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Aug 2008 monthly



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# EDITORIAL

## MEET BOB THE EDITOR

WELCOME TO THE  
AUGUST ISSUE.

AS YOU CAN SEE THE  
EDITOR HAS BEEN ENJOYING  
SWIMMING IN THE POOL WHEN  
THE SUN COMES OUT!!!



WE HAVE HAD SOME TICKETS KINDLY  
DONATED BY THE ORGANISERS FOR THE  
SHOWADDYWADDY CONCERT ON AUGUST  
15TH IN L'AMPOLLA. WE ARE RUNNING A  
COMPETITION FOR 2 STANDARD TICKETS AND  
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BE GIVEN TO THE ANIMAL SHELTER. PLEASE  
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### Contributors:

Jeff Greensmith, Fincas Direct.  
Clodagh & Dick Handscombe  
Dr. Ronald Rosenfeld D.V.M.  
Mike Stevens | Sarah Good  
Printing: Solprint

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**ROGER BRODERS.**

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Telephone: 977 059 364

By post: Aptdo de Correos, 147  
43895 L'Ampolla  
Tarragona

Deadline: 20th of the month

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**TV Ads to be Reduced.** The Spanish national television service TVE have been ordered by the government to progressively reduce the amount of advertising on their programmes from the present 12 minutes to 9 minutes per hour by 2010.

**Law Suit Dropped after Rule Change.** The beauty queen who was stripped of her Miss Cantabria title and banned from the Miss Spain 2006 contest because she was found to have a child has withdrawn her low-court case against the organisers after they announced the decision to change the rules to allow mothers to compete. The 2008 contest went ahead with two young mothers in the line-up and organisers of Miss World and Miss Universe contests are considering similar rule changes.

**Ferry Service Proposed from Ireland to Spain.** The port of Cork, already in talks with ferry operators, is seeking EU financial assistance for a proposed ferry service from Cork to Gijon in northwest Spain. The proposed freight and passenger service would run three times per week and take about 24 hours for the crossing



**Four Airlines Denounced by Consumer Organisation.**

The consumer organisation FACUA has denounced low-cost airlines Clickair, Vueling, Ryanair and Easyjet for charging customers for baggage following a study on eighteen companies regarding tariffs for excess baggage. It has also criticised Ryanair for charging for the mere fact of checking in at the airport. The report has been sent to the relevant government departments for consideration.



**Recommended: Seven Olives a Day.**

Nutritional experts have recommended

that we eat seven olives a day to keep the doctor away. They say that however prepared, whether green or black, the olives contain vital minerals, vitamins and anti-oxidants necessary for healthy living.

**EU Law Forces Airlines to Show Full Prices.** The law which obliges airline companies to show full prices including taxes and other charges has been ratified by the EU and will come into force at the end of this year.

**Regional Languages Confuse Visitors.** The increasing use of regional languages in Spain is causing confusion among visitors according to tourism bosses. Languages such as Catalan in the northeast and the Balearics, Basque in Pais Vasco and Navarra, and Galician in the northwest are even replacing Castilian Spanish on road signs and notice boards. The issue is a sensitive one for the Government since the languages were suppressed during the thirty years of Franco rule.

**Points System Reduces Accidents.** A report by a motoring organisation, RACC, has announced a large decrease in accidents which they attribute to the introduction of the points system on driving licences in Spain. Figures show 800 deaths less on the road in 2007 compared to 2005 and a reduction of 23% in accidents involving cars. Figures involving coaches and articulated vehicles were down by 45% and 55%, but on the negative side, those involving lorries, motor bikes and bicycles were up by 42%, 32% and 17%.

**Santander to Buy Alliance & Leicester.** Spanish bank, Santander this week agreed terms to buy Alliance and Leicester for 1.57 billion euros and merge it with Abbey which it already owns.



**Asteroid Named After Nadal.** An asteroid previously named 128036 has been named Rafael Nadal after the Wimbledon 2008 tennis champion. The 4km diameter lump of rock located between Mars and Jupiter was discovered in 2003.

**Spain Set to Overtake France as Top Wine Producer.** Researchers have predicted that Spain could overtake France as the world's largest wine producer by 2015. They say France will have to accept modernisation of the industry if it is to retain top place. The prediction came from the research group Credoc, working for a French association of wine producers, which noted that Spain has succeeded in adapting where France has failed.

**World Pizza Champions.** A Spanish team of chefs, including a Malaga man, Antonio Martos, recently won the world pizza championship in Italy. The winning concoction included

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melon, pineapple and ham, plus a secret ingredient, amor according to Sr. Martos.



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Carbon block	NO	NO?	YES	?	YES	YES	YES
Ultraviolet radiation	?	YES	NO?	NO	NO	NO	NO
Distillation	?	YES	YES	?	YES	NO?	NO
Reverse Osmosis	NO	NO	YES	?	NO	YES	NO

\* ABOVE COMPARISON CHART FOR THE CONTAMINANT REMOVAL FOR VARIOUS SYSTEMS

? Comparisons are from general information Performance varies widely within categories.

+ Usually not effective against organic contaminants ordinarily found in drinking water. Check manufacturer's claims and test results for specific information.



**C**atalan Crop Circle mystery solved. By h.b. Jul 9, 2008 .Crop circles which appeared next to a motorway in Cataluña were made for a beer commercial.

The mystery of some crop circles which have appeared in Vacarisses in Barcelona has been solved.



The owner of the land, Ignasi Gibert, has now revealed that the circles have nothing to do with aliens, but were created for the filming of a beer commercial made at

the end of last month. He said it took a team of ten people some five hours to make the design.

The Mayor of Vacarisses said the circles, next to the C-16 motorway, have created a great deal of interest and have been featured on many internet sites and in paranormal magazines.



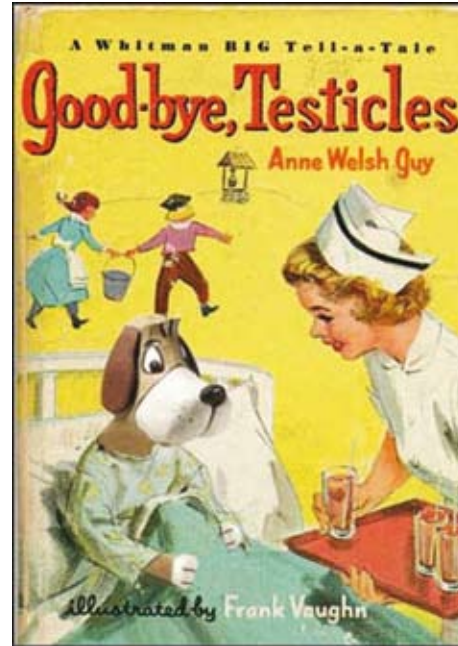
**B**oa Constrictor Captured. Malaga police recaptured a one and a half metre boa constrictor which fell from a fourth floor apartment on to a car then to the pavement. The creature, which was apparently slightly stunned but otherwise unhurt, was returned to its owner.

**5** 4,000 Euros for the loss of a testicle A Barcelona man has been paid compensation after a misdiagnosis by the Catalan Health Service.

A 22 year old man from Barcelona is to get 54,890 € in compensation from the Catalan Health Service after he lost a testicle. The man was suffering from a twisted testicle which was not diagnosed in time by doctors when he was 20 years old.

