yoghurt (full-fat is fine). Steaming is a quick and healthy way of cooking vegetables, and the only vegetables to avoid are potatoes. Aim for a diet build on complex carbohydrates (brown rice), lean protein (beans, lentils, eggs, chicken, fish and a little lean red meat) and organic fruits & vegetables.

3•Cut down on stimulants:

Such as tea and coffee, and depressants such as smoking & alcohol. Aim at drinking at least 2.5 litres of water a day.

4•Eat foods rich in antioxidants:

Which aid the natural detox mechanisms like broccoli, cabbage, cauliflower, kale, and Brussels sprouts and Soybean products. Nutrients that enhance our immune system are **Vitamin C, Vitamin E, the B-vitamins, Zinc and Magnesium**. These nutrients are either potent anti-oxidants capable of stopping the free-radical

cascade of tissue damage or are involved in the enzymes that help detoxify damaging chemicals.

Artichoke contains both liver-protective/restorative powers. It acts as a blood purifier and has been proven in clinical studies to lower cholesterol, triglyceride levels and other metabolic waste products



5•Take a daily dose of Echinacea, milk thistle or dandelion root:

(as tablets, tincture or teas) – all herbs with a long – established reputation as blood cleansers and skin tonics. The usual recommended dose for milk thistle is 350mg three times a day for a couple of weeks.

6•Don't use antibiotics or antacids unless absolutely necessary:

Antibiotics can destroy the useful bacteria in the gut that eliminate toxins; antacids decrease the natural acidity that is necessary for complete digestion.

7•Take a dose of activated charcoal twice a week:

This is a medical form of charcoal with the capacity to absorb whatever molecules it encounters, including toxins. Don't take it with food or medicines though, or it will absorb them.

8•Take some gentle exercise:

too, which increases lymph activity within the body, causing you to sweat and generate more urine, encouraging liver activity and stimulating the gut to get rid of waste products, all of which can help to detoxify your body. Gentle exercise is the key, however, because although you'll find **walking, swimming** and **cycling** beneficial, you can really feel out of sorts when your

body starts cleansing itself, and strenuous exercise will just make you feel worse. Wind up the exercise routine by carrying out deep breathing to use the Lungs more fully, this will get more oxygen into the blood, remove waste products from the blood - especially carbon dioxide - more quickly; and help to speed up the circulation of the blood.

Quick exercise massage for the Liver and Gall Bladder: Place the heel of the right hand on the side of the body under the rib cage, and just above the hip bone. The fingers should point straight across the body. Pressing firmly, move the hand slowly across the body to the middle of the abdomen; you should end up with the hand over the navel. Repeat this action 10-20 times.

9•Avoid excess of salt & sugar:

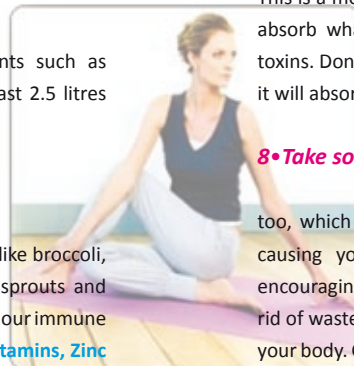
Instead of excess salt use fresh herbs, pepper, chillies and lemon juice to enhance the flavour of food. Too much sugar isn't healthy for anyone but especially those with an impaired immune system.

Ginseng is an adaptogen that helps to stabilize blood sugar through glucose metabolism, boosts your immune system and improves mental and physical stamina, allowing the body to better manage stress.

10•Laugh, Rest and feel good! :

One more really good way to boost your immune system and it's free. **Laugh, Rest and feel good!** A depressed mind can cause a depressed body. Laughter actually increases production of an antibody that is responsible for our first line of defense against bacterial infections. Laughter, lovemaking and exercise are the best medicine of all!

Over time, the health of the liver and lymph may be restored. Taking beneficial herbs regularly and following a detoxification process can help to provide protection to either the sick or healthy liver during the course of daily life. This stabilizes cell membranes and encourages the regeneration of liver cells destroyed during their normal functions.



