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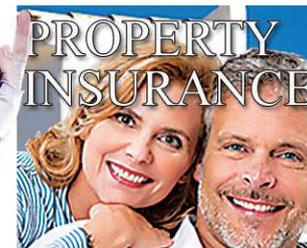
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**Katy Perry coming to
Rock in Rio Lisboa P4**

US pop star Katy Perry has been confirmed as the headline act at this year's Rock in Rio in Lisbon.



Stork Struggles ➤ P2



Storks and their nests are being disrupted by adversities including climate change and urban development.

Emma Havoc ➤ P6



Storm Emma arrived last weekend, bringing with her cold temperatures, heavy rain, high winds, huge waves and stormy conditions.

Measles Measures ➤ P12



The Portuguese Directorate-General for Health (DGS) has advised the Portuguese population to vaccinate against measles ahead of the busier holiday seasons.

WEATHER ➤ P4

PM calls for more visits to Central Portugal as he thanks country's tourism workers



SPOTLIGHT ON CENTRAL PORTUGAL

Full story, see p. 4

Kayaking on the Rio Tejo by the Almourol Castle (Photo: Paulo Cunha/Slideshow)

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Urban development and climate change unsettling storks

N CARRIE-MARIE BRATLEY

The development of two abandoned buildings in the Algarve cities of Lagos and Silves is raising eyebrows among bird-lovers, who are querying what has happened to the storks' nests that once sat atop them.

An old hotel in Lagos and an abandoned cork factory in Silves that once housed the city's fire station, both of which had storks' nests on them for many years, have been torn down in recent months.

This is driving the storks to less conventional high-points like nearby stadium floodlights, residential buildings and atop construction machinery. Storks and their nests are protected in Portugal, under decree law 140/99 of 24 April, and the disturbance, removal or destruction of nests outside authorised periods can be penalised. Permission to move nests must be requested to the Institute for Nature and Forest Conservation (ICNF), which is responsible for stipulating if, how and when the nests can be moved.

In a statement sent to **The Portugal News**, the ICNF explained that unless the nests pose "extreme danger to public safety", they cannot be moved

during breeding season.

The law recommends approval to move a nest is only granted between 1 September and 31 December.

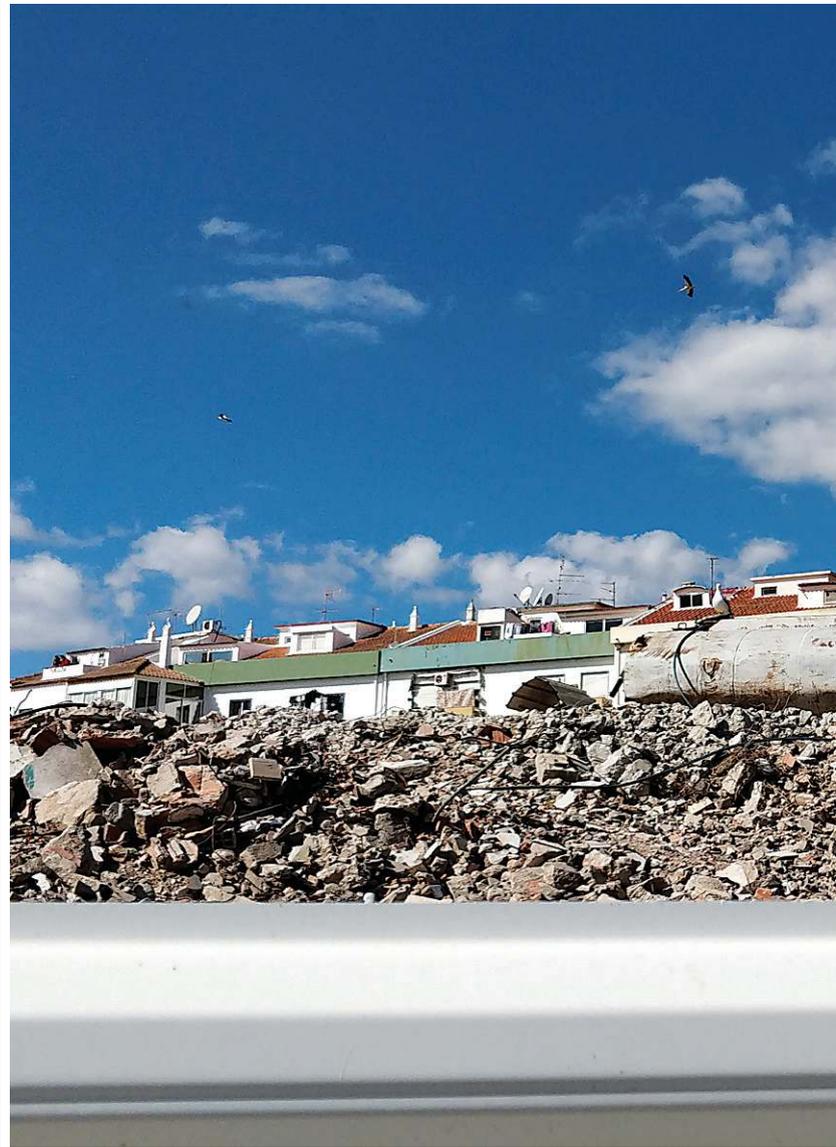
In Silves, storks can be seen circling and chattering in large numbers above the building site, coming in to perch on what is left of the edifice when construction machinery stops.

A Silves local commented: "It's sad. They don't know what's happened to their nests or where to go."

The building in question is reportedly being renovated to accommodate a supermarket.

The ICNF told **The Portugal News** that the Silves project "was given authorisation for the removal of six storks' nests", and that a period was stipulated for carrying out the operation, "outside breeding season."

A spokesperson for the supermarket chain in question told **The Portugal News** that when it took over the building, "there were no stork nests housed on it."



Concerns are growing that progressive urban development and climate change

It said "the removal of the nests was the responsibility of the previous owner in coordination with the ICNF."

A similar situation is unfolding in the nearby Algarve city of Lagos, where an old hotel has been razed that also housed storks' nests. Concerned Lagos resident Paul told **The Portugal News** that "these storks nested on the abandoned hotel roof for about 15 years

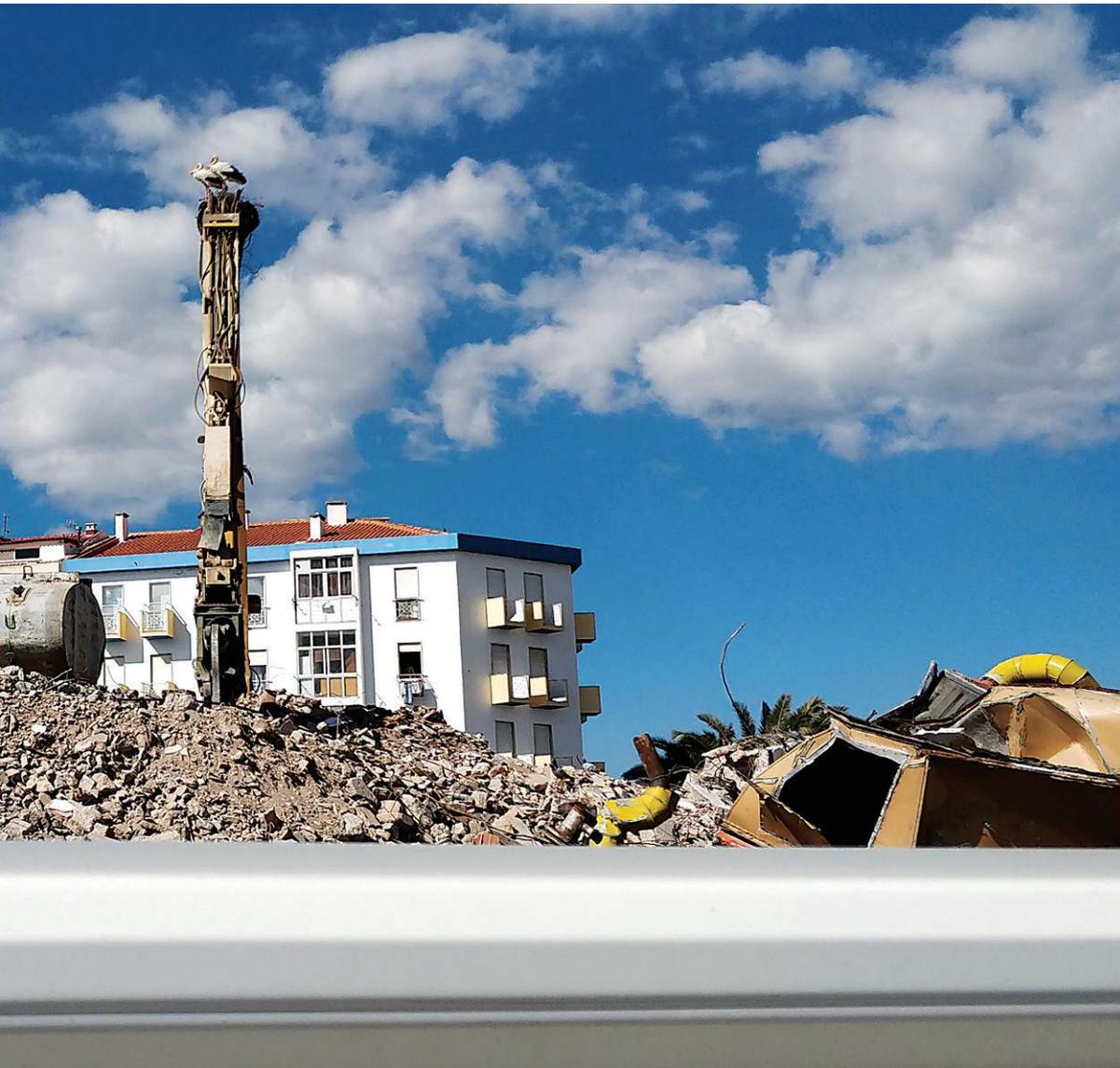
or more, but recent work to demolish the hotel has left them homeless. They still frequent what is left of the building."

He added that the owners of apartments in the immediate vicinity have seen "an influx of displaced storks building on their roofs", suggesting that builders could "erect purpose-built pylons along the river banks to attract the storks." In recent years, much new devel-

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They are leaving storks 'displaced and disorientated'. (Photos: Supplied)

Development, especially in the Algarve, has taken place around existing storks' nests, which in many cases were preserved, along with old red brick chimneys on which they sat, and incorporated into projects as focal points. According to the Portuguese Birdwatching Society, the SPEA, while some storks now inhabit their nests year-round, particularly in the south of the country, many

return after migrating for winter and are "disoriented" when they arrive and find the nests gone. Speaking to **The Portugal News**, a SPEA spokesperson explained storks usually pair for life and return to and rebuild the same nest every year for the reproductive period, which is roughly from February to July or August. However, the spokesperson explained that climate change

could be causing the storks to return to Portugal from as early as December, while others remain in Portugal year-round. Concerns have also been raised that the increasingly inclement weather is taking its toll on the nests. There have been suggestions that the unseasonably blustery and cold weather experienced in recent years is obliterating nests and affecting breeding,

namely in terms of chick survival. However, a 2014 survey found that the number of storks' nests in Portugal had risen by around 50 percent over a decade. A national census carried out on the species between March and June 2014, documented 11,694 storks' nests, whereas ten years earlier there were around 4,000 fewer. Experts attributed the rise in nests to two distinct environmental problems: excess waste and a crayfish plague. Throughout Europe, the stork is a Category SPEC 2-classified species (Species of European Con-

servation Concern), since European populations have an unfavourable conservation status and the world's population is concentrated in Europe. The ICNF describes the white stork as being "strongly-rooted in Portuguese culture", and "a characteristic element of the landscape in many regions of the country, and a species normally admired and respected by the vast majority of the population." It corroborated that in recent years there has been a "marked increase in the number of storks" remaining in Portugal "throughout the year."



Vultures snubbing Portugal due to lack of food

A new study has found that vultures are bypassing Portugal due to a lack of food.

Eneko Arrondo, researcher at the Doñana Biological Station in Seville, found the vultures are travelling further afield to find food after a law passed in Portugal in 2011 stipulated that livestock that die of natural causes

must be immediately buried or incinerated. The three-year study which tracked 71 carnivorous birds of two different species found that vultures nowadays rarely venture into Portugal.

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Spotlight on Central Portugal

Portugal's Prime Minister António Costa has this week called for all people to "visit and invest in the Central Region", which was devastated by the deadly fires that tore through the country last year, while also thanking the many thousands of workers in Portugal's national tourism industry.

Speaking at the inauguration of the yearly BTL tourism trade show in Lisbon, the Prime Minister stressed that Central Portugal "was the region worst affected by the natural tragedies that hit the country last summer." Describing the Central Region as "an excellent tourism destination", António Costa said investing in that region is "helping to give a new life and revitalise a territory that was massacred by the calamities" of last year, in which more than 100 people died in wildfires. Given recent information that Portugal has had "the best economic growth since the beginning of the century", coupled with "one of the lowest unemployment rates of the last decade", the Prime Minister argued the need to "continue cherishing tourism" so that the country can continue to grow, increase its exports, and create "more and better jobs". In his speech, the Prime Minister also thanked all professionals in the country's tourism sector for their "excellent contribution towards development". The BTL is the largest business

platform for the tourism sector in Portugal, and is held in Lisbon's riverside Park of Nations area. Central Portugal was this year's BTL 'National Guest Destination', and was given a stand in a privileged location at the event, which runs until Sunday. Spain is currently the Central Region's main tourist source market; although recent figures show American, Brazilian and Asian visitors are all rising markedly. According to provisional figures from the National Statistics Institute (INE), based on data from 2017, 1.40 million foreigners visited that region last year, accounting for 2.76 million nights spent therein, the majority by Spanish nationals. The year 2017 was a record-setting year for Portugal in terms of tourism, with tourist-generated revenue having exceeded €15 billion, or a spending of around €41 million per day. The sector also welcomed a record-breaking number of tourists, at close to 22 million visitors. Meanwhile, while the Central Region and other parts of Portu-

gal are endeavouring to get back on their feet following last year's tragic wildfires, some local authorities have criticised a new law that stipulates all landowners must clean their land before 15 March or face fines, with councils having to step in if they fail to do so. News site Observador reports the Mayor of Loures (greater Lisbon) has said it is "impossible" to comply with the new law and accused the government of shunting the responsibility onto councils. Bernardino Soares said that in order to comply with the new land-cleaning law, his municipality would need around four million euros, a budget that "we do not have", nor would it be possible within the timeframe stipulated. However, he noted that Loures "has done everything in its power to contribute to the prevention of fires in the county". According to the new law, property owners have to carry out land-cleaning around buildings in rural areas. Failing to do so, local councils have until the end of May to step in.

N
CARRIE-MARIE
BRATLEY

N News in Brief

Average hotel prices up in 2017

The average price of hotels went up by ten percent last year. After a sharp drop in prices during the economic crisis, the average price for a room in Portugal went up last year to around 90 euros. Despite still being far off the prices charged in other major European cities, Portugal's hotel prices saw the second biggest growth last year, after Iceland.

SNS spends close to €90 million on medicines for rare diseases

The SNS National Health System last year spent close to €90 million on medicines for rare diseases. This data was revealed on Wednesday to mark what was International Rare Diseases Day. The information from the SNS further revealed it approved financing for seven new drugs for rare diseases last year, and that a total of 62 such medicines are available and being used on the national market, which is double those available a decade ago.

Locals protest against move to demolish homes on Algarve sand bars

Dozens of people turned out on Tuesday in protest against residences on the barrier islands of the River Formosa off Faro being seized by authorities for demolition. The long-planned operation was undertaken by Sociedade Polis Litoral Ria Formosa, the local entity charged since 2014 with taking steps to return the islands back to nature. A contingent of 40 police officers was on hand.

Police detain seven in Lisbon in operation to hunt down illegal weapons

Portugal's PSP police force on Tuesday detained seven people in a mega operation in Lisbon aimed at tackling violent crime. Four guns, ammunition and drugs were also seized in an operation that local police chiefs said started at 7am and lasted an hour and a half. Searches were carried out in the Alta de Lisboa and Boavista neighbourhoods as well as in the parish of Alvalade. The special police operation involved 15 house search warrants and around 100 officers from various different police divisions, criminal investigation teams and rapid intervention forces.

New project launched to push Algarve as a top walking destination

A new project has been launched in the Algarve to promote the region as an international walking destination. A number of festivals and events are being staged as part of the project, among them the Walking Festival in Ameixial, the Alcoutim Walking Festival, and a new, as yet undisclosed event to be held in Lagos. These are all part of the 'Algarve Walking Season' calendar, a new project launched to attract ramblers to southern Portugal.

Algarve International Music Festival starts Friday

The Algarve International Music Festival starts on Friday. Over the next three months a series of 15 classical concerts are to be staged in nine Algarve counties. The festival kicks off on Friday night at 9pm with a concert at the Loulé Cine-Theatre, and ends in May. Organised by the Southern Classic Orchestra, performances are being held in Albufeira, Castro Marim, Faro, Lagoa, Lagos, Loulé, São Brás de Alportel, Silves and Tavira. (Full programme, see: <http://www.fima.com.pt>).

WEATHER

Rain, rain and more rain

The coming week might not be as blustery as last week, but the rain will be sticking around for a while longer.

Lisbon: Rain, at times heavy, will fall consistently over the weekend and coming week in the capital, but the good news is overnight lows will be going up by a degree or two.

South: Forecasts indicate that it will also rain non-stop for most of the coming week in southern

Portugal, where milder temperatures will range between highs of 17°C and lows of 11°C.

North: The heaviest of the rain is due to fall in northern Portugal, although there might be some let-up, with a few sunny intervals towards the middle of next week.

Katy Perry to headline at this year's Rock in Rio Lisboa



American singer Katy Perry and members of her ensemble perform live on stage during the first show of her 'California Dreams Tour' at the Campo Pequeno arena in Lisbon, Portugal, on 20 February 2011. Perry is returning to Lisbon this year to perform at the Rock in Rio festival in June. (Photo: EPA/Jose Sena Goulao)

US pop star Katy Perry has been confirmed as the headline act at this year's Rock in Rio in Lisbon.

The 'Chained to the Rhythm' singer will be performing as part of the festival at the Bela Vista Park on 30 June.

Perry's appearance at Rock in Rio will be her first performance in Portugal for seven years.

Rock in Rio Lisbon takes place this summer, on 23, 24, 29 and 30 of June.

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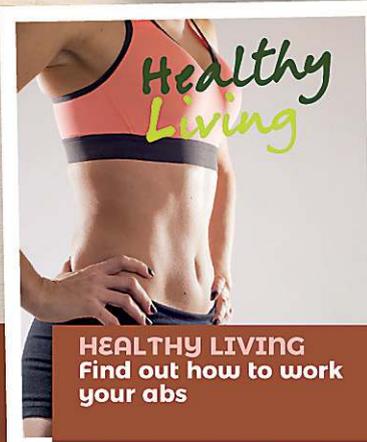
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Storm Emma causes travel havoc

Storm Emma arrived last weekend, bringing with her cold temperatures, heavy rain, high winds, huge waves and stormy conditions that saw boats moored and flights cancelled.



Tourists take photographs of the huge waves that pounded Madeira Island on Wednesday. (Photo: Lusa/Homem De Gouveia)

The Portuguese Met Office said Storm Emma formed west of the Azores and was due to remain in place for much of the week. The peak of the storm was forecast for Wednesday night and into the early hours of Thursday morning, but out in the Atlantic Emma was already flexing her

meteorological muscle on Sunday. On Sunday afternoon, a Germania flight from Nuremberg (Germany) to Las Palmas, Gran Canaria, was forced to divert to the Algarve due to stormy conditions over the islands. The airline told **The Portugal News** that "the diversion was due to heavy storms over the Canary

Islands", and citing media reports added, "many flights, in particular to and from Gran Canaria and Tenerife, were affected." Germania said the aircraft diverted to Faro late on Sunday afternoon, but "continued its flight to Gran Canaria some hours later after the weather had improved." A TAP Air Portugal flight from Lis-

bon to Funchal (Madeira) was also forced to return to the Portuguese capital on Sunday due to the wrath of Storm Emma. Strong winds led to the flight eventually being cancelled, along with the local ferry service between Funchal and nearby Porto Santo. Many other flights to and from Madeira and Porto Santo were also cancelled at the start of this week, with reports of trees being felled on the island by winds that reached up to 113 kilometres per hour.

On Monday, the Met Office and local port captaincies along mainland Portugal's coastline issued advisories for boats to stay moored in their berths and not go out to sea due to the rough conditions. The weather did indeed worsen as forecast, and on Tuesday, snowfall caused problems for drivers in the

Vila Real district in northern Portugal, where main roads, motorways and local infrastructures including schools were closed.

It began snowing heavily on Tuesday afternoon in various places across northern Portugal, with Bragança, Guarda and Vila Real all being placed on amber warnings, the second most severe, because of the weather. Elsewhere, Emma really made her presence felt during the early hours of Wednesday morning when, according to the ANPC National Civil Protection Authority's website, at 3.30am there were 33 incidents in course of being resolved, requiring the efforts of close to 100 officials.

Close to 200 weather-related incidents were registered by the ANPC between 6pm Tuesday night and 7am Wednesday morning, most of them involving trees and other debris being blown onto and blocking roads, power cuts and localised flooding.

In the Azores, the inclement weather on Wednesday morning caused a landslide, although flights between the archipelago's nine islands were unaffected. Madeira was placed on Red Alert on Wednesday, due to high winds and massive waves, which peaked at 140 kilometres per hour and 14 metres in height, respectively.

On Thursday mainland Portugal was on alert due to the possibility of tornados after the extreme wind blasting around the country caused a twister Wednesday afternoon in the Algarve city of Faro, overturning boats in the local docks and damaging an esplanade.

By 11pm Wednesday night the National Civil Protection Authority had registered 637 weather-related incidents throughout the county.

Harbour pilot dies in rough seas

A harbour pilot from the port of Lisbon died in the early hours of Wednesday morning after falling into the sea while disembarking from a ship off Cascais bay.

The pilot was getting off the Hapag-Lloyd ship, the 'Singapore Express', and back onto a cutter, when he fell into the water and died, despite attempts to rescue him.

Navy spokesman, Pedro Coelho Dias, told *Lusa News Agency* that the cutter crew were unable to reach the pilot immediately because of four-metre waves, but managed to

recover his body.

Six ports in mainland Portugal were closed on Wednesday and another five were under restrictions because of the rough seas. *TPN/Lusa*

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Portuguese researchers develop acorn-based coffee substitute



In 2014, Portuguese entrepreneur Teresa Barrocas launched a chocolate with an acorn filling. The nuts are now being tested as a caffeine-free alternative to coffee. (Photo: Lusa/Nuno Veiga)

Researchers at Porto University's Faculty of Pharmacy (FFUP) have developed an acorn-based product to replace coffee, to counter the negative effects drinking coffee has on consumers.

mia, hypertension or stress may have increased sensitivity to coffee", she explained.

To overcome this, the researcher said it is necessary to look for alternatives for the sustainable development of coffee substitutes, which include food products without commercial value.

In this project, the team used the seeds of '*Quercus cerris*', commonly known as acorns, and considered to be a resource with low impact on human food, to develop a drink that can substitute traditional coffee.

Using the acorns, the team created a powder, with a less intense flavour than coffee, which has to be mixed in water and filtered before consuming, just like coffee powder or one of its substitutes.

According to Pinto, the acorns are rich in antioxidant compounds, such as polyphenols and vitamin E, and have a high

uptake of reactive oxygen and nitrogen. Additionally, acorns are not toxic to intestinal cells. The next steps in the project involve the identification and quantification of the bioactive compounds present in the new beverage and a sensorial analysis of the product.