The man, named with the initials M.M.C. had gone for treatment in November 2006 suffering from pain and inflammation, but the Patients' Defender has

concluded he received inadequate treatment when an infection was diagnosed. Two days later he returned to the Viladecans Hospital emergency department where the correct diagnoses was then made, but by this time a lack of blood flow meant that one testicle had to be removed.



**S**panair and Ryanair give details of their cutbacks in Spain. By h.b. - Jul 18, 2008. Both airlines are keeping planes on the tarmac and have announced cut backs at Spanish airports.

The high price of aviation fuel has lead to a cut back in operations in Spain from two low-cost airlines.

Spanair has decided that only Madrid and Barcelona will be future bases for its flights. As the airline outlines planned cutbacks as part of a viability plan in these days of high oil prices, it has become clear that the other bases of Spanair at Palma, Málaga, Tenerife, Bilbao and Las Palmas de Gran Canaria, will all lose that category. It means a centralisation of pilots, cabin staff and mechanics in the company.

Staff cuts of 1,100, some 29% of the workforce were announced earlier this week. The airline is also going

to leave nine of its planes on the ground during September and October.

The unions in Spanair have asked the company that the redundancies that they want to make take the form of early retirement and for those workers who want to leave. They warn that they will start demonstrations of they detect any other company interest apart than the future viability of the company.



Ryanair has also given details of its cutbacks because of the increased fuel prices and the suspension of their services in Palma and Valencia as part of a

14% cutback in flights. Flights to another five Spanish destinations are also set to be suspended between November 4 and December 19.

Ryanair Chairman, Michael O'Leary, said that airport charges and the massive increase facing the company in fuel prices made it more profitable for Ryanair to leave planes on the ground during the time.

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**1** 8 years prison for man who killed child over videogame. By h.b. - Jul 17, 2008 . The man killed his step-son when he lost in 'Mortal Kombat'.

A man who killed his stepson because of an argument over a video game has been sent to prison for 18 years and ordered to compensate the child's mother with 95,000 €.

The court in Tarragona heard how the accused, 19 year old Luigi D.G. killed the 11 month old baby because the child distracted him and forced him to lose a game of 'Mortal Kombat'.

It happened last September in his home in Reus, Barcelona.



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16 years in Spain.  
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## LABOUR UNVEILS PLAN TO LOSE LAST REMAINING VOTES!!!

a big swastika onto the bonnet."

LABOUR will today unveil a detailed plan to alienate its last remaining pockets of support.

The central plank of the party's strategy involves identifying the 10 most popular family cars in Britain and then making them a nightmare to own.



'Yes, that ought to do it'

A Labour spokesman said: "We're going for the double whammy of making them too expensive to drive, but also impossible to sell.

"And if that doesn't work we'll just spray paint

The party is also drawing up plans to spend £200 million of taxpayers' money on a vicious PR campaign against the country's 100 most decorated war veterans.

Meanwhile teams of party researchers will tour marginal constituencies, identifying Labour voters and then kneeling them in the groin or setting fire to their coat.

And later this week, in a carefully stage-managed event at Westminster, at least 10 Cabinet ministers will explain why they intend to vote Conservative.

The spokesman added: "We'll take stock during the summer and if, at that point, there are any Labour voters left, the prime minister will send them each a personal, hand-written letter calling them a c\*nt.

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**CAPRICORN** Dec. 22 - Jan. 20

Eclipses in August promise a busy and sometimes hectic month, dear Capricorn. Money, insurance, taxes, and possessions are important topics for you now. A small crisis or emotional matter surrounding money and possessions occurs mid-month, alerting you to the need for organizing your finances.



**AQUARIUS** Jan. 21 - Feb. 19

Eclipses this month affect you and a partner directly, dear Aquarius, making for a busy and meaningful month. Much chatter between you and a significant other, or about close relationships, occurs in the first weeks of the month.



**PISCES** Feb. 20 - Mar. 20

New beginnings on the job front feature in August, dear Pisces. Health and fitness matters are prominent this month, as you develop new strategies to organize your life and structure your routines. Lots of chatter surrounding work goals and routines figure,



**ARIES** Mar. 21 - Apr. 20

Dear Aries, eclipses in August highlight friendships, romance, and children. These are big themes in your life this month and in months to come. New beginnings are in store, whether this means a fresh start in existing relationships or new ones altogether!



**TAURUS** Apr. 21 - May 21

Eclipses in August highlight family and career for you, dear Taurus. You're required to do a balancing act, and something big is in the works! Romance is strong from the 5th. In fact, your charm is very strong this month. Romance heats up on the 13th.



**GEMINI** May 22 - Jun. 22

An extremely busy month is in store for you, dear Gemini. You are expanding your horizons in August, either through contact with people from an entirely different background than yours, travel, or higher learning. From the 19th, new adventures are in store.



**CANCER** Jun. 23 - Jul. 22

Eclipses in August set up a strong theme surrounding money, sharing, and intimacy for you, dear Cancer. Getting your finances on track will be necessary. Relationships with siblings and acquaintances are very strong in August.



**LEO** Jul. 23 - Aug. 23

A power month is in store, if you use the energies of the Solar Eclipse in your own sign wisely, dear Leo. You feel a great need to push your personal interests and projects forward, and this is a strong time to do so. However, mid-month, a partner could take issue with your displays of independence.



**VIRGO** Aug. 24 - Sep. 23

Your personal appeal and magnetism soar from the second week of the month, dear Virgo. August is a month when gifts and rewards come to you, as well as opportunities to expand your horizon through travel, a broadening of your "audience" if you have one, or higher studies



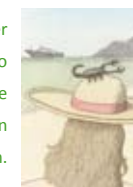
**LIBRA** Sept. 24 - Oct. 23

New friendships and group associations are likely to come about in August, dear Libra. Alternatively, new discoveries about your current friendships enliven your month.



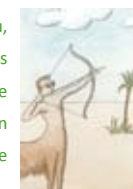
**SCORPIO** Oct. 24 - Nov. 22

Eclipses this month necessitate changes in your profession and domestic life. Now and in the next few months, finding a balance between your public life and your private life is necessary. Some of you may need to make some critical decisions and choices regarding career and family goals.



**SAGITTARIUS** Nov. 23-Dec. 21

Educational goals, travel, and contact with people from an entirely different background than yours are big themes in August for you. In the second half of the month, love can be found in group activities or through friends.





## SUMMER TIME BLUES

"Summer is here and with it vacations for us and our families. The decision of where to go is often complicated when it is not possible or practical to take our animals along. We are faced with the dilemma of what to do with them. Those horse owners whose animals are stabled with qualified attendants know that the best solution is to leave them there. Leaving our dogs and cats at home, also the best for them, is not often easy to arrange. Even if they do not have special needs, someone coming around daily may not be able to provide sufficient care and/or attention. It is at times like these that other avenues need to be explored, a house sitter is one possibility, but the

most frequent option is a boarding kennel. This is where the hunt begins, to find a suitable kennel that will attend to you and your pets' particular needs. Here are a few things to be conscious of when making a selection. How are the

cages and runs – indoors/outdoors, covered? Is there enough room for them to get proper exercise? Are they made of material easily cleaned and disinfected? What kind of insect control measures are employed? How often are they fed and watered? Are there grooming facilities available? What are their contingency plans in case of a veterinary emergency? Do they have any prerequisites, i.e. vaccinations or reservations? For your pets protection their vaccinations should be current- within the last year, if not they should have a booster prior to entering a kennel.