OLYMPIC BUDGET DID NOT INCLUDE
£8 BILLION FOR PR BULLSHIT

THE original budget for the London Olympics failed to include more than £8 billion for pointless leaflets that will go straight in the bin, MPs said last night.

The Commons Public Accounts Committee said the government had obviously forgotten to mention the cost of constantly reminding everyone how fantastic the event will be through an endless series of glossy brochures, filled with PR bullshit.

Tom Logan, a North London Labour MP, said: "For starters we'll need a really colourful brochure about the hi-tech stadium toilets.

"We'll also need one about the sustainable bamboo flooring in the toilets at the weight-lifting arena and we'll need an interactive CD for schools about why all the Olympic toilets are a celebration of the human spirit. And they'll all have to be translated into Cornish.

"Of course, we're also going to need a really big brochure, filled with some of this country's finest bullshit, about why the Olympics will make everyone healthier and more active, without explaining how that's actually going to happen."

He added: "We must project the concept that the Olympics is good for the whole of Britain and to do that we'll need to employ dozens of London-based PR firms on absurdly inflated contracts.

"Whether or not those firms happen to be run by Labour supporters is entirely a matter for the government."



AL-QAEDA FURY OVER BOTHAM KNIGHTHOOD

OSAMA Bin Laden's deputy has condemned the award of a knighthood to Shredded Wheat legend Sir Ian Botham.

In a 20 minute audiotape, Ayman al-Zawahiri threatened to retaliate against Britain for honouring the former England cricket captain.

Zawahiri said: "I say to Blair's successor that by honouring this man you repeat the insults of Colin Cowdrey and Vivian Richards."

The Al-Qaeda mastermind claimed that Botham's pair of centuries against Pakistan in the 1978 test series was an 'affront to Islam'.

Zawahiri added: "First, he defiled our brave Islamic warriors at Edgbaston and then two weeks later he brought shame on his family with a series of depraved boundary strokes at Lords."

He also condemned Botham's charity exploits, claiming that walking from one end of a country to the other was 'un-Islamic'.



Before the Shredded Wheat glory days



The government dismissed Zawahiri's comments and stressed that Botham's honour was in recognition of his services to Shredded Wheat and Bite-Size Shredded Wheat.



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For general information I thought it would be a good idea to let people know of the most recent driving laws in Spain. The point system arrived in 2006 but, unlike our system of accumulating points, the Spanish, or those of us who have changed our licences for Spanish ones, are given 12 points which are deducted as they commit various offences. When you get down to zero you will be walking! There are three main categories of drivers.

Normal 12 points

New drivers 8 points

Veterans 8 points (A veteran is someone who has lost all their points and successfully re-taken their test and has been awarded a new licence).

6 points will be deducted for:

- Driving under the influence of alcohol (more than 0,50 mg/l)
- Driving under the influence of drugs
- Refusing to undergo a breath test
- Driving in the wrong direction
- Driving in unauthorised races or competitions
- Dangerous driving
- Speeding over 50% or 50km over the limit

4 points will be deducted for:

- Accelerating to prevent other vehicles from overtaking
- Driving under the influence of alcohol (0,25 - 0,50 mg/l)
- Driving a vehicle with too many passengers
- Driving without due care and attention
- Driving at more than 40km/h over the limit
- Failing to respect a right of way
- Failing to respect a STOP sign
- Failing to respect overtaking laws (Lt and Rt indicators)

- Failure to obey traffic lights
- Throwing objects onto the road that can cause fire or accident
- Putting cyclists in danger
- Driving without a driving licence
- Driving on a motorway or public highway in a vehicle that is not permitted.

3 points will be deducted for:

- Driving between 31 and 40km/h over the limit
- Driving too close to the vehicle in front
- Using a mobile phone while driving
- Driving without wearing a seatbelt

2 points will be deducted for:

- Driving between 21 and 30km/h over the limit
- Stopping or parking in places which impede normal driving of other road users, pedestrian crossings or in lines reserved for urban public transport.
- Using a radar detector
- Riding a motorcycle with an underage pillion passenger (under 12 years)
- Driving without lights when necessary
- Driving with lights which dazzle other drivers

Remember, as well as the points, there will also be a fine to pay and, in the event of a drinking and driving offence, the car is nearly always impounded and will only be released on payment of a further heavy fine. Finally remember that if your UK registered vehicle has been in Spain for more than six months it must be re-registered with Spanish national plates or risk being impounded.

