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“Portugal probably safest in Europe”



Everyone in Portugal is doing their best to keep Portugal as a safe destination, including the authorities by putting up signs at beaches. (Photo: TPN/Kim Schiffmann) Full story P2.



MotoGP coming to Portugal. P6.



Bullring proposal rejected. P10



President returns to Algarve. P10



Ronaldo's double failure. P40

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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

Web: www.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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“Portugal is probably the safest place in Europe”

When summer comes to the Algarve the temperatures rise and so too do the number of tourists looking to relax on the Algarve beaches and have fun with friends or family.



BRUNO G. SANTOS

The entire traditional tourism sector in the Algarve has been affected due to the pandemic, not least the British market. More than 15 percent of the visitors that come to Portugal are from the United Kingdom, while British tourists constitute the

main inbound market when it comes to overnight stays, according to INE. Despite the mandatory quarantine period of 14 days imposed on those who arrive in the UK from Portugal, British visitors continue to arrive in Portugal and the Algarve with many citing the sense of safety

and security in the country. Francisco Ferreira, a local salesman stated that the majority of visitors in Quinta Shopping, located in Quinta do Lago, Almancil, are British. “Everyone is following the safety rules and I never noticed any disturbing behaviour from the tourists.” A British tourist, who preferred to stay anonymous, told **The Portugal News** that “the situation concerning the air bridge is awful”, he said he couldn’t understand why the British Government is continuing to enforce mandatory 14 day quarantine once arriving in the UK, because “Portugal is probably the safest place in Europe.” The tourist also admitted that if there is no one making sure that he is fulfilling the quarantine he will live his life as usual when he returns back to the UK.

Rachel, a British tourist in the Algarve states that in her opinion all the tourists she has seen in the Algarve are following the safety rules by wearing masks. However, she does admit to seeing a tourist refusing to wear a mask inside a store “but the staff did not allow the man to enter the shop”, she said, supporting the idea that “everyone in Portugal is doing their best to keep Portugal as a safe destination.” Like all the others, Richard Hill, another British tourist, feels safe in Portugal but when he returns to

WEATHER

A cooler weekend in Portugal

It will be feeling cooler over the weekend in Portugal with rain predicted in the north but fairer weather the further south you travel

Lisbon: The cloud cover in the capital is set to continue throughout the weekend with temperatures peaking at 26 degrees and dropping to lows of 17 degrees. From Monday the chance of rain in Lisbon will increase, as will the cloud cover with blue skies and higher temperatures only expected for the end of the week.

The centre: Intermittent cloud cover is expected over the weekend in the centre of Portugal with temperatures averaging daily highs of 26 degrees and nightly lows of 12 degrees. From Monday the thermometers are set to rise again with temperatures increasing as the

week progresses to highs of 31 degrees.

The north: It is set to be a wet weekend in the north with rain predicted all weekend and until Tuesday. Temperatures are to remain mild with highs of 22 degrees and lows of 16 degrees before rising from Wednesday to highs of 24 degrees as the cloud clears slightly.

The south: It will be a sunny and dry weekend in the south with blue skies and temperatures reaching highs of 28 degrees and lows of 17 degrees. From Monday temperatures are to rise again and for the rest of the week up to daily highs of 31 degrees and nightly lows of 19 degrees.



British visitors continue to arrive in Portugal

the UK he intends to follow the 14-day quarantine rules even though he believes “it is useless.” Usually, at night, British tourists walk around the streets, enjoying themselves in bars and pubs in the Algarve. This year, things are different. Portugal does not allow gatherings involving more than 20 people. If this happens the authorities

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Algarve and the Algarve with many citing the sense of safety and security in the country. (Photo: Lusa)

must be called. There are also new rules in place regarding the closing times of bars and restaurants, while nightclubs are no longer open until the early hours and don't have any dance floor areas. It is known that alcohol drinking can enhance the feeling of freedom and reduce the sense of responsibility in many people and the rules regarding bars,

restaurants and nightclubs have been put in place by the government to reflect this. While on the whole there have been positive reports regarding the behaviour of tourists there have been some incidents reported in the Algarve. On the night of 30 July, a group that came from another bar approached the parking area of Julia's Beach Bar, in Praia do

Garrão, Almancil. According to the bar owner, Martin Kerr, during that evening a large group of people gathered in the parking area and he had to call the authorities, since many of the people in the group were not following the safety rules, by not wearing a mask, for example. Within the group, there were young school leavers aged between 18 and 20-years-old.

Due to the low rate of infections in the Algarve, the group, of about 50 people, according to an RTP report, chose the southern region of Portugal to spend some time in safety. On the night in question the authorities were called "due to overflows from other overcrowded restaurants."

The GNR was on the ground and managed to make sure that the gathering was dissolved, guaranteeing that everyone in the group was going home or to another area.

While the authorities in Portugal continue to work to show that the country is a safe destination for visitors, the government intends to present a report on the epidemiological situation based on the criteria used by the United Kingdom to try to change the travel restrictions to that country caused by Covid-19, announced the Portuguese Foreign Minister. "We had formally requested that the United Kingdom present the report on which it bases its decision and we received a response to that request today [5 August]," said Augusto Santos Silva.

The Portuguese authorities will now present "information on the evolution of the Portuguese epidemiological situation exactly according to the parameters and indicators that the United Kingdom tells us it is using", he explained.

With this adoption of British indicators, the Government hopes that the next review of the list of countries required to be quarantined by the United Kingdom will no longer include Portugal.

"I hope that a next review by the British authorities will finally mean the recognition of the facts, because, in my opinion, there is no fact in Portugal that justifies passengers coming from Portugal to be quarantined in England," he said.

The United Kingdom has

"carried out revisions in the most restrictive sense, because it included, in the list of these countries subject to quarantine, others that were not previously", recalled the Minister of Foreign Affairs.

The next revision of the list made by the United Kingdom should only be published at the end of the month, but the change in restrictions to Portugal may happen earlier.

"What the British authorities have said is that they regularly carry out this review, but that at any time they can do that", which "is true since they imposed quarantine on Spain two days after they published the new list", recalled Santos Silva.

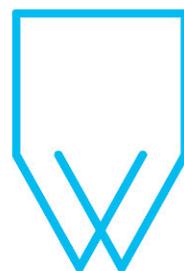
Meanwhile, the President of the Republic has said that he hopes that Portugal will, by the end of August, be included on green lists for travel, including the United Kingdom.

"I am hopeful that, as the days go on and until the end of the month, there will be a complete transition from the worst or intermediate lists to the best lists in terms of tourism," said Marcelo Rebelo de Sousa.

The head of state stressed that tourism is increasing, albeit slowly, and stressed that the pandemic situation in Portugal has evolved positively, which favours the lifting of restrictions on the movement of people.

"This is very important for Madeira, it is very important for the Algarve, it is very important in general for Portugal", he declared.

"There is an evolution in the black lists - let's call it that - in favour of Portugal", he said, reinforcing that "Portugal, in fact, has been following a path opposite to that of many other European societies, which are experiencing new outbreaks, which some consider to be a second wave".



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Portugal and Morocco working together against illegal migration

The Minister of Internal Affairs and his Moroccan counterpart have agreed on the need to strengthen the cooperation between the two countries in the fight against illegal migration.



Highlighted was the arrival to Portugal of a group of 21 migrants, coming from Morocco, which was stopped in Ilha do Farol, Faro. (Photo: Lusa)

In a statement, the Ministry of Internal Affairs (MAI) confirmed that during a videoconference meeting that brought together Eduardo Cabrita and Abdelouafi Laftit to discuss

the arrival of Moroccan migrants to the Algarve over the past months. According to MAI, the ministers underlined the necessity of keeping and intensifying the cooperation between the

two countries, regarding the relationship between Morocco and the European Union, within the scope of "prevention and the fight against illegal migration and human trafficking."

Highlighted was the arrival to Portugal of a group of 21 migrants, coming from Morocco, which was stopped in Ilha do Farol, Faro, the fifth group of migrants to arrive in the area since December 2019. Besides agreeing on the reinforcement of prevention against illegal migration, the government officials equally expressed the importance of concluding the negotiations regarding an agreement for the legal migration between Portugal and Morocco. MAI adds that both officials also discussed the updating, already underway, of the Civil Protection agreement between the two countries, underlining their importance in mutual assistance in emergencies.

N News in Brief

New law sees fines for cigarette butt throwers

A new law passed last year entailing fines for anyone caught throwing cigarette butts onto the floor will come into effect next month. Transgressors could be slapped with fines ranging between €25 and €250. The law was passed on 3 September last year and also applies to establishments that fail to provide patrons with ashtrays. It will be implemented from 3 September.

PSP police conduct major crack-down on online weapons sales

PSP police have formally identified 24 people and seized 182 weapons being sold online following an operation staged between 24 July and 7 August. The operation, named 'Sharp Knife II' saw the permanent monitoring of online sales of weapons including guns, knives, knuckle-dusters, extendable batons and sprays. It was the result of a two year investigation, which culminated in 49 property searches in 10 districts including Faro.

Portugal among EU countries with biggest drop in new Covid-19 cases

Portugal is among the European countries which have seen the biggest drop in the number of new Covid-19 cases. On 2 August, Portugal tallied 28.4 active cases per 100,000 inhabitants, accumulated over 14 days, placing it 7th on the list based on this indicator. This is according to the most recent report from the European Centre for Disease Prevention and Control.

Water reserves in the Algarve will only be enough until end of the year

Water reserves in the Algarve at present levels will only guarantee public supply until the end of the year, according to a warning raised by a working group collaborating with the Permanent Drought Committee. According to reports the region is going through a period of drought that is not only more serious due to the drop in consumption resulting from the pandemic. According to newspaper Jornal de Notícias, the region will only have water until December.

Parliament wants update on Portugal's kennels

Parliament has said it wants an update on the current situation of the country's kennels, to know what state they are at and if animals are still being put down. This is according to a resolution published yesterday in the Government Gazette. Parliament has asked the government for a detailed analysis on each of the country's official animal shelters (CROA) to verify whether a 2016 law proposal that created a network of official centres, banned euthanasia as a form of population control, and sought to promote sterilisation, is being upheld.

Portuguese company pioneers sweatshirt to replace facemasks

A textile from Vila Nova de Famalicão will launch a sweatshirt which integrates a protective collar into the design.

Speaking to Lusa, Márcia Oliveira said that the idea was to create a sweatshirt that was simultaneously effective, functional and attractive.

"It is a product designed essentially for returning to school. Instead of always having to wear a mask, students will only have to wear a sweatshirt, solving the problem of

combining fashion with practicality and safety," he said.

The collar of the sweatshirt adjusts to the face and adds a nanofiber membrane that, according to Márcia Oliveira, provides a filtration level of 99.9 percent of all microorganisms and dangerous particles present in the air.

The sweatshirt from Famalicão, MO Tex - Márcia Oliveira Têxteis, will be available on the market from the end of September.

The national market is the immediate target, but the company is already "making some contacts" with a view to export, namely to Spain and France.

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Portugal looking to retain MotoGP and F1

The Autódromo Internacional do Algarve (AIA) promises to work “hard” to maintain the Formula 1 and the MotoGP world championships in Portugal after this year following the announcement of both events for 2020.

“The announcement of the MotoGP race is the culmination of 12 years of work, which allows us to

reap the rewards of everything we have done. We have been through a series of difficulties, with good and bad times, but

today we are happy,” said Parkalgar CEO, Paulo Pinheiro, at a press conference. The last race of the MotoGP

world championship will take place at the AIA between 20 and 22 November, Dorna, promoter of the event, announced that the Portuguese circuit would be part of the official calendar. The news comes after the Portuguese Grand Prix of Formula 1, from 23 to 25 October, had been officially confirmed only weeks ago. Paulo Pinheiro promised to work “hard” to ensure that the vote of confidence given by Liberty (Formula 1) and Dorna, can be renewed next year. “Our entire team - which also includes Turismo de Portugal, Turismo do Algarve, local councils and other entities - will have to put on a great race so that it is impossible to say no to Portimão. Our goal is to have F1 and MotoGP. And normally, when we want something, we get it”, he added. In a normal situation, not seen this year due to the effects of the Covid-19 pandemic, a Formula 1 race costs at least \$40 million and a MotoGP race costs at least \$10 million. Paulo Pinheiro acknowledged that these are high values, but recalled that the Algarve race

track and the country have positive attributes that could allow negotiations “concerning conditions that other countries don’t have”, namely the quality of the track as recognised by the riders, the climate, the response to Covid-19 and the “institutional strength” of Portuguese leaders in international federations. “All of this gives us a weight that other countries do not have. We have been doing our homework and, as a consequence, we are now finally reaping the rewards. We have to respond to the challenge with a good organisational level, to grasp it with both hands and work, work, work”, he added. For the Mayor of Portimão, the combination of Formula 1 and MotoGP races is the “perfect storm”. “This is a perfect storm, we have all the elements here and this has only been achieved with a lot of work”, said Isilda Gomes. The president of the International Motorcycling Federation, Jorge Viegas, stressed that, for 2021, the MotoGP race is not, for now, included in the calendar.