FFUP researchers Santiago Diaz Franco, Anabela Costa, Sonia Soares, Francisca Rodrigues and Maria Beatriz Oliveira, also members of REQUIMTE, LAQV/Department of Chemical Sciences, and Snezana Cupara, Marijana Koskovic and Ksenija Kojicic, Faculty of Sciences Physicians of the University of Kragujevac (Serbia) are participating in the project.

Acorns grow widely on cork oaks in Portugal, where they are called *bolotas*, and are commonly used as animal feed. They have also been used to make a sweet filling for chocolates. TPN/Lusa.

“Coffee is one of the most widely-appreciated and consumed beverages in the world. However, the presence of caffeine may have some negative effects on consumers”, said FFUP researcher, and one of the project’s manag-

ers, Diana Fetus. When consumed in high doses, she said, in comments to Lusa News Agency, coffee can cause or increase symptoms such as tachycardia, palpitations, insomnia, anxiety, tremors and headaches.

According to the researcher, these undesirable effects also occur in individuals who are more sensitive to caffeine, even if they do not drink large amounts of coffee. “Certain consumers with gastric disorders, iron deficiency anaemia,

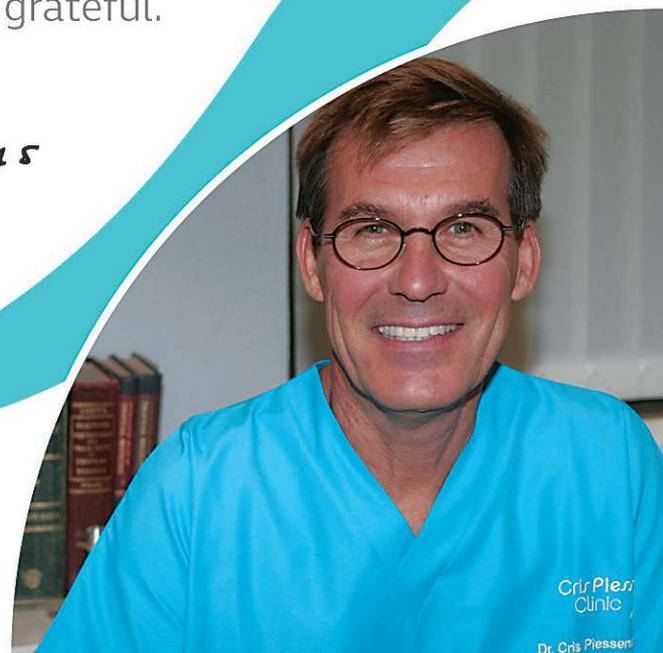


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Divide over Chinese Medicine degree widens

It has transpired this week that Portugal could become the only country in Europe to offer a degree in traditional Chinese Medicine.



An acupuncture student has needles stuck into him during a class at the University of Traditional Chinese Medicine in Lisbon. (Photo: Lusa/Tiago Petinga)

At stake is a joint ordinance of the Ministries of Health and Science and Higher Education, validating the creation of a degree in traditional Chinese

medicine. The head of the European Council of National Medical Associations, Portuguese doctor José Santos, said he believes the degree would jeopardise “all

that is scientifically conditioned and which scientific training proves to be effective.” Speaking to *Lusa News Agency*, José Santos explained that he had sent a request to his Euro-

pean counterparts querying whether their countries offered degrees in traditional Chinese medicine, but did not receive a positive reply from any of them. Among the countries that responded negatively were Germany, Italy, Belgium, France, Romania, the United Kingdom, Greece and Switzerland.

“I did not find a single country with such a degree”, Santos said.

The only exception was Austria, which in some universities offers postgraduate courses in Chinese medicine, limiting its attendance to doctors, dentists, vets, pharmacists, science graduates, or people with recognised experience in alternative medicine.

In Portugal, the degree, like any other, would be open to anyone with an interest in enrolling and who can afford to pay the Public Higher Education tuition fees. Santos expressed further concern that Chinese Medicine could one day be taught in universities: “We have opened an enormous space in which people could seriously damage public health, by delaying diagnoses or therapeutic proposals.”

The degree, Santos believes, would be “attended by non-doctors who would act as pseudo-doctors within a ‘medical’ field, which could entail serious public health hazards.”

Rise in customer complaints to water regulator ‘driven by online tool’

Portugal’s regulator for water and sanitation services, the ERSAR, received 5,000 complaints last year, 1,000 more than the previous year, above all on meter readings, billing and charges for water.

In a statement released on Tuesday, the ERSAR says that the introduction of the entity’s online complaints book in July may have contributed to the increase, since it “simplifies the sending of complaints.”

The new platform received 720 complaints, while a further 855 arrived by post or via the ERSAR’s website, and 3,431 were received via the physical complaints book made available by service providers. “Questions relating to meter readings, billing and charging accounted for more than half the complaints received (2,711)”, representing 54 percent of the total, ERSAR notes.

Water quality continues to be one of the least contested aspects, with just 73 complaints last year, or 1 percent of the overall total. That, the ERSAR said, is thanks to good performance by service providers with regard to quality control and the communication of results.

Service quality prompted 17 percent of complaints and customer service 10 percent of the total. *TPN/Lusa*

Monchique now part of Portuguese Network of Healthy Municipalities

The Algarve mountain city of Monchique is now part of the Portuguese Network of Healthy Municipalities.

The official induction took place last Friday in a ceremony at the town hall.

The Network is an association whose mission is to support the dissemination, implementation and

development of the Healthy Cities project in municipalities that intend to adopt the promotion of good health as a priority on the agenda of political decision-makers.

Junior doctors limited to 12 hours per week in A&E

Portugal’s junior doctors are now limited to working a maximum of 12 hours per week in emergency and intensive care wards, according to a decree published at the end of last week in the official government gazette, the *Diário da República*.

The new law stipulates that junior doctors may work up to 12 additional hours per week in emergency or intensive care units, but only if it is “indispensable to ensure the normal operation” of health services and facilities.

In January of this year, the Deputy State Secretary of Health told *Lusa News Agency* that the Government

was finalising the medical internship bill, which limits the work of junior doctors in emergency and intensive care to a maximum of 12 hours per week, with the possibility of doing an extra 12-hour shift.

According to State Secretary Fernando Araújo, doctors in speciality training had no time limits on working hours in A&E, and the new meas-

ure will “prevent excessive use of junior doctors during emergency times.”

This change puts junior doctors and specialists on an equal footing, as specialists already have a limit on the number of hours they can work in A&E.

Junior doctors are subject to a normal working period of 40 hours per week.

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CoE watchdog highlights police violence and jail conditions in Portugal

A Council of Europe (CoE) watchdog on torture has warned that Portugal is among the European countries with the greatest number of cases of police violence, and also slammed conditions in which prison inmates are held at certain jails.

A report by the European Committee for the Prevention of Torture (CPT) said that Portugal is one of the European countries with the highest rates of police violence. Newspaper *Público*, citing the document and its authors, revealed that Portugal was towards the “top of Western European countries with the greatest number of cases involving police brutality.” The CPT report, *Público*’s piece added, says Portuguese and foreigners of African descent are at greatest risk of being discriminated against by police while being arrested or held in custody. The risk of abuse is greater for Portuguese and foreign Afro-descendants, which indicates racial discrimination by the security forces at the time of detention and during the period when people are in their care, the report highlighted. The Committee, which released a report on the state of affairs in Portugal on Tuesday, lamented a “lack” of “conscience” on behalf of Portugal’s Internal Affairs Ministry (MAI) that there is a “high risk of mistreatment by the Public Security Police (PSP) or the GNR.” In response to *Público*’s report, and having been approached by the newspaper for reply, the MAI said, “The training of police incorporates the priority given to human rights and firm opposition to any xenophobic or racist practices, contributing to a good evaluation of Portugal as an inclusive and tolerant country”. On top of that, any “violations of the law are investigated by the security forces themselves, by the IGAI [General Inspection of Internal Administration], and immediately passed on to the Public Prosecutor’s Office.” Nonetheless, the CoE committee’s report stresses “measures should be urgently adopted to ensure the investigation of cases, in particular by extending the IGAI’s competences and human resources”. The CPT, whose full title is the European Committee for the Prevention of Tor-

ture and Inhuman or Degrading Treatment or Punishment, makes surprise visits to institutions holding people deprived of their freedom. It was established by a Convention of the same name, which was adopted in 1989 and ratified by 47 Member States. The delegation was in Portugal between 27 September and 7 October 2016, although concerns about police violence in this country had already been raised in its 2013 report, which drew attention to a lack of sanctions. The comparisons are drawn from hundreds of interviews conducted in Portugal, and in other countries, with people in such institutions as prisons and prison hospitals, who have had contact with police, according to the CPT.

Prisons under CPT spotlight

Meanwhile, the CPT’s report also flagged the situation at the Monsanto high-security prison in Lisbon, which it says has not made any improvements since 2013, and claimed most inmates at the unit are locked in their cells for between 21 and 22 hours a day. On Monsanto, the report says it is “urgent” that the authorities take measures to allow inmates to have more activities and human contact during their time in prison. The CPT also recommends that inmates at Monsanto receive visits from family members without physical separation once a week, except in cases where this puts security at risk. The CPT takes the view that such contact is fundamental for the reintegration of inmates.

The report also records allegations of abuse in the use of high-security cells, where the most agitated inmates are at times locked for up to 10 days. It calls for a more restrictive use of these cells, saying they should not be used purely for disciplinary purposes, but to protect the inmates. The CPT further criticised the way medication is given to prisoners, particularly at Monsanto and in Lisbon’s main prison, the EPL. According to *Lusa News Agency*, during their visit, the CPT delegation heard complaints about ill treatment in police custody, as well as about the conditions of detention and treatment in police stations. These included allegations of detainees being assaulted with blows and kicks to the body and to the head and, on other occasions, with police batons. The CPT notes that many of the complaints of ill treatment and assault by police officers came from detainees of foreign citizenship, allegedly with the aim of obtaining a confession. It recommended that steps be taken to avoid such behaviour by the police. The delegation looked into several cases that were being investigated by inspectors of the PJ criminal police. It stressed the need for such investigations to be backed up by forensic medical examinations. It also called for disciplinary proceedings to go ahead in parallel with criminal cases, and asked the Portuguese authorities to consider turning the main inspection institution into a fully independent body. The CPT recommends that all detainees be guaranteed access to a family



Residents of Lisbon’s Cova da Moura neighbourhood gather in protest after claiming to be the target of violence and police repression. Hoisting a banner with the words “I Do not Want to Be Afraid of the PSP”, the gathering was staged in front of Parliament in February, 2015. (Photo: Lusa/Miguel A. Lopes)

member or someone they trust, as well as to a lawyer. Most complainants inter-

viewed by the CPT reported that they only had the right to a court-appointed lawyer

when taken to court, after the 48-hour limit for their detention.



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Health directorate recommends vaccination against measles

The Portuguese Directorate-General for Health (DGS) has advised the Portuguese population to vaccinate against measles ahead of the busier holiday seasons, noting that it is the "best way" to avoid the contagious disease, which can be serious and even deadly.



A Syrian refugee child cries next to his mother as he is vaccinated against diseases such as mumps and measles by medics in Berlin, Germany, 1 October 2015. (Photo: EPA/Kay Nietfeld)

“Spring and summer are approaching, when the international movements of citizens are more intense and the risk of contracting the disease is greater”, the DGS said in a statement at the end of last week. As “measles is a health risk”, the

DGS recommends that citizens check their vaccination certificates and vaccinate if necessary. According to the vaccination schedule recommended in Portugal’s National Vaccination Programme, the first dose of the MMR (measles, mumps and rubella) vaccine should be taken

at 12 months of age and the second at 5 years of age. The vaccine is also recommended for adults born circa the 1970’s or later who have never had the disease or been vaccinated against measles. The DGS recalls that more than 14,000 cases of measles were

reported in Europe in 2017, tripling the number of cases recorded the previous year. It also recalled that in 2017 two outbreaks of measles were found in Portugal based on two cases imported from other countries, with 27 confirmed cases and one death. “People who are not protected by vaccination are at higher risk of contracting measles through contact with sick people or who are incubating the disease from other countries”, the DGS said. It added, people who intend to travel may need additional doses of the jab and should contact their local health care facility or doctor. The Directorate-General for Health pointed out that “measles is one of the most contagious infectious diseases and it can lead to serious illness or even death.” It further warned that in some European countries measles outbreaks continue to occur in children and adults, noting that “vaccination remains the best way to prevent measles”. Vaccination against measles is provided free of charge at the health centres of the Portuguese National Health Service (SNS). Anyone with questions can contact the SNS 24-hour service on the 808 24 24 24 free-phone number. According to the World Health

Organisation (WHO), measles caused 35 deaths last year in the 53 countries of the European region, where more than 20,000 cases were recorded. The WHO recalls that measles outbreaks reported last year affected one in four countries in the European region, with outbreaks reported in 15 of the 53 countries covered by WHO Europe. According to the 2017 figures, more than 87 percent of the people who contracted measles had not been vaccinated against it. Portugal’s health authorities officially declared the end of an epidemic in this country last July, after it was noted in February 2017. Last summer, Portugal’s National Health Board launched a new vaccination campaign for children and adults, having bought 200,000 doses of the vaccine. This month the World Health Organisation warned that Europe saw a big surge in measles cases in 2017, which the organisation said was a “tragedy” after a record low of cases in 2016. Cases increased four-fold from 2016 to 2017, with more than 20,000 people affected and 35 deaths. Fifteen European region countries, including the UK, had large outbreaks. Measles cases were highest in Romania, Italy and Ukraine. Experts said people shunning vaccination is part of the problem.



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New Lisbon DHL hub agreement to be closed shortly

An agreement to build a new DHL terminal at Lisbon airport should be closed “in the next few weeks”, with works starting in the second quarter of the year, the chairman of DHL Express Europa told *Lusa News Agency*.



Delivery company DHL's trademark yellow and red uniforms could soon be seen in force at Lisbon's Humberto Delgado Airport, as a 30 million euro deal to build a new DHL terminal at the airport should be sealed soon. (Photo: EPA/Kay Nietfeld)

Speaking to *Lusa* at the end of last week, Mr John Pearson said this €30 million investment would be structural for DHL Express and Portugal as it would allow the country to become a real cargo distribution hub for North Africa, Angola, Mozambique and Brazil, “markets that have a high amount of cargo every day and it would bring great economic benefits to the country and Portuguese exporters”. The negotiations with Portuguese airport manager ANA and the government to buy or rent the land to build the new hub, similar to the investment the company made in Porto airport, have been going on for some years. The initial investment of €10 million has now gone up to €30 million.

TPN/Lusa.

Oeste region to spend €300,000 on extending tourist stays

Up until June, the business association *Obidos.com* is to invest €300,000 in boosting the average length of time that tourists stay in the Oeste region of Portugal, which includes the famed medieval village of Óbidos, seaside towns Nazaré and Peniche, and Caldas da Rainha.

The project is based on seven activities that are to be developed until June with the aim of extending stays, including an ideas competition which has already received 40 projects from 18 local schools.

Of those, *Obidos.com* has selected 15 applications that could result in new businesses.

Transforming abandoned shipping containers from local ports into small studio flats or creating a floating restaurant on the Lagoa de Óbidos Lake are two of the ideas in the competition.

The winners were due to be announced this week.

Large investment funds want to cut BES losses

Large investment funds such as Blackrock and Pimco, once again asked the Bank of Portugal to return to the negotiating table to mitigate the losses they suffered with BES/Novo Banco bonds.

The funds again criticised the Bank of Portugal's decision of late December 2015 to hand over more than €2 billion in unsubordinated bonds that were transferred from former Banco Espírito Santo to its bad bank, saying this violated the fundamental principles of investment and showed that the regulators were prepared to use their powers opportunistically and unforeseeably.

The funds said they were badly affected by the decision as they had about €1.4

billion invested in these bonds and the only way for the Portuguese authorities to earn investors' trust again was to “correct past mistakes” and asked the central bank to return to the negotiating table.

Following the decision in December 2015, there were months of talks between the funds, the Bank of Portugal and the government to find a solution to reduce the losses, as the finance minister, Mário Centeno, acknowledged last May, but the process has not moved on since then.

TPN/Lusa.

Government collects extra €230M in taxes in January

The Portuguese state collected €2.914 billion in taxes in January, €232.7 million more than in the same month last year, the budget department said on Monday.

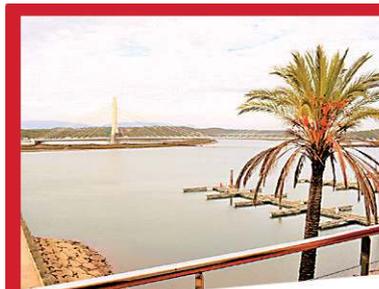
A government summary of the budget implementation showed that direct taxes increased 12.3 percent to €1.254 billion, mainly because of the performance of personal income tax (+8.4 percent to

€1.192 billion) and company income tax (almost four times more to €59.8 million).

Indirect taxes went up 6.1 percent to €1.66 billion, driven by an increase in VAT (+7.3 percent to €1.04

billion) and tobacco tax (+23.9 percent to €58.7 million).

Car tax and stamp duty both fell slightly by 5.2 percent to €60.2 million and 1.8 percent to €137 million, respectively.



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Direct flights to China nearly all full

The direct flights between China and Portugal had an occupancy rate of over 80 percent in the first six months since they began, Chinese operator, Capital Airlines, said on Wednesday.



The first Beijing Capital Airlines Airbus A330 after landing at Humberto Delgado Airport on 26 July, 2017, marking the start of the first regular flight between China and Portugal in Lisbon. The flight has three slots per week - Wednesday, Friday and Sunday - between the city of Hangzhou, on the east coast of China, and Lisbon, stopping in Beijing. (Photo: Lusa/Mário Cruz)

In all, the first direct air connection between the two countries has carried about 40,000 passengers since it began on 26 July 2017, the company said.

The route, which the company flies three times a week, goes from the city of Hangzhou, on China's east coast, to Lisbon, with a call at Beijing.

Last year, the number of Chinese who visited Portugal increased 40 percent to just over a quarter of a million, the Portuguese authorities said, attributing the jump to the direct air link.

Portugal received around 200,000 Chinese tourists in 2016, and Portugal's ambassador to China, Jorge Torres-Pereira, said that the country could aim to reach 1 million Chinese tourists a year.

Capital Airlines is one of the subsidiaries of the Chinese HNA Group, which is also a shareholder in TAP Air Portugal through the Atlantic Gateway consortium and the Brazilian airline Azul.

TPN/Lusa

Portugal sees EU's second biggest growth in hotel prices

The average price of hotels went up by ten percent last year.

After a sharp drop in prices during the economic crisis, the average price for a room in Portugal went up last year to around 90 euros.

Despite still being far off the prices charged in other major European cities, Portugal's hotel prices saw the second biggest growth last year, after Iceland.

Portugal's GDP grew in 2017 - Official

The Portuguese economy grew 2.7 percent last year to €179.2 billion in real terms, close to the figure it had in 2010, before the economic crisis, the Portuguese National Statistics Institute (INE) said this week.

The figures released on Wednesday confirm an earlier estimate that was disclosed a fortnight ago. This being that the Portuguese economy grew 2.7 percent overall in 2017, and in the last quarter it grew 2.4 percent in annual terms and 0.7 percent compared to the third quarter.

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Xi Forever

On Monday the Chinese Communist Party's Central Committee approved a proposal that the country's president no longer be limited to two five-year terms of office.

N GWYNNE DYER



Souvenirs with portraits of Chinese President Xi Jinping and former Chinese leader Mao Zedong are displayed at a souvenir shop in Beijing, China, 26 February 2018. China will remove the constitutional restriction for the maximum number of terms the president and vice-president can serve, Chinese media reported on 25 February 2018, paving the way for President Xi Jinping to stay on beyond. (Photo: EPA/Roman Pilipey)

On Thursday the National People's Congress was due rubber-stamp the change. And that will be the end of three decades of consensus-seeking collective leadership in the CCP. The god-king model is back. President Xi Jinping has spent his first five-year term eliminating all his powerful rivals (generally on corruption charges), and now his victory is being enshrined by a change in the constitution. The change does not mean "that the Chinese president will have a lifelong tenure," said an editorial in the state-owned Global Times. But the paper also quoted Su

Wei, a prominent Communist Party intellectual, who said that China needed a "stable, strong and consistent leadership" from 2020-2035. No need to wonder who that might be, although Xi Jinping would be 82 by 2035. Shades of Mugabe, I hear you thinking, although Xi commands a country around a thousand times richer than Zimbabwe. He is now effectively president-for-life, or at least until things get so bad that the people around him decide they have to overthrow him, as Mugabe's cronies eventually did. And although Xi obviously thinks being president-for-life is a good idea, it is not.

Being president-for-life certainly wasn't a good idea for former Soviet leader Leonid Brezhnev, who was also effectively in power for life. In his case that was eighteen years. It became known as the 'era of stagnation', and only seven years after Brezhnev died in 1982 the whole Communist empire in eastern Europe collapsed. Alerted to the danger of leaving somebody in power too long by the collapse of the Soviet Union, the Chinese Communist Party has kept its leaders on a short leash since the early 1990s. They got two five-year terms, no more, and they had to keep the support of other members of the Central

Committee or it might even be just one term. It has worked pretty well, as dictatorships go. There have been no more maniacs in power like Mao Zedong with his crazy Great Leap Forward and Cultural Revolution, which killed millions and cost the country two decades of economic growth. During the past quarter-century of cautious, consensus-based politics, China's economy has grown about tenfold. That pace of growth cannot continue no matter who is in power, but it is very important for the Party's survival that the economy does continue to grow. There is certainly no evidence that one-man rule will provide that growth better than the existing system, so why (presuming that he is a loyal Communist) has Xi decided to overthrow it?

Mere personal ambition is one obvious possibility, but there is probably more to it than that. Xi's father was Communist royalty - one of the founders of the Party, and at one time its General Secretary - and he himself was a 'princeling' who spent his early years in very comfortable circumstances. Then in 1966, Mao launched the Cultural Revolution. Xi's father was expelled from the Party and publicly humiliated. He himself was sent to the countryside at the age of 15 to "learn from the peasants", and ended up in a work camp digging ditches. For some years he actually lived in a cave (although it had a door). But he survived, and he was eventually allowed to join the Party, move back to the city, and go to university. It all left a lasting impression on the young Xi. He knew that working hard, keeping your nose

clean, and even rising to high rank cannot protect you in an essentially lawless one-party state if Party politics takes the wrong turn. So he really only had two choices: work to change the Party into a law-abiding entity (which is probably impossible), or take control of the Party and keep it forever. He has chosen the latter course, and in terms of protecting himself it is probably the right choice. "I think he will become emperor for life and the Mao Zedong of the 21st century," said Willy Lam, former Hong Kong democratic politician and now politics professor at the Chinese University of Hong Kong. And that is precisely the problem. Xi no doubt justifies his actions to himself by believing that he is the indispensable man for China's modernisation, but the cemeteries are full of indispensable men. The longer you are in power, the more poor or at least sub-optimal decisions you make - and when the passage of time makes the mistakes obvious, you are obliged to defend them although a successor could just drop them and move on. Xi is not likely to "do a Mao" and unleash chaos in China. He is intelligent and he works hard. But the mistakes will accumulate nevertheless, and stagnation awaits.

Gwynne Dyer is an independent journalist whose articles are published in 45 countries.



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The New Audi A7 Sportback

Audi has overhauled its executive class five-door coupe for 2018, bringing with it a refreshed look both inside and out, plenty of technology, and the promise of improved driving dynamics.