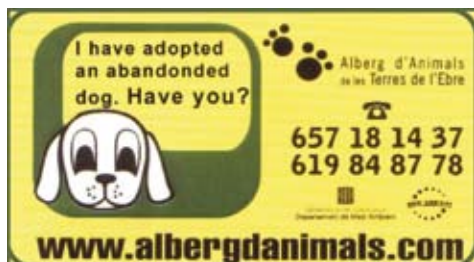
If your plans include your animals then there are

other considerations to be aware of for those hikes in the hills or jaunts on the beach. All that glitters is not gold and with this heat be aware of the threats from ectoparasites – fleas, ticks, mosquitoes and biting flies. The clipping down, very short as opposed to thinning out, of long haired breeds of dogs and cats does not necessarily make them cooler; it may on the contrary make them more susceptible to the heat. It certainly makes them more

available to the many biting pests (fleas, ticks, mosquitoes, sand-fly, horse-fly and other biting flies) we all confront, more abundant in the warmer weather. They do not have sweat glands in their skin, panting is one of the most common methods they rely upon to control their body temperature.

That fur coat could be helping insulating somewhat against the sun. A dog pants when it is hot as a means of controlling body temperature, sweating, likewise it does not always mean that they are thirsty.

There are many types of weeds and dry plant seeds that stick to fur and can cause all sorts of problems between the toes, up the nose, down the ear, or in the eye.



## LIVE PRESS

If a dip in the sea or the pool is in order remember that we rinse the salt water or chlorine off afterwards, it follows then that our animals get the same treatment. This may help in reducing the all too frequent hot spots or summer eczemas. Over shampooing, even with the mildest of medicated shampoos may cause skin problems rather than resolving them. Make sure in the heat that they have abundant water available and a shady spot to take refuge in. If the water isn't fit for us to drink we ought to be giving our animals the same bottled water we use. Keeping these few things in mind should make for a more relaxed vacation for all concerned.

## THE HEAT IS ON

This is a photograph of the sand-fly (Phlebotomus spp.) which causes



Leishmaniasis/Sand-fly Fever.

Summer is almost upon us and with it we should be aware of potential dangers, besides the heat, our animals may have to confront. They should, of course, have abundant cool water, ventilation and shade available. Beware of running them free on the beaches as there is also an increase of discarded fish hooks which the dogs w/out muzzles could encounter when scavenging. If your pet gets hooked do not cut the fishing line, it could help to locate the hook. This time of year has also been known as a time when there is an increase in the loss of disoriented vacationing pets or the abandonment of pets, when it is time for the family vacation.

Private non-profit Animal Protective Societies are found scattered around our area. It was pointed out once that in the U.K. and the States these societies

exist out of a need to correct conscious acts of cruelty, while in Spain much of what has gone on was out of lack of knowledge

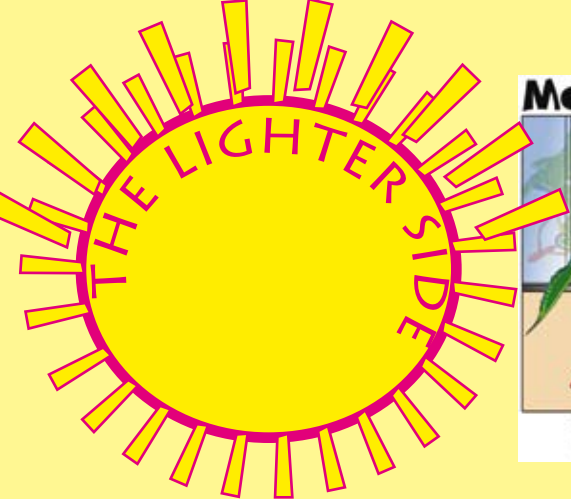
and understanding, custom from an essentially agrarian society where pets were rarely kept except by some big city dwellers. There has been a rapid evolution of attitudes with regards to animal welfare, which can be witnessed in the media, just by seeing the animal related advertisements in the print media or on Spanish Television, as well as programs with segments on pet care or entire programs about pets and animal welfare. There have been recent laws passed, on a national and regional level, regarding animal rights and responsible ownership of all domestic animals. What needs to be done now is that pressure needs to be applied on the local police and town councils for compliance with these new statutes on the books. The more pressure applied by the public the sooner the townships will realize that it is in their interest to comply. Towns are required to have at least some public shelter/housing facilities available for abused and/or strays, including emergency care if they are injured. In the recent elections, promises were made – again – to create such facilities, long overdue and still non-existent. Some towns have agreements with local non-profit protective rescue societies. Whatever the case may be, these organisations serve an important function providing a very necessary and commendable service. They need all the help and support that we can give them, so if you wish to help them out they are always in need of funds and volunteers.

**Dr. Ronald Rosenfeld D.V.M.**

In collaboration with [www.theresident.eu](http://www.theresident.eu)



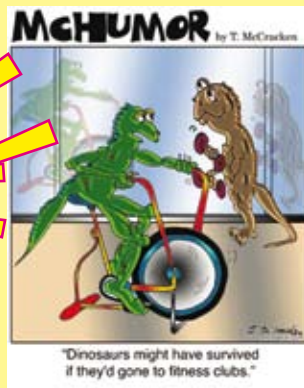




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A GUY FELL ASLEEP ON THE BEACH FOR SEVERAL HOURS AND GOT HORRIBLE SUNBURN, SPECIFICALLY TO HIS UPPER LEGS.

HE WENT TO THE HOSPITAL, AND WAS PROMPTLY ADMITTED AFTER BEING DIAGNOSED WITH SECOND-DEGREE BURNS.

WITH HIS SKIN ALREADY STARTING TO BLISTER, AND THE SEVERE PAIN HE WAS IN,

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"WHAT GOOD WILL VIAGRA DO FOR HIM, DOCTOR?"

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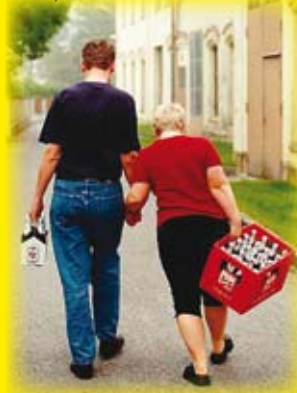
TIME AGAIN FOR THE HUSBAND OF THE YEAR AWARDS ...



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**SATdsl Connect, the new satellite based internet service**

Are you, like so many in our beautiful Catalunya, still deprived of a normal fixed line phone connection or a decent broadband connection?? Then here is your answer.

SATdsl, the Central European based satellite service provider is introducing as of 1 September this year, their new SATdsl-Connect service. This satellite based service provides true broadband internet access starting at 10 Euro per month (excl VAT).

The service provides downlink speeds ranging from 256 Kb/s to 2 Mb/s and uplink speeds

from 64 kb/s to 512 Kb/s.

In addition it is also possible to have a quality VoIP phone connection with a Spanish inbound number.

It is being investigated whether also IP-TV channels can be part of the scope of services Interested?