Safe driving. By Chris Dann, Car Import Spain



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USEFUL TELEPHONE NUMBERS

EMERGENCIES

- FIRE DEPARTMENT **085**
- CAMBRILS FIRE DEPARTMENT **977 795 080**
- REUS FIRE DEPARTMENT **977 770 080**
- TARRAGONA FIRE DEPARTMENT **977 549 959**

- GENERAL EMERGENCIES **112**

- CIVIL GUARD **977 380 106** (GUARDIA URBANA) **063**
- CATALAN AUTONOMOUS POLICE **088(24hr)**
- MOSSOS D'ESQUADRA (MUNICIPAL GUARD) TARRAGONA **977 636 300 OR 088**
- CITY POLICE **977 309 212 OR 092**
- NATIONAL POLICE **091**
- SEA RESCUE **900 202 202**
- LIFEGUARDS & WATER RESCUE **657818023-657818021**
- WATER RESCUE, TARRAGONA **977216203-977216215**

- AMBULANCE SERVICE **092 OR 977 381 717**
- MEDICAL EMERGENCIES **061**
- HOSPITAL JOAN XXIII, TARRAGONA **977 295 800**
- HOSPITAL SANT JOAN, REUS **977 310 300**

Citizens advice bureau: **012**

- Traffic emergencies: **088**
- Consumer information: **012**

Lost credit cards in Spain
VISA and Mastercard: **915 196 000**
American Express: **915 720 320**
Other cards: **902 114 400**

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VISA: **900 974 445**
Mastercard: **900 971 231**

EMBASSIES & CONSULATES

Barcelona British Consulate-General
Avenida Diagonal, 477, 13º
08036 Barcelona
Tel.: 933 666 200
Fax: 933 666 221

Telephone: 00 34 91 436 4093
Fax: +34-91-435-1677
Email: embajada@irlanda.es

British Embassy Spain
C/ Fernando el Santo, 16
28010 Madrid
Tel.: 91 700 82 00 - 91 319 0200
Fax: 91 700 82 72

Irish Honorary Consul General
Gran Via Carlos III, 94
08028 Barcelona
Telephone: 00 34 93 491 5021
Fax: 00 34 93 490 09 86
Email: cons.irl@webcat.es

Generalkonsulat Deutschland
Passeig de Garcia, 111
08008 Barcelona
Telephone: 932 921 000
Fax: 932 921 002

Generalkonsulat Schweiz
Gran Via de Carlos III, 94
08028 Barcelona
Telephone: 933 309 211

Generalkonsulat Osterreich
Calle Mallorca, 214
08008 Barcelona
Telephone: 934 537 294
Fax: 934 534 980

Nederlandse Ambassade
Avenida Comandante Franco, 32
28016 Madrid
Telephone: 913 537 500
Fax: 913 537 565

HOLIDAYS

Public holidays in Catalonia: 1 January: New Year's Day; 6 January / Epiphany (Feast of the Three Kings); March-april: Good Friday; March-april: Easter Monday; 1 May: Labour Day; 24 June: Saint John (mid-summer); 15 August: Assumption of Mary; 11 September: Catalan National Day; 12 October: Feast of the Hispanic Peoples; 1 November: All Saints' Day; 6 December: Constitution Day; 8 December: Immaculate Conception of Mary; 25 December: Christmas; 26 December: Saint Stephen (Boxing Day).