With the A7 Sportback, the German carmaker is hoping to bring the flashy design of a coupe, and marry it to the comfort of an executive saloon and the practicality of an estate. It was incredibly successful in achieving this goal with the old model, so the new model has a lot to live up to. Audi says the 'rakish silhouette' is just about all that's carried over from the previous generation A7 Sportback. Engineers have worked to reduce rolling road noise, there are fewer vibrations throughout the body, and acoustic glass helps to keep the cabin ever quieter. Coupled with ride-improving air suspension, it makes the A7 an excellent long-distance cruiser. Electrification has also made its way to the new A7 Sportback, with a mild hybrid set-up included on both diesel and petrol variants. It's only a small battery and motor and the

car won't drive on electric alone, but it offers slight economy and performance gains. Other new features include a suite of driver assistance aids, such as a semi-autonomous cruise control system and parking pilot, which lets the driver leave the parking to the car's on-board computers. There's a choice of two engines, one petrol and one diesel, both three litres in size. They're denoted using Audi's new naming structure, with the diesel badged as 50 TDI and the more powerful petrol known as 55 TFSI. Audi reckons about 80% of sales will be diesel, but in our limited time with the 50 model we found it to be noisier and less refined than you'd expect from an executive cruiser. Much more A7-like is the 55 TFSI petrol. There are no economy figures for the diesel just yet, but they'll be considerably better than the official 40mpg the petrol achieves. However, for such a large vehicle

that's not too bad, and with 335bhp it's surprisingly spritely, too - 0-60mph takes just over five seconds. Hard acceleration is accompanied by a satisfying 'whizz' from the mild hybrid's electric motor, which is present in both petrol and diesel variants. The ideal driving scenario for the A7 Sportback is out on the open road, cruise control set to 70mph as the miles roll by. Particularly in petrol guise, it's quiet and serene, and the ride is generally exquisite. Opt for the sport suspension and you sacrifice some quality - the ideal option is the adaptive air suspension, which provides the carpet-like ride you expect. That's not to say the A7 isn't fun on a back road. Our test route took in winding mountain passes and it performed admirably, helped by the all-wheel steering, which sees the rear wheels turn the opposite way to the fronts at lower speeds to improve agility, and the same direction at high

speeds for better stability. In corners, the improvements over the old model are night and day. Naturally, beauty is in the eye of the beholder, but to us the previous model looked more athletic than this new version, which replaces the old angular design with a softer approach. The result is a slightly frumpier appearance that lacks some of the purposefulness of the old car. One big advancement is the lighting signature, though. There's LED technology used at both the front and rear, giving the car a seriously modern look and allowing the designers to create 'welcome home' animations that add character. One criticism that's often levelled at Audi is that its interiors feel largely the same whether you're in an A3 hatchback, A8 saloon or R8 supercar. However, the new-generation cabin debuted in the A8 and continued here in the A7 feels futuristic and a big step up for the brand. A larger wheelbase means there's more cabin space too, while a pair of large central touchscreens declutter the dashboard. However, with almost all functions taken away from physical buttons it can be a bit of a faff trying to navigate even basic menus such as climate controls and radio.

There are two trim levels at launch - Sport and S line. The former is distinguished by LED front and rear lights, 19-inch alloy wheels and twin-leather upholstered seats, while S line models get HD Matrix LED headlights, 20-inch alloys, sports suspension and an S line-specific body kit. Features common to both trims include Audi's digital instrument binnacle called Virtual Cockpit, wireless smartphone charging, and driver aids such as front collision warning and automatic parking. While Audi is keen to point out that the new A7 Sportback is an overhaul of the old model, previous owners will be quickly familiarised with the general driving experience - it's quiet, comfortable and spacious. However, where the German carmaker has really moved the game on is the interior and handling. The cabin feels futuristic, while the cornering ability is seriously impressive for a car this size. With the vast majority of buyers expected to opt for diesel, it's perhaps a shame the 3.0-litre unit doesn't feel quite as refined as you might hope, but it's by no means a deal-breaker - and the lower running costs should offset any qualms about the gruff noise. PA



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Mature Millers make merry!



L to R Browns Vilamoura (blue), Mature Millers Rotherham (red) and East Algarve Walking Football (white).

East Algarve Walking Football played host to a group of mature Walking Footballers from Rotherham, South Yorkshire on Tuesday and Wednesday (27/28 February) at the astro-turf pitch of the José Arcanjo Stadium.

This was a friendly visit, full of joie de

vivre and East Algarve WF hospitality. Teams of players - all over 50 years-of-age and many well into their 60s - from Soccer Olhanense Strollers, Tavira and Browns Vilamoura turned out to provide the opposition.

Despite the inclement weather there

was some great skill displayed and new friendships forged. Nostalgic memories of days gone by and boyhood dreams relived were the order of the day as players and friends enjoyed a celebratory dinner at the Real Petisqueira Restaurant on the Olhão waterfront.

Let's Walk in the Algarve

Tuesday 6 March – Let's Walk around Cerro de S. Vicente:

A lovely walk of just over 2 hours along quiet tracks around this hill close to Paderne. There is one gentle climb to the top where you are rewarded with great views in all directions.

10.30am start. Meet at the Marisqueira Gomes Café, Mem Moniz. From EN125 north of Albufeira take EN395 to Ferreiras. At roundabout go straight over towards Paderne for 5km. The café is set back on the right at Mem Moniz.

Friday 9 March – Let's Walk East of São Brás.

A really beautiful moderate walk including a couple of climbs along mixed tracks and hard standing passing through

the tranquil valley of Bengado where the Moors were in hiding; and if we are very quiet we may still see some living there. The walk is almost 3 hours. 10.30am start. Meet at Fonte da Mesquita. Take the EN270 direction Santa Catarina from São Brás. After 3km turn right (direction F Mesquita) drive for 1km and at the crossroads you will see the Fonte (no café).

Next walk: Tuesday 13 March - Let's Walk from Nora.

There is no need to book please just come along wearing shoes suitable for country walking and please bring a sense of humour! There is a nominal charge of €5 per person which includes a donation to charity. If the weather looks doubtful please call beforehand - Chris 913011537.

Letters to the Editor

Dictatorial?

SIR, We may be living in a pseudo-democratic Dictatorship. Take an example, one in which the Citizen has no recourse to appeal, justice, or the normal rights expected by citizens of European countries. In this example, the man has wilderness around his house. The house is on the edge of a large body of water so the chance of fire from the north-west is lessened. He has insufficient money to pay for the clearance work, 50 euros an hour for a bulldozer plus IVA and a team to come in and cut trees and take stuff away. Therefore, after some time, the Câmara move in and do it for him, making an unholy mess, charging him and impos-

ing the fine as well. This fine obviously cannot be paid as he didn't have the money for the clearance in the first place. After some time, maybe a year, a lien, *penura*, is put on his property, if he owns it. Then the property is forcibly put for sale to pay of the undemocratically imposed debts. *Stalinesque*. And if this is a problem for a foreigner, and they're all wealthy as we know.... How is it for a local smallholder on a minimal pension? This hasn't happened - yet. But it will. And perhaps the people wouldn't mind the new clearance regulations as much if the government had in some way tried over the years to do something about the problem. But look: Negligence (total

stupidity) causes 40% of fires and 20% are set on purpose. If we allocate a proportion of the 38% that have unknown causes, then negligence accounts for 46% of all fires. For years I have been showing the *Câmara* in Lagos all the pictures of stone fireplaces created in the summer by campers and fishermen by the *baragens* in the Algarve. I made a film of one such fire, all the planes, the ground support - and showed what was left on the ground afterwards - the piles of charred litter. I have spoken on various occasions to the *Guarda Florestal* in their nice new Toyotas asking them why there is not even one notice around Bravura lake, for

example, about the dangers of fire, stating the laws and the penalties. The only notice is one which says that cows can't drink the water! My efforts were ignored. The *Guarda Florestal* wouldn't even turn off the road one day when I flagged them down to talk with people having a barbeque in August because they were 'from Aljezur' and it wasn't their problem. And now this. One hastily conceived law fits all. Isn't it the truth that most of the dead last year didn't die in their houses but in their cars? And with all the money from Brussels, why are the *bombeiros* not fantastically equipped and properly paid? IAN RODERIX, By Email

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication.



Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: The Portugal News, Apartado 13, 8401-901 Lagoa. Email: letters@theportugalnews.com

Smile

SIR, I had to smile when I heard the reply to a remark that many ex-pats don't speak Portuguese: "It isn't surprising when you consider how many of them don't know how to speak English". JIM G, Faro

Plastic

SIR, We stay in Albufeira

every winter to escape the British weather. With all the news and programmes about plastic waste in our oceans, I am appalled at the amount of discarded plastic bottles, cans and other waste dumped on wasteland and roadsides. There are plenty of bins, so why? WENDY AND RAY HARDINGE, By Email

Please send your letters to: letters@theportugalnews.com

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The secrets of a Wedding Planner



On Monday 27 February the Chatterbox Club met for their seventh weekly session, this time to hear the Secrets of a Wedding Planner.

Natasha Luckman, who is now celebrating her 10th year in the profession, did indeed share some interesting secrets and the assembled ladies were enthralled to hear how the rich and famous manage to spend so extravagantly on their big day.

It was soon clear that Natasha is constantly attentive, whatever the size of the wedding, so it was surprising to hear disasters can happen and one of Natasha's included a severed ear. Severed, fortunately, on the Eve of the wedding during a brawl with father-in-law and rectified by two ambulance trips to Lisbon, one vehicle contain-

ing the one-eared best man and the other the severed ear.

Natasha also introduced the ladies to her 'box of tricks'. They were intrigued to find every imaginably useful item from pins, tape, firstaid kit, plastic ties, emergency repair kit and even shoe cleaner. No eventuality had been overlooked.

The Chatterbox Club is open to all, both men and ladies. It is organised by All Saints Anglican Church although religion, as a topic, is given a miss. It is just a chance for people to meet and chat, after a bowl of soup prepared by one of the congregants.

Should you wish to join this club, for which there is no charge, please send an email to copy@theportugalnews.com and you will be advised of the next time and place.

Algarve Activity Bike Rides

There will be no organised bike rides this week as the weather forecast is not looking promising.

Please see next week's **The Portugal News** for information on upcoming rides.

For more information please contact Paul Beesley on tel: 913226954.



The Boca do Rio necropolis: The archaeology of death in a Roman coastal community

On Tuesday 6 March 2018, the Algarve Archaeological Association (AAA) will be presenting two lectures, in English, by Prof. João Bernardes. The first lecture will be at 2.30pm at the Museu do Traje in São Brás, the second lecture will be at 6pm at the Convento de São José in Lagoa.

Prof. João Pedro Bernardes will be presenting the findings from his archaeological excavation at the Roman necropolis at Boca do Rio, Vila do Bispo in the summer of 2016.

With the support of the AAA, Prof Bernardes undertook an archaeological excavation assisted by a number of Archaeology undergraduates. They uncovered and excavated nine Roman graves of people who inhabited the nearby fishing site in the 3rd and 4th centuries AD. The oldest grave excavated was a cremation, which was dated to the second half of the 3rd century AD, the other eight graves were inhumations cut into the bedrock. Only three of the nine graves contained any human skeletal remains due to the limestone geology having destroyed the skeletons in the others.

Prof. João Pedro Bernardes is Associate Pro-



Skeleton at Boca do Rio Necropolis. (Photo: Supplied)

fessor at the University of the Algarve (UAlg) where he has taught since 1997. He was director of the Department of History, Archaeology and Cultural Heritage at UAlg and has directed numerous excavations within Portugal, particularly in the region of Leiria and the Algarve.

Lunch in São Brás can be arranged in advance – please call Maxine on 917267948. Non-members are welcome to attend the

lectures for a 6 euro admission fee, with all money raised by the AAA being spent on archaeological grants and speakers.

For more information contact algarvearchass@gmail.com, visit arqueualgarve.weebly.com or Facebook 'Algarve Archaeological Association'. Please check the website or facebook page for any last minute changes.

AIRC Fundraising Lunch

Thursday 8 March is International Women's Day and on Saturday 3 March Almancil International Rotary Club (AIRC) will be celebrating the event with a fund-raising lunch kindly sponsored by the prestigious 5 star Conrad Algarve Hotel and featuring a ladies and gentlemen's fashion show by Helen Foster of the Cotton Lovers Outlet, Almancil. All money raised will go to Apoio à Vitima (APAV).

This is an organisation which provides safe houses and assistance for women who have suffered domestic abuse, together with their children, and women who have been trafficked into Portugal. The association receives a limited amount of funding from the government but is desperately short of clothing, food, and basic toiletries for the women and equipment for the safe houses, located primarily in

the Algarve. The proceeds raised by the lunch will be ring-fenced for the purchase of these items.

"This is a great opportunity to enjoy a special three-course lunch at the Conrad including wine and water for the very special price of 40 euros" said AIRC President Claire Busbridge. "We hope to raise a considerable amount of money to help these vulnerable women to enjoy a better existence."

Speakers will include

Katharina Schlaipfer, General Manager, Conrad Algarve, Claire Busbridge and Ana Paula Marques, a local business owner. Entertainment will be provided by an award-winning accordionist.

Tickets for the event can be purchased from Dorothy Slatter Tel: 9153997271 or by email at: dorothy@rotaryalmancil.org, or email: hpfooster@hotmail.com, Tel: 914143949. Places are limited so early booking is advised.

Safe Communities and ICNF at MGAP Spring Fair

The MGAP Spring Plant fair is once again taking place at Quinta da Figuerinha, Silves, on Saturday 3 March, and is open to the public from 11am to 4pm.

Safe Communities Portugal will be at the Fair with plenty of information concerning rural fire prevention and cleaning of land. Also from 1.30pm to 4pm the Nature Con-

servation Institute and Forestry department (ICNF) Algarve will join Safe Communities at their stand to answer any questions (in English and Portuguese) you may have.

Please take this opportunity to get your plants that tolerate our conditions in the Algarve, and get the latest information on land cleaning.

More details about the Fair can be found at <http://www.mediterraneanplantingportugal.org/>

Please send your Club or Community news to: newsdesk@theportugalnews.com

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Dealing with grief



Taking the decision to let go of a treasured companion is never easy and your vet will guide you about when the time is right.

According to the PDSA, the grief we all feel is a reflection of the strong bond between us and our pets. As we remember the fun and joy they brought us during their lifetime, it's natural to experience a mixture of feelings.

Coping with the loss of a friend

Sometimes the passing of a pet can be very unexpected - a sudden illness or car accident. It can be devastating. It may not sink in for several days and may cause a fluctuating mix of emotions. The way a pet has passed away may cause feelings of guilt or anger. These feelings are normal and will usually pass in a few days. Children can be very upset by the sudden death of a pet. For them, the loss of a pet may mean they feel abandoned or worried about what will happen to

their parents and other family members. Never lie to children or use terms they could misunderstand. It might seem kinder to say their beloved pet has 'gone to sleep' or has been 're-homed', but this might make the child think their pet could come back or that it was their fault the pet went away. If you have the opportunity to say goodbye, this can be very reassuring. Many people find that the sight of their pet, even though it may be unpleasant, helps them come to terms with their loss. Vets and vet nurses are especially sensitive to owners' needs at times of loss. They know that it can be very hard to see a beloved pet suffer and to have to make a decision about it. They understand that considering euthanasia is one of the emotionally most difficult decisions an owner may ever have to make.

Euthanasia: making the decision

The word euthanasia comes from the Greek for "gentle death." It is a great gift to be able to avoid pain and suffering and to allow an animal to slip away swiftly and painlessly. It is a very emotional time for the owner and the vet. Taking the decision to let go of a treasured companion is never easy and your vet will guide you about when the time is right.

If you are considering euthanasia, you can ask yourself a number of questions. Is your animal:

- Suffering from pain, distress or serious discomfort which cannot be effectively controlled?
- Having difficulty walking or balancing?
- Finding it hard to eat and drink enough without vomiting to maintain good bodily condition?
- Suffering from inoper-

Sadly, all our beloved pets must pass away at some time. Whether it's sudden and unexpected or after a period of illness, losing a pet is devastating for the entire family.

able or untreatable tumours which cause pain or serious discomfort?

- Having difficulty breathing?
- Incontinent or having difficulty urinating or defecating?
- Suffering from abnormal behaviour?
- And is the owner unable to cope physically and emotionally with any nursing or medication that may be required?

If 'yes' is the answer to any of these questions, then euthanasia may be the best option for your pet. What happens when an animal is euthanised? A vet or a nurse will explain what will happen. Some people may be too upset at the time to discuss it, so don't be afraid to ask before you decide or afterwards if you have any questions. You may wish to arrange the appointment at a time when the practice is quiet. You will be asked to sign a consent form giving the vet permission to put your pet to sleep. You may be asked if you want to stay with your pet. It is entirely your choice. Some people find it comforting, while others find it distressing. You should do what you feel most comfortable with. Your pet will be given an injection, usually into a vein in the front leg, although some types of injection are given into a muscle. A nurse often helps the vet with this. The injection is similar to an anaesthetic and the animal usually falls asleep within seconds if it is given into the vein. Once

your pet falls asleep, they will then stop breathing and the heart will stop. This usually takes about a minute but can take longer in pets with poor circulation. There may be a few muscle tremors or deep shallow breaths, but this is quite normal. The eyes normally stay open and sometimes the animal may lose control of its bladder. You will now be given a few moments with your pet if you want time to say goodbye.

Coping with grief

The PDSA states: "We know that the death of a pet is very upsetting. So it's important to allow yourself time to grieve. Take time to talk things over with friends and family. Tears are part of the healing process, so don't feel embarrassed - it helps when you release these intense emotions. Everyone reacts differently to grief but rest assured that these sad feelings will fade in time." The grief process consists of a number of stages: disbelief, pain, anger, guilt and acceptance.

- The first stage is disbelief and shock. It may be hard to accept that your pet is no longer with you - and your home may feel very empty.
- The next stage is pain, anger and depression. This is the time you especially need the support of family and friends and a listening ear.
- Many people will experience feelings of guilt: "Did I do the right thing?", "What could I have done to prevent it?" This is normal and

understandable. It will ease in time.

- Acceptance is the last stage. You have accepted the reality of the loss of your pet. Whilst you will always be sad, you can now look back and smile at the many memories of the happy time you shared together. Your veterinary practice may have a bereavement counsellor or they may put you in touch with one if you need more help.

PETS FOR ADOPTION



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How to sound like a wine buff!

Are you an enthusiastic wine novice, but want to make your friends think you're a fully-fledged expert? Of course you do - and it's easier than you think! Here, Amelia Singer and Joe Fattorini, presenters of The Wine Show, who've partnered with luxury cruise line Celebrity Cruises, decant some of their wine wisdom on buying, serving and tasting. Here's how to feel like an oenologist - without having to bow to Bacchus, the Roman god of wine...



so just give them some time, the wrong way around.

Break the rules

Never ever think you can't have red wine with fish or white wine with meat. It's actually much more interesting to play around with the different flavours, such as condiments, spices, sauces and textures. You can either try to balance out your pairings by mixing a

spicy wine with a spicy dish, or you can contrast.

A soft drink can be your flavour guide

If you find Diet Coke is unpleasantly metallic, you are unlikely to like really big, full-bodied wines because your palette is really sensitive. You'll tend to prefer lighter styles of red, like Boujele and a light-bodied Cotes du Rhone.

Make room for a magnum

If you are going to buy two bottles of wine for a party, stop! Buy a magnum. It's much more fun and the wine ages much more beautifully in it. So always buy magnums rather than two bottles.

Don't put wine in the freezer

If you need to quickly chill a wine, don't put it in the freezer. What will chill it much faster is to put it in a little tub with water, ice and a bit of salt, and you just keep on swirling the bottle around. That will absolutely chill it down in just a few minutes.

Invest in stemware

Glasses do make a difference. It's absolutely worth buying either Riedel or Zalto specialised wine glasses, which we have on board Celebrity Cruises. The different shapes enhance the different stylistic features in a wine. For instance, a very light, elegant, Burgundy will be more bowl shaped. If you want to have a slightly oaked chardonnay, the glass will be more tulip shaped - they really help to enhance the perfume and evolution of the wine as well.

Tasting notes

If you ever have to describe a wine to somebody and why you like it, there are three things that are really useful. Just tell them a couple of fruit aromas, and, really importantly, tell them how it feels - how does it feel on the palette, is it big, small, rough, smooth? And the final thing is, always say what you would do with it. Is it a party wine? Is it a food wine? Is it a celebration wine? Is it a show-off wine? Is it something just to watch the TV with on a Thursday night? And those three elements give people all the information they need about a bottle of wine.

The bottle opener

Look at your corkscrew. What you want is a worm thread, which is a coil rather than a spike with a blade around it, because those will split old and delicate corks open. **TPN/PA**

Get the temperature right

Contrary to popular belief, you should always put red wines in the fridge a little bit before you serve them, but take white wines out a little bit before serving them. Red wines are always a little bit too warm and white wines are always a little bit too cold,

YACÓN Potato

The yacón root is seen as an important prebiotic source because of its high content of natural fructo-oligosaccharides (FOS), a type of carbohydrate that is not directly digested by the human body. These sugars, low in calories, do not raise glucose levels in the blood. It is also rich in minerals, such as potassium, calcium, copper, phosphorus, iron, magnesium, sodium and zinc, and vitamin C and other vitamins, such as thiamine, riboflavin and niacin.

These properties make the yacón root an important healthy food and especially suited to people with diabetes. This tuber should be consumed as a fruit, raw, and not fried, and can also be consumed boiled or roasted. The yacón root looks like a sweet potato, has a porous texture, and a taste very similar to pear.

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(B1, B2, B3, C)

minerals
(K¹⁹)

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What's in a name?



colour, habit, scent, flower and leaf style of whichever particular gem you find at the garden centre. For instance, if a specimen has the word 'alba' after it, then the flowers will be white. If it is labelled 'citriodora', it will be lemon-scented, while 'angustifolia' will give you narrow leaves. All plants have two names. The first is the 'genus', which indicates which clan it comes from. For instance, all clematis come under the title 'Clematis', whatever their habit. This will usually be seen as just an initial in front of its second name.

How much can you tell about a plant from its name? Well, many gardeners find their plants easier to grow than to pronounce their Latin names,

which often sound like a load of gobbledegook. Yet it's not usually that difficult to make sense of some of the Latin, and once you get the hang of it, the names can actually help identify the

The second name, denoting the species, gives more of a descriptive clue. For instance, 'C. macropetala' tells you that the clematis you've chosen is many petalled, the translation of the Latin name. If the two names are joined by an 'x', that signifies that the plant's a hybrid - the result of interbreeding between two species of the same family. The plant may also have a third name, although not a Latin one, to show it is a variety of that particular species. The name may be in honour of the person or nursery who introduced it, or it might be named after something outstanding about it, such as its vivid colour - for example, C. macropetala 'Blue Bird'. Some hybrids only have the Latin name followed by the variety, such as 'C.

Alionushka', while others show only the country of origin, such as 'Kerria japonica', originating from Japan.

Other obvious common descriptions include 'Cotoneaster microphyllus' (small-leaved) and 'Thymus vulgaris', which means the common form of thyme. The beauty of Latin terminology is that it allows gardeners to have a universal language throughout the world, and to be precise about the description of the plant. Do bear these Latin names in mind, which may help you choose...

Colour guide

Purpurea - purple; lutea - yellow; viridis - green; lactea - milky-white; sanguinea - blood red; argentea - silver; variegata - variegated.

Perfume hints

Fragrantissima - most

fragrant; odorus - fragrant; graveolens - unpleasant; foetida - foul-smelling; aromatica - aromatic; suaveolens - sweet-smelling.

Flower type

Grandiflora - large; plena - double; campanulata - bell-shaped; florida/floribunda - free-flowering; spicata - spiky flowers.

Foliage details

Dissectum - finely cut; hirsuta - hairy; macrophylla - large-leaved; nitida - shining; lactifolia - broad-leaved; palmatum - palm-like; sempervirens - evergreen.