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Local installation companies can do the installation for you



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Service Plan	Uplink Kbps	Downlink Kbps	Basic C	Home C	Office C	Profi C
SATdsl Connect 250	64	256	25	35	55	95
SATdsl Connect 500	128	512	35	55	95	175
SATdsl Connect 1000	256	1024	50	85	155	295
SATdsl Connect 2000	512	2048	75	135	255	495

Prices include equipment rent, excluding VAT  
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Or send us an e-mail: [info@satdsl.cz](mailto:info@satdsl.cz)

Gain faster access to your drives, printers, programs, etc., by customizing your "Send To" menu

You can easily send files to floppy drives, printers, briefcases, and certain Windows programs by right clicking on it and selecting a destination from "Send To" menu. But, did you know that it's possible to add almost any kind of device and/or program to the "Send To" menu to make it easier to transfer files to most frequently used destinations?

1. Run Windows Explorer.
  2. Select your Windows directory (C:\Windows for example).
- If you're running Windows 95, select "SendTo" folder.
- If you're running Windows NT, select "Profiles\Default User\SendTo" folder.
3. Now, simply create shortcuts inside the SendTo folder as usual to the devices and programs you want to have access to from the "SendTo" menu. For example, to add your WORK folder on your zip drive (D:\Work for example) to the SendTo menu:
- \* Right click inside the SendTo folder and select "New | Shortcut"
  - \* Type "D:\Work" without the quotes and click on "Next"
  - \* Type a name for the newly created SendTo item ("My Work Folder" for example) and click on "Finish"
- Now when you right click on files, you'll see "My Work Folder" appear as an option in the SendTo menu.

## TOO MANY FOLDERS?

By default Windows will open a new window every time you click on a folder icon / shortcut. If this

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makes your desktop harder to manage, you can ask Windows to keep using the same folder window to display folders.

- \* Open "My Computer" folder
- \* Select "View | Options..."
- \* Change to the "Folder" tab
- \* Select "Browse folders by using a single window that changes as you open each folder"
- \* Click on "OK"

## WHO'S CONNECTED TO YOU?

If you're running any TCP/IP services (such as WWW service, FTP service, POP3/SMTP services, or even just NetBIOS over TCP/IP) on your computer, you may want to find out who's connected to your computer and from where at a given time. This information is easy to obtain using NETSTAT command.

- \* Go to the "DOS Prompt" or "Command Prompt"
- \* Type  
NETSTAT <number of seconds>  
For example, if you want to redisplay the TCP/IP connections every 10 seconds, type:  
NETSTAT 10

\* Press ENTER

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## CHALLENGES OF GARDENING IN CATALUNYA

### PRACTICAL GARDENING

By Clodagh and Dick Handscombe gardeners, authors\* and broadcasters living in Spain for over twenty years.

The Mediterranean coast and inland valleys and mountainsides are in general wonderful places to live and garden. The generally benign climate, the wonderful native plants and imported subtropical plants make gardening and al fresco meals and siestas possible on most days of the year. But there are risks! Many face the challenge of poor shallow rocky soils and everyone can expect maximum and minimum temperatures well above and below those communicated by many tourist boards and real estate agents and the occasional shocks of monsoon rains and summer hail storms. We once had 68 centimetres of rain in a day of which 24 fell in an hour resulting in some nearby thousand year old terraces being damaged for the first time. Last night we had for the first time in twenty years 15 minutes of tennis ball sized hail stones that have decimated our 150 tomato plants, climbing beans, squashes and raspberries. Those who were in Spain in February 2005 will remember the worst frosts for 50 years that affected gardens from the Pyrenees to Gibraltar. Ours was blackened but now that plants have recovered one would not know that such things can happen.

Having faced such challenges ourselves and learned much the hard way we are happy to help the readers of The Olive Tree though monthly articles and our books\*. Month by month we will look at seasonal topics related to the herb, flower, fruit and vegetable gardens as well as the benefits of livestock if you have space. If you have a special topic you would like us to cover please send your requests to [yourgardeninspain@hotmail.com](mailto:yourgardeninspain@hotmail.com).

Being now August ask yourselves how well your garden has enabled you to live a relaxed outdoor lifestyle and list the changes you need to make during the autumn and winter. For starters do you have sufficient summer

shade and sheltered spots in which to enjoy the winter sun out of the wind? Have you planted easy to care for native plants totally suited to the microclimate of your garden or have you planted too many thirsty summer annuals and subtropical plants that might struggle through even the first winter? Our book Your Garden in Spain – From planning to planting and maintenance includes descriptions of some 400 practical plants including an indication of their frost and drought resistances and for most a photograph. If you have taken over a deserted orchard or piece of mountainside do make the best of the wild plants that exist as well as any features such as rocky outcrops, dried up streams and ancient gnarled trees.



Clodagh and Dick have gardened and lived in Spain for over twenty years. They now have

a maturing garden and large allotment also keeping poultry and rabbits for self sufficiency. Their three latest books\* will be of interest to readers and are most easily obtained via the websites [www.santanabooks.com](http://www.santanabooks.com) or [www.gardeningspain.com](http://www.gardeningspain.com) or by telephone on 952485838 if you have no computer connection.

*\*Your garden in Spain,*

*Growing healthy fruit in Spain, and*

*Growing healthy vegetables in Spain*

© Clodagh and Dick Handscombe July 2008.

**Pomegranate** • Height 3 - 7m

- Frost tolerance High Partial
- Pollination required Partial
- Evergreen/Deciduous Deciduous
- Harvest period February - April

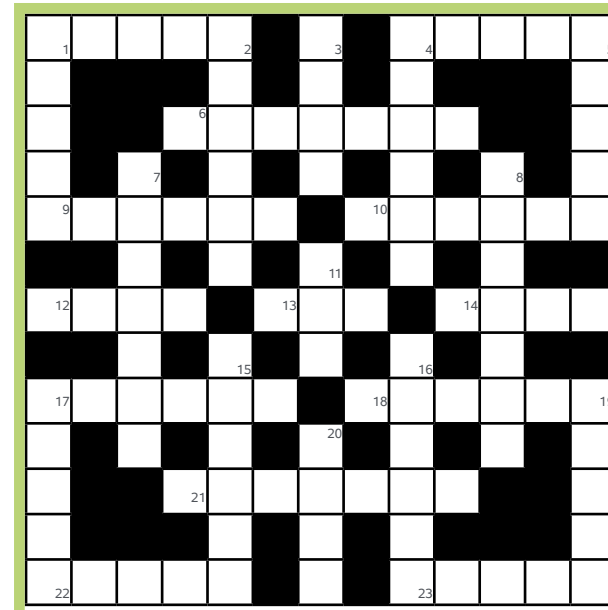
Pomegranate, *Punica granatum* An ornamental shrub producing fruit with a hard, leathery deep red or yellow rind. When opened the fruit exposes shimmering translucent kernels. The juicy flesh is tart-sweet and surrounds nutlike seeds that are



## SPANGLISH?-ANSWERS NEXT MONTH

### ACROSS

- skirt
- ear
- seguro (E)
- epics
- separately
- puerto (E)
- garlic
- nieve (E)
- leg
- angina
- mackerel
- car
- chair



### DOWN

- fuerza (E)
- assessor
- tarde (E)
- Bishop
- abode
- linoleum
- tram
- eye
- infamous
- English
- pánico (E)
- ember
- banco (E)