For the Mayor of Portimão, the combination of Formula 1 and Moto GP races is the “perfect storm”.



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Portuguese confident about safety of Covid-19 vaccine

The Portuguese are among the Europeans who show the greatest desire to be vaccinated against Covid-19, with three out of four expressing this intention when the vaccine is available.



The Portuguese remain the Europeans who show greater desire to be vaccinated against Covid -19 (75 percent).

A study by the Faculty of Economics of the Universidade Nova de Lisboa shows that 70 percent of Portuguese people are “completely confident” that the vaccine against Covid-19 will be safe, with the percentage of confidence rising in those between 55 and 64 years old, of which 79 percent believe in their safety.

Researchers from Nova SBE joined teams from the University of Hamburg, Rotterdam Erasmus University and Bocconi University to understand how the European population looks at the pandemic and how much they trust the decisions of policy makers. For this, they carried out an online study in two phases,

which covered, in each one, more than 7,000 participants from seven European countries (Germany, Denmark, France, Holland, Italy, Portugal and the United Kingdom) taking into account the region, age, gender and education. Between the first wave of inquiries, which took place between 2 and 15 April 2020, and the second, which took place between 9 and 22 June, the Portuguese remain the Europeans who show greater desire to be vaccinated against Covid -19 (75 percent). A slight increase in the willingness to be vaccinated (6 percentage points) was observed in the respondents, aged between 55 and 64 years. “Men are the most willing to be vaccinated (78 percent), as well as individuals with high levels of education (78 percent). In addition, those who know someone officially diagnosed with Covid-19 are more willing to get vaccinated than those who don’t know anyone with Covid-19 (81 percent vs 74 percent),” says Nova SBE. Regarding the possibility that the vaccine may not be available in sufficient numbers for everyone to be vaccinated immediately, the Portuguese

argue that the priority to whom it should be administered should be defined by a national team of specialists (73 percent), by the health organisations that administer the vaccine (68 percent) and the Ministry of Health (52 percent). The vast majority of Portuguese think that, priority access to the SARS-Cov-2 coronavirus vaccine, which causes Covid-19 disease, should be given to people with a higher risk of infection, for example, people who care for someone who is sick with Covid-19 or people in vital professions (91 percent) and the most vulnerable individuals (89 percent). Overall, most respondents disagree that the vaccine should be administered on a “first come first served” basis (68 percent against). Two-thirds disagree that people who are generally healthy and live a healthy lifestyle (66 percent against) or who can afford to pay (61 percent against) have priority in administering the vaccine. In addition, 42 percent of Portuguese agree that a person’s personal characteristics should not play a role in deciding who gets vaccinated first.

Portuguese tourists boosting University of Coimbra

The University of Coimbra (UC) registered almost ten times fewer tourists in July, compared to those recorded in the same month in 2019, however of the tourists visiting, Portuguese nationals made up the majority.

The UC, which closed to tourists between 10 March and 21 May due to the pandemic, registered 5,918 visitors in July when in the same month in 2019 some 55,288 tourists were registered, the university said.

Despite this drop, the University of Coimbra registered a “very positive evolution” in the number of visitors between June and July, with a growth of more than 300 percent, going from 1,842 to 5,918 tourists.

In June and July, the majority of tourists were Portuguese (39.96 percent), followed by Spanish (14.92 percent) and French (14.5 percent) informed the University of Coimbra.

In previous years, the University of Coimbra registered more foreign tourists than Portuguese.

At the end of July, the Lusa agency had reported that the University of Coimbra, in its budget projection for 2021, predicted a 50 percent drop in tourism revenues, compared to the amounts collected in 2019, due to the impact of the pandemic.



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President returns again to the Algarve

The President of the Republic visited Armação de Pêra, Silves, in the Algarve on 10 August, to show how safe it is to take a holiday at the current moment of the pandemic, noting that “the tide [of national and foreign tourists] is rising.”



Since the end of June, the President of the Republic has consistently visited the Algarve. – Photo: Nádia Luz

“It is a good sign that there is no concern from people about the health situation here, generally in the Algarve, in Silves and Armação de Pera,” said Marcelo Rebelo de Sousa. Stating that he was surprised by the number of people he met on the beach, he said that “the tide is rising” for those who

arrive in the Algarve, whether “they are Portuguese”, but also “the various English and French tourists”, that he met. The President seemed to be hopeful about recent numbers relating to Covid-19 in the country, which he believes should contribute “to changes in the restrictive lists” of travel from some countries, and

that “justice will be done to Portugal”. Since the end of June, the President of the Republic has consistently visited the Algarve. Marcelo Rebelo de Sousa has already visited the municipalities of Albufeira, Vila Real de Santo António, Tavira, Loulé, Lagoa, Lagos and Silves. On 20 August he will be in Portimão.

Albufeira bullring project rejected

A proposed project by PAN Albufeira, at a Municipal Assembly session, aimed at the acquisition and conversion of Albufeira’s bullring into a multi-purpose space with the capacity to create 40 housing units, has been rejected.



Although it is a degraded infrastructure, it could be converted into equipment meant to improve the life of the residents.

The People-Animals-Nature party had argued that Albufeira has a serious seasonality problem and would have a lot to benefit from an investment of this nature. “Although it is a degraded infrastructure, it could be converted into equipment meant to improve the life of the residents, to promote the local economy through the requalification of stores and the realisation of the most varied cultural events supporting the fight against seasonality. Also, it would have the great advantage of being able to make available to the population several housing units at controlled costs, which

would make a huge difference to those looking for a house in the municipality of Albufeira”, said a statement from PAN. Despite all the advantages, the PAN recommendation was rejected at the Albufeira Municipal Assembly, with the PSD, PS and CDU voting against it. “This position is unfortunate since we do not understand how a structural initiative that, in addition to ending bullfighting, was intended to stimulate and contribute to improving the lives of Albufeira residents, has been rejected”, said PAN representatives in Albufeira.



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Back to School Shopping that gives back

Every summer ACCA, the local Algarve children's charity, collects backpacks and school supplies and shares them with hundreds of needy children in the local community.



Donations to the campaign make a fundamental difference to the lives of children in need in the Algarve.

ACCA's efforts for the Back to School Campaign are especially crucial during this year in light of the economic upheaval and health crisis Covid-19 has caused. Donations provide funds for nutritious meals, educational supplies and other vital aid to help children in the local community get back to the basics. Children living in poverty are especially vulnerable, needing the support of ACCA and the community help now more than ever, while providing educational support has always been one of the main missions of ACCA. Donations to the campaign make a fundamental difference to the lives of children in the Algarve. Donating items is easy, you can donate items through Curiosa Living Furniture Shop on EN125, Sitio do Troto 385A, Almancil, open 9am-6pm, Monday through Saturday, which is the main drop

off point. On the west coast you can contact Vicki Good at Holiday Inn on: 282320260 or Su Davis on: 932307548. You may also call Wanda Crawford on 919617995 or email wandacrawfordspa@yahoo.com or alternatively, you may donate directly into the charity account and ACCA volunteers will shop for the needy children on your behalf. ACCA needs backpacks, coloured pencils, 24-pack Crayons, erasers, glue sticks, highlighters and markers, loose-leaf paper, notebooks, binders, pens, pencils/mechanical pencils, pencil boxes and sharpeners, pocket folders, rulers, scissors, highlighters, calculators, paper and TI calculators for advanced high school science and maths (Texas Instruments). Also, if anyone has laptops or tablets that they are not utilising, ACCA will recirculate them to impoverished families who need them for schooling.

Illegal drivers increasing

The number of people detected driving without a license increased by 22 percent in the first seven months of this year, compared to the same period last year, totalling 3,019 drivers, announced the PSP.

"From 1 January to 31 July 2020, the PSP detained 3,019 people for this reason [driving without a legal license], 522 more than in the same time frame in 2019", when the number of arrests was 2,467.

In the first seven months of last year, 84 of the 2,467 citizens detained for driving without a license were detected for being involved in road accidents, the police said, adding that this year the number

increases to 98. According to the PSP, even in the "context of the pandemic crisis", the police have devoted "special attention to road safety" as "an important part of people's daily lives".



From 1 January to 31 July 2020, the PSP detained 3,019 people for driving without a legal license. (Photo: EPA)



Care and support for people facing life limiting illness

We have a vacancy for a Part-Time (25 hours per week)

Administration Assistant

The position of **Administration Assistant** provides day-to-day support at the Madrugada Centre in Luz. The role is client facing, requiring excellent customer service skills and confidence in dealing with the public. The ability to communicate fluently in both English and Portuguese is essential.

The position requires competency in financial procedures, credit control and bookkeeping along with experience in handling routine administrative tasks. Multi-tasking, organizational skills and a solid knowledge of Microsoft Word and Excel is essential to the position. This role also supports the Clinical Manager as required. Responsibilities include coordinating the provision and delivery of medical equipment to patients, maintaining the medical equipment database, as well as invoicing and credit control for equipment and carer services.

The role will report to the Senior Operations Supervisor and work closely with the Administrative Assistant - Operations and Retail. Candidates with a 'can do' attitude will have the opportunity to engage in Fundraising Activities and Special Events. We offer an initial fixed-term contract of 25 hours per week on a flexible rota.

If you would like to join our dedicated team, please request an Employment Application Form by email to: hr@madrugada-portugal.com, or download the form from our website: www.madrugada-portugal.com.

This is an excellent opportunity for a keen administration professional!

Helping to Keep Portugal Safe from Covid-19

With more visitors arriving, now is an appropriate time to remind everyone of the importance of hygiene, face masks and social distancing.

The following will help visitors to have a trouble free and safe stay here.

Firstly please be sure to wear a face mask when entering shops, commercial complexes, public buildings and all forms of public transport. This is mandatory for everyone above the age of 10.

Social distancing varies in many countries, but here it is 2 metres apart - respect floor markings and direction signs in shops especially on entry and queuing at cash points.

It is important to remember that maximum group size is 20 people (except Lisbon Metropolitan area -10). This also applies to private parties.

One of the joys is eating out, but please remember to wear a mask on entry and moving around inside. Do not move tables around and avoid gathering in



large groups on terraces without masks.

Drinking alcohol in street/public areas prohibited and frequently enforced.

Gel is available at most stores, shopping centres, transport terminals etc. Please use it especially before and after using supermarket trolleys and adopt hygiene rules.

Lastly please follow the instructions of store keepers and restaurant staff, as they are there to help you.

We all have a responsibility to keep Portugal safe. By respecting the rules cases will continue to decrease and normality will return sooner rather than later.

More information - <https://www.safecommunitiesportugal.com/> Coronavirus tab

Article: David Thomas, President Safe communities Portugal

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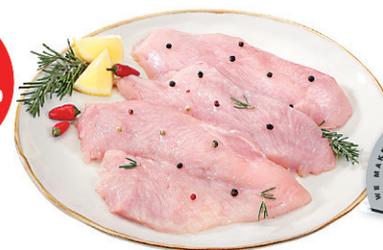
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13% drop in exports this year predicted

Companies that export goods foresee a fall of 13 percent in their exports this year, revising previous perspectives down by 15.1 percentage points, according to the National Statistics Institute (INE).