**TORTOSA**

* VALDEPEREZ ELECTRICAL Mossèn Bell-Puig,
12(Plaça Bimil Lenari) Tortosa 977 442 962

* MURRAY'S Centro Comercial SABECO, Tortosa

* RIERES ESTATE AGENTS Pl. Paolet 2 Tortosa, 977
445 497 * MY SPANISH HOME Av. Generalitat 70, 977
446 655 * FERRE. RODRIGUEZ NEAR CARREFOUR

* CLIBEGAS Carretera Gandesa, 35, 43590 Jesús
-Tortosa 977 504 747

* NEXO OFTEVET, Ctra. Tortosa-L'Aldea, 977 510 405

L'AMPOLLA

* BAR ESTACIÓN Plaza Francesc Macià (near the train
Station) L'Ampolla 977 460 387 *GOLF COURSE

* BAR DAKOTA Carrer Sant Jordi, L'Ampolla 676214736

* RESTAURANT FATA MORGANA NEAR CLUB NAUTIC

* HOTEL FLAMINGO C/Ronda del Mar, 58 - * BAHIA
MAR ESTATE AGENTS - Pza. González 12 - 658 934 146

EL PERELLÓ * PERELLÓ PROPERTIES C/ Francesc
Macia 5, El Perelló 977490 804

* HOMOGÈNIK C/ Sant Antoni 19 El Perelló

* ALAS Petrol Station * SUMO SUPERMARKET

L'AMETLLA DE MAR

* A TASTE OF HOME the English Supermarket Calle
Benidorm 15 - opposite Mobles Puell 977 456 158

* STELLA MARIS BAR - Pl. Catalunya

* DEPASO CEPESA Petrol Station

* NEW ZIDALI'S- Cocktail Bar & Restaurante, Llibertat
19 Tel: 977 493 744

TRES CALAS URBANISATION

* LA CALA PROPERTY SERVICES - Centro Comercial
13. 977 456 878

* SUPERMERCARDO HAIPY - Centro Comercial. 977
456 908

CALAFAT * Supermarket on the urbanisation

Ctra. HOSPITALET DE L'INFANT a MORA

* LA FIGUEROLA RESORT- GOLF Club House

L'HOSPITALET DE L'INFANT* TOURIST
INFORMATION OFFICE * JAMES SCHOOL OF ENGLISH

- Carretera de Móra, 7 Bajos *Hotel VISTAMAR

MIAMI PLAYA * HOTEL CARPE DIEM restaurant -
hotel C/Montblanc, 16 977 810 392

* SOL-LUZ-IONS Av. Barcelona, 49 - 977 170 301

* CLÍNICA VETERINÀRIA - Av. Barcelona 14 Local 11.
977 811 192

* SUPERMARKET/BAKERS/CAFE MaGloria-opposite

El Rancho & Chinese

* KERN GERMAN DENTAL SURGERY - Av. Barcelona
64. 977 170 397

CAMBRILS * MAMA'S CAFE

* CASA SHANGHAI-CHINESE RESTAURANT Avda Juan
XXIII, 1 Cambrils-Bahia 977 363 906

SALOU

* RUGBY TAVERN - Avda de la Diputación 138

* THE MUCKY DUCK - Avda de la Diputación

RASQUERA * REPSOL PETROL STATION* Marti's Bar

FLIX * BAR LA FREIXA- Gissona garage

* BAR DUO * BAR V50

* RIBA-ROJA PROPERTIES - Pol.Ind. La Devesa
INTERMARCHÉ SITE 977 411 558

* RESTAURANT BON PROFIT - Carrer St Roc, 7 tel 977
412 165

RIBA ROJA D'EBRE

* EBRO VALLEY PROPERTIES SCP - Carrer Esglesia 5

MORA LA NOVA

* BRITISH SUPERMARKET- 977 383 911

* DOBSO BAR, 55 opposite. Ajuntament Offices

MORA D'EBRE

* LA CAIXA - Placa De Dalt * BAR COSMOS - Av. de
Comarques Catanes, 9 Tel: 977 400029

* BAR AVINGUDA - Av. de Los Comarques Catalanes

GINESTAR * BAR RESTAURANT * BAR MARGALEF

* CATALAN-CONNEXION - 28 Carrer Ample,

GANDESA * CAFE DE CATALUNYA - Av. de Catalunya

* BAR BARNERIA - Av. de Catalunya

* SANT SALVADOR - Boarding Kennels & Cattery-

BENIFALLET

* BAR CASAL - Lluís Companys, 15 977 462 136

TIVENYS * BAR ROSI - Av. Generalitat, 3 977 496 030

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BITEM

* NEW CHAPLIN - c/Hereus d'en Gasol (near football
ground)

