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Wild campers breaking the rules



Wild camping is illegal in Portugal and an increasing number of complaints are being made by residents to the police regarding the practice particularly in the western Algarve. (Photo: TPN/Kim Schiffmann) Full story P2.



2.9% of Portuguese with Covid-19 antibodies. P6



Madeira tourism "exceeding expectations". P12



Residents helping to boost Portugal tourism. P12



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DIRECTORS

Paul Allen Luckman
publisher@theportugalnews.com

Madeline Luckman
copy@theportugalnews.com

CONTACTS

Postal Address:
Apt 13 • 8401-901 • Lagoa

Courier Address:
Rua Município de S. Domingo
Urb.Lagoa Sol • Lote 3 r/c
8400-415 Lagoa

Classifieds: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

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GENERAL MANAGER

Daisy Sampson
Daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

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The problem with wild camping in Portugal

Portugal, and especially the Algarve, has always been a popular destination for backpackers, campers and road trippers from all over the world and although there are many campsites throughout the country, campers are increasingly being enticed by beaches and nature reserves as their go-to campsites.

Admittedly, designated camping areas are not as beautiful as the beaches, they certainly don't have the same view or feel of being in the wild, however, spending the night in nature "wild camping" is illegal across Portugal. Residents in the Algarve are becoming increasingly upset with the situation regarding wild camping, as they are watching their favourite spots, beaches and views not only ruined by big boxy caravans, but also littered, burnt and destroyed in some cases.

The Portugal News spoke to residents near Praia da Ingrina, a beach that is part of the Costa Vicentina Natural Park in the southwest of the Algarve, where the issue of wild camping is very apparent.

The residents, who prefer to remain anonymous, pointed out the repercussions that nature and the locals suffer caused by the illegal camping. According to them, during the height of the pandemic, when tourism experienced a massive slow down, no campers showed up at the beaches which resulted in wildlife returning to the area. Apart from the loss of wildlife, these wild campers create a number of other issues, including the litter they leave behind, which varies from plastic that ends up in the ocean, to used toilet paper that can be found all over the natural park.

Cleaning out the waste tank, which most of these campervans have, is not a pleasant procedure and there is evidence of campers defecating in the wild and leaving behind all the used toilet paper and a noticeable odour. Anyone visiting these areas is now not only met with the smell of faeces, but also has to watch their step and fight off the flies that come as a result of this behaviour.

Walking around these areas, it becomes apparent that, though unpleasant, this is not even the biggest problem. Wild camping is a

N KIM SCHIFFMANN & BRUNO G. SANTOS

romantic idea in theory, and what is camping in nature without a little campfire? All too often you can see self-built fire pits in the middle of the dry shrubs and bushes of the natural park. The residents, increasingly worried for their safety and the safety of their homes, told **The Portugal News** that they have contacted the police and responsible authorities several times, but were mostly dismissed. They decided to take matters into their own hands and designed and printed flyers for the campers in Praia da Ingrina with information and guidelines about wild camping in Portugal as well as directions to the nearest legal campsite, which is less than a kilometre from the beach.

When distributing these flyers and asking the campers politely to leave the natural park, the residents told **The Portugal News** that the travellers often reacted aggressively and even went as far as physically attacking them and spitting on them in the middle of the pandemic. Wild caravanning or camping in the Algarve is a punishable offence and can lead to the payment of fines ranging between €200 and €2,000 in the case of minor offences, or between €400 and €4,000 in the case of negligence or fraud.

In the eyes of the residents the police are being too lenient when it comes to the enforcement of these laws. They feel that all too often the authorities only tell the campers to leave the area and send fines to their addresses in foreign countries, which end up never being paid.

"From an economic point of view, these kinds of tourists spend very little money in the country and are therefore not as helpful or essential to



The Civil Protection of Vila do Bispo is aware of the w

Portuguese business owners as the regular tourist," said the local resident. Owners of establishments on the beach or in areas where wild camping is a problem report that the campers come into their restaurant only to use the toilet during the day, but then go back to their caravan to cook the tinned food they brought from their country of origin in order to save money.

The Portugal News contacted the authorities to ask if they are aware of the situation and how they have been dealing with it. Firstly, the GNR station in Vila do Bispo referred us to the GNR in Portimão in order to get a statement on this topic. When contacted, the Portimão authorities said that they "do not know anything concerning the reports" and transferred the call to the environmental department, who also were unable to provide

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News in Brief

Guadiana Bridge reopens for summer traffic

The Guadiana International bridge which links the Algarve to Spain has reopened all four of its lanes, two in either direction, to cope with an increase in summer traffic. It will keep its four lanes open until the end of this month. The bridge had previously been operating with just two lanes, one in either direction, as renovation work takes place. A 50km/h speed limit will remain in place and overtaking is banned.

Most would skip holiday if tests, masks involved

A survey has shown at least half of German, British and French travellers would rather cancel a holiday than quarantine afterwards, take a test upon arrival, or wear a mask outdoors. Even needing a mask indoors would put off two-thirds of Danes and Swedes, compared to just over 40 percent of British travellers and half from Germany. Among Britons, who now face two weeks of quarantine if they travel to a number of countries including Portugal, 70 percent would cancel their trip, while 65 percent of French respondents said they would do the same.

Shark sighted off Algarve beach

A shark was sighted off an Algarve beach on 2 August. The sighting was reported on Barril beach in Tavira at about 2.20pm. The lifeguard on duty called people out of the water and raised the red flag on three beaches. Shark sightings along the Algarve coast are not uncommon especially when the water is warmer.

WEATHER

A hot weekend in Portugal

This weekend is set to be warm across the country, with the highest temperatures in the south and central regions.

Lisbon: It will be feeling cooler in the capital over the weekend with moderate cloud cover on both Saturday and Sunday and average highs of 30 degrees and lows of 19 degrees. On Monday the cloud cover is to increase. For the rest of the week temperatures are to average highs of 29 degrees.

The centre: High temperatures continue this weekend with thermometers reaching highs of 34 degrees and nightly lows of 17 degrees. From Monday the temperatures are to drop although the skies will remain clear. For the rest of the week temperatures are to average highs of 30 degrees.

The north: The clouds are to clear slightly over the weekend in the north and it will be feeling slightly warmer with average daily highs of 23 degrees and lows of 15 degrees. From Monday the temperatures are to drop slightly to average highs of 21 degrees and nightly lows of 14 degrees.

The south: The hottest day of the weekend in the south is set to be Sunday when temperatures are to peak at 33 degrees with nightly lows of 23 degrees. The temperatures are to drop from Monday for the remainder of the week to average highs of 30 degrees and lows of 20 degrees.

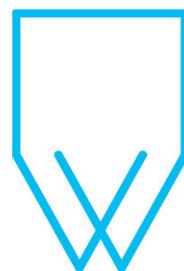


Wild camping situation and added that, "it is a constant effort to fight against this" (Photo: Kim Schiffmann)

further information. Finally the Communication and Public Relations Officer for the Territorial Command of Faro told **The Portugal News** that the "GNR supervises the area but nothing more is being done by the authorities." According to the same source, the authorities are aware of the reports that have been made by the residents and when the GNR goes out to the areas in question, the "people just leave and move to another place and camp in another area." The Civil Protection of Vila do Bispo is aware of the wild camping situation and added that, "it is a constant effort to fight

against this" with the authorities attempting to control the situation since March. According to the same source, Praia da Ingrina is not the only area where this problem exists. Praia das Furnas is also a problematic area and Civil Protection has been jointly working with GNR and Maritime Authorities from Lagos. The source added that these people are not tourists that spend a week or two in the area but stay there for months, creating environmental problems such as the risk of forest fires caused by the use of gas devices to cook, for example. When asked what the authorities

are doing besides supervising the area and telling campers that they should not be there, Civil Protection told **The Portugal News**, that the authorities are putting signs in the area which inform that it is forbidden to park motorhomes in that area. Praia da Barriga and Praia do Zavial already have these signs. The source also admitted that even though both situations can be dangerous to the environment, the authorities prefer that the wild campers stay in the beach areas instead of forest areas due to the risk of a forest fire being lower next to beach areas when compared to forest areas.



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Motorcyclists make up a third of road deaths

Almost a third of those killed in road accidents registered by the GNR in May and June were motorcyclists.

“We have recorded over the last two months, from May to June, that about 30 percent of the deaths

resulting from road traffic accidents involve motorcycles”, said Major José Beleza, from the GNR, together with the steward

Nuno Carocha, of the PSP, and Rui Ribeiro, president of the National Public Security Authority (ANSR). In addition to excessive

speed, Major José Beleza also pointed out the “lack of dexterity” of riders as one of the causes behind the high level of motorcycle accidents.

“Occasional drivers who ride motorcycles will not have the skill and expertise to avoid accidents. We also know that the drivers of other vehicles must take maximum care and must indicate manoeuvres they are going to perform to make it possible for motorcycle riders to be able to anticipate their manoeuvres and their behaviour and, therefore, avoid accidents,” said the Major.

Regarding the increase in the capacity of the National Speed Control Programme (SINCRO), approved last week in the Council of Ministers, Rui Ribeiro said that the proposal for the acquisition of 30 new speed radars will be opened this year.

“It is estimated that in 2021 there will be radars in

operation and in 2022 they will be fully installed”, he said, adding that the programme extends until 2024.

“ANSR will launch a public proposal for the acquisition, installation and maintenance of the new equipment. The contractual execution term is five years, in which the first year is for installation of the 50 speed control locations (LCV) and the rest for maintenance and operation of the entire SINCRO system, estimated to be worth €8.5 million”, said in a statement from the ANSR released last week.

The extension of the programme foresees 50 new LCVs, increasing the capacity from the current 60 to 110 LCVs.

For this purpose, 30 new radars will be acquired, 20 of which for instantaneous speed recording, and 10 for the measurement of average speed between two points, a new feature

for Portugal, the ANSR said.

“The new radars will introduce in Portugal the control of average speed between two points, and the ability to measure, simultaneously, the speed of several vehicles, even in cases when they circulate side by side”, said the statement. The ANSR document explains that “the selection for the locations for the installation of the new radars has been based on, among other factors, the level of accidents that exist in specific areas and where excessive speeds have been registered”.

Among the places identified as priorities for the installation of the new radars are points on national roads in Palmela, Vila Franca de Xira, Vila Verde or Penafiel, among others, but also two complementary routes, the IC19, which links Sintra to Lisbon, and the IC8, in Sertã.



In addition to excessive speed, Major José Beleza also pointed out the “lack of dexterity” of riders as one of the causes behind the high level of motorcycle accidents

Increase in deaths “weather related”



According to the DGS the heat waves in July explain the increase in deaths in older people

Portugal had two weeks in July with an exceptionally high number of deaths in the country, regardless of the Covid-19 pandemic, but the Directorate-General for Health (DGS) says this is a phenomenon “which is nothing new” and was due to the heat wave.

“We think that this variation in mortality is related to the weather”, said the director of the Directorate of Information and Analysis of DGS, Inês Fronteira, adding: “It is a phenomenon that worries but it is not new, neither at the country level nor at the level of what is happening in other countries”.

Inês Fronteira admitted that Covid-19 may have some indirect influence, not because

of the lack of access to health care, but because it can cause other infections.

According to Inês Fronteira, the heatwave in July explain the increase in deaths in older people. Increases in mortality during heatwaves and cold waves are common, not only in Portugal but also across the rest of the world.

When asked if in the case of a new heatwave the number of deaths will tend to increase, Inês Fronteira said it would be normal if it does, because it has already happened in Portugal and it also happens in other countries. And especially among populations such as children, the elderly and people who are vulnerable in terms of health.

Real time Lisbon transport platform moves forward

The Lisbon Metropolitan Area (AML) is moving forward in the creation of a platform with useful, real-time information on public transport in the region.

“We are preparing a technological system that allows AML, but also passengers, to be able to consult in real-time the state of transport in each parish, in each place, at each stop, what the timetables are and how much time is left for the bus or train to arrive”, AML’s first secretary, Carlos Humberto, told Lusa.

The official was speaking after a meeting of the Metropolitan Council of AML, which functions as a transport authority, in which the launch of a public tender for the creation of the project was approved.

“Today we took another step forward with the launch of another contest for the implementation of a platform to have real-time information for AML, for operators, for companies and also for passengers”, he mentioned.

Carlos Humberto admitted that in October it should be possible to reveal the “constitution of the Lisbon metropolitan transport company” since AML has been working on “financial, formal and legal aspects”.

Also at the meeting, a review on the state of public transport was also made, noting that “at the moment the demand is

around 56 percent”, he said.

“The offer is around 92 percent or 93 percent; therefore, it is above the 90 percent that we had negotiated and agreed with the operators”, he pointed out.

In June, the Metropolitan Council decided to increase public transport in the city up to 90 percent, mainly for buses, as of 1 July following the reduction seen since mid-March, during the confinement caused by the Covid-19 pandemic.

However, already thinking about the end of holidays and school breaks, AML considered that transport operators should be prepared and “be in a position to adapt to demand, particularly from mid-September”.

Carlos Humberto had already said last week that public transport in AML will be restored to 100 percent from September and defended the need for reinforcement of financing by the Government.



At the moment the demand for public transport in the AML is around 56 percent.



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Fewer Covid-19 cases not due to lack of testing



António Lacerda Sales stated that the new norm for testing does nothing more than formalise and standardise what were already the usual procedures. (Photo: EPA/Tiago Petinga)

The Secretary of State for Health has assured that the decrease in new cases of infection by the new coronavirus, registered in recent days, is not due to a drop in the number of tests being performed.

standard “excludes or restricts the universe of people subject to testing”.

António Lacerda Sales mentioned the topic during his initial intervention, stating that the new norm does nothing more than formalise and standardise what were already the usual procedures.

“Testing contacts on confirmed cases of Covid-19 has always depended and continues to depend on the risk stratification carried out by health authorities,” he said.

And he also considered that, despite being a determining tool, the effectiveness of testing is limited if, at the same time, there is no work to identify transmission chains, through epidemiological surveys that allow the identification and isolation of contacts.

In this sense, the Secretary of State rejected the testing policy as a possible explanation for the decrease in the number of new cases of Covid-19 registered daily, adding, on the other hand, that the apparently positive evolution should be interpreted with caution.

“We have always analysed the figures with the greatest caution, without excessive euphoria when the situation appears to be more controlled, or exaggerated negativism when things do not go as we would like,” he stressed. Looking at the most recent data, which on 3 August point to the absence of deaths recorded in the last 24 hours, for the first time since 16 March, António Lacerda Sales considered that Portugal’s response to the pandemic has been positive.

“We know that we continue to make the best decisions based on the best scientific evidence available at all times and managing the resources we have in proportion, dynamically and always looking for the best efficiency,” he said.

The government official also took advantage of the press conference to appeal again for the responsible behaviour of the Portuguese people, in particular, those who are currently on holiday, stressing that “collective success continues to depend on the individual actions of every person”.

“In the last week Portugal carried out on average, more than 13,300 tests per day, there is no sign of less testing”, guaranteed António Lacerda Sales, during a press conference on Covid-19 in Portugal.

The Secretary of State referred to a rule published by the Directorate-General for Health (DGS) on the screening of contacts by Covid-19, which provides that it is no longer mandatory to carry out tests on high-risk contacts with infected people.

On 1 August, Expresso reported that “high-risk contacts are no longer being tested” with this standard, a situation that DGS denied on the same day in a statement, ensuring that “it is not true” that “Portugal will reduce the number of tests” and that the

2.9% of Portuguese with antibodies to Covid-19

The percentage of the Portuguese population with antibodies (seroprevalence) to the SARS-Cov-2 coronavirus is estimated at 2.9 percent, a lower than necessary value to achieve potential group immunity.