**BY SARAH**

(E=translate to english)

otherwise translate to spanish

### ACROSS:

- ass
- charcuteria
- try
- gris
- spot

### ANSWERS TO THE JULY ISSUE OF SPANGLISH

- creer
- lugar
- orden
- padre
- lince
- probe

### DOWN:

- pais
- actor
- sur
- style
- tres
- circulacion
- adolescente
- creep
- enojo
- roble

- route
- blond
- orgy
- mear
- sin

edible and add a bit of a crunch to the overall texture. Pomegranates store extremely well in a cool dry place and continue to sweeten off the tree. The plant itself is very hardy and highly ornamental, it has large showy flowers and is suitable for use as a feature plant, for hedges and container growing. Pomegranite shrubs can

also make an attractive and interesting bonsai specimen. A shrub or small tree to about 4 m, the pomegranate is multi stemmed, spiny and extremely long lived. Plants are usually pruned to form a short but well defined trunk allowing 4 or 5 shoots to develop into a multi branched form. Pomegranate is not fussy about soil condition, in its native environment in Northern India and Iran it is found growing in rocky gravel.

Pomegranates can be slow to get established in heavy soils. They respond well to pruning and regular high nitrogen feedings after flowering

and fruiting are finished. Hand pollination of flowers helps cropping. Always keep them moist and plant somewhere in full sun. During the winter months, when the tree is dormant, prune it to shape and remove growth that goes straight up, to encourage the round, open canopy that will produce the most fruit.

Pomegranates are relatively easy to grow. They are not expensive to buy and produce many fruits. They reportedly contain up to 3 times more antioxidants than any other fruit. Antioxidants are the naturally occurring substances that quench the body of free radicals, therefore protecting vital tissues from damage. The fruit contains polyphenols, tannins and anthocyanins - all compounds that could have beneficial effects. Packed with Vitamins A, C, E and Iron, the pomegranate fruit has been cultivated since pre-historic times.





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◆ Diploma for the Jurado Europeo for Implantology and  
Oral Rehabilitation - Paris

◆ Implant Fellow of Misch Implant Institute,  
Michigan USA

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Odontoestomatológica de Implantes ( S.E.I. )

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**SHOWADDYWADDY**

SHOWADDYWADDY WERE FORMED IN 1973 IN LEICESTER, ENGLAND, FROM TWO GROUPS, 'CHOISE' AND 'GOLDEN HAMMERS'.

'Choise' wrote and performed original material and was made up of Dave Bartram, Trevor Oakes, Al James and Romeo Challenger. They also did a few covers - some of the original songs were carried over and used as Showaddywaddy songs. 'The Hammers' consisted of Buddy Gask, Russ Field, Rod Deas and Malcolm Allured.

**THE CURRENT LINE-UP: TREVOR OAKES, DAVE BARTRAM, ROD DEAS, AL JAMES, ROMEO CHALLENGER, DANNY WILLSON**

**AUGUST 15TH**  
La Mediterranean night club in L'Ampolla

China White Entertainment and La Mediterranean night club in L'Ampolla Tarragona, are proud to announce one of the very best international rock'n'roll bands. Showaddywaddy will be playing a sensational concert on the 15th of August at the la Mediterranean night club, there will be two performances from the band, the early session will be at 22.45pm and the late session will be 1.45am on the Saturday morning. Mixed in with that will be a top support band from Barcelona playing rock'n'roll, background music between the live bands will be pure 60s nostalgia. This will be Showaddywaddys only Spanish date this year, the boys have just returned from Sun studios in Memphis where they cut their new CD, which will be available for purchase on the night.

The boys have been heavily touring in the UK and Europe, to promote their new sound, and have reached a new audience, but they will be best remembered for their string of top ten hits in the 70s and

80s: *Hey Rock'n'Roll; Three steps to Heaven; Heartbeat; When; You Got What it Takes; Pretty Little Angel Eyes; I Wonder Why* and of course their number one hit; *Under the moon of love*. It's a night not to be missed. Tickets will be sold through some of the distribution points where you collect your magazines, they will be on a first come first served basis, there will be a limited number of VIP tickets available for the concert, these can be purchased on **663 645 015**. **Lets Party!!!**

**COMPETITION**

TWO STANDARD TICKETS FOR THE SHOW. THE QUESTION FOR THE COMPETITION IS "WHAT WAS SHOWADDYWADDYS ONLY UK NUMBER 1?" CLOSING DATE THURSDAY AUGUST 14TH, WINNERS WILL BE NOTIFIED BY PHONE.

**PLUS CHARITY INTERNET AUCTION FROM OUR WEB SITE** FOR TWO VIP TICKETS, THE WINNERS WILL GET AN AUTOGRAPHED CD, PLUS THE CHANCE TO MEET THE BAND, AND OF COURSE CHAMPAGNE RECEPTION.

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**SHOWADDYWADDY**  
China White  
PROMO  
& Retols Rest

"Jean Vincent" dijo haya por los 50...  
¡Estos chicos van a llegar lejos!  
y con esto vaticino que tocarian en la Mediterrania

Plaça Farnal - L'Ampolla  
**MEDITERRANIA**  
DISCOTECA L'AMPOLLA  
(Tarragona)

**15 de Agosto 08**  
Camping / after hours  
en la playa a la luz de la luna  
**SHOWADDYWADDY**  
+ DOUBLE SYX

Hey rock and roll  
nº1 en Inglaterra

No hay Rock sin Roll





Face it: odds are you're never going to learn to speak much Spanish or Catalan just by hanging around in bars and asking for *café con leche* or *cervezas*. For anyone except small children, learning a foreign language requires determined effort and hard work.

And as everyone knows, practice is one of the keys to getting a working grasp of any language. But if you live here already you have a huge advantage, especially if you have time on your hands, so here are a few proven ideas to help you kick-start your Spanish or Catalan:

### 1.- Shopping: ¿el último, por favor?

Forget the supermarket: if you want to learn, personal interaction is the name of the game. If you have time, buy your fresh fruit and veg, meat, fish, bread, etc in small shops where you have to ask for what you want. While you may pay a bit more, the produce is often fresher than in your local *supermercat*. Gradually you'll improve your vocabulary, especially if you go every day.

*Tip: to ask in Spanish, who is the last in the queue, say 'el último, por favor?' in a questioning tone.*

## SEVEN TIPS TO HELP YOU LEARN SPANISH OR CATALAN

### 2.- Exchange classes

While Catalan classes —some of them free— for adults are more widely available, it's not that easy to find Spanish classes for foreigners outside of major towns. An alternative is to find someone local that wants to improve his or her English conversation skills in return for helping you get started with Catalan or Spanish. Local school teachers are ideal.

*Tip: little and often is best. Classes of over an hour and a half are best avoided as they can be very tiring.*

### 3.- Reading and writing exercises

Even if your aim is mainly to be able to speak and understand basic Spanish or Catalan, it's vital to back up speaking and listening with some written work and reading comprehension. You'll find a little time spent studying every day will reinforce your knowledge and help you achieve your goal.

*Important: when buying a Spanish textbook online, make sure it's for European Spanish, not Latin American Spanish.*

### 4.- The Sky is the limit...

OK, Spanish TV can admittedly be pretty dire, although the Catalan channels are (in my opinion) better. But that said,

they can definitely help you learn the language, so ignore the howls of protest from your teenage kids and stop watching English satellite TV today...