The companies that export goods expect a nominal decrease of 13.0 percent in their exports in 2020. (Photo: Lusa)

The results of the INE survey on prospects for the export of goods, carried out in June, found that “the companies that export goods expect a nominal decrease of 13.0 percent in their exports in 2020. Within the companies that showed revisions to exports compared to the first forecast (56.7 percent of respondents), more than half reported that this revision was due entirely to the Covid-19 pandemic. The INE indicates that these are the results of the survey on prospects for the export of goods, carried out in June, which this year was postponed by one month due to the Covid-19 pandemic. The results correspond to the companies’ second forecast for the expected evolution of goods exports in 2020. According to the INE, “this edition of the survey included a module on the expected effect of the Covid-19 pandemic on goods exports and on the companies’ production and export strategy”.

Initiatives in Cascais to support tourism

The Municipality of Cascais, in the district of Lisbon, will support local tourism with the “exemption or suspension of fees” in the sector and will also carry out tests for Covid-19 for hotel and accommodation employees.



The municipality revealed that it will take on a series of initiatives to support tourism, due to the pandemic.

In a statement the municipality revealed that it will take on a series of initiatives to support tourism, due to the pandemic. Among other measures, the municipality of Cascais will also provide free transportation for tourists staying at the local hotel units. The cooperation protocol to support tourism aims to “study and implement

measures aimed at promoting tourism and measures that stimulate economic activity in general and tourism activity in particular”. The initiative is supported by the Municipality of Cascais, the Portuguese Hotel Association, the Cascais Tourism Association, Cascais Invest and the Cascais Business Association.

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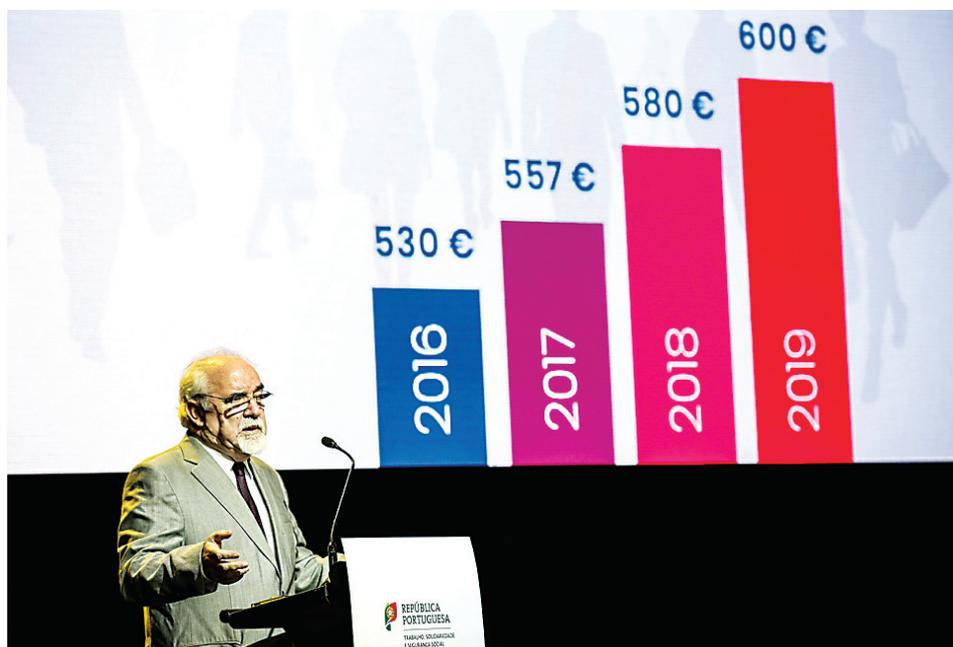
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Minimum wage in Portugal has been rising over recent years.

Cinema trade collapses

Portuguese cinemas received close to 78,000 viewers in July, a 95.6 percent drop compared to the same period in 2019, the Instituto do Cinema e do Audiovisual announced.

Covid-19 had a huge impact on the film industry, paralysing film productions, leading to the closing of theatres, the postponement of film festivals and the reflection on film exhibition strategies involving, above all, streaming platforms.

Portuguese movie theatres, which were able to reopen on 1 June, had about

12,400 spectators in June, which represented one percent of the attendance recorded in June 2019.

Exhibitors were counting on the launch of new Hollywood films to attract audiences back to the theatres, but the main highlights have been repeatedly postponed, when not cancelled altogether.



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President will "wait and see" about raising minimum wage

The President of the Republic, Marcelo Rebelo de Sousa, said that he will "wait and see" about the result of the negotiations, at the Social Concerta on the increase of the national minimum wage.

“It is an issue that involves several partners and, therefore, it is premature to be commenting on what is an ongoing process”, he declared, on the island of Porto Santo, Madeira archipelago. In this way, Marcelo Rebelo de Sousa commented on a story by

the weekly newspaper Expresso, which points to a “rise in tone” of tension between partners for the increase of the national minimum wage, which should reach €670 in 2021 and at €750 in 2023. The impact of the Covid-19 pandemic on the country’s economy, however, raised the possibility that there will

be no increase next year. “In relation to this news, I think that it is best to wait and see,” said Marcelo Rebelo de Sousa, stressing that he does not make political comments during holidays. “To comment, the ideal place is not on vacation in Porto Santo”, he declared, just before going for a swim in the sea.

US Expats: Tax basics when living abroad

Tax planning is an essential part of preparing to move abroad.



DENNIS SWING GREENE

You will continue to have reporting obligations and possible tax liabilities in the States based on your US nationality, in addition to the new requirements founded on fiscal residency in Portugal. As always, the IRS applies harsh penalties for non-compliance. The following is an overview of some of the basics for expats on federal and state taxes as well as estimated payments, penalties and interest. Fortunately, there is a bilateral tax treaty designed to protect you from double taxation. The accord can be used to mitigate or even eliminate assessment in the States while taking advantage of Portugal’s most favorable tax breaks.

Filing a Federal US Tax Return

All US citizens are required to complete an annual return when they live overseas. Other reporting requirements apply to US nationals as well, including FBAR (Foreign Bank and Financial Accounts) and FATCA (the Foreign Account Tax Compliance Act), that are triggered by meeting thresholds in foreign bank accounts and asset holdings.

Filing a State Tax Return

State income tax can also be a problem. Whether you need to file a state tax return depends on the last state where you lived. Some states have more complex residency rules than others, which means that these states may continue to consider you as a resident if in the state you own a property, possess a driver’s license, have bank accounts or an investment portfolio, are a registered voter, keep a mailing address, or have dependents who live in that state.

If you meet these criteria, you may need to submit a state tax return and pay state taxes even if you were absent during the fiscal year. Four of the more sticky states are California, New Mexico, South Carolina and Virginia. On the other hand, seven states charge no state tax: Alaska, Florida, Nevada, South Dakota, Texas, Washington State and Wyoming.

Most of the other states only require a state tax return when you were actually present in that state during the tax year. If you were, income tax is only due on earnings within the state. Because of the variability in different state requirements, you should confirm your own individual circumstances. Closing or moving bank accounts, selling a property or changing your driver’s license to

another state be steps that can help to sever the ties in your former state of residence.

Estimated Tax Payments

The IRS requires taxpayers to make quarterly estimated tax payments if the following conditions apply:

- You anticipate at least \$1,000 in federal tax in the current tax year after federal withholding tax and refundable credits; and
- Federal withholding tax and refundable credits do not reach 90% of your current tax liability or are less than the total tax you owed in the previous year. If you must make estimated payments, the reporting schedule is as follows:

Payment Period	Due Date
1 January – 31 March	15 April, 2019
1 April – 31 May	17 June, 2019
1 June – 31 August	16 Sept., 2019
1 September – 31 Dec.	15 January, 2020

You will not have to make the 4th quarter payment if you file by 31 January and pay the outstanding balance with your tax return.

Penalties

Two types of sanctions can be charged against expats who fail to pay their estimated taxes: “failure-to-pay” and “failure-to-file”. Submitting your federal tax return after the extended deadline can lead to a punitive “failure-to-file” penalty: 5% each month on the unpaid balance.

This charge is ten times the “failure-to-pay” fine. However, penalties are not allowed to exceed 25% of your total tax bill. If you are unable to pay all your taxes when due, reporting by the deadline is always preferable.

The “failure-to-pay” penalty is less severe: 0.5% monthly of the unpaid balance. “Failure-to-pay” fines begin to accrue on the day after the assessment is due. If you owe both penalties in one month, the maximum cumulative penalty in any given month is capped at 5%.

On the positive side, taxpayers living abroad get an automatic two-month filing extension. Nevertheless, keep in mind that a filing extension is not an extension on paying outstanding taxes.

Dennis Swing Greene is chairman and International Tax Consultant for euroFINESCOs.a. www.eurofinesco.com

An October Surprise



GWYNNE DYER

An 'October Surprise' in the United States is now almost inevitable, because that will be Donald Trump's last chance to get re-elected legitimately.

He might try to cling to office even if he loses the vote, but it would be a lot easier and neater if he actually won a majority in the Electoral College on 3 November. 'October Surprise' is the American political term for a fake crisis, usually involving foreigners, that is 'discovered' by a president trailing badly in the polls in the last few weeks before an election. All other issues are forgotten, Americans rally around the flag, and the incumbent wins on a surge of patriotism. Or that's the theory, at least. The same thing happens elsewhere too, of course, and not necessarily in October. That's when it needs to happen in to win a US presidential election, but there's a 'July Surprise' happening in Belarus right now. Last week Alexander Lukashenko, the strongman who rules Belarus, 'discovered' Russian mercenaries in his country. They were unarmed and on their way to Istanbul, but Lukashenko says there is a plot: "So far there is no open warfare, no shooting, the trigger has not yet been pulled, but an attempt to organise a massacre in the centre of Minsk is already obvious." Only I can save our country! Vote for me! Trump will need something like that because otherwise the coronavirus is going to kill him politically. This was not true as recently as early June, because up until then the United States was not performing especially badly in dealing with the

pandemic. It looked a lot worse because of Trump's bizarre behaviour - the endless, shameless lies, the narcissism, the suggestions that people should inject bleach, etc. - but in terms of Covid-19 deaths per million people the American fatality rate was still lower than any other major Western countries except Germany and Canada. The United States was late to go into lockdown, but so were they all, at least compared to most Asian countries. Until recently, if you were a Trump supporter, you could still believe he was doing a good job. It was Trump's rush to end the lockdown, not all the earlier nonsense, that did the real damage. He believed that he would lose the election if the economy didn't revive, but by opening up too fast he managed to revive the pandemic at the same time. The numbers tell the tale. America will record its 160,000th death from Covid-19. That's almost a quarter of all the coronavirus deaths in the world. Much worse, US deaths are still going up while deaths elsewhere in the developed world have fallen steeply. That's almost entirely due to Trump. Take Canada, for example. It's very similar to the US in economy and demography, but different in social and political terms. Canada has universal health care and a much less drastic divide between the rich and the rest, for example, which probably explains why America's



It was Trump's rush to end the lockdown, not all the earlier nonsense, that did the real damage.

cumulative death rate per million is 484, while Canada's is only 237. The history is therefore an American death rate twice as high as Canada's: not great, but not utterly awful. By now, however, Canada has managed to get its deaths down to ten a day, whereas America is back up around a thousand a day. Even allowing for Canada's much smaller population, that is ten times worse. This is what coming out of lockdown too early did to the United States, and it is all down to Donald Trump. The pandemic is raging again in the United States, and there may be a quarter-million deaths there by election day in November. US 'deaths per million' are going up three per day, which means that the US will overtake Chile (now 509) in less than two weeks, Italy

(582) in a month, Spain (609) in five weeks. It might even catch up with the UK (682) by election day. Most of those newly dead Americans will be over 60, so probably Trump supporters. Their relatives and friends are bound to notice eventually. Joe Biden's lead over Donald Trump in the polls has already widened to 10 percent, and there is probably no good news Trump could engineer in the remaining ninety days that would be big enough to turn that number around. His only hope, therefore, is to manufacture some really bad news: a restaged 'Gulf of Tonkin' incident with China, perhaps, or a terrorist 'threat' so humongous that it gives Trump a pretext to declare martial law nationally. Or maybe he will arrange the premature certification of a

magical new Covid-19 vaccine so he can roll it out just before the vote. If it kills a lot of people later on, who cares? He won. Trump knows that if he loses the election he will spend the rest of his life in court, possibly even in jail. An October Surprise is practically guaranteed. It isn't over yet.