According to the results of the first Covid-19 National Serological Survey “Portugal registers a global seroprevalence of 2.9 percent of infection by the new coronavirus in its population [close to 300,000 people], with no significant differences found between regions and age groups”, said the National Health Institute Doctor Ricardo Jorge (INSA), promoter of the study.

Seroprevalence was higher in people who reported having had previous contact with a suspected or confirmed case of Covid-19 (22.3 percent versus 2.0 percent) and in those with symptoms compatible with the disease - fever, chills, asthenia, odynophagia, cough, dyspnoea, headache, nausea / vomiting and diarrhoea - (6.5 percent versus 2.0 percent).

About 44 percent of people with specific

antibodies against the new coronavirus did not report any previous symptoms of Covid-19.

The data shows that the differences between the percentage of the population with Covid-19 antibodies and the number of reported cases of infection are due to difficulties found in surveillance systems in capturing mild or asymptomatic cases of the disease.

The survey aimed to “characterise the distribution of specific antibodies against SARS-CoV-2”, determine the extent of infection in the population resident in Portugal, determine and compare seroprevalence by age group and by Health Region and the number of asymptomatic infections.

Regarding the distribution by sex, the study indicates that the estimated seroprevalence was higher in men (4.1

percent) than in women (1.8 percent).

Analysing the ages, similar values were found for the age groups under study, varying between 2.2 percent (from 10 to 19 years old) and 3.2 percent (from 40 to 59 years old).

Among the different Health Regions, the percentage of the population with antibodies to SARS-Cov-2, which causes Covid-19 disease, varied between 1.2 percent in Alentejo and 3.5 percent in Lisbon and Vale do Tejo, “although without statistical significance”.

For the coordinator of the survey, Ana Paula Rodrigues, the results provide “advice for the maintenance of individual and collective protection recommendations for all individuals, regardless of the respective level of specific antibodies against SARS-CoV-2”.

They also show “the need to monitor the evolution of the

About 44 percent of people with specific antibodies against the new coronavirus did not report any previous symptoms of Covid-19.



seroprevalence of these antibodies in the population, according to the evolution of the epidemic in Portugal”, said Ana Paula Rodrigues.

The fieldwork of the survey took place between 21 May and 8 July, with 2,301 participants over the

age of one year, spread across all health regions of the continent, Azores and Madeira.

The results also reveal a global seroprevalence according to values obtained in other population-based and nationwide

seroepidemiological studies carried out in other countries.

The tests were carried out in 96 clinical analysis laboratories and 18 hospitals of the National Health Service (SNS) that are partners in the National Serological Survey.



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New mining laws slammed

The environmental association Zero has criticised new legislation on mines, stating that it does not guarantee the protection of sensitive areas by allowing exploration to advance even if there are negative environmental impacts.



For Zero, "a more ambitious legislation proposal" is needed, with more participation from society. (Photo: Lusa)

Natura Network, is only guaranteed "whenever possible", which is considered to not be enough for Zero. "This is a situation that does not guarantee any safeguard", says the association in a statement, noting that the Minister of the Environment had already guaranteed that "there would be no prospecting and research of lithium in classified areas", but the new legislation "is not clear at this point." Zero accused the Government of wanting to have "political control over municipalities" by stating in the decree-law that concessionaires who want to explore the ores must contribute to the Environmental Fund to finance projects in the municipalities where the mines are located. Also, "projects that especially benefit the populations closer to the mine" can be financed, which, in the association's opinion, "leaves openness to investments that may not result in a benefit for the populations that will be most affected."

exploitation of geological resources", considers Zero. For Zero, "a more ambitious legislation proposal" is needed, with more participation from society and a "clear and active involvement of entities with competences in the area of the environment and nature conservation in all processes." For example, "the Institute for the Conservation of Nature and Forests must be consulted in advance" to ensure concession rights, whether for prospecting and research or exploration, even if the projects are outside classified areas, and any unfavourable opinion must be binding, the environmentalists argue. They also consider that the Portuguese Environment Agency and the Regional Development and Coordination Commissions must be "involved in all the processes for granting concession rights". Zero also wants to see "other actors in society" involved in the awarding of concessions, without forgetting "the existing populations and conflicts", defending a strategy that "is not only the dilapidating aspect of geological resources".

In the new decree-law that regulates the exploitation of mineral resources on public soil, the protection of classified areas, such as those that make up the

"This discretion regarding the type of financeable projects and clear political control may not result in capital gains for the populations that are affected by the

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SMS scam warning

Worten, the electrical retailer, is warning clients not to share personal data as an answer to fake advertisement SMS text messages that are being sent in the name of the company regarding a prize.

"We would like to state that any kind of personal data should not be given as an answer to these messages. We are making every possible effort to stop this situation since the competent authorities are aware of the situation," said a statement from the company.

The sending of the fraudulent messages is random and according to Worten, they can "confirm that there has been no improper access" to their client databases.

The fraudulent messages that are circulating concern campaigns giving away prizes, on behalf of Worten, but have nothing to do with the company at all.

The SMS text messages in question contain a 'link', aiming to collect user data or install 'malware', and are similar to another fake campaign that took place in September last year.

"These are fake campaigns using the name of Worten".



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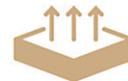


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Fewer fires in Portugal so far this year

More than 24,000 hectares of fires were registered during the first seven months of the year in Portugal, a lower number than the annual average over the last decade, according to the Institute for Nature Conservation and Forests (ICNF).

According to the third provisional report of rural fires of the ICNF, which covers the period between 1 January and 31 July,

the national database registered a total of 5,294 rural fires, which destroyed a total of 24,680 hectares (ha). Comparing the values of the first

seven months of this year with the history of the previous 10 years, the report indicates that there were 43 percent less rural fires and 34 percent less burnt areas

compared to the annual average of the same period.

Until 31 July, 2020 has registered "the lowest value in number of fires and the sixth lowest value of burnt area, since 2010", says the document.

The ICNF report indicates that fires with a burnt area of less than one hectare this year are the most frequent (87 percent of total rural fires).

With regard to larger fires, the data show the occurrence of five rural fires with a burnt area greater than or equal to 1,000 hectares: Oleiros (Castelo Branco), Chaves (Vila Real), Castro Verde (Beja), Aljezur (Faro) and Covilhã (Castelo Branco).

The largest fire recorded this year was the one that broke out in Oleiros on 25 July, which destroyed 5,570 ha, followed by the one in Vila Real on 30 July, which the ICNF says has destroyed 2,560 hectares. As a comparison, the report indicates that, in the last decade, in the same period, 2017 was the

year that registered the most fires with a burnt area equal to or greater than 1,000 ha (17).

In the first seven months of the year, Portugal reported 23 major rural fires (burnt area equal to or greater than 100 ha), which destroyed 19,831 hectares, which is equivalent to 80 percent of the total burnt area.

As for the number of fires, the district that recorded the most fires was Porto (1,474), followed by Braga (462) and Aveiro (384). In either case, the fires are mostly small (do not exceed one hectare of burnt area).

"In the specific case of the district of Porto, the percentage of fires with less than one hectare of burnt area is 91 percent", says the report.

The document also adds that the municipalities with the highest number of fires are located "all north of the Tagus" and that are characterised by "high population density, presence of large urban areas or traditional use of fire in agroforestry management".



Until 31 July, 2020 has registered "the lowest value in number of fires and the sixth lowest value of burnt area, since 2010", says the document. (Photo: Lusa)

All drainage basins with less water

All monitored drainage basins in Portugal registered decreases in the amount of water stored in them on the last day of July, when compared to the previous month.



The Ave, Ribeiros do Oeste, Sado, Guadiana, Mira and Barlavento basins had lower values than the storage averages for July

According to data from the Portuguese Environment Agency (APA), of the 60 reservoirs monitored, 18 had water availability above 80 percent of the total volume and 14 had availability below 40 percent of the total volume.

The Ave, Ribeiros do Oeste, Sado, Guadiana,

Mira and Barlavento basins had lower values than the storage averages for July, from the reference period (1990/91 to 2018/19).

The Douro basins, with 81.5 percent of the total volume, Tejo (81.1 percent) and Cávado (79.8 percent) were the ones with the most stored water.

Association claims animals could have been saved from fire

The Portuguese Search and Rescue Association (APBS) has stated that the fire in Santo Tirso that killed dozens of dogs was already "in the stage of aftermath", and that animals could have been saved.

During the parliamentary hearing at the Agriculture and Sea Commission, at the request of BE political party, on the events at the shelters 'Cantinho das Quatro Patas' and 'Abrigo de Paredes', the association's chief, Pedro Batista, explained to the deputies that when he arrived at the site at 2am on Sunday (19 July), the area where the kennels were was already "totally burned", which is why there was no risk of re-ignition, because at that time, the fire "was already in the aftermath".

Following the fire on the weekend of 18 and 19 July, which broke out in the municipality of Valongo, but which spread to the Serra da Agrela, in the neighbouring municipality of Santo Tirso, in the district of Porto, over 70 animals in illegal shelters died while a further 190 were rescued alive.

The APBS official revealed in Parliament that it is possible to confirm through the "time line" of the National Authority for Emergency and Civil Protection

(ANEPC) that at 2am on Sunday the fire was reported as being in the aftermath phase.

Pedro Batista said that he arrived at the Serra da Agrela at 2am, after being alerted by people via telephone, and that two hours later, he had six more members of the association on the ground,

adding that they were "banned" by the GNR at the scene to enter the space, who told them that "it would be all right" and that they could not go to the shelter 'Cantinho das Quatro Patas' to provide assistance.

Pedro Batista reported that at 4.05am, after talking with the owners,

they were only allowed to progress about 100 metres.

"We saw some corpses, but we had other animals that were very malnourished and in need of care. We could have saved animals, without a doubt, if they had let us act when we arrived", he assured.



The APBS official revealed that it is possible to confirm that at 2am on Sunday the fire was reported as being in the aftermath phase.

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Residents helping to boost Portugal tourism

The fall in tourism activity was less pronounced in June compared to the previous month, mostly due to residents choosing a staycation in Portugal, according to the quick estimate of the National Statistics Institute (INE).



Most establishments that expected to be in operation between June and October expect to register "occupancy rates below 50 percent in each of the months".

In June, the tourist accommodation sector should have registered 500,000 guests and 1.1 million overnight stays, which corresponds to falls of 81.7 percent and 85.1 percent, respectively, but below those recorded in

May (from 94.2 percent and 95.3 percent), according to INE. Overnight stays by residents "will have decreased by 59.8 percent (-85.9 percent in May) and those by non-residents will have decreased by 96.0

percent (-98.4 percent in the previous month)", the entity said. While the decrease in overnight stays from residents is still pronounced it is a far better result than the number of overnight stays from non-

residents in Portugal, thus helping to boost the tourism industry at a time when the government is encouraging staycations to help bolster the local economy.

In June, almost half (45.2 percent) of tourist accommodation establishments were closed or there was no movement of guests. "According to the results of an additional specific questionnaire that INE carried out during the months of June and July, 62.6 percent of the respondent tourist accommodation establishments (representing 78.6 percent of the supply capacity) indicated that Covid-19 motivated the cancellation of reservations scheduled for the months of June to October 2020, mainly from the national and Spanish markets", they stress.

Most establishments that expected to be in operation between June and October expect to register "occupancy rates below 50 percent in each of the months".

According to the INE, more than half (57 percent) of

tourist establishments do not expect to change the prices charged compared to the previous year, while about a third (34.9 percent) admit to reducing prices, "being mostly located in AML and the Algarve (58.8 percent and 54.5 percent of establishments, respectively)".

In view of the application of social distancing and hygiene and cleaning measures in the establishments, almost half (49.1 percent) of the establishments said that the supply capacity will be reduced, "mainly due to the increase in the time intervals between 'check-out' and 'check-in' of guests (55.9 percent of establishments) and the reduction in the number of rooms (48.6 percent)". In the month under review, the Alentejo "stood out by presenting a decrease in the number of overnight stays of 48.4 percent (-31.2 percent in the case of residents and -84.7 percent in the case of non-residents)".

The totality of the main tourist-emitting markets "maintained significant decreases in June,

exceeding 90 percent". The Autonomous Region of the Azores "was the one with the highest proportion of establishments with reservation cancellations (94.1 percent of establishments and 91.3 percent of the capacity offered), followed by the Algarve (79.2 percent and 89.6 percent, respectively), the Autonomous Region of Madeira (76.5 percent and 91.3 percent, in the same order) and the Metropolitan Area of Lisbon (73.8 percent and 84.6 percent, respectively)", says INE. "When asked about the main markets with reservation cancellations between June and October (each establishment can identify up to three markets), the national market was the most mentioned, having been identified by 49.3 percent of tourist accommodation establishments". The Spanish market was the second most mentioned (46.8 percent of establishments), followed by the British (37.5 percent), French (33.3 percent) and German (25.0 percent) markets.

French, German and Swiss tourists choosing Portugal

An eDreams study concluded that this summer Portugal is welcoming many French tourists, followed by visitors from Germany and Switzerland.



The Portuguese archipelagos are the most visited areas of the country, with Ponta Delgada, in São Miguel, Azores, the most visited city.

In a press release, eDreams revealed that this summer 36 percent of the tourists are coming from France, followed by German tourists (13 percent) and Swiss tourists (10 percent).

The Portuguese archipelagos are the most visited areas of the country, with Ponta Delgada, in São Miguel, Azores, the most visited city, followed by Funchal, in Madeira.

On average, 36 percent of the tourists stay in the country for about seven to 13 days. 22 percent stay for more than 14 days. However, some people just come to Portugal for a short break, 21 percent of the visitors stay in Portugal for three or four days, while five percent spend only two days in the country according to the report.

Madeira tourism in July "exceeded expectations"

The reopening of Madeira to tourism in July "exceeded expectations", with 46,000 travellers passing through and 84 percent of hotels due to be open by the end of August, said the secretary from Madeira that oversees the sector.

The government official added that "other hotels are expected to open in September and October", pointing out that "about 10 do not have a date scheduled to open because they chose to do works or relating to other decisions that do not directly have to do with the restart of tourism activity".

"As the national situation is not comparable with the regional situation, this assumption of information penalised us a lot and we were limited in terms of the arrival of tourists from traditional markets", he argued.

Eduardo Jesus stressed that the objective is "to convey the image that Madeira is a safe destination and has taken measures to ensure that this security is experienced by visitors".

In his opinion, "Madeira did a great job, not only with the strong image it has today of controlling the pandemic, being the only Portuguese region that has not registered any deaths" (correct at the time of going to press).



Madeira officials stress that the objective is "to convey the image that Madeira is a safe destination and has taken measures to ensure that this security is experienced by visitors".

"This has allowed Madeira to position itself as a safe destination, not because we have simply chosen to say it, but

because we take measures and use them to consolidate the security that is required at this moment", he concluded.

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What is happening with the mail in Portugal?

The Covid-19 pandemic has shown its effects across every sector and the mail in Portugal has been no exception.

CTT (Correios de Portugal) postal service has been facing crisis since 2018, with postmen striking regularly due to the lack of personnel which affects the efficiency of mail delivery across the country. Due to the pandemic, reports of mail not being delivered in the time that CTT typically promises were emerging, with reports of cases of mail taking more than 15 days to reach its destination.

The Portugal News contacted CTT to discover the extent that the pandemic has affected the mail delivery service.

A source told The Portugal News that there are no registrations of any kind of delay regarding mail delivery and stated that "distribution is working the way it should." However the pandemic may have contributed to some problems in mail distribution simply because of the adaption to a new reality for the service and attempting to do everything that the health authorities asked for to be a clean and safe service.