*Tip: start by watching the daily news and weather.*

### 5.- Read a little every day

Join your local public library (biblioteca pública) —see the menu options in <http://www20.gencat.cat/portal/site/Biblioteques> for a complete list— and start reading, even though you won't understand every word. I'd recommend short stories and best-sellers and detective stories, the kind of thing with that you can't put down. Books translated from English are good too, and some people find children's books helpful.

*Tip: get into the habit of reading the local paper every day.*

### 6.- Go the cinema

Once you can follow a conversation to some degree, watching Spanish films at the cinema is a great way to hone your listening skills. Films here are almost always dubbed, with 95% in Spanish rather than in Catalan. Dialogue is usually clear, simple and well-pronounced, and being in a cinema seems to somehow focus your attention far better than watching a film at home.

*Tip: most cinemas have one day a week —often a Wednesday— when it's cheaper to get in, known as the 'día del espectador'.*

### 7.- Pronunciation and confidence

It's worth making a special effort with regard to

pronunciation.

While it may be possible to speak English without moving your lips very much at all, to communicate effectively in Spanish or Catalan you'll need to recreate their vowel and consonant sounds as closely as you can. See <http://www.lingolex.com/pronounce> for a very simple guide to Spanish pronunciation.

Lastly, anyone learning a language naturally makes mistakes, and one of the biggest barriers is to overcome our natural fear of making fools of ourselves. Some years back I startled the ladies in the local butchers' shop with a request for a little tenderness —*ternura*— when what I wanted was some beef —*ternera*!

Luckily the Catalans are pretty patient with foreigners and will usually help if you make an effort to speak Spanish, and more especially, Catalan. So stick with it and try to immerse yourself in the language as much as you can: you'll be glad you did.



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

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Aug 15st - Aug 21st

**O**n an average day, Gracia is a peaceful residentially neighbourhood north of the city centre, with narrow streets lined with elegant old balconied buildings and shady squares with historic churches and cafe terraces. But for one week in August, everything changes. When the week-long Festa Major takes over Gracia on August 15th, tranquillity goes out of the window, replaced by the Catalans' typically exuberant taste music and mass celebration in the streets.

**T**he Gràcia Fest is basically a hyperbole of a block party - events and feasts are scheduled all throughout the day, live music persists every night until dawn, and outdoor bars and their patrons make it impossible to cross even the smallest square in under ten minutes. Every year, over a million people flood the

narrow streets of Gràcia to gawk and to party until literally flushed out by street cleaners in the morning.

**D**ating back to the early 19th century, it has become one of Barcelona's biggest festivals, which is saying something for a city that can practically count the year's non-fiesta days on the fingers one hand. And it sees Gracia residents from 23 neighbouring streets competing for the prize for best-decorated street, by doing innovative things with plastic, cardboard, wood and any other materials they can lay their hands on, set around a different theme each year. Designs range from the beautiful to the surreal and in all cases are highly elaborate. You are advised to admire their artwork early on the 15th as from then on everything starts to deteriorate as the carnival atmosphere takes over.

**T**he free event kicks off in Plaza Rius i Taulet, with a parade of giant carnival figures and And perhaps the most impressive spectacle of the entire festival is the performance of the Castellers, teams of Catalans who form human towers up to nine or ten people tall as a demonstration of cultural unity and strength. In short, there is certainly not a lack of things to do during the festival.



**T**he surrounding streets are lined with tables and benches to accommodate the influx of a million visitors from throughout the city and abroad and on that first evening at 7pm there is a parade of characters from Catalan folklore. To fuel the atmosphere, live bands take root in different spots around Gracia - prime positions are to be found in Plaza del Sol - to play as long and loudly as possible. Like any festival worth its salt, there are loads of food stalls and many local bars open onto the streets to provide endless liquid sustenance.

**A**betting the sense of the fantastical, while wandering through these worlds, one runs the risk of stumbling into a magic show for toddlers conducted in Catalan, or the possibility of intruding on a parade thrown by local anarchists. During the day, tourists explore these streets with festival programs stuffed in their back pockets, and small children waddle under paper-mâché decorations as their parents chase them with cameras.

**W**hen night falls and the streets jam, toddlers are promoted to shoulder seating, and the scene takes on a decidedly more adult

tenor. Crushes of people drink and dance, and when the bands stop playing, crowds congregate around impromptu musicians and refuse to go home until the Guardia Civil politely suggests otherwise. For those who live in Gràcia, it is understood that the week will be a sleepless one- restaurants and bars offer specials on mojitos and capirinhias, and even serve them directly out of windows so as to avoid the trouble of forcing people to abandon the street.

**W**ith the summer nights long and hot, the activity is guaranteed to go on well into the next morning. There are said to be 600 events this year throughout the week, including children's games (don't expect them to be going to bed anytime before 2am), cultural activities and dancing. When you see devils running down the street and setting off fireworks you know the end is in site with the spectacular closing ceremony, the 'correfoc'. and Gracia returns to its usual summer sleepiness. Getting there:

Nearest metro station is Fontana (L3) in Barcelona.





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If there is one thing that the British cannot handle it's making a complaint about the food they have been served in restaurants. Even if the food is indescribably bad when the waiter comes round and says "everything all right for you, Sir?" your true Brit will nod enthusiastically and thank them for their efforts.



Whenever we leave the Country of our birth the natives always seem to be capable of rustling up a more than adequate meal from a few simple fresh ingredients without causing a digestion crisis. What is more the resulting concoction usually tastes of something.

I bring this matter up because I recently had the misfortune to dine, hardly the word, in an English pub. With some friends, we decided to take advantage of some simple pub fare. Nothing too complicated, just a burger with salad and chips. The salad looked OK; there is nothing much you can do to mess up a bit of lettuce and a tomato. The chips looked like the regular pre-cut, frozen jobs we expect and the bun seemed harmless enough. As for the burger, well let's say it bore no indication that it had ever stood in a field and moo'd at any time. It was a perfectly circular object absolutely uniform in consistency with a sort of greyish black appearance.

Undaunted we put our knives to this object. A basic knife did not really seem up to the task. After a bit of judicious sawing one managed to hack off a bit of this questionable substance. The taste, and I'm being generous here, was akin

to a section of tramps boot. I can only describe it as chewy, with a hint of indefinable meatiness. Even burgers prepared by an organisation that declares we are "Lovin' it" do, apparently, have a fair amount of bovine material in them even it is from the less choice cuts of the animal concerned and predominantly uses bits that dangle. This object did not fall into even that category. In fact a tramp's footwear would probably be a bit more digestible.

Being British of course we didn't like to cause a fuss. However we were being pushed over the edge a bit and when the waitress arrived with a cheery "everything alright for you, Sir" we did point out that the burger was somewhat indigestible. Her response was that they had not received any other complaints and she queried whether we felt that it been cooked satisfactorily. Now I do not think that Delia Smith in her infinite wisdom would know the correct way to prepare a slice of itinerant's footwear, and Jamie Oliver would certainly not find it 'pucker' to attempt to do so.