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

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Illegal Camping

SIR, Thank you for supporting our local community. Enforcing law and order is paramount. All the wild campers and drifters hiding off the grid must also be stopped. We do not want another Christian B on our beaches making our communities vulnerable from the criminal fraternity. Wild campers who cannot respect the Algarve and play by the rules must be fined and removed for the safety of the wider community, and the authorities should stop harbouring the illegal camping cars on our beaches and National Parks. It would be far better if they provided a cleaner, greener, safer and stronger area and protested the community by enforcing the laws. Only then will the Algarve become a clean and safe environment.

DENNIS JOHNSON, Lagos

Re: Mail in Portugal

SIR, I wonder how many of your readers have had an experience with ctt.pt. customs similar to mine? In February a friend of mine ordered a gift for me from the USA. It took a long time to arrive, and finally I managed to trace it to customs, where it had been sitting for some weeks. Customs did not inform me of its arrival, nor did they send me the form they complained I had not filled in. I sent the form, and also a new set of forms which arrived. Customs lost them, and asked for them to be resent. I resent them. Customs was not satisfied and it became necessary to send some of them a 3rd time. Among these was a receipt from the merchant, stating that this was a free gift, and including details of the gift and the price. Customs then wanted proof that it was a free gift, and wanted to know what the price was! We had several phone calls during this period of ridiculous behaviour. It

appeared that customs knew nothing of the proof sent. They wanted more proof. I could not produce more proof, so customs notified me that they were sending the parcel back to the USA. They now have, or say they have. I have never before had quite such appalling service, and I do not consider the excuse of the arrival of the virus an adequate explanation.

NAME AND ADDRESS WITHHELD, By email

Mail in Portugal

SIR, I was reading your article 8 August and really reality is much worse!

On 31 July I received 2 letters posted in Sweden one posted 3 April and the other 25 May!

Further, yesterday my wife received a registered letter which held important financial information delivered to our postbox, without signing for the receipt! It was just left in the box even protruding so anybody could have pulled it out and run away.

That is the second time such a thing has happened!

I do not feel safe with CTT postal services.

RAGNAR PELLJEFF, By email

Autodrómo/ Parkalgar

SIR, Well what a shambles last weekend's World Superbike effort was.

We ordered and paid for our tickets at the start of the year and duly downloaded the receipt, OK there was a date change which was beyond the control of us and the organisers due to the virus, we rang the ticket office one week before the event to confirm the event was going ahead and our tickets were valid, we were told to collect our tickets on the Friday morning in the circuit shop so one of our party flew out from the UK during that week, this was after rearranging his work to include the two weeks quarantine he

N The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: The Portugal News, Apartado 13, 8401-901 Lagoa. Email: letters@theportugalnews.com

was going to have to serve, nearly three weeks in total to watch the racing!

We duly arrived at the Autódromo on Friday morning to be told we couldn't have the tickets, no plausible reason was given but there were a lot of people gaining access to the circuit so obviously there was a way to gain access, we asked for a refund and once again there were more excuses made why it couldn't be done there and then, we had the debit card the tickets were booked on so in our view there was no valid excuses. Now from previous experience we know it will be a real battle to get the refund from Parkalgar as we have been that route before, normally we don't part with any money for any events held there we go to but we made an exception to accommodate our friend from the UK, he was extremely unhappy as his potential loss is significant both financially and in time lost.

I understand the whole weekend was in the same vein so anybody who thinks they have booked tickets for the proposed F1 GP if it happens needs to be wary, they will need all the help and good luck going if the number of spectators being thrown around arrive here, mind you from our latest experience their tickets will probably be void as well like ours.

JOHN KEMP, By email

TAP concerns

SIR, I just thought that I would share a negative experience with TAP airline this week.

I travelled on business from

Lisbon to Rome this week and then back to Lisbon. TAP being the national carrier, operating from the Airport in the capital and charging over €620 for an economy trip. The covid precautions all very good until it was time to board, all the distancing in the airport terminal made worthless by putting all the passengers on to busses so there was a mass exodus from the bus on to the plane. This process being repeated on the return flight.

Lisbon airport was quiet, many airbridges not occupied and yet the passengers being bussed around from terminal to plane. Of all the airlines I have used since the pandemic, the TAP experience was by far the worse in terms of safety and the most expensive.

Very disappointed with the treatment and the cost
KEITH WILLIS, MIIMS (Dip.Mar.Sur), By email

Re: Face Masks

SIR, What a very very selfish and naïve view expressed by G Walker (or should I refer to you as "professor" G Walker?) in **The Portugal News** dated 1 August. All the scientific evidence shows that the wearing of face masks helps to prevent the spread of this dreadful covid-19 virus. Since the first week of March, whenever I leave home I wear a mask; even in the car. Are you suggesting that we carry on as normal and take no precautions? Just make sure that if you are in my near vicinity that you stay 100 metres away from me.

ROD, By email

Please send your Letters to:
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John Lamonby

Obituary



After a long illness, bravely fought, artist John Lamonby died at home in Faro on 7 July. Well respected for his instinctive compositions, he is best known in the Algarve for his abstract paintings.

Born in Newcastle-upon-Tyne, he trained at the University of Northumberland. Taking advantage of the deserted coastal surroundings his first paintings contained finely balanced observations depicted with faultless care. Representational pictures of dramatic cliffs, mud flats, sand dunes and beaches.

After many years of travel - both physically and artistically - he refined his style producing much more random and exuberant images. Working spontaneously they are non-figurative representations of thoughts and ideas. Settling in the Algarve, living close to the Ria Formosa, he went on to produce some of his most beautiful creations in the company of his Portuguese wife, Fernanda. He is also sadly missed by his son, daughter and two step-daughters, his friends and the many collectors attracted by his paintings.

Zen Garden Yoga Studio and Holistic Hub



Anyone who wishes to find some refuge from the present turbulent times while at the same time nourish the body and mind, look no further. Zen Garden, a new Yoga Studio and Holistic Hub has just opened in Praia da Luz. It is the brainchild of Noeline Oldham, a yoga teacher and therapist who has been able to realise a longstanding dream of opening a centre in just the right location. It's easy to find on the road between Praia da Luz and Burgau and provides plenty of car parking space.

The space has been immaculately converted into a welcoming reception area, spacious studio, treatment room and toilet facilities.

Noeline and her fellow yoga

teachers, Kaja da Pink and Cony Walker offer different forms of yoga, along with Chakra dancing, reflexology, massage and crystal healing.

Three other therapists, Johnny White, Felipe Silva and Miguel Torres, work at the centre offering different treatments from sports and Thai massage, Reiki, and Qigong to Crystal Sound Bath and naturopathy.

Sessions are open to anyone at all levels. There are beginners' groups and 1:1 for anyone wanting to have a try. Advance booking is essential.

Tel. 282761745, Mob. 963614499, email: zengardenretreat@gmail.com or visit: www.zengardenretreat.com

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I googled my symptoms
turned out i just need to go to
PORTUGAL



SATURDAY 15/08/20

BBC One

- 06.00 Breakfast.
- 09.30 VJ Day 75: The Nation Remembers.
- 11.30 Bargain Hunt.
- 12.00 Athletics: Diamond League Highlights Monaco.
- 13.00 BBC News; Weather.
- 13.15 Live Snooker: The World Championship.
- 16.30 **FILM:** Wallace & Gromit in The Curse of the Were-Rabbit (2005).
- 17.50 BBC News.
- 18.10 Pointless Celebrities.
- 19.00 Total Wipeout: Freddie & Paddy Takeover.
- 19.40 Casualty.
- 20.30 VJ Day 75: The Nation's Tribute.
- 22.00 BBC News; Weather.
- 22.20 **FILM:** Guardians of the Galaxy (2014).

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.
- 09.30 Saturday Kitchen.
- 11.00 The Great Food Guys.
- 11.30 The Good Cook.
- 12.00 Holiday of My Lifetime with Len Goodman.
- 12.30 Wanted Down Under.
- 13.15 Money for Nothing.
- 14.00 Big Cats.
- 15.00 **FILM:** Love & Friendship (2016).
- 16.30 Live Snooker: The World Championship.
- 17.30 Flog It!
- 18.30 Great Continental Railway Journeys.
- 19.30 Live Snooker: The World Championship.
- 23.00 Cricket: Today at the Test.

ITV London

- 06.00 CITV.
- 09.25 James Martin's Saturday Morning.
- 11.35 **FILM:** The Queen (2006).
- 13.25 ITV News and Weather.
- 13.30 ITV Racing: Live from Newbury.
- 16.00 The Masked Singer US.
- 17.00 ITV News and Weather.
- 17.15 ITV News London; Weather.
- 17.20 The Chase Celebrity Special.
- 18.25 Rolling in It.
- 19.25 The Voice Kids.
- 21.05 **FILM:** For Your Eyes Only (1981).
- 23.30 ITV News and Weather; Weather.
- 23.50 Captain Tom's War.
- 00.15 Ideal World.
- 03.00 Small Fortune.
- 03.50 ITV Nightscreen.

Channel 4

- 06.15 Everybody Loves Raymond.
- 07.05 Frasier.
- 08.00 At Home Superheroes.
- 08.55 The Big Bang Theory.
- 10.20 The Simpsons.
- 11.15 Puppy School.
- 12.15 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 Formula 1 Spanish Grand Prix Qualifying Highlights.
- 20.00 How to Build: Maserati.
- 21.00 **FILM:** Taken (2008).
- 22.45 **FILM:** World War Z (2013).
- 00.55 Ramsay's Kitchen Nightmares USA.
- 01.45 George Clarke's Amazing Spaces.
- 02.40 This Is Us.
- 03.30 Undercover Boss Canada.
- 04.25 Fifteen to One.
- 05.20 All Star Driving School.
- 05.45 Kirstie's Fill Your House for Free.

BBC Four

- 19.00 Cricket: Today at the Test.
- 20.00 Super Powered Owls: Natural World.
- 21.00 The Bridge.
- 01.00 TOTP2: Summertime Special.
- 02.00 London Songs at the BBC.
- 02.55 Super Powered Owls: Natural World.

SUNDAY 16/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Sunday Morning Live.
- 11.00 Homes Under the Hammer.
- 12.00 Bargain Hunt.
- 13.00 BBC News; Weather.
- 13.15 Songs of Praise.
- 13.50 **FILM:** Jane Eyre (2011).
- 15.40 Escape to the Country.
- 16.35 Money for Nothing.
- 17.35 Spy in the Wild.
- 18.35 BBC News.
- 19.00 Countryfile.
- 20.00 Antiques Roadshow.
- 21.00 A Suitable Boy.
- 22.00 BBC News.
- 22.30 **FILM:** Quartet (2012).
- 00.00 Weather for the Week Ahead.
- 00.05 BBC News.

BBC Two England

- 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 The Hairy Bikers' Bakeation.
- 13.30 Live Snooker: The World Championship.
- 18.00 Sir Chris Hoy's Secret World of Japanese Bicycle Racing.
- 18.30 Best of Top Gear.
- 19.30 Live Snooker: The World Championship.
- 23.00 Cricket: Today at the Test.
- 00.00 Heroes.
- 01.25 Sign Zone: Once Upon a Time in Iraq.

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 James Martin's Islands to Highlands.
- 10.20 Beautiful Baking with Juliet Sear.
- 11.20 Inside Britain's Food Factories.
- 11.50 Wonders of the Coast Path.
- 12.20 ITV News and Weather.
- 12.25 The Voice Kids.
- 14.00 The Masked Singer US.
- 14.55 **FILM:** Octopussy (1983).
- 17.30 ITV News and Weather.
- 17.50 **FILM:** Jurassic World (2015).
- 20.00 Downton Abbey.
- 22.00 ITV News and Weather; Weather.
- 22.20 Bafta Celebrates Downton Abbey.
- 23.20 Unsaid Stories.
- 00.20 Coronation Street: Battleaxes.
- 00.45 Ideal World.