Some Local Distribution Centres were closed in cases when any of the workers had a positive test for Covid-19, stated the same source. In these cases, measures were taken to ensure the security of all the



Some Local Distribution Centres were closed in cases when any of the workers had a positive test for Covid-19

other workers, as well as the security of the people that were receiving mail. Foreign mail often comes by plane, normally in passenger aircraft. Since the pandemic obligated air companies to reduce the number of flights, therefore the

mail that comes from abroad will not be delivered as fast as before. The source admitted that "CTT used all the alternatives available" to them in these cases. CTT offers a variety of different delivery systems. There is Correio Normal, where

letters and other products that weigh no more than two kilos take about three days to reach their destination. Correio Azul is the fastest way of sending mail. Usually, it takes one day to be delivered in mainland Portugal and two days to be delivered to the islands of the Azores or Madeira.

Correio Verde takes the same time as Correio Azul to be delivered, but it has no weight limit and does not require any kind of stamp. Correio Registado is a delivery system in which the sender can track the sent product to know exactly when it will reach the destination.

The prices change according to the chosen delivery systems. Normally, it is not required to buy a stamp, but just an envelope bought in one of the CTT shops. Sometimes a box is required, depending on the size of the products.

CTT also delivers letters and parcels to foreign countries. Inside Europe, mail can take three days to reach the destination in Correio Azul and five days for the rest of the world. Due to the Covid-19 pandemic the promised delivery time might not be met.

N BRUNO G. SANTOS

National exam results rise in Portugal

According to data from the National Examination Board, released by the Ministry of Education, the average grades in 12th-grade exams carried out by in-house students (those who attended classes throughout the school year) have risen this year in almost all subjects, with some registering an increase of more than three values.

In the Biology and Geology exam, two of the most popular and important

for students who want to enter Medicine, the average increased by 3.3 points, registering an average rating of 14 points out of a possible 20.

Also, in Physics and Chemistry, students were able to improve their results in relation to the previous year by 3.2 points, increasing the average score from 10 points to 13.2 points.

The only decreases were registered in the results of the Descriptive Geometry A tests, whose average rating

fell by 2.3 points, and in Mathematics Applied to Social Sciences, which registered this year the only negative average rating: 9.5 down by 1.5 compared to 2019.

Portuguese and Mathematics A also registered improvements, although not as significant: in Portuguese, the average rose from 11.8 points to 12 points, and Mathematics increased from 11.5 points to 13 points.

The biggest increase was

The average results in this year's national exams in Portugal have risen in all subjects compared to last year, with the exception of two subjects.

registered in French, which went from 11.3 points to 15, followed by German with 16.1 points (plus 3.5), Geography A with 13.6 points and Biology and Geology (both registered 3.3 more values).

The highest average was recorded in Mandarin (initiation), with the six students who took the test achieving an average grade in the exam of 16.9 points.

Among subjects with more than 2,500 students, it was students of English that

achieved the best average rating, with 15 points.

In a statement the Institute for Educational Assessment (IAVE), responsible for the preparation and application of the exams in schools, underlines that this year students took the national final exams only in the subjects they chose as

entrance exams for university, thus justifying the positive results.

The new rules, applied this year as an exceptional measure due to the Covid-19 pandemic, also explain the lower number of registrants, in relation to the previous year, which was reflected in the also lower number of tests carried out.



Among subjects with more than 2,500 students, it was students of English that achieved the best average rating, with 15 points

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The office is located in the main road from Aljezur, Rua 25 de Abril, 51, next to Caixa Agrícola Bank

Re/Max opens in Aljezur

27 July marked a new start in the real estate business in Aljezur with the opening of Re/Max Monte, part of Re/Max Diamond Group.

After eight years as a real estate agent, one of the first Re/max agents in Portugal, Lurdes Martins, opened an agency of the brand in Lagos, where it has been operating for over 12 years. With 20 years of experience in the real estate market, the time has come for expansion, and the Diamond Group has now opened an office in Aljezur, in a continuous effort to better serve the needs of their clients. This new office aims to better cover the market demand of property services in Aljezur, Vila do Bispo and Monchique areas.

Lurdes Martins, the owner and Broker of

Re/Max Diamond, said: "This is an important move, especially due to the increase in requests that we have received as a major brand from customers who are considering moving permanently to more remote areas where they can have outdoor spaces and where it is not as crowded as the big cities"

Joining Lurdes Martins in the new venture is her son, Cláudio Faustino, who decided to leave a career in the hotel business and embrace the challenge of managing the Aljezur office.

The office is located on the main road from Aljezur, Rua 25 de Abril, 51, next to Caixa Agrícola Bank.

Fresh nut butters at Intermarché Lagos

The Intermarché supermarket in Lagos has introduced a nut butter machine, allowing clients to freshly prepare their own nut butters directly in the store.



Customers can choose from peanut butter, almond butter and hazelnut and chocolate cream

Since the beginning of the year, Intermarché Lagos has been focusing on sourcing more ecological and sustainable products and ranges.

"The choice on offer for our customers for food products that follow a social and environmental commitment throughout the whole process until they reach our shelves is growing. We know that people are conscious about food and that they increasingly want "clean" food", said a spokesman from Intermarché Lagos.

Management at the

supermarket are always aware of the latest trends in food and believe in the importance of positive changes in eating habits which in turn can have a positive effect on the planet.

As part of this initiative, Intermarché Lagos has introduced the nut butter mills in the store to allow clients to mill their own nut butters on site. Customers can choose from peanut butter, almond butter and hazelnut and chocolate cream with all the butters having no added sugar, palm oil or other ingredients.

Pousada Palácio de Estói reopens

"Accentuating the palatial aura of the historical building" was the objective of extensive renovation works carried out by the Pestana Hotel Group at Pousada Palácio de Estói, which has now reopened to the public.

The Pousada Palácio de Estói has 63 rooms, French-style gardens and an outdoor pool overlooking the sea and the mountains.

The Reception area is now located in the old Chapel and the former reception area will now be used in collaboration with Faro council to receive exhibitions and a museum area dedicated to the history of the region and its various influences from Roman, Arabic and classical.

In line with guidelines from the health authorities, the Pestana Hotel Group has implemented an internal protocol of procedures in order to offer the best safety and hygiene conditions to guests and employees. The team received rigorous training and Pousada Palácio de Estói is certified with the Clean & Safe seal.



Pousada Palácio de Estói has 63 rooms, French-style gardens and an outdoor pool

The most expensive places to live in Portugal

The price of houses in Portugal increased 0.5 percent in the second trimester of 2020 when compared to the previous trimester, remaining at around €2,070 per square metre, according to Idealista data.

The results show that the real estate market in Portugal remains active and continued to flourish even during the Covid-19 pandemic.

The top of the list of the most expensive municipalities to buy or rent a house in Portugal, is the parish of Santo António, in Lisbon, including Avenida da Liberdade and surrounding areas.

Carcavelos and Paredes are the most searched parishes, whether to buy or to rent a house. However, the areas that see more contracts being signed are Queluz and Belas, to buy a house, and Lumiar, to rent a house.

The top 10 of parishes with the highest average

Lisbon parishes remain some of the most expensive place to buy or rent in Portugal

price for square metres, are mainly Lisbon parishes. Santo António (€6,539), Misericórdia (€6,204) and Avenidas Novas (€5,676), respectively, occupy the

first three places in the ranking.

However, when analysing the total price, Cascais and Estoril are the parishes with the most expensive houses in the

country (averaging €1,036,805 euros). They are followed by Almancil (average €894,907), Avenidas Novas (€857,739) and Aldoar-Foz do Douro (€849,032).



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Iran's Nuclear Threshold Game



GWYNNE DYER

"A glance at the history of nuclear weapons manufacture shows that all 11 countries that wished to build bombs did so within three to 10 years," wrote Yossi Melman, intelligence and strategic affairs correspondent for Israel's Haaretz newspaper. So why, he asked, has Iran failed to do it in over thirty years of trying?



Iranian Supreme Leader Ayatollah Ali Khamenei. (Photo: EPA/Supreme Leader Office)

Maybe, Melman suggests, it's because Iran doesn't really want to build nuclear weapons. Maybe it just wants to be a 'threshold' nuclear power, always able to finish the job quickly if it really needs to. If Iran's enemies both nearby (Sunni Muslim countries and Israel) and far away (the United States) know that it can get nukes quickly in a crisis, that's almost as good a deterrent as having them in hand. But it does not incur

the boycotts, sanctions, and risks of 'pre-emptive' nuclear strikes that come with actually having the things. This is not exactly a new thought, but it's the first time I have seen it in the Israeli media. It's also the first time I've seen the obvious question put so plainly: how could any country possibly spin the job out that long? Iran is a country of 80 million people with adequate scientific and technological skills. At any point in the past fifty years it could certainly have built

nuclear weapons in less than ten years if it had gone all out. It didn't. Why not? Iran's original nuclear weapons programme was started by the Shah in the 1970s with the blessing of the United States, which was hoping to make him the pro-American policeman of the Middle East. Ayatollah Khomeini's revolutionaries shut that programme down when they seized power in 1979. They reckoned they didn't need it. The only country in the Middle East that does

have nuclear weapons is Israel, and the Iranian assessment has always been that it won't be reckless with them. Not only are Israel's nuclear weapons relatively unthreatening, but Israel has an implicit American nuclear guarantee. There is no point in getting a few Iranian nuclear weapons to deter Israel's hundreds and America's thousands of the things. Indeed, when it comes to potential Iranian nukes, it's never about Israel. What really does get the Iranians going is nuclear threats from OTHER countries. The first time was after Iraqi dictator Saddam Hussein invaded Iran (with US support) in 1980. Iraq really did have a nuclear weapons programme, Iraqi ballistic missiles were already falling on Iranian cities, and so at some point during that eight-year war Iran restarted the Shah's nuclear weapons project. Saddam's invasion of Iran failed, however, and his subsequent invasion of Kuwait and defeat in the 1990-91 Gulf war ended with the dismantling of Iraq's nuclear facilities under UN supervision. So Iran's nuclear weapons programme went back into hibernation. How can we be sure? Melman's '10-year rule': if Iran had kept going, surely it would have nukes

by now. The next panic was in 1998, when India and Pakistan each tested half a dozen nuclear weapons. India is no threat to Iran, but Pakistan potentially is. It is a powerful Sunni Muslim state (220 million people) right next-door to Iran, the world's only major Shia country. Sunni extremists have never gained power in Pakistan, but there is a big jihadi influence that even extends into the army. Iran panicked again, and in 1999 it secretly restarted its nuclear weapons programme. That only ran until 2002, however, when an anti-regime Iranian revolutionary group, Mujahedin-e-Khalk, spilled the beans in public. Sanctions were imposed on Iran, and work on nuclear weapons once again ceased. So the 'mystery' is solved. The Iranian nuclear weapons programme has not been active for a total of ten years, let alone ten continuous years. And Iran was willing to sign the internationally guaranteed ten-year deal to stop all potentially nuclear weapons-related work in 2015, because it is already close enough in terms of being a 'threshold' state. There is the same constant tug-of-war between the rational actors and the ultra-

hawks in Tehran as there is in Washington, Moscow and Beijing, but most of the time the grown-ups are in charge. If they lose the argument to the extremists in next year's Iranian election, it will be because Donald Trump pulled out of that deal and reimposed sanctions in Iran. Why did he do that when even his own intelligence services were saying the Iranians were keeping their promises under that deal? Because the deal was part of Barack Obama's legacy, all of which Trump is determined to destroy, and for no better reason. Israel's Prime Minister Benjamin Netanyahu does have a rational reason for wanting to destroy the deal, however. His intelligence services also told him that Iran was fulfilling its commitments under the deal, but he needs the Iranian nuclear 'threat' in order to win Israeli elections.



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



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afpop delivery to Food Bank

Over the course of the last few months, the Banco Alimentar Contra a Fome (BACF), the national foodbank charity, has seen the call on its service increase dramatically in the Algarve, from 16,000 requests for assistance to more than 24,000. Understandably this has caused a huge strain on their resources, made worse by the fact that at their first food collection in May, they were unable to have volunteers in the supermarkets asking for food donations from shoppers, which created a massive shortfall in their supplies.

afpop, Portugal's largest Association created to assist foreign Residents and Property Owners in all manner of matters pertaining to living in Portugal, this week delivered 11 pallets of non-perishable foods to the BACF Portimão warehouse, for distribution to more than 122 groups

across the region who will then disseminate the foods to the needy in their area. The delivery of pastas, pulses and rice was provided from the Association's special project fund, agreed by the Association's councils and presented by the outgoing council president, Chris Ireland and the new president Paul Streeter.

Chris Ireland explains, "Whilst **afpop** as an organisation does not usually support individual charities, we felt that in these extremely difficult times we wanted to do something to assist those who are struggling to make ends meet. I asked my colleagues on the councils to consider using funds from our BLiP surplus 'Project Fund', and we agreed on the amount of €7,000."

Paul Streeter continues, "We heard about the dire situation with the food

bank when our CEO reported a discussion that he had with BACF president Nuno Alves, about the enormous increase in demand over recent months and we felt that this was an opportunity for us to use our BLiP project fund resources, in a way that would have a genuine impact and go directly to those who urgently need support."

The foodstuffs purchased from Continente supermarket were received by the president of BACF Algarve, Nuno Alves in their Portimão warehouse. "These supplies have come just in time for our August delivery and will provide much needed help to Portuguese families in the region. We thank **afpop** sincerely for their generosity and support for our work."

As a result of the contribution from **afpop**, the supermarket made an



Chris Ireland, Nuno Alves and Paul Streeter.

additional contribution from their charitable arm 'Missão Continente',

with non-perishable foods to the value of 10% of the **afpop** contribution.

Thank You from the bottom of out hearts

23 July 23 marked the day that one year ago our family's life changed forever.

After completing his IGCSE exams and with a works contract in place with the Hilton Hotel in Vilamoura, our son Jack was enjoying a holiday in Salema with his best friends Nathan and Elliot.

On their first day Jack had a tragic 'freak' accident in the sea resulting in a fracture to his neck.

From that day we have been so blessed to have had the amazing support of the whole Neurosurgical team at Faro Hospital. Followed by the Re Hab Centre in São Brás who still support us to date in so many ways.

The Mills Family who Jack was holidaying with set up a Fund Raiser to help with costs

for Jack. We would like to thank them as a family for all they have done. There are not enough 'thank yous' we can say to express our gratitude to everyone who has donated, not only money, but also fitness sessions, fitness equipment and an unknown individual who has donated the funds for a life time wheel chair for Jack. We have been truly overwhelmed.

We are so proud of the way Jack has handled this last year. He has now turned 18 and is enjoying being a young man, independently out with his mates and getting on with his life under new circumstances.

From the bottom of our hearts we thank everyone who has supported us.

Michaela & David Wilson

Lending a Helping Hand

During the pandemic, local charity Helping Hands in The Algarve has continued to support a number of good causes even though their usual means of income, such as quiz nights and meals, have been impossible.

Horse riding lessons at Pinetrees Riding Centre for young adults with cerebral palsy, sponsored by Helping Hands in The Algarve, have resumed so that the young people involved can continue to benefit from these activities.

HHA has also continued to support the Casa da Primeira Infância de Loulé young children's home by cleaning their above ground swimming pool, sorting the pool area and providing a new filter and covers. HHA Committee members have spent many hours at the children's home making the pool useable once again.

Two new projects have also been requested from HHA by the São Brás de Alportel Câmara. Firstly, HHA has donated just over €250 for a local 16-year-old boy to receive desperately needed glasses ready for the new school year. Secondly, HHA was asked for more than €800 to help a local 19-year-old girl who is in desperate need of intensive dental care including extractions and dental prostheses etc..