Habit

Arborea - tree-like; columnaris - upright column; horizontalis - growing horizontally; magnifica - large; nana - dwarf; prostrata - growing flat to the ground; repens - creeping and rooting; fruticosa - shrubby. TPN/PA



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What's New

Do you or your clients have a Pine Processionary Caterpillar problem?

Caterpillarttraps.com are now available in the Algarve offering a solution to the problems the pesky critters create. If you spend any time in the Algarve, you don't need us to spell out the serious problems these creatures pose to children, pets, golfers, etc. at this time of year. If you're new to the region, BEWARE! The effects can be devastating. Caterpillarttraps.com offer an eco-friendly solution to the problem, targeting only the caterpillars, whereby a collar is placed around the trunk of the tree which stops the caterpillars on their spring descent to the ground where they pupate, and emerge as moths in summer. The

trap directs the poisonous caterpillars into a bag for disposal, at the end of their migration period around the end of April - May depending on the weather and your location. In addition, pheromone traps will be available to hang in the trees from June to catch the male moths, thereby inhibiting their breeding cycle. A female moth will lay 2-300 eggs in a season. The EU rightly banned the chemicals that were containing them, but wiping out many other species as a consequence. A less potent spray is available but is proving considerably less effective. In public areas a licence is required for spraying, and



some areas have said they will no longer be issuing these permits. For more information or to order your self assembly kit, visit the website caterpillarttraps.com or email info@caterpillarttraps.com.



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Small improvements, big changes

Big home improvements, like loft conversions and extensions, usually add value, but smaller changes can also increase the value of your home and make it more sellable. Often you don't have to embark on a huge project to see a real change around the home and some improvements are well worth the investment. Wooden floors are a wonderful addition to any home, whatever its style or period, and are a practical alternative to carpet, especially in hallways and reception rooms. If your home has original floorboards, sanding and varnishing them should add value and create a lovely, hardwearing feature. However, original floorboards aren't always in good condition and may be rotten, or have been butchered over the years, which can make them hard to restore. If your home doesn't have

original floorboards or the floorboards are in a bad state, solid or engineered-wood flooring gives you a similar look but without the draughts (some underlays help with soundproofing and damp-proofing too). Both solid wood and engineered wood are now

widely available in tongue-and-groove boards that click together and are particularly easy for DIYers to fit and some engineered wood has a wonderful woodgrain texture that's even better than original floorboards. Almost everyone loves a real fire, but open fires

are generally only around 15% to 30% efficient, as most of the heat goes up the chimney. Wood-burning stoves are a better investment, as they're much more efficient and have other advantages, such as keeping smoke and sparks contained. Wood-burners come in many different styles, from traditional to contemporary, and are a great addition to your home's heating when it's really cold. One of the best improvements you can do is to make a room lighter, but it isn't always possible to have big windows and glass doors - if there are planning restrictions or your budget's tight, for example. Roof windows (available for both sloping and flat roofs) can flood a room with light - even one small one can make a big difference, so if you have a dark room directly below a roof, don't overlook this possibility. Roof windows are

more innovative than you might think, with certain manufacturers making skylights with different types of glazing or with remote controls (mains

electric or solar powered), that automatically close when they detect rain and that even fold out into balconies.

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Wood-burning stoves are a better investment, as they're much more efficient and have other advantages, such as keeping smoke and sparks contained. (Photo: PA Photo)

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Eco-friendly skiing

If you've only stayed in big resorts, Arosa in Switzerland - with a new eco-friendly hotel - is worth exploring on skis, says Lauren Taylor.



The town of Arosa after snowfall. (Photo: PA Photo/Lauren Taylor)

Traditionally, European skiing holidays include a lot of fondue, rich food and mulled wine, but one hotel in the Swiss alps is trying to introduce a healthier, eco-friendly concept to the skiing industry. Perched close to the Obersee lake, in the small town of Arosa, is the new four-star Valsana. You might associate this part of the world with neigh-

bouring playground of the uber-rich, St Moritz. But the more unassumingly alpine resort of Arosa, nestled at 1,775m in the Schanfigg Valley, has much to offer skiers too. "It's a little mountain paradise, hidden away," I hear someone declare on a chairlift. And it really is.

What's the hotel like?

The original hotel - built in 1900 and knocked down in 2015 - has been replaced by

an eco-powerhouse, running on 95% recycled energy, with a self-sufficient Thermal Energy Storage (TES) system - only the second of its kind in the country. The eco philosophy runs through every fibre of the hotel - from the chunky wood furniture, floors and exterior, all made with trees from the surrounding area, to the staff uniforms and artwork, which are made locally too. Even the extremely comfortable beds are eco-friendly - the mattresses are made from natural coconut fibres, rather than artificial materials. The rooms have a touch of fashionable Brooklyn about them - natural wood, industrial-chic chairs and cosy, colourful fabrics. Not to mention the record player and a selection of vinyl (my soundtrack for the weekend was Johnny Cash and The Smiths). Although it's certainly high end, it still

feels homely and is a world away from the lavish grandiose of sister property the five-star Tschuggen Grand, the oldest property in the region, which is a five-minute drive away.

How does the ice battery work?

The carbon neutral system works by drawing waste heat energy, from devices like kitchen appliances and air conditioning units, into a network of pipes to absorb excess energy.

This is sent to a water tank underneath the hotel where, in a complex process of freezing and thawing, heat energy is removed and used to power the hotel - producing zero emissions (pretty impressive when you consider all the elements of a hotel - restaurant kitchens, swimming pools, lighting and heating - that need a lot of energy).

Three full-time staff run the system below the hotel, built with the help of a government grant. "It feels good that we're doing the right thing," Leo Maissen, chief development officer, says as he shows me around. In another effort to be green, public transport is free of charge in Arosa, so guests can hop on a bus outside the hotel to take the five-minute journey to the cable car for skiing.

How's the skiing?

Immediately around Arosa are 43 miles of easily accessible slopes, and this was one of the first operating ski areas in the region. Many repeat tourists

(mainly Swiss and Belgian) return again and again for the pleasant conditions created by the sheltered mountain face, which is protected from strong winds and heavy cloud cover.

Here, the sun shines all morning, reaping the benefits of getting snow earlier than the surrounding areas thanks to its position at the top of the Schanfigg Valley. (There's plenty to ski on in early December.)

With its long, lazy blue runs and a few more challenging reds, this area is sufficient for a weekend break and suited to intermediate skiers. But it's limited, particularly for complete beginners. Thankfully, a gondola now connects the traditional Arosa pistes to Lenzerheide, which means skiers now have access to 150 miles of slopes, including some black runs.

What's the spa like?

By 3pm, the piste clears out - probably something to do with the -12 degrees Celsius temperatures - meaning it's time to relax in the Valsana spa. The pool is exactly what ski resort hotel pool dreams are made of - floor-to-ceiling windows with views of the mountains. You'll find similarly wintry views from the hotel's two saunas (one 60 degrees Celsius and one 90 degrees Celsius), a steam room, gym and fitness studio.

Personal trainer and yoga instructor Julian holds a variety of sessions tailored to skiers. Alternatively, Valsana guests can pay to

access the world-class Tschuggen Grand spa - all 5,000 metres of it embedded in the mountain face - for half a day.

And what about the food? While you might be used to digging into a fondue after a cold day on the slopes, the menu at Valsana's only restaurant, Twist, has a lighter and more holistic approach. "It's about natural ingredients and wellbeing. We want people to slow down when they come here, and feel at home," says general manager Renate Blaser.

Unlike in many restaurants and hotels, catering for vegetarian or vegan customers isn't an afterthought; the bulk of the menu is plant-based with the option to add fish or meat, and many of the indulgent desserts are vegan (not that you'd ever know).

The black and red lentil soup with ginger and fennel, is one of the best soups I've had and the virtuous 'green bowl', with spinach, feta, pumpkin, avocado, figs and walnuts, is worth a try too. Meat lovers aren't forgotten about though - the grilled sirloin steak with herb butter is top-notch. Guests on half-board can buy a 'dine-around' option which includes the four restaurants at Tschuggen Grand.

On piste, the creamy-as-you-like cheese fondue at Hornlihutte (not included in the dine around option, but another on piste cafe, Alpenblick, is) makes the perfect mid-ski rest bite.

TPN/PA

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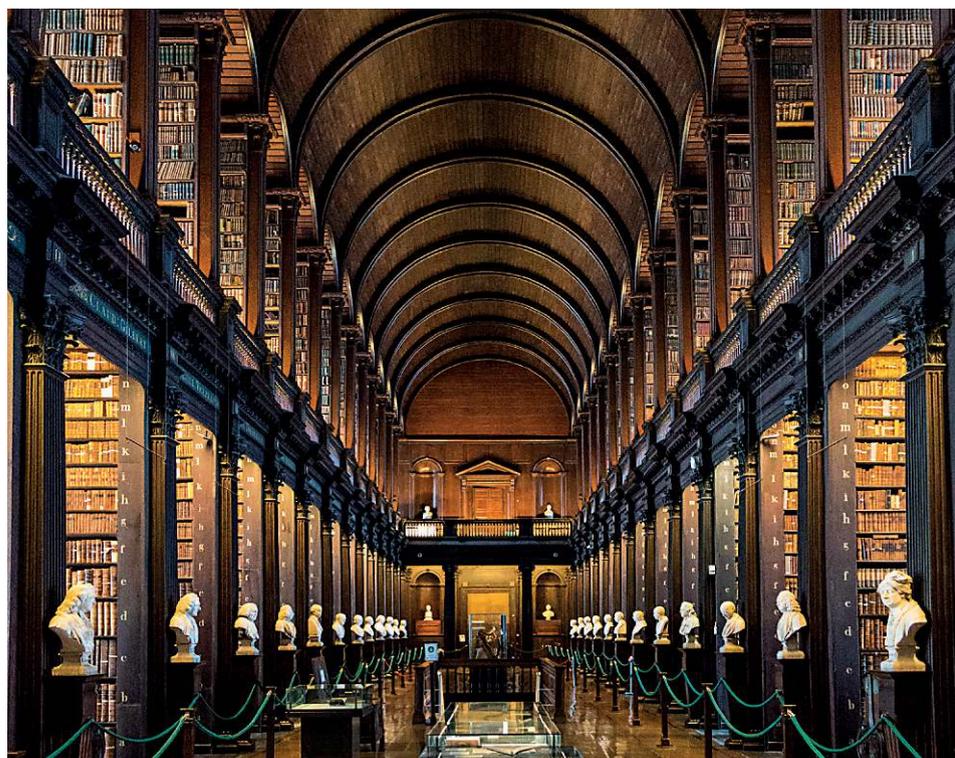


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During the sessions is always a nurse to monitor and to help patients in the chamber and a doctor to monitor treatment outside the chamber. The pressurization chamber is performed by a skilled hyperbaric technician.

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- / BACTERIAL INFECTIONS (of the skin, soft tissue or bone);
- / DIABETIC FOOT (wounds);
- / LEG ULCERS IN PATIENTS WITH IMPAIRED CIRCULATION;
- / RADIOTHERAPY LESIONS (on the skin and soft tissue, bladder, intestines, bone);
- / COMPROMISED SKIN OR MUSCLE GRAFTS;
- / SUDDEN DEAFNESS.



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Making life easier for kids with a dairy allergy

Any food allergy can be overwhelming to manage - but there are lots of things that can help. Author Michelle Diana Lowe shares some handy hints with Lisa Salmon.



Thankfully, most children outgrow their milk allergy by around age five, but managing it in the meantime can be troublesome. (Photo: PA Photo)

From sausages to cereals and chocolate to cake, dairy products can crop up in a huge range of

food kids tend to love - so for the increasing number of children who are allergic or intolerant to dairy products, avoid-

ing it can seem tricky. Allergy UK estimates that cows' milk allergy - which frequently goes undiagnosed, or takes a long time to be identified - affects 3-6% of infants and young children, making it the most common paediatric food allergy. Symptoms can include wheezing, vomiting, hives and digestive problems, which occur minutes to hours after consuming milk, or something containing milk (in very serious cases, milk allergy can even cause anaphylaxis). Allergies occur when the

body's immune system has an abnormal response to a certain trigger (although cows' milk is often the culprit in dairy allergy, milk from sheep and goats can sometimes cause a reaction too), and is not the same as milk intolerance, known as non-allergic hypersensitivity, which doesn't involve the immune system. With an intolerance, symptoms tend to include things like bloating, gas or diarrhoea after consuming milk - and they're often slower to appear, possibly flaring up a number of hours later.

Thankfully, most children outgrow their milk allergy by around age five, but managing it in the meantime can be troublesome. It's important to remember that dairy products are an important part of children's diet, providing crucial nutrients including proteins, minerals and vitamins essential for growth, bone and dental health, so if you do think your child needs to avoid it, speak to a doctor about it - they can advise on how to go about managing symptoms, while ensuring your youngster still gets the nutrients they need. Here, Michelle Diana Lowe - whose new pocket-sized children's book, Dairy Free and Happy!, is packed with advice on navigating the anxieties and challenges of dairy allergy, shares 10 top tips for helping children cope with the condition...

Eat healthy

Eat lots of fruit and vegetables at home and school, and have a healthy, balanced diet. If you need support with this, ask your mum or dad to take you to see your GP to get referred to a dietitian.

Be positive

Focus on the food you can eat, rather than what you can't eat. "Be positive and remember that food is your friend and not your foe," stresses Lowe.

Talk and hug

Ask mum or dad for a snug hug when you need to be comforted. This will help you feel happier. Talking to your parents about how you feel helps too - it's much better to speak about your feelings than to bottle them up.

Plan for parties

If you're invited to a friend's party, ask your parents to speak to the other child's parent well in advance so they can provide dairy-free foods on the day. This will enable you to feel part of the celebrations. If you don't know the party organiser, take your own food, to avoid potential problems.

Dairy-free sun protection

Even sun lotion can contain dairy ingredients, which can cause hives or rashes in those allergic to dairy. So, in the summer or on holiday, make sure you read sun cream labels and only apply sun

cream that contains no dairy products.

Keep hydrated

Drink plenty of water, it can help flush your system and support the elimination of the allergens your body reacts to.

Read labels

Read food, drink and skin product labels carefully. Anything with lactose, milk proteins, casein or any other dairy product isn't suitable for you. In doubt, ask your parents or shop staff.

Have fun

Play games, laugh, and have fun. Enjoy spending quality time with your family. Plan days out and have special family time. It will help you feel better if your dairy allergy has been making you miserable.

Tell the teacher

Tell your teacher about your dairy allergy, as it's important they know your dietary needs. Also, inform the teacher of any medication you need, and take medication to school if necessary.

Know your numbers

Make sure you and your family know the contact numbers for the emergency services in case you need immediate medical help - whichever country you're in. Dairy Free And Happy! by Michelle Diana Lowe is available now.

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Go bananas for bananas

They're one of the most widely consumed fruits - more than 100 billion bananas are eaten every year worldwide - yet few of us know about the incredible health benefits that are loaded in each bunch. Packed with antioxidants and disease-fighting vitamins, they are Mother Nature's greatest snack foods and since they come packed in their own wrapper, they're easy to grab on-the-go without having to

compromise on buying extra pesky plastic. The best thing about these tubular fruits? They're available to buy all year round, and they make a great pick-me-up during the winter months when many berries and fruits are out of season. Here, we've found a handful of amazing health benefits of the humble fruit.

They can help with digestion
Struggling with a bloated belly and stomach pains

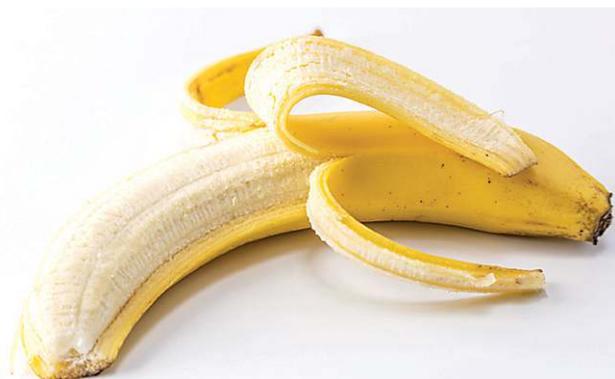
after a hearty meal? Studies have shown that bananas can help. Their high-fibre content helps to promote a harmonious gut function, easing the symptoms of bowel conditions like IBS. In Ayurveda, the balance between sweet and sour tastes in the fleshy fruit is said to bring about a sense of heaviness, while also stimulating the important flow of agni - or the digestive juices. They're also a brilliant hangover cure, as they help to restore normal bowel function after a night of sugary, alcoholic drinks, as well as important electrolytes and potassium.

They're an instant energy boost

Forget sugary sports drinks and caffeine-filled coffees: bananas are secretly the healthiest way to get an energy hit first thing on a gloomy Monday morning. That's because they contain three natural sugars - sucrose, fructose and glucose - giving you a fat and cholesterol-free source of fuel. Whizz them up in a shake for a morning treat



Bananas are available to buy all year round, and they make a great pick-me-up during the winter months. (Photo: PA Photo)



Peel away your banana and you'll find that the starchy flesh inside is loaded with potassium - an important mineral that is essential for heart health. (Photo: PA Photo)

or pack one in your sports bag for a delicious post-workout pick-me-up.

They keep your heart healthy

Peel away your banana and you'll find that the starchy flesh inside is loaded with potassium - an important mineral that is essential for heart health. A potassium-rich diet can help lower blood pressure, and studies have shown that people who load up on the mineral have up to a 27% lower risk of heart disease. Amazingly, the average banana contains a whopping 425 mgs of potassium, about 11% of the recommended dietary allowance.

They're good for your eyes

The good news for short-sighted fans of the yellow fruit? Bananas, like carrots and pumpkins, are packed with antioxidant compounds and carotenoids, as well as a potent mix of minerals that can have seriously positive effects on the health of your eyes. Macular degeneration, cataracts, night blindness and glaucoma have all been shown to decrease by regularly eating bananas.

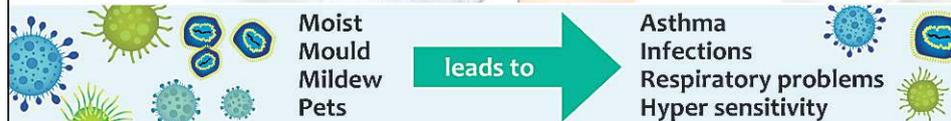
They can help with weight loss

Planning to shed a few pounds before summer? You may very well want to stock up on a few bunches of bananas. This weight-loss friendly food contains very few calories (about 100 per banana), yet they're super filling and very nutritious. Bunches that are on the unripened

end of the spectrum are filled with resistant starch, which has been shown to have appetite-reducing effects and increase the feeling of fullness after meals. So next time you're thinking of going for a second helping of dinner? Try tucking into a just-ripened banana instead.

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“Dogs make Disability an Ability”

N KATE INACIO

“Dogs make disability an ability” – the phrase Karin Forster used to describe the movement she is creating to make the Algarve a better place for people who have difficulties. I was so interested when I found out what Karin was doing and really wanted to try and get the word out for others. Her initiative and passion is really quite remarkable.



Visually impaired and disabled people are often made to feel different and isolated. Without the independence that comes from mobility, they are in constant need of a helper.

Getting together with friends and even going to school or work requires assistance. They can't do all of the things that their visually able or mobile friends do on their own.

Pawsitive Dogs is about to change this...

Karin started Pawsitive Dogs around five years ago. At that time there was only one dog training centre offering reward-based methods in the Algarve. Karin wanted to offer training based on trust between owner and dog. She succeeded with her methods and started gaining more and more clients from northern Europe. Karin's form of training was not just about 'sit' and 'stay' but has turned into a hobby for owners with their dogs, and enables them to meet other likeminded people.

After coming into contact with an assistance dog asso-

accessible Portugal



Used with kind permission of the artist José de Guimarães

ciation in Portugal, Karin started training assistance dogs for them. Due to lack of support, Karin brought over an assistance dog instructor from Sweden to Pawsitive Dogs. Cilla Danielsson from Sweden trained Karin and other instructors who after they had finished their Pawsitive Dog instructor courses, also wanted to become assistance dog trainers. Karin and her other trainers work closely with (ACAI) Alertalegria- Associacao de Caes de Assistencia Internacional which is an organisation Karin herself initiated in March 2017 and is the chairman of, together with 3 of her students.

Karin has a very good perception of what life is like for the disabled here in the Algarve and is passionate about trying to make a difference. The lack of support people with difficulties have here is what inspired her.

'It got my attention how few blind people I have met or seen, during the 18 years I spent on and off in Portugal and the Algarve. Most are forced to stay home waiting for their family members to come home and bring them outside. A Guide Dog will give them independence and freedom. Something most of us take for granted.'

The challenges for families in Portugal with a disabled member are very high and they have very little support from the government! This is something I want to show through my articles in the different areas affected. Medical costs are high and specialist treatments often mean extensive travel within or even outside of Portugal. This factor I know personally is a life changing transition which can affect every family member. It puts an enormous strain on already economically burdened families and their children. Buying a Guide Dog can therefore be out of the question. Which is another reason Karin is working so hard to try and make this a reality for local Portuguese families.

Karin tries to use shelter dogs and dogs in need of rehoming as much as possible. To become an assistance dog,

the dog needs to be well socialised with humans and willing to assist. It also needs to socialise well with other dogs and animals but preferring human company. Depending on what the dog will be trained for size and genetics come in o the equation. The dog needs to be able to have a high stress threshold and be mentally stable.

We all know that dog and human relationships are bonds which go back a very long time. Dogs became domesticated alongside humans from hunters to settlers. But how can a dog help the disabled? 'A dog can help a disabled person with tasks he cannot do himself like picking things up, collecting items, retrieving items, pressing buttons and alerting when an emergency situation arises. Staying with his handler during seizures and /or calling for help. The vast versatility of a dog can in principle help with whatever we want the dog to do.'

Karin went on to explaining that apart from medical assistance, even just stroking an animal can help release the calming hormone 'oxytocin', which is a mutual benefit for dogs and humans. A dog can help emotionally and be a support during medical tests and exams. For a young person or a child, a dog can be someone who doesn't judge them as well as someone to turn to with ones inner thoughts and feelings.

There are very few training centres which combine Assistance Dogs and Guide Dogs to help a disabled person with visual impairment for example. It is Karin's hope and belief that she can make a difference in this area with her experience and try to raise more awareness about the drastic need for more assistance dogs. With her team speaking 7 languages and having a network in many European countries, the Assistance Dogs can therefore be trained to suit any market. Most of the clients, however, live in Portugal.

Funding has been difficult for Karin to obtain and she needs bigger companies to help and regular subscriptions like many

LETTER

SIR, With regards to Mr Parsons statement on the EHC card I can assure you he is incorrect as I used my card to use the Centro da Saude in Portimao twice.

Unfortunately for me I then ended up in Barlavent hospital, again in Portimao for a total of 32 days requiring urgent medical attention.

The care was exemplary and all was covered by my card. Wrong information can cause concern to people and I would not be here now without my card.

DAVIDSELLERS, by email

organisations abroad have. Karin hopes to find volunteers that can help raise funds and organise charity events so she can focus on the training instead.

In a dream world, and maybe in the future, all of their dogs will be donated. Her project currently tries to donate 2 Guide Dogs to 2 visually impaired people in the Algarve, preferably 2 young people in need of more independence. Assistance Dogs in Portugal cost around €5,000, Guide Dogs need even more training and have a value of €18,000. The only Guide Dog School that exists in Portugal until now has a grant but most support is from charity.

Karin has had a huge response from the expatriate community. The Portuguese may still be a little apprehensive however she hopes to change that with a new Portuguese volunteer.