Channel 4

- 06.00 Everybody Loves Raymond.
- 06.50 Frasier.
- 07.40 The Big Bang Theory.
- 09.30 Sunday Brunch.
- 12.30 The Simpsons.
- 13.50 Four in a Bed.
- 14.50 **FILM:** 27 Dresses (2008).
- 17.00 A Place in the Sun.
- 18.00 Channel 4 News.
- 18.30 Formula 1 Spanish Grand Prix Highlights.
- 21.00 Derren Brown: 20 Years of Mind Control: Live.
- 23.10 Derren Brown's Greatest Stunt.
- 00.15 David Blaine: Beyond Magic.
- 01.05 Ramsay's Kitchen Nightmares USA.
- 01.55 Couples Come Dine with Me.

BBC Four

- 19.00 Cricket: Today at the Test.
- 20.00 BBC Proms Classics: Barenboim and the West-Eastern Divan Orchestra.
- 22.10 Albion.
- 01.00 The Gardeners of Kabul.
- 01.25 Classic EastEnders.

MONDAY 17/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Animal Park.
- 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 Call That Hard Work?
- 16.30 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 Escaping My Abuser - Panorama.
- 20.00 EastEnders: Secrets from the Square.
- 20.30 Ghosts.
- 21.00 Line of Duty.
- 22.00 BBC News at Ten.
- 22.45 Enterprice.

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 Great Asian Railway Journeys.
- 09.00 The Great British Year.
- 10.00 BBC News.
- 13.00 The Boss.
- 13.45 Curious Creatures.
- 14.15 A Place to Call Home.
- 15.10 The A to Z of TV Cooking.
- 15.15 Incredible Medicine: Dr Weston's Casebook.
- 16.15 World's Weirdest Events.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 Meerkat Manor.
- 19.00 Cricket: Today at the Test.
- 20.00 Our Friend Victoria.
- 20.30 University Challenge.
- 21.00 The Trial of Alex Salmond.
- 22.00 Mock the Week.
- 22.30 The Mind of Herbert Clunkerfunk.

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: High Days and Holidays.
- 21.00 Lost Honour of Christopher Jefferies.

Channel 4

- 06.30 Mike & Molly.
- 07.20 Cheers.
- 08.15 Everybody Loves Raymond.
- 09.15 Frasier.
- 10.15 The Big Bang Theory.
- 11.10 Undercover Boss USA.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage Veg.
- 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 Supershoppers.
- 20.30 Jamie: Keep Cooking Family Favourites.
- 21.00 The Yorkshire Jobcentre.
- 22.00 999: What's Your Emergency?

BBC Four

- 19.00 Handmade in Africa.
- 19.30 The Joy of Painting.
- 20.00 Africa with Ade Adepitan.
- 21.00 African Renaissance: When Art Meets Power.

TUESDAY 18/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Animal Park.
- 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 Call That Hard Work?
- 16.30 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 EastEnders: Pat & Frank's Affair.
- 20.30 Babs.
- 22.00 BBC News at Ten.
- 22.45 How's Your Head, Hun? with Michelle Visage.
- 23.20 Hayley Goes..

BBC Two England

- 06.05 Animal Park.
- 06.50 Call That Hard Work?
- 07.35 Meerkat Manor.
- 08.00 Sign Zone: Gardeners' World.
- 09.00 The Great British Year.
- 10.00 BBC News.
- 13.00 The Super League Show.
- 13.45 Curious Creatures.
- 14.15 A Place to Call Home.
- 15.10 The A to Z of TV Cooking.
- 15.15 Incredible Medicine: Dr Weston's Casebook.
- 16.15 World's Weirdest Events.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 Meerkat Manor.
- 19.00 Celebrity Antiques Road Trip.
- 20.00 This Farming Life.
- 21.00 Manctopia: Billion Pound Property Boom.
- 22.00 Live at the Apollo.
- 22.45 Newsnight.
- 23.30 The Trial of Alex Salmond.

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 The Lost Honour of Christopher Jefferies.
- 22.30 ITV News; Weather.
- 23.15 The Life & Times of Captain Sir Tom.

Channel 4

- 06.30 Mike & Molly.
- 07.20 Cheers.
- 08.15 Everybody Loves Raymond.
- 09.15 Frasier.
- 10.15 The Big Bang Theory.
- 11.10 Undercover Boss USA.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage Veg.
- 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 - Fat.
- 21.00 24 Hours in A&E.
- 22.00 Shameless.

BBC Four

- 19.00 Johnny Kingdom - A Year on Exmoor.
- 19.30 The Joy of Painting.
- 20.00 A303: Highway to the Sun.
- 21.00 The Yorkshire Ripper Files: A Very British Crime Story.
- 22.00 Blackadder Goes Forth.

WEDNESDAY 19/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Animal Park.
- 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 Call That Hard Work?
- 16.30 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 Shankill by the Sea - Our Lives.
- 20.00 The Repair Shop.
- 21.00 Reported Missing.
- 22.00 BBC News at Ten.
- 22.45 Ibiza Dreams.

BBC Two England

- 06.05 Animal Park.
- 06.50 Call That Hard Work?
- 07.35 Meerkat Manor.
- 08.00 Amazing Hotels: Life Beyond the Lobby.
- 09.00 The Great British Year.
- 10.00 BBC News.
- 13.00 The Boss.
- 13.45 Curious Creatures.
- 14.15 A Place to Call Home.
- 15.05 The A to Z of TV Cooking.
- 15.15 Incredible Medicine: Dr Weston's Casebook.
- 16.15 World's Weirdest Events.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 Meerkat Manor.
- 19.00 Celebrity Antiques Road Trip.
- 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.
- 13.00 ITV Lunchtime News; Weather.
- 13.30 ITV Racing Live: York Ebor Festival.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.00 Heathrow: Britain's Busiest Airport.
- 20.30 Coronation Street Icons: Ken Barlow.
- 21.00 Tina & Bobby.

Channel 4

- 06.30 Mike & Molly.
- 07.20 Cheers.
- 08.15 Everybody Loves Raymond.
- 09.15 Frasier.
- 10.15 The Big Bang Theory.
- 11.10 Undercover Boss USA.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage Veg.
- 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.

BBC Four

- 19.00 Johnny Kingdom - A Year on Exmoor.
- 19.30 The Joy of Painting.
- 20.00 Monty Don's Japanese Gardens.
- 21.00 Japan: Earth's Enchanted Islands.

THURSDAY 20/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Animal Park.
- 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 Call That Hard Work?
- 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.
- 21.00 Death in Paradise.

BBC Two England

- 06.05 Animal Park.
- 06.50 Call That Hard Work?
- 07.35 Meerkat Manor.
- 08.00 Great Continental Railway Journeys.
- 09.00 The Great British Year.
- 10.00 BBC News.
- 13.00 The Boss.
- 13.45 Curious Creatures.
- 14.15 A Place to Call Home.
- 15.00 The A to Z of TV Cooking.
- 15.15 Incredible Medicine: Dr Weston's Casebook.
- 16.15 World's Weirdest Events.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 Meerkat Manor.
- 19.00 Celebrity Antiques Road Trip.
- 20.00 Glow Up: Britain's Next Make-Up Star.
- 21.00 Live at the Apollo: The One About Mandy.

ITV London

- 06.00 Good Morning Britain.
- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.00 ITV Lunchtime News; Weather.
- 13.30 ITV Racing: Live from York.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale Family Tree: The Dingles, Older and Wiser.
- 19.30 The Road to Recovery? Tonight.
- 20.00 Wonders of the Coast Path.
- 20.30 Inside Britain's Food Factories.
- 21.00 Inside Asprey.

Channel 4

- 06.30 Mike & Molly.
- 07.20 Cheers.
- 08.15 Everybody Loves Raymond.
- 09.15 Frasier.
- 10.15 The Big Bang Theory.
- 11.10 Undercover Boss USA.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage Veg.
- 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.
- 21.00 Criminal Kids: Crime & Punishment.

BBC Four

- 19.00 Johnny Kingdom - A Year on Exmoor.
- 19.30 The Joy of Painting.
- 20.00 Joanna Lumley does the Northern Lights.
- 21.00 **FILM:** Quartet (2012).

FRIDAY 21/08/20

BBC One

- 06.00 Breakfast.
- 09.00 BBC News.
- 10.00 Animal Park.
- 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 Call That Hard Work?
- 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 at 50.
- 21.00 Would I Lie to You?
- 21.30 The Young Offenders.
- 22.00 BBC News at Ten.
- 22.45 **FILM:** The Lost Boys (1987).

BBC Two England

- 06.05 Animal Park.
- 06.50 Call That Hard Work?
- 07.35 Meerkat Manor.
- 08.00 Sign Zone: Bears About the House.
- 09.00 Ultimate Swarms.
- 10.00 BBC News.
- 13.00 The Boss.
- 13.45 Curious Creatures.
- 14.15 A Place to Call Home.
- 15.05 The A to Z of TV Cooking.
- 15.15 Incredible Medicine: Dr Weston's Casebook.
- 16.15 World's Weirdest Events.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 Meerkat Manor.
- 19.00 Cricket: Today at the Test.
- 20.00 Gardeners' World.
- 21.00 **FILM:** Lady Bird (2017).

ITV London

- 06.00 Good Morning Britain.
- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.00 ITV Lunchtime News; Weather.
- 13.30 ITV Racing: Live from York.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.00 Vera.
- 22.00 ITV News at Ten; Weather.
- 22.45 Virgin Media's V Festival 2020.

Channel 4

- 06.30 Mike & Molly.
- 07.20 Cheers.
- 08.15 Everybody Loves Raymond.
- 09.15 Frasier.
- 10.15 The Big Bang Theory.
- 11.10 Undercover Boss USA.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage Veg.
- 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.
- 20.00 Travel Man's Greatest Trips.
- 21.00 8 Out of 10 Cats Does Countdown.
- 22.00 **FILM:** The Inbetweeners 2 (2014).

BBC Four

- 19.00 Easy Listening Hits at the BBC.
- 20.00 Top of the Pops: Big Hits 1989.
- 21.00 Shirley Bassey at the BBC.

Pick of the week

SUNDAY 16 AUG

Live Snooker: The World Championship (BBC2, 7.30pm)



Coverage of the concluding session of this year's final at the Crucible Theatre

in Sheffield, where the first player to reach 18 frames is crowned champion. Judd Trump needed just two frames to wrap up an 18-9 victory in this session last year, recording breaks of 94 and 63 to comfortably overcome the four-time champion and claim his maiden title. 'The Juddernaut' has won six ranking competitions since to cement his status at the top of the rankings and put him among the pre-tournament favourites to prevail once again.

TUESDAY 18 AUG

Babs (BBC1, 8.30pm)



Biopic of Barbara Windsor, following the key events of the actress' life over the course of 50 years. The

story begins in 1993, with the actress preparing for a stage performance shortly before joining the cast of EastEnders. She looks back to her childhood as a lonely evacuee in the Second World War, her rise to fame in the Carry On films and her difficult relationships with her father and her first husband, gangster Ronnie Knight. Samantha Spiro, Jaime Winstone, Honor Kneafsey and Windsor herself share the lead role.

THURSDAY 13 AUG

Virgin Media's V Festival 2020 (ITV, 10.45pm)



From the minute Olly Murs walked on stage at The X Factor auditions

11 years ago, it was clear the man had skills. On TV he's a master, but live Murs really comes alive. Which is just as well, as he's one of the biggest attractions at this year's annual music festival. Here Joel Dommett and Maya Jama present all the fun from Hylands Park in Chelmsford. Aside from what promises to be a lively performance from Olly, fellow Essex tunesmith Anne-Marie will also be bringing her dulcet tones to the show. And last but not least is Dylan Kwabena Mills, better known to the masses as Dizze Rascal. This feast of entertainment will also feature exclusive interviews, festival fashion, and a look back at some of the event's most memorable performances.

8 simple steps to putting up a shelf

Simple storage solutions for the DIY rookie.



Hold your shelf against the wall and - using a spirit level to ensure it is flat - mark its position. (Photo: iStock/PA)

It is easy to assume that DIY shouldn't be too hard. From property shows to instructional YouTube videos, it looks doable almost by definition, and putting up a shelf is at the more elementary end.