With the usual sources of income unavailable, Helping Hands in The Algarve asked its members for donations. The response from a variety of members has been impressive. So far €817 has been donated towards supporting these worthwhile causes.

More information about Helping Hands in The Algarve can be found on their Facebook page.

Reaching new heights



Break time in Foia.

It now seems to be the new normal that Algarve Senior Bikers rides will have to be repeated on two days due to the present Covid situation and the regulations on group sizes.

The ride this time started from Silves before climbing up to the highest point in the Algarve for a coffee break at Foia. A stop was made at the viewpoint overlooking the barragem on the road to Alferce before continuing to Foia via Monchique. After taking in the views from the top

the riders headed back towards Monchique before traveling through the hills on twisty roads to Marmelete for lunch on the outside seating area at restaurant Sol e Serra.

The ride was organised by Roy West with the assistance of Ken Blunt on day one and Bob Chesters and Ulf Kollbratt took over on day two.

The ASB will now take a summer break with no events planned for August and resume again in September.

CHARITIES

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

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932 307 548, su.davis@sapo.pt. Facebook: support for families in the Algarve.

A.A.G. CHARITY Shop Guia. Situated in the Main Street, opposite the Football Club Snack bar and close to Crédito Agrícola Bank. Opening hours Mon - Fri, 10am to 5.45pm, Sat 10am to 2pm. Closed Sun. Animal charity feeding street animals. Patron Bonnie Tyler.

PIANIST WANTED on a volunteer basis for occasional Sunday services at the Anglican Church of St Vincent's Chaplaincy, Praia da Luz. Email pet.alex@sapo.pt

THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimão. (Close to Theatre). 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected. We would like to thank you all for your

donations and for shopping, that has enabled us to help the local community.

SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Mon to Fri, 10am to 4pm. Sat 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHS day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

PORTIMÃO SOUP KITCHEN Beco São José, Rua São José, under old bridge in Portimão. Come and help us make sandwiches & serve food to hungry but appreciative people. For more info call Joy 917 358 098.

THE DONKEY SANCTUARY Refugio dos Burros charity shops have opened in Ferragudo and Carvoeiro and Lagoa with temporary opening hours, 10am - 2pm Monday to Friday and 10am - 1pm Saturday. Come along there's lots of bargains and all new summer stock. As we have had no income at all for the last few weeks we would welcome any donations. For more info call Chris 966 033 127

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by

volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Call 918 552 788 or email ccc. carvoeirocatcharity@gmail.com

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO Madrugada's volunteer run Homestore in Lagoa, its Boutique, Encore and Madrugada Homestore Lagos have reopened. Opening hours will be 11am to 3pm until further notice. Thank you to all our customers, donors and volunteers for your continuing support. Because You Care, We Can.

CADELA CARLOTA shop in Lagos open Mon to Fri, 10am to 1pm/3pm to 5pm. Almadena: Mon to Fri, 10am to 4pm, Sat, 10am to 1pm. We always need extra hands in our shops.

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

WORN AGAIN charity shop (formerly Tavira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Monday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furniture. Contact Sara 967 159 010

THE NANDI CHARITY SHOP. Winter Summer clothing now in store. Open 11am - 3pm. Furniture can be collected within 30km Lagos. Tel 912 741 857

FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact 961 636 201 or Angelica fash.co@gmail.com

WOOFF. (Worn only once Fashion & Furniture) charity shop in Almacil. High quality second hand clothes and furniture. All profits to Animal Rescue Algarve. New opening hours Mon-Fri 10am-3pm, Sat. 10am-1pm (during the Covid-19 pandemic). Tel: 289 123 456 or 917558121

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First drive: Hyundai i10 N Line

Hyundai has given its supermini a sporty makeover, but it has excellent rivals at this price point. Darren Cassey finds out how it stacks up.



What is it?

When Hyundai launched its performance N brand a few years back with the i30 N, the industry was shocked that the South Korean firm had burst onto the scene with a genuine best-in-class contender. The branding might be young, but Hyundai is clearly keen to make it well known, because it launched a performance-inspired N Line trim level.

That's where this i10 N Line comes in, getting a punchier engine than seen elsewhere in the i10 range and a hint of fun sportiness to the driving experience. Its biggest problem, though, is the almost-identically priced Volkswagen Up GTI, which has decades of performance branding heritage and a fantastically punchy motor. The i10 has a tough fight on its hands.

What's new?

As part of the N Line upgrade, the i10 gets plenty of interior and exterior styling and equipment upgrades, as well as chassis tweaks to give the car a sportier edge. On this point, there is an increased spring rate, longer rear bump stops, and new rear shock absorbers to help with handling.

The key change is the 1.0-litre turbocharged petrol engine that's under the bonnet. Elsewhere in the range, there are less powerful engines that have a focus on efficiency around town, rather than being particularly fun to drive. This engine hopes to improve on the latter.

What's under the bonnet?

So, that engine. It has 99bhp and 172Nm of torque, resulting in a 0-60mph time of 10.3 seconds and a top speed of 115mph, with

fuel economy of 52.3mpg and CO2 emissions of 123g/km.

While it's more gutsy than anything else in the range, it doesn't quite have the fizzy character you might hope for from a fun-focused model. Put your foot down and there's a mild surge, but nothing that hints at its sporty character, while the sound is subdued.

Contrast that to the Up GTI, and while that only has marginally more power, it feels far punchier under acceleration. The German's engine has a real mini hot hatch feel to it, beating the South Korean in this round.

What's it like to drive?

We got the chance to drive a standard i10 back to back with the N Line, and the key difference between the two is the ride quality. While the standard model is soft and comfortable

over potholes and ruts in the road, the N Line is noticeably more coarse. It's nicely damped, though, so while you definitely jiggle about more, there are no bangs and crashes in the cabin.

As for handling, it certainly leans more towards sporty than the standard model, with the body weight feeling more in control through a corner. It's let down slightly by the lazy steering, which doesn't feel too quick to respond to inputs when pressing on.

This latter point is, again, something the Up GTI does better, but when it comes to its ride, it's less clear cut. The VW bumps and jiggles about when pressing on which reduces confidence, making the i10 more comfortable to hustle down a B-road.

How does it look?

The Hyundai i10 is a great-looking supermini, with cute styling that's arguably one of the best in class. The N Line does a great job of not messing with that, but introducing a hint of aggression that suits the sporty branding.

Up front, the cool circular fog lights have been replaced by straight-edged slats, while three red lines in the grille give a further clue to the sporting intent. Other styling cues unique to the N Line include the 16-inch alloy wheels, dual chrome exhaust tips, rear LED combination lights and red accents on the outside, while inside there are cloth seats with red stitching, black roof liner, and N badging throughout.

What's it like inside?

The interior of the N Line is great, and feels every bit worthy of its relatively-high supermini price tag. There are fantastic quality materials used throughout, the infotainment screen is quite small, but functional and

responsive, and the design is modern and uncluttered, while retaining physical buttons where necessary. It's a massive upgrade on the Up, which relies on a phone cradle in place of a traditional infotainment system.

It's small, of course, but surprisingly spacious for the class. Tall drivers will often struggle to get comfortable in rivals, but the i10 has a pretty good driving position. Meanwhile those in the back will find legroom comparable to larger cars, and the same can be said of boot space, too.

What's the spec like?

Considering it's quite a jump in price over other i10 models, Hyundai has seen fit to equip the N Line very well. On top of the improved engine, chassis enhancements and styling upgrades, it also gets air conditioning, LED daytime running lights, rear privacy glass, and cruise control.

The infotainment system is hugely impressive for a car in this class. It's an 8.0-inch touchscreen with bluetooth connectivity, and integration with Android Auto and Apple CarPlay.

Verdict

The Hyundai i10 N Line has an interesting recipe. It has sporty chassis upgrades, a slightly more aggressive appearance, and plenty of equipment to justify its price tag. If you look at it as Hyundai intends - a sporty-looking but not performance-focused supermini - it makes a lot of sense, particularly because it's well-equipped. If you don't mind the stiffer ride, that is.

However, at this price point, going head-to-head with the Up GTI, if you're looking for something that feels like a mini hot hatch, the Hyundai just doesn't quite stack up.



“Sweet, savory, spicy”

Sarah Tiong swapped her day job as a lawyer for competing on MasterChef Australia, becoming a finalist twice, no less, in 2017 and 2020.

She grew up eating the Malaysian food her mother - born in East Malaysia, who moved to Sydney in her teens - remembered and recreated for her family. Throw in Tiong's

own memories of street food eaten on the roadside during trips to Cambodia and Vietnam, Singapore and Malaysia, and you can see the threads of each woven through this recipe collection.

Here's what we think of her debut cookbook...

The book: Sweet, Savory, Spicy by Sarah Tiong Who will love it? Those with a taste for bright flavours, heat and spice, as well as those who love getting the barbecue out - there's a whole section on grilling (for starters, the Malaysian barbecued chicken with coconut and turmeric sounds significantly better than the usual BBQ fare of burgers and sausages). It also offers a way to travel to Southeast Asia via dinner - you don't just have to dream about perfectly nutty, moreish satay chicken, you can make Tiong's version.

What is it trying to get us cooking? Fresh, fragrant and punchy Southeast Asian dishes - the kinds of meals you'd likely find hawked on the streets of Malaysia, Singapore,

Ella Walker discovers Southeast Asian flavours with a former MasterChef Australia finalist.

Cambodia, Vietnam, Laos and Thailand. Think grilled beef wrapped in betel leaves, laced with lemongrass; Nyona spicy tamarind fish curry; crispy spring rolls and papaya salad, prawn toast, and fried rice and noodle dishes topped with golden eggs. There's comforting Hokkein noodles, and proper Thai pork larb, as well as super sweet puddings like banana fritters, pandan crepes and sweet potato dumplings. How easy is it to use? Very.

While there's often multiple elements to each dish - say, a basting sauce to douse your porks rib in, or a flavoured oil to whisk up alongside your noodles, they're straightforward, and add serious impact, so adding one extra step is worth getting another bowl out for. Also, Tiong makes lots of serving suggestions (brilliantly a 'cold beer' occasionally gets a shout), so you can immediately see the table laid out in your mind, before you even start chopping.

The best recipe is...

The street food sauces section is full of condiments (from sambals and chilli dips, to a creamy Malaysian peanut sauce) that we would easily eat by the bowlful. But standout dishes include the Vietnamese pork skewers (recipe below) and the grilled whole fish with a fiery sambal.

The recipe we're most likely to post on Instagram is... The Singaporean chilli

mud crab - a whole crab, claws and all, emerges from a thick red spicy stew. It looks epic.

The dish we're least likely to try is... Well, we'd fully attempt the Malaysian turmeric lace pancakes, but it may take multiple attempts to perfect them - they look like delicate, cylindrical works of art. **Overall rating:** 8/10 - the recipes make you instantly hungry, induce a craving for limes and chillies, and are accessible, fun, and exciting.

How to make the Vietnamese grilled pork skewers (Nem Nuong)

(Makes 10-12 skewers)
3 cloves garlic, finely chopped
2 large red Asian shallots, finely chopped
3 bacon belly rashers (slices), finely chopped
450g 20% fat ground pork (note that 20 percent fat is the minimum amount of fat necessary for this recipe)
6g five-spice powder
18g cornstarch
45ml honey
45ml rice bran, canola or grapeseed oil
30ml fish sauce
15ml light soy sauce
15ml rice wine

Serving suggestions:
Vermicelli noodles, soaked in hot water for 10 to 15 minutes and drained
Lettuce leaves
Fresh Vietnamese mint stems and leaves
Fresh cilantro (coriander) stems and leaves
Spring onions, cut into 3- to

4-inch (7.5- to 10-cm) pieces
Rice paper
Vietnamese spicy dipping sauce

1. Soak 10 to 12 bamboo skewers in water for at least 30 minutes.
2. To make the pork skewers, combine the garlic, shallots and bacon in a food processor. Pulse a few times to mix the ingredients well, then process continuously until a coarse paste forms.
3. Transfer the paste to a large bowl. Add the pork, five-spice powder, cornstarch, honey, two tablespoons (30ml) of the oil, fish sauce, soy sauce and rice wine. Use your hands to mix the ingredients thoroughly, squeezing and pressing the mixture firmly as you go, for at least 10 minutes, until everything is uniformly combined and the pork becomes smooth and tacky.
4. Preheat the grill to medium-high heat (400-450°F/205-235°C).
5. Measure out one to two tablespoons (15-30g) of the pork mixture and form it into a tight ball. Then squeeze the ball into a sausage shape about 3 to 4 inches (7.5 to 10cm) long, and push a skewer through the centre of the meat. Repeat this process with the remaining pork mixture.
6. Use the remaining one tablespoon (15ml) of oil to brush each of the sausages. Grill them for three to four minutes on each side, until they are brown and cooked through.
7. Serve the skewers with accompaniments such as vermicelli noodles, lettuce leaves, herbs, spring onions, rice paper and Vietnamese spicy dipping sauce.

PA/TPN



Vietnamese grilled pork skewers. (Photo: Ben Cole/PA)



Easy

GRILLED 'CHOURIÇO'

What better to go with a typical Portuguese lunch than some grilled 'chouriço', with some Alentejo bread and fine wine.

INGREDIENTS

1 Serra de Monchique black pork 'chouriço' sausage

Some 'aguardente' spirit or alcohol.

A terracotta 'chouriço' grill

METHOD

Make some small incisions along the entire sausage. Place it on a terracotta 'chouriço' grill containing alcohol or 'aguardente' spirit, and set alight. Turn the sausage until it is cooked evenly all over. Serve hot and sliced.



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Sweet, Savory, Spicy by Sarah Tiong is published by Page Street Publishing Co. 2020.

How to get the nomadic luxe look

These are challenging times for style hunters, especially if you're in need of a far-flung fix and long to be somewhere else.



Keep walls and furniture tonal and embrace the richness that comes from reddish oranges and rusty browns. (Photo: iStock/PA)

In the new normal, souvenirs from souks, textiles and prints that draw on a mix of cultural influences, and decorative trimmings that reflect our eclectic tastes,

feel as out of reach as a Moroccan riad - and wafting down a mosaic-tiled courtyard in a beaded kaftan. But while we're social distancing, would-be

globetrotters and those loving lockdown are perfectly placed to spice things up at home with warm tones of terracotta, a gleam of gold, and rich fabrics to capture a timeless, laid-back look inspired by the past, as we look forward to the future.

Here's how to introduce some sun-drenched stylish updates... "As spring creeps into summer, add touches of warmth to your scheme with terracotta reds, soft pinks and hints of gold," says Emily Dunstan, home buyer at Heal's. "Drawing inspiration from the outdoors will create a comforting environment that's gentle on the eye, perfect for a relaxing lounge area or bedroom; while blending rich, earthy tones with refined elements of brass and gold will evoke an exotic feel, bringing a sense of holiday heat into your home."

It's all in the detail

Dunstan suggests weaving earthen tones into your existing palette with soft furnishings, such as their Linie Design's Monu Rug in rose. "Its elegant, abstract motif will add interest, whilst subtle golden detailing will catch the light and create a subtle shimmer." For smaller finishing touches, try introducing a distinctive pattern, such as those seen on this Stones Cushion, which combines rich gold with an eye-catching print, to add a hint of nomadic luxe. And to mirror the ornate carved detailing and handmade pieces you might see in a souk, Amara's version looks as authentic as one you might be tempted to try and stuff in your suitcase. To make a larger statement, a patterned sofa in warm hues will create a focal point within the room: "This season, One Nine Eight Five (Heal's design

studio) took inspiration from the curves of our Wallis sofa, creating an abstract design that echoes the shades of spring. Featuring deep red and orange brush strokes alongside nude shades, this bold upholstery also includes a velvet ochre backing, drawing the eye from every angle," explains Dunstan.