If anyone is interested or wants to contact Karin in regard to fundraising they can email her directly via karin.pawsitivedogs@gmail.com or pr.pawsitivedogs@gmail.com.

I really hope this project continues to grow and people realise how beneficial this work is. Through Marley, my disabled son, just thinking a dog could be there calling for help when he has a fit or even give him some comfort in hospital really is something any mum could dream of. A dog could just make all the difference in someone's life. Karin continues, 'I feel very positive. It is my goal to see more Guide and Assistance Dogs in Portugal. Algarve is my main area to cover as it is easier to have continual close contact with my clients for as long as they have an Assistance or Guide Dog.'

"The world would be a nicer place if everyone had the ability to love as unconditionally as a dog." M.K. Clinton

For more about disability issues or to find out more about the Marley and Mum journey, please check out our blog at www.marleyandmum.com

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19:00 - COCKTAIL RECEPTION WITH CANAPÉS

WONDERFUL THREE COURSE MEAL & WINE

23:00 - CARRIAGES

AUCTION AND RAFFLE WITH DONATIONS FROM LOCAL BUSINESSES

FOR MORE INFORMATION:
www.marleyandmum.com
kate@marleyandmum.com
www.justgiving.com/crowdfunding/marleyswheels

Splendid villa V5 in Odiáxere with swimming pool

Located in the quiet countryside of Odiáxere, close to Palmares Golf Club and Meia Praia beach, this villa has spectacular views of the Monchique Mountains and the countryside.

This property is not overlooked, and is surrounded by beautiful gardens and a fruit orchard. There is a large terrace next to the heated swimming pool, which is a great place for barbecues in the sunshine. The swimming pool has an electric rigid cover, and the grounds are fully irrigated.

Entering the home through a spacious hallway with guest bathroom, double doors open into a large and bright living room with dining area and large windows that open onto a magnificent suncatching terrace.

The kitchen is of a very modern design, featuring a central island, range cooker and top named appliances.

There are 2 en-suite bedrooms which open onto sun trap terraces.

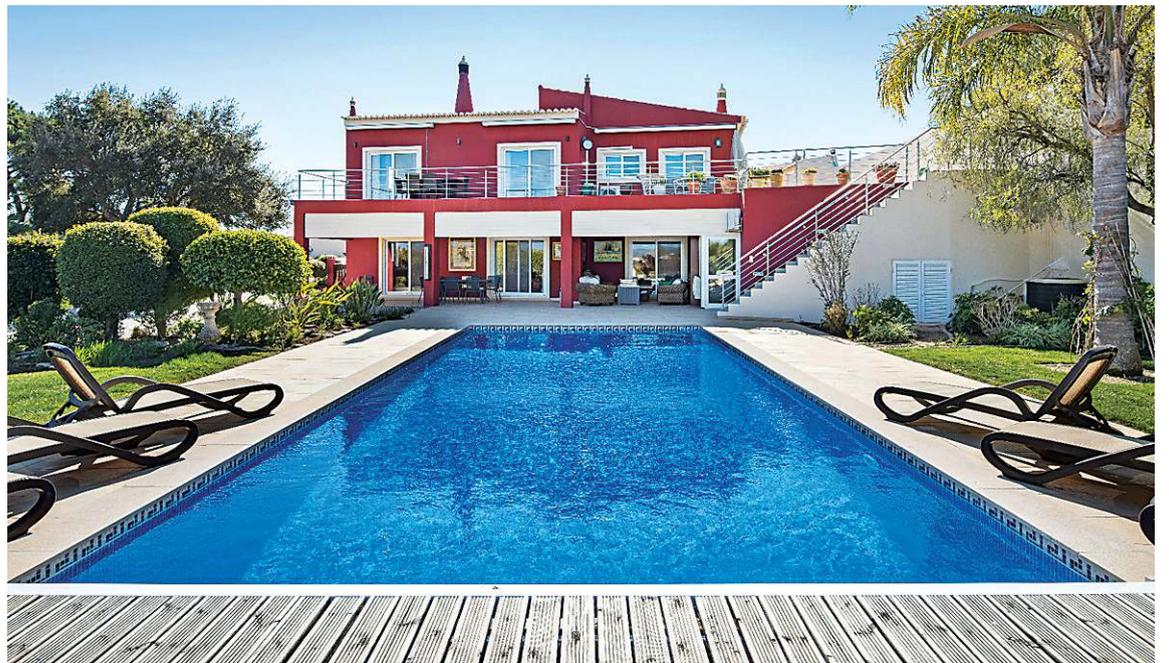
Downstairs there are 3 bedrooms, 2 en-suite, a large living room with inglenook office, a beautiful kitchen, dining room and a small gymnasium.

All rooms have air conditioning and underfloor heating.

On the top terrace there is a barbecue with cupboards, following around the corner a beautiful evening sun patio.

The property has a solar panel, gas tank and water boiler, many storage areas and total privacy.

For more information about this beautiful property (Ref: VM346) priced at €995,000, please contact Mimoso Venture on Tel: (+351) 282087152, (+351) 912547448, email: info@mimosaventure.com or visit: www.mimosaventure.com.



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Get decked-out...

With springtime upon us and the long summer months to follow, the Algarve's glorious outdoors lifestyle beckons once more... Time to get decked-out with Decking Dave!

An attractive outdoors area adds appeal to any home, and decking brings a natural touch that's hard to beat - to relax in sun or shade, by the pool, or to dine al-fresco style on balmy evenings. For holiday rentals, a deck adds an extra dimension to a property's outdoor space, and will attract increased interest. Bars & restaurants also benefit from the inviting ambience a smartly-decked terrace creates. Today's decks needn't even be of wood, with attractive alternatives available, such as high-compressed bamboo (as strong as hardwood and retains its natural colour), plus the latest composite materials in a range of stylish contemporary colours. Decking Dave also builds pergolas, gazebos, car ports, garden studios – all manner of quality wooden constructions for the home.

For all kinds of decking, check out their website – or just ask **Decking Dave!**



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REF: AA-426SJ - LAGOS
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ASKING PRICE €176,000



REF: AA-430SJ - LAGOS
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ASKING PRICE: €299.000



REF: AV-436SJL - S. TEOTÓNIO
LOVELY VILLA WITH HORSE FACILITIES!! SOUTH FACING TERRACES & POOL VERY CLOSE TO ALJEZUR, ODEMIRA AND WEST COAST BEACHES!

ASKING PRICE: €469.000

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VILAMOURA – SEA VIEW
Penthouse apartment consisting of 2 bedrooms, 2 bathrooms, lounge/dining room, fitted kitchen, storage area and spacious terraces with sea view. Furnished. Communal swimming pool and garden area. Const. area - 112 sq.m. ENERGY CLASS – E
Ref. A01628 **Price: €175,000**



VILAMOURA – PRIVATE CONDOMINIUM
Apartment located in a closed condominium composed of 1 bedroom, 1 bathroom, lounge with fireplace and dining area, kitchen and terrace. Communal swimming pool and garden area. Furnished and equipped. Const. area - 56 sq.m. ENERGY CLASS - E
Ref. A01631 **Price: €135,000**



VILAMOURA – NEAR THE GOLF COURSE
Semi detached villa comprising 3 bedrooms, 3 bathrooms, living room, equipped kitchen and storeroom. Basement with small lounge, bathroom, laundry and space for 3 cars. Plot area- 320 sq.m. Const. area-150 sq.m. + basement (+ - 150 sq. m.). Golf view. ENERGY CLASS - F
Ref. V12842 **Price: €395,000**



VALE D'ÉGUAS - SPECTACULAR VILLA W/ UNIQUE STYLE
Spectacular villa with sea and country view. 5 bedrooms, 7 bathrooms, 2 lounges, dining room, 2 kitchens with storages, laundry and basement. Furnished and equipped. Plot area approx. - 6.500 sq.m. Construction area approx. - 800 sq. m. ENERGY CLASS – B
Ref. V12360 **Price: €1,700,000**



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SÃO BRÁS DE ALPORTEL
4 wc 4 2 M2 342 M2 461 B
450.000 € 025180034



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5 wc 3 3 M2 318
250.000 € 025180037



MERCADO, FARO
3 wc 3 1 M2 130 B
235.000 € 025180026



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445.000 € 025180014



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RUIN NEAR LOULÉ WITH POSSIBILITY OF 300 m2 OF CONSTRUCTION
165.000 €
Build area: 200 m2
Plot size: 7.648 m2
Ref: A14-097



3 BED VILLA WITH COUNTRY VIEWS IN SANTA BÁRBARA
425.000 €
Build area: 162 m2
Plot size: 5.200 m2
Ref: W1-034



TRADITIONAL 3 BED VILLA NEAR ESTOI WITH SEA VIEWS
550.000 €
Build area: 218 m2
Plot size: 1.541 m2
Ref: W5-007



OLD HOUSE WITH SEA AND COUNTRY VIEWS IN LOULÉ
210.000 €
Build area: 140 m2
Plot size: 820 m2
Ref: A16-022



3 BED COUNTRY HOUSE NEAR SÃO BRÁS
375.000 €
Build area: 167 m2
Plot size: 850 m2
Ref: M-049



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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Single story 4 bedroom / 4 bathroom villa (200 m²) with pool, garage & sea view. Plot of 14,888 m². Underfloor heating & a/c. Clever architectural design.
EC: B
Ref: LHV-1404 Price: €645.000



Tavira
Modern & furnished 3 bedroom / 4 bathroom villa (150 m²) with large garden, garage & swimming pool. Plot of 367 m². Gated condominium.
EC: B-
Ref: LHV-1408 Price: €449.950



Tavira
End of terrace 4 bedroom / 3 bathroom townhouse (220 m²) with study, large garage & sunny outside spaces. Smart design & immaculate condition!
EC: B-
Ref: LHT-1031 Price: €310.000



Tavira
South facing 2 bedroom / 2 bathroom top floor apartment (98 m²) with private parking space, large balconies & communal swimming pool. Sold furnished.
EC: C
Ref: LHA-1309 Price: €165.000



Cabanas de Tavira
Bright, good standard 2 bedroom / 1 bathroom apartment (82 m²) with sunny terrace. Close to all amenities, golf course and water front. Quiet location.
EC: D
Ref: LHA-1311 Price: €138.000

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OUR PROPERTY OF THE WEEK:
 REF: AV-404SJ - VALE DA TELHA
 CHARMING 3 BED QUINTA WITH A 1 BED GUEST COTTAGE, LARGE GARAGE, A HUGE PLOT OF 5250M2, ONLY 15 MIN. BY CAR TO THE BEACHES AND 5 MIN. TO ALJEZUR.
ASKING PRICE: €295.000



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Property Highlight

Part of the Cerro Novo Signature Collection of Unique Homes.

A Superb, Spacious Villa with Panoramic Views.

With the eco-credentials of property becoming more important to global buyers, this luxury residence is designed to reduce its ecological footprint by adopting new technology in energy provision, heating, cooling and pool cleaning. Alongside this technology is a superbly designed, quality modern home built to exacting standards.

The villa's elevated position takes advantage of fabulous views reaching to the ocean and it is surrounded by a private, walled plot, attractively landscaped with



low maintenance flowering shrubs and trees, a large sunny terrace and a stunning swimming pool.

Inside, the open plan living space is large and bright, yet homely and welcoming, with an inviting wood burner and patio doors to terraces on three sides.

There is a great family kitchen with a central island, a laundry and also a spacious en-suite bedroom on the ground floor.

The first floor features three magnificent suites all with

terraces and a super mezzanine style landing with a birds eye view across the landscape.

Within the environs of Boliqueime, just 6km to golf and 9km to the coast, this is a residence for a discerning buyer that simply must be viewed.

€825,000
 For full information, please visit the Cerro Novo website at cerroNovo.com and search reference CNV3149.

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Property: Townhouse
Place: Parragil
Price: €360,000 Ref: 300

3 bedrooms, large lounge, balconies, private garage and shared pool with sea views. South facing. EC: D



Property: Apartment
Place: Vilamoura
Price: €360,000 Ref: 305

3 bedrooms, lift access, 3rd floor, garage and shared pool, 10 mins walk to Marina/Beach/Golf. EC: D



Property: Traditional Villa
Place: Paderne
Price: €375,000 Ref: 403

4 bedrooms, annex, private pool, garage and country views, hand-painted Portuguese tiles. EC: E



Property: Luxury Villa
Place: Boliqueime
Price: €1,350,000 Ref: 400

4 ensuite bedrooms, large private pool, cinema room, garage, south facing, stunning sea views. EC: D

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Bedrooms	4
Bathrooms	4
Built area	320m ²
Plot area	740m ²

Renovated 4 Bedroom Villa
With extra LARGE swimming pool and loads of space!
Quinta das Salinas

€1,575,000 Ref no: VNS409 Energy rating: D



Bedrooms	4
Bathrooms	4
Built area	233m ²
Plot area	593m ²

Super 4 Bedroom Villa
With swimming pool and golf views
Martinhal / Monte da Quinta

€1,495,000 Ref no: VRN514 Energy rating: D



Bedrooms	4
Bathrooms	4
Built area	249m ²
Plot area	808m ²

Superb 4 Bedroom Villa
With heated swimming pool and terraces.
Dunas Douradas & Beach Club

€1,450,000 Ref no: VRN526 Energy rating: C



John Hill Estate Agents
Sociedade de Mediação Imobiliária, Lda

info@johnhillproperties.com

CAN YOU AFFORD VILAMOURA?

With all its attractions- internationally famous marina, 4 x 18 hole golf courses etc. This classic villa is situated with 9 others in a quiet cul-de-sac within walking distance of everywhere.

Its 323m² has three bedrooms and four bathrooms, fully fitted kitchen, lounge with fireplace, balconies and verandahs, BBQ and swimming pool set in mature gardens.

€850,000



Ref. V675




AMI 7557

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Rua do Brasil,
Casa Italiana, Loja 5,
8125-479 Vilamoura



Vilamoura €1,550,000
*****New Listing*****

This luxury 4 bedroom / 4 bathroom detached Villa is overlooking the Laguna golf course in Vilamoura. It is within a 3 minute walk of the Millennium & Laguna club house. The Villa has been furnished and equipped to the highest standard.



Vilamoura €1,490,000
*****New Property*****

A Stunning 4/5 bedroom traditional style detached villa that offers spacious accommodation, together with a generous garden and swimming pool area making it a perfect family holiday villa or home. It is located a short 15 minute walk of the Marina.



Vilamoura €360,000
*****New Listing*****

Stunning 3 bedroom townhouse with private gated pool & garden located in a quiet residential area of the popular holiday resort of Vilamoura. This well-maintained house comes fully equipped with everything you would need for a family holiday.



Vilamoura €295,000
*****New Property*****

Lovely 3 bedroom / 2 bathroom fully air-conditioned apartment set within a privately gated complex, communal swimming pool with a children's pool all surrounded by well kept lawns. Located within walking distance to the Marina and amenities.



Vale do Lobo €565,000
*****Not to be missed*****

A superb Vale do Lobo property. With 3 bedrooms and 3 bathrooms, the villa has an ideal location, being just a 12/15 minute stroll to the gorgeous beach. This property has a South-west facing front garden with terrace and private swimming pool.



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Fabulous 3 bedroom villa with a spacious living room, air-conditioning, swimming pool, BBQ area, situated only 2 min. from the beach & just on the outskirts of Carvoeiro. Perfect for a holiday rental or a permanent home in the Algarve.

Bedrooms: 3 Area: 136 m² | 400 m²
Ref.: V1312

€320,000



Modern Duplex 1+1 bedroom Apartment located in a condominium with a living room, kitchenette, bathroom, central heating, double glazed windows and terrace with sea views, only 5 min. from Carvoeiro beach. Potential holiday home.

Bedrooms: 1 + 1 Area: 64 sqm | 107 sqm
Ref.: AS616

€125,000



Picturesque, Traditional Portuguese Style 2-bedroom Semi-detached House with a living room, wood burner, 2 bathrooms and a terrace overlooking the countryside views of the lovely village of Alte.

Bedrooms: 2 Area: 91 sqm
Ref.: V1274

€85,000



Charismatic 3-bedroom Renovated Cottage with an open plan kitchen, spacious living room, large plot with garden & fruit trees, only 5 min. from Algoz.

Bedrooms: 3 Area: 160.90 sqm | 22900 sqm
Ref.: V1262

€260,000



Modern, Fully Renovated 2 + 1 Bedroom Townhouse with a cosy garden, BBQ area & garage located only 5 min. from the beautiful fishing village of Alvor.

Bedrooms: 2 + 1 Area: 96 m² | 297 m²
Ref.: V1264

€245,000

Air purification – Latest technology prevents mould and bad odours!



Air is everywhere but is it really good? Make sure that the air you and your children breathe is the best possible with the latest technological solutions from BioZone.

Prevent mould and bad odours and reduce the risk of infection with BioZone and all without the need for filters or chemicals.

By actively attacking contaminants throughout the space, the BioZone products prevent uncontrolled bacterial growth, mould growth and break down emissions from, for example, building materials.

If your home or business has mould, mildew, pets or excessive moisture then a BioZone Air Purifier can help to tackle problems such as asthma, infections, respiratory problems and hypersensitivity.

No matter how big or small your problem, whether it is at home or in your business or whether you need to treat a compact room or a large building, BioZone is able to provide real solutions to stop and

prevent mould and the smell of mould.

BioZone products also work to remove all smells such as fire, cigarette smoke and chemical or waste odours, while also effectively improving the indoor environment of homes, offices, schools and businesses.

BioZone uses the latest technology, photocatalysis, to stop pollution and bad odours. Photocatalysis is a technique for removing bacteria, viruses, mould and chemical gases. This occurs through a chemical reaction where electromagnetic radiation in the ultraviolet region activates a catalyst.

Photocatalysis is a sustainable process for air and water purification, surface protection, and self-cleaning on surfaces exposed to contamination; for example, concrete, cement, painted surfaces, glass, ceramics, textiles, etc.

Make your home or business a healthy, safe and odour-free environment with BioZone.

Best foot forward with PodoSaúde Sul

Our feet bear our weight every day so it is important to keep them healthy and well cared for.

PodoSaúde Sul, Clínica de Tratamento do Pé is a podiatry clinic with the technical and human resources required to enable the study, diagnosis, prevention and treatment of foot pathologies.

The team at PodoSaúde Sul take foot care very seriously and provide specialised care for our often overlooked feet.

PodoSaúde Sul first began in 2005 in the town of Portimão and was the first podiatry clinic in the western Algarve. In addition to the Portuguese Association of Podiatry certification, which has been granted certifying that the necessary conditions for good foot-related care have been met, PodoSaúde Sul and its professionals are listed in the Health Regulatory Authority (Registration number E11782 of 18 February 2008) the government body which regulates all health matters in Portugal.

Convinced of the importance of Podiatry and the need for this type of consultation, particularly in the Algarve region, on 1 January 2006 PodoSaúde Sul extended its activity to the city of Lagos, being incorporated into a polyclinic, the



Consultório Médico Dr. Luis Afonso.

In September 2006, PodoSaúde Sul changed premises and is currently in a modern and spacious location in Portimão. This relocation has had a significant effect on improving existing services, as well as increasing the number of available services.

Currently, in addition to the Podiatry Consultation, the team offer Nutritional Consultation and consultations in the area of Prescription and Monitoring of Physical Exercise (Falling Prevention in the Elderly, Exercise for Diabetes, Exercise for Obese Children and Adults, among other facilities).

More recently, PodoSaúde Sul have created a Sportsman Support Unit, the Sporting Performance Optimisation Centre (COPD), with the main objectives of the clinic being injury prevention and improving the performance of athletes who seek our services.

Abacoz's New Shop Opening



Abacoz Algarve properties is highly proud and happy to announce that we have just moved our office to a brand new one. We are very close to the previous office (still at the Marina) but have a much more spacious, beautiful and brighter shop.

We decided on a modern and clean image, while maintaining the professionalism that characterises us.

One of our mottos is to give a personalised accompaniment to our customers making us available to handle all the procedure inherent to the purchase and / or sale process.

Due to our constant growth in the past few years, both in the real estate and the commercial team, but also because we are fully established in the Real Estate market today, we felt the need to make this change, which has been maturing for some time.

Our motivated team is absolutely

proven and ready to welcome our clients by approaching them in their own language, whether they are buying, selling or renting a property.

In our new office, we are also able to receive clients with total privacy, thanks to our new and beautiful meeting room.

We have now associated the insurance business by creating a fully functioning partnership that will not only be an asset to our company, our customers, but also people that seek us independently to get insurance.

We are also pleased to announce that we will be having an official opening around the middle April to present our new office. We will release the exact date as soon as we can, and would like to invite all our friends, clients and collaborators to come and celebrate with us. You can find us just two doors down from where we were at the following address: Marina de Lagos, Núcleo Gil Eanes, Loja 18/19, 8600-780 Lagos

Focussed and undiluted expertise with Simply Screens



In its 10th year of attendance at the International Fair in Lagoa, SimplyScreens has seen considerable change in the market in that time. Tom Hambling, MD of SimplyScreens, says, 'When we started, our main focus was new on-builds in the then buoyant building sector - all that changed several years ago, and we had to change with it. We now sell almost exclusively to the end-client and offer a full range of services in support of probably the widest range of fly screens drawn from two of the best suppliers on the market.'

Although SimplyScreens was formed based on the sale of the 'Best in Class' Plisse retractable door/window screen system, its range has expanded to include various types of retractable roller systems and fixed panel systems. However, in all that time SimplyScreens has remained true to its founding principle of being the Algarve's only truly independent supplier of fly screens. Tom Hambling says, 'We only sell and support fly screen systems,

so our expertise is focussed and undiluted by trying to be expert in several things, but in reality master of none'.

In offering these services, SimplyScreens offer a 'no-obligation' personalised visit to the client site and demonstrate the types of screen available in their own home, completing a full site survey and offering a consultative approach in selecting the right screens for them before quoting. The choice of screen is always based on a combination of function and budget, and we work with our clients to optimise that decision, offering the best and most cost-effective solution.

Aside from selling new systems, SimplyScreens have developed a competence in repairs - prior to coming to market, many clients had fly screens installed by builders, window suppliers etc, who are no longer interested in repairs - or even exist in many cases - so a considerable amount of business these days is also in the repair of screens.

This Week's profiles:



Biozone

For more information, Tel: (+351) 924 229 845, email: info@biozone.pt or visit: www.biozone.one



Abacoz Algarve

For more information, Tel: (+351) 282 044 886, email: info@abacoz-properties.com or visit: www.abacoz-properties.com



PodoSaúde Sul

For more information Tel. Portimão: 282429154 or Lagos: 282763026



SimplyScreens

For further information, Tel: 282 798 080 / 927 819 645, email: info@simply-screens.com or visit www.simply-screens.com

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SATURDAY 03/03/18

BBC One	
06.00	Breakfast.
10.00	Saturday Kitchen Live.
11.30	Classic Mary Berry.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	Triathlon.
14.45	Cycling.
16.30	Final Score.
17.10	A Question of Sport.
17.40	Celebrity Mastermind.
18.10	BBC News.
18.20	BBC Regional News; Weather.
18.25	Pointless Celebrities.
19.15	All Together Now.
20.20	Casualty.
21.10	Troy: Fall of a City.
22.10	BBC News; Weather; National Lottery Update.
22.30	Match of the Day.
23.55	FILM: My Brother the Devil (2012).
01.40	Weather for the Week Ahead.
01.45	BBC News.
BBC Two England	
06.10	Nature's Weirdest Events.
06.25	Naomi's Nightmares of Nature.
06.55	The Pets Factor.
07.15	The Designers.
07.45	Absolute Genius: Monster Builds.
08.15	Beyond Bionic.
08.45	Robot Wars.
09.45	Live Athletics.
13.30	Escape to the Continent.
14.30	Me and My Dog: The Ultimate Contest.
15.30	Amazing Hotels: Life Beyond the Lobby.
16.30	Hugh's Wild West.
17.30	Live Athletics.
21.30	FILM: A Little Chaos (2014).
23.20	FILM: The Help (2011).
01.40	Civilisations.
02.40	This Is BBC Two.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.50	Scrambled!: The Powerpuff Girls.
08.10	Scrambled!: The Bagel and Becky Show.
08.30	Scrambled!: Be Cool, Scooby-Do!
09.05	Scrambled!: Wishfart.
09.25	ITV News.
09.30	James Martin's Saturday Morning.
11.25	Dancing on Ice.
13.25	ITV News and Weather; Weather.
13.30	ITV Racing: Live from Doncaster.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News and Weather;

18.20	ITV News London; Weather.
18.30	New You've Been Framed!
19.00	Ant & Dec's Saturday Night Takeaway.
20.30	The Voice UK.
21.50	Piers Morgan's Life Stories.
22.45	ITV News and Weather; Weather.
23.05	FILM: The Fast and the Furious (2001).
01.05	Jackpot247.
03.00	Babushka.