VINARÓZ * NOR AUTO - By Carrefour commercial
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ULLDECONA AREA * MOLÍ'S OASE CAFE- on the
road TV3319 KM8 Ulldecona to Senia-Urbanisation

Moli D'Lom El Castel

ULLDECONA * CATALUNYA FINCAS - Calle Adell 18
Carole Palmer 627 740 044

- Quickly bookmark a web page

Bookmark any web page form field and quickly access it from the browser address bar. Below is an example of how you could bookmark the Computer Hope search and quickly search for help anytime .

1. Right-click on the search box in the top left portion of this window.

2. Click "Add a keyword for this search".

3. In the Add bookmark window, type any name or leave it blank and for the keyword make it something simple and easy to remember. For example, "CH" for "Computer Hope" and click Ok.

Now in your address bar you can type: "CH " and then anything you need help with. For example typing: "CH motherbaord" would open the search results for motherboard.

- Undo closed tab

Oops did you mistakenly close a tab you didn't want to close? Press CTRL + Shift + T to undo a close tab. Pressing this more than once will undo multiple closed tabs.

- Quickly bookmark a web page

Quickly bookmark any web page in all major browsers by pressing CTRL + D on your keyboard. Pressing these two keys together will open the bookmarks or favorites for your browser and allow you to quickly place a bookmark for the page you're currently at. For example, pressing the two keys now would bookmark this page.

- Internet browser bookmarks

Sort your Internet browser favorites or bookmarks in alphabetical name order by following the below steps.

Firefox: Click Bookmarks and within bookmarks click your right mouse button and select Sort by Name.

- Bookmark search engines

Bookmark almost any search engine and have the capability of using it anywhere by following the below simple steps.

1. Right-click within the text box you wish to bookmark and click "Add a keyword for this Search.."

2. Enter a name for the bookmark and then a keyword you wish to use. For example, if you were doing this in computer hope you could type "ch" as your keyword and then click Ok to create the bookmark.

3. Once created in the URL bar type your keyword and



what you wish to search for. For example, if you used "ch" as your keyword and wanted to search for Firefox you'd type: "ch firefox".

- Get to the address bar using your keyboard

Quickly get to the address bar in Internet Explorer and Mozilla Firefox by pressing the F6 key on the top of your keyboard. Opera users can press the F8 key to get to the address bar.

- Mozilla Firefox

Quickly save any media including embedded content to an alternate source by right-clicking on a page click "View Page Info", click the Media tab, locate the media file you wish to save and click the Save As button.

- Mozilla Firefox

Some quick tips for Mozilla Firefox users. First, quickly access the full configuration menu in Firefox by typing "about:config" in the address bar. In this window you can change a lot of different settings. Second, quickly open a new tab by pressing CTRL + T. Third, press and hold CTRL + # where # is 1 - 9 to switch between tabs in the open window. Finally, hold down CTRL while clicking a link to open that link in a tab or hold SHIFT while clicking a link to open that link in a new window.

- Quickly scroll using the space bar

Quickly scroll one page at a time in Internet Explorer or Mozilla Firefox by pressing the spacebar. Move backup a page at a time by pressing shift + spacebar.

- Full screen Internet

Make your Internet Explorer or Mozilla Firefox the full screen without all the toolbars by pressing the F11 key. To restore the window back to how it was press F11 again.

- Mozilla Firefox

Open all your daily visited web pages in two clicks. First, create a folder in your bookmarks that contains the web pages you visit daily. Once created you can right-click that folder and click "Open in Tabs" to get all your favorites in the folder opened in a new tab in the current window.

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- ◆ Surgical Implantology from Misch Implant Institute
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- ◆ Master of Surgical Dentistry and Periodontics
University of New York
- ◆ Diploma for the Jurado Europeo for Implantology and
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- ◆ Implant Fellow of Misch Implant Institute,
Michigan USA
- ◆ Assistant in Implantology for the Sociedad Española
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