Beige and browns blend effortlessly together

Bold without being overpowering, shades of spice, rust and terracotta are design staples that lend themselves to a multitude of decors, from Scandi to mid-century," says Suzy McMahon, buying director for Sofology. "These are colours that work best when chosen to complement, rather than clash. Keep walls and furniture tonal and embrace the richness that comes from reddish oranges and rusty browns." For a truly impactful scheme, she recommends pairing accents of saturated tones of green, black and navy. And you can enhance the look with darker metallics, such as gold and bronze, rather than silver or chrome. "Furnishing your space with upholstery in one of these versatile spiced hues will create a warm and cosy feel," says McMahon, and the choice of material will really set the tone here. "Selecting a velvet will create an opulent, luxurious finish, whereas a linen or cotton will bring a sophisticated yet relaxed atmosphere. Layer with throws and scatter cushions in similar shades and tactile textures, to bring added comfort and depth to your scheme."

Make the switch to decorative lighting

As Claire Hornby, head of creative at Barker & Stonehouse points out, lighting is an integral part of any Moroccan-inspired interior. As well as floor-standing lanterns with an artisan feel, and the flattering soft glow of candles, an array of rattan pendants hung at various heights will offer a nod to bazaar style, without compromising the calm vibe of the space.

Warm golds radiate warmth

A cool palette of grey and deepest charcoal, backed by a wall painted in gold or mustard, offers an earthy contrast and works brilliantly in an entrance hall or fireplace surround. Team with monochrome travel prints for a glowing getaway feeling. "Terracotta and rust are colours found in nature and offer a connection to the outside world, creating a sense of calm," says Helen Shaw, director of Benjamin Moore UK. "Incorporating rich, bold spice colours creates instant character, taking a small space from sterile to stylish." And if you really want to luxe it up, what could be more wondrous on the wall than metallic feather wallpaper? "We may not be able to go on fabulous holidays right now, but that doesn't stop us taking inspiration from the stunning aesthetics of Moroccan interiors," says Alex Whitecroft, head of design at I Want Wallpaper. "The use of spicy, warm tones and pops of gold can bring a much needed heat, and create a sense of the exotic in any room. Try a splash of cobalt blue to really bring a room to life - as inspired by the incredible Jardin Majorelle in Marrakech." PA/TPN

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Mistakes to avoid when growing veg in containers

With outdoor space at a premium, we are increasingly growing edibles in pots, ranging from tumbling tomatoes and cut-and-come again lettuces, to peppers, herbs and even potatoes.

The interest in container growing is rising as gardeners look to utilise outdoor space even if they don't have their own garden. But if your efforts to grow veg in pots have resulted in poor harvests or bland flavour and you don't think it's worth the time, think again, because with a little forethought, you can make your small space truly bountiful, says soil scientist and nutritional gardening expert Dr Nigel Bending. "Container growing needs careful thought to be a success, considering what to grow, as well as how to grow it," says Bending, creator of Ergrownomics, a compact growing system that increases the amount of vegetables and herbs you can produce in a small space. Here, experts outline some of the common mistakes people make when growing in containers - and how to resolve them...

Not making your planters deep enough

Soil planters should be a minimum depth of 250mm - and preferably 350mm - to allow the widest range of crops to be grown, including carrots and tomatoes, Bending recommends. Deeper soil will be cooler, which can assist in preventing leaf crops from bolting (running to seed) and root crops becoming pithy.

Letting them dry out

Container crops can be more vulnerable to drying out than those grown in the ground, especially if the pot is small and therefore there is less soil or compost to retain moisture. The RHS advises gardeners to ensure a regular water supply, avoiding floods and droughts.

Letting invasive herbs take over

If you are growing herbs in a



Interest in container growing is rising as gardeners look to utilise outdoor space even if they don't have their own garden. (Photo: iStock/PA)

container, make sure you sow invasive types - like mint - separately from the rest. Mint should be grown alone in its own pot, or if you want to plant it with other herbs, confine it to its own container when you put it in a mixed arrangement. That way, the roots won't overwhelm other less vigorous herbs, and it won't take over.

Poor spacing

If you space your brassicas too close together in your container, it may have a detrimental effect on your crop. Walkden advises gardeners to sow or buy patio or container brassicas, specially developed by plant breeders.

You may be better off growing just one beautiful dense cabbage head in a classic terracotta pot. Other brassicas to try include calabrese or green sprouting broccoli, which is

fast growing and produces heads 80-90 days after sowing direct in a container, she suggests.

Trying to grow the same crops in the same compost

Again, from bitter experience I've learned that if you're growing a fast-growing crop, such as lettuce or another salad leaf, you can grow something else in the same compost afterwards, once you've cleared the old crop debris out - just not the same crop.

So, don't follow lettuce with lettuce, as it simply won't grow as well, but instead, plant something like dwarf beans or spring onions, if you want to save money during the growing season. But don't re-use container compost for more than one season, because by then, it will be devoid of nutrients.

PA/TPN

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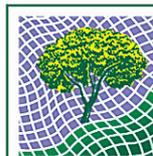
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Help! My dog's got a lump! First, don't panic. Second, get it checked.



There are many parts of the body a dog (or cat) can develop lumps, including the skin, eyelids, inside the mouth, the lymph nodes (glands), and even the anus. Today we'll have a look at some of the common skin lumps of dogs. Many of the lumps are totally benign. These include sebaceous cysts (overgrown blocked pore), warts (particularly common in ageing terriers, spaniels,

poodles, bichon frisés), and foreign bodies (especially now, in the bone-dry summer - grass seeds and other prickly plant bits pierce the skin and set up inflamed, infected swellings). You will probably have heard of fatty lumps - Lipomas. These grow under the skin, making a smooth swelling. They can be as small as a boiled sweet and as big as a melon. They can occur in

any breed of dog, but the really big ones seem to prefer labradors and springer spaniels. They grow irrespective of how overweight the dog may be. Made of fat, they are harmless. They can, however, impede the dog's mobility if they decide to grow, particularly in the armpit or groin where there is a lot of loose skin. The dog ends up having to swing its leg to get around the lump. I recently

removed one that weighed 1kg! It was revolutionary for the dog, who had been waddling and whose knees were aching badly from the strain (see picture).

Whether or not your dog's lipoma needs removing would depend on location on the body, and how fast it was growing. Some of them sit there, without changing, for years. Others grow steadily from the beginning - these are the ones where surgery is most indicated.

The majority of lumps that FEEL like lipomas ARE lipomas. However, some are a very different proposition. The key is getting a diagnosis; after that, you can relax. A needle and syringe vacuum sample (fine needle aspirate, FNA) will quickly determine, in the consultation, if the lump is just made of fat. Needle samples, performed correctly, will give a representative answer 80% of the time. The 20% failure rate comes when the lump may be infected or inflamed, and only pus cells are collected by the needle. Or, the lump may be a type that tends not to give off many cells - these ones, though, are often suspected by their appearance or texture. One common lump that does yield good samples is the Mast Cell Tumour. These can be extremely variable in appearance and behaviour. They can grow on the skin, possibly



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as a red itchy lump similar to a human mosquito bite. They can also grow under the skin, mimicking a lipoma to the touch. Mast cells tumours are to be treated with respect. They give off histamine (normally released in allergic reactions) and are cancerous. Having said that, approximately 90% of them are curable if the correct type of surgery is used. Understanding what the lump is and how it is behaving maximises success - the traditional saying in these situations is "the first cut is the cleanest".

You want to only remove the minimum area necessary, but taking enough margin is imperative to prevent regrowth from the microscopic cells that may be spreading in the area. You can see, therefore, that blindly snipping off a lump without attempting to find out what it is first could result in further operations, or worse, spreading the cancer in your dog. One of the exceptions to the rule of "test first" is eyelid lumps. Nearly all lumps that grow on dog eyelids will be based on a wart or a blocked eyelid-lubricating-gland. These are both benign and they are obvious from appearance.

As a mood-lightener to what has been a fairly serious article - do put your specs on if you think your dog has a tick... Over the years, I have encountered several clients who have breezed into the consulting room, announcing that "the dog has a tick but keeps biting me when I try to remove it". All bar one of these has resulted in discovering the client has been trying to twist and pull off a wart or nipple. I, too, would bite. For further advice and information, please contact 124 Vet by calling 282 338 407, emailing 124vet@algarvetvet.com or visiting www.algarvetvet.com

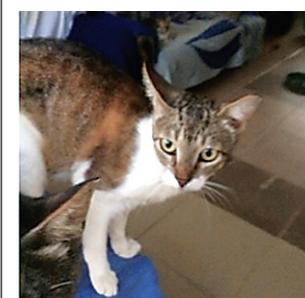
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The benefits of a power shower



The benefits of taking a shower might be more than skin deep - and there's a reason why many people get their best ideas when they're daydreaming under the water. (Photo: iStock/PA)

When it comes to taking daily showers, there are generally two types of people - those who see jumping under the jets as a functional job to tick off in the morning, and those who savour being in the warm water and extend it for an extra five minutes or so.

Whichever camp you fall into, the benefits of taking a shower might be more than skin deep - and there's a reason why many people get their best ideas when they're daydreaming under the water. A study by cognitive psychologist Scott Barry Kaufman found that 72 percent of people generate new ideas while they're

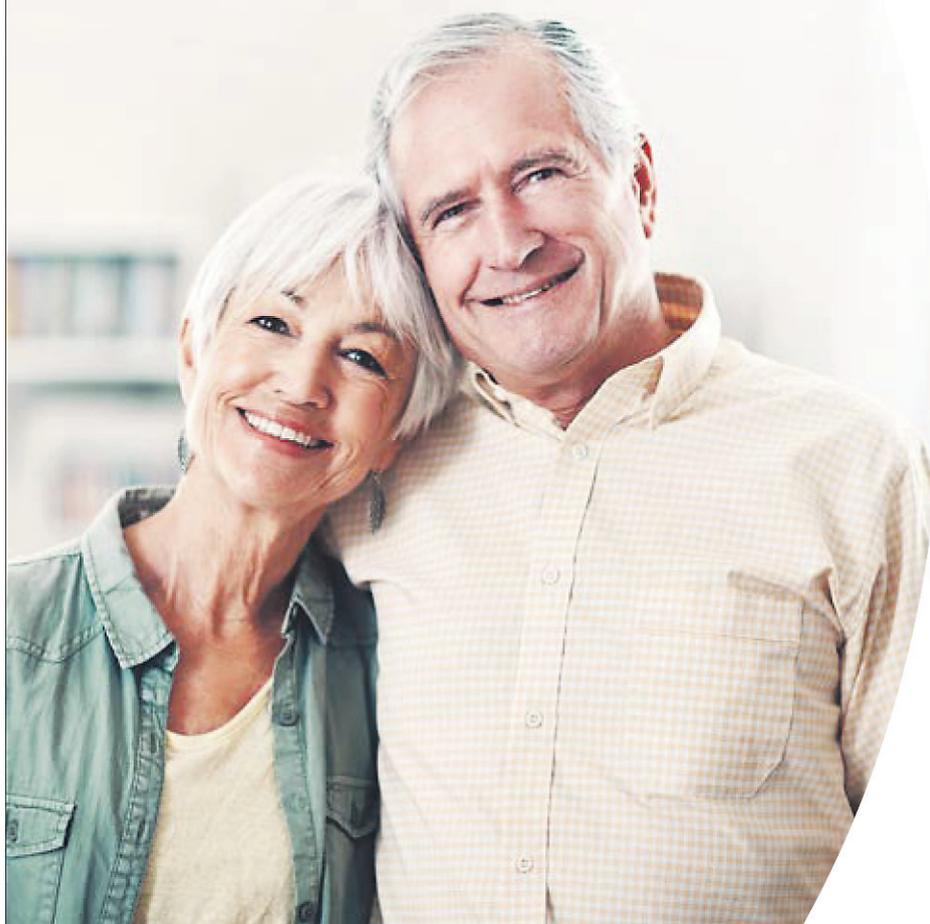
The shower isn't just a place for bad singing, read why taking a moment under the water can help you problem-solve and dream up new ideas.

in the shower - giving themselves permission to daydream, which can be an important element to incubating creative thoughts. The survey, which looked at 4,000 people aged 18 to 64 across eight different countries and was commissioned in 2014, revealed that 14 percent of people take showers for the specific purpose of dreaming up a new idea, for fresh thinking or for problem-solving. Speaking at an Ignite80 panel, Kauffman said the "relaxing, solitary, and non-judgmental shower environment" may help people to think more creatively, as it allows "the mind to wander freely, causing people to be more open to their inner stream of consciousness and daydreams".

Nikki Taylor is a busy entrepreneur who has tapped into the benefits of so-called 'power showering', using Kauffman's idea of creative brainstorming to help generate new ideas. "Before I became a mum, I used to love journaling," says Taylor, who runs a property consulting business. "The only time I really have to myself is when I'm in the shower, so I utilise that five to ten minutes to think about what I'm grateful for and to visualise what I want from my business in the future." Taylor says that when we journal, we tend

to just head into auto-pilot and write down the same thoughts and feelings. By contrast: "When you're thinking of ideas in the moment, especially in the shower, it's a great way to daydream and manifest some bigger-picture ideas that you might not normally have time to think about." So how do you get in on the entrepreneurial power shower game? "Some people might want to record their ideas and thinking processes using their smartphone while they're in the shower, so you can listen back to it later," she suggests. Taylor says she prefers to start with affirmations - positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. "I say them out loud to myself in the shower, and then I'll think about any problems I'm encountering in my business. "Being in the shower forces you to be away from your phone and your laptop, and I can't think of any other time where you can creatively think without any interruptions. "I think it's a really handy tip for anyone who's time-poor like me," she says, adding: "We get so caught up in life that journaling can become a bit of a chore. You always have that time in the shower that's yours - away from emails, social media and other distractions." PA

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Music: A therapy for ears and mind



The Beatles stopped live shows because of their rowdy performances, full of screaming fans that made the band unable to hear what they were singing.

Everywhere we go we can listen to music and some places just feel empty without a beat. How can human beings buy clothes without listening to some random EDM music that the manager of the store just chose to play? Or drive without hearing the most popular songs on the radio?

Music has always been part of human life but has evolved in many ways. It all started in the prehistoric era when the human voice was probably the most used musical instrument. The variety of sounds that a voice can produce would, probably, entertain the prehistoric tribes that lived on Earth. Throughout the ages, music has been influenced by cultural, socioeconomic, religious and technological changes. It is clear now that music has gone through a massive evolution. Music offers pleasure to the ones who hear it and people feel some connection to a specific genre, or even to a singer. Psychologists argue that, in some cases, music can perform the role of a friend or therapist when people are going through an overwhelming situation like depression, for example. Hugo Gomes, 21, dedicates most of his time listening to music. The student does not "have a favourite music genre" he listens to almost every genre, except "Reggaeton

and Brazilian funk." In Hugo's stance, music is "a portal to another world." He listens to music "at least five hours a day", from the moment he wakes up until he goes to sleep. Hugo rarely enjoys a moment of total silence, because "whether in the bath or while cooking, music has to be there, almost like a mandatory request." Hugo reveals that there exists a soundtrack for each phase of his life. "All the phases of my life have a song, artist or band that remind me of the good and bad moments that I lived at that time." Music has been a support for Hugo and sometimes taken on the role of a friend or therapist, Sofia Gonçalves, 19, believes that music can assume the role of a friend or therapist "involuntarily." The artists "write lyrics in a way that listeners find relatable, whether by the feelings that are being transmitted or by agreeing with what is being sung." For her, this relationship between the listener and lyrics may also create a connection between the artist and the fan, "due to the shared feelings. The listeners will try to listen to more songs, while the

artist will write down the feeling because he feels that he is helping other people." Just like Hugo, Sofia "defines moments of [her] life with specific songs." Maria Saraiva and Inês Ribeiro were also interviewed and both mentioned that in certain moments of their life there is a song associated with it. It feels like most people like to connect a specific song with a moment. Psychology master degree student Beatriz Valério explains that this phenomenon is explained because people tend to listen to music that is relatable to "personal experiences". She believes that the preferences for a certain musical genre are "defined essentially by the life story of each person." The student adds that music can be used as an "escape" from the real world. Music has been used for therapy of people that suffer from anxiety, for example. Although "it may not be recognised worldwide as a therapy" music is used "mainly to help children and adults with critical cognitive deficit." In some cases, the

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therapist asks the patient to choose a song "that can define the patient state of spirit."