We felt that the waitress had taken offence at our complaint, and indeed she had no mechanism for dealing with such an eventuality. Her excuse was that this was "what the Brewery provided". Now call me a bit old fashioned, but I always thought that breweries brewed stuff, - usually in a barrel. Now it would appear that they are into the manufacture of "meat substitute". Still it pays to diversify and people obviously don't complain much



about the result. In the outcome no alternative was offered, but an amendment was made to the bill and we made a note not to frequent that hostelry ever again.

## **B**ad Food Britain: How A Nation Ruined Its Appetite

Author: Joanna Blythman -you can purchase her book from [www.amazon.co.uk](http://www.amazon.co.uk)

### Synopsis

Award-winning investigative food journalist, Joanna Blythman turns her attention to the current hot topic -



the state of British food. What is it about the British and food? We just don't get it, do we? Britain is notorious worldwide for its bad food and increasingly corpulent population, but it's a habit we just can't seem to kick. Welcome to the country where recipe and diet books feature constantly in top 10 bestseller lists, but where the average meal takes only eight minutes to prepare and people spend more time watching celebrity chefs cooking on TV than doing any cooking themselves, the country where a dining room table is increasingly becoming an optional item of furniture.

Welcome to the nation that is almost pathologically obsessed with the safety and provenance of food but which relies on factory-prepared ready meals for sustenance, eating four times more of them than any other country in Europe, the country that never has its greasy fingers out of a packet of crisps, consuming more than the rest of Europe put together. Welcome to



the affluent land where children eat food that is more nutritionally impoverished than their counterparts in South African townships, the country where hospitals can sell fast-food burgers, but not home-baked cake, the G8 state where even the Prime Minister refuses to eat broccoli.

Award-winning investigative food journalist Joanna Blythman takes us on an amusing, perceptive and subversive journey through Britain's contemporary food landscape, and traces the roots of our contemporary food troubles in deeply engrained ideas about class, modernity and progress.

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# DEALING WITH BEING A BUGS MEAL!



## Symptoms

Insect bites leave venom in the skin and cause a usually mild but itchy skin reaction. Scratching may infect the wound and leave lasting scars. Infection becomes obvious if the bite swells and reddens on the second day or after the initial skin reaction seemed to improve. Some people react to bites with allergic rashes, which can be dangerous if the swelling blocks air passages. Insect bites are also a serious problem if the insect carries disease. In several tropical regions, mosquitoes carrying malaria cause dangerously high fevers. In some wild areas of North America, tick bites may cause Lyme disease and Rocky Mountain spotted fever. Since tick bites are not painful, they can easily be overlooked. Lyme disease causes flu-like symptoms to develop within one month of the tick bite, often with a rash.

Weeks later, it can cause lingering arthritis, heart problems, neuritis and other nervous system disorders, which usually go away after several months. In rare cases, symptoms last indefinitely. Rocky Mountain spotted fever causes a dangerously high fever, headaches, muscle pains and a rash. These symptoms develop within two weeks of a tick bite. Other biting insects are horseflies, ants, fleas, lice and scabies mites. None of these carry diseases, though they can be troublesome.

### *Insect Bites (Spiders, Ticks & Fleas) Causes*

Mosquito and tick bites can be prevented with sufficient clothing. Insects prefer dark clothing and bright floral designs to pastel colours and whites. Sweet, flowery perfumes, hairsprays and sun-screens also attract mosquitoes and other insects. In hot climates, mosquito nets help, especially near water and after sunset, when mosquitoes are most prevalent. Natural insect repellents including garlic and cider vinegar (diluted chlorine) will help. Alcohol dilates the blood vessels in the skin, which attracts insects, including mosquitoes and horseflies. Ticks thrive in wooded areas, so wearing adequate clothing helps to repel them. Since the bites are painless, checking for ticks after a day in the woods can help prevent infection.

Household pets are often a source of fleas and ticks, and can also carry worms. Head lice are passed on among

children very quickly regardless of hygiene, so head lice are difficult to avoid. Body and pubic lice are less easily contracted, since they are spread through contaminated clothing and sexual contact.

### *Insect Bites (Spiders, Ticks & Fleas) Nutrition*

To prevent bites from mosquitoes and horseflies, avoid alcohol. Alcohol causes the skin to flush and the blood vessels to dilate, attracting insects. Eating garlic or rubbing it on the skin helps repel insects. Yeast also helps reduce susceptibility to bites. Eat nutritional yeast daily for three weeks before going into the woods to discourage mosquitoes and black flies from biting. After a severe insect bite, drink plenty of pure spring water, light soups and diluted juices to flush out residual toxins.

### *Insect Bites (Spiders, Ticks & Fleas) Nutritional Supplements*

As a prevention for insect bites, garlic and vitamin B1 (thiamine) supplements are effective, as they give off an unfavourable scent to the insect. A vitamin B complex can be added to B1 for several weeks to prevent imbalances. Use brewer's yeast supplements for pets, or nutritional yeast for humans. Garlic is more effective against ticks. Take these supplements several days before and throughout a trip to wooded, damp areas.

Very high doses of vitamin C, taken together with calcium, can be used effectively to combat the allergic and toxic effects of all kinds of bites, even against venomous spiders and snakes. The calcium also seems to markedly reduce the pain.

### *Daily dosages:*

#### *Most Important to take:*

Vitamin C, with bioflavonoids, 4,000-10,000 mg immediately following a bite and 1,000 mg every few hours

Vitamin B1, 50 mg twice daily

Garlic, 2 capsules three times daily

Vitamin B complex, 50 mg daily

#### *Helpful to take:*

Calcium, 1,200 mg

### *Insect Bites (Spiders, Ticks & Fleas)*

#### *Herbal Remedies*

## THE



## LIVE PRESS

Herbal remedies can promote healing of the skin, decrease inflammation, help the body cleanse residual toxins from the blood and boost the immune system.

- Yarrow reduces the itching and swelling, while lemon balm, plantain and ivy leaves soothe and heal. Crush or gently rub leaves on the bite.

- Aloe vera gel is excellent to soothe and heal the affected skin.

- Citronella oil is a natural insect repellent that should be rubbed on the skin and is safe for children and pregnant women. Keep away from eyes.

- Intense swellings should be treated with hot hay seed compresses.

### *Spider bites:*

Spiders inject a toxin into the blood and lymph system that affects internal organs and can cause the formation of harmful free radicals in the body.

To boost the immune system and purify the blood, take 10 to 20 drops of echinacea tincture in liquid or 1 to 2 capsules or tablets three times daily for up to a week. After the venom is removed and the bite thoroughly cleaned and disinfected, apply comfrey and plantain salve to speed healing. Make sure all traces of venom have been removed from the area before applying comfrey, as this herb almost instantly rebuilds tissue over the area.

### *Insect Bites (Spiders, Ticks & Fleas) Homeopathy*

Homeopathic remedies are excellent for insect stings and bite reactions or pain. The recommended dosage is 2 tablets under the tongue in a 6c strength, repeating every fifteen minutes for three doses. If symptoms persist, repeat every four hours for an extra day or two. Stop once symptoms improve.

- For any stings or bites, Ledum can be used immediately. Typical symptoms include a cold feeling to the skin around the bite and cold applications to the skin provide relief.

- For swelling, heat and stinging pain, use Apis.

- Hypericum should be chosen in those cases where shooting pains develop along a nerve, common in horsefly bites.