Channel 4

06.20	3rd Rock from the Sun.
06.45	3rd Rock from the Sun.
07.10	The King of Queens.
07.35	The King of Queens.
08.00	Everybody Loves Raymond.
08.30	Everybody Loves Raymond.
09.00	Frasier.
09.30	Frasier.
10.00	Frasier.
10.30	The Big Bang Theory.
11.00	The Big Bang Theory.
11.30	The Big Bang Theory.
12.00	The Simpsons.
12.30	The Simpsons.
13.00	The Simpsons.
13.30	Come Dine with Me.
14.30	Coast vs Country.
15.35	A Place in the Sun: Summer Sun.
16.35	The Secret Life of the Zoo.
17.35	The Supertv.
18.30	Channel 4 News.
19.00	Penelope Keith's Coastal Villages.
20.00	Britain at Low Tide.
21.00	FILM: 10 Cloverfield Lane (2016).
23.00	FILM: Predator (1987).
01.00	Ramsay's Kitchen Nightmares USA.
01.50	The Last Leg.
02.45	Hollyoaks.
04.55	The Question Jury.
05.50	Superfoods: The Real Story.

BBC Four

19.00	The Dark: Nature's Nighttime World.
20.00	Masters of the Pacific Coast: The Tribes of the American Northwest.
21.00	Modus.
21.45	Modus.
22.30	Promises & Lies: The Story of UB40.
23.30	Top of the Pops: 1985.
00.05	Top of the Pops: 1985.
00.40	The Shires: New Country.
01.40	Masters of the Pacific Coast: The Tribes of the American Northwest.
02.40	Promises & Lies: The Story of UB40.
03.40	Close.

SUNDAY 04/03/18

BBC One	
06.00	Breakfast.
07.30	Match of the Day.
09.00	The Andrew Marr Show.
10.00	The Big Questions.
11.00	Sunday Politics.
12.15	Murder, Mystery and My Family.
13.00	BBC News; Weather.
13.15	MasterChef.
14.15	MasterChef.
15.15	MasterChef.
15.45	Money for Nothing.
16.15	Songs of Praise.
16.50	FILM: Madagascar: Escape 2 Africa (2008).
18.05	BBC News.
18.20	BBC Regional News; Weather.
18.30	Countryfile.
19.30	Hold the Sunset.
20.00	Call the Midwife.
21.00	Strike - Career of Evil.
22.00	BBC News.
22.20	BBC Regional News; Weather.
22.30	Match of the Day 2.
23.30	FILM: Reign of Fire (2002).
01.05	Weather for the Week Ahead.
01.10	BBC News.

BBC Two England

06.05	Coast.
06.50	A to Z of TV Gardening.
07.15	The Instant Gardener.
08.00	Gardeners' World.
08.30	Countryfile.
09.30	Saturday Kitchen Best Bites.
11.00	Spring Kitchen with Tom Kerridge.
11.45	Lorraine Pascale: How to Be a Better Cook.
12.15	MOTD2 Extra.
13.00	Live Cycling.
14.45	Live Athletics.
18.00	Back in Time for Tea.
19.00	The World's Most Extraordinary Homes.
20.00	Top Gear.
21.00	Life and Death Row: The Mass Execution.
22.20	The Mash Report.
22.50	Top Gear: Extra Gear.
23.15	Cleverman.
00.10	Sign Zone: Question Time.
01.10	Sign Zone: Holby City.
02.10	This Is BBC Two.

ITV London

06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.50	Scrambled!: Teen Titans Go!
08.10	Scrambled!: Mr Bean: The Animated Series.
08.30	Scrambled!: Spy School.
09.05	Scrambled!: Wishfart.
09.25	ITV News.

09.30	Love Your Garden.
10.00	Peston on Sunday.
11.00	The Voice UK.
12.20	ITV News and Weather; Weather.
12.30	Ant & Dec's Saturday Night Takeaway.
14.00	What Would Your Kid Do?
15.00	Britain's Brightest Family.
15.30	Tipping Point.
16.30	ITV News and Weather.
16.45	ITV News London; Weather.
17.00	The Chase: Celebrity Special.
18.00	Dancing on Ice.
20.00	Endeavour.
22.00	ITV News and Weather; Weather.
22.15	Peston on Sunday.
23.15	The Martin Lewis Money Show.
23.40	100 Year Old Driving School.
00.05	Marcella.
01.00	Jackpot247.
03.00	Take on the Twisters.
03.50	ITV Nightscreen.
05.05	The Jeremy Kyle Show.

Channel 4

06.20	The King of Queens.
06.45	The King of Queens.
07.10	Everybody Loves Raymond.
07.35	Everybody Loves Raymond.
08.00	Frasier.
08.30	Frasier.
09.00	Frasier.
09.30	Sunday Brunch.
12.30	Jamie and Jimmy's Friday Night Feast.
13.30	The Simpsons.
13.55	The Simpsons.
14.25	The Simpsons.
14.55	FILM: Percy Jackson: Sea of Monsters (2013).
16.55	FILM: Night at the Museum: Secret of the Tomb (2014).
18.40	Channel 4 News.
19.00	Posh Pawn.
20.00	Churchill's Secret Affair.
21.00	Homeland.
22.05	8 Out of 10 Cats Does Countdown.
23.05	Lee Mack: Hit the Road Mack.
00.05	FILM: The Haunting (1999).
02.00	KOTV Boxing Weekly.
02.30	The Supertv.
03.25	Obsessive Compulsive Cleaners.
04.20	Coast vs Country.
05.10	Superfoods: The Real Story.
05.40	Kirstie's Fill Your House for Free.

BBC Four

19.00	Only Connect.
19.30	University Challenge.
20.00	Killer Whales: Beneath the Surface - Natural World.
21.00	Timeshift: Full Throttle - The Glory Days of British Motorbikes.
22.00	From Ice to Fire: The Incredible Science of Temperature.
23.00	Conversations - Shirley Williams.
00.00	Killer Whales: Beneath the Surface - Natural World.
01.00	The Mountain That Had to Be Painted.
02.00	The Art of France.
03.00	From Ice to Fire: The Incredible Science of Temperature.
04.00	Close.

MONDAY 05/03/18

BBC One	
06.00	Breakfast.
09.15	Murder, Mystery and My Family.
10.00	Homes Under the Hammer.
11.00	Wanted Down Under Revisited.
11.45	Caught Red Handed.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	Shakespeare & Hathaway - Private Investigators.
15.00	Escape to the Country.
15.45	Coast and Country Auctions.
16.30	Antiques Road Trip.
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
19.00	The One Show.
19.30	Inside Out; BBC News; Regional News.
20.00	EastEnders.
20.30	Classic Mary Berry.
21.00	MasterChef.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather.
22.45	Imagine - Philip Pullman: Angels and Daemons.
23.50	Have I Got a Bit More Old News for You.
00.35	Weather for the Week Ahead.
00.40	BBC News.

BBC Two England

06.00	Caught Red Handed.
06.30	Get Away for Winter.
07.15	Wanted Down Under Revisited.
08.00	Sign Zone: Hugh's Wild West.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
11.30	The Week in Parliament.
12.00	Daily Politics.
13.00	Perfection.
13.45	Plan It, Build It.
14.15	Yes Chef.
15.00	A Place to Call Home.
15.50	Pilgrimage with Simon Reeve.
16.50	More Creatures Great and Small.
17.20	Frog It!
18.00	Eggheads.
18.30	Great British Railway Journeys Goes to Ireland.
19.00	Top Gear.
20.00	Only Connect.
20.30	University Challenge.
21.00	Collateral.
22.00	Two Doors Down.
22.25	Big Field.
22.30	Newsnight.
23.10	Weather.
23.15	David Attenborough's Natural Curiosities.
23.45	Odyssey.
00.25	Odyssey.
01.10	Sign Zone: Countryfile.
02.05	Sign Zone: Royal Recipes.
02.50	Sign Zone: Grand Tours of Scotland's Lochs.
03.20	This Is BBC Two.

ITV London

06.00	Good Morning Britain.
08.30	Lorraine.
09.25	The Jeremy Kyle Show.
10.30	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
13.55	ITV News London;

14.00	Weather.
14.00	James Martin's American Adventure.
15.00	Tenable.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
18.30	ITV Evening News; Weather.
19.00	Emmerdale.
19.30	Coronation Street.
20.00	The Kyle Files.
20.30	Coronation Street.
21.00	Marcella.
22.00	ITV News at Ten; Weather.
22.35	ITV News London; Weather.
22.50	Serial Killer with Piers Morgan.
23.50	The Detectives: Inside the Major Crimes Team.
00.40	The Kyle Files.
01.05	Jackpot247.
03.00	The Jeremy Kyle Show.
03.55	ITV Nightscreen.
05.05	The Jeremy Kyle Show.

Channel 4

06.00	Countdown.
06.45	3rd Rock from the Sun.
07.10	3rd Rock from the Sun.
07.35	Everybody Loves Raymond.
08.00	Everybody Loves Raymond.
08.30	Frasier.
09.00	Frasier.
09.35	Frasier.
10.05	Ramsay's Kitchen Nightmares USA.
11.00	Undercover Boss USA.
12.00	Channel 4 News Summary.
12.05	Come Dine with Me.
13.05	Posh Pawnbrokers.
14.10	Countdown.
15.00	A Place in the Sun: Summer Sun.
16.00	A New Life in the Sun.
17.00	Four in a Bed.
17.30	Extreme Cake Makers.
18.00	The Simpsons.
18.30	Hollyoaks.
19.00	Channel 4 News.
20.00	Undercover: Who's Policing Your Bank? - Channel 4 Dispatches.
20.30	Food Unwrapped.
21.00	24 Hours in Police Custody.
22.00	Electric Dreams: Autofac.
23.05	Married at First Sight.
00.10	The #1 Houses: Britain's Cheapest Street.
01.05	The Job Interview.
02.00	Obsessive Compulsive Cleaners.
02.55	The Question Jury.
03.50	Coast vs Country.
04.40	Location, Location, Location.
05.35	Streetmate.

BBC Four

19.00	Beyond 100 Days; Weather.
19.30	Sea City.
20.00	India: Nature's Wonderland.
21.00	The Art of Japanese Life.
22.00	Mary Beard's Ultimate Rome: Empire Without Limit.
23.00	Mothers, Murderers and Mistresses: Empresses of Ancient Rome.
00.00	A Brief History of Graffiti.
01.00	Top of the Pops: 1982.
01.30	Top of the Pops: 1982.
02.00	India: Nature's Wonderland.
03.00	The Art of Japanese Life.
04.00	Close.

TUESDAY

BBC One	
06.00	Breakfast.
09.15	Murder, Mystery and My Family.
10.00	Homes Under the Hammer.
11.00	Wanted Down Under Revisited.
11.45	Caught Red Handed.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	Shakespeare & Hathaway - Private Investigators.
15.00	Escape to the Country.
15.45	Coast and Country Auctions.
16.30	Antiques Road Trip.
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
19.00	The One Show.
19.30	EastEnders; BBC News; Regional News.
20.00	Holby City.
21.00	Shetland.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather; National Lottery Update.
22.45	This Country.
23.15	The Gap Year Paedophile.
00.15	Weather for the Week Ahead.
00.20	BBC News.

BBC Two England

06.00	Caught Red Handed.
06.30	Coast and Country Auctions.
07.15	Wanted Down Under Revisited.
08.00	Sign Zone: Celebrity Antiques Road Trip.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
12.00	Daily Politics.
13.00	The Super League Show.
13.45	Plan It, Build It.
14.15	Yes Chef.
15.00	A Place to Call Home.
15.50	Pilgrimage with Simon Reeve.
16.50	More Creatures Great and Small.
17.20	Frog It!
18.00	Eggheads.
18.30	Great British Railway Journeys Goes to Ireland.
19.00	Saving Lives at Sea.
20.00	Back in Time for Tea.
21.00	Amazing Hotels: Life Beyond the Lobby.
22.00	Mum.
22.25	The Archiveologists.
23.30	Newsnight.
23.10	Weather.
23.15	The World's Most Extraordinary Homes.
00.15	Sign Zone: Weinstein: The Inside Story.
01.15	Sign Zone: Generation Gifted.
02.15	Sign Zone: Royal Recipes.

ITV London

06.00	Good Morning Britain.
08.30	Lorraine.
09.25	The Jeremy Kyle Show.
10.30	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
13.55	ITV News London; Weather.
14.00	James Martin's American Adventure.

Must See TV

Crufts 2018 (Channel 4, Thursday 8pm)

The world's biggest canine competition gets under way today - Clare Balding and Alan Carr kick off the Channel 4 coverage earlier in the afternoon on Crufts Extra. Now Clare, who must surely be one of the hardest-working presenters on TV, is back with continued live coverage of the event, where judging includes the Working and Pastoral groups, and there are highlights of the Flyball and Agility competitions, with the latter celebrating its 40th year at the contest. Plus, there will also be dog stories (not necessarily of the shaggy variety) and chats with the guests.

06/03/18

15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 100 Year Old Driving
School.
20.00 What Would Your Kid
Do?
21.00 100 Years Younger in 21
Days.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 The Cruise: Voyage to
Alaska.
23.15 Benidorm.
00.10 Jackpot247.
03.00 Loose Women.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
Raymond.
08.30 Frasier.
09.00 Frasier.
09.30 Frasier.
10.00 Ramsay's Kitchen
Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun:
Summer Sun.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great Celebrity Bake
Off for Stand Up to
Cancer.
21.15 Seven Year Switch.
22.25 Gogglebox.
23.25 Before We Die.
00.35 Ramsay's Kitchen
Nightmares USA.
01.25 World of Weird.
02.20 The Supervet.
03.15 The Question Jury.
04.10 Coast vs Country.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Sea City.
20.00 Immortal Egypt with Joann
Fletcher.
21.00 David Starkey's Magna
Carta.
22.00 Byzantium: A Tale of
Three Cities.
23.00 Dreaming the Impossible:
Unbuilt Britain.
00.00 Two Types: The Faces of
Britain.
01.00 Top of the Pops: 1982.
01.30 Top of the Pops: 1982.
02.00 Fabric of Britain.
03.00 Becoming a Lied Singer:
Thomas Quasthoff and
the Art of German Song.
04.00 Close.

WEDNESDAY 07/03/18

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My
Family.
10.00 Homes Under the
Hammer.
11.00 Wanted Down Under
Revisited.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Shakespeare &
Hathaway - Private
Investigators.
15.00 Escape to the Country.
15.45 Coast and Country
Auctions.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 Immigration: Who Should
We Let In? - Panorama;
BBC News; Regional
News.
20.00 DIY SOS: The Big Build.
21.00 Earth's Natural Wonders.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather; National Lottery
Update.
22.45 A Question of Sport.
23.15 Film 2018.
23.45 FILM: Memento (2000).
01.35 Weather for the Week
Ahead.
01.40 BBC News.

BBC Two England

06.00 Caught Red Handed.
06.30 Coast and Country
Auctions.
07.15 Wanted Down Under
Revisited.
08.00 Sign Zone: See Hear.
08.30 Sign Zone: Great British
Railway Journeys.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.30 Daily Politics.
13.00 Perfection.
13.45 Plan It, Build It.
14.15 Yes Chef.
15.00 A Place to Call Home.
15.55 Pilgrimage with Simon
Reeve.
16.55 More Creatures Great
and Small.
17.25 Flog It!
18.00 Eggheads.
18.30 Great British Railway
Journeys Goes to Ireland.
19.00 Saving Lives at Sea.
20.00 The World's Most
Extraordinary Homes.
21.00 The Assassination of
Gianni Versace: American
Crime Story.
21.50 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 Nature's Weirdest Events.
00.00 Live Women's
International Football.
02.10 Sign Zone: See Hear.

ITV London

06.00 Good Morning Britain.

08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;
Weather.
14.00 James Martin's American
Adventure.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Britain's Brightest Family.
20.30 Coronation Street.
21.00 Benidorm.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 UEFA Champions
League Highlights.
23.45 Play to the Whistle.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
Raymond.
08.30 Frasier.
09.00 Frasier.
09.30 Frasier.
10.00 Ramsay's Kitchen
Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 Crufts Extra with Alan and
Clare.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Supervet.
21.00 One Born Every Minute.
22.00 Damned.
22.35 24 Hours in Police
Custody.
23.35 999: On the Frontline.
00.30 Pokerstars Championship
Cash Challenge.
01.25 FILM: The East (2013).

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Sea City.
20.00 The Secret History of Our
Streets.
21.00 Lucy Worsley's Fireworks
for a Tudor Queen.
22.30 Clarissa and the King's
Cookbook.
23.00 The Man Who Shot
Tutankhamun.
00.00 Sings Stevie Wonder.
01.00 Top of the Pops: 1982.
01.30 Top of the Pops: 1982.
02.00 Lucy Worsley's Fireworks
for a Tudor Queen.
03.30 Close.

THURSDAY 08/03/18

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My
Family.
10.00 Homes Under the
Hammer.
11.00 Wanted Down Under
Revisited.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Shakespeare &
Hathaway - Private
Investigators.
15.00 Escape to the Country.
15.45 Coast and Country
Auctions.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 EastEnders; BBC News;
Regional News.
20.00 MasterChef.
21.00 Not Going Out.
21.30 Still Game.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week
Ahead.
00.35 BBC News.

BBC Two England

06.00 Caught Red Handed.
06.30 Coast and Country
Auctions.
07.15 Wanted Down Under
Revisited.
08.00 Sign Zone: Earth's
Natural Wonders.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Perfection.
13.45 Plan It, Build It.
14.15 Yes Chef.
15.00 A Place to Call Home.
15.50 A Place to Call Home.
16.45 More Creatures Great
and Small.
17.15 Flog It!
18.00 Eggheads.
18.30 Great British Railway
Journeys Goes to Ireland.
19.00 Saving Lives at Sea.
20.00 Great Continental
Railway Journeys.
21.00 Civilisations.
22.00 MOTD: The Premier
League Show.
22.30 Newsnight.
23.10 Weather.
23.15 Top Gear.
00.15 Sign Zone: Nigel Slater's
Middle East.
01.15 Sign Zone: Royal
Recipes.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.

13.55 ITV News London;
Weather.
14.00 James Martin's American
Adventure.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Britain's Pothole Crisis -
Tonight.
20.00 Emmerdale.
20.30 The Cruise: Voyage to
Alaska.
21.00 Rachel Nickell: The
Untold Story.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 UEFA Europa League
Highlights.
23.45 Play to the Whistle.
00.35 Lethal Weapon.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
Raymond.
08.30 Frasier.
09.00 Frasier.
09.30 Frasier.
10.00 Ramsay's Kitchen
Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 Crufts Extra with Alan and
Clare.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Crufts 2018.
21.00 Married at First Sight.
22.00 The Job Interview.
23.05 Gogglebox.
00.10 Seven Year Switch.
01.05 One Born Every Minute.
02.00 Damned.
02.30 Electric Dreams: The
Father Thing.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Top of the Pops: 1985.
20.00 The Brain: A Secret
History.
21.00 Pop! The Science of
Bubbles.
22.00 Horizon: Is Your Brain
Male or Female?
23.00 Horizon: Hair Care
Secrets.
00.00 Top of the Pops: 1985.
00.30 TOTP2: Genesis.
01.15 TOTP2: Wham! Special.
01.45 Classic Cellists at the
BBC.
02.45 Pop! The Science of
Bubbles.
03.45 Close.

FRIDAY 09/03/18

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My
Family.
10.00 Homes Under the
Hammer.
11.00 Wanted Down Under
Revisited.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Shakespeare &
Hathaway - Private
Investigators.
15.00 Escape to the Country.
15.45 Coast and Country
Auctions.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 MasterChef; BBC News;
Regional News.
20.00 EastEnders.
20.30 Room 101.
21.00 Requiem.
22.00 BBC News at Ten.
22.25 BBC Regional News and
Weather; National Lottery
Update.
22.35 The Young Offenders.
23.05 FILM: Captain America:
The Winter Soldier
(2014).
01.10 Weather for the Week
Ahead.
01.15 BBC News.

BBC Two England

06.00 Caught Red Handed.
06.30 Coast and Country
Auctions.
07.15 Wanted Down Under
Revisited.
08.00 Sign Zone: Back in Time
for Tea.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Perfection.
13.45 Plan It, Build It.
14.15 Yes Chef.
15.00 A Place to Call Home.
15.50 A Place to Call Home.
16.40 More Creatures Great
and Small.
17.10 Flog It!
18.00 Eggheads.
18.30 Great British Railway
Journeys Goes to Ireland.
19.00 Saving Lives at Sea.
20.00 Mastermind.
20.30 Gardeners' World.
21.00 Putin: The New Tsar.
22.00 QI.
22.30 Newsnight.
23.00 Weather.
23.05 The Assassination of
Gianni Versace: American
Crime Story.
23.55 Amazing Hotels: Life
Beyond the Lobby.
00.55 Sign Zone: Girls on the
Edge.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.

10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;
Weather.
14.00 James Martin's American
Adventure.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Love Your Garden.
20.30 Coronation Street.
21.00 Lethal Weapon.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 Piers Morgan's Life
Stories.
23.45 FILM: Mickey Blue Eyes
(1999).
01.25 Jackpot247.
03.00 Alphabetical.

Channel 4

06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves
Raymond.
08.00 Everybody Loves
Raymond.
08.30 Frasier.
09.00 Frasier.
09.30 Frasier.
10.00 Ramsay's Kitchen
Nightmares USA.
10.55 Winter Paralympics
Opening Ceremony: Live.
13.00 Channel 4 News
Summary.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 Crufts Extra with Alan and
Clare.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Crufts 2018.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 8 Out of 10 Cats.
23.55 The Inbetweeners.
00.30 Winter Paralympics Live.

BBC Four

19.00 World News Today;
Weather.
19.30 Top of the Pops: 1985.
20.00 Classic Albums.
21.00 Tones, Drones and
Arpeggios: The Magic of
Minimalism.
22.00 Tubular Bells: The Mike
Oldfield Story.
23.00 Big Hits: TOTP 1964 to
1975.
00.30 Top of the Pops: 1985.
01.00 Classic Albums.
02.00 Tubular Bells: The Mike
Oldfield Story.
03.00 Tones, Drones and
Arpeggios: The Magic of
Minimalism.
04.00 Close.