But DIY disasters are common for a reason, and that reason is over-confidence. New research from Checkatrade suggests that DIY failures cost the average person more than €200 a year, and that nearly a quarter of

DIYers have left tasks unfinished. A shelf is no IKEA wardrobe (not that they are always easy either), and even simple tasks can quickly devolve into damaged walls and sore thumbs. Here's how to put up a

shelf while ensuring your house, and your person, remain intact...
 You will need...
 1 x tape measure
 1 x spirit level
 1 x cable and pipe detector
 1 x electric drill with wood and masonry bits
 Plastic wall plugs
 1 x hammer
 Screws
 1 x saw
 1 x screwdriver
 1 x pencil
 Be prepared...
 First of all, you will need to choose the material for your shelf. Softwoods like pine are easy to work with, attractive and not too expensive, but with a few adjustments you can also use plywood or chipboard. Second, choose your spot on the wall. Barging into the brickwork without checking what's behind it can lead to cut cables and spurting pipework, so always carefully scan your surface with a cable and pipe detector. To ensure your shelf will not tumble at the first touch

of a paperback, you need it to be securely fixed, and for that it's important to know what kind of wall you are dealing with and choose the correct drill bits. If it is a masonry wall (brick or concrete) it will be strong, but harder to drill into. If it is a stud wall (plaster board nailed onto a timber frame) then it will take less weight and you need to attach your shelf to the timber studs (not to the hollow areas between the timbers) unless both the shelf and its load are very light indeed.
 How to put up your shelf...
 1. Hold your shelf against the wall and - using a spirit level to ensure it is flat - mark its position.
 2. Hold up your brackets and mark with a pencil the top of the brackets (on which the shelf will sit) and the screw holes in the brackets.
 3. Drill the holes in the wall for the first bracket. If you are putting your shelf up on a masonry wall, these holes will take wall plugs to

hold the screws in place. If you are screwing into timber studs, you should not need wall plugs if you drill only thin pilot holes and use long enough screws to firmly grip the timber. Take care to choose the right size drill bit for your wall plug (or screw). To know how far to drill into the wall, mark your drill bit with a piece of tape to show the length of your wall plug (or screw).
 4. If using them, tap the wall plugs into the holes gently with a hammer so they sit flush with the wall.
 5. Screw the first bracket loosely to the wall. Check the position of the second bracket by holding up the shelf and the spirit level, before drilling those holes and tapping in the plugs.
 6. Screw both brackets securely to the wall.
 7. Drill pilot holes in your shelf ensuring you do not go all the way through it (you can use a tape marker for this as well), then screw the shelf to the brackets.
 8. Fill your shelf! PA/TPN

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Seaside themed gardens

Enthused by a day out at the beach? Experts offer tips to help give your garden a seaside feel.

Anyone who has been inspired by visits to the beach and coastal walks can easily create a little bit of that seaside feel in their own garden. Award-winning garden designer Joe Perkins and Lynette Talbot, offer their tips on how you can recreate beach vibes in your outdoor space...

Set the scene with sandy soil or gravel

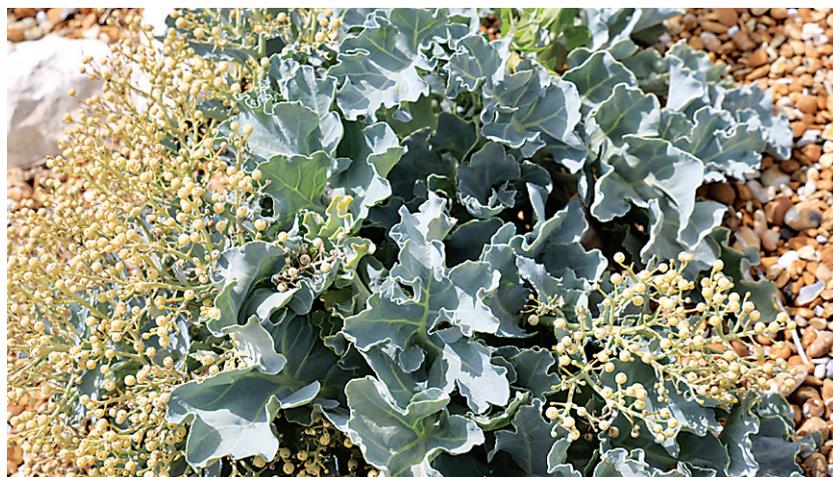
"Ideally, you'd need sandy soil or a gravel footpath. Gravel gardens can make it look like a beach," says Chelsea Gold medallist Perkins, whose 2020 Facebook show garden Growing The Future will be displayed at next year's show.

"You could do worse than put down four or five inches of gravel, and many seaside plants would be happy growing in it. If you have poor drainage or heavy soil, build up a gravel layer, adding sand or soil to add nutrients.

"A lot of coastal plants will be perfectly happy growing into that layer and many of them don't need much soil, and if they do, like sea kale, they will have a deep tap root which they'll send down to stabilise themselves." "Treat your seaside garden like an alpine garden," says Talbot. "You want free-draining soil, which you can build up like a rockery or cliff face, incorporating shorter grasses like carex or small miscanthus, to give you the feel of the wispy grasses along the edge of the shoreline."

Pick suitable plants

"Coastal plants have specific adaptations which may be small leaves or, if not, they are quite waxy, with a protective coating to minimise water loss and the effect of salt," says Perkins, adding that "if you go to a shingle beach you may find sea kale, thrift and rock samphire, little clustered hummocks of varying



A lot of coastal plants will be perfectly happy growing into that layer and many of them don't need much soil, and if they do, like sea kale, they will have a deep tap root which they'll send down to stabilise themselves. (Photo: iStock/PA)

shades of green and grey. "If you like the spartan look, you could make a gravel garden planted with rivers of thyme, dwarf myrtle bushes and some evening primrose coming through it."

Stock up on free-draining species

"Other good plants to create a sea feel would include santolinas, lavenders, silver-leaf plants and some sea poppies, which need to be planted in a very free-draining, gritty soil, with a good sand and compost mix because they don't like being in a very fertile garden. Known as the horned poppy, these perennials have lemon flowers and large, bean-like seed heads," continues Talbot. "Thrift (*Armeria pseudarmeria*) is another good choice and comes in colours from white to darkish red. You can buy any of the Ballerina Series in the alpine section of a local nursery." She also recommends sea holly (*eryngium*), sedums, artemisia and mallows.

Add seaside accessories

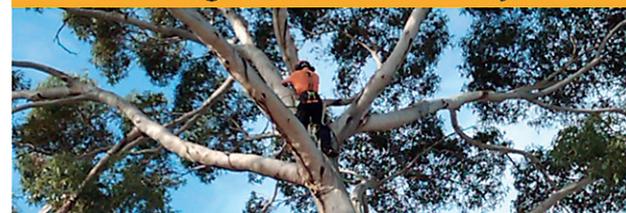
"Create a small area with some shingle and put some posts on the side, with a rope link between them or some firemen's buckets or tyres or rings which could be painted red to resemble lifebuoys, or get some glass fishermen's jars. You might be able to get hold of some crayfish or lobster baskets, which give an area a nice seaside feel," Talbot advises. "Thick ropes, which you often see tying a boat to a mooring, are a great accessory. You can get a garden-sized boat and plant that up, putting it on a small shingle bed, with alpine grit over the top to finish."

Display beach finds carefully

Perkins says you have to be careful when putting shells or driftwood you've found on beach-combing walks on display at random points in the garden. "Instead of dotting things around, make a display cabinet of perhaps a series of shells, which makes sense of them being there."

PA/TPN

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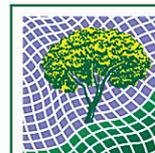
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How do I get my dog used to face masks?

Facemasks are now a part of everyday life in Portugal with them being worn on public transport, in buildings and when there is no possibility of social distancing.



According to the RSPCA: "For many pets, seeing people in face coverings will be a new experience and some may feel anxious or afraid. Dogs use our facial expressions to understand what we are feeling and so having our faces covered may be strange for them". To help during this time, the RSPCA has put together some training tips to help your pet feel happy and relaxed around people wearing face masks. Top tip: When introducing your pet to a face mask, it's really important to do so gradually and to only progress if your pet is happy and relaxed. Most

dogs get easily used to seeing people with face masks, but the following advice is particularly useful for dogs that tend to be shy in the presence of unfamiliar faces. **Step 1** Put on a face mask but keep it 'half on' so that your dog can see your mouth and nose. Our dogs are used to seeing people with scarves so this should not cause any particular reaction. Keep the mask half on while you feed your dog, give treats and play with him. If you notice no difference in his/her behaviour, put the mask on gradually. Cover your mouth a few times, then proceed to cover your

mouth and nose. Repeat the same positive actions and interactions a few times and take it slow.

Step 2 Ask your family to do the same, the consistency and gradual progress will help. Also, try to change the type of mask - using masks of different colours, for example. This will help get your dog used to the different 'looks'.

Step 3 Put your mask on just before entering your home. If your dog seems more excited than normal, ask him/her to sit and then give them a treat. Ask your family members to do the same. This will help your dog to make positive associations with approaching people wearing face masks.

Step 4 Dogs tend to focus on people's faces, and for shy dogs, not being able to see human facial expressions may be confusing and trigger fearful reactions. If your dog gets used to familiar people with face masks, they will more likely not get scared if strangers with face masks approach them.

To further encourage your dog, when walking them, ask for their attention and give out a treat if you see him/her focused on someone with a face mask.

Have you seen?

Little Egret (*Egretta garzetta*)

This long-necked, pure white bird, somewhat smaller than a heron, is one of the most familiar marsh species throughout Portugal. It can be seen stalking for frogs and fish which it catches with its fine, pointed bill in a snake-like strike.

Little Egrets normally nest colonially in trees, often alongside other members of the heron tribe, but a few breed on offshore islets in the Algarve. The fine plumes of the adult were in great demand for the millinery trade (to adorn ladies' hats) in the 19th Century, resulting in a catastrophic decline. 'Fur and feather' activists were successful in bringing the slaughter to an end. These early conservationists were the inspiration for the establishment of the Royal Society for the Protection of Birds (RSPB) in Britain, which now boasts well over a million members.

The species was naturally confined to the Continent until the recent combination of increased population levels in France and rising temperatures encouraged it to colonise southern Britain, from where it is spreading further north with amazing rapidity. Curiously, this sudden expansion is not reflected in Iberia, although the creation of rice fields in Spain has resulted in local increases. The Portuguese breeding population is thought to number just over two thousand pairs and be stable.

Many Iberian birds seem to be resident but some winter immigration occurs and migrants pass through on their way to winter quarters in Africa. When living in the Azores, I noticed small parties arriving on Santa



Maria from the north-east each year in late September and October. Ringed nestlings from the new British population have been recovered in Spain in autumn and winter, whilst Spanish-ringed birds have found their way to France, Italy and Poland. Big brother', the Great Egret, is in the process of colonising Iberia from the east. It is also pure white, the size of a Grey Heron and has a yellow bill in winter.

Ones and twos can be seen on coastal marshes in the Algarve and elsewhere in Portugal. Little Egrets are rarely found away from water although, bizarrely, I saw one in a dry clearing in the New Forest in Hampshire. The unrelated, yellow-billed egret seen in flocks at the roadside in Portugal is the Cattle Egret, which has extended its African association with 'big game' to our herds of bovines.

Alan Vittery

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Magnificent 2 bedroom townhouse

This week, Property of the Week features a magnificent 2 bedroom townhouse in Meia Praia, Lagos, complete with swimming pool and sea views.

This villa enjoys amazing panoramic views over the sea, from the riverside area of Alvor that joins Meia Praia and continues on to Lagos and is the perfect place to experience memorable sunset moments with family and friends.

Located a few metres from the beach in a small complex of several villas, the townhouse comprises a large living room with fireplace and a fully equipped spacious kitchen. The property also has two bedrooms with fitted wardrobes (one en-suite) and a full bathroom with heated towel rails.

Outside there is a beautiful swimming pool surrounded by a large terrace and lawned gardens with a support house to the swimming pool

and covered parking. The property is also equipped with central heating for extra comfort.

This property checks all of the boxes for those looking for a high quality property in the Algarve.

A beautiful house with a swimming pool, an amazing sea view and proximity to the beach, in a quiet and relaxing neighbourhood but still only two minutes away from the city centre and all its amenities.