Sometimes stereotypes are attributed to people who listen to a certain genre of music. It is common to hear that metal listeners are usually the ones that wear black, for example. According to Beatriz "we choose to listen to a certain type of music regarding what is being felt at the moment. Happy emotions will make people listen to happy music." When asked if music can shape the identity of a person, Beatriz considers that "it will depend on the listener, since they can adapt their lifestyle according to what music they hear."

Maria Saraiva, 20, admits that music had influenced her "in the will to study music in university." Music helped her to know what kind of artist she wanted to be.

Some artists can make people go wild. The Beatles stopped live shows because of their rowdy performances, full of screaming fans that made the band unable to hear what they were singing. Nowadays the same happens, fans that faint once they see their artist, crazy fans that have mental behaviours such as sending body parts to their favourite singer. Beatriz Valério explains that fans might feel connected to an artist because of "similar past

experiences or because the fan wants to have the life that the artist has." The psychology student adds that "This kind of identification when controlled can improve the life of the fan, but in some cases it can be obsessive." The fact that people look at a singer as an idol happens unconsciously, probably as the result of some "negative experience."

The idea is corroborated by Inês Ribeiro who admits to being a fan of artists such as Ariana Grande, Mariah Carey and Bruno Mars, because they don't only integrate her musical taste, but also function like a soundtrack for the moments she is living while hearing their music. Inês says that "every lyric and melody has the power to connect with individual's state of mind or to current life experiences."

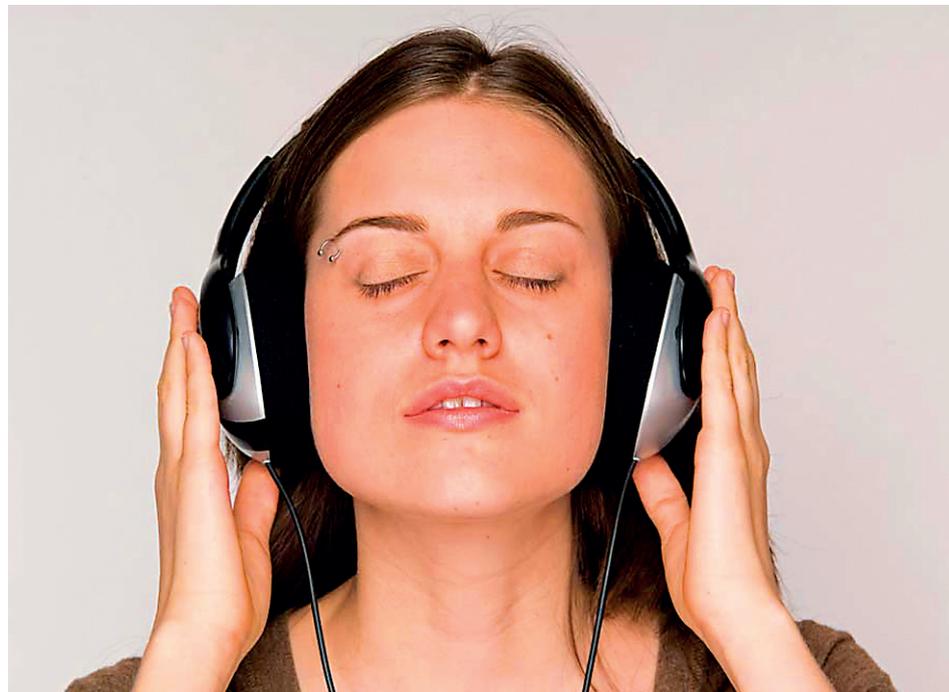
Some songwriters share messages of courage in their music, with lyrics probably being one of the most important features on a song, but there are other criteria that listeners follow. Sofia Gonçalves mentions that the most important feature in a song is "the singer's voice." But she goes further and states that "having a good voice is enough for those who do not understand music as a full package and it may result in some injustices." Sofia feels attracted to an artist that besides being a good singer can write and

produce his songs. "It is about giving the right value to the artist's work."

Maria mentions that the songs she is more captivated by are the ones that have meaningful lyrics which share feelings and real messages. She likes to know that "behind a song, there were plenty of hours spent working on the song."

Music has always been an important means for communicating, spreading messages and can even be connected with important historical moments. In Portugal, for example, Zeca Afonso and Paulo Carvalho songs were used as signs for the soldiers to know that they could begin the revolution that came to end the fascist regime in the country.

The way of listening to music has also changed. In the past radio was the biggest music streamer or people would listen to music on record players, for example. The times have changed and artists started to record and sell their songs recorded on tape and later on CD. The



Psychologists argue that, in some cases, music can perform the role of a friend or therapist when people are going through an overwhelming situation like depression.

MP3 format was found and the market of piracy blew up and the music business felt that. People would download their favourite songs for free and record it onto a blank CD or listen in an MP3 reader device. The music industry had to avoid the situation of piracy and managed to create audio

streaming platforms such as Spotify. Since CD's are not used as much as before, people can now listen to music more fairly. In Portugal, people went more to concerts and music festivals when comparing to other cultural activities.

According to the National Institute of Statistics (INE),

in 2018, 45.3 percent of people that attended any cultural activity went to a live concert.

People in general look for music, whether to make a party better or just to create a cosy atmosphere in the workplace. Much has been made in the musical industry and there is still much more to achieve. ■

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This spectacular villa is a must see!

A stylish seven bedroomed property within the popular Vila Sol Golf Resort has recently been renovated with a unique and striking design.

Impressive architecture and high ceilings provide a bright contemporary home. With particular attention to detail and high quality finishings, every aspect has been carefully considered to create the perfect environment for family living.

The layout offers spacious, open plan living areas and perfectly combines modern interiors with functionality. A bespoke open plan kitchen, lounge and dining room boast plenty of natural light throughout. Floor to ceiling glass doors open directly out to the extensive exteriors providing an indoor/outdoor lifestyle that is ideal for socialising and entertaining.

Six bedroom suites, a self contained one bedroomed suite with lounge/kitchen area and a separate entertainment annex all contribute to creating a spacious property with a seamless flow throughout.

The first floor is privy to a terrace lounge with built in seating and feature fire pit, perfect for evenings watching

the sunset. The tranquil exteriors provide extensive terraces for relaxing and entertaining with a large heated swimming pool, barbecue and alfresco dining area.

Key Features:

Video Intercom, Solar Panels, Solar Hot Water, Underfloor Heating, Electric blinds, Electric Gate, Alarm, Air Conditioning, Barbecue.

Location is key and this villa is only a three minute walk to Vila Sol Plaza with its coffee bars, restaurants and mini supermarket.

This is the ideal residence for both a spectacular holiday retreat or as a permanent family home.

OPEN HOUSE

An opportunity to visit this spectacular property on Friday 14 August 2020, between 10.30am and 6pm. Please come and join us. If you would like more information and register your interest please contact us.



For more information on this spectacular villa (Ref: V560) priced at €2,650,000, please contact Liza Dow at O and O Real Estate on Tel: (+351) 937 060 066 or email: liza@oando.pt



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Ref: V1519

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Area: 229.47 sqm | 6960 sqm
Bedrooms: 3 + 3
Price: €698,000

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EC: E	EC: A	EC: B	EC: C	EC: D
 TAVIRA Beautiful fully furnished 3 bedroom/ 3 bathroom top floor apartment (189 m ²) with a generous roof terrace. Recently renovated 2020. Ref. LHA-1498 €595.000	 SÃO BRÁS Beautifully restored eco-friendly Quinta with natural lake on a private countryside location, fully fenced and irrigated gardens. Ref. LHV-1476 €470.000	 FUSETA Stylish 2 bedroom/2 bathroom apartment (99 m ²) in a gated condominium, with a terrace, private parking and communal pool, etc. Sold fully furnished. Ref. LHA-1482 €295.000	 TAVIRA Very comfortable top floor 1 bedroom apartment (115 m ²) in central Tavira with a large private terrace (45 m ²) offering magnificent views. Ref. LHA-1502 €265.000	 CACELA VELHA Modern townhouse (92 m ²) in a private condominium with a communal pool and basement near Cacela Velha. Golf courses and various beaches nearby. Ref. LHA-1057 €149.500



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 Old Village – 2 bedroom first floor apartment with roof terrace This apartment has a lovely roof terrace with wet kitchen. Two shower rooms and balcony overlooking mature garden. The apartment is within walking distance to supermarket, cafes, restaurants and the fabulous Vilamoura Marina. Ref : FS550 Price : €265,000	 Vilamoura – 4 bedroom 3 bathroom Villa within walking distance to Vilamoura A nice detached 4 bedroom villa with swimming pool and mature garden. South facing front terrace and secured garage. Good as a home or an investment. Ref : FS400 Price : €715,000	 Old Village – 2 bedroom ground floor apartment with south facing patio A renovated 2 bedroom apartment on one level in the Old Village. It has a lovely south facing patio and lawn. It is close to all amenities and within walking distance to supermarket, cafes, restaurants and the fabulous Vilamoura Marina. Ref : FS500 Price : 260,000€	 Old Village – 3 bedroom apartment with roof terrace A lovely apartment with 3 bedrooms, open lounge and kitchen and a south facing roof terrace in the Old Village. Must see to appreciate. Ref : FS208 Price : 345,000€
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Plot size: 370 m2
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2 bedrooms, 2 bathroom with roof terrace, first floor apartment in Old Village. Good for private use or as an investment.

This 2 bedroom apartment (90m²) is located in the Old Village of Vilamoura. The apartment overlooks the beautifully maintained garden of the Resort. Old Village is known for its unique architectural design and matured garden. The apartment is on two floors with a balcony and a roof terrace. It has a dining area / lounge and had recently been renovated. The apartment has air conditioning, two shower



Property Highlight

Ref. FS550 - €265.000

rooms a well equipped kitchen with new appliances, a roof terrace, with wet kitchen, fridge and space for a BBQ, looking towards the golf course and two bedrooms with wardrobes. The apartment is for sale with most of the furniture and fittings. Walking distance to supermarket, numerous cafes, restaurants and the famous Vilamoura Marina and beach.



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SATURDAY 08/08/20

BBC One

- 06.00 Breakfast.
10.00 Saturday Kitchen Best Bites.
11.30 The Great Food Guys.
12.00 Homes Under the Hammer.
13.00 BBC News; Weather.
13.15 Live Snooker: The World Championship.
16.30 **FILM:** The BFG.
18.20 BBC News; Weather.
18.40 Celebrity Mastermind.
19.10 Total Wipeout: Freddie & Paddy Takeover.
19.50 Pointless Celebrities.
20.40 Casualty.
21.30 Mrs Brown's Boys.
22.00 BBC News; Weather.
22.20 **FILM:** Thor: The Dark World.
00.05 **FILM:** Behind the Candelabra.
01.55 Weather for the Week Ahead.
02.00 BBC News.

BBC Two England

- 06.45 Marrying Mum and Dad.
07.15 Wild & Weird.
07.30 All Over the Place: UK.
08.00 The Dengineers.
08.30 Deadly 60.
09.00 Mountain Gorilla.
10.00 Live Snooker: The World Championship.
12.00 Nigellissima.
12.30 The Good Cook.
13.00 Royal Recipes.
13.05 The Hairy Bikers' Bakeation.
14.05 **FILM:** The Dark Mirror.
15.30 Animals with Cameras.
16.30 Live Snooker: The World Championship.
17.30 Jonathan Edwards - One Giant Leap.
18.00 Great Continental Railway Journeys.
19.00 Cricket: Today at the Test.
20.00 American History's Biggest Fibs with Lucy Worsley.
21.00 **FILM:** The Revenant.
23.25 Snooker: The World Championship.
00.15 Snooker: World Championship Extra.
02.15 This Is BBC Two.

ITV London

- 06.00 CITV.
09.25 James Martin's Saturday Morning.
11.35 John and Lisa's Weekend Kitchen.
12.40 ITV News and Weather.
12.50 **FILM:** Twins.
15.00 Tenable.
16.00 The Masked Singer US.
17.00 ITV News and Weather.
17.30 The Chase Celebrity Special.
18.25 Rolling in It.
19.25 The Voice Kids.
21.05 **FILM:** The Spy Who Loved Me.
23.25 ITV News and Weather; Weather.
23.45 Play to the Whistle.
00.35 Ideal World.
03.00 Small Fortune.

Channel 4

- 06.00 Everybody Loves Raymond.
07.15 Frasier.
08.30 The Big Bang Theory.
09.55 The Simpsons.
11.20 Couples Come Dine with Me.
12.25 Four in a Bed.
14.55 The Supervet.
15.55 A Place in the Sun.
16.55 Kirstie and Phil's Love It or List It.
18.00 Channel 4 News.
18.30 Grand Designs.
19.30 Formula 1 70th Anniversary Grand Prix Qualifying Highlights.
21.00 **FILM:** Battle of the Sexes.
23.20 **FILM:** Red.
01.15 Ramsay's Kitchen Nightmares USA.
02.05 George Clarke's Amazing Spaces.
03.00 The Fantastical Factory of Curious Craft.
03.55 Undercover Boss Canada.
04.45 Fifteen to One.
05.35 All Star Driving School.

BBC Four

- 19.00 Live Snooker: The World Championship.
21.00 The Last Wave.
22.45 The Secret Life of Bob Monkhouse.
00.15 Everything: The Real Thing Story.
01.45 Top of the Pops: 1986 Biggest Hits.
02.45 Billy Connolly: Portrait of a Lifetime.
03.45 Close.

SUNDAY 09/08/20

BBC One

- 06.00 Breakfast.
09.00 BBC News.
10.00 Sunday Morning Live.
11.00 Wanted Down Under.
11.45 Homes Under the Hammer.
12.30 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Escape to the Country.
14.45 Money for Nothing.
15.45 **FILM:** Tommy's Honour.
17.35 Spy in the Wild.
18.35 BBC News; Weather.
19.00 Countryfile.
20.00 Antiques Roadshow.
21.00 A Suitable Boy.
22.00 BBC News; Weather.
22.30 **FILM:** Saving Mr Banks.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two England

- 06.05 The Edible Garden.
06.35 The A to Z of TV Cooking.
07.20 Countryfile.
08.15 Gardeners' World.
09.15 Beechgrove.
09.45 Saturday Kitchen Best Bites.
11.15 My Life on a Plate.
12.00 Stories of Us.
13.00 Live Snooker: The World Championship.
18.00 Best of Top Gear.
19.00 Live Snooker: The World Championship.
21.00 Cricket: Today at the Test.
22.00 **FILM:** The Australian Dream.
23.40 Heroes.
01.10 Snooker: The World Championship.
02.00 Snooker: World Championship Extra.