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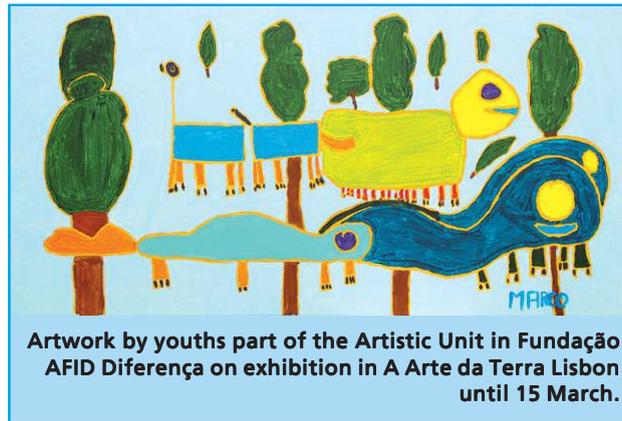
Mark Felt: The Man Who Brought Down the White House
Stars: Liam Neeson, Diane Lane, Marton Csokas. **Genre:** Biography, Drama, History. **Director:** Peter Landesman. **Rating:** N/A. **Plot:** Mark Felt, the FBI vice-president that denounced the Watergate scandal secret. Still today, little know about his private and professional life, or how he risked everything, including family, career and liberty, to bring truth to the world.



Red Sparrow
Stars: Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts. **Genre:** Mystery, Thriller. **Director:** Francis Lawrence. **Rating:**

N/A. Plot: Ballerina Dominika Egorova is recruited to 'Sparrow School,' a Russian intelligence service where she is forced to use her body as a weapon. Her first mission, targeting a C.I.A. agent, threatens to unravel the security of both nations.

North & Centre



Artwork by youths part of the Artistic Unit in Fundação AFID Diferença on exhibition in A Arte da Terra Lisbon until 15 March.

EXHIBITION

"A Arte da Terra" is exhibiting artwork from various authors that are part of the Artistic Unit in Fundação AFID

(A social solidarity institution with the aim of promoting autonomy and support for social, health, education and training). Screens, Paintings and azulejos (Portuguese tiles) are the areas in which the talent of these youths can be appreciated in this exhibition. **1-15 Mar**, daily 11am-8pm at A Arte da Terra, Rua Augusto Rosa, Lisbon. www.aartedaterra.pt

MARKETS

LxMarket - Every Sunday at LxFactory, 10am-7pm. Unique, vintage, handmade and second hand items. Lx Factory, R. Rodrigues de Faria, Lisbon. www.lxmarket.com.pt

CCB Market - First Sun of every month. Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon. Free entry.

MUSIC

Concertos Íntimos 2018 - Concerts by Filipe Catto, Ana Bacalhau and HMB. Ana Bacalhau brings her solo project "Nome Próprio", on **24 Mar**, 9:30pm. HMB, the most "soul" band of Portuguese music, present the last concert of Concertos Íntimos 2018, **19 May**, 9:30pm. Tickets: €30. Cine-teatro de Estarreja, Rua Visconde Valdemouro, Estarreja. Tel: 234 811 300 www.cinetatroeststarreja.com

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Live Music in Casino Lisboa during March - Pan Sorbe, 8 Mar; Nery, 9 Mar; Luís Patraquim, 10 Mar; Nuno di Rosso, 15 Mar; Yugo Dee, 16 Mar; Sheri Vari, 17 Mar; Mário Valente, 22 Mar; Diogo Pires, 23 Mar; John Holmes, 24 Mar; Pelota, 29 Mar; Johnny Deep, 30 Mar; Luis Leite, 31 Mar. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

New Circus shows at Casino Lisboa - Duo Daniela & João - Tecido Vertical, 2 & 3 Mar. Tiago Figueredo - Hand Balance, 9 & 10 Mar. Raquel Nicoletti - Tecido Vertical, 16 & 17 Mar. Daniela Vairo and Sonia Navarro - Aerial Shinning Elements, 23 & 24 Mar. Bruno, Miguel, Mónica and Raquel - Dança vertical, 30 Mar. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

February in Casino Estoril - Wednesday Fado Cycles, every Wednesday 10pm, free entry. Tammy Weiss concert, 8 Mar. Voodoo Marmalade concert, 9 Mar. André Sarbib concert, 15 Mar. Liliana Martins concert, 16 Mar. Sofia Hoffman concert, 22 Mar. Frederico Braga da Costa concert, 23 Mar. Rui Faria & Sandra Gonçalves concert, 30 Mar. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

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EXHIBITIONS

The Angels of Lagoa - A photographic exhibition of tiles of saints and angels charged with protecting the houses across the city of Lagoa. Exhibition created by Dr. Ron B. Thomson. Until **23 Mar** in the Municipal Library in Lagoa.

Paintings by Liz Allen - Ongoing. Óchálá Casa da Chá, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524

"Living and Breathing Art" - Sculpture and painting exhibition by Nathalie and Paul. Until **3 Mar** in the Sala Polivalente in the Convento São José, Lagoa. www.cm-lagoa.pt

Arts & Crafts Expo. Ongoing at Artes@Spa, Caldas de Monchique. Exclusive locally created products. Jewellery, Glass, Ceramics, Felt, Candles, Natural soaps, Original Art, Prints & Cards and more. Ideal gifts, souvenirs and collectables. **Open Daily** 10am - 6pm. Tel. 911513561 or 961571984. Located in corner of the square opposite Restaurante 1692.

Joint Art and Sculpture Exhibition at Vale do Lobo - Contemporary art exhibition by Rodrigo Ferreira and Paula Castro Freire. Until **8 Mar** at the Vale do Lobo Art Gallery, Mon-Fri 9am-6pm. Free entry. www.valedolobo.com

Exhibition of the 17th Corrida Fotográfica de Portimão - As well as the

Cinema Listings

NOS Forum Algarve - Faro

Gnome Alone (PV); Mark Felt: The Man Who Brought Down the White House; 12 Strong; Red Sparrow; Black Panther

NOS Mar Shopping - Loulé

Gnome Alone (PV); Fifty Shades Darker; Kickboxer: Retaliation; Red Sparrow; Downsizing; 12 Strong; Black Panther; Ferdinand (PV)

Gran-Plaza NOS - Tavira

Black Panther; Fifty Shades Freed; 12 Strong; Snezhnaya koroleva (PV); The Post; Gnome Alone (PV); The Commuter

Algarcine - Portimão

12 Strong; Snezhnaya koroleva (PV); Black Panther; I, Tonya

Algarcine - Lagos

12 Strong; Snezhnaya koroleva (PV); Black Panther; I, Tonya

Algarcine Ria Shopping - Olhão

Black Panther; Gnome Alone (PV); 12 Strong; Maya the Bee: The Honey Games; Fifty Shades Freed; Snezhnaya koroleva (PV)

Cineplace AlgarveShopping - Guia

Acts of Vengeance; Snezhnaya koroleva (PV); Black Panther, 2D & 3D; Maya the Bee: The Honey Games (PV); The Clapper; 12 Strong; Marrowbone; Ferdinand (PV); All the Money in the World; Kickboxer: Retaliation; Downsizing; Mark Felt: The Man Who Brought Down the White House; Gnome Alone (PV); The Post; Fifty Shades Freed; Red Sparrow; Three Billboards Outside Ebbing, Missouri; I, Tonya; The Shape of Water

Cineplace - Portimão

Black Panther, 2D & 3D; Mark Felt: The Man Who Brought Down the White House; Snezhnaya koroleva (PV); Maya the Bee: The Honey Games (PV); Downsizing; 12 Strong; Marrowbone; The 15:17 to Paris; Kickboxer: Retaliation; Fifty Shades Freed; Red Sparrow

Cineplace Loures Shopping

Snezhnaya koroleva (PV); Gnome Alone (PV); Fifty Shades Freed; Marrowbone; Coco (PV); Kickboxer: Retaliation; Downsizing; The Post; 12 Strong; Mark Felt: The Man Who

Brought Down the White House; All the Money in the World; Darkest Hour; Black Panther, 2D & 3D; Red Sparrow; The Shape of Water; I, Tonya; Three Billboards Outside Ebbing, Missouri; Phantom Thread

Cineplace LeiriaShopping

Ferdinand (PV); Fifty Shades Freed; Red Sparrow; Maya the Bee: The Honey Games (PV); Black Panther, 2D & 3D; Downsizing; 12 Strong; Gnome Alone (PV); Kickboxer: Retaliation; The Post; All the Money in the World; Snezhnaya koroleva (PV); The 15:17 to Paris; I, Tonya; Marrowbone; The Shape of Water

Cineplace Riosul - Seixal

Black Panther, 2D & 3D; Maya the Bee: The Honey Games (PV); Fifty Shades Freed; Acts of Vengeance; Coco (PV); Red Sparrow; Snezhnaya koroleva (PV); 12 Strong; Gnome Alone (PV); Downsizing; Ferdinand (PV); Kickboxer: Retaliation; The 15:17 to Paris

Estação Viana Shopping - Viana do Castelo

Mark Felt: The Man Who Brought Down the White House; The Clapper; Snezhnaya koroleva (PV); Black Panther; Red Sparrow; Gnome Alone (PV); Fifty Shades freed

* (PV) = Portuguese version.
(OV) = Original version.



Algarcine
 Portimão: 282 411 888 / Olhão: 289 703 332 / Lagos: 282 799 138 /
 Sines: 269 633 510.



Cineplace
 Guia: 289 561 073 / Portimão: 282 070 101 / Leiria: 244 826 516 / Loures: 210 110 677 / Riosul: 210 114 352 / Parque Atlântico: 296 629 514 / Covilhã: 275 334 731 / Viana do Castelo: 258 100 260 www.cineplaceportugal.pt



Cinemas NOS - Tavira, Faro & Loulé
cinemas.nos.pt

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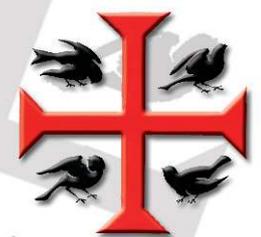
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SUNDAY SERVICES of Holy Communion
Praia da Luz (West Algarve)
 8.00am & 11.30am
 Igreja Nossa Senhora da Luz

Pereiras (Central Algarve)
 9.30am
 Igreja das Pereiras
 Near Quatro Estradas
 GPS 37.09548, -8.055728.

Stª Bárbara de Nexe (St. Lukes)
 (East Algarve)
 11.30am
 St Luke's, Palhagueira
 GPS: 37°07'36.84 N
 7°57'07.18 W

For more information, call 282 789 660 or 289 366 720 www.stvincentsalgarve.org



This page is primarily for cultural, sports, charity and free events or those staged by a club or society. Please send your events to events@theportugalnews.com by midday on Monday before publication. To guarantee inclusion of other events there is a charge of 50 cents per word. To place a paid listing, email linda@theportugalnews.com and you will be sent payment instructions.

usual winning photographs and the best of the eight presented themes, a lot of subaquatic photos taken during the archeological prospecting in the Arade river will be on display. The winners of the photographic race were: 1st Margarida Santos, 2nd Marco Oliveira, 3rd Alexandre Mendes Cabrita and the Prémio Jovem went to Catarina Guerreiro. Exhibition until **15 Apr** in the Portimão Museum. Open Tue 2:30pm-6pm and Wed-Sun 10am-6pm. www.vivaportimao.pt

MARKETS

The Car Boot Sale normally held on the first Sunday of each month at the Old School House, Vales, Aljezur, is now on its winter break and will resume on **1 Apr 2018**.

MUSIC

Fado /Live Music - O *Navegante* restaurant is proud to announce live music/Fado every Friday from 8:00pm. Menu from €16.00. You are welcome to join us. Try our delicious and varied cataplanas, Stone Steak and fresh fish. Booking recommended: 282 315 399 / 968 305 515

Every Friday - New Orleans jazz with The Dixie Kings at Casa Inglesa, Portimao - dinner reservations 282 416 290 details www.neworleansjazzalgarve.com/index.html

Every Sunday - The New Orleans Jazzband play a dinner/concert at O'Navegador Restaurant, Alvor - reservations 282 412 375 or 962 541 124 www.neworleansjazzalgarve.com/index.html

Tavira Pop Choir - Fonte do Bispo. If you are interested in joining a fun and enjoyable Pop Choir, then come along on **Sundays** at 2pm-4pm. We would like a choir/musical leader to conduct and organise the various singing talents we have at present. Please contact Gillian Tel.966 006 436 Email. Info@qtfontebispo.com

SHOWS

"Balucia" - A theatre act for babies, by Animateatro. 35 min. long, directed at babies between 6 months and 3-years-old. Tickets: 1 baby plus adult, €8; Extra adults, €5. **3 Mar**, 11am at the Teatro Experimental of Lagos. Reservations: 962 512 133 or associacaotel@gmail.com

SOCIAL

afpop East Algarve Coffee and Chat Morning. Member-2-Member. Monthly Coffee & Chat morning. They are always the **last Wednesday** in the month. The coffee mornings are organised by a group of afpop members. It is very informal, a chance to meet up, make friends and have a chat. If you are interested in the Coffee & Chat mornings contact: Sherry on 916 913 612 or email: slosantaclara@gmail.com. Usually in the East Algarve Pedras da Rainha Club House.

Drawing the Nude in Olhão - Beginners and artists meet in Olhão every **Thursday** morning. New students are very welcome and guidance is given if required. Contact jill.stott@gmail.com for more information regarding drawing or modelling.

Duplicate bridge - Come and join our friendly international club. **Thursday afternoons**, 3pm start at Restaurante Solar da Poeta in Almancil. Or **Friday afternoons**, 2pm start at Museu do Trajo in São Bras de Alportel. For pre-registration and information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

Bridge; Friendly social game Tuesdays & Fridays 1:15pm Marina Club Suite Hotel Lagos. Just tip up or call 963977642 -partner not necessary

Coro dos Amigos do Museu. We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular music from medieval to 21st century, with concerts several times per year. We rehearse on **Tuesdays** from 6.30pm. Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on david51.littlewood@gmail.com, or on 289 489 374.

Barbershop Chorus "Bella a Cappella" Welcomes new members. Men and Women from all nationalities, to experience joy and fun in Harmony singing. Rehearsals **Tuesday** evenings in the lagar in Moncarapacho. For details go to www.bellaacappella.net or call Andrea: 962932978

The East Algarve International Shanty choir is looking for an enthusiastic musical leader. Musicians, Male and Female singers welcome! Join the **East Algarve International Shanty Choir**. Rehearsals weekly on **Tuesday**, 5pm Luz de Tavira, at café Chic Zé. Tel. 00351 926684061 Website: www.eaisc.eu

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. For more information email info@casasocial.club or telephone 282495475 www.casasocial.club

afpop Badminton in Silves Come and try Badminton. This is a regular **Thursday evening** slot booked for Badminton players at the pavillion of the Escola EB 2,3 Dr. Garcia Domingues in Silves between 8pm and 10pm. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Sue on suesharman9@gmail.com or call 910 108 730

Bridge lessons - Mid January start of course of 10 lessons for beginners and start of follow-up course of 10 lessons for those who have

done the beginners course. Every Monday afternoon or Wednesday morning in Albufeira. For information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

Crown Green at Alvor bowling club every **Friday** at 10am, bowls available free of charge. For more info please contact Peter or Janette Tel:- 966169747 or 965700536.

Vale de Milho Golf Club members meet at 9 am on **Tuesdays** and **Fridays** for golf competitions. It is a friendly club and visitors are welcome. For more information contact Hazel Hopps 282 358 022

Walking Football for the 50+ - Every Thur. 9.30am - 11am, at José Arcanjo Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903 christopher.wright@hotmail.co.uk

Meet other people, Central Algarve. New social club. singlemingle@email.com

Come and learn bridge. Vale del Rey. Tel 968457888

Friendship group, Os Amigos, meets on the **3rd Tuesday** of each month, for walks, lunch, and other activities. For details contact lindabell@cogb.com

Duplicate Bridge - Come and join us in a friendly informal atmosphere. All levels and nationalities welcome.

Wed & Fri afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885

Chess Club All Levels in central Algarve. chessalgarve@mail.com for details.

Painting for Pleasure Classes, water colours, oils or acrylics - Beginners onwards, individual tuition on **Tues** mornings at Four Seasons Fairways (Quinta do Lago, Almancil) 10am to 12noon. **Wed** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289 845 561

Duplicate Bridge - Come and join us. Friendly Club, all nationalities and levels welcome. Every **Mon & Thurs** at the Cristal Hotel, Carvoeiro. 1.45pm for 2pm. Tel: 282 357 953 or 282 357 657.

Duplicate Bridge - Come along to our friendly International club on **Tues** afternoons, 1.45 pm for a 2 pm start. At the Aroma di Mar Restaurant in Olhos de Água. For further details call Mary Moore: 289 416 199.

New Duplicate Bridge Club at Lagoa Hotel on the EN 125 in Lagoa, next door to O Casarão Restaurant. **Thurs** 1:45pm. €5 including refreshments. No joining fee. All welcome. 282 352 022 / 969 174 130

SPORT

Walking Football begins again at Boavista Spa on the N125 between Lagos and

Luz. **Every Wednesday** 9:30am -11:30am. Everyone over 50 welcome. contact:brian.efoster@yahoo.co.uk

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Caterina, Fonte Bispo, Tavira. Tel: 963 997 582.

Balaia Bowls Club, Olhos de Agua, Albufeira - roll-ups on Tuesdays and Fridays at 09:45am. Tuition available if required. Please telephone Jill on 935701155

Algarve Hash House Harriers meet weekly. Call 289 413 854 or 918 806 044. Follow us on Facebook & visit www.algarvehhh.org

Valverde Lawn Bowls Club - Almancil, now open five days per week. Come and join us for our roll-ups on **Mon, Wed, Thur, Fri & Sun** from 10am. Tuition is available if new to the game, holidaymakers are welcome. Call Jen on 282 332 628 or 937 264 287.

Walking football at Browns in Vilamoura. **Tuesdays** at 9:30am. Come try it out! Contact info@browns-club.com or 289 322 740

WORKSHOPS & COURSES

Dreams: Doorway to Spiritual Freedom - Join us **3 Mar** from 3-4pm at Hotel Mira Sagres in Vila do Bispo (across from post office). Info: eckmarg.luz@gmail.com, Facebook/Eckankar Portugal,



The Angels of Lagoa. Photography exhibition of tiles of saints and angels charged with protecting the houses across the city of Lagoa. Until 23 Mar in the Municipal Library in Lagoa.

www.eckankar.org. Engl, Prtg, Spn, Grmn, Fr

Latin and Ballroom Classes - Tuesday mornings 10-1.30 at Alvor Community Centre. **Wednesday** evenings 7-8.45 Carvoeiro Clube de Ténis. Beginners, Improvers, Jive, and Intermediate/Advanced. Please contact Caroline on 961916821 / Email strictlydancingcarvoeiro@hotmail.com

Meet people and make friends. Learn to play bridge. Contact the Vale del Rei Bridge group. Beginners sessions starting in January. Tel 968457888.

Music Improvisation and Ensemble Skills - Sat 3pm-5pm Costume Museum,

São Brás de Alportel. Exploring the technical & theoretical aspects of improvising in different keys & applying these new skills within a small-group environment. All instruments & abilities welcome.

Scottish Country Dancing will be held on **Monday** evenings from 7:30 to 9:30pm at the NOBEL International School Algarve. Please contact Mardie Cunningham on 282 356 029 or email mardie@sapo.pt.

Musical Instrument Classes - Guitar, Ukulele, Keyboards, Mandolin, Banjo, etc. Beginners lessons available: **Tuesdays-Fridays**, Intermediate players can join our Show Band. Almancil centre. 919 968 768

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THE PORTUGAL NEWS

NOTE Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing.

Announcements

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CC DEPRESSED/ BIPOLAR Friendly Support Meetings, 1st Monday of the Month 6:30pm, upstairs Casa Inglesa, Portimão. 914878927

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NEXT LIVE AUCTION
Saturday, 3 March 2018
10.00am onwards

- Approx. 500 lots.
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Caravans & Motor Homes

UK CARAVAN wanted Looking to buy a UK caravan, cash waiting. Call 966706140 or lmjp@sapo.pt

Charities

CC ASSOCIAÇÃO DE CARIDADE Mãos de Ajuda Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Monday, Wednesday, Saturday 10am to 1pm. Help us to Help others in the Tavira Area. 963558138

CC ADL SUPPORTING FAMILIES This is a new Charity set up to support local families in crisis. We receive unwanted furniture, white and electrical goods, baby equipment, bedding, towels etc..and distribute items to local families who need them. We cover the Guia, Algoz, Tunes area and further afield. For more information about the work of the Charity and how you can help please contact Su Davis: 932307548 su.davis@sapo.pt Facebook: Support for families in the Algarve and Desafios Luminosos.

CC WEEKLY BOOK SALE. Come along to our Book Sale every Friday from 10.00 to 12 noon at Monte da Palhagueira Nursing Home & Retirement Village Hall, Gorjoes. All proceeds go to The Boys Home Faro. Tel: 289990901

CC THE NANDI CHARITY SHOP. Winter clothing now in stock. Bargain prices. Furniture can be collected within 30 K Lagos. Tel 912741857

CC THE GOODWILL CHARITY. R.Direita 5, Ed. Portus Magnus, Portimao. (Close to Theatre). 968 740 693 10am-2pm. Clothes, bric a brac and furniture in saleable cond., large items collected.

CC APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Cerro Grande, Albufeira: Tues to Sat 10.30am - 2pm. Rua Elias Garcia, 20, Silves: Mon to Sat 10am - 2pm. Volunteers always welcome info.apaaportugal@gmail.com

CC THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa . Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966033127

CC SECOND CHANCE charity shop at Largo Das Ferreiras(on roundabout), Ferreiras, Albufeira. Open Tuesday to Friday 10am to 4pm. Saturday 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHSA day care centre for the elderly and more. Contact Maggie Cook 917707808.

CC CADELA CARLOTA shop in Lagos open Monday till Friday 10.00-13.00 /15.00-17.00hrs. Almadena: Monday till Friday 10.00-16.00 hrs Saturday 10.00 -13.00hrs. You are always welcome to donate and to purchase. We always need extra hands in our shops.

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Education

CLASSICAL GUITAR Lessons. English speaking Teacher based in Lagos. ABRSM certified. One to one lessons for children, adults and seniors. 20 € p/ h. References available. 962690582.

ENROLMENTS OPEN for really popular Portuguese courses. Beginners: 12 March and 9 April. Intermediate: 10 April. Advanced: 9 April. Centro de Linguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

Friendship

ALGARVE BASED Christian business man wishes to meet lady 20-35 years old for serious relationship. Tel. 934801273

For Sale Private

LADIES PALM Springs Golf Clubs, used 3 times, €75. 2kw Electric Wood Effect Fire €40. Sausage maker/Mincer, Little used €20. 2 Ring Induction Hob, little used €50. Email/call for photos. Cluckers71@gmail.com. 919041903



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MOTOR BOAT technician/ mechanic/ all-rounder. Vilamoura Marina. Contact info@powercoolmarine.com/ 912511172



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PART TIME Property Consultant required to join our new Lagos office. We are seeking an outgoing and enthusiastic individual to work within our small team. Applicants must be computer literate, preferably have a proven sales background and ideally be multi-lingual. Contact Algarve Retreats - 282 183 798 or 915 395 377

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CC
CC stands for Community Care and these ads are provided free of charge by **The Portugal News** to help the various charities involved. These advertisements must be renewed at the end of the year at which time they must contact copy@theportugalnews.com for renewal.

Pools & Gardens

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Tavira: 281 320 281 Vilamoura: 289 301 294

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Pets



OUR DOG Georgie has gone missing, we believe he was taken by a Gypsy man on Tuesday morning the 20 February at around 10.30am. He is small build around 7 kilos, mostly black with tan paws. He has a limp in his right back leg. He has a chip. He went missing from our village in Arão near Mexilhoeira Grande and we believe he could be with a gypsy camp in the Lagos area. Call: 938957893 There is €100 reward.