For more information about this magnificent townhouse (Ref: VM626) priced at €750,000, please contact Mimosas Properties on: (+351) 282087152, (+351) 912547448 or visit: www.mimosaproperties.com



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Old Village - 2 bedroom first floor apartment with roof terrace

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Old Village - 2 bedroom ground floor apartment with south facing patio

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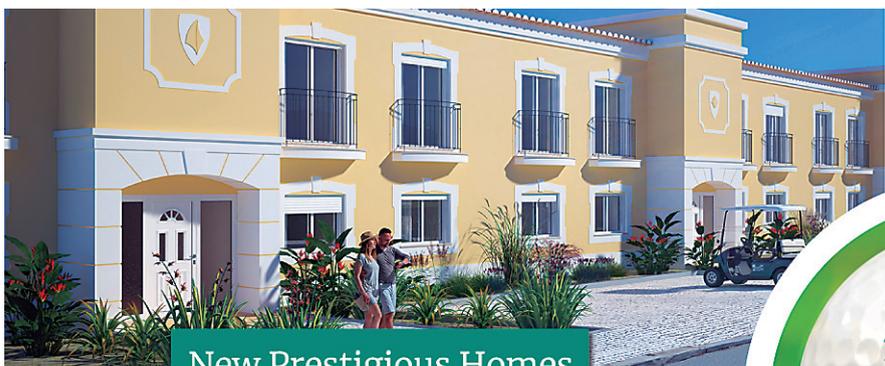
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Stress can affect you in lots of different ways, here are some simple exercises to help you control and conquer it.



Active visualisation can help relieve negative symptoms associated with stress. (Photo: iStock/PA)

From a small annoyance like getting stuck in traffic, to a major crisis like a sudden change in your financial situation, stressful situations are a natural part of life.

But too much chronic stress can be detrimental to our health - experts say it can weaken the immune system and cause long-term health issues like high blood pressure, depression, anxiety and even heart disease.

While you can't prevent stress from happening entirely, you can manage the way you respond to high-pressure

situations. We asked experts to share a variety of stress-relieving tools you can try...

Visualise a safe place

This easy tool is used in a number of psychotherapeutic techniques such as Eye Movement Desensitisation Reprocessing (EMDR) - a type of therapy used to help people overcome the effects of psychological trauma.

Active visualisation can help relieve negative symptoms associated with stress, says Dr Paul McLaren, a general adult psychiatrist and medical director at

the Priory Hospital Hayes Grove.

"Essentially you picture yourself in a place where you have previously felt completely content and relaxed," says McLaren, who adds that this could be a favourite holiday destination, a garden or another place of comfort. "Actively bring your destination to mind by trying to connect with the different senses you associate with the place. "Start by closing your eyes and imagining what you can see around you, before taking in the imaginary sounds too - it could be softly crashing waves or birds in the trees. Next, bring to mind the smells you'd be able to experience too, and the sensation of your feet on the ground." After 10 minutes visualising yourself in your safe space, McLaren says you should start to feel calmer and relieved.

Alternate nostril breathing

Just focusing on your breath or changing the way you breathe can make a big difference to your overall stress levels, says Chatty Dobson, yoga teacher and owner of FLEX Chelsea. "Although you may not realise it, we have one dominant nostril at any one time, and they [are thought to] alternate [roughly] every 90 minutes [depending on the individual]. She explains: "Left nostril breathing is associated with the feminine character of calm and restoration, whereas the right is masculine, dynamic and powerful." Dobson says alternate nostril breathing can be a great way to cleanse the mind. "Take a comfortable seat, sitting tall and rest the left hand gently on the left thigh or in the lap. "Bring your right hand into a 'peace' sign,

and then switch the thumb and fingers so that the index and middle finger are in your palm. Your thumb and little finger should be extended.

"Take a deep inhalation and close the right nostril with the thumb. Exhale through the left nostril to the count of four. Next, close the left nostril with the little finger, release the thumb, and inhale through the right nostril to the count of four. Repeat this for at least 10 rounds, or until you start feeling calmer."

Loosen and affirm

As soon as you recognise the symptoms of stress, like shortness of breath and a fast heart rate, psychotherapist Nick Davies recommends taking a moment to physically address any tension.

"Make your body go as loose, limp and floppy as possible by sitting back in your chair or lying down, and relaxing every muscle from the top of your head down to the tips of your toes."

He suggests trying to ignore unhelpful thoughts and focus on breathing diaphragmatically [taking deep breaths by contracting the diaphragm], as this can help activate the 'parasympathetic nervous system' in the brain, responsible for returning the body to rest.

"Then slowly repeat the following affirmations five times each in your head: 'I am calm and relaxed', 'I am safe and well', 'I've got through this before and will again,'" recommends Davies. "The most effective way I've found of overcoming stress is not to fight it, but to allow the feelings to pass." PA/TPN



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Keep your hair healthy this summer



The best defence against UV rays is to wear a hat. (Photo: iStock/PA)

Don't let sun, sea and scorching weather mess with your tresses.

There are lots of factors that can compromise the health of your hair during the warmer months. "The main causes of damage I see on my clients' hair during the summer months are heat and salt water damage, and harsh colourants," says Ken O'Rourke, celebrity hair stylist and Charles Worthington ambassador. Hairdresser Michael Van Clarke says hair is "a mirror of our inner workings" but once it leaves the scalp, it is exposed to these harmful elements. "The hair loses moisture and the protein structure of the hair breaks down. The protective cuticle lifts, leaving the hair feeling rough or frizzy, and more exposed to further injury," he says. But with the right preventative measures and products you can ensure your tresses remain shiny, healthy and hydrated. Here are five expert tips on how to look after your locks in summer...

Use sun protection

"When UV rays penetrate the hair's outer cuticle, they create highly reactive free radicals which damage the melanin pigment causing colour changes, and attack the protein structure of the hair, leading to thinning, breakage, and split ends," says Van Clarke. The best defence against UV rays is to wear a hat, but if you are going out in the sun be sure to apply sun protection, he says. "A SPF for your hair will help protect the structure and the colour of hair from sun. Use even on cloudy days when up to 80 percent of the UV rays still get through." O'Rourke suggests "using a heat protection spray, especially if you are blow drying your hair regularly".

Repair with a mask

"A good hair mask is a must in order to keep your hair healthy during the summer months," says O'Rourke. "Your hair needs

protecting and nourishing to keep those dry ends under control." He suggests looking for a mask enriched with oils "which penetrate deep into the hair".

Care for your curls

For those with curly hair, O'Rourke says leave-in conditioner is ideal for keeping moisture levels up, and it should be applied before you flop down on your sun lounger. "You need something that will coat your hair gently and protect it from damage if you're swimming in the sea and sunbathing.

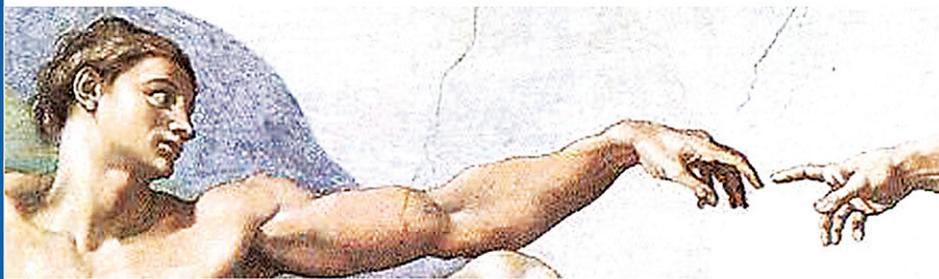
Rinse hair after swimming

Whether in the sea or a pool, swimming can wreak havoc on your hair. "The bleaching effect of chlorine changes the structure of the hair making it vulnerable to further damage and less stable for further colouring," Van Clarke says. "Beach waves are trendy but this can be bad news for hair health if created by seawater or salt sprays - salt is corrosive to hair, so you may look like a Bond girl today but probably won't by next week." Therefore, it's important to always rinse hair under the shower after swimming and reapply your sun protection, as you would sunscreen on your skin.

Be careful with your hairdryer

Blowdrying your hair can be damaging at the best of times, but in summer the effects can be even worse, Van Clarke warns. "These can go way beyond just dehydration to actually melting the hair - there is no recovery from that until it has grown out or been cut out," he says. If possible, give your hair a break and let it dry naturally, but if you must blowdry, do it gently. "Throw away your nozzle, keep a one inch distance from the hair and stop drying once that section is dry." PA/TPN

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Diet myth busting

Planning a post-lockdown diet? Here the experts separate fact from fiction when it comes to losing weight.

Has lockdown left your clothes feeling a little more snug? Understandably, many of us have turned to food for comfort, plus our lifestyles suddenly became much more sedentary - and giving ourselves a hard time for gaining a bit of weight is the last thing anyone needs. But if you are thinking about embarking on a post-lockdown health kick, it's a good idea to approach it sensibly. To help you on your way, we asked some experts to talk us through some of the most common weight loss 'myths'....

You can target 'problem areas'

Many people have a part of their body they're unhappy with, and targeting these so-called 'problem areas' can often be a main motivator in their weight loss journey - but regimes that promise to tackle specific areas are misleading. "Unfortunately, if your goal is to solely lose weight off somewhere specific, like your tummy, you're probably going to experience disappointment," says David Wiener, training specialist at Freeletics (freeletics.com). "Weight is lost by eating a healthy, balanced diet along with regular exercise, but everyone is different and you can't predict where the fat will be shed from first." Adding exercises that target the abs and core can help to tone muscle in this area, however, but fat loss is part of a bigger picture.

Carbs should be avoided

"Most fad or celebrity diets always revolve around cutting out specific food groups, such as carbs,

claiming that it's a fast-track solution to weight loss," says Wiener. Carbohydrates are a really important part of a balanced diet though. Wiener explains they're the body's main source of energy for the brain, and they also contain essential dietary fibre, which aids in digestion. "While they may [sometimes] be the higher calorie option on paper, the reality is carbs make you feel fuller for longer, which means you're less likely to binge on snacks throughout the day," Wiener adds.

Some foods speed up metabolism

The popular theory goes that the 'faster' your metabolism, the more calories you burn and the easier it is to keep weight off. "Foods and drinks such as green tea and protein-rich foods are renowned for being good at speeding up your metabolism," says Weiner, who warns that 'spiking' your metabolism only lasts for a few hours at a time. "These processes need energy; the amount of energy they need is dependent on an individual's body size, age, gender and genes. "So, while it may be possible for certain foods to spike your metabolism shortly after they are ingested, there is no scientific proof that they are beneficial for your overall metabolism."

Biology has no effect on weight loss

Weiner stresses that everybody is different when it comes to weight loss, and there's no simple 'one size fits all' rule. "People's bodies are affected differently because of varying metabolisms, hormones and muscle mass. Some 'diets' or

training regimes will have great success with some people and not with others," he says. "You could take more time to lose weight than others, and that's totally fine. Just be patient and trust the process."

Detoxing is good for you

Detoxing often largely revolves around 'cutting out' most of your usual food and just having detox juice or shakes instead. Although trendy, health experts often advise caution.

Jo Travers, registered dietitian and author of The Low-Fad Diet, says: "A healthy, balanced diet is called such because it is healthy and balanced. When you cut certain foods, it ceases to be balanced and by definition, this means the gut isn't getting what it needs.

"A juice detox is a key example. There is very little protein content in juice, so your body will be forced to break down muscle in order to complete important processes like making hormones, enzymes and neurotransmitters. This is usually why people rapidly lose weight on a juice fast; it's mainly muscle."

Fats are 'bad' when trying to lose weight

Just like carbs, fats often have a bad reputation in the world of dieting. "It's not fat that makes you gain weight, it's simply eating



Regimes that promise to tackle specific areas are misleading. (iStock/PA)

too many calories that makes you gain weight," says Elliott Upton, personal trainer at Up Fitness (upfitness.co.uk).

"One important thing to remember with fats is they contain more calories than protein and carbs, so they're just easier to overeat - there are nine calories per gram of fat, compared to just four calories per gram with carbs and protein." Certain fats are also very good for us - and essential for healthy function.