ITV London

- 06.00 CITV.
07.30 Scrambled!: Mighty Mike.
07.40 Scrambled!: Mighty Mike.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.00 Scrambled!: NinjaGo: Secrets of the Forbidden Spinjitzu.
08.15 Scrambled!: Ben 10.
08.30 Martin & Roman's Sunday Best!
09.25 John and Lisa's Weekend Kitchen.
10.20 Beautiful Baking with Juliet Sear.
11.20 Inside Britain's Food Factories.
11.50 ITV News and Weather.
12.00 The Voice Kids.
13.40 The Masked Singer US.
14.35 Rolling in It.
15.40 Coronation Street: Scandals.
16.05 **FILM:** Moonraker.
18.35 ITV News and Weather.
19.00 The Durrells.
20.00 Downton Abbey.
22.40 ITV News and Weather; Weather.
22.55 What the Durrells Did Next.
23.55 Gone to Pot: American Road Trip.
00.45 Wonders of the Coast Path.

Channel 4

- 06.00 Everybody Loves Raymond.
07.15 Frasier.
08.05 The Big Bang Theory.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.25 Couples Come Dine with Me.
14.25 Four in a Bed.
15.25 A Place in the Sun.
16.10 **FILM:** Fantastic Four: Rise of the Silver Surfer.
18.00 Channel 4 News.
18.30 Formula 1 70th Anniversary Grand Prix Race Highlights.
21.00 **FILM:** Patriots Day.
23.35 The Lawyer.

BBC Four

- 19.00 The Chronicles of Erne.
19.30 BBC Proms Classics.
21.00 Live Snooker: The World Championship.
22.00 The Sky at Night.
23.00 Horizon: Mars - A Traveller's Guide.
00.00 Mars Uncovered: Ancient God of War.
01.00 The Chronicles of Erne.
01.30 Classic EastEnders.
03.30 Close.

MONDAY 10/08/20

BBC One

- 06.00 Breakfast.
09.00 BBC News.
10.00 Murder, Mystery and My Family: Case Closed?
10.45 Homes Under the Hammer.
11.45 Dom Does America.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Celebrity Eggheads.
15.00 Escape to the Country.
15.45 Garden Rescue: Top of the Plots.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Has Lockdown Changed What We Eat? - Panorama.
20.00 EastEnders: Secrets from the Square.
20.30 Ghosts.
21.00 Line of Duty.
22.00 BBC News at Ten; Weather.

BBC Two England

- 06.00 This Is BBC Two.
06.20 Murder, Mystery and My Family.
07.05 Meerkat Manor.
07.30 Sign Zone: Great Asian Railway Journeys.
08.30 Westminster in Review.
09.00 Mountain Gorilla.
10.00 Live Snooker: The World Championship.
12.00 BBC News.
13.00 Live Snooker: The World Championship.
18.00 Eggheads.
18.30 Meerkat Manor.
18.55 Live Snooker: The World Championship.
20.00 Our Friend Victoria.
20.30 University Challenge.
21.00 Once Upon a Time in Iraq.
22.00 Mock the Week.

ITV London

- 06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Birds of a Feather.
20.30 Coronation Street: Battleaxes.
21.00 Unsaid Stories.
21.15 The Parachute Murder Plot.

Channel 4

- 06.30 Cheers.
07.20 Everybody Loves Raymond.
08.40 Frasier.
09.40 The Big Bang Theory.
10.35 Ramsay's Kitchen Nightmares USA.
11.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 Devon and Cornwall.
21.00 The Yorkshire Jobcentre.
22.00 999: What's Your Emergency?

BBC Four

- 19.00 The Chronicles of Erne.
19.30 The Joy of Painting.
20.00 Live Snooker: The World Championship.
22.00 Thailand: Earth's Tropical Paradise.
23.00 Great Asian Railway Journeys.
00.00 Treasures of the Anglo-Saxons.
01.00 Romancing the Stone: The Golden Ages of British Sculpture.
02.00 The Joy of Painting.
02.30 The Chronicles of Erne.
03.00 Thailand: Earth's Tropical Paradise.
04.00 Close.

TUESDAY 11/08/20

BBC One

- 06.00 Breakfast.
09.00 BBC News.
10.00 Murder, Mystery and My Family: Case Closed?
10.45 Homes Under the Hammer.
11.45 Dom Does America.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Celebrity Eggheads.
15.00 Escape to the Country.
15.45 Garden Rescue: Top of the Plots.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders: Shirley Confesses.
20.00 Holby City.
21.00 Line of Duty.
22.00 BBC News at Ten; Weather.
22.45 How's Your Head, Hun? with Michelle Visage.

BBC Two England

- 06.20 Murder, Mystery and My Family: Case Closed?
07.05 Garden Rescue: Top of the Plots.
07.50 Meerkat Manor.
08.15 Sign Zone: Gardeners' World.
09.15 The Super League Show.
10.00 Live Snooker: The World Championship.
12.00 BBC News.
13.00 Live Snooker: The World Championship.
18.00 Eggheads.
18.30 Meerkat Manor.
18.55 Live Snooker: The World Championship.
20.00 Wild Cuba: A Caribbean Journey.
21.00 Cuba: Castro vs the World.
22.00 Live at the Apollo.

ITV London

- 06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Doc Martin.
20.00 Who Wants to Be a Millionaire?
21.00 Unsaid Stories.
21.15 Joanna Lumley's Unseen Adventures.
22.15 ITV News; Weather.

Channel 4

- 06.30 Cheers.
07.20 Everybody Loves Raymond.
08.40 Frasier.
09.40 The Big Bang Theory.
10.35 Ramsay's Kitchen Nightmares USA.
11.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 How to Beat - Pain.
21.00 24 Hours in A&E.
22.00 Shameless.

BBC Four

- 19.00 The Chronicles of Erne.
19.30 The Joy of Painting.
20.00 Live Snooker: The World Championship.
21.00 Inside Porton Down: Britain's Secret Weapons Research Facility.
22.00 Blackadder Goes Forth.
23.00 The Last Wave.
00.45 The Joy of Painting.
01.15 The Chronicles of Erne.
01.45 Bunkers, Brutalism and Bloodmindedness: Concrete Poetry with Jonathan Meades.
02.45 Great Asian Railway Journeys.
03.45 Close.

WEDNESDAY 12/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Murder, Mystery and My Family: Case Closed?
- 10.45 Homes Under the Hammer.
- 11.45 Dom Does America.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 The Heights.
- 14.15 Celebrity Eggheads.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue: Top of the Plots.
- 16.30 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 Desperate to Drive - Our Lives.
- 20.00 The Repair Shop.
- 21.00 Reported Missing.

BBC Two England

- 06.05 Murder, Mystery and My Family: Case Closed?
- 06.50 Garden Rescue: Top of the Plots.
- 07.35 Meerkat Manor.
- 08.00 Sign Zone: Amazing Hotels: Life Beyond the Lobby.
- 09.00 Yellowstone.
- 10.00 BBC News.
- 13.00 Live Snooker: The World Championship.
- 18.00 Eggheads.
- 18.30 Meerkat Manor.
- 18.55 Live Snooker: The World Championship.
- 20.00 Great Continental Railway Journeys.
- 21.00 Harlots.

ITV London

- 06.00 Good Morning Britain.
- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Dickinson's Real Deal.
- 15.00 Tenable.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.00 Paul O'Grady's Animal Orphans.
- 21.00 Unsaid Stories.
- 21.15 Tina & Bobby.

Channel 4

- 06.30 Cheers.
- 07.20 Everybody Loves Raymond.
- 08.40 Frasier.
- 09.40 The Big Bang Theory.
- 10.35 Ramsay's Kitchen Nightmares USA.
- 11.30 Come Dine with Me.
- 12.00 Channel 4 News Summary.
- 12.05 Come Dine with Me.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Four in a Bed.
- 17.30 Come Dine with Me.
- 18.00 The Simpsons.
- 19.00 Channel 4 News.
- 19.55 The Political Slot.
- 20.00 Phil Spencer's Stately Homes.
- 21.00 Lose a Stone in 21 Days with Michael Mosley.

BBC Four

- 19.00 The Chronicles of Erne.
- 19.30 The Joy of Painting.
- 20.00 Live Snooker: The World Championship.
- 21.00 Burma's Secret Jungle War with Joe Simpson.
- 23.00 The Sky at Night.
- 00.00 The Mystery of Van Gogh's Ear.
- 01.00 The Beauty of Anatomy.

THURSDAY 13/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Murder, Mystery and My Family: Case Closed?
- 10.45 Homes Under the Hammer.
- 11.45 Dom Does America.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 The Heights.
- 14.15 Celebrity Eggheads.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue: Top of the Plots.
- 16.30 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 Fake Britain.
- 20.00 Celebrity MasterChef: A Recipe for Success.
- 21.00 Death in Paradise.

BBC Two England

- 06.05 Murder, Mystery and My Family: Case Closed?
- 06.50 Garden Rescue: Top of the Plots.
- 07.35 Meerkat Manor.
- 08.00 Sign Zone: Pluto: Back from the Dead.
- 09.00 Yellowstone.
- 10.00 Live Snooker: The World Championship.
- 12.00 BBC News.
- 13.00 Live Snooker: The World Championship.
- 18.00 Eggheads.
- 18.30 Meerkat Manor.
- 18.55 Live Snooker: The World Championship.
- 20.00 Glow Up: Britain's Next Make-Up Star.

ITV London

- 06.00 Good Morning Britain.
- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Dickinson's Real Deal.
- 15.00 Tenable.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 You've Been Framed!
- 19.30 Eat, Shop, Save.
- 20.00 Wonders of the Coast Path.
- 20.30 Inside Britain's Food Factories.
- 21.00 Unsaid Stories.

Channel 4

- 06.30 Cheers.
- 07.20 Everybody Loves Raymond.
- 08.40 Frasier.
- 09.40 The Big Bang Theory.
- 10.35 Ramsay's Kitchen Nightmares USA.
- 11.30 Come Dine with Me.
- 12.00 Channel 4 News Summary.
- 12.05 Come Dine with Me.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Four in a Bed.
- 17.30 Come Dine with Me.
- 18.00 The Simpsons.
- 19.00 Channel 4 News.
- 19.55 The Political Slot.
- 20.00 Escape to the Chateau: Make Do and Mend.
- 21.00 To Catch a Sex Offender: Crime & Punishment.

BBC Four

- 19.00 Cricket: Today at the Test.
- 20.00 Live Snooker: The World Championship.
- 21.00 **FILM:** The Damned United.
- 22.30 The Trials of Oppenheimer.
- 00.00 Einstein's Quantum Riddle.
- 01.00 Rich Hall's Working for the American Dream.

FRIDAY 14/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Murder, Mystery and My Family: Case Closed?
- 10.45 Homes Under the Hammer.
- 11.45 Dom Does America.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 The Heights.
- 14.15 Celebrity Eggheads.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue: Top of the Plots.
- 16.30 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 Miranda.
- 20.00 A Question of Sport.
- 20.30 Jack Whitehall's Sporting Nation.
- 21.00 Would I Lie to You?

BBC Two England

- 06.05 Murder, Mystery and My Family: Case Closed?
- 06.50 Garden Rescue: Top of the Plots.
- 07.35 Meerkat Manor.
- 08.00 Sign Zone: The North York Moors: A Wild Year.
- 09.00 Yellowstone.
- 10.00 Live Snooker: The World Championship.
- 12.00 BBC News.
- 13.00 Live Snooker: The World Championship.
- 18.00 Eggheads.
- 18.30 Meerkat Manor.
- 18.55 Live Snooker: The World Championship.
- 21.00 Gardeners' World.

ITV London

- 06.00 Good Morning Britain.
- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Dickinson's Real Deal.
- 15.00 Tenable.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.30 Coronation Street.
- 20.00 Vera.

Channel 4

- 06.30 Cheers.
- 07.20 Everybody Loves Raymond.
- 08.40 Frasier.
- 09.40 The Big Bang Theory.
- 10.35 Ramsay's Kitchen Nightmares USA.
- 11.30 Come Dine with Me.
- 12.00 Channel 4 News Summary.
- 12.05 Come Dine with Me.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Four in a Bed.
- 17.30 Come Dine with Me.
- 18.00 The Simpsons.
- 19.00 Channel 4 News.
- 19.30 Unreported World.
- 20.00 Travel Man's Greatest Trips: Arts & Crafts.
- 21.00 8 Out of 10 Cats Does Countdown.

BBC Four

- 19.00 Cricket: Today at the Test.
- 20.00 TOTP2: Summertime Special.
- 21.00 Live Snooker: The World Championship.
- 22.00 Joan Armatrading: Me Myself I.
- 23.00 Queens of Soul.
- 00.00 Emeli Sande: Radio 2 in Concert.
- 01.00 The Defiant Ones.
- 01.40 Joan Armatrading: Me Myself I.
- 02.45 Queens of Soul.
- 03.45 Close.

Pick of the week

SUNDAY 9 AUG

The Australian Dream (BBC2, 10pm)



This one-off film focuses on Indigenous Australian Football League (AFL) star Adam Goodes. A powerful story about race, identity and belonging, it centres on an incident where

called Goodes "an ape" during a football match. Pointed out by Adam, the girl was ejected from the stadium by officials. The event went on to divide a nation, with Goodes booed by opposition fans at subsequent matches. It generated huge public debate and dominated media coverage, exposing an ugly seam of racism running through the nation.

TUESDAY 11 AUG

Cuba: Castro vs the World (BBC2, 9pm)



Part two of two. A look at the rocky relationship between Castro and Bill Clinton in the wake of the end of the Cold War, as the loss of Soviet

support proved devastating for Cuba's economy and its people, leading to mass immigration to Florida. The programme also examines how Castro assisted Hugo Chavez' rise to power in Venezuela in exchange for oil, and the transition of power from an ageing Castro to his younger brother. Featuring contributions from key figures in this political era, including Clinton himself.

THURSDAY 13 AUG

The Life & Times of Captain Sir Tom (ITV, 9.15pm)



It was a story that touched the hearts of millions. Captain Tom Moore, a humble ex-soldier from Yorkshire who, aged 99,

wanted to raise a few quid for the NHS just by walking laps of his garden. And as the news crews descended on his home to film the great man, that few quid eventually turned into a phenomenal £30million. Given that achievement, there was little wonder he was recently knighted by the Queen in a ceremony which left countless viewers more than a little teary. This documentary features the man himself, telling for the first time his life story and the key events in his 100 years - from his beginnings in Yorkshire to that incredible feat.

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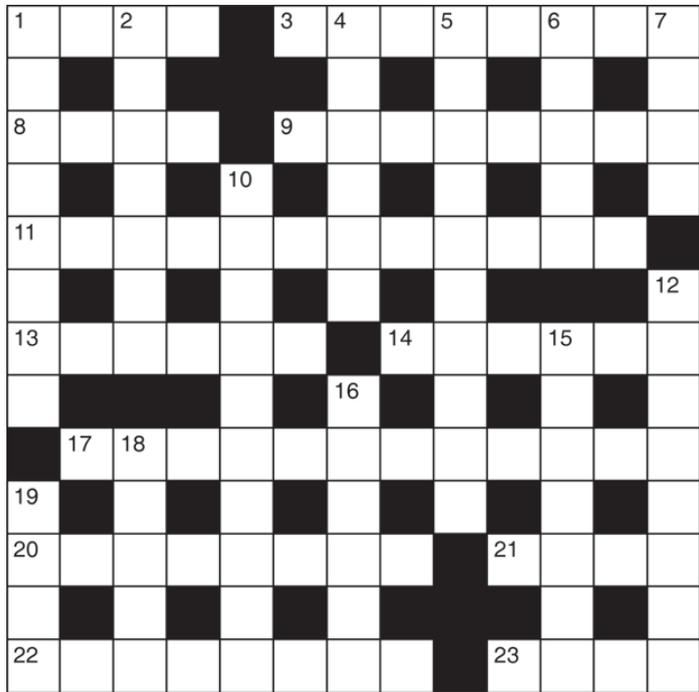
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Last week's cryptic crossword solutions

Across: 1 Rock; 3 Prospect; 8 Aims; 9 Operator; 11 Second to none; 13 Relief; 14 Settle; 17 Take the chair; 20 Ligature; 21 Shoe; 22 Amending; 23 Bass.
Down: 1 Reassure; 2 Comical; 4 Repute; 5 Stringency; 6 Eaten; 7 Tart; 10 Interested; 12 Tearless; 15 Trachea; 16 Charon; 18 Angle; 19 Flea.

CRYPTIC CROSSWORD

ACROSS

- 6. Temporary suspension in sentence by the Spanish officer (7)
- 7 & 9Ac. Not necessarily adverse blows to commerce (5,5)
- 9. See 7 Across
- 10. Firearms belonging to Nym's companion? (7)
- 12. A single knocker, we're told (11)
- 14. Rescuing the girl is a redeeming feature (6,5)
- 18. Gas inclined to be used around Pennsylvania (7)
- 19. The ability to observe part of a rifle (5)
- 21. See 8 Down
- 22. Grasp a method for escape (7)

DOWN

- 1. The daily record, I see, will show commonsense (5)
- 2. Provide support, but cause some delay (4,2)
- 3. See 20 Down
- 4. A man from the Mediterranean comes out of a trance (6)
- 5. Use fawning words at a duel, maybe (7)
- 8 & 21Ac. Art gallery? (7,5)
- 11 & 17Dn. Making progress counterfeiting one side of a coin (7,5)
- 13. Continue to cause a rumpus (5,2)
- 15. I'm getting the staff duty (6)
- 16. To find the very peak, do some mountaineering, we hear, with a hatchet (6)
- 17. See 11 Down
- 20 & 3Dn. The fellows are after a swan - they commit themselves to writing (6)

QUICK CROSSWORD

ACROSS

- 6. Din (7)
- 7. Ornamental furnishing (5)
- 9. Frequently (5)
- 10. Go before (7)
- 12. Earthly (11)
- 14. Doubt (11)
- 18. Touch (7)
- 19. Truck (5)
- 21. Happening (5)
- 22. Vindication (7)

DOWN

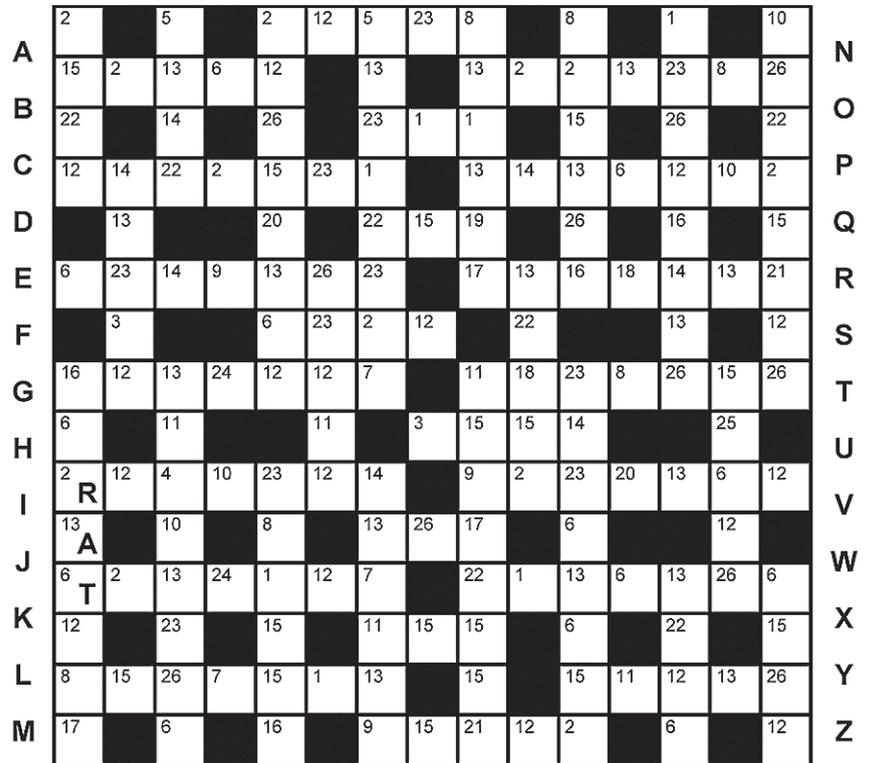
- 1. Fissure (5)
- 2. Hinder (6)
- 3. Small lump (3)
- 4. Swordsman (6)
- 5. Cheering (7)
- 8. Powerful (7)
- 11. Guard (7)
- 13. Implicate (7)
- 15. Stretch (6)
- 16. Gardening tool (6)
- 17. Ruse (5)
- 20. Harass (3)

Last week's quick crossword solution

Across: 1 Sage; 3 Horrific; 8 Nous; 9 Distract; 11 Immeasurable; 13 Entice; 14 Attach; 17 Fall into line; 20 Shambles; 21 Hard; 22 Entreaty; 23 Vend.
Down: 1 Sentinel; 2 Gourmet; 4 Odious; 5 Retraction; 6 Frail; 7 Cite; 10 Calculable; 12 Shielded; 15 Agitate; 16 Intent; 18 Apart; 19 Isle.

CODEWORD

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



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

Medium

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

Hard

Last Week's Codeword Solution



Last week's solutions

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

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

Can you crack a VINCICODE®

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Cracking the code is not difficult. Just remember: Any even number is dividable by one digit number of 2, or 4, or 6, or 8.

- Any odd number finishes with 1, 3, 5, 7, or 9;
- Any number which is not dividable by any one digit number, 2,3,4,5,6,7,8 or 9 finishes with 1, 3, 7 or 9;

- Any number dividable by 5 finishes with 5.

For example :

Let's crack ABC code when:

- 1) A, B and C are numbers between 1 and 9, included.
- 2) A+B+C=10 (the sum of A plus B plus C is 10).
- 3) C>A>B (Number C is larger than number A which is larger than B).
- 4) $\frac{ABC}{4}$ (The three digit code is dividable by 4).

When the code, ABC is dividable by 4, then C, the third digit can be 2, 4, 6 or 8.

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C can't be 2 or 4, because it does not cover the conditions (1) and (2).

If C=6, then A+B= 4, and options are: A=4 and B=0 => **ABC = 406** and A= 3 and B=1 => **ABC= 316**

code **ABC=406** doesn't cover condition (4) If C=8, then A+B=2 and the only option is A=2 and B=0 which doesn't cover condition (1). then: **Vincicode is 316.**

Now your turn: Puzzle 690

ABC is the three digit Vincicode number, in which A, B and C are numbers between 1 and 9, included.

Find the code ABC where :

- A+B+C=14
- A > C > B
- ABC ÷ 2, 4, 8

To confirm your answer to the Vincicode®, or ask for more codes to crack, please send an email to: vincicode104@gmail.com

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There's a performance coach, specifically a power fitness coach, affectionately called Joey D.

He is one of the coaches behind Brooks Koepka's amazing rise to the top of the game. He also coaches Dustin Johnson and Justin Thomas the new world number one, amongst many others.

Joey D said a couple of years ago that the game has moved on so far, that taking a day off, eating a fatty steak and drinking a glass of wine before you play the next day will leave you behind the competition. In fact, his actual words were, "if you consume that rubbish the day before you play, you're going to have your *ss handed to you by somebody fitter and stronger." Strong words from somebody who is training the world's strongest golfers. It does make you think though, do you actually give any thought to what you are eating the day before to make sure that your engine is fully stoked for the round and day ahead? All the athletes do it, every single one of them has a

ritualised eating plan which has been honed over years of experience so that they can play without worrying about energy crashes on the course (or field, pitch, whatever).

This article is for one of my regular players/students who asked the question, "I'm a little bored with bananas on the course is there anything else I could eat?" Here is a list of what the tour players tend to consume, little and often on the course. Just enough to keep you from being hungry but not too much that it fills you up. Here you go! Peanut butter and jam sandwiches (Tiger), almonds, nuts, dried fruit, bananas, jerky, hard boiled eggs, chicken, popcorn (but not too salty or sweet), tuna or chicken sandwich on brown bread.

Please bear in mind that you can burn up to 2,000 calories a round, which is about the same number of calories you would take in over a whole day. If you think that you

can go out on the golf course without any sustenance you are playing a dangerous game with your body and with your golf performance.

Of course, this article would be weaker for not mentioning the wonderful Miguel Angel Jimenez, who has just played in his 707th European Tour event, which makes him the longest serving and most played member of the European Tour, ever. The story comes from Lee Westwood who had just completed his morning's round on a Thursday, to find Miguel in the clubhouse with a juicy steak, chips and a bottle of red to help it go down. Lee asked, "How did you play this morning?" to which Miguel responded, "I go out in an hour and a half." You can definitely do things your own way but be careful with taking too many liberties! If you were to ask me what my favourite on course consumable was, it would have to be dark chocolate hobnobs or my wife's fabulous



You can definitely do things your own way but be careful with taking too many liberties!

homemade ginger flapjacks. So delicious that caddies of mine would ask in the car park prior to playing, "Did Fiona make the flapjacks last night?" If you get used to frequently taking on water and regularly grazing on small amounts of food over the course of a round of golf, you will find you maintain your energy levels, which leads to maintaining your concentration levels which ultimately should give you the best opportunity for high performance while you're playing. One of the reasons why the pros

stick to their routine is because this is one area of the game which is easy to regulate, bearing in mind that they want as few variables, and as few distractions as can possibly be achieved. This allows them to concentrate on the task at hand, something which the amateur player can learn from. I hope you have taken something from this and that your game has made a small step to being more consistent just from you eating and drinking regularly like the pros, not necessarily Miguel.

Horsfield holds his nerve

Poulter, who tipped Horsfield for success from the age of 13, has recorded victories on five continents during his illustrious career, but the Ryder Cup star has never won in his native England.

That prize was within Horsfield's grasp as he took a one-shot lead into the final round at the Forest of Arden and the 23-year-old held his nerve to card a closing 68 to finish 18 under par, a shot ahead of Belgium's Thomas Detry.

Detry had recorded his ninth birdie of the day on the 17th to move into the lead for the first time, only to bogey the last after seeing his par putt from three feet catch the edge of the cup and stay out.

That left Horsfield needing to play the last two holes in one under par and he produced a stunning approach to the par-five 17th, a towering fairway wood from 233 yards over the water setting up a two-putt birdie from just over the green.

A cautious tee shot on the last left Horsfield around 50 feet from the hole, but he safely two-putted for par to complete a closing 68 and one-shot victory.

"It's special," said the Florida-based Horsfield, who won the European Tour qualifying school by eight shots in 2017.

"With everything that's going on in the world right now I'm thankful that the European Tour has been able to put on tournaments for us to play. I've been in Orlando for the last three months and I felt like my game was right there.

"I played decently last week (in the British Masters), had a pretty bad finish, but I kept the positives from that and played pretty solid all week.

"I was one back when I looked at the leaderboard on 16 and then hit one of the best five woods I've ever hit in my life on 17.

"Me and my caddie had a long discussion on the 17th tee because I wanted to leave myself a good five-wood number because it's probably my favourite club in the bag. I had 233 yards, into and out of the left, and executed it perfectly."

Horsfield is co-managed by Poulter's caddie Terry Mundy and spoke to the latter on Saturday night for advice on how to approach the final round.

"We talked about him and Ian being in situations where they've had one-shot leads or having been leading at a golf tournament," Horsfield added.

"He said 'go out there and play good golf, if you get beaten, you get beaten'. I had that mindset today. I

Sam Horsfield achieved something which has always eluded his mentor Ian Poulter by winning his maiden European Tour title in the Hero Open.

thought I'm going to do my own thing, play good golf and if someone wants to catch me, then good for them."

Detry, who won the World Cup for Belgium in 2018 alongside Thomas Pieters, said: "A lot of things have been going through my mind, but honestly I have nothing to be disappointed about right now.

"I played some really good golf today, the greens are getting trickier down the

stretch and I over-read that putt on 18.

"But I'm very pleased with the way I finished on those last few holes to be honest. I

hit some very good shots out there. Another missed opportunity, but I'll move on and forget about it and just try to win next week."

England's Chris Paisley, Welshman Oliver Farr and Sweden's Alexander Bjork shared third place on 14 under par. PA

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Porto take the double


 CHRIS WRIGHT

FC Porto have completed the league and cup double after defeating Benfica in the Portugal Cup (Taça de Portugal) final in Coimbra; the first time the final had not been played at the Estádio Nacional in the Jamor district of Lisbon for thirty-seven years.



FC Porto head coach Sergio Conceicao (C) and his team celebrates with the trophy after winning the Portuguese Cup final soccer match against Benfica. (Photo: EPA)

The Dragons were forced to face the Eagles with just ten men after Luís Diaz's first-half dismissal left them with a mountain to climb. In addition, Porto boss Sérgio Conceição was sent to the stands for remarks made to officials. There was a welcome return to action for Porto's Mateus Uribe after the previous week's injury scare and Haris Seferovic was picked ahead of Vinicius to spearhead Benfica's attack. The first chance of the game fell to Porto on just four minutes after Jesús Corona found a route past Julian Weigl inside the box before forcing a low save out of Benfica's Greek international keeper Odisseas Vlachodimos. The next action of note was seven minutes before the interval when Luís Diaz, already on a yellow, was penalised for an obvious studs-up foul on André Almeida, leaving Porto at a numerical disadvantage for the rest of the final. Two minutes after the re-start the Primeira

Liga champions were quick to place Benfica in a spot of bother when Vlachodimos flapped at an Alex Telles set-piece, allowing Mbemba to nod into an empty net and give Porto the lead. Ten minutes later and the ten-men made it 2-0 as Mbemba popped up to slot home from a set-piece. The Eagles fought hard to get back in the game and we're rewarded with an 83rd minute penalty which Vinicius tucked home in Pizzi's absence. Nelson Veríssimo's team came inches away from attaining a much-deserved equaliser as the ball fell perfectly for Jota to volley at goal from the edge of the box, with the young winger denied only by the post in the first minute of stoppage time. The Eagles maintained the pressure in the closing minutes but the League Champions kept their composure to record their 17th Portugal Cup success and their eighth league and cup double.

Reprieve for Portimonense

The enforced relegation of CD Aves and Victoria Setúbal to the third tier of Portuguese football means that SC Portimonense will retain their place in the Primeira Liga.

Failure to present the necessary registration documents, both financially and legally, ahead of the 2020/21 season has resulted in this drastic action.

CD Aves had already been relegated to the Segunda Liga but will now drop another level to the Campeonato Portugal.

V.Setúbal had avoided relegation

on the final day of the season with a 2-0 home win over Belenenses.

The decision, imposed by Liga's Supervisory Board, forbids both sides from competing at a professional level, hence the drop to the third division, and although Setúbal and Aves had three days to appeal they could not meet the time constriction.

A General Meeting also agreed

various competition changes including a two-leg end-of-season play-off between the third-from-bottom club in the Primeira Liga and the third team in the Segunda Liga. In addition, five substitutes as used in the post pandemic league era, will become the norm thus giving the wealthier clubs with larger squads another helping hand. C.W.



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Hope for Olhanense

The Court of Arbitration for Sport (TAD) issued a statement supporting Olhanense's submission that the promotion of Vizela and Arouca to the Segunda Liga was illegal and referring the issue back to the Portugal Football Federation (FPF).

At the time of going to press, the club was still waiting to hear from the FPF but Liga Portugal, the controlling body of professional football, has announced that the start of the new Segunda Liga

season has been delayed.

Scheduled to commence on 22 August, it has been put back until 13 September in light of the promotion issues affecting Arouca, Vizela and Olhanense. C.W.