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Places of Worship

Lisbon

ST GEORGE'S CHURCH; LISBON (Church of England). Av. S.Jorge 6 (north of Estrela Gardens). Service 11:30am every Sunday. 211 306 293. British Cemetery open weekdays 10am-1pm

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. 211 306 293.

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon. Sun. 11.am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com

THE SALVATION ARMY, Lisbon. Reboreira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). Lisbon (21 805708).

GRACE INTERNATIONAL COMMUNITY CHURCH, Cascais. English speaking church, Cascais. www.lisbongrace.com

LISBON SYNAGOGUE; R. Alexandre Herculano Nº 59. Tel: 213 931 130 celestboa@mail.telepac.pt

LISBON - SYNAGOGUE OHEL JACOB Shabat services. Call 217975283

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. 214172087. Sun: English 10:15.

RIVERSIDE INTERNATIONAL CHURCH A Contemporary, caring, Christian Church in Cascais, Galerias O Navegador, Av. 25 de Abril, Piso-1. We offer children and youth ministries and simultaneous translation into Portuguese. Riverside has congregations in Cascais, Porto, Coimbra, Sarilhos Grandes and Feijó. www.riversideintchurch.com riversideintchurch@gmail.com

KINGDOM HALL OF JEHOVAH'S WITNESSES. Gathering for Worship. All Welcome, no collections. Rua Penha da França, Lisbon - Fri 7.30pm Sun 6pm Tel: 213 421 604. Rua João de Deus, Sintra - Tues 8pm Sun 10.15am Tel: 219 243 316. Av Comunidades Europeias 342, Cascais -Wed 8.30pm Sun 2.15pm Tel: 214 831 060. Praça da República, Bombarral, Obidos - Wed 8.15 Sat 5.30pm. Rua Almada Negreiros, Setúbal - Wed 7.30pm Sat 5pm. www.jw.org

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sun afternoons at 3rd Baptist Church, R. Estação 133, & Sat evenings, 1st floor, Confeitaria Palácio (across the "Emergency" entrance of Hospital Stº António); www.NovaAurora.com, 220 994 785 or send an SMS to 917112736.

RIVERSIDE PORTO INTERNATIONAL CHURCH English language church Sun, 5pm, at R. Gonçalo Sampaio, 361, (nr Boavista roundabout) and on 3rd Sun every month at Valença do Minho. Tel: 916 440 795. contact@riversideporto.com www.riversideporto.com

ST. JAMES'S CHURCH, Anglican Chaplaincy of Oporto. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain 226 091 006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama, 675-2 E Ramalde), Service 10am, Salvation Meeting 5pm. Coloras Corps. (Av. dos Bom-beiros Voluntários) Sun-10am. Thu 4pm Ladies Home League Meeting.

KINGDOM HALL OF JEHOVAH'S WITNESSES. Gathering for Worship. All Welcome, no collections. Jardim Arnaldo Gama, Porto. Thur 8.15pm Sat 8.15pm www.jw.org

The Algarve

ALL SAINTS ANGLICAN CHURCH, AIGARVE Holy Communion every Sunday. **Almancil** 10.30am Almancil Community Centre (ASCA). **Lagoa** 11am at Lagoa Convent Chapel. 282380311 www.allsaintsalgarve.org

ST VINCENT'S ANGLICAN CHURCH C of E. Sun: 9.30am Igreja das Pereiras, EN125 between Quatro Estradas & Almancil; 11.30am St Luke's, Gorjões; 8.00am & 11.30am Igreja N Sra da Luz, Praia da Luz, nr Lagos. Visitors are especially welcome. 282 789 660 & 289 366 720 www.stvincentsalgarve.org

INTERNATIONAL CHRISTIAN FELLOWSHIP of Portimão Sun 11am. The Bridge" (A Ponte), Cedipraia Shopping Centre no. 23 / 282 042 836 / 917 358 098 www.icf-portimao.org

INTERNATIONAL COMMUNITY CHURCH, Lagos. Newfrontiers. Sunday service in English 10.30am. 5 Travessa de Santo Amaro, Lagos. Tel. 960450750 www.icc-lagos.org

INT. EVANGELICAL CHURCH OF THE ALGARVE Vale Judeu at 10.30, just off the EN125 - third left after Vilamoura entrance in direction of Faro iec-algarve.com. 289328635.

LAGOA CHRISTIAN FELLOWSHIP. English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor Basilio Teles 32, Lagoa. Pastor Jon Martin: 960 159 007 www.lagoafellowship.org

TAVIRA CHRISTIAN CENTRE welcomes all in the name of Jesus. We meet on Sundays @ 10:30 aiming to worship in Spirit and Truth. Find us: EN125 sail roundabout/Sta.Margarita exit/400 meters/house on right corner. tavrachristiancentre.wordpress.com. Facebook; Phone Else 912467792 or Beth 966807604.

SALVATION ARMY Service Sundays at 10am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, S. Brás Alportel.

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JEWSH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.

THE LIVING HOPE Baptist Church, Albufeira. Sun 4pm. Pastor Mark Pereira, Mob. 964860765.

OASIS CHRISTIAN FELLOWSHIP CONEXAO, R. Dr. Joaquim Tello 32C, Lagos. Sun: 11am; Tue: 11am; Thur: 3pm Bible Study. Int. English w/ Portuguese translation available. Michael -964 285 351 / Lois -914 381 598 www.oasischristianfellowship.com

R.C. MASS in English, Igreja N Sra da Luz, Luz near Lagos. Saturdays 7pm. 917464353.

LIFE HUB Albufeira Knowing Jesus and making Him known. House church in Balaia meets Thu-7.30pm. Call Paul on 926482323 for directions.

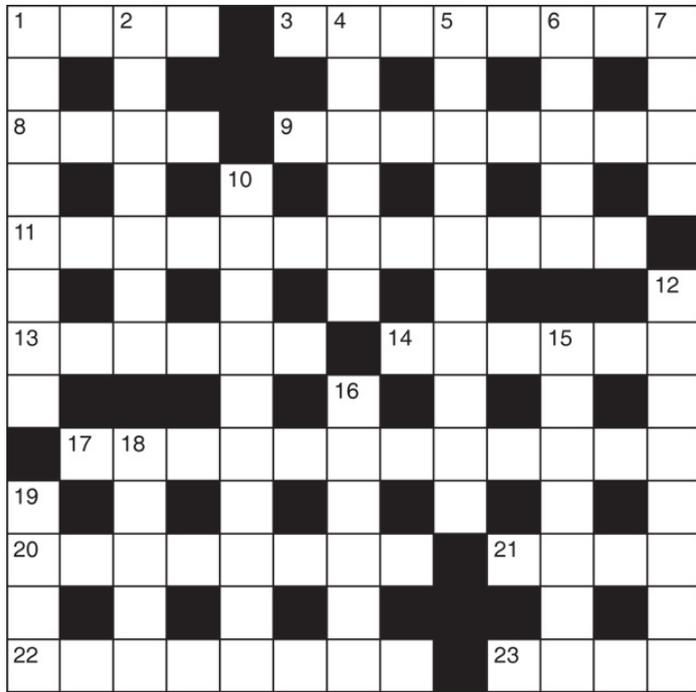
TAVIRA From December, s Holy Mass in English will be at 12.15 pm.Church of Santa Maria Tavira Every Sunday 914621429 tavira@diocese-algarve.pt

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HOUSE OF PRAYER CHAPEL Rua Municipio 31 Next to Hotel Paraiso, Albufeira Sunday service at 10am and 6pm For more info call now:919 458 666

IGREJA METODISTA WESLEYANA PORTIMÃO. Services Sunday 4pm. Silveira, Lote 2 - Lj. A Beco do Moleiro, Caldeira do Moimho - PORTIMÃO (near the round about of Aqua Shopping Center) GPS: 37° 08' 47.92? N 008° 32' 22.13? W For infos or social help, please contact us: 931721005 www.imwportimao.org

Verse of the Week
Fearing any human being is a trap, but confiding in the Lord keeps anyone safe.
Proverbs 29:25; New International Version (NIV)



Last week's cryptic crossword solutions

Across: 1 Wings; 8 On the watch; 9 Ring-road; 10 Dram; 12 Violas; 14 Reason; 15 Hatter; 17 Pieces; 18 Peer; 19 Half-back; 21 Postmaster; 22 Kite.
Down: 2 Intimidate; 3 Gong; 4 Strops; 5 Tender; 6 Card-game; 7 Sham; 11 Adolescent; 13 Literati; 16 Reheat; 17 Polite; 18 Pipe; 20 Bark.

CRYPTIC CROSSWORD

ACROSS

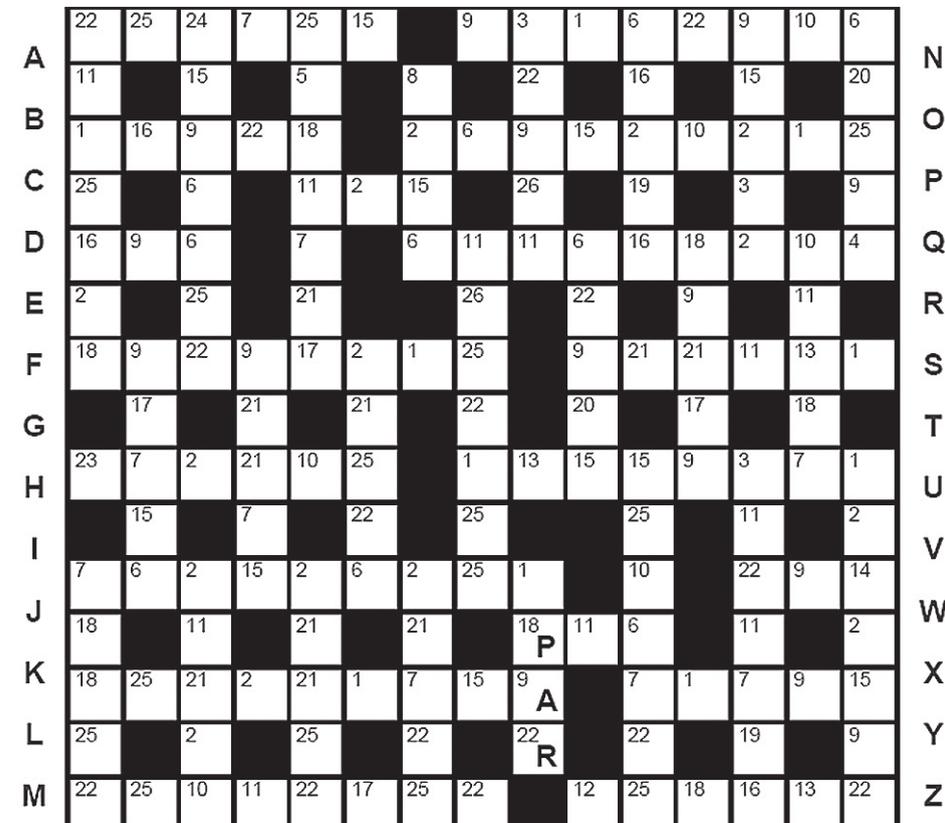
1. Punctuation done in a hurry? (4)
3. Also tied on its own (8)
8. Only fish (4)
9. Big brace used in card game (8)
11. Fitting too big an engine to be irresistible? (12)
13. Get some on it with an idiot (6)
14. Home for animal with firm foundation (6)
17. Arranged the records at the Reformation (12)
20. Fee to keep the henchman on? (8)
21. 1000 frozen confectionery animals (4)
22. A pirate's a leech (8)
23. It takes a long time to get how old people are (4)

DOWN

1. Take no notice of the deduction (8)
2. Entails noticeable changes (7)
4. Cunning virago has first defeat (6)
5. Lay about uncouth fellow setting about deserter in scientific workshop (10)
6. Educate in transport (5)
7. Act to produce legal document (4)
10. Make over-subtle distinctions in trouble on crown? (5,5)
12. It's unnecessary to require a smaller amount (8)
15. One abstainer stands up in wallop at the crease (7)
16. A perfume to go with a rise? (6)
18. It goes round and round up and down (5)
19. Fall means work for doctor (4)

CODEWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26



QUICK CROSSWORD

ACROSS

1. Inactive (4)
3. Chattels (8)
8. Mew (4)
9. Dislike (8)
11. Alienation (12)
13. Hit (6)
14. Firm (6)
17. Unconcern (12)
20. Recaptured (8)
21. Motor-cab (4)
22. Soften (8)
23. Depend (4)

DOWN

1. Augment (8)
2. Barge (7)
4. Despoil (6)
5. Imperative (10)
6. Rule (5)
7. Jerk (4)
10. Slander (10)
12. Harshness (8)
15. Dressing (7)
16. Consequence (6)
18. Darkness (5)
19. Stuff (4)

Last week's quick crossword solution

Across: 1 Pier; 8 Intangible; 9 Pittance; 10 Sump; 12 Coarse; 14 Dilute; 15 Vacuum; 17 Fleece; 18 Sere; 19 Scribble; 21 Forthright; 22 Hush.
Down: 2 Invigorate; 3 Rift; 4 Stance; 5 Intend; 6 Dissolve; 7 Reap; 11 Meticulous; 13 Roulette; 16 Misery; 17 Forage; 18 Sift; 20 Bath.

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

3						6		
1					3		8	7
	4		9	7			2	
			8				9	2
			3		1			
8	9				5			
	5			3	4			1
4	8		5					6
		2						3

Medium

	6		7				5	
8	3		4	9				7
	9							
					7	2		
3			8		1			6
		1	5					
							3	
5				8	4		7	1
	8			3			2	

Hard

Last week's solutions

Last Week's Codeword Solution

P	I	Q	U	A	N	C	Y	S	A	F	A	R	I
B	N	O	A	A	R	N							
R	E	S	I	S	T	C	O	N	V	E	E	D	
X	O	H	H	D	S	I							
P	E	N	L	I	S	T	S	S	H	E	L	F	
O	Q	N	S	H	A	M	J	F					
S	A	U	S	A	G	E	R	O	B	E	S	E	
I	A	R	T	E	K	C	R						
T	I	T	L	E	H	W	R	E	S	T	L	E	
I	E	A	X	I	S	E	O	N					
O	A	S	I	S	C	U	R	A	T	O	R	T	
N	N	G	P	L	M	S							
I	N	S	U	L	A	T	E	I	D	I	O	T	S
N	R	Z	R	S	T	U							
G	R	I	E	V	E	B	L	E	S	S	I	N	G

Last week's solutions

6	5	9	8	2	3	4	1	7	7	4	8	9	5	3	1	6	2
3	7	4	6	1	9	8	5	2	1	6	9	8	7	2	3	4	5
2	8	1	7	5	4	9	6	3	2	5	3	6	4	1	8	9	7
1	3	6	9	4	7	5	2	8	3	1	2	7	8	9	6	5	4
5	2	7	1	3	8	6	4	9	9	8	4	5	2	6	7	1	3
4	9	8	2	6	5	7	3	1	5	7	6	1	3	4	9	2	8
8	1	3	4	7	6	2	9	5	8	2	1	3	9	5	4	7	6
7	4	5	3	9	2	1	8	6	4	9	7	2	6	8	5	3	1
9	6	2	5	8	1	3	7	4	6	3	5	4	1	7	2	8	9

Medium

Hard



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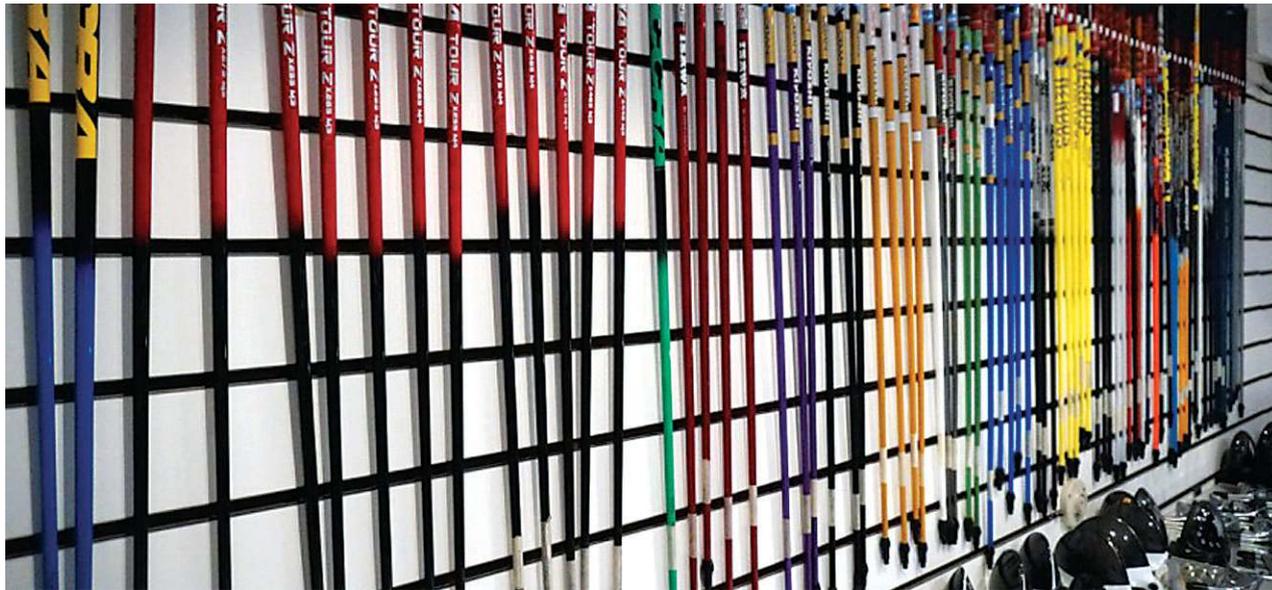
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Tools of the Trade

N NEIL CONNOLLY

Regarding the latest innovations in golf club technology, I have a friend in Edinburgh who believes that the fallible object holding onto the club (himself) will counteract any advances the club manufacturers have made in hitting the ball further and straighter.



Which is a challenging position to take. You also should bear in mind that he plays links golf on one of the coldest courses in the UK. So, the opportunity to see the ball fly straighter and further is somewhat impeded by regular freezing cold temperatures and gusts of forty miles an hour. Having just spent the last two days in Edinburgh being trained by one of the finest minds and cutting edge leaders in club fitting I would now counter my friends position by saying that the world of club fitting has changed dramatically. Everybody has their own swing; good, bad or inconsistent, after all it's the movement you have drilled and grooved over the past years. What if I was to tell you that you could have the same club in your hands. Perfectly fitted for you, with the shaft aligned ideally for your swing speed and tempo. If the club fitter removed the shaft, rotated it by forty five degrees and then replaced it back into the club head you would then have a completely different feeling and performing club, for the worse. No matter how good your

swing is, that club would not behave. Leaving the ball to go off in any direction other than the one desired. All of this from just rotating the shaft by 45 degrees. The point was proven to me time and time again over the past two days. The most striking was when they used me as an example. My stock and trade shape is a draw, always has and always will be... at least so I thought. So, they got me to hit a driver which had been fitted for my swing speed, ideal angle of attack and launch angle so that I could get the most carry and run from the ball. It was the latest M3 Taylor Made driver with what would be described as a 'tour spec shaft' which means the same quality as the ones the tour players use, so about £300 for the shaft. It felt great, the distances I was getting reminded me of distances ten years previous. Then they took the shaft out, rotated it, and put it back in. The club started hitting it right; high block fade instead of a low draw. The club was the same yet felt completely different and the direction was completely different. Before you start rolling your eyes and saying, "Poor

Neil, how could he cope hitting a fade and having to play from the right-hand side of the fairway?" Remember that's me, a tournament professional golfer who is getting a completely different outcome of shot. Now imagine the player who doesn't know whether there is a fade, draw or slice coming next and they have a mixture of clubs, old and new, with a variety of shafts set for different shapes. Is it any wonder that inconsistency is the one thing I am asked, as a coach, to eradicate? That is why the final piece of the puzzle, as far as my clients performance is concerned, is to make sure that the clubs in my players hands are able to deliver a straight shot, instead of assuming that all clubs are created equal and that it's the player who sends the ball left and right. Next month our Academy will be taking delivery of the latest driver and iron heads Taylor Made, Calloway, Cobra, Srixon and Cleveland have to offer. Incidentally, these were the market leaders in golf club performance for 2017. We will be able to offer a selection of the finest shafts in the market place, be able to

mix and match the club heads with these shafts. This will effectively mean, through our launch monitor, that you will be able to compare your clubs performance against the latest clubs which have hit the market, in one place. Without having to get into the car or waiting for multiple demo days, you will be able to see which brand performs best to your golf swing, in one place, in one morning or afternoon. If I can see an average of twenty two yards difference in carry between my five-year-old driver and the latest Callaway Rogue driver, I am sure you will see a difference too. Give us a call on 912 263 555 to pre-book a fitting session.

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No stopping Porto as Portimonense are sunk!

N CHRIS WRIGHT



FC Porto's players celebrate after scoring the fourth goal against Portimonense during their Portuguese Primeira Liga soccer match held at the Municipal Stadium of Portimão. (Photo: EPA/Luís Forra)

Marega. Second-half goals from Tiquinho Soares and Yacine Brahimi completed the rout for the Dragons before Lucas Possignolo's consolation strike for the home side in stoppage time. P.Ferreira have had some impressive home results of late and when Luiz Phellype slotted home Xavier's cutback inside the first ten minutes, the home fans were hoping they could add Benfica to the list. Short of inspiration, the Eagles took until just before the interval before producing genuine danger, with the hosts requiring a Miguel Vieira goal-line clearance to deny Jonas and keep his side ahead at half-time. The Brazilian goal scorer finally got on the score sheet in the seventy-second minute to level the score. Jonas was again on hand two minutes from the end of normal time to convert a Haris Seferovic pass, much to the relief of the visiting Benfiquistas. Rafa killed off, what had threatened to be a frustrating game for Rui Vitória's men with a third in the fifth minute of stoppage time to conclude a flattering 3-1 victory. Sporting, the only Portuguese team left in Europe after their 6-4 aggregate win against Kazakhstan outfit Astana, were hit by an outbreak of flu prior to the visit of

Moreirense. William Carvalho, Stefan Ristovski and Fábio Coentrão succumbed to the bug and Jorge Jesus was also without the injured Bas Dost and Cristiano Piccini plus the suspended Jeremy Mathieu. Bryan Ruiz was presented with the chance to ease a few of those worries on the half-hour mark as the ball fell for the Costa Rican in front of goal before a tame effort into the goal-keeper's arms left the masses disappointed. Sporting were then tasked with finding all three points without Radosav Petrovic who paid the price for a poor refereeing decision as he picked up a second yellow card after an hour. The Lions eventually found a late winner in the third minute of stoppage time through Gelson Martins, but the winger also picked up a second yellow as he took off his shirt to celebrate the 1-0 win at full-time. Gelson Martins dedicated the goal to his friend and former team-mate, Ruben Semedo currently residing in a Spanish jail. Semedo, was arrested a week ago for allegedly tying up and assaulting a man in his home and was placed in preventive detention after being charged with attempted murder. Suspension for Gelson means he will miss the highly anticipated derby against FC Porto tonight (Friday) at the Estádio do Dragão.

FC Porto continue to lead the way in the Primeira Liga having completed their unfinished game against Estoril with a 3-1 win and then putting Portimonense to the sword. Benfica, five points off the pace, won at P.Ferreira while Sporting left it very, very late to overcome Moreirense.

With ten games to go, Porto are stepping on the gas and have found the back of the net eight times in just over two hours of football. Five of those goals came in a comprehensive win at Portimonense where Moussa Marega was in

scintillating form. It took the Mali international only ten minutes to stroke home the first goal after good work by Otávio and Tiquinho Soares. Scorer then turned provider six minutes later as Marega setup Otávio to slam home number two. Just before the interval it was game over as Maxi Pereira was on hand to lay on a second goal for

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