"Losing weight and living a lean and healthy lifestyle actually requires some essential fats in your diet. Plus, fats become even more important if you're reducing your intake of carbs, as a low-fat and low-

carb diet together is not sustainable," adds Upton. He says healthy fats are vital to hormone production and they aid in the absorption of fat-soluble vitamins like A, D, E and K. "You should avoid man-made 'trans' fats, which can be pro-inflammatory and are associated with

myriad health complications. Healthy sources of fat to include in your weight loss diet are oily fish, like salmon and mackerel; nuts, like cashews, walnuts and almonds; seeds, like chia flax and sesame; and butters and oils."

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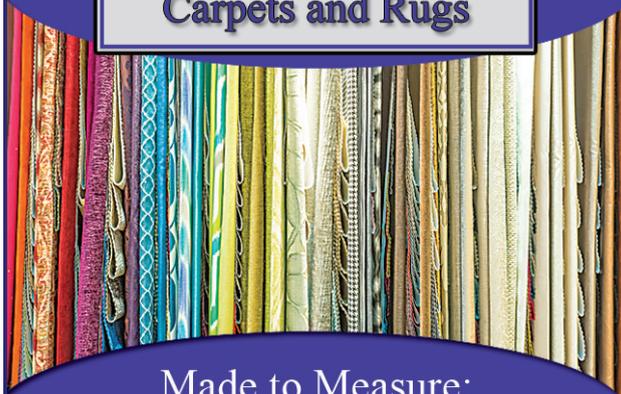
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Dr. Francis Haley, an English trained dental surgeon based in Cascais, has been caring for the international community of the area since 2003. His clinic, centrally located near the 'mercado', is primarily concerned with prevention and minimally invasive treatments - promoting the importance of routine check-ups and correct oral hygiene.

The last several decades have witnessed enormous changes in public health, improved diet and more sophisticated medical treatments, with the result that people are living longer, healthier lives. As a result this 'elderly' population will retain most, if not all of their teeth and, when dental issues arise, prefer to treat and maintain their natural dentition whereas previously losing teeth was considered an inevitable part of aging.

The two most important causes of dental

problems, caries and periodontal (gum) disease, are preventable, however there is a third frequent cause: with time, teeth become more susceptible to fracture, especially heavily filled teeth and in patients with bruxism (excessive grinding or clenching habits). These fractures often result in extraction of the tooth. As always prevention is the ideal course of action; good oral hygiene habits combined with routine dental check-ups will minimise problems and permit early, less extensive treatment. The simple and easily learned techniques for cleaning between teeth such as interdental brushing or flossing can dramatically reduce decay and maintain healthy gingiva in these particularly vulnerable areas. For patients who clench or grind their teeth, especially unconsciously while sleeping, a protective

night-guard (occlusal splint) is recommended. This device is made of acrylic resin by a dental laboratory using an impression taken by the dentist. It is also advisable to place crowns on heavily filled or root treated teeth.

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Serving the community

Intermarché Sagres, based in the municipality of Vila do Bispo, celebrated its 10th anniversary on 9 June, marking 10 years of serving the population of Sagres and the entire municipality of Vila do Bispo.

New management took over in November 2018 and since then several changes have been made to help improve the overall customer experience.

An outdoor terrace at the supermarket is being completed to help keep everyone safe when using the Bar or Take Away service while adhering to all Covid-19 safety rules. Meanwhile, inside the store there have also been changes to the restaurant area, creating a separation between the circulation area and the

dining room, in order to guarantee social distancing between people.

Within the scope of social responsibility, it is in partnership with Santa Casa da Misericórdia in Vila do Bispo that the food left over from the Bar and Restaurant / Take Away are delivered daily so that they can easily reach the most needy families in the local area.

In addition, Intermarché de Sagres has also contributed to events held in the municipality and this year is a gold partner of the Birdwatching Festival of Sagres to be held from 2 to 5 October 2020, offering a "Kit Lanche" voucher to participants. In addition, the supermarket as also joined the campaign developed every year to raise awareness among the population about

the importance of firefighters, through the purchase of the PAFY book.

There is also a project being developed for placing photovoltaic solar panels at the supermarket to contribute to a cleaner and healthier environment, while also this year car charging ports will be available in the supermarket car park.

José Oliveira, the manager of Intermarché Sagres said: "We all need everyone and we all depend on everyone to live, this is why we seek day after day to improve the products and services provided to our customers as a way of thanking them for the trust they place in us every day by choosing Intermarché Sagres".

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THE PORTUGAL News

A wise head on young shoulders



Collin Morikawa - take a bow; Sunday evening's golf shot was possibly, even probably, the best golf shot under pressure you'll ever see!

Even he said "I wish the crowds were there" because if he'd hit that shot with stadiums present and thousands of spectators, the roof would literally have left the building. He's 23 and fresh out of university; in fact 15 months ago he was finishing his final year at the University of California. Now he has as many missed cuts as he does major championships, and that is in 27 PGA Tour starts. Oh, and we need to mention that he has won three times now.

The shot I'm referring to is the driver he hit on the 16th hole. Debating with his caddie whether he should use iron and lay up, he decided that the moment had come to hit driver and go for the green. He stands up, makes the swing, flushes it with a baby fade and the ball 8 seconds later lies 12 feet from the pin. He then holes the putt for eagle, pars the last two holes and wins the Wanamaker Trophy by two shots.

His comments at the press conference after the tournament really do speak to his wise head on young shoulders, knowing that at a time when the leaderboard really was a see-saw tug of war between four players, he knew that a golf shot of enormous quality was required if he was going to hold the trophy at the end of the first major championship week of the year. So, he took the tournament by the scruff of the neck and hit the shot.

Leaving his playing competitors with a lot to think about and nothing but praise for the young man, Paul Casey said, "instant maturity", Brookes Koepka commenting, "he's a helluva player, there's a lot of upside to him." And Tony Finau remarking that, "he's not going anywhere any time soon."

A great golf writer Ron Green Jr commented saying that the future arrives in a hurry these days. Where the ever-likeable Paul Casey now aged 43, 20 years Morikawa's senior, has just watched a youngster fresh out of college win a tournament which he has never won. For the likes of Rose, DJ and Jason Day, winning majors is getting more and more difficult.

For the players who are wrestling for the world number one position saying they became tougher because there are two other stand-out rookies that have emerged onto the scene; Cameron Champ and Finland's Victor Hovland. The future is always coming and sometimes it arrives quicker than you think.

If you hadn't heard of Collin Morikawa before this week, he is definitely the hottest property in golf right now. Especially during a year where the rule book has been thrown out, the calendar has been disrupted beyond belief, and even the biggest sporting event to occur this year didn't look as big as an amateur event, but yet it still was a major.



Collin Morikawa is 23 and fresh out of university; in fact 15 months ago he was finishing his final year at the University of California.

Normally The PGA championship heralds the end of the majors for the year, yet in 2020 it's the start. The PGA Tour now goes on to the FedEx championships, followed by two majors - The US Open next month and the Masters Championship in November.

No Ryder Cup this year, we have to wait till next year for that. A bizarre situation, yet it is the new reality.

But at least golf has a significant part to play in this new reality, some are actually saying that the way golf is behaving it is

leading the way in world sports.

Nonetheless, a star has been born and we will watch to see how bright he burns for the rest of the season. Whilst we watched a dampened down version of a major championship, perhaps his coolness and maturity suits this new age of golf and who would have thought that a youngster would prevail against older heads on older shoulders?

Like anything, we will have to wait and see but at least we won't have to wait long. Unless this year takes another turn.

Paul Casey finds his "sweet spot"

It may have taken him 43 years, but Paul Casey believes he has finally found the "sweet spot" between ambition and attitude following his brilliant performance in the US PGA Championship.

Casey carded a superb final round of 66 at Harding Park and it took an inspired display from Collin Morikawa to deny him a first major title, the 23-year-old chipping in for a birdie on the 14th and making a spectacular eagle two holes later in a closing 64.

A tie for second place with 54-hole leader Dustin Johnson is Casey's best result in a major on his 64th attempt and bodes well for his chances in this season's two remaining majors at Winged Foot and Augusta National.

The 43-year-old finished 15th when Winged Foot previously staged the US Open in 2006 and has recorded five top-10 finishes in the Masters, including three in a row from 2015-17.

Asked why he looked so comfortable in posting four sub-70 scores at Harding Park, Casey said: "Probably

because I've spent three months where I didn't touch a golf club, hanging out with my kids, my family at home.

"Then I started practising, but even those four-plus months I spent at home, I'm thinking a lot you know, figuring out what's important to me.

"When I'm out here, I think those of you who come out and talk to me a lot, you know this isn't the most important thing in my life. Today (Sunday) was just sort of cruise around the golf course and have a great time.

"I've not played great golf so far this season, so anything was going to be a bonus on where I was a week ago or two weeks ago. So I was just out there kind of having a good time.

"But I do think I'm in a sweet spot. It's taken me 43 years to get there, but yeah, pretty chilled out,

know what I'm capable of and enjoying my golf." PA

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Ronaldo double fails to save Juventus

As the Champions League quarter-finalists prepared to invade Lisbon there would be no return to the capital for the country's most iconic sporting hero, Cristiano Ronaldo.

N CHRIS WRIGHT



Cristiano Ronaldo's two goals against Lyon took his total to 131 in Champion's League games

Juventus were eliminated by Lyon on away goals after a 2-1 win for the Italians on home soil levelled the tie at 2-2 on aggregate. Ronaldo got both goals for Juve, but the Portugal captain is out of the tournament before the quarter-finals for the first time in ten years. The Italians went into the match having clinched a ninth successive Italian league title. Losing three of their final four league games and elimination from the Champions League spelt the end of the road for manager Maurizio Sarri who has been replaced by former Juventus favourite and Italian international Andrea Pirlo. Lyon, with a one goal lead from the first-leg, doubled their advantage after just twelve minutes when Filippo Bernadeschi tripped Housseem Aouar. Memphis Depay duly despatched the resulting penalty and Juventus now

needed to score three. 35 year-old Ronaldo might have done better with a headed chance midway through the first-half. He was then denied by fellow countryman Anthony Lopes in the Lyon goal before finally getting on the scoresheet from the penalty spot to level the game at 1-1. After the break, Juve needed two goals but could only find their way past Lopes on one further occasion and it took something spectacular from Ronaldo. Receiving the ball twenty-five metres from goal, the irrepressible maestro opened up space for a left-footed shot and unleashed a thunderbolt which flew past Lopes. Ronaldo's brilliant footwork then created a great opportunity for Gonzalo Higuain, on-loan at Chelsea last season, but the Argentinian's header was off target. Juventus were left to rue giving themselves too big a mountain to climb in conceding the first

two goals of the tie. The Serie A champions' long wait for a third Champions League trophy continues, they last lifted Europe's premier club competition twenty-four years ago in their 1996 triumph over Ajax. Cristiano Ronaldo's two goals against Lyon took his total to 131 in Champion's League games, sixteen ahead of his arch-rival Lionel Messi. Lyon's opponents in the quarter-finals at the José Alvalade Stadium (home of Sporting) on Saturday will be Manchester City, who beat Real Madrid 2-1 in both legs to secure a 4-2 aggregate victory. The return meeting in Manchester saw Portuguese international João Cancelo play at left-back, while Bernardo Silva was introduced midway through the second-half as a highly effective retainer of possession. Tonight (Friday) Barcelona will meet Bayern Munich at Benfica's Estádio da Luz.

Portugal to play Spain and Andorra

In addition to their League of Nations games, Portugal have arranged two friendlies against Spain (7 October) and Andorra (11 November); both games to be played in Lisbon.

League of Nations ties are against Croatia at Estádio do Dragão in Porto on 5 September and three days later against Sweden in Solna, Stockholm.

On 11 October the Seleção play France away and on the 14 October the return home leg against Sweden. Matches against Spain are always eagerly anticipated with the Iberian rivalry being one of the oldest at a national level. It began on 18 December 1921, when Portugal lost 3-1 to Spain at

Madrid in their first ever international game and it was not until 1926 that Portugal managed a draw (2-2). Portugal's first win came much later (4-1) in 1947 but with both countries now among the strongest football nations in the world, an exciting encounter is on the cards. The two countries have met a total of thirty-six times (of which nine matches were competitive) resulting in eighteen victories for Spain, twelve draws and six victories for Portugal.

Matches against Spain are always eagerly anticipated with the Iberian rivalry being one of the oldest at a national level.



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