### *Insect Bites (Spiders, Ticks & Fleas) Tissue Salts*

The tissue salt Nat mur can be made into a paste by adding a little water, and applied directly to the bite to soothe the irritation.

### *Insect Bites (Spiders, Ticks & Fleas) External/Physical Therapies*

- Place a slice of fresh onion on the sting.

- To disinfect, dab the spot with alcohol.

- Apply ice to the area to slow absorption of the venom.

- For first aid, if nothing else is at hand, rub saliva into the bite.

- If stung inside the mouth, gargle with liquid whey or, if not available, with salt water (2 tbsp. salt to 3 cups of water).

- A cabbage leaf poultice applied to the neck will further help in reducing the poison's effect.

- For ant, mosquito, tick and chigger bites, wash the area thoroughly with soap and water. Use a brush and scrub chigger bites, then apply damp baking soda.

- Once a tick is found on the skin, it should be removed with tweezers by pulling the head, which is closest to the skin. Once removed, the tick must be burned. Trying to remove the tick with the hands can cause the head to embed even more firmly in the skin.

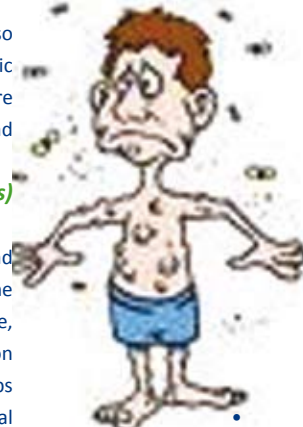
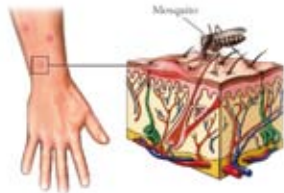
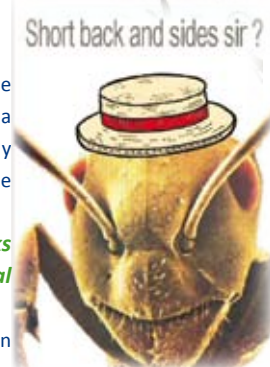
- A capsule of vitamin E emptied onto the skin supports healing and alleviates pain.

### *Insect Bites (Spiders, Ticks & Fleas) Other Suggestions*

Take charcoal tablets to draw the toxin out and chamomile tablets to reduce the irritation. Applying natural (greek) yoghurt to the bite immediately takes the inflammation down. Mosquitoes are attracted by sour sweat.

Wasp stings can become infected. If the inflammation seems to worsen on the second day, consult a physician.

### From the Encyclopedia of Natural Healing





## I'LL BE JUST FINE, SAYS PLANET



'If you don't mind, I've got some orbiting to do'

THE planet Earth has dismissed claims it is in danger from global warming, stressing the worst that could happen is the extinction of the human race.

Sun, said it was 'sick and tired' of being drawn into arguments about human behaviour.

"Look, I'm just a planet doing its thing, alright? If you want to live on me, that's your business, but I've got important planet stuff to do, okay?"

"Try being in elliptical orbit for five minutes, or balancing your gravitational pull with a medium-sized moon. Let me assure you, it's no \*\*\*\*ing picnic."

The planet said environmental campaigners should change their slogan from 'Save the Planet' to something more relevant such as 'Save Your Sorry Arse'.

Earth added: "Okay, so there may come a time when, for a variety of reasons, I am no longer able to support pandas, polar bears, and humans, but you know what? Life goes on."

"Who knows, I might end up being a haven for toads."

Earth, 4,000,000,000, said last night: "I'll be absolutely fine, seriously. I might get a bit warmer and a bit wetter, but to be honest, that actually sounds quite nice."

"Try living through an ice age. Pardon my French, but it's absolutely \*\*\*\*ing freezing."

The planet, based 93 million miles from the

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## RANGERS VIOLENCE BEGAN IN LATE 17TH CENTURY, SAYS UEFA

"THE violence at the Uefa Cup final began much earlier than was thought, probably in the late 17th century, officials said last night."

A Uefa investigation has revealed last month's violent scenes in Manchester were directly related to tensions arising from



the Battle of the Boyne, which took place near the east coast of Ireland in 1690.

It is now believed the conflict was sparked not by a faulty big-screen television, but by a series of marginal differences over the correct method of worshipping Jesus.

Uefa said the violence then continued on and off for another 180 years until it was formalised with the establishment of Rangers Football Club in 1872.

Jean-Marie Le Blanc, Uefa's head of riots, said: "The violence in Manchester has deep, complex and incredibly stupid roots."

"It seems to be based on an entrenched hostility towards Papal doctrine and an insatiable lust for the blood of 'fenians'."

He added: "If we want to prevent this kind of violence we must establish a single,



Uefa said the ring-leaders included King William of Orange and his horse

agreed method for the worship of Jesus across the continent of Europe.

"Oh yeah, and booze - don't give them any booze."

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## YOGA FOR WEIGHT LOSS ...AND SO MUCH MORE

Many people will enter a yoga class with the goal of becoming slimmer, or changing their physical abilities in some way. Months later they find

they are not only physically changed but their lives have changed too. Yoga works on the body, mind and emotions in positive, life-changing ways.

Starting with weight loss, let's look at why yoga works successfully as a path to fitness. Muscles metabolise calories when they are stimulated. One pound of muscle uses 35 – 50 calories every twenty four hours. However, the more muscle used, the greater the stimulation, and in turn more calories are burned. A muscle that is put through it's entire range of motion, as in yoga, will burn more calories than a muscle which is only partially used as in jogging. A typical yoga practice will stimulate each muscle in the body through nearly 100% of it's range, therefore the practice of yoga postures is an efficient use of muscle tissue with a high caloric expenditure.

Asanas (postures) such as the Bridge, which increase blood

flow to the thyroid gland in the neck, are also of great benefit for those looking to lose weight. Anyone who suffers from an under active thyroid will feel lethargic and put on weight easily, yet with regular practice of the Bridge pose a rich supply of blood is supplied to the thyroid gland. The increased flow provides stimulation and a massaging effect, ultimately restoring a healthy metabolism and regulating the body's weight.

In addition to weight loss yoga is an exercise which builds strength and flexibility with minimal risk of injury. By moving into and out of postures in a controlled way, and holding the pose for a length of time, the yoga student uses his or her own body weight as resistance. A recent study by the university of California found that one hour of yoga practice, four times a week over a period of eight weeks increased muscular strength up to 31%, muscular endurance up to 57%, and flexibility up to 188% in a group of previously sedentary participants.

Beyond it's purely physical benefits, yoga increases your body awareness and helps to decrease stress. The increase in awareness leads to better decisions about what to eat. Instead of fuelling your body with foods that digest slowly, the body begins to ask for lighter foods higher in nutrients.

Also by reducing stress, yoga reduces eating as a stress response. Our sometimes stressful lives increase the hormone cortisol which produces a sensation of false hunger. By lowering our stress levels we lower the amount of cortisol in our bodies.

With yoga's awareness and attention to detail, comes strength, flexibility and self mastery, bringing unlimited benefits to the body and mind.

You may enter a yoga class for the physical benefits, and within a short time find that you've received so much more. So what do you have to lose?

*Sarah Good is a Sivananda trained yoga teacher offering weekly drop-in yoga classes in the area, and also private tuition. You may contact her on 663 140 297*



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